

Unit 2 How often do you exercise?

Section B Period Five



复习提高

1. But my mother me it.

want to do sth. 意为 ; want sb. to do sth. 为 .

Mom me up at 6:00 .妈妈想让我在6:00起床。

Do you to the movies with me?你想和我一起去看电影吗?

2. She says **it's good for** my health.

be good for... 表示 . be good at... 为 ,

be good to 为 (for 是介词, 后跟名词、代词、动名词)

1) It us to do more reading. 多读书对我们有好处。

2) He English. (他擅长英语。)

3) Our English teacher us. (我们的英语老师与我们相处得好。)

其反义词组为:

Reading in bed your eyes. (躺在床上读书对你的眼睛有害。)



【中考考点】

() An apple a day is good __ your health.

A. at B. for C. in D. with

1. - 你多久喝一次牛奶? - 我每天都喝。

 do you drink milk? I drink milk .

2. 我妈妈想让我喝牛奶。她说它对我的健康有益。

My mother me milk. She says it's my health.

3. 多读书对我们有好处。

It's us to do more reading.

4. 老师不想让我们吃汉堡包。

The teacher doesn't hamburgers.

5. 看电视太多对我们的眼睛有害。

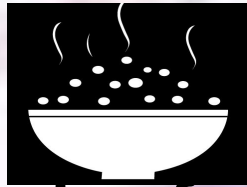
Watching TV too much our eyes.

Discussion

eating habits



eat fruit



eat rice for meals



eat vegetables

**a healthy
lifestyle**



drink milk

eat little junk food



exercise



sleep nine hours every night



Do you have a healthy lifestyle?

Are they in good health(=healthy)?
Of course, they aren't.



Why are they so heavy?

Because their eating habits are bad. They like eating junk food



Discuss

How can we **keep healthy**?



Try to eat more healthy food and less junk food.

1. Eat rice for meals.
2. **Try to eat** vegetables every day.
3. Eat fruit every day.
4. Eat some meat sometimes.
5. Don't eat the food **with** too much oil.
6. Drink some milk every day.

Try to exercise every day.

Everyone must sleep 8 or 9 hours every night.

keep healthy eating habits



Who has **better** eating habits?

Whose **lifestyle** is better?

Questions	Tina	Bill
1. exercise	every day	hardly ever
2. eat vegetables	every day	sometimes
3. eat fruit	every day	never
4. sleep	nine	nine
5. drink milk	every day	never
6. eat junk food	two or three times a week	three or four times a week
7. drink coffee	never	four times a day



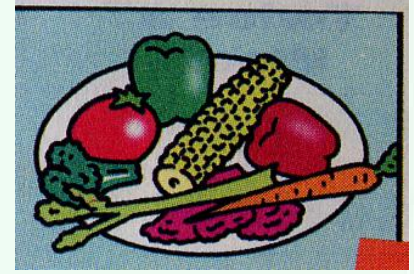
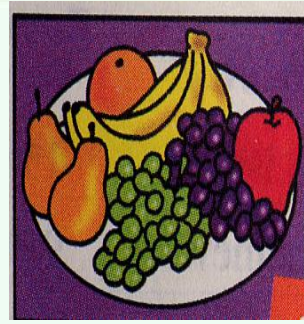
Tina



Bill



I think Tina has better eating habits. Because she



every day. She



two or three times a week. She never

Her lifestyle is better. She every day.



She nine hours every night. She



looks after her health. She is very healthy.



Read about each person. Then circle “healthy” or “unhealthy” .

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

healthy/unhealthy



Lucy likes to watch TV. On weekends, she never exercises and she doesn't like fruits or vegetables. She eats junk food. And Pam never goes to the doctor.

healthy/unhealthy



Peter is tall and thin. He plays tennis three times a week and he runs five miles every Saturday. He never watches TV. He eats fruits and vegetables every day and sleeps nine hours every night.

healthy/unhealthy



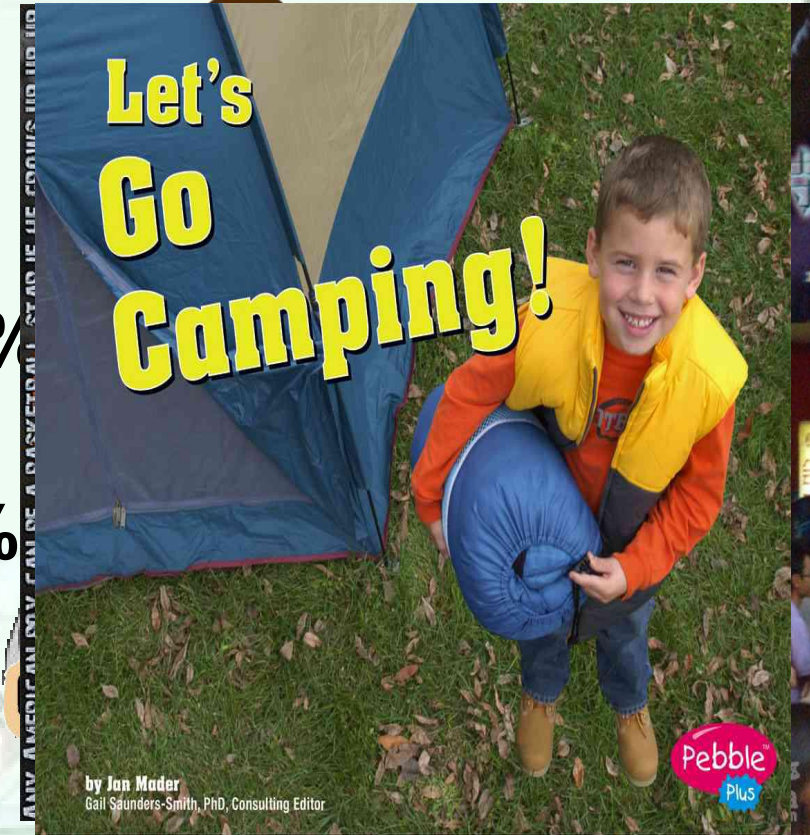
I think in our class, _____ students like
~~going camping in the country~~
going camping in the country (ping pong)

All students? =100%

Most students? =51%-99%

Some students? =1%-50%

No students? = 0%



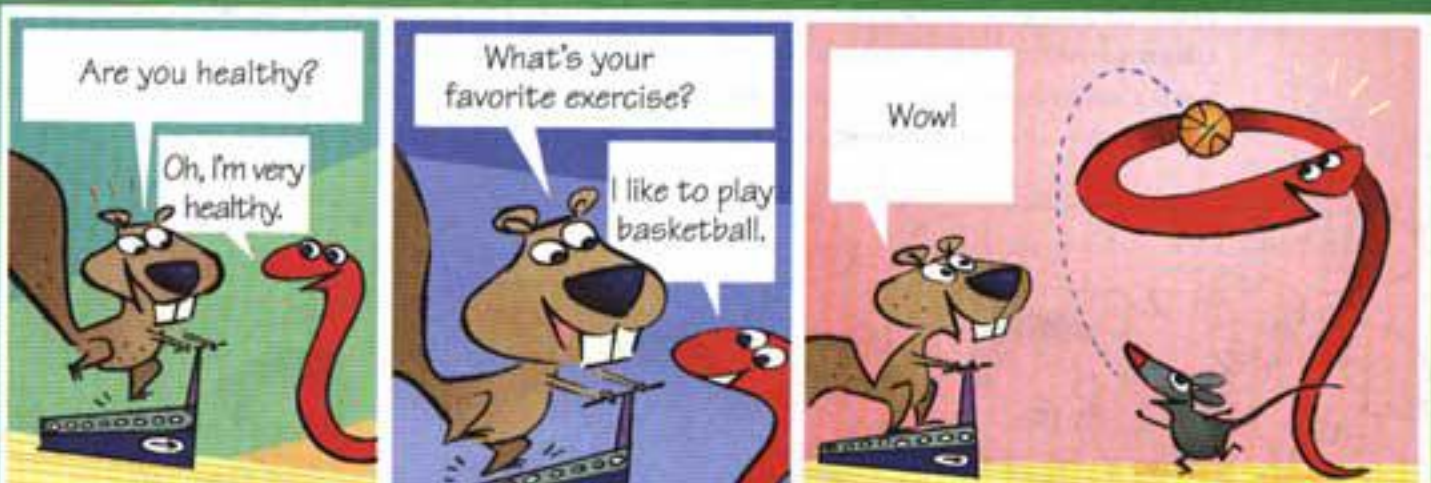
result

In our class, _____ students like
using the Internet. _____ students
Like playing sports. _____ students
like watching TV. **As for** homework,
_____ students like doing it.



2a Rank these activities according to how often you think you classmates do them (1=most often,6=least often)

<input type="checkbox"/> watch TV	<input type="checkbox"/> go to the movies	<input type="checkbox"/> play computer games
<input type="checkbox"/> exercise or play sports 做运动	<input type="checkbox"/> use the Internet	<input type="checkbox"/> 去乡下露营 go camping in the country



2b

Read the article and complete the pie charts on the next page.

What Do No.5 High School Students Do in Their Free Time?

Check



Exercise



Use of the Internet



Watching TV





What do No. 5 High school students do in their free time

Last month we asked our students about their free time activities. Our questions were about exercise, use of the Internet and watching TV. Here are the results.

We found that only 15 percent of our students exercise every day. 45 percent exercise four to six times a week. 20 percent exercise only one to three times a week .And 20 percent do not exercise at all !

We all know that many students often go online, but we were surprised that 90% of them use the Internet every day. The other 10% use it at least three or four times a week. Most students use it for fun and not for homework.



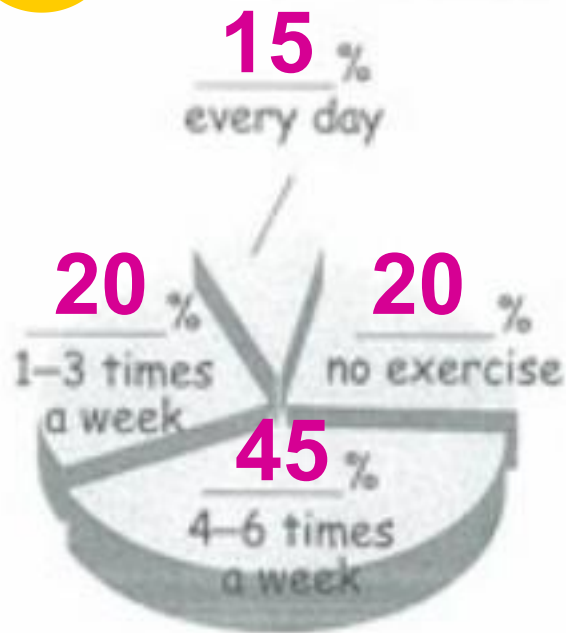
The answers to our questions about watching television were also interesting. Only 2% of the students watch TV one to three times a week. 13% watch TV four to six times. And 85% watch TV every day ! Although many students like to watch sports, games shows are the most popular.

It is good to relax by using the Internet or watching game shows, but we think the best way to relax is through exercise. It is healthy for the mind and the body. Exercise such as playing sports is fun, and you can spend time with your friends and family as you play together. And remember , “old habits die hard” . So start exercising before it's late!

它对于大脑和身体是健康的。



2b Read the article and complete the pie charts



Exercise



Use of the Internet



Watching TV

No.5 High School: Activity Survey

Activity	every day	1--3 times a week	4--6 times a week	3 or 4 times a week	no
Exercise	15%	20%	45%	0%	20%
Go online	90%			10%	
Watch TV	85%	2%	13%		



短语归纳

- | | |
|--------------------------------------|-----------|
| 1. ask sb. about sth. | 向某人询问某事 |
| 2. 主语+ find+ that 从句 | ...发现... |
| 3. four to six times a week | 每周四至六次 |
| 4. not...at all 根本不... | 一点也不... |
| 5. go online, use the Internet | 上网 |
| 6. be surprised | 感到惊奇 |
| 7. at least | 至少 |
| 8. three or four times a week | 每周三到四次 |
| 9. by doing sth. | 通过做某事 |
| 10. It's + adj.+ to do sth. | 做某事是....的 |
| 11. the best way to do sth. | 做某事的最好方式 |
| 12. such as | 例如 |
| 13. spend time with sb. | 和某人一起度过时光 |
| 14. start doing sth. | 开始做某事 |

2c Read the article again and answer the questions.

1. How many percent of the students do not exercise at all? **Twenty percent.**
2. How many percent of the students use the Internet every day? **Ninety percent.**
3. How often do most students watch TV? What do they usually watch? **Every day. Game shows.**
4. What does the writer think is the best way to relax? Why?

Exercise. It is healthy for the mind and the body.

5. Do you think the students at No.5 are healthy? Why or why not?

No.



2d According to the article and the pie charts, write sentences with the percentages using *always*, *usually* or *sometimes*.

1. **90%**: Ninety percent of the students always use the Internet.

2. **85%**: Eighty-five percent of the students watch TV every day.

3. **45%**: Forty-five percent of the students exercise four to six times a week.

4. **10%**: Ten percent of the students use the Internet at least three or four times a week.

5. **13%**: Thirteen percent of the students watch TV four to six times a week.

6. **2%**: Two percent of the students watch TV one to three times a week.



1. **free** 空闲的，有空的，反义词 busy.

be free 有空，闲着，相当于 have time.

I'll **be free** next week. = I'll **have time** next week.

be free to do sth. 自由地做某事 “免费的，自由的”

2. **find + 宾语 + 名词, 发现** :

We have found him (to be) a good boy.

find + 宾语 + 形容词, 发现:

He found the room dirty.

find + 宾语 + 现在分词, 发现 :

I found her standing at the door.

3. **percent** 百分数，基数词 + percent:

percent 没有复数形式，作主语时，根据所修饰的名词来判断谓语的单复数。

Forty percent of the **students** in our class **are** girls.

Thirty percent of time passed



4. exercise做动词时，可作及物动词，也可作不及物动词。例如：She exercises two or three times a week.

她一周锻炼两三次。

She exercises the dog every day. 每天她都遛狗。

【拓展】exercise作名词时，意为“锻炼；运动”时是不可

数名词，意为“体操；练习”时是可数名词。例如：

I should eat less food and take more exercise.

我应该少吃饭，多锻炼。

We do morning exercises every morning.

我们每天早上都晨练。

5. It is good to relax by using the Internet or watching game shows, but we think the best way to relax is through exercise. 通过上网或看娱乐节目放松是好的，但是我们认为最好的放松方式是通过锻炼。

(1) It's good to do sth. 意为“做某事好”，它是“**It's+adj.+to do sth.**”句型.it作形式主语

例如：It's good to run in the morning. 早上跑步是好的。

(2) the best way to do sth. 意为“做某事最好的方法”

也可表达为the best way of doing sth. 例如：

I have a good way to do with the problem.

我有一个处理这个问题的方法。



(3) by using the Internet or watching game shows,

by作介词，表示“通过某种方式”。置于动名词前表示方法、手段、原因等。

例如：By working hard he made great progress.

通过努力学习，他取得了很大的进步。

He earns his living by writing.他靠写作为生。

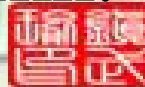
1. It is very important for us to learn English well.

2. it's very nice of you sending my parents your best wishes.

3. —I often have hamburgers for lunch.

—You'd better not. It's bad for you to eat too much junk food.

4. The best time to eat (visit) Beijing is in autumn.



6.although 尽管... 但是.....

Although many students like to watch sports, game shows are the most popular.虽然许多同学喜欢看体育节目，但是娱乐节目是最受欢迎的。

although是连词，意为“虽然，尽管，即使”。

例如：**Although** he is young, he knows a lot.

虽然他很年轻，但是他知道很多。

【注意】although=though,汉语中可以说“虽然.....，但是.....”，但英语中although/though与but不能同时出现在同一

Although不能与but 连用.

Although I am poor, ~~but~~ I am happy.

2e

Choose one of these free time activities or think of your own. Then ask your classmates how often they do this activity and make a pie chart. Show the pie chart to your class.

**play computer games
read books
go shopping
draw pictures
play sports**

How often do you...?	Names of classmates
1-3times a week	
4-6times a week	
every day	





See you