

Welcome

Unit 2

How often do you exercise?

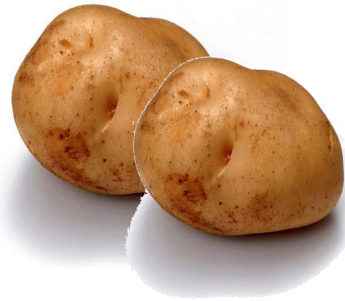


Period IV



Free talk

How often do you eat ---?



*Read about each person. Then
answer the questions.*

Lisa sleeps eight hours every night. She eats a good breakfast and she exercises every day. She never eats junk food.

Is she healthy or unhealthy?

Is she healthy or unhealthy?



Lisa sleeps eight hours every night. She eats a good breakfast and she exercises every day. She never eats junk food.

Is he healthy or unhealthy?



Jack sleeps just 6 hours every day. He eats junk food very often, and he never drinks milk. He hardly ever exercises.

How to keep *healthy*?



- Eat healthy food.
- Exercise often.
- Have lots of sleep.
- Be happy.
- Help others.
-

Do they have a healthy lifestyle?



Look at the information in the chart and complete the report.

Habits	Activities	Days a year
Good habits	Exercise	365
	Read books	365
	Drink juice	210
	Stay up late	15
Bad habits	Watch TV for over 2 hours	320
	Eat hamburgers	95
	Help with housework	20
	Got to the dentist	0



Jane is a 16-year-old high school student in the United States. American Teenager magazine asked her about her habits. Jane has a lot of food habits. She always exercise and she reads books always. Also, she drinks juice and she hardly ever stay up late. However, she has some bad habits, too. She watch TV for more than two hours a day, and sometimes eats hamburgers. Her parents are not very happy because she never helps with housework and she never goes to the dentist for teeth cleaning. She was she is afraid.



3 b

Complete the chart with your own information.

In the last column, use expressions

like *always, every day, twice a week and never.*

Habits	Activities	How often?
Good habits		
Bad habits		



Take the health quiz. Compare your results with your partner's. Who's healthier?

1. How often do you eat breakfast? ↵
a. Never. b. A few times a week. c. Almost every day. ↵
2. How often do you eat fast food? ↵
a. Never. b. A few times a week. c. Almost every day. ↵
3. How often do you eat fresh vegetables and fresh fruit? ↵
a. A few times a year. b. A few times a month. c. A few times a week. ↵
4. How often do you exercise? ↵
a. A few times a year. b. A few times a month. c. A few times a week. ↵
5. How many hours do you watch TV every week? ↵
a. None. b. One to four. c. Five or more. ↵
6. How many hours do you usually sleep at night? ↵
a. Less than six. b. Six to seven. c. Eight or more. ↵

9-12 points: You're really healthy! Good for you ___ and your health. ↵

4-8 points: You're smart about health most of the time. ↵

0-3 points: You have to learn more about healthy habits. Don't worry-you can do it! ↵

1. a=0 b=1 c= 2 ↵

2. a=2 b=1 c= 0 ↵

3. a=0 b=1 c= 2 ↵

4. a=0 b=1 c= 2 ↵

5. a=2 b=1 c= 0 ↵

6. a=0 b=1 c= 2 ↵



Who is the healthiest?

Add five questions to the survey on page 81. Then ask three classmates the questions and take notes. Discuss and decide:

Who is the healthiest student?


Report

I think Maria is very healthy. She exercises every day. She likes to play basketball. She eats vegetables every day. ...

Self-check



1. Complete the chart with activities you do and don't do. What about your mother/ father?

		always	usually	often	sometimes	hardly ever	never
I							
My mother or father							

3. Fill in the blanks in the conversation.

A: What do Tom and Mike _____ do on weekends? ↵

B: They sometimes go to the museum. ↵

A: _____ do they go to the shopping center? ↵

B: _____ ever. Maybe about twice a month. ↵

A: _____ do they watch TV? ↵

B: Mike never watches TV, but Tom watches TV _____ day.

A: Oh, I'm just like Tom. I _____ watch TV, too. ↵

1. 我健康的生活方式帮助我取得好成绩。
2. 好的食物和运动帮助我更好的学习。
3. 我可能不是很健康，虽然我有一个健康习惯。
4. 我每天睡觉九小时。
5. 我重视我的健康。
6. 我的饮食习惯非常好。
7. 我努力吃大量的蔬菜和水果。

More
practice



1. My healthy lifestyle helps me get good grades.
2. Good food and exercise help me to study better.
3. Maybe I'm not very healthy, although I have one healthy habit.
4. I sleep for nine hours every night.
5. I look after my health.
6. My eating habits are very good.
7. I try to eat a lot of vegetables and fruit.

Useful expressions

- **often** **many times**
- **once** **one time only**
- **once in a while** **sometimes**
- **relax** **to stop work and enjoy oneself**
- **skateboarding** **sliding along a surface with a skateboard**
- **snack eaten** **small amount of food usually between meals**

Translate into English.

1). 你总是每天晚上八点做作业吗？

Do you always do your homework at eight every night?

2). 我经常帮助妈妈弄干盘子。

I usually help my mother dry the dishes.

3) 有时, 李明骑车上学。

Sometimes Li Ming rides a bike to school. / Sometimes Li Ming goes to school by bike.

4) 他们在星期天看书。

They read books on Sundays.

5) 孩子们每天都跟他们的妈妈告别。

The children say good-bye to their mother every day.

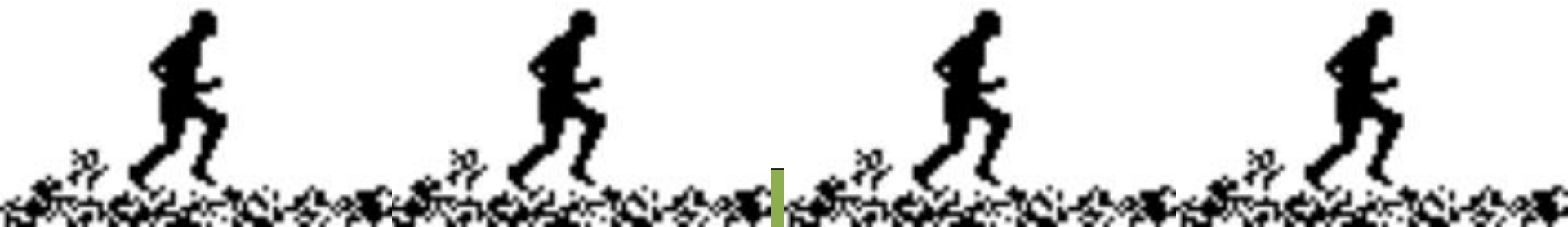
What should we do to keep healthy ?

Be healthy

& Healthy eating habits

& Do more exercise

& Enough sleep



Homework

How healthy are you?

Write about your own habits.

