《名师指津·2017高效备考新模式》

话题12健康饮食

Healthy diets

**Health and Life**

It is a common saying that we do not fully learn the value of a thing until we lose it; we don’t know what health is until we are ill. “Health is of vital importance to life” sounds like a *cliché*(陈词滥调) to everyone, but it is absolutely true.

The negligence of the delicate balance of your body and soul, the harmful habits such as smoking, excessive drinking and *burning mid-night oil*(熬夜) will impair one’s health. How many big plans are interrupted by poor health! Even a normal life is unimaginable without the guarantee of health.

**How to keep fit is an eternal topic of diversity and controversy.** Regardless of all the different suggestions poured from all kinds of sources, one should do at least two things for himself. First, hold an active and optimistic attitude toward life and maintain a mental well-being. Second, live a regular life and keep a balanced diet. Anyway, a healthy life is within reach when you begin to adjust your mind and body.

**高考作文**

Expression Bank

1 说谎

2 赢回

3 减肥 增重 超重的

4 烹煮方式

5 谋生

6 欠债

7 消减

8 增加体重

9 刀叉

10 感到沮丧

11 跟随某人进人某地

12 迫使某人进入某地

13 进行研究

14 使某人保持健康

15 窥探某人

16 一家新开张的餐馆

17 结婚

18 怒视

19 节食

20 优势与不足

21 (做了某事)不受惩罚

22 不久以后 vs 很久以前

Expression Bank

**1 tell a lie/ tell lies = lie *vi.***

**2 win…back (won; won, winning) winner loser**

**3 lose weight put on weight overweight adj.**

**4 ways of cooking**

**5 earn one’s living = make a living = seek a livelihood**

**6 in debt (to sb) / owe sb money / run into debt / get into debt**

**out of debt**

**7 cut down**

**8 put on weight**

**9 knife and fork**

**10 feel frustrated**

**11 follow sb into a place**

**12 drive sb into a place**

**13 do some research (on..)**

**14 keep sb fit**

**15 spy on sb. (spied; spied; spies; spying)**

**16 a newly-opened restaurant**

**17 get married**

**18 glare at stare/gaze at glance at**

**怒视 凝视 扫一眼**

**19 be/go on a diet**

**20 strengths and weaknesses**

**21 get away with doing sth**

**22 before long long before**

Dictation

**1 平衡 n & v. 形容词**

**2 好奇心 n. 形容词**

**3 利益;受益 n & v. 形容词**

**介词搭配**

**4 强项 n. 动词 形容词**

**5 变苗条 vi. 纤细的 adj.**

**过去； 比较级**

**6 界限 限制 n & vt.**

**无界限的 adj.**

**7 咨询;请教 vt. 商量 vi**

**名词 顾问;咨询者**

**8 欠债**

**9 感到沮丧**

**10 一家新开张的餐馆**

**11 窥探某人**

**12 (对…)进行研究**

**13 怒视**

**14 根据我的个人经验，你和我都不可能说服他马上处理这件事。**

**15 一些不法商贩生产了有毒牛肉却不受惩罚，太不公平啦。**

Dictation

**1 balance balanced**

**2 curiosity curious**

**3 benefit *from/by* be *of benefit* = be beneficial (to…)**

**4 strength strengthen strong**

**5 slim slimmed slimmer**

**6 limit limitless = unlimited**

**7 consult consultation consultant n.**

**8 in debt / own sb money**

**9 feel frustrated**

**10 a newly-opened restaurant**

**11 spy on sb**

**12 do some research on/into**

**13 glare at**

**14 According to my personal experience, *neither you nor I* am likely to persuade him to deal with the matter immediately.**

**15 It’s unfair that some businessmen get away with making poisonous beef.**