



《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 陆旂颀

《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 ...

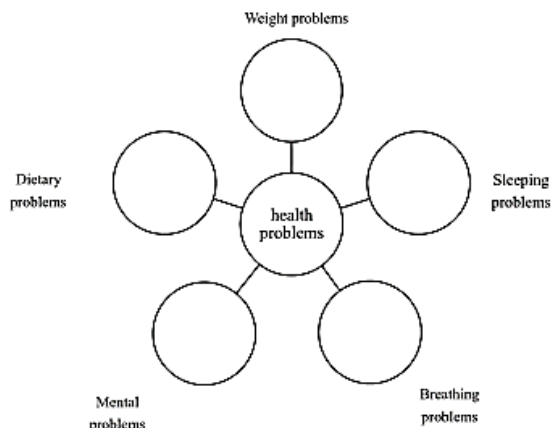
1. 分析讨论有关健康话题的语篇，识别语篇结构；
to identify the genre of the passage and analyze the causes of Liz's health problems;

2. 针对健康问题开展讨论，形成解决不同问题的建议；
to specify the practical and reasonable suggestions with the help of problem-solution pattern;

3. 运用写作策略，梳理建议，完成问题解决模式的回信。
to complete a reply letter by studying the writing strategies and putting forward some suggestions.

Worksheet One

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



(unfold the worksheet)

Task 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
	1.	
	2.	
	3.	
	4.	

Worksheet Two

Now you are a member of your school newspaper.

Dear Liz,

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.

You mentioned _____, which resulted from _____ you might as well _____

Besides, in the case of _____, on account of _____, it is better to _____

Last but not least, you are worried about _____, and I think the best remedy for _____ is to _____.

Thank you for your letter.

Sincerely

Amy

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...
- ☐

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.

Worksheet Three (Homework)

Task 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

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Quiz: Are you qualified as a healthcare expert?

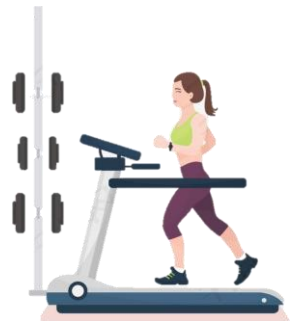
➤ Q1: What are the dos of leading a healthy life?

✓

A



B



C



D



➤ Q2: What are the don'ts of leading a healthy life?

✗

A



B



C



D





Certificate

This is to certify that you are qualified as
a healthcare expert.



Task: As a health-care expert, write a letter of reply to help a girl who has a health problem.

- Think about the **format** of the letter.
 - ✓ greeting
 - ✓ beginning
 - ✓ body
 - ✓ ending
 - ✓ regards
 - ✓ signature

Dear Liz,

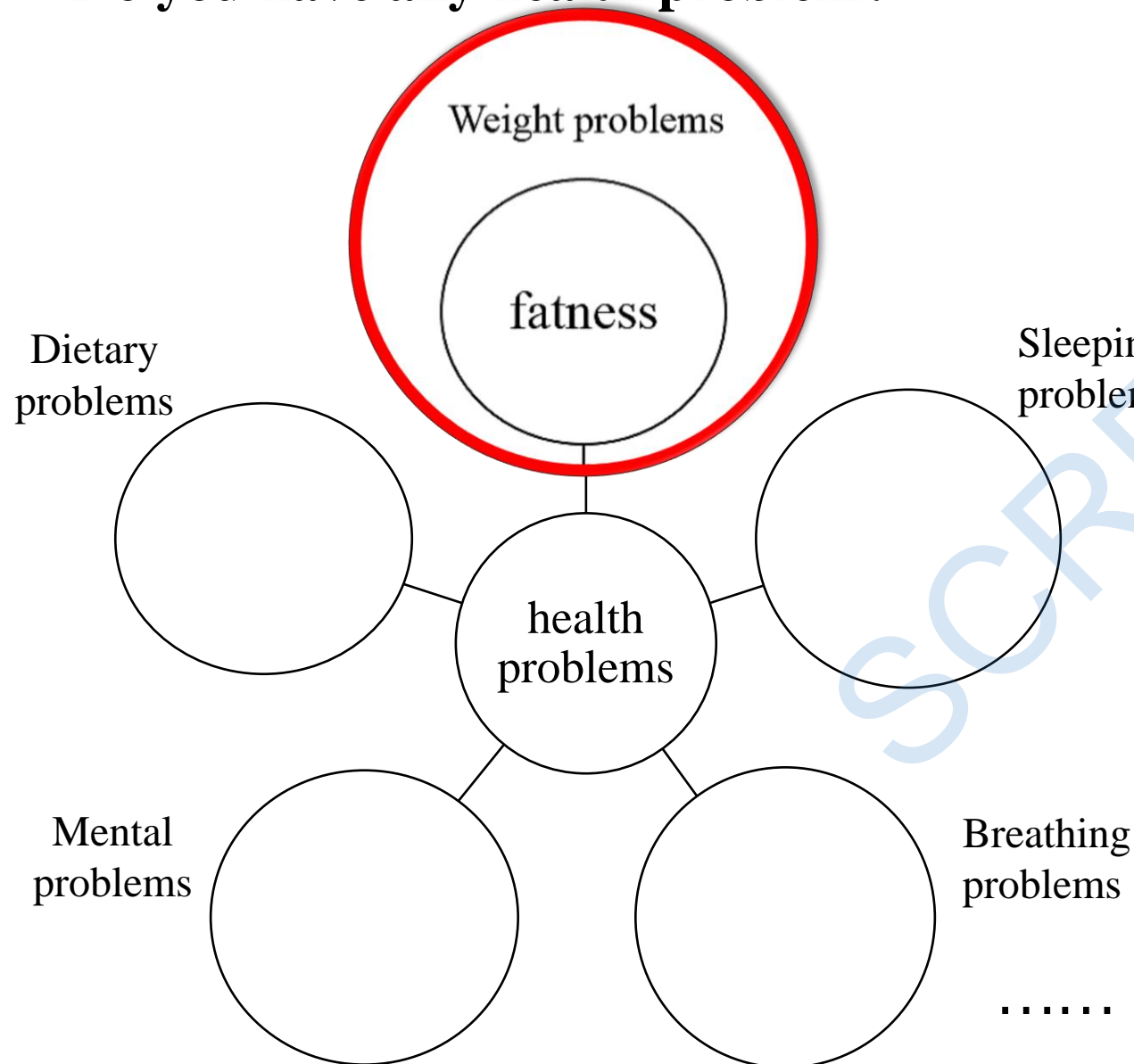
I am more than willing to read your letters.

Thank you for your letter.

Sincerely

Amy

Do you have any health problem?



You can ask questions like these:

- How many sleeping hours do you have every day?
- What is your daily diet like?
- How do you feel these days?
-

Avoid questions like these:

- How much do you weigh?
- What is your sleeping style?
-

Dear Amy,
I'm **anxious** about **my weight**. Recently, I've
been **studying so much** that I haven't been
eating right. **I get hungry late** at night and will
eat pizza, potato chips and hamburgers just
because they are easy to fix. I also have **soft**
drinks while I do my homework. They help
me **stay awake**. Now I've **put on weight**. I'm
worried. Can you help me? What should I do?
Liz

problem

anxious

study too much

**get hungry and eat
junk food**

stay awake at night

causes

putting on weight

A	B
result in	result from
cause	is caused by
give rise to	is due to
contribute to	is responsible for
If..., then...	is to blame for....
influence	is a result of...

anxious
studies too much
get hungry and eat junk food
stay awake at night



have a try

Your weight problem partially _____. In other words,
_____ can _____ your weight problem.

problem	causes	solutions	useful expression (P. 45)
putting on weight	anxious	1. The best remedy for your anxiety is calming yourself by listening to some soothing music.	<ul style="list-style-type: none"> You mentioned ... You are worried about ... There are several possible causes about ... The most likely causes of ... is... the cause Another possible cause is ... may cause ... can lead to... can result in ... A useful suggestion would be ... If I were you, I would ... It would be a good idea to ... It would help if you ... By doing this, ... In this way, ... the solution Another way to ... is/ would be... Another way is ...
	studies too much	2. reasonable You might as well not push yourself so hard and strike a balance between study and life.	
	get hungry and eat junk food	3. practical To address the problem, you had better eat some healthy food such as avocado and kiwi.	
	stay awake at night	4. specific For the sake of your health, you had better set an alarm as a reminder to go to bed on time.	

Writing task

- 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.

Dear Liz,

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.

You mentioned ... , which resulted from ... you might as well ...

Besides, in the case of ..., on account of..., it is better to ...

Last but not least, you are worried about ..., and I think the best remedy for ... is to ...

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- ☐ make it a habit to do...
- ☐

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Structure

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**This lesson's
focus**

Content

- ☐ 3. State the problem, causes and solutions clearly.
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Certificate



This is to certify that you are qualified as
a 3-star healthcare expert.



Certificate



This is to certify that you are qualified as
a 4-star healthcare expert.



Certificate



This is to certify that you are qualified as
a 5-star healthcare expert.



Assignments

- 1 . Polish the reply letter in no less than 120 words with the help of the problem-cause-solution pattern;
- 2 . Evaluate peers' work according to the checklist. Decide on the most well-spotted letter and state your reasons.

format of
the letter

Dear Liz,

I am more than willing to read your letters.

Thank you for your letter.

Sincerely

Amy

Thank you!