

八年级(下)

Unit 1 Health and first aid^{3年4考}

(健康与急救)

教材变化



获悉后即时上传

单元写作

Section B 3a P7 改编

Imagine you are the school nurse and a student just had an accident or a health problem. Write a letter to share some suggestions with him/her on what he/she should and shouldn't do. 假设你是学校的一名护士,一名学生刚刚发生了一起事故或存在健康问题。写一封信,就他/她应该做和不应该做的事情提出建议。

审题指导

- ①主题: 如何保持健康
- ②文体: 应用文(书信)
- ③人称: 第二人称为主
- ④时态: 一般现在时、一般过去时(描述已经发生的病症)
- ⑤要点: 对方的健康问题、成因以及针对性的建议
- ⑥立意: 引导学生重视身心健康,养成健康的生活习惯

写作框架

拓思维

写成句

开头:
引入话题,
表达同理心

健康问题: have a stomachache/toothache/headache
胃疼/牙疼/头疼, have a fever发烧, have a flu患流感, have a sore throat喉咙痛

I'm sorry to hear that you are infected with+ ... (健康问题) ./Knowing that you're troubled by+ ... (健康问题).

正文:
根据对方存在的健康问题提出建议

作息: have a good rest好好休息, get enough sleep
保证充足的睡眠

饮食: keep a balanced diet坚持均衡饮食, avoid
drinking cold drinks不喝冷饮

体育锻炼: do sports做运动, be strong变得强壮

情绪: be positive保持积极, keep in a good mood保
持心情愉悦

就医: see a doctor/dentist看医生/牙医, take one's
temperature量体温, take some medicine吃药

To begin with, you'd better/you should ... For example, ... Secondly, you can try ... What's more, it is better to ...

结尾:
总结, 表达
祝愿

健康的重要性: The first wealth is health.健康是第一财富。Health plays an important role in ...健康在……中扮演着重要角色。

As the saying goes, ... Please try to follow the advice .../... Hope you can get better soon.



1 如何治疗流感

吴若鸿 中国人民大学附属中学

范文朗读+创作思路



扫码即听

亮点赏析

Dear Gina,

I'm sorry to hear that you are infected with the flu and down with a high fever.¹ Additionally, your severe headache and body aches must make you feel terrible. Now I'd like to give you some suggestions.

First of all, you'd better lie down and have a good rest so that your body can recover from the flu. Then, you can try drinking water with honey, which is good for your throat.² What's more, you should also take some medicine to keep down the fever. Most importantly, if your condition doesn't improve within a few days, I suggest you go to the hospital.

As the saying goes, "The first wealth is health."³ Please try to follow the advice above, and I hope you can get better soon.

Yours,

Angela

1 使用 *that* 引导的宾语从句表现自己的同理心, *be infected with* 词组表达地道;

2 *which* 引导的非限制性定语从句补充喝蜂蜜水的好处, 让自己的建议更有说服力, 句型高级;

3 引用谚语总结健康的重要性, 语言凝练, 升华主题。

名师点评

本文结构清晰, 内容贴切。作者首先表达了自己对朋友的关心, 然后逐一提出了具体的建议。过渡自然, 从描述朋友的病情到提出建议再到最后的祝愿, 过渡语使用得当, 行文十分连贯。“severe” “recover” 等词的使用, 让语言表达更加地道, 文中还使用了宾语从句、状语从句等句型, 增加了句子多样性。

指导老师: 赵惠君 中国人民大学附属中学, 中学英语一级教师

语料积累: ①be sorry to do sth. ②be infected with+疾病 ③lie down ④recover from
⑤take some medicine ⑥keep down the fever

参考译文

亲爱的吉娜:

听说你得了流感, 还发高烧, 我感到非常难过。另外, 剧烈的头痛和身体疼痛一定让你很难受。现在, 我想给你一些建议。

首先, 你最好躺下好好休息, 以便你的身体能够从流感中恢复过来。然后, 你可以试着喝一些蜂蜜水, 这对你的喉咙有好处。而且, 你也应该吃点药来退烧。最重要的是, 如果几天内你的身体情况没有好转, 我建议你去医院。

常言道, “健康是第一财富。”请尽量遵循上述建议, 我希望你能快点好起来。

你的朋友,
安吉拉

2 保持健康的建议

彭新佳 天津市南开中学

范文朗读+创作思路



扫码即听

亮点赏析

① 用 *For example* 例举具体的习惯, *because* 引导的原因状语从句解释保证充足的睡眠的重要性, 内容充实;

② 用 *Apart from those* 短语引入保持心理健康的建议, 承前启后;

③ 用 *In brief* 进行总结, 动名词短语作主语, 表达高级。

Dear Kate,

Knowing that you're troubled by maintaining health, I'm writing to share some advice with you.

To begin with, you should develop some good living habits. For example, getting enough sleep matters a lot because you might feel tired if you lack sleep.^① Besides, it's important to keep a balanced diet. Additionally, doing sports is also necessary, for taking exercise can make you active and relaxed. Apart from those, you also need to learn to treat your negative emotions properly, which is helpful to keep mental health.^② When experiencing some bad feelings, you're supposed to be positive and take a deep breath to help you calm down.

In brief, getting into healthy habits can help you live a healthy life.^③ I hope my advice can be helpful to you.

Yours,

Li Hua

名师点评

本文是一封建议信,主要内容围绕如何保持健康生活展开。结构清晰,首先说明自己的写信目的,接着详细列举了几条保持健康的建议,最后进行总结并表达自己的祝愿。语言运用方面,作者运用丰富多样的句式,增加了文章的可读性。过渡衔接自然流畅,层层递进,让文章读起来条理分明,易于理解。

指导老师:王冠 天津市南开中学,中学英语二级教师

📖 语料积累:①be troubled by ... ②keep a balanced diet ③take a deep breath ④calm down

参考译文

亲爱的凯特:

了解到你正为保持健康而感到困扰,我写信是想与你分享一些建议。

首先,你应该养成一些良好的生活习惯。例如,保证充足的睡眠非常重要,因为睡眠不足可能会让你感到疲惫。此外,坚持均衡饮食也很重要。另外,进行体育锻炼也是必要的,因为锻炼可以让你变得活跃并感到放松。除了上面提到的,你还需要学会恰当地对待你的消极情绪,这对保持心理健康有帮助。当你经历一些不好的感觉时,你应该保持积极、深呼吸来帮助你冷静下来。

总之,养成健康的习惯可以帮助你过上健康的生活。我希望我的建议对你有帮助。

你的朋友,
李华

八年级下

3 如何应对胃疼

殷玮婕 重庆市鲁能巴蜀中学

范文朗读+创作思路



扫码即听

亮点赏析

1 开篇直接表明自己的身份并予以对方关怀,为下文作铺垫;

2 用 *Although* 引导的让步状语从句说明对方的健康问题并委婉提出建议,语言得体;

3 用 *However* 让前后文之间形成转折关系,进一步给学生提供建议,内容上层层递进。

Dear student,

I am the school nurse you contacted this morning. How are you feeling now?¹ You said that you had a stomachache after drinking cold cola. Although drinking something cold may feel refreshing, it is harmful to your stomach, especially drinking on an empty stomach.²

To relieve your pain, here is some advice. First, don't drink milk to harm your stomach again and eat small, light meals throughout the day. It is best to avoid cold drinks and spicy food. Also, you can buy some medicine and take it according to the instructions. However, if you still have a pain in your stomach, please do not hesitate to call me or go to the hospital for further examination.³

All in all, I hope you can get better and return to school soon.
School nurse

名师点评

本文主题明确,内容具体。文章从询问学生的身体状况切入,直接引出了背景情况,有效地抓住了读者的注意力。随后,文章以亲切并且专业的语气提出建议,建议实操性强。行文过渡非常自然,内容连贯。尾段的祝愿,表达了对学生的关心与希望,体现了人际交往的礼貌和得体性,具有人文关怀。

指导老师:张黎 重庆市鲁能巴蜀中学,中学英语一级教师

🔗 语料积累: ①have a stomachache ②be harmful to ③hesitate to do sth. ④go to the hospital

📖 参考译文

亲爱的学生:

我是你今天早上联系的学校护士。你现在感觉怎么样?你说你在喝了冰可乐后胃疼。虽然喝冰的饮料可能会让你感觉凉爽,但这对你的胃有害,尤其是空腹喝冷饮。

为了缓解你的疼痛,这里有一些建议。首先,不要喝牛奶来二次伤害你的胃,并且全天吃一些少量、清淡的食物。最好避免冷饮和辛辣食物。而且,你可以买些药并按照说明吃药。然而,如果你的胃还是疼痛,请立即联系我或去医院进一步检查。

总之,我希望你能尽快好起来并返回学校。

学校护士

考情概览

全国近3年中考真题中,本单元话题“Health and first aid(健康与急救)”主要有以下考向:

考查方向	试题内容	命题形式	文体
保持健康的重要性及建议	[2023 怀化]健康对每个人都很重要,我们应该学会如何保持健康(应该做与不应该做的事情)。以“How to keep healthy?”为题,写一篇英语短文,向学校校刊投稿。	表格提示(英文)	说明文
	[2023 邵阳]对于儿童青少年近视问题,你有何看法和建议。请你根据提示(养成良好用眼习惯、做眼保健操、吃健康的食物……)写一篇短文,告诉大家如何保护视力。	思维导图(英文)	
安全的重要性及建议	[2024 安徽]假设你是李辉,上周你在学校举行的“消防安全日”活动中学会了灭火器的使用方法。请结合信息(活动目的、灭火器的使用方法和自己的体会),写一篇英语短文,给校英文报投稿。	要点提示(中文)+图画	应用文(发言稿)
	[2023 成都]你校英文报就“网络安全”这一话题征稿。请根据图示(原因和建议),以“Stay Safe Online”为题投稿。	图画形式	说明文

写法总结:

在完成本单元话题写作时,通常先根据某一健康/安全问题表达自己的观点/看法,引入话题,然后给出自己的建议,最后强调保持健康/安全的重要性或者呼吁人们提高对健康/安全的生活的重视程度。此类话题可参考以下写作模板:

高频话题写作模板

做法建议——保持健康

As the saying goes, “Health is the first wealth.” I’d like to share some advice on how to keep healthy. (引入话题:给予保持健康的建议)

First of all, doing sports regularly can be of great help, because it can help us _____ (体育锻炼对保持健康的必要性). Besides, keeping a balanced diet is also important. Eating healthy food can _____ (健康饮食的好处). In addition, it’s necessary to get enough sleep every day, so I usually _____ (自己的作息习惯). Last but not least, being in a good mood plays an important role in keeping healthy. For example, _____ (列举能够保持心情愉悦的具体活动).

All in all, _____. (总结全文,重申保持健康的重要性)

变式题 1 保持健康的重要性及建议

对接教材: Section A: 描述了司机王平在路上救助了一位患心脏病的男士的经历

万唯原创 健康是最大的财富。你班以“*How to Live a Healthy Life*”为主题召开班会,请你根据以下提示,用英语写一篇关于保持健康的建议的发言稿,在班会上发言。

should(✓)	shouldn't(×)
play sports	sit for a long time
keep a balanced diet	eat junk food
get enough sleep	stay up too late
...	...

注意: 1. 文章须包含表格中的全部要点,可适当发挥;
2. 词数不少于 80(开头和结尾已给出,不计入总词数)。

Dear classmates, _____

Thanks for your time!



审题指导

- ①主题: 保持健康的建议
- ②文体: 应用文(发言稿)
- ③人称: 第一人称为主
- ④时态: 一般现在时为主
- ⑤要点: 保持健康应该做的事情、不应该做的事情以及保持健康的意义(省略号部分可适当扩充)
- ⑥立意: 引导学生关注身心健康,增强身体素质



写作框架

拓思维

写成句

开头:
以健康的重要性引入话题

健康的重要性+引入话题: the greatest treasure最大的财富, share some useful tips分享一些有用的技巧

As we all know, health is .../As the saying goes, ... Thus, today I'd like to share ...

正文:
提出建议并阐述理由

应该做(Should):

play sports regularly定期做运动→keep fit 保持健康, strengthen one's body增强体质; keep a balanced diet均衡饮食, eat plenty of fruits and vegetables多吃水果和蔬菜→be rich in vitamins and minerals富含维生素和矿物质; get enough sleep保证充足的睡眠→recover from stress从压力中恢复, keep energetic保持精力充沛; be happy保持心情愉悦→be good for body对身体有好处

Firstly, playing sports ..., while sitting for a long time is ...
Secondly, keeping a balanced diet is ... Therefore, it's suggested that ... instead of ... because ...
Thirdly, remember to avoid ...

不应该做(Shouldn't):

sit for a long time久坐→be harmful to health对健康有害; eat junk food吃垃圾食品→unhealthy不健康; stay up late熬夜→tired and sleepy疲惫、困倦; be sad心情低落→lead to disease导致疾病

结尾:
总结观点并发出倡议

总结: make these habits a part of ...把这些习惯融入.....

倡议: take small steps迈出小步伐, live a healthier and more meaningful life过更健康、更有意义的生活

Let's ... Thanks for your time!



健康节拍,悦动日常

方子维 广东省深圳市深圳中学

范文朗读+创作思路



扫码即听

亮点赏析

Dear classmates,

As we all know, health is our greatest treasure. Thus, today I'd like to share some useful tips about living a healthier life.

Firstly, playing sports regularly is a good way to help us keep fit and strengthen our bodies, while sitting for a long time is harmful to our health.¹ Secondly, keeping a balanced diet also plays an important role. Therefore, it's suggested that we eat enough fruits and vegetables instead of junk food because fruits and vegetables are rich in vitamins and minerals.² Thirdly, remember to avoid staying up too late. Getting enough sleep is the key to recovering from stress and keeping energetic.

Let's make these habits a part of our daily routine and take small steps to live a healthier and more meaningful life.³

Thanks for your time!

1 使用对比的修辞手法展示了积极运动和久坐对健康的影响,衔接自然;

2 巧用 *It's suggested that...* 句型和原因状语从句说明均衡饮食的重要性,论述更有说服力;

3 用祈使句表达积极主动追求健康生活的重要性,并呼吁大家积极采取行动。

名师点评

本文主题鲜明,结构清晰,内容充实,论证有力。衔接过渡上,正文使用“Firstly”“Secondly”“Thirdly”等表示顺序的衔接词进行串联,形成严密的逻辑链,条理清晰;内容表达上,作者列举了三条科学合理的健康建议;句式灵活多变,如原因状语从句、祈使句等;表达效果上,作者以呼吁和倡导的方式进行收尾,富有感染力和启发性。

指导老师:杨洁珍 广东省深圳市深圳中学,中学英语一级教师

🔗 语料积累: ①keep fit ②It's suggested that... ③instead of ④be rich in ⑤avoid doing sth.

参考译文

亲爱的同学们:

众所周知,健康是我们最宝贵的财富。因此,今天我想分享一些与过上更健康的生活有关的有用的建议。

第一,定期做运动是一种帮助我们保持健康、增强体质的好方法,而久坐则对我们的健康有害。第二,保持均衡饮食也很重要。因此,我们应该多吃水果和蔬菜而不是吃垃圾食品,因为水果和蔬菜富含维生素和矿物质。第三,切记不要熬夜太晚。充足的休息是缓解压力、保持精力充沛的关键。

让我们把这些习惯融入日常生活,每天迈出一小步,以此来过上更健康、更有意义的生活。

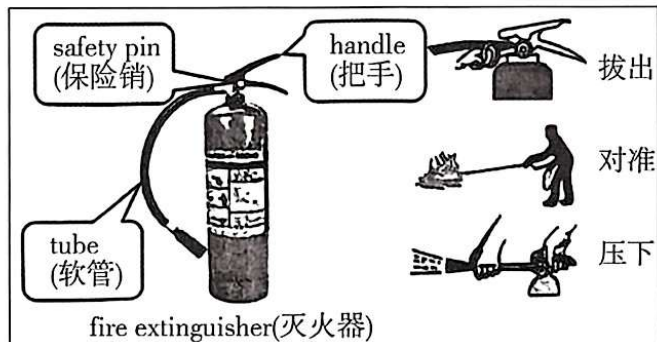
感谢大家抽出时间!

变式题 2 安全的重要性及建议

对接教材: Section B: 介绍受伤时的急救措施

中考新方向 图画作文 (2024 安徽) 假设你是李辉, 上

周你在学校举行的“消防安全日”活动中学会了灭火器的使用方法。请结合下图信息, 写一篇英语短文, 给校英文报投稿。



要点: 1. 活动目的;

2. 灭火器的使用方法;

3. 你的体会。

注意: 1. 短文须包含上述要点, 可适当增加细节, 以使行文连贯;

2. 文中不能出现真实姓名和学校名称;

3. 词数 80~100 (首句已为你写好, 不计入总词数)。

Last week, our school carried out Fire Safety Day activities. _____

审题指导

①主题: 灭火器的使用方法

②文体: 说明文

③人称: 第一人称 (介绍如何使用灭火器)、第三人称 (介绍活动及其意义)

④时态: 一般现在时 (灭火器的使用方法)、一般过去时 (介绍活动以及表达体会)

⑤要点: 活动目的、灭火器的使用方法及自己的体会

⑥立意: 引导学生关注消防安全, 学习并掌握基本的安全知识和技能, 提升自我保护能力

写作框架

拓思维

开头:
简述活动
背景, 引入
话题

背景: carry out Fire Safety Day activities 举行“消防安全日”活动;
活动目的: raise awareness of safety 提升安全意识, learn to use a fire extinguisher properly 学习正确使用灭火器

正文:
介绍灭火器
的使用方法

使用方法:
check the fire extinguisher 检查灭火器 → be in a proper working state 处于正常工作状态, pull out the safety pin 拔出保险销 → release the extinguishing agent 释放灭火剂, aim the fire extinguisher towards the base of the fire 将灭火器对准火源底部 → put the fire out safely and quickly 安全、迅速地灭火, push the handle down and hold the tube 按下把手并握紧软管 → cover the entire area of the fire 覆盖整个灭火区域, maintain a safe distance from the fire 与火源保持安全距离 → protect oneself 保护自己

结尾:
总结活动
意义和个
人体会

意义及体会: learn the correct use of a fire extinguisher 学习灭火器的正确使用方法, deal with potential fires efficiently 有效地处理潜在火灾

写成句

Last week, our school carried out Fire Safety Day activities. (已给出) The activities help students know how to ...

Firstly, we must ... Then, we ought to ... Moreover, we are bound to ... In addition, we should ... until ... Lastly, remember it is essential to ...

As the saying goes, “Safety comes first.” The activities not only ... but also ...



消防安全活动

陈洪宇 安徽省合肥市第四十五中学

范文朗读+创作思路



扫码即听

亮点赏析

1 用并列结构强调了该活动的目的,体现了安全教育的全面性,内容丰富;

2 用 *until* 引导的时间状语从句,建立了动作与结果之间的逻辑联系,句间逻辑关系清晰;

3 用 *not only ... but also* ... 词组强调该活动对学生在实际能力和安全观念两方面的影响,突出主题。

Last week, our school carried out Fire Safety Day activities.

*The purpose was to help students raise awareness of safety and know how to use a fire extinguisher properly.*¹


*Firstly, we must make sure the fire extinguisher is in a proper working state. Then, we ought to pull out the safety pin before using it. Moreover, we are bound to aim the fire extinguisher towards the base of the fire to put it out safely and quickly. In addition, we should push the handle down and hold the tube until the fire is put out successfully.*² *Lastly, remember it is essential to maintain a safe distance from the fire to protect ourselves.*

*As the saying goes, "Safety comes first." The activities not only helped me learn the proper use of a fire extinguisher but also taught me more life-saving skills.*³

名师点评

本文内容详实、表达清晰、结构严谨。正文通过一系列有序的步骤说明(使用“Firstly”“Then”“Moreover”“In addition”“Lastly”等过渡词组)衔接要点,串联起灭火器操作的关键环节;同时,通过“pull out the safety pin”“aim the fire extinguisher towards...”等表达,保证了操作说明的精确性。文章结尾处的安全警示及活动正面效应的总结,完美收束全文,逻辑严密、信息丰富。

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 **语料积累:** ①carry out ②pull out ③maintain a safe distance ④Safety comes first.

参考译文

上周,我们学校举办了“消防安全日”活动。活动旨在帮助学生增强安全意识,并了解如何正确使用灭火器。

首先,我们必须确保灭火器处于正常工作状态。接着,在使用前我们应该拔出保险销。并且,务必将灭火器对准火源底部,以便安全、迅速地灭火。另外,我们应该按压把手并握紧软管直到火被成功扑灭。最后,切记要与火源保持安全距离,确保个人安全是非常重要的。

常言道,“安全第一。”这个活动不仅帮助我学会了正确的灭火器使用方法,还教了我更多的救生技能。