



第三课时 **Section B (1a—1e)**



夯基固本

一、单项选择。

- () 1. Eating fruit and vegetables _____ our health.
- A. is good to B. is good
C. is good for D. is well for
- () 2. My mother wants me _____ computer games.
- A. not play B. not playing
C. not to play D. play

()3. (庆阳一中月考卷)—_____ does your father allow(允许) you to surf the Internet?
—Only once a week.

A. How far

B. How long

C. How often

D. How much

()4. Is coffee _____ for us?

A. health

B. healthy

C. badly

D. well

()5. She says junk food isn't good _____ our health.

A. for

B. at

C. to

D. with

二、用括号内所给单词的适当形式填空。

1. My mother wants me (drink) water every morning.
2. Our teachers make us do lots of math (exercise) after class.
3. She usually eats vegetables four (time) a week.
4. Eating fruit is good for my (healthy).
5. Lucy sleeps eight (hour) every night.

三、(德阳中学单元卷)根据汉语意思完成句子。(每空一词)

1. 我几乎不吃垃圾食品,我认为它不健康。

I hardly ever eat . I think it is unhealthy.



2. 我喜欢吃水果,它有助于我保持健康。

I like eating fruit. It helps me .

3. 你每天晚上喝多少咖啡？

 do you drink every
night?

4. 吃得太多对我们的健康没好处。

Eating too much isn't our
 .

5. 妈妈想让我每天做锻炼。

Mother
every day.

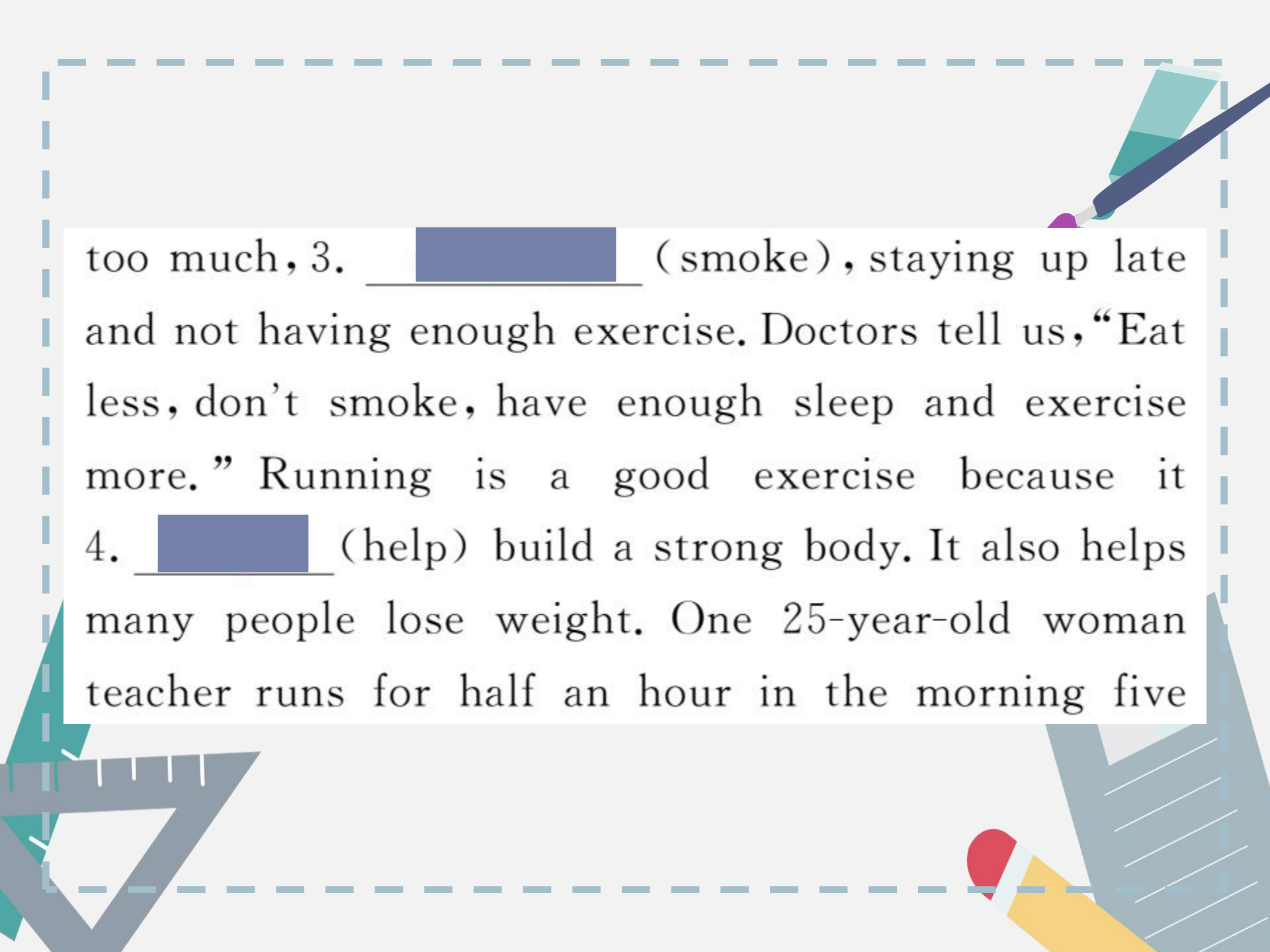


拓展提能


四、短文填空。

用括号中所给英文单词的适当形式填空或根据汉语提示写出英语单词。(必要时注意形式变化)

Do you like running? Running is 1.
(become) one of the most popular activities these
days. Many of us run for our 2. (health-
y). Doctors say many of the health problems come
from such bad habits like eating too much, drinking



too much, 3. (smoke), staying up late and not having enough exercise. Doctors tell us, “Eat less, don’t smoke, have enough sleep and exercise more.” Running is a good exercise because it 4. (help) build a strong body. It also helps many people lose weight. One 25-year-old woman teacher runs for half an hour in the morning five



5. _____ (time) a week. She runs to lose weight. “I feel comfortable and I’m not fat any more,” she says.

Running is good for health in other ways, too. Many 6. _____ (run) say running makes some small health 7. _____ (问题) go away. “Running is my doctor,” says a man.

