

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. dynamic /daɪˈnæm.ɪk/ adj. 充满活力的; 精力充沛的

2. refresh vt. 使恢复精力

3. physical adj. 身体的

4. discipline /ˈdɪs.ə.plɪn/ n. 自制力

5. build up 增进, 加强 = build (sb/sth) up

6. make up one's mind 下定决心

7. take control of 控制

8. form a habit of 养成.....的习惯

9. take part in 参加

10. change...for the better 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。

addicted /əˈdɪk.tɪd/ adjective

unable to stop taking drugs, or doing something as a habit

入迷的; 上瘾的

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

(2) 为了帮助你摆脱它,我愿意给你一些建议。

get rid of sth

to remove or throw away something unwanted

清除; 除去; 丢弃

To help you **get rid of** 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 **take control of** 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 /'mi : n.waɪl/ adverb

until something expected happens, or while something else is happening

在此期间; (与此) 同时

Meanwhile, pay more attention to other things, such as **taking part in more activities**.

(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 **to change for the better**.

(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。

kick /kɪk/ verb [I or T]

to hit someone or something with the foot, or to move the feet and legs

suddenly and violently

踢，踹[chuài]

As long as you **make up your mind** 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。

largely /'la : dʒ.li/ adverb

almost completely[几乎完全]

主要地; 大多; 在很大程度上

In this way, you will largely **improve your health and quality of life.**

(8)我希望你能远离网络游戏,过上健康、充满活力的生活。

keep (sb/sth) away

to not go somewhere or near something, or to prevent someone from

going somewhere or near something

(使) 不靠近, (使) 远离

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

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)

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

听说你沉迷于网络游戏,以至于严重影响了你的身体健康,我很难过。

(10)用过去分词短语作定语改写句(3)

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

首先,您应该控制花在网络游戏上的时间。

(11)用被动语态改写句(7)

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

这样,你的健康和生活质量将大大提高。

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,亲爱的约翰:

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.

听说你沉迷于网络游戏，以至于严重影响了你的身体健康，我很难过。为了帮你摆脱它，我愿意给你一些建议。

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.

首先，你应该控制花在网络游戏上的时间。同时，多关注其他事情，比如参加更多的活动。除此之外，养成一个规律的作息习惯也可以帮助你变得更好。正如甘地所说：“欲变世界，先变其身。”只要你下定决心，稍加自律，任何坏习惯都可以戒除。这样，你的健康和生活质量将大大提高。

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

我希望能远离网络游戏，过健康而有活力的生活。

Yours sincerely, 此致,

Li Hua 李华

■写作积累

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

众所周知，健康是非常重要的，没有健康我们就很难享受生活。

lay[leɪ 安放] the foundation(s)[地基] of/for
to produce the basic ideas or structures from which something
much larger develops

打下…的基础；为…打下基础

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

众所周知，身体健康对我们的日常生活至关重要，是我们未来发展的基础。

when it comes to

当提到；就……而论

popularity /ˌpɒp.jəˈlær.ə.ti/ noun [U]

the fact that something or someone is liked, enjoyed, or supported
by many people

流行

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

说到保持健康，体育运动在人们中广受欢迎。

generally /'dʒen.ə r.əl.i/ adverb

usually, or in most situations

通常，一般地，大多数情况下

regularly /'reg.jə.lər.li/ adverb (OFTEN)

often

经常地

recognize /'rek.əg.naɪz/ verb (ACCEPT)[T]

(UK usually recognise)

to accept that something is legal, true, or important

正式承认；认可；接受

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

一般来说，保持均衡的饮食和经常锻炼被认为是健康的生活方式。

thus /ðʌs/ adverb formal

with this result

因此，从而

build (sb/sth) up

to increase or become larger or stronger, or to cause someone or

something to do this

增强，加强；增大

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

四处旅行可以帮助我们增强体质，保持活力，从而远离疾病。

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

在我看来，我们应该有一个健康的饮食和经常运动来保持身体健康。

homemade / ˈhəʊm ˈmeɪd/ adjective

made at home and not bought from a shop

家里自制的

meal /mi:l/ noun (FOOD)[C]

an occasion[场合] when food is eaten, or the food that is eaten on such

an occasion

进餐；餐，一顿饭

option /'ɒp.ʃən/ noun [C or U]

one thing that can be chosen from a set of possibilities, or the freedom

to make a choice

选择，选项；选择权

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

吃新鲜的自制食物而不是高盐高糖的现成食物总是更好的选择。

besides /br 'saɪdz/ adverb, preposition

in addition to; also

而且；除…之外还有

mentally /'men.təl.i/ adverb

connected with or related to the mind

心理上，精神上

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

此外，我们应该对周围的人采取积极的态度，这样我们才能保持心理健康。

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

在我看来，他们应该少花点时间在电视机或电脑前。

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

出去锻炼，运动，拜访朋友，拥有健康的生活方式。

furthermore / ˈfʌːðəˈmɔːr/ adverb formal

in addition; more importantly

此外，而且

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

此外，我强烈建议我们不要在电脑前坐太久，因为这对我们的健康有害。

energetic / ˌen.əˈdʒet.ɪk/ adjective


having or involving a lot of energy

精力充沛的；充满活力的

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

只有保持健康，我们才能在学习和工作中感到精力充沛和自信。

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, 亲爱的读者们:

it goes without saying

used to mean that something is obvious

不言而喻, 不言自明, 不用说

"that no pleasure can be tasted by a man without health."

“没有健康的人不可能品尝不到快乐。”为主语从句。

enable /ɪˈneɪ.bəl/ verb [T]

to make someone able to do something, or to make something possible

使能够; 使可能

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.

不言而喻, 没有健康的人是无法品尝到快乐的。健康远比什么都重要。健康的身体使我们能够享受生活并实现我们对职业的期望。

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

我们怎样才能保持健康？这里有一些建议供你遵循。

what's more

used to add something surprising or interesting to what you have just said

而且；更有意思（或惊人）的是

get rid of sth

to remove or throw away something unwanted

清除；除去；丢弃

last but not least

importantly, despite being mentioned after everyone else

最后但同样重要的

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.

首先，我们应该养成良好的习惯。我们应该避免含有大量糖分和脂肪的食物。而且，我们必须摆脱那些损害我们健康的习惯，例如饮酒和吸烟。最后但同样重要的是，我们最好每天锻炼身体，使我们的身体强壮。适当的饮食和足够的运动对我们的健康有益。

lead /li : d/ verb (LIVE)

lead a busy, normal, quiet, etc. life

to live a particular type of life

过着忙碌 / 正常 / 宁静等的生活

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

如果我们遵循上述建议，我们将过上健康的生活。

Yours sincerely, 此致，

Mr. Helper 帮手先生