

《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.能基于“健康生活”的主题，理解拓展阅读中应用文的格式文体，认知论据和逻辑。

understand the features, purpose and language of a magazine article in the context of healthy lifestyle;

2.能辨识不同论据的逻辑、重要性和结论，并能用自己的语言对其进行文字表述。

analyze the arguments and evidence in the magazine article and explain them in your own words;

3.能在主题语境中，以小组为单位，讨论有关健康的其他争议性话题。

form a proper attitude towards health by digging deep into health debates in groups

Do you believe?

1. Diet-coke cannot guarantee zero-calorie.
2. Hot pot can also help you lose weight.
3. Drinking lemon tea will lead to darker skin.
4. The sourer the fruit is, the more vitamin C it will contain.

health debate

Diet coke



Hot pot



Lemon tea



What health debates do you know in your daily life?

CLASSIC HEALTH DEBATES

Experts have looked into some of the most common disagreements about making the best choices for your health. Here are some of the latest findings.

Which is better when you're tired — exercise or an extra hour of sleep? Winner: Exercise.



Both sleep and exercise are important to your health, but getting an extra hour in addition to a full night's sleep is not going to be as beneficial as a morning workout.

Studies have found that a single workout can make you feel happy. It can help a person deal with depression, anxiety and stress. It can also lower your blood pressure, improve your heart health and reduce your risk of disease. What's more, workouts can increase your energy levels. A 2006 review of studies by scientists at the University of Georgia found a link between exercise and fatigue — extreme tiredness. Exercise even helped people who suffered from fatigue; it made them feel more energetic. Working out doesn't use up energy — it builds it. At the end of the day, you feel better after a workout.

Which is better at fighting germs — soap or hand sanitiser? Winner: Soap.



Soap doesn't kill germs that cause diseases, as the alcohol in some sanitisers can.

But if you want cleaner hands, experts say that hand washing with soap and water is the way to go. A hand sanitiser with at least 60 percent alcohol should be only a second option.



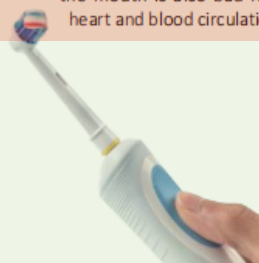
Many studies have found that running your hands under water, soaping them, then rubbing them together for 20 seconds removes the most germs. Hand washing significantly reduces your chances of falling sick. There's no need to use warm or hot water — cool water clears just as many germs.

Which toothbrush works better — electric or manual? Winner: Electric.

In 2014, a Cochrane review of 56 studies confirmed that certain types of powered brushes remove 11 to 21 percent more plaque than manual ones. They also reduce symptoms of gum disease.

Another helpful feature of many electric brushes? The timer. "Patients often don't realise how little time they spend cleaning their teeth," says Ricardo Vidal Gonzalez, DDS, of the Mayo Clinic. "Proper brushing takes at least two minutes, but many people brush for less than a minute."

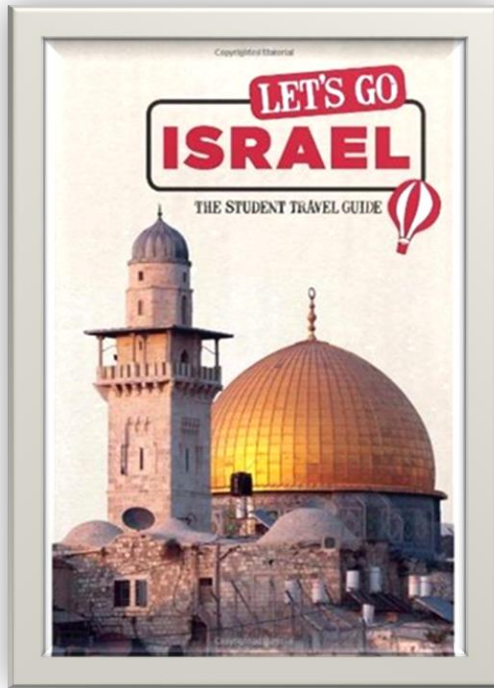
Good brushing twice a day by hand or by electric toothbrush is one of the most important ways to encourage not only good oral health but also your overall health. According to Dr Gonzalez, an infection in the mouth is also bad for your heart and blood circulation.



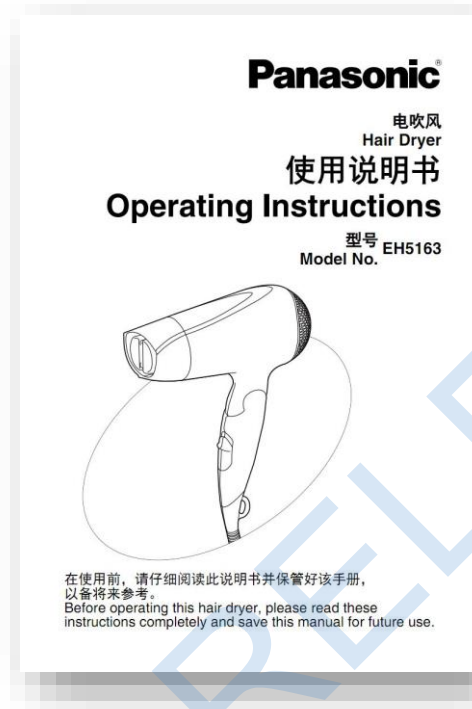
Q1: Which paragraph looks different?

Q2: Why are they in *italics*/ in **BOLD** type?

Q3: How are the paragraphs organized?



Travel guide



Instructions



leaflet

Q1: Where have you seen them?

Q2: Who may be the target readers?

skimming

Debate	Winner	Reasons
1. • Which is better when you are tired—exercise or an extra hour of sleep?	4. • Exercise.	<div>Predict: What may be the reasons that support the “winner” in each debate?</div>
2. • Which is better at fighting germs—soap or hand sanitizer?	5. • Soap.	
3. • Which toothbrush works better—electric or manual?	6. • Electric.	

skimming

Debate		Winner	Reasons
1.	<div>Q: Among all these reasons listed in the table above, which ones do you think are the most practical for high school students? Why?</div>	Exercise.	<ul style="list-style-type: none">Studies have shown many health benefits.A 2006 review of studies found a link between exercise and fatigue.
2.		Soap.	<ul style="list-style-type: none">Many studies have found that rubbing germs for 20 seconds removes the most germs.
3.	<ul style="list-style-type: none">Which toothbrush works better—electric or manual?	6. <ul style="list-style-type: none">Electric.	<ul style="list-style-type: none">A Cochrane review of 56 studies confirmed that certain types of powered brushes remove 11 to 12 percent more plaque than manual ones.Ricardo Vidal recommends proper time of brushing one’s teeth.

evidence

**“Studies
have shown
many health
benefits.”**

**“A Cochrane review
of 56 studies
confirmed that
certain types of
powered brushes
remove 11 to 12
percent more plaque
than manual ones.”**

**“Ricardo Vidal
recommends
proper time of
brushing one’s
teeth.”**




evidence

There exists some scientific evidence that eliminating cooked food from the diet is beneficial. However, enzymes are produced by the body to aid digestion, whether the food is cooked or raw.

A raw food diet is high in fresh food, which is 35% richer in nutrients than some kinds of processed food.

Professor Benos acknowledges that eating a raw food diet may have some positive effects: 'A raw food diet is high in fresh food, which is richer in nutrients than some kinds of processed food. The diet also encourages more chewing and takes longer to digest so it is more satisfying. As a result we do not eat more than we need.'



Health Debate:

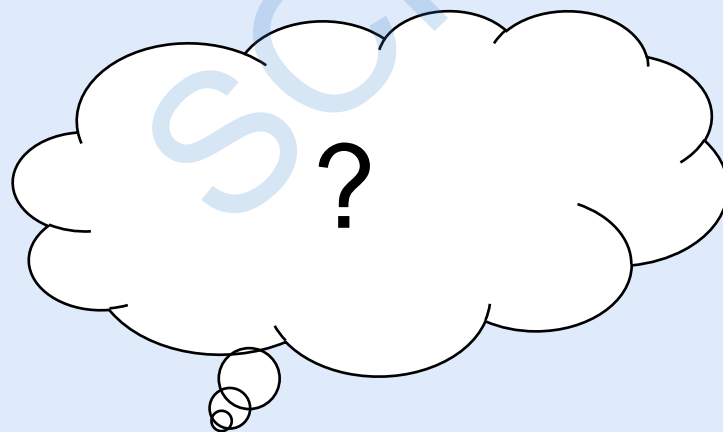
A raw food diet is more beneficial to humans than a cooked food diet.

A raw food diet ?

A cooked food diet?

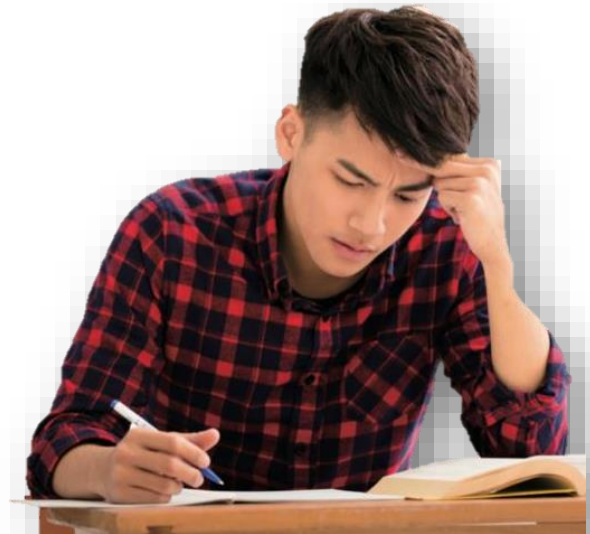
Winner: Neither. A combined diet is the most recommended.

Evidence:



Assignments

- 1. Work in groups, use Reading B as the model and finish writing the health debates.*
- 2. In the groups assigned in class, review all the health tips in Unit 3 and relate them to personal experience, then finish the “Critical Thinking” table on page 47.*



Thank you!