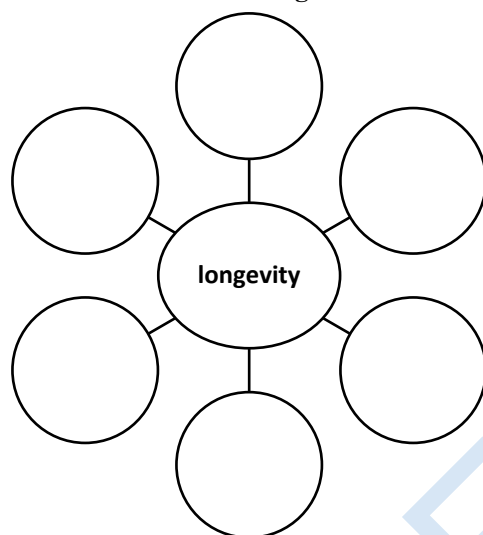


课时学习目标：

能通过头脑风暴和视听材料文本预测视听材料主要内容；
能从视听材料中归纳总结不同地区长寿人群的共同特征；
能完成健康指数评分表并描述个人健康状况及生活方式。

1. Q: What are the secrets to a long life?



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

Health Index Checklist		
Factors	Score(1-10)	Description
...		
Total		

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.

SCRELE