

# Unit 2 How often do you exercise?

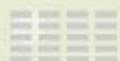
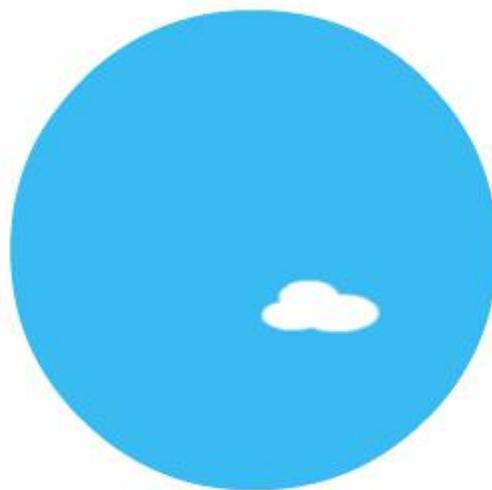
## Objectives(学习目标)

1. To learn some new words and phrases. be good for ,want sb, to do sth.
2. Talk about how often you do something at home and at school. Master how often and adverbs of frequency.
3. To have a healthy eating habits

Section B

The Fourth Period  
(1a-1e)





## *Warming up*



**Are you healthy?**

Do you often drink milk?

Do you eat fruit and vegetables every day?

Do you often do your exercise?

Do you sleep more than eight hours every night?



**What do you usually do on weekends?**

a. Do sports.

b. Go hiking.

c. Watch TV.

d. Do my homework.



**How often do you ....?**

# Free talk

## *How to keep healthy?*

- **A healthy eating habit**
- **Exercise**
- **Sleep well**
- **Healthy lifestyle**

**Do you have a healthy diet?**

**Do you often eat junk food?**



Is the food in the following pictures healthy or unhealthy?



healthy food

be good for



Doctors want us to eat/drink... every day.  
Because ...is/are good for our health



# *junk food*



**be bad for health**  
**unhealthy 不健康的**  
**not healthy**

**Coffee is bad for our health.**

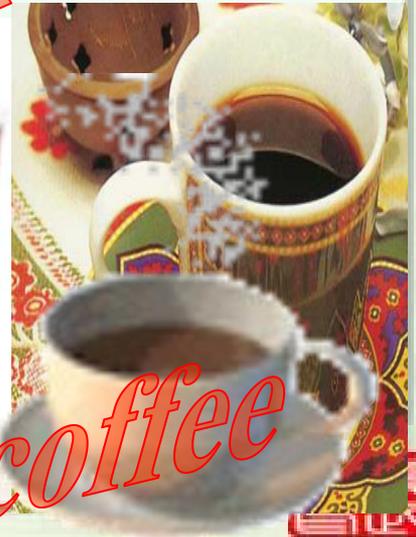
*hot dog*



*chocolate*



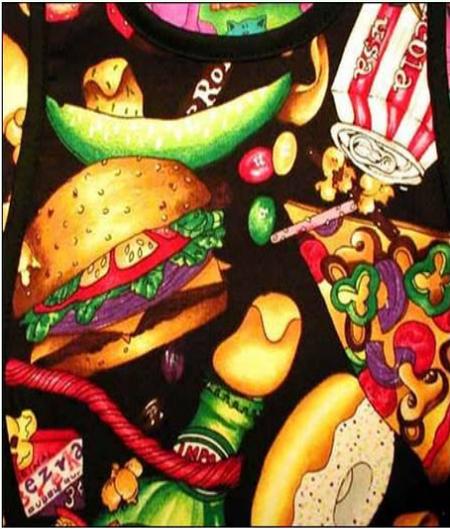
*cola*



*coffee*



*potato chips*



**eat junk food**



**drink milk**



**exercise**

**Eating junk food is bad for you.**

**Drinking milk is good for your health.**

**Re should exercise every day.**



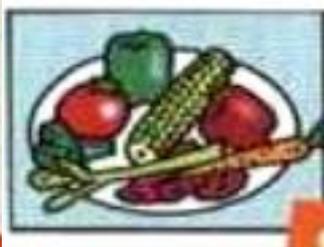
# 1a Match the words with the pictures.



**a**



**b**



**c**



**d**



**e**



**f**

1. **b** junk food 3. **e** fruit

5. **f** sleep

2. **a** milk

4. **c** vegetables

6. **d** coffee



## 1b Pairwork



Ask and answer questions. Use the words from 1a.

**A: How often do you drink milk, LiuFang?**

**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.**

be good for

be bad for





*Make up your own conversations.*

**fruit**



-- How often do you **eat fruit**?

-- I eat fruit **every day**.

-- Do you like it?

-- Yes, it's good for my health.

**vegetables**



--(No. But my mother wants me to eat **it**. She says it's **good for my health**.)

**milk**



--What do you **think of junk food** ?

-- It's bad for our health, but I love it.  
I eat it **once or twice a week.**



coffee



# How are your eating habits?

activities	Every day	Three or four times a week	Once or twice a week	Never
Eat vegetables	✓			
Eat fruit	✓			
Drink milk		✓		
Eat junk food			✓	
Drink coffee				✓

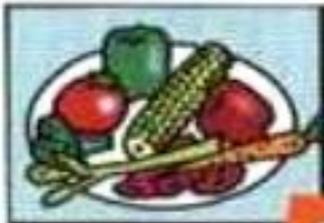
My eating habits are good/ok/bad?.

I try to eat a lot of vegetables.

I eat fruit and drink milk every day

I never drink coffee.

Of course, I love junk food too,  
but I try to eat it only once a week.



# Speaking

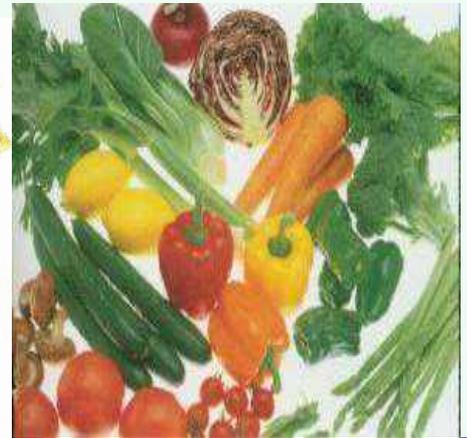


--Are / Is ... healthy?

--Yes. / No, they're / it's **unhealthy**.

--Why?

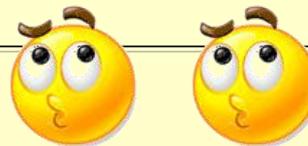
--Because they're / it's good/bad for **health**.



**1c** listen to the tape:

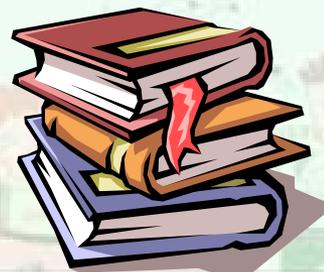


**Circle** the answer to each question.



Does Tina have good habits? **Yes** No I don't know

Does Bill have good habits? Yes **No** I don't know



# 1d Listen again and fill in the blanks.



Questions	Tina	Bill
1. How often do you exercise?	every day	hardly ever
2. How often do you eat fruit?	every day	never
3. How many hours do you sleep every night?	nine How many hours: 几个小时	nine
4. How often do you drink milk?	every day How many + [c]pl. 多少...	never
5. How often do you eat junk food?	two or three times a week	three or four times a week
6. How often do you drink coffee?	never	four times a day



# Tapescript



**Reporter:** Hi, Tina and Bill. Let's start with the first question. How often do you exercise?

**Tina:** Every day.

**Bill:** Hardly ever.

**Reporter:** How often do you eat vegetables and fruit?

**Tina:** I eat vegetables and fruit every day.

**Bill:** I sometimes eat vegetables. But I never eat fruit.

**Reporter:** OK. So how many hours do you sleep every night?

**Tina:** Nine.

**Bill:** Me too.



**Reporter:** How often do you drink milk?

**Bill:** Never. I can't stand milk.

**Tina:** Oh, I love milk --- I drink it every day.

**Reporter:** How often do you eat junk food?

**Bill:** I eat it three or four times a week.

**Tina:** I guess I eat it two or three times a week.

**Reporter:** How often do you drink coffee?

**Bill:** Oh, I drink coffee four times a day. I love coffee.

**Katrina:** I never drink coffee.

**Reporter:** Well, thank you very much.

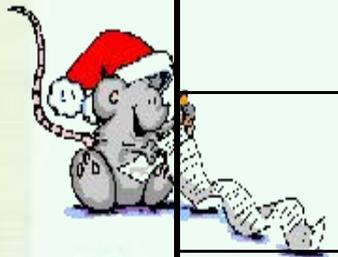
**Bill/Katrina:** You're welcome.



1e

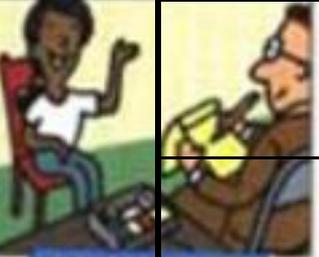
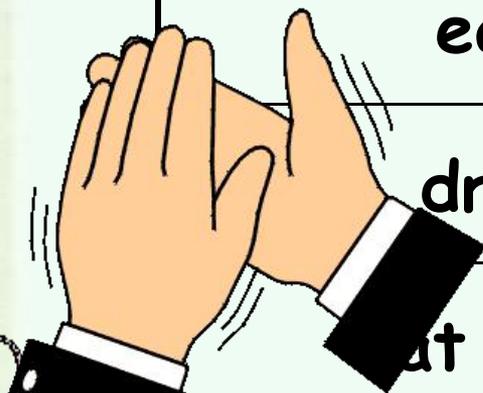
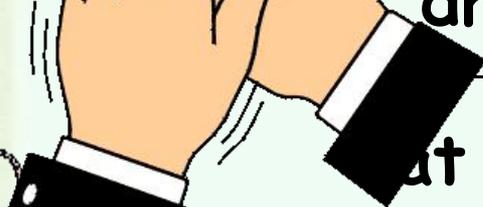
Make a conversation. One is an interviewer, the other is Katrina. Then change roles. One is an interviewer, the other is Bill.

How often does he (Bill) ...?



exercise	hardly ever
eat vegetables	sometimes
eat fruit	never
drink milk	never
eat junk food	3 or 4 times a week
drink coffee	four times a day
How many hours ...sleep?	nine hours

# 1e How often does she (Tina) ...?

	exercise	every day
 Katrina	eat vegetables	every day
	eat fruit	every day
	drink milk	every day
	eat junk food	2 or 3 times a week
	drink coffee	never
	How many hours ...sleep?	nine hours



# Notes

1. Mom **wants me to drink it.**

**want to do sth.**

想要做某事

**want sb. to do sth.**

想要某人做某事

**Do you want to go to the movies with me?**

你想和我一起去看电影吗？

**The teacher doesn't want us to eat hamburgers.**

老师不想让我们吃汉堡包。

2. She says it's **good for** my health.

**be good for...** 表示对.....有益 (有好处)

(这里 **for** 是介词, 后跟名词、代词、动名词或动词的-ing 形式。)如:

It's **good for** us to do more reading.

多读书对我们有好处。

Reading aloud **is good for** improving your English. 大声朗读对提高你的英语后好处。

其反义为: **be bad for...**

Reading in bed **is bad for** your eyes.



3. **How many hours** do you sleep every night?

**how many** 修饰可数名词，修饰不可数名词则要用 **how much**。如：

**How much** coffee do you drink every day?  
你每天喝多少咖啡呢？

4. **be good for sth ...**对.....有好处

**be good with** 善于与.....相处

**be good to** 对----好

**be good at** 擅长



## 词语辨析



**be good at** 表示“擅长于.....”，

**be good for** 表示“对.....有益/好处”。

**be good for ...**对.....有效，有用

**This medicine is good for TB.**

**Spring is good for sports.**

**be good at ...**擅长.....

**She is good at tennis.**

**He is good at speaking English**

**be bad for ...**对.....不利

**Watching TV is bad for your eyes.**



# Today's Homework

1. 她很少一个人出去。

She hardly ever goes out alone.

2. 你的妈妈多长时间回家一次？

How often does your mother go home?

一月三、四次。

Three or four times a month.

3. 老师不想让我们吃汉堡包。

The teacher doesn't want us to eat hamburgers.

4. 多吃蔬菜对你的健康有好处。

Eating more vegetables is good for your health.

5. 妈妈让我每天都喝水。

My mother wants me to drink water every day.



# Homework Goodbye.

**Write a short passage about  
how often you do the things  
in 2b.**

