



《高中英语》（上外版）

必修第三册第三单元

Healthy Lifestyle

授课教师：华东师大一附中 沃维佳

《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. 能通过基于课文的问答活动，梳理语篇的相关词汇，丰富对语篇主题的理解和主题语汇的认知；
have a deeper understanding of Reading A by reviewing and categorising the key words and expressions;
2. 能运用词汇语义网对David的日常作息给出评价；
use the health-related words and expressions properly by completing a topic-related task;
3. 能掌握“out”的词汇搭配规律，并将其运用于“健康生活”的宣传口号的创作。
be familiar with different meanings of out in phrasal verbs and use the phrases appropriately.

*Recall the words and expressions you have learned in **Reading A**.*

enough sleep

healthy eating

Tip04

Tip01

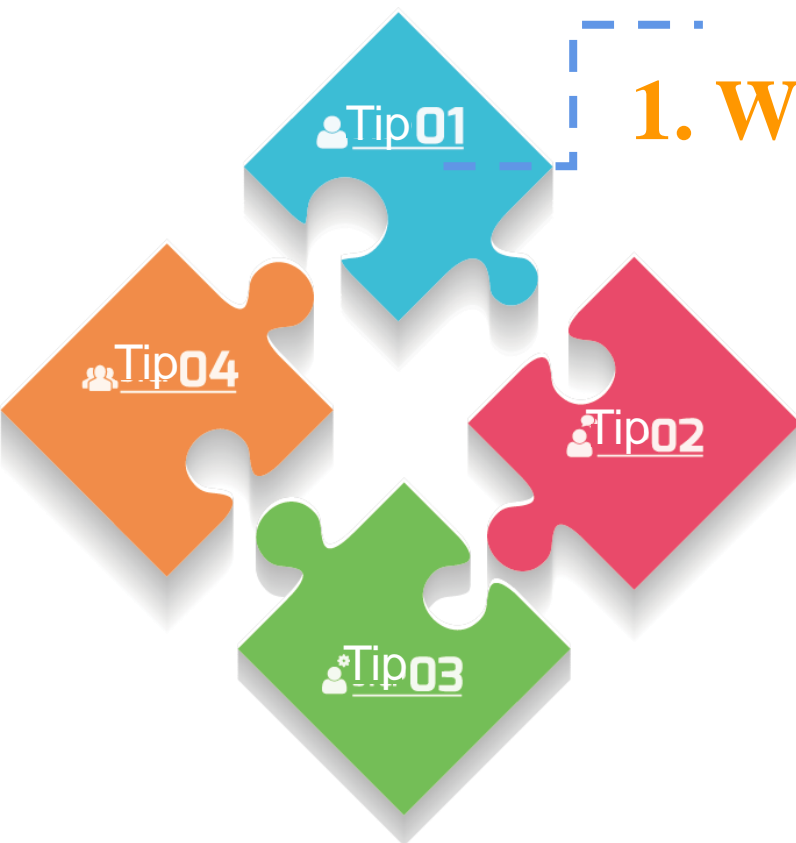
Tip02

Tip03

**friends/family
members**

physical activity

Healthy Lifestyle



1. What does healthy eating involve?

Healthy eating **involves** taking control of how much and what types of food you eat, as well as the beverages you drink.

involve sb in



2. Could you illustrate it with one example according to the text?

substitute ... for

We can **replace** foods high in sugar, salt and unhealthy fats **with** fruits, vegetables, **whole grains** and low-fat **protein** foods.





2. Could you illustrate it with one example according to the text?

We can choose fresh or frozen fruits and veggies over **processed foods**.



We can **replace processed foods with** fresh or frozen fruits and veggies

Healthy Lifestyle

enough sleep

healthy eating

Tip04

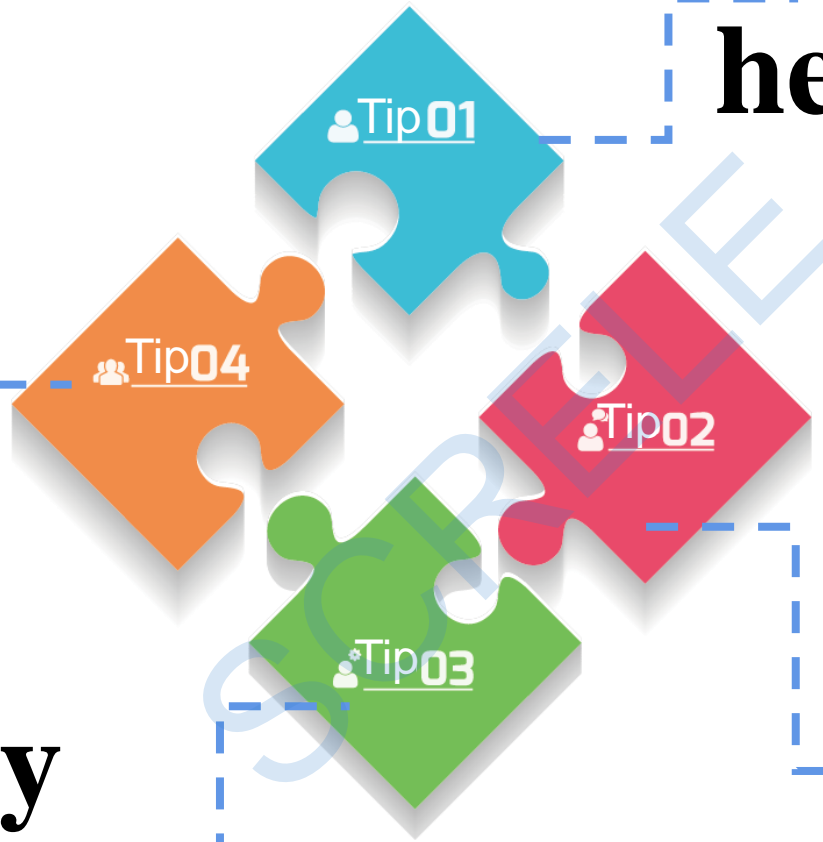
Tip01

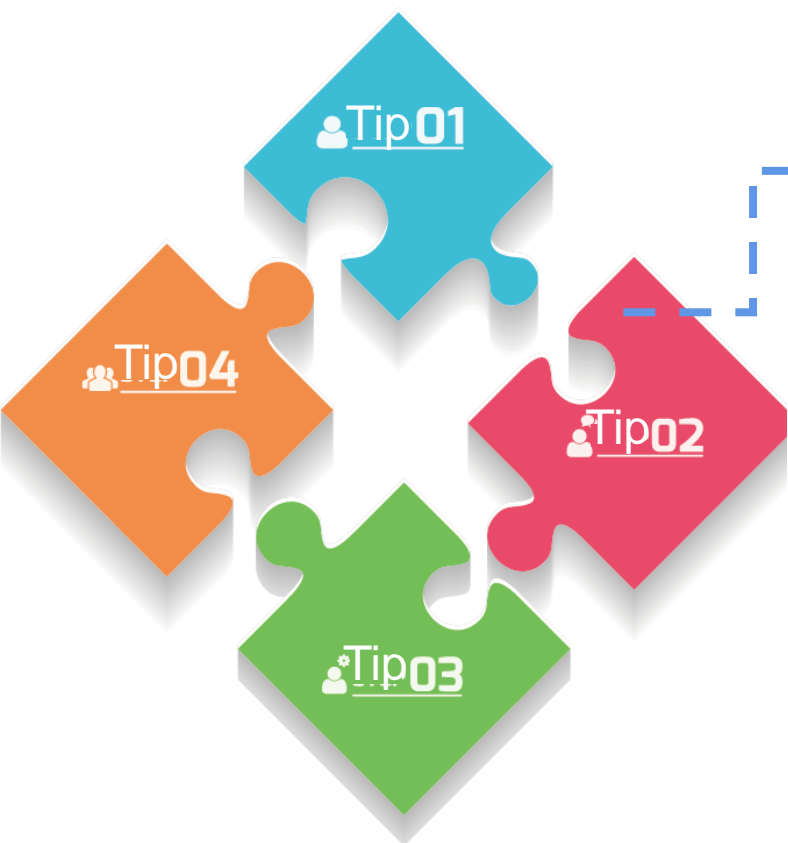
Tip02

Tip03

**friends/family
members**

physical activity



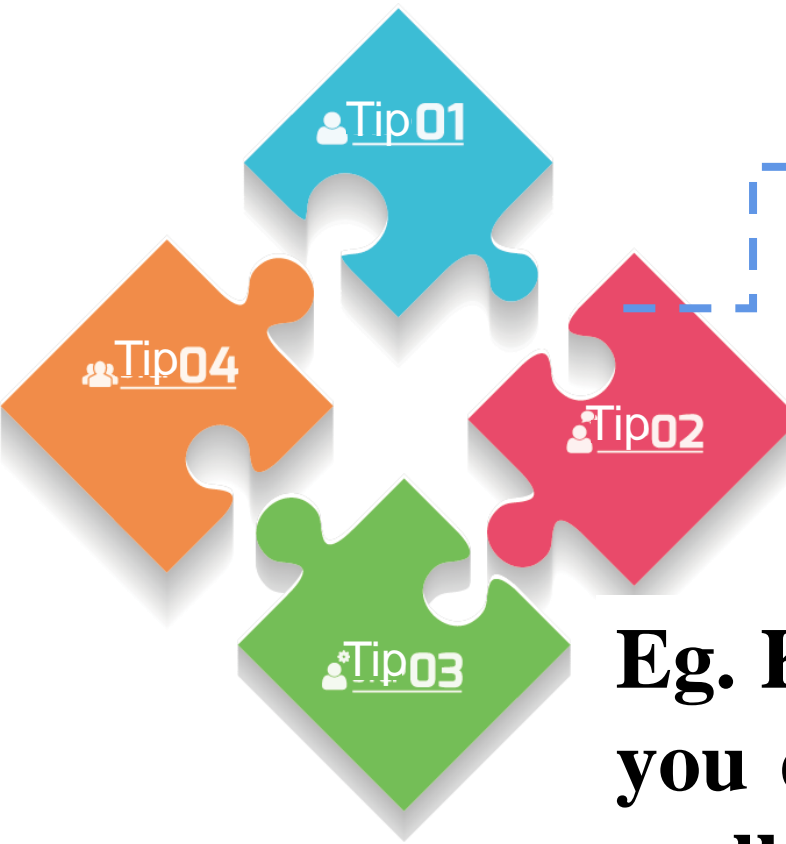


3. Could you name some routine activities which are good for your health?

Routine activities, such as cleaning your room or taking out the trash, are good ways to keep you active **on a regular basis.**

regularly

Eg. Getting around by biking or walking **on a regular basis should be part of your daily life.**



4. What can fitness apps do?

They can help you **keep track of** how active you are each day.

Eg. Keep track of how much and what types of food you eat, as well as the beverages you drink, if you really want to be on a diet.

on track

Healthy Lifestyle

enough sleep

healthy eating

Tip04

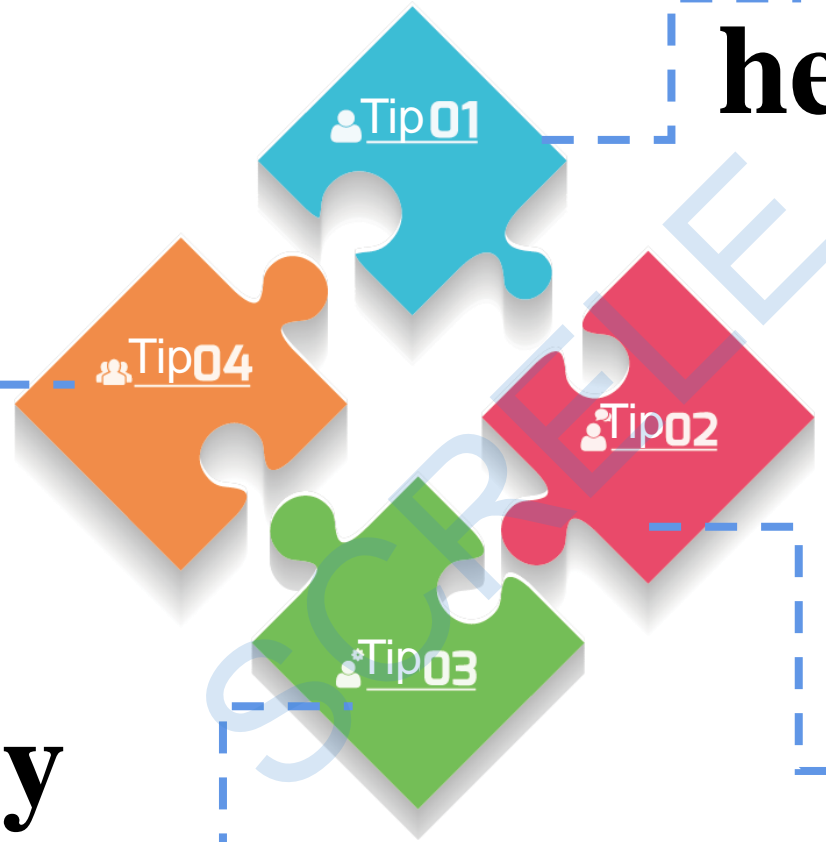
Tip01

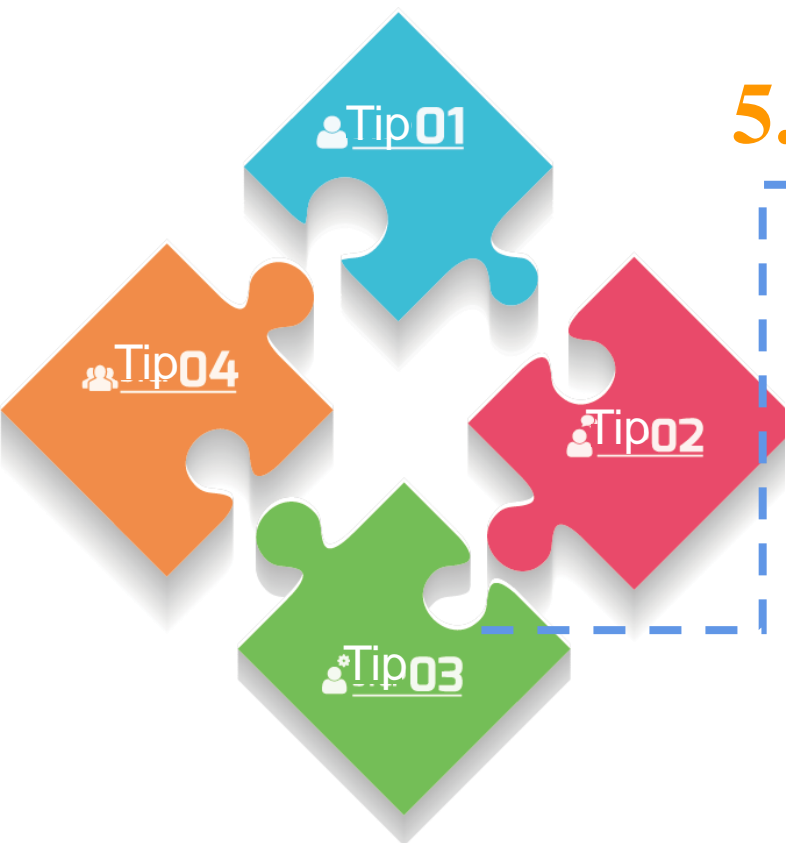
Tip02

Tip03

**friends/family
members**

physical activity





5. How can we make friends in group activities?

By joining a sports team or dance club, or **signing up** for active events together like charity walks or fun runs.

sign up (for sth): to arrange to do a course of study by adding your name to the list of people doing it

Healthy Lifestyle

enough sleep

healthy eating

Tip04

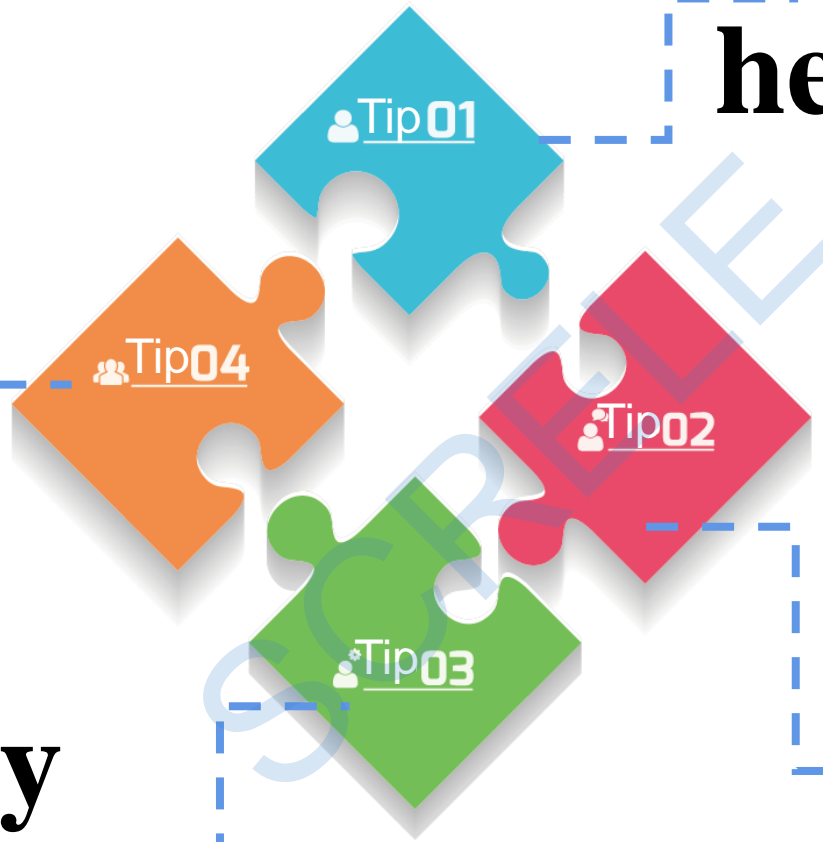
Tip01

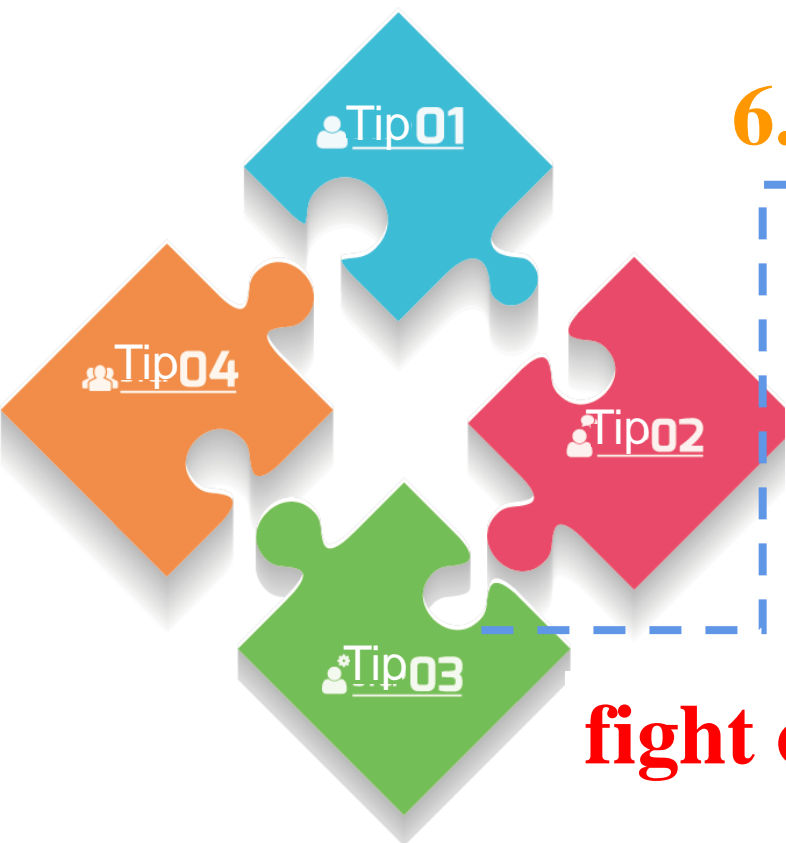
Tip02

Tip03

**friends/family
members**

physical activity





6. Why do we need enough sleep?

We need enough sleep to do well at school and work and to **fight off** infection, without which we will get **moody** and **irritable**.

fight off : to resist sb/sth by fighting against them/it

When will you get **moody and **irritable**?**

in no mood for
in a good mood

irritate v.
irritating adj.
irritation n.

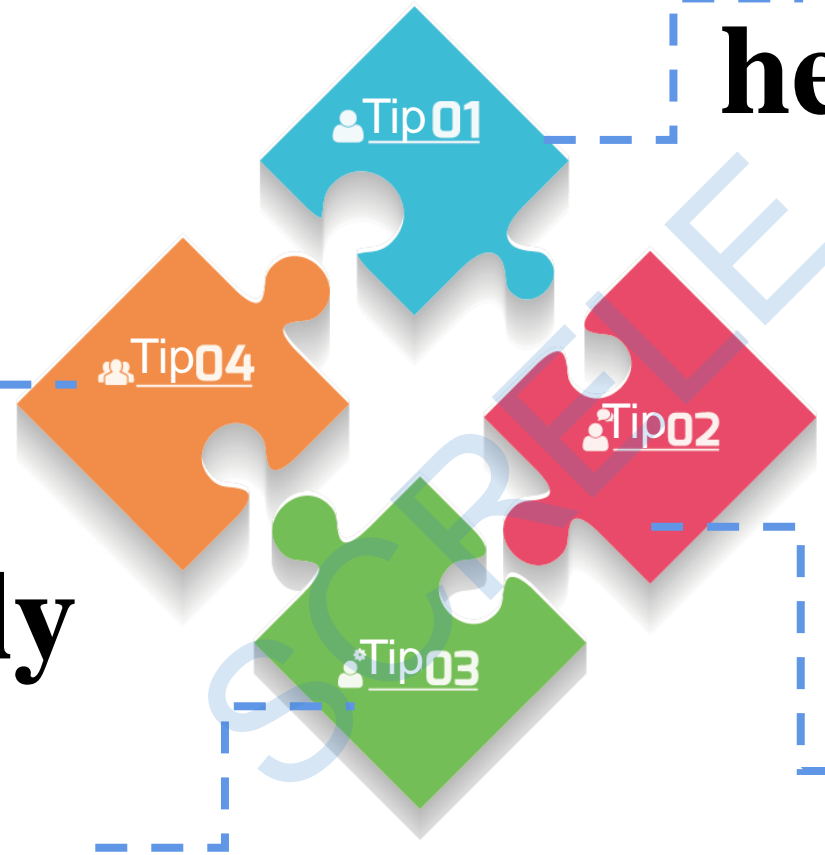
Healthy Lifestyle

enough sleep

healthy eating

**friends/family
members**

physical activity



As long as you stay **motivated**, you will meet your goal.

motivate sb to do sth

This is a holiday to-do-list from David, a student in our school. Does he live a healthy life? Why or why not?

• My life •
• TO DO LIST •

- ☐ 2:00 Watch the tennis match
- ☐ 4:00 Go to sleep
- ☐ 10:00 Get up
- ☐ 11:00 Brunch: hamburgers, chips
- ☐ 12:00 Play video games
- ☐ 17:00 Dinner: pizza, ice cream
- ☐ 18:00 Do homework
- ☐ 19:00 Watch TV series
- ☐ 23:00 Chat with friends online



This is a holiday to-do-list from David, a student in our school. Could you give him some advice?

| My life | |
|--------------------------|---------------------------------|
| TO DO LIST | |
| <input type="checkbox"/> | 2:00 Watch the tennis match |
| <input type="checkbox"/> | 4:00 Go to sleep |
| <input type="checkbox"/> | 10:00 Get up |
| <input type="checkbox"/> | 11:00 Brunch: hamburgers, chips |
| <input type="checkbox"/> | 12:00 Play video games |
| <input type="checkbox"/> | 17:00 Dinner: pizza, ice cream |
| <input type="checkbox"/> | 18:00 Do homework |
| <input type="checkbox"/> | 19:00 Watch TV series |
| <input type="checkbox"/> | 23:00 Chat with friends online |

David should find **out** how to live a healthy life.

He should do some routine activities such as taking **out** the trash, which may keep him active on a regular basis.

He should reduce or leave **out** junk food if he really wants to live healthily.

Word Partners: Verb + out

- away from the inside of a certain place

- so as to be revealed or known

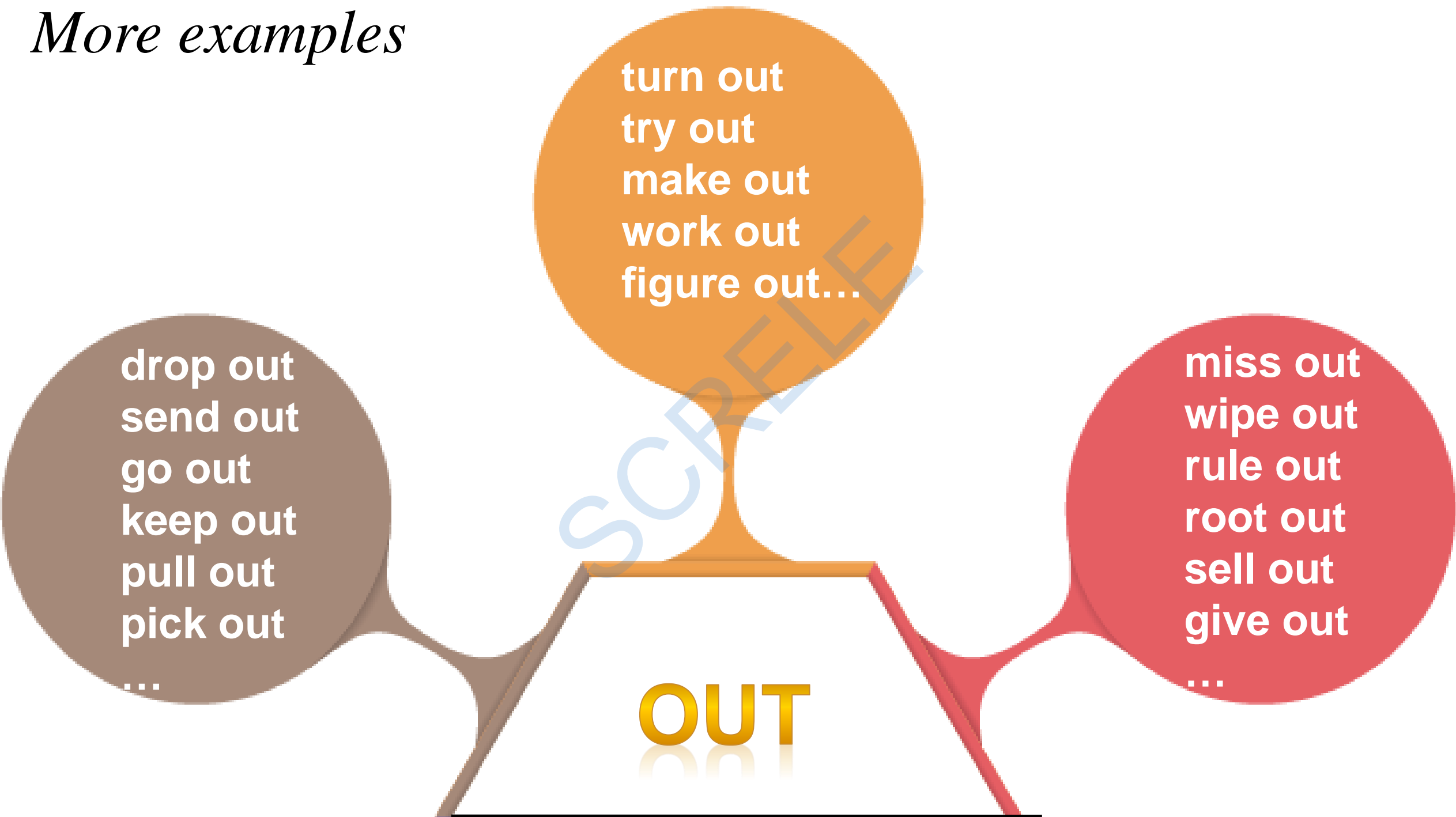
- to a point where something disappears or is removed

- David should find **out** how to live a healthy life.

- He should do some routine activities such as taking **out** the trash, which may keep him active on a regular basis.

- He should reduce or leave **out** junk food if he really wants to live healthily.

More examples



Practice

Fill in the blanks in Exercise 2 on Page 40 with the appropriate forms of the phrasal verbs given in the box.

run out

go out

weed out

set out

find out

turn out

- (1) This study attempts to find out how diet affects sleep.
- (2) It turned out that the medicine had unexpected side effects on her.
- (3) The badminton team uses high standards to weed out applicants with the least ability.
- (4) I must have a break. My strength is running out.
- (5) You should always wear suitable boots when you set out on a long walk.
- (6) – What are you going to do this evening?
– I'm going to go out for dinner and buy a pair of running shoes.

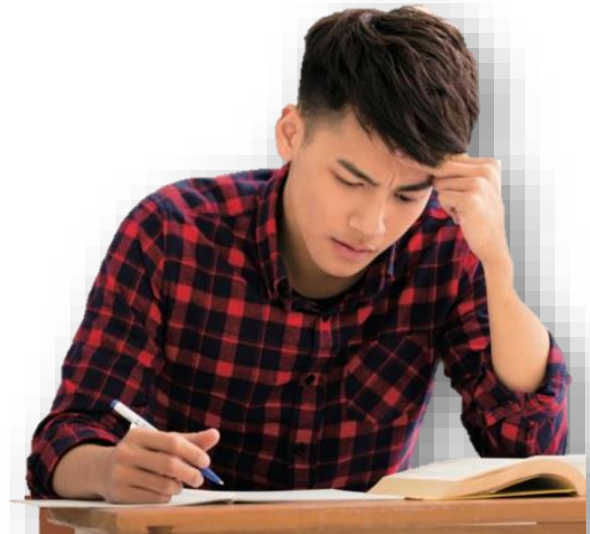
Practice

Work in groups and design a slogan as to a healthy lifestyle using a phrasal verb with *out*.



Assignments

- 1. Polish the slogan. Make a poster with the slogan and put it up in the classroom. The whole class will vote on the best slogan.*
- 2. Preview Grammar in use: Ellipsis on Page 40 and find out at least three examples or sentences with ellipsis.*



Thank you!