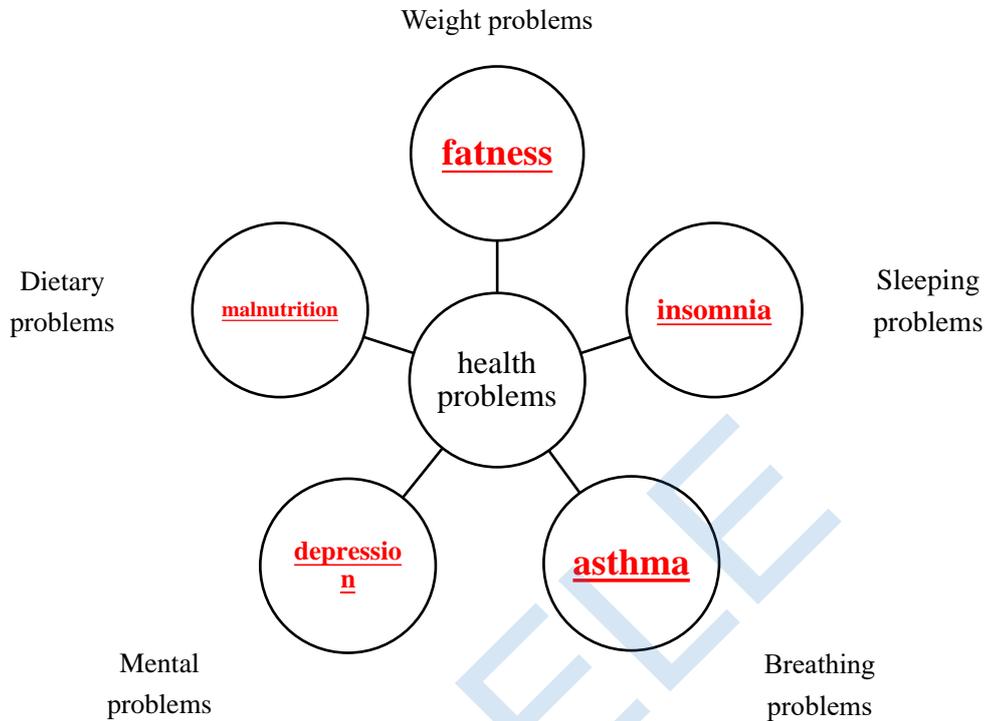


Worksheet One

Activity 1: Do you have any health problem? Discuss in groups and write down the problems you collected in the blanks.



(unfold the worksheet) ■ ■ ■ ■ ■

Activity 2: Read the letter on page 44 in the textbook and make a list of the causes of the problem in pairs.

Q1: What is Liz's problem?

Q2: What bad habits have caused Liz's problem?

problem	causes	solutions
<u>putting on weight</u>	1. <u>anxious</u>	5. <u>The best remedy for your anxiety is calming yourself by listening to some soothing music.</u>
	2. <u>study too much</u>	6. <u>You might as well not push yourself so hard and strike a balance between study and life.</u>
	3. <u>get hungry and eat junk food</u>	7. <u>To address the problem, you had better eat some healthy food such as avocado and kiwi.</u>
	4. <u>stay awake at night</u>	8. <u>For the sake of your health, you had better set an alarm as a reminder to go to bed on time.</u>

Worksheet Two

Activity 3: Compose a reply to Liz. Pay attention to the content should include the problem, causes and solutions. The format of the letter is given as follows.

<p><i>Dear Liz,</i></p> <p><i>I am more than willing to read your letters. It is hard to be dispassionate about your health problem, but honestly, don't be too emotional. Please relieve yourself of the uncomfortable feeling and plan a healthy diet.</i></p> <p><i>You mentioned _____, which resulted from _____ you might as well _____</i></p> <p><i>Besides, in the case of _____, on account of _____, it is better to _____</i></p> <p><i>Last but not least, you are worried about _____, and I think the best remedy for _____ is to _____.</i></p> <p><i>Thank you for your letter.</i></p> <p><i>Sincerely</i> <i>Amy</i></p>	<p>Note down other health-care experts' suggestions.</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>
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Word bank

- a heavy workload
- leading a carefree study life
- resist the deliciousness of junk food
- sleep deprivation
- do workout on a regularly basis
- make it a habit to do...
-

Worksheet Three (Homework)

Activity 4: Polish your letter with no less than 120 words. Evaluate peers' work with reference to your checklist and find out the most well-organized letter.

Dear Liz,

I am more than willing to read your letters.

Thank you for your letter.

Sincerely

Amy

Checklist

Structure

- 1. Include a greeting and regards.
- 2. Include the beginning, body and conclusion parts.

Content

- 3. State the problem, causes and solutions clearly.
- 4. Give examples to support the point of view.

Language

- 5. Use a variety of vivid expressions. (adjectives, phrasal verbs, etc.)
- 6. Use cause-and effect signal words.
- 7. Use writing strategies in page 45.
- 8. Avoid grammar mistakes.