



# 《高中英语》（上外版）

必修第三册第三单元

## Healthy Lifestyle

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# 《高中英语》（上外版）

## 必修第三册第三单元



课时	授课内容
1	Getting Started/ Reading A
2	Reading A/ Vocabulary Focus
3	Reading A/ Grammar in Use
4	Listening and Viewing
5	Moving Forward
6	Reading B/ Critical Thinking
7	Further Exploration/ Self-assessment

# 学习目标 Learning Objectives:

**At the end of the lesson, you will be able to ...**

1. 能通过阅读课文，从语篇中提取并概括关于健康生活方式的主要信息，理解语篇的要义。

grasp the general idea of the reading passage, acquiring its main information of healthy lifestyle through reading;

2. 能通过分段略读课文，梳理说明段落要点，把握说明文框架。

screen the vital information of the reading and figure out the structure of the reading through skimming paragraph by paragraph;

3. 能通过深入阅读课文，概括不同健康生活方式的特点，并结合自身做出选择，说明理由。

analyze characteristics of different healthy lifestyle and make personal choice through deep reading.

# Getting Started

What are the people doing in these pictures?

What exercise do you take regularly ?

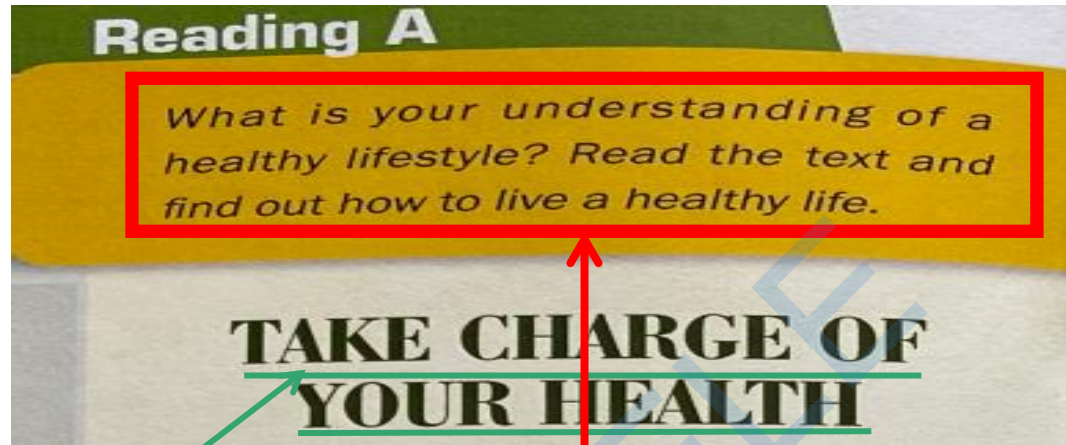
How important are sports in your life ?

What is your understanding of a healthy lifestyle?

Can you list some examples?







Read the title and the rubric

Find out “what is the purpose of the writing?”

# skimming

- What do you expect to read in the body part of the passage after reading Para1?
- How many kinds of healthy lifestyle have been introduced ? And what are they?



- What advice does the author put forward in Para 6 in order to encourage target readers to take change and develop healthy lifestyle?
- What does Para 6 serve as in the introduction of healthy lifestyle?

# the **outline** of the text

Introduction : You should be ready to make decisions about your body and health.

Body: Topic sentence 1 Healthy eating involves taking control of how much and what types of food you eat, as well as the beverages you drink.

Topic sentence 2 Physical activity should be part of your daily life.

Topic sentence 3 Being active can be more fun with other people.

Topic sentence 4 Getting enough sleep is important for staying healthy.

Conclusion: So long as you stay motivated, you can be healthy.

# Read for **detailed** information

Read **the four kinds of recommended healthy lifestyles**  
( Para 2--Para 5) and finish Ex III

1. Why do we need to avoid sugary drinks?
2. What kind of activities can increase heart rate?
3. Why does the author suggest trying different kinds of activities?
4. What are the possible results if one does not get enough sleep?
5. Do you agree that we should involve our friends and encourage them to develop healthy habits with us? Why or why not?



# Reading and highlighting the key information

*(for reference)*

recommended healthy lifestyle	General description/definition	Benefits
Choose Healthy Foods and Drinks	take control of how much and what type of food you eat and the beverages you drink eg. fruits, vegetables, whole-grains, low-fat protein foods...	<i>(for reference)</i> <i>keeps your mind calm and composed</i> <i>reduce your stress</i> ...
Get Moving	be physically active for at least 60 mins/day, 3 days/week. eg. routine activities, fitness apps	keep you active regularly keep track of how active you are each day
Have Fun with Your Friends	be active with friends or family members get active by joining a sports team or dance club try different kinds of group activities ...	have more fun make friends
Get enough sleep	important for staying healthy need enough sleep eg. 8 to 10 hours of sleep/night for kids aged between 13 and 18	do well at school and work fight off infection avoid being moody and irritable

**Compare** the four recommended healthy lifestyles and **make personal choice** with **reasons**

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Get Moving	be physically active for at least 60 mins/day, 3 days/week. eg. routine activities, fitness apps	keep you active regularly keep track of how active you are each day
Have Fun with Your Friends	be active with friends or family members get active by joining a sports team or dance club try different kinds of group activities ...	be more fun make friends
Get enough sleep	important for staying healthy need enough sleep eg. 8 to 10 hours of sleep/night for kids aged between 13 and 18	do well at school and work fight off infection avoid being moody and irritable

**Compare** the four recommended healthy lifestyles and **make a personal choice** with **reasons**

**Task:** Try following the outline of Reading A when **making a presentation**.

**Q:** Which of the four recommended healthy lifestyles would you like to try?

Why?

Introduction:

Body: topic sentence 1

topic sentence 1

...

Conclusion:

## *Assignments*

*1 Make an audio of the retelling of Reading A and share it in the WeChat group.*

*2 Build up a word bank of health-themed vocabulary, such as make one's own decision about, sth. matter to sb., involve, replace, physically, on a regular basis, keep track of, sign up for, fight off, moody, develop habits.*

Thank you!