

健康

单词

词汇	发音	词性	翻译
bored	[us]bɔ:rd [uk]bɔ:d	adj.	烦人的, 不耐烦的
cigarette	[us]'sɪgəret [uk],sɪgə 'ret	noun	香烟
exercise	[us] 'eksərsaɪz [uk] 'eksəsaɪz	verb	锻炼
feel	[us]fi:l [uk]fi:l	verb	感觉
flu	[us]flu: [uk]flu:	noun	流感
healthy	[us]'helθi [uk]'helθi	adj.	健康的
relax	[us]rɪ'læks [uk]rɪ'læks	verb	放松, 休息
sick	[us]sɪk [uk]sɪk	adj.	病的
smell	[us]smel [uk]smel	verb	闻起来
smoke	[us]smoʊk [uk]sməʊk	verb	抽烟, 吸烟
sound	[us]saʊnd [uk]saʊnd	verb	听起来
taste	[us]teɪst [uk]teɪst	verb	尝起来
about	[us]ə'baʊt [uk]ə'baʊt	adv.	大约, 左右

day	[us]deɪ [uk]deɪ	noun	一天, 一日
every	[us]'evri [uk]'evri	det.	每一个
month	[us]mʌnθ [uk]mʌnθ	noun	月份
once	[us]wʌns [uk]wʌns	adv.	一次, 一回
shape	[us]ʃeɪp [uk]ʃeɪp	noun	形状
time	[us]taɪm [uk]taɪm	noun	次
twice	[us]twʌɪs [uk]twʌɪs	adv.	2倍
week	[us]wi:k [uk]wi:k	noun	周, 星期
year	[us]jɪr [uk]jɪə(r)	noun	年, 一年
aspirin	[us]'æsprɪn [uk]'æsprɪn	noun	阿司匹林
cough	[us]kɔ:f [uk]kɒf	verb	咳嗽
drink	[us]drɪŋk [uk]drɪŋk	verb	喝
fever	[us]'fi:vər [uk]'fi:və(r)	noun	发烧
get	[us]get [uk]get	verb	得到
headache	[us]'hedeɪk [uk]'hedeɪk	noun	头痛, 头疼
hurt	[us]hɜ:rt [uk]hɜ:t	verb	受伤
liquid	[us]'lɪkwɪd [uk]'lɪkwɪd	noun	液体
	[us]sɔ:r		

sore	[uk]sɔ:(r)	adj.	疼痛的
symptom	[us] 'sɪmptəm [uk] 'sɪmptəm	noun	征候,征兆
take	[us]teɪk [uk]teɪk	verb	放
tired	[us]'taɪəd [uk]'taɪəd	adj.	疲劳的
wrong	[us]rɔ:ŋ [uk]rɒŋ	adj.	有问题的, 出错的
no problem			used after sb has thanked you or said they are sorry for sth

谈论健康

在本课中，您将学习如何谈论健康习惯。

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/37/v/111237/GE_2.4.1_v2.mp4

[JOAN] Hi, Todd.
[JOAN] You okay?
[TODD] No, I'm not. I'm stressed out.
[JOAN] Really?
[TODD] Yeah. I'm very busy right now. And my daughter's sick.
[JOAN] I'm sorry to hear that. What's wrong with her?
[TODD] She has the flu.
[JOAN] That's too bad.
[TODD] Hey, can I ask you a question?
[JOAN] Sure.
[TODD] How do you do it?
[JOAN] What do you mean?
[TODD] Well, I know you're really busy. But you always look great.
[JOAN] Thanks!
[TODD] What's your secret?
[JOAN] It's not a secret. I don't smoke, I eat well and I do yoga.
[JOAN] Now ...
[TODD] Right.
[JOAN] With the September figures, we've actually done slightly ...

I'm stressed out. 我筋疲力尽。
My daughter's sick. 我女儿生病了。
What's wrong with her? 她怎么了?
She has the flu. 她得流感了。
I don't smoke. 我不抽烟。
I eat well. 我胃口好。
I do yoga. 我做瑜伽。

请选择一张卡片并听音频。



eat well:胃口好



smoke cigarettes:吸烟



exercise:锻炼



stressed out:筋疲力竭的



healthy:健康的



sleep:睡觉



take vitamins:服用维生素



do yoga:练瑜伽



relax:放松, 休息



sick:病的

有些动词指我们的感官。这些动词包括看的 **look**，摸的 **feel**，闻的 **smell**，尝的 **taste** 和听的 **sound**。使用 **look**、**feel**、**taste**、**smell** 和 **sound** 搭配像 **delicious**、**great** 和 **beautiful** 等形容词，表达个人意见。

sounds good 和 **sounds great** 是表示某事是好主意的常用表达方式。

You always look great.	您看起来总是不错。
I feel great.	我感觉很好。
This food tastes delicious.	食物很可口。
That cheese smells bad.	奶酪发臭了。
The music sounds beautiful.	音乐听起来很美。

A: Let's go to the movies. B: Sounds great!

我们去看电影吧。听起来很棒！

请听音频。请把词条移至正确的间隔处。MAN: Mary, you (look) great!

WOMAN: Thanks! I (feel) great, too. Hey, how's your food?

MAN: Well, the chicken pasta (tastes) delicious.

WOMAN: It (smells) wonderful.

MAN: And for dessert, I want their chocolate cake!

WOMAN: That (sounds) good. I want some, too.

请选择正确的词。Your new shirt (tastes / smells / looks) really nice.

My sandwich (feels / tastes / sounds) delicious.

The music (sounds / smells / tastes) terrible!

This milk is old. It (sounds / smells / feels) terrible.

He has the flu. He doesn't (feel / taste / smell) well.

Truth: looks; tastes; sounds; smells; feel

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/37/v/111237/GE_2.4.1_v2.mp4

[JOAN] Hi, Todd.

[JOAN] You okay?

[TODD] No, I'm not. I'm stressed out.

[JOAN] Really?

[TODD] Yeah. I'm very busy right now. And my daughter's sick.

[JOAN] I'm sorry to hear that. What's wrong with her?

[TODD] She has the flu.

[JOAN] That's too bad.

[TODD] Hey, can I ask you a question?

[JOAN] Sure.
 [TODD] How do you do it?
 [JOAN] What do you mean?
 [TODD] Well, I know you're really busy. But you always look great.
 [JOAN] Thanks!
 [TODD] What's your secret?
 [JOAN] It's not a secret. I don't smoke, I eat well and I do yoga.
 [JOAN] Now ...
 [TODD] Right.
 [JOAN] With the September figures, we've actually done slightly ...

How do you do it? 您如何锻炼?
 What do you mean? 您是什么意思?
 You always look great. 您气色看起来一直都很好。
 Thanks! 谢谢!
 What's your secret? 您的秘诀是什么?

赞美他人

compliment 是您就某人或某事说的表示肯定的话。

接受赞美后按惯例要表示感谢。

You look great!	你看起来棒极了!
Your clothes are beautiful!	你的衣服真漂亮!
I love your hair!	我喜欢你的头发!
How do you stay in shape?	你怎样保持身材的?
How do you do it?	这事你怎么干的?
What's your secret?	您的秘诀是什么?

A: Your hair looks great! B: Thanks very much!	您的头发看起来很漂亮! 非常感谢!
A: You look great. What's your secret? B: Thanks, but it's not a secret. I exercise, and I eat well.	您气色不错。有什么秘诀吗? 谢谢, 没什么秘诀。我锻炼身体, 胃口也好。

记述如何保持健康

在本课中，您将学习如何谈论保持健康。

高频表达

请使用 **how often** 疑问句询问某事的频率。

A: How often do you exercise? B: I exercise every day.

您多久锻炼一次？ 我每天锻炼身体。

请使用 **once** 和时间词语谈论某事一段时间内发生一次。

I play video games once a week.
--

我每周玩一次电子游戏。

请使用 **twice** 和时间词语谈论某事一段时间内发生两次。

She goes on vacation twice a year.

她每年度假两次。

如果某事发生次数多于两次，请使用一个数字，加上单词 **times**，再加上时间词语。

I eat three times a day.	我每天三餐。
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He walks to work five times a week.	他每周五次步行上班。
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当某事总是每隔一段时间发生，使用 **every + 时间词**。

I go on vacation every August.	我每年八月去度假。
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I watch TV every day.	我每天看电视。
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当发生频率不确定，请使用 **or** 连接两个数字。

I surf the internet once or twice a day.	我每天上网一两次。
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She visits her family three or four times a year.	她每年探亲三四次。
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当发生频率不确定，您也可以使用单词 **about**。

They go to the gym about once a month.

他们每月去健身房一次。

注意，**once** 意为 **one time**，**twice** 意为 **two times**。

请把词条移至正确的间隔处。 MAN: You look really healthy. How do you do it?

WOMAN: Well, I exercise. I go to the gym.

MAN: How (often) do you go?

WOMAN: Um, twice (a week) . And I ride my bike (every) day.

MAN: That's great!

WOMAN: Yeah, and I do yoga (once) a day, in the morning. Do you (exercise) ?

MAN: No, (never) , and I smoke cigarettes.

WOMAN: That's not good.

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/40/v/111240/GE_2.4.2_v2.mp4

[KELLY] Sally, how do you do it?

[SALLY] Do what?

[KELLY] Well, look at you - you're eating ice cream.

[SALLY] Uh-huh.

[KELLY] How do you stay in shape?

[SALLY] I don't know. I walk to work every day, I run three times a week and I go to the gym.

[KELLY] How often do you go to the gym?

[SALLY] Two or three times a week. You should come with me.

[KELLY] Yeah, I should.

[SALLY] Do you want some ice cream?

[KELLY] Yeah.

How do you stay in shape? 您如何保持健康?

I walk to work every day. 我每天走路去上班。

I run three times a week. 我每周跑步三次。

I go to the gym. 我去健身房。

谈论健康

请使用 **how** 疑问句询问健康。

请使用 **shape** 搭配形容词谈论身体健康状况。

How do you stay in shape?	您如何保持身体健康?
How do you stay healthy?	您如何保持健康?
How often do you exercise?	您多久锻炼一次?
How do you do it?	您如何锻炼?

She's in excellent shape.	她身体很棒。
I'm in good shape.	我身体很好。
He's in bad shape.	他身体不好。
John's in terrible shape.	John 身体很差。

段落

段落是围绕一个主题句或主旨的一组句子。只要句子与主题相关，段落中句子可多可少。如果您开始叙述新的观点，请另起段落。

段落通常有一个向读者告知段落主题的句子，称为 **topic sentence**。主题句通常不具体，不会举出例子、事实或细节。主题句通常是位于段首第一句，但并非总是如此。下为主题句的两个例子：

My family is in very good shape.	我家人身体都很好。
Staying in shape can be fun.	保持身体健康可以很有趣。

topic sentence 由段落中的其他句子支持，给出细节和例子。请看段落例子，第一句告诉你这一段的内容是关于 **staying in shape**。

Staying in shape is very important to me. Every morning I ride my bike to work. I always eat a healthy, delicious lunch. I go to the gym two or three evenings a week. I have many friends at the gym. On the weekend, I play tennis or go hiking.

对我来说，保持身体健康很重要。我每天早上骑自行车上班。我的午餐一直都很健康可口。我每周去健身房两三个晚上。我在健身房有许多朋友。周末，我去打网球或远足。

请阅读以下两段文字，正确选出每段话的主题句。请记住，主题句概括了段落的大意，但并不一定总是第一个句子。请选择正确的答案。 My name is Katy. I'm in pretty good shape. I love exercising. I go running every morning, and I do yoga two or three times a week. I eat healthy food, and I don't smoke. On the weekend, I go to the beach with my friends. We love playing volleyball. My brother's name is Max. He never exercises. He eats fried chicken or pizza two or three times a week. He never eats fresh fruit and vegetables. His favorite desserts are chocolate cake and ice cream. He watches sports once or twice a week, but he never plays sports. My brother is in

terrible shape.

请听音频。请把词条移至正确的间隔处。 My brother's name is Max. He never (exercises) . He (eats) fried chicken or pizza three or four times a week. He (never) eats fruit and vegetables. His favorite dessert is chocolate cake and ice cream. He watches sports once or (twice) a week, but he never (plays) sports. My brother is in terrible (shape) .

写一段文字介绍您的朋友如何保持健康和身材。先想想您的中心句。然后再写其他句子以支持中心句示例。考虑下面这样的问题：**How often does he/she exercise?What does he/she eat?** 我们会严肃地对待您的隐私。请勿将关于自己的个人信息（种族、宗教、健康状况等）与别人分享。

输入到输入框。请写 25-50 个单词。

Example:

every morning, and she does yoga two or three times a week. She eats healthy food. On the weekend, she goes to the beach with her friends. They love playing volleyball.

看医生

在本课中，您将学习如何与医生交谈。

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/41/v/111241/GE_2.4.3_v2.mp4

[DOCTOR] So, how are you feeling?
[SALLY] Not so ...
[DOCTOR] Sorry.
[SALLY] Not so great. I have a sore throat, and my head hurts.
[DOCTOR] I'm sorry to hear that. Any other symptoms?
[SALLY] Yes. I have a stomachache.
[DOCTOR] Hmm. And you have a fever, too.
[SALLY] Yeah, I feel really hot.
[DOCTOR] I think you have the flu.
[SALLY] Ugh.
[DOCTOR] You should go home and get lots of sleep.
[SALLY] But I'm really busy at work.
[DOCTOR] Well, yes, but, um, you should take it easy for two or three days. And, uh, drink lots of liquids.
[SALLY] OK.

[DOCTOR] And, um, take an aspirin for your headache.

[SALLY] Right. Thanks, doctor.

[DOCTOR] You're welcome.

sore throat 喉咙痛

head hurts 头疼

symptoms 症状

stomachache 胃痛

fever 发烧

the flu 流感

headache 头痛

请选择一张卡片并听音频。



headache:头痛, 头疼



fever:发烧



sore throat:嗓子痛



stomachache:腹痛



runny nose:流鼻涕



cough:咳嗽

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/41/v/111241/GE_2.4.3_v2.mp4

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[SALLY] Not so ...
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[SALLY] Yes. I have a stomachache.
[DOCTOR] Hmm. And you have a fever, too.
[SALLY] Yeah, I feel really hot.
[DOCTOR] I think you have the flu.
[SALLY] Ugh.
[DOCTOR] You should go home and get lots of sleep.
[SALLY] But I'm really busy at work.
[DOCTOR] Well, yes, but, um, you should take it easy for two or three days.
And, uh, drink lots of liquids.
[SALLY] OK.
[DOCTOR] And, um, take an aspirin for your headache.
[SALLY] Right. Thanks, doctor.
[DOCTOR] You're welcome.

How are you feeling?	您哪里不舒服?
I have a sore throat.	我喉咙痛。
My head hurts.	我头疼。
I have a stomachache.	我胃痛。
You have a fever, too.	您也发烧了。
I feel really hot.	我觉得好热。

描述症状

请使用下列问题询问症状。

描述症状有几种不同的方法：

How are you feeling?	你感觉怎样？
What's the problem?	什么问题？
Where does it hurt?	伤到哪啦？ ？
What's wrong?	出什么问题啦？

使用动词 **be** 搭配形容词。

I'm tired.
我好累。

使用动词 **feel** 搭配形容词。

I feel hot.	我感觉好热。
I feel tired.	我感觉好累。

请使用您身体的某个部位和动词 hurt 搭配。	
My head hurts.	我头疼。
My throat hurts.	我咽喉痛。
请使用您身体的某个部位和短语 have a sore 搭配。	
I have a sore throat.	我喉咙痛。
I have a sore arm.	我手臂疼痛。
我们使用动词 have 以及后缀 -ache 来形容身体某些部位的痛楚：	
I have a stomachache.	我胃疼。

请把词条移至正确的间隔处。 DOCTOR: So, how are you (feeling) today?

MAN: Not so good, doctor.

DOCTOR: What's the (problem) ?

MAN: Well, I have a (sore) throat and a stomachache. And I feel (hot) .

DOCTOR: Well, you have a (fever) . Are you eating?

MAN: Not a lot. I'm not very hungry, and my head (hurts) .

DOCTOR: OK, I see.

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/41/v/111241/GE_2.4.3_v2.mp4

[DOCTOR] So, how are you feeling?
[SALLY] Not so ...
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[SALLY] Not so great. I have a sore throat, and my head hurts.
[DOCTOR] I'm sorry to hear that. Any other symptoms?
[SALLY] Yes. I have a stomachache.
[DOCTOR] Hmm. And you have a fever, too.
[SALLY] Yeah, I feel really hot.
[DOCTOR] I think you have the flu.
[SALLY] Ugh.
[DOCTOR] You should go home and get lots of sleep.
[SALLY] But I'm really busy at work.
[DOCTOR] Well, yes, but, um, you should take it easy for two or three days.
And, uh, drink lots of liquids.
[SALLY] OK.
[DOCTOR] And, um, take an aspirin for your headache.
[SALLY] Right. Thanks, doctor.
[DOCTOR] You're welcome.

I'm sorry to hear that. 听到这个我很难过。
I think you have the flu. 我觉得您得流感了。
You should go home. 您应该回家。
Get lots of sleep. 多睡觉。
You should take it easy. 您应该放松点。
Drink lots of liquids. 多喝水。
Take an aspirin for your headache. 头痛的话吃片阿司匹林。

表达同情和提出建议

使用这些表达表示同情：

That's too bad.	那太糟糕了。
Sorry to hear that.	听到这个很难过。
I'm so sorry.	非常抱歉。
Feel better soon.	早日康复。

使用祈使句提出直接的建议。

Drink lots of liquids.	多喝水。
Get lots of sleep.	多睡觉。
Take it easy.	好好休息。
Take aspirin for your headache.	头痛吃点阿司匹林。

使用 **should** 礼貌一点提出建议。

You should drink lots of liquids.	您应该多喝水。
You should get lots of sleep.	您应该多睡觉。
You should take it easy.	您应该好好休息。
You should take aspirin for your headache.	您应该吃点阿司匹林治疗头痛。

打电话请病假

在本课中，您将学习如何打电话请病假。

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/46/v/111246/GE_2.4.4_v2.mp4

[TODD] Todd Billings.
[SALLY] Hi, Todd. This is Sally.
[TODD] Sally. Hey, what's up? Where are you?
[SALLY] I'm at home.
[TODD] Oh, no. What's wrong?
[SALLY] I'm sick. I have the flu.
[TODD] You sound awful.
[SALLY] Yeah, I feel really bad. I can't come to work today.
[TODD] That's OK. You should stay at home.
[SALLY] Sorry about work.
[TODD] No problem. Listen - call me tomorrow.
[SALLY] OK.
[TODD] And feel better.
[SALLY] Thanks, Todd. Bye.
[TODD] Bye.

Todd Billings. Todd Billings.
Hi, Todd. This is Sally. 嗨, Todd. 我是 Sally。

电话用语

正式场合中，我们使用专门的电话用语。

如果您给一家公司的某人打电话，他开始可能先说出公司名称，然后接电话的人常常会用短语 **speaking** 或 **this is** 表明身份。

表明自己的身份。您可以在您的名字前使用 **this is**，或在名字后使用 **calling**。

ABC Industries. Mary Jacobs speaking.	ABC 工业公司。我是 Mary Jacobs。
ABC Industries. This is Mary Jacobs.	ABC 工业公司。我是 Mary Jacobs。

This is Bill Edwards.	我是 Bill Edwards。
Bill Edwards calling.	我是 Bill Edwards。

如果电话打到前台，请表明自己的身份，使用短语 Can I speak to ，后接您找的人的名字。	
A. ABC Industries. How can I help you?	ABC 工业公司。我能为您效劳吗？
B. This is Bill Edwards. Can I speak to Mary Jacobs?	我是 Bill Edwards。我想请 Mary Jacobs 接电话，好吗？
前台接线员可能会请您等待电话转接。	
Just a minute, please.	请稍等。
您打电话给企业时，有时会接通自动语音信箱。您可能听到：	
Please leave a message after the tone.	听到嘟声后请留言。
We are currently closed. Please call again.	您拨打的用户已关机，请稍后再拨。

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/46/v/111246/GE_2.4.4_v2.mp4

[TODD] Todd Billings.
[SALLY] Hi, Todd. This is Sally.
[TODD] Sally. Hey, what's up? Where are you?
[SALLY] I'm at home.
[TODD] Oh, no. What's wrong?
[SALLY] I'm sick. I have the flu.
[TODD] You sound awful.

[SALLY] Yeah, I feel really bad. I can't come to work today.
 [TODD] That's OK. You should stay at home.
 [SALLY] Sorry about work.
 [TODD] No problem. Listen - call me tomorrow.
 [SALLY] OK.
 [TODD] And feel better.
 [SALLY] Thanks, Todd. Bye.
 [TODD] Bye.

Sorry about work. 很抱歉没法来上班。
 No problem. 没问题。
 And feel better. 感觉好点了。

道歉和接受道歉

请使用短语 **sorry about** 接名词为某事道歉。

Sorry about work.	(You are sorry because you had to call in sick to work.)	很抱歉不能上班。
Sorry about your car.	(You are sorry because you damaged your friend's car.)	很抱歉您的车出故障了。
Sorry about the meeting.	(You are sorry because you missed a meeting.)	很抱歉不能参加会议。

在道歉场景中，在句子前加上短语 sorry, but。	
Sorry, but I can't come to work today.	很抱歉，但我今天没法来上班。
A: Can you come to the party? B: Sorry, but I'm sick. A: Don't worry about it. Feel better!	您能来参加派对吗？很抱歉，可我生病了。别担心。早日康复！

请使用这些表达来应回答道歉。	
No problem.	没问题。
Don't worry about it.	别担心。
It's OK.	没关系。

请把词条移至正确的间隔处。 Can I (speak) to Todd?
 Just a (moment) , please.
 I'm really sorry, (but) I can't come to work.
 I'm (sorry) about work.

No (problem) .
Don't (worry) about it.

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/11/12/46/v/111246/GE_2.4.4_v2.mp4

[TODD] Todd Billings.
[SALLY] Hi, Todd. This is Sally.
[TODD] Sally. Hey, what's up? Where are you?
[SALLY] I'm at home.
[TODD] Oh, no. What's wrong?
[SALLY] I'm sick. I have the flu.
[TODD] You sound awful.
[SALLY] Yeah, I feel really bad. I can't come to work today.
[TODD] That's OK. You should stay at home.
[SALLY] Sorry about work.
[TODD] No problem. Listen - call me tomorrow.
[SALLY] OK.
[TODD] And feel better.
[SALLY] Thanks, Todd. Bye.
[TODD] Bye.

Hey, what's up? 嘿，最近怎么样？
What's wrong? 怎么了？

使用 **what** 的表达

请使用 **what** 疑问句询问大致发生的情况。这些表达是常用的问候方式。

What's up?	怎么了？
What's happening?	出什么事了？
What's going on?	发生什么事了？

如果您没有具体要谈的事情，这些表达的一般回答可能是：

Not much. What's up with you?	还行。您怎么样？
I don't know. What's going on with you?	我不知道。您怎么样？

您也可使用 what 疑问句询问现在没有发生的事情。	
What's wrong?	出什么问题?
What's the matter?	出什么事了?
What's the problem?	是什么问题?
这些疑问句一般需要更具体的回答。如果您不想回答问题，您可以说：	
Nothing. Don't worry about it.	没事的，别担心。

请把词条移至正确的间隔处。 BILL: Hey, Sarah. What's (wrong) ?

SARAH: Nothing, Bill. Don't (worry) about it.

BILL: Really? (What's) the matter?

SARAH: Well, my sister is very (sick) .

BILL: Oh, I'm so sorry. What's the (problem) ?

SARAH: The doctors don't (know) .