

Part 4 Writing

写作题目

假设你是李华。你的英国笔友 John 写信告诉你,近日他由于沉迷于网络游戏,健康受到了很大影响。请你给他写一封回信,为他提供些建议。

注意:

- 1.词数 100 左右;
- 2.可适当增加细节,以使行文连贯。

思路点拨

主题	网络游戏与健康	体裁	应用文
人称	以第一、二人称为主	时态	以一般现在时为主
布局	第一段:引出写信目的; 第二段:提出自己的建议; 第三段:表达美好祝愿。		

遣词造句

I.用本单元所学单词或短语填空

- 1._____ adj.充满活力的;精力充沛的
- 2._____ vt.使恢复精力
- 3._____ adj.身体的
- 4._____ n.自制力
- 5._____ 增进,加强
- 6._____ 下定决心
- 7._____ 控制
- 8._____ 养成.....的习惯
- 9._____ 参加
- 10._____ 好转

答案 1.dynamic 2.refresh 3.physical

4.discipline 5.build up 6.make up one's mind

7.take control of 8.form a habit of 9.take part in 10.change...for the better

II.本单元语块、语法运用

1.完成句子

(1)听说你沉迷于网络游戏,并且这已经严重影响了你的身体健康,我感到非常遗憾。

I'm sorry to hear that you are addicted to online games and it has greatly affected your _____. _____.

(2)为了帮助你摆脱它,我愿意给你一些建议。

To help you _____ it, I'm willing to give you some advice.

(3)首先,你应该限制你花在网络游戏上的时间。

First,you should _____ the time that you spend on online games.

(4)同时,把更多的注意力放在其他事情上,比如参加更多的活动。

Meanwhile,pay more attention to other things, such as _____.

(5)形成有规律的作息的习惯也能帮助你改进。

Forming a regular habit of getting up and going to bed can also help you _____.

(6)只要你下决心并且有一点点自律,任何坏习惯都可以被戒除。

As long as you _____ with a little self-discipline, any bad habit can be kicked.

(7)通过这种方式,你将在很大程度上提高你的健康水平和生活质量。

In this way, you will largely _____.

(8)我希望你能远离网络游戏,过上健康、充满活力的生活。

I hope that you can keep away from online games and _____.

答案 (1)physical health (2)get rid of (3)take control of (4)taking

part in more activities (5)to change for the better (6)make up your mind (7)improve your health and quality of life (8)live a healthy and dynamic life

2.句式升级

(9)用 so...that...结构改写句(1)

(10)用过去分词短语作定语改写句(3)

(11)用被动语态改写句(7)

答案 (9)I'm sorry to hear that you are so addicted to online games that it has greatly affected your physical health.

(10)First, you should take control of the time spent on online games.

(11)In this way, your health and quality of life will be largely improved.

连句成篇

参考范文

Dear John,

I'm sorry to hear that you are so addicted to online games that it has greatly affected your physical health. To help you get rid of it, I'm willing to give you some advice.

First, you should take control of the time spent on online games. Meanwhile, pay more attention to other things, such as taking part in more activities. Besides, forming a regular habit of getting up and going to bed can also help you to change for the better. As Gandhi said, "Be the change you want to see in the world." As long as you make up your mind with a little self-discipline, any bad habit can be kicked. In this way, your health and quality of life will be largely improved.

I hope that you can keep away from online games and live a healthy and dynamic life.

Yours sincerely,

Li Hua

■写作积累

1.It is known to all that health is very important, without which we can hardly enjoy our life.

2.As we all know, good health is so essential to our daily life and lays the foundation for our future development.

3.When it comes to keeping healthy, playing sports enjoys widespread popularity among people.

4. Generally speaking, keeping a balanced diet and taking exercise regularly are recognized as a healthy lifestyle.

5. Traveling around can help us build up our body and keep energetic, and thus we can keep away from diseases.

6. In my opinion, we should have a healthy diet and play sports regularly to keep physically healthy.

7. Eating fresh homemade meals rather than ready-made meals which are high in salt and sugar is always the better option.

8. Besides, we should take a positive attitude towards people around us so that we can keep mentally healthy.


9. In my opinion, they should spend less time in front of the TV or the computer.

10. Go out to take some exercise, play some sports, visit some friends and have a healthy lifestyle.

11. Furthermore, I strongly advise that we should never sit too long in front of computers because it is bad for our health.

12. Only by keeping ourselves healthy can we feel energetic and confident in our studies and work.

实战演练

(2020 江西南昌第二中学高二上期末, )

假如你是某杂志健康栏目的主持人 Mr. Helper, 人们经常写信询问健康之道, 请你写一封回信, 指出健康的重要性, 并针对“如何保持健

康”给出自己的建议。信的内容需包含以下信息:

- 1.健康的重要性;
- 2.给出保持健康的方法,如:科学饮食,多吃水果和蔬菜,保持饮食平衡;避免高糖、高脂的食物;摒弃不良习惯;多锻炼等。

注意:1.词数 100 左右;

2.可适当增加细节,以使行文连贯。

3.信的开头和结尾已给出,不计入总词数。

Dear readers,

Yours sincerely,

Mr. Helper

答案全解全析

实战演练

One possible version:

Dear readers,

It goes without saying that no pleasure can be tasted by a man without health. Health is far more important than anything else. Good health enables us to enjoy our life and achieve what we hope for in our career.

How can we keep healthy? Here are some suggestions for you to follow.

To begin with, we should develop good habits. We should avoid food with lots of sugar and fat. What's more, we have to get rid of those habits that damage our health, such as drinking and smoking. Last but not least, we'd better exercise every day to make our bodies strong. Proper diet and enough exercise do good to our health.

If we follow the advice given above, we will lead a healthy life.

Yours sincerely,

Mr. Helper