



上海市英语教育教学研究基地  
Shanghai Center for Research in English Language Education

# 《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 ...**

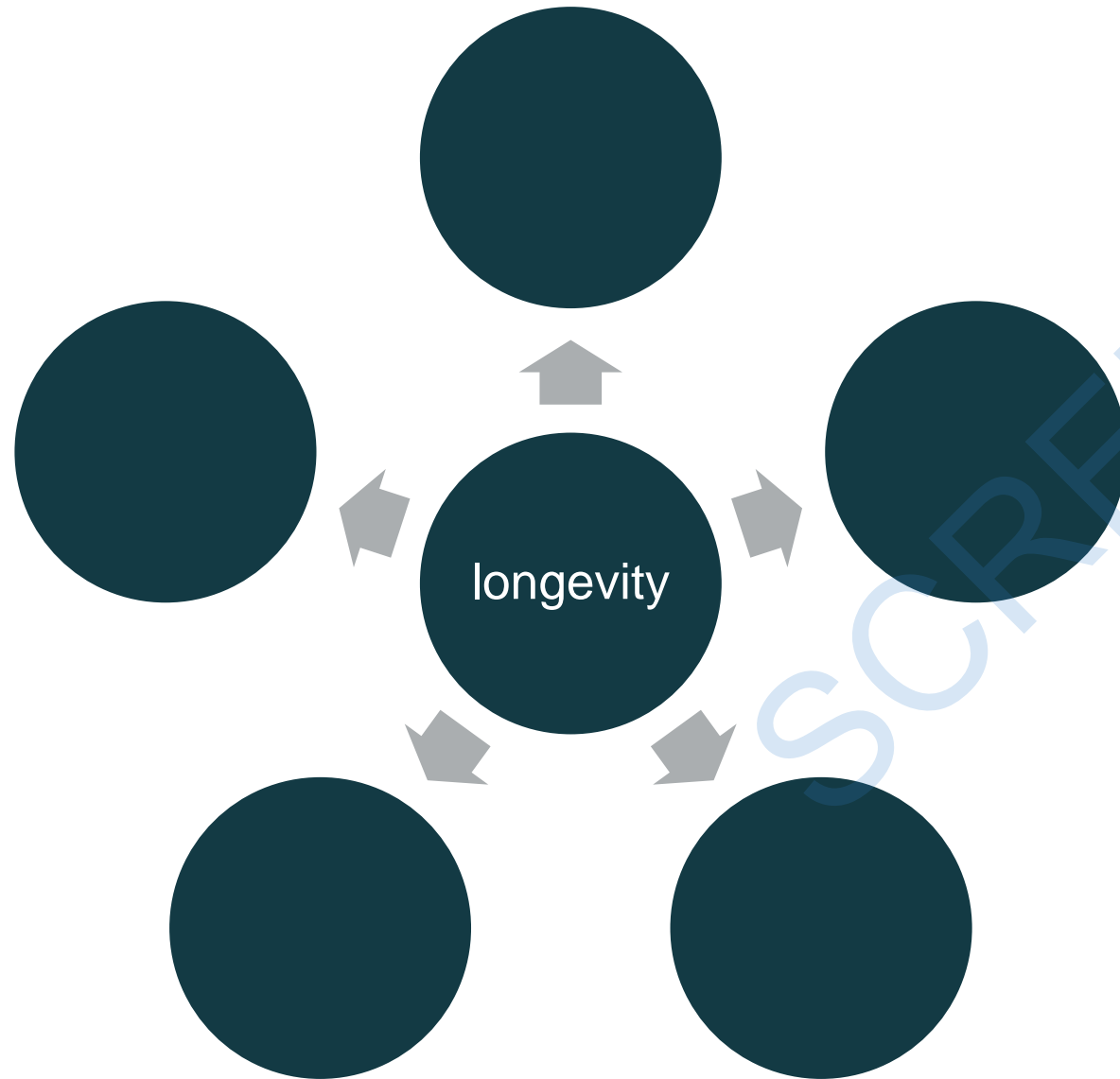
1. 能通过头脑风暴和视听材料文本预测视听材料主要内容；  
make predictions about the listening and viewing material by brainstorming and using text information;
2. 能从视听材料中归纳总结不同地区长寿人群的共同特征；  
sum up the common characteristics of super-agers including your living environment, eating habits, personalities, eating habits and interpersonal relationships;
3. 能完成健康指数评分表并描述个人健康状况及生活方式。  
complete the health index checklist and analyze your own health conditions according to the checklist.



Q: Who are super-agers? Where do they live?



Q: What are the secrets to a long life?





Listen and choose the answers to the question.

What do super-agers have in common according to the scientists?

- ☒ A. They travel and play sports.
- ☐ B. They are farmers.
- ☒ C. They read a lot.
- ☐ D. They have babies at an old age.
- ☒ E. They spend time with friends.
- ☐ F. They have good eyesight at an old age.
- ☒ G. They hold a positive attitude towards life.





Listen again and fill in the blanks.

**In Hunza:**

- Many people over one hundred years of age are still in **1 good physical health**
- Men of ninety are **2 new fathers** and women of fifty still have babies.

**In the Caucasus Mountains:**

- People live a long life.
- They are almost never **3 sick**.
- When they die, they have not only their **4 own teeth**, but also a full head of hair and good eyesight.

People in these two regions have something in common: they live in mountains **5 far away** from cities. They get a lot of exercise and have quiet and **6 peaceful** lives.



# Health-index checklist

Q: What factors should be included in a health-index checklist?

Health Index Checklist		
Factors		





Q: Who are super-agers? Where do they live?

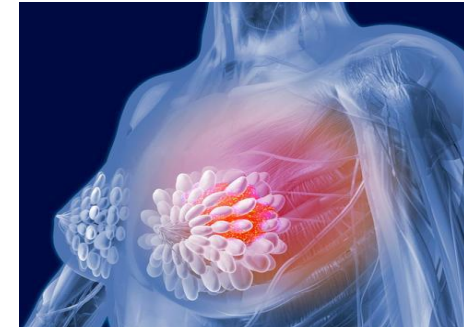


Q: Compared with people in Okinawa, what health problems do Americans have?

**breast cancer**

**cardiovascular  
disease**

**colon cancer**



## Q: Which of the following items might be mentioned in the video?

The box on the right shows some text information from the video you are going to watch. Read this information and predict which items from the list below will be mentioned in the video. Tick ( ✓ ) your choice(s).

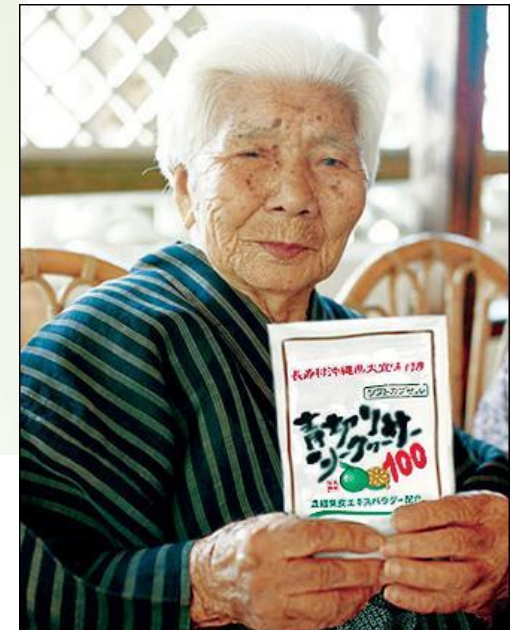
- ☐ The history of Okinawa
- ☒ Life expectancy in Okinawa
- ☐ Social values in Okinawa
- ☒ Life expectancy in the US
- ☒ Healthcare in Okinawa
- ☒ People's living habits in Okinawa
- ☒ Interpersonal relationship in Okinawa
- ☒ People's living habits in the US

### Viewing Strategy

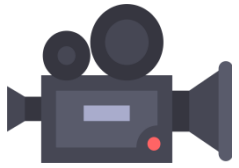
Using text information to make predictions

#### Okinawa's Longevity Profile

- Longest disability-free life expectancy in the world
- Live seven good years longer than average American
- Five times as many centenarians
- One fifth the rate of breast and colon cancer
- One sixth the rate of cardiovascular disease







# Watch the video and check the items mentioned.

The box on the right shows some text information from the video you are going to watch. Read this information and predict which items from the list below will be mentioned in the video. Tick ( ✓ ) your choice(s).

- ☐ The history of Okinawa
- ☒ Life expectancy in Okinawa
- ☐ Social values in Okinawa
- ☒ Life expectancy in the US
- ☐ Healthcare in Okinawa
- ☒ People's living habits in Okinawa
- ☒ Interpersonal relationship in Okinawa
- ☒ People's living habits in the US

## Viewing Strategy

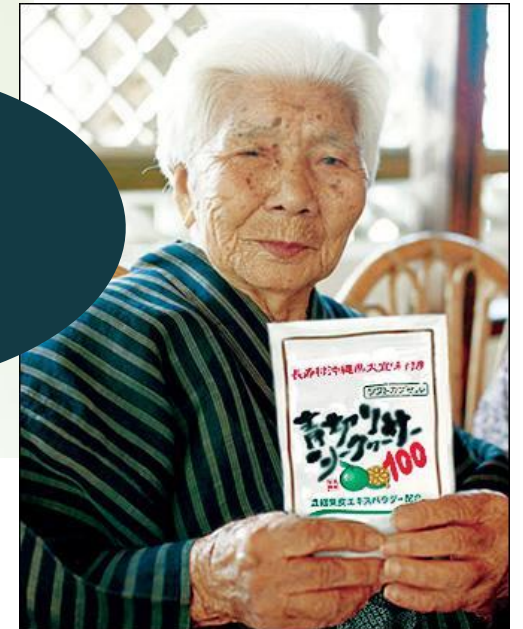
Using text information to make predictions

### Okinawa's Longevity Profile

- Longest disability-free life expectancy in the world
- Longer than any other region in the world
- Lowest rate of cardiovascular disease

eating  
habits

social  
relations







## Watch the video again and complete the table.

Eating habits in Okinawa	What they eat	A plant-based diet: <ul style="list-style-type: none"><li>• <b>2</b> <u>full of vegetables</u> with lots of colour in them</li><li>• eating about <b>3</b> <u>eight times</u> as much tofu as Americans</li></ul>
	<b>1</b> <u>how</u> they eat it	Little strategies to keep from <b>4</b> <u>overeating</u> : <ul style="list-style-type: none"><li>• using smaller <b>5</b> <u>plates</u></li><li>• serving at the counter and putting the food away</li><li>• using a little saying to remind them to stop eating when their stomach is <b>6</b> <u>80 percent full</u></li></ul>
Social relations in Okinawa	Having half a dozen <b>7</b> <u>friends</u> to travel through life with: <ul style="list-style-type: none"><li>• sharing the bounty when you have good luck</li><li>• having somebody who <b>8</b> <u>has your back</u> when things go bad</li></ul>	

## Health-index checklist

Q: Who is the healthiest member in your group and what is his/her lifestyle?

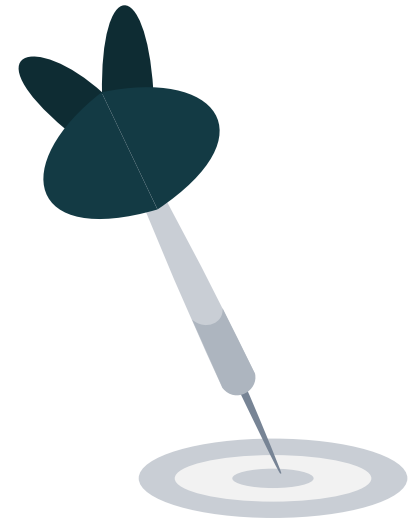
Score	Indication
40-50	Congratulations! You live a healthy life both mentally and physically. Please keep it up!
20-40	You probably have some problems either physically or mentally. Try to find out the problems and seek advice.
0-20	You had better keep an eye on your health condition because there must be some problems that need to be dealt with as soon as possible, or they may pose a threat to your normal life.



Total

## Assignments:

1. Students who score 40-50 are supposed to finish a written report about their health conditions within 80-100 words.
2. Students who score 0-40 can send Amy a WeChat voice message to talk about their own health problems. The voice message should begin with: Dear Amy,...



**Thank you**