**Unit 2 How often do you exercise?**

**Section B 1 (1a-1e)**

**【学习目标】**

1. 理解并掌握下列词汇: junk, coffee, health, want sb. to do sth., be good for, junk

food

1. 理解并掌握下列句型：

A：How often do you drink milk?

B: I drink milk every day.

A: Do you like it?

B: No, but my mother wants me to drink it. She says it’s good for my health.

A: How many hours do you sleep every night?

B: Nine.

A: Does Tina have good habits?

B: Yes, she does.

3. 重点语法：

掌握并能正确使用本课时的重点短语：be good for

4. 讨论有关饮食方面和生活习惯方面的频率，进一步巩固how often 引导的句

型。

5. 通过交流饮食习惯，了解什么是健康的生活，培养健康生活意识。

**【课前预习】**

**Ⅰ. 列出自己学过的有关水果、蔬菜及食品的名称，小组交流后，大声朗读，互相纠正发音。**

水果（fruit）\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

蔬菜（vegetables）\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

饮料（drinks ）\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

肉类（meat ） \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

食品 （food）\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**II. 写出下列单词和短语。**

1 无用的东西 2 咖啡 3 健康

4 垃圾食品 5 想要（某人）做某事

6 对……有益 7喝牛奶

**III. 请试着回答下面的问题，可参考课前预习I与本单元单词表。**

1 What do you often eat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 What do you often drink? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 How often do you exercise? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 How many hours do you sleep every day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 Are you healthy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**【合作探究】**

**Listening**

Before listening

1. 检测课前预习I和II，完成1a。

2. 小组交流课前预习III。

3. Pair work：完成1b。

**探究一**

But my mother wants me to drink it.

但我妈妈想要我喝它。

want sb. to do sth. 想要某人做某事

e.g. Jim wants you to come here at 3 o’clock.

**探究二**

be good for 对……有好处, be bad for 对......有坏处

e.g. Milk is good for our health.

Hot dog is bad for our health.

While listening

1. 记者正在采访Tina, Bill 关于他们的生活习惯。听录音，完成1c。

2. 听第二遍录音，完成1d。

3. 跟读录音，模仿语音语调。

**探究三**

观察与思考：通过刚才的听力训练，请总结一下：

询问别人生活习惯频率要用句型：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

询问别人每天睡眠几小时要用句型：

用来表达自己生活习惯常用的表频率的短语有：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

After listening

Role play: 三人一组，根据1d中的问题和答案，分角色扮演刚才所听到的对话。

**【课时小结】**

词汇: junk, coffee, health, drink milk, want sb. to do sth., be good for, junk food

句型：

A：How often do you drink milk?

B: I drink milk every day.

A: Do you like it?

B: No, but my mother wants me to drink it. She says it’s good for my health.

A: How many hours do you sleep every night?

B: I sleep nine hours.

A: Does Tina have good habits?

B: Yes, she does.

**【达标检测】**

**I．根据首字母提示完成单词。**

1. I eat fruit every day and I love j\_\_\_\_\_\_ food, too.

2. C is my favorite drink.

3. We need h food.

4. How often do you eat v\_\_\_\_\_\_\_\_\_\_\_?

5. Breakfast is really good for your h\_\_\_\_\_\_\_\_.

**II. 句型转换。**

6. Mr. Green often goes fishing on weekends.  (改为一般疑问句)

\_\_\_\_\_\_\_\_\_ Mr. Green often \_\_\_\_\_\_\_\_\_ fishing on weekends?

7. Does your uncle eat vegetables every day?  (补全肯定答语)

Yes, \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.

8. The Smiths visit their friends twice a week.  (对划线部分提问)

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ the Smiths visit their friends?

9. Mr. Smith sleeps seven hours every night.  (对划线部分提问)

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ does Mr. Smith sleep every night?

10. My grandma exercises in the park every afternoon.  (对划线部分提问)

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ your grandma \_\_\_\_\_\_\_\_\_ in the park every afternoon?

**【自我评价】**

1. 本课我学会了什么？

1. 通过本课的学习，我还有哪些疑问？

**参考答案:**

**【课前预习】**

Ⅰ. 水果（fruit）: apples, pears, bananas, strawberries

蔬菜（vegetables）: cabbages, tomatoes, potatoes

饮料（drinks) : coffee, tea, milk, cola,

肉类（meat）: beef, mutton, chicken, fish, pork

食品（food）: potato chips, eggs, bread, cakes,

**Ⅱ**. 1 junk 2 coffee 3 health 4 junk food

5 want sb. to do sth. 6 be good for 7 drink milk

**Ⅲ.** 1 I often eat apples and eggs.

2 I often drink milk.

3 I exercise twice a week.

4 I sleep nine hours every day.

5 I think I am very healthy.

**【合作探究】**

探究三

How often do you ...?

How many hours do you sleep every day?

Once a week/month, every day, twice a week/month, two or three times a week, two to four times a week …

**【达标检测】**

I 1. junk 2. Coffee/Cola 3. healthy 4. vegetables 5. health

II 6. Does, go 7. he does 8. How often do

9. How many hours 10. What does, do