

Unit

1

Focus

Part I Health

S: Health Status (P 2)

R: Determinants of Health (P 3)

Part II Avant-garde Lifestyles

S: Various Modern Lifestyles (P 5)

S: Freelance — to Be or not to Be (P 6)

L: An Interview with a DINK Couple (P 6)

L: Two Backpackers (P 7)

R: LOHAS (P 7)

W: Writing a Poster for the LOHAS
Club (P 9)

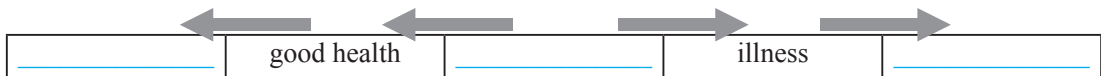
G: 名词性从句和同位语 (P 10)

Part I Health

1 Starter — Health Status

A. Look at the pictures and fill in the blanks with the words or phrases given below.

normal health; high-level wellness; death

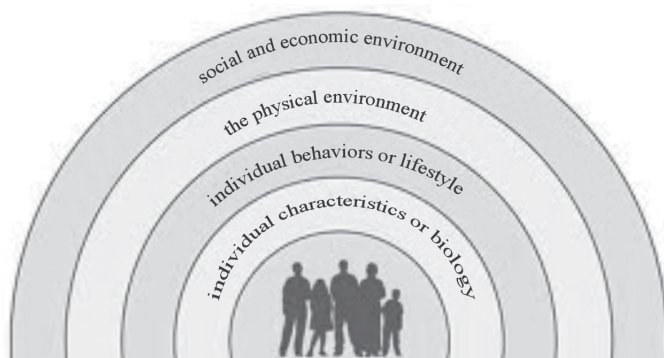


B. People often use expressions like “excellent”, “very good”, “not bad”, “not so good”, “poor”, “terrible”, etc. to describe their health status. How is your health status? Please talk about it.

2

Determinants of Health

Read the following passage and do the exercises.



Everybody wants to keep healthy throughout his or her life. However, no one can achieve this goal and all of us will possibly catch different kinds of diseases for various reasons. Sometimes we ourselves just don't know how we get ill.

According to the World Health Organization, a person's

status of health is determined by several factors, including the person's individual characteristics or biology, individual behaviors or lifestyle, the physical environment, and the social and economic environment.

Genetics are closely related to the health status during a person's life. However, according to scientific studies, living habits and behaviors also have a lot to do with our health. People can improve their health through physical exercise, enough sleep, and avoiding bad habits such as smoking and drinking alcohol.

The physical environment also plays an important part in our health. Clean water and air, safe food, and medicine are basic needs for maintaining good health.

Social and economic environments are also key factors in maintaining people's health. Higher education level, higher income, and better social support networks, especially convenient health services, are closely related to a higher standard of life as well as better health.

A. Match the examples given below with the four categories of health determinants.

age, diet, sex, noise, health system, body weight, religious belief (宗教信仰), employment opportunity (就业机会), electromagnetic radiation (电磁辐射)

Category	Examples
biology	_____
lifestyle	_____
physical environment	_____
social and economic environment	_____

B. Translate the following English sentences from the passage into Chinese.

1. Sometimes we ourselves just don't know how we get ill.

2. People can improve their health through physical exercise, enough sleep, and avoiding bad habits such as smoking and drinking alcohol.

3. Higher education level, higher income, and better social support networks, especially convenient health services, are closely related to a higher standard of life as well as better health.

Part II Avant-garde Lifestyles

1

Starter — Various Modern Lifestyles

Match the following modern lifestyles with the descriptions.

LOHAS

backpacker

SOHO

DINK

freelancer

A. ()	short for <i>Double Income, No Kids</i>
B. ()	a hiker who wears a backpack
C. ()	a self-employed, trained worker who sells his/her services to his/her clients
D. ()	short for <i>Small Office, Home Office</i> , representing those freelancers working from home
E. ()	a word short for <i>Lifestyles of Health and Sustainability</i>



2

Freelance — to Be or not to Be

Work with a partner. Think of the advantages and disadvantages of being a freelancer. Then create a dialogue.

Working as a freelancer	
Advantages	1. work at home and avoid the commute
	2. be able to set their own working hours
	3. get to be their own boss
	4. ...
Disadvantages	1. need to have budgeting skills
	2. have to buy their own health insurance
	3. need self-motivation
	4. ...

3

An Interview with a DINK Couple

An interviewer is asking a DINK couple some questions about their family. Listen to the tape or CD and answer the questions.

Questions	Answers
Why do you prefer to have no kids?	Husband: Because _____.
	Wife: Because we want to _____ together.
Have you ever thought of yourselves as being selfish?	Husband: No, we just don't have the _____ for it.
	Wife: No, I think we can do much more in other ways to _____.

Learning

Language for expressing desires

I'd like to live on my own.

I've thought of being a freelancer.

It was Harold's desire to be a LOHAS consumer.

She desires to work at home.

Paul has a desire to have a family without children.

4

Two Backpackers

Two backpackers are talking about their experience of backpacking.

Listen to the tape or CD and fill in the blanks.

We went on our trip and arrived at Istanbul Airport, dead tired. We both decided to do the right thing and (1) _____ all day. We met people, walked around, and even (2) _____ a gallery. We were feeling quite proud of ourselves by the time we (3) _____ in the afternoon. We ended up (4) _____ at about 4:00 in the afternoon, passports on the table, all of our money beside our beds, our things everywhere, the key in the door, and the door wide open. Not a safe way to (5) _____ in a foreign city.



5

LOHAS

Read the passage about a new lifestyle and do the exercises.

Do you care about your health and exercise frequently to keep fit? When in restaurants or supermarkets, do you feel responsible for the environment and say no to non-reusable chopsticks and plastic bags? Do you consider the effect of the hamburger on your health, or even on the



whole environment? If yes, you may be LOHAS.

“What is LOHAS?” You may ask. Let’s read the story of a LOHAS person:

“I was a heavy smoker when I first learned about LOHAS. I realized that I was not living a really healthy life, and started thinking about ways to change my life for the better. I set a goal to stop smoking within a certain period of time.”

LOHAS stands for *Lifestyles of Health and Sustainability*. It refers to people who want to have a green and healthy lifestyle and choose products and services good to environment.

The LOHAS population is increasing every year. LOHAS markets are growing too, such as healthy buildings, recycled energy, healthy furniture, organic food, health food, and self-improvement programs. These have been getting more and more popular in recent years.

Actually everyone is influenced by LOHAS, but you just may not realize it. So try to be good to yourself, try to do good to others, try to be friendly to the environment, and then you will be LOHAS.

A. Decide whether the following statements are true (T) or false (F) according to the passage.

- () 1. A person who refuses to use chopsticks and plastic bags is LOHAS.
- () 2. After learning about LOHAS, the smoker realized he should give up smoking.
- () 3. One-third of the world population is LOHAS.
- () 4. To be LOHAS means you prefer environment-friendly products.

B. Find words or phrases from the passage with similar meanings.

- 1. healthy _____
- 2. refuse _____
- 3. aim _____
- 4. quit _____
- 5. environment-friendly _____

6

Writing a Poster for the LOHAS Club

There is an environment protection campaign at college. The newly set up LOHAS Club is recruiting members from the student body. Write a poster to explain both personal and environmental benefits of being LOHAS in order to attract as many students as possible. Your poster should also include what you ask them to do and not to do.

Love our school
Love our environment

BENEFITS

1. Make our earth sustainable
2. _____
3. _____

<p>Dos:</p> <ol style="list-style-type: none"> 1. We must do exercise. 2. _____ 3. _____ 	<p>Don'ts:</p> <ol style="list-style-type: none"> 1. We must not smoke. 2. _____ 3. _____
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Grammar

名词性从句和同位语

一、名词性从句 (Noun Clause)

名词性从句指在形式上是主谓结构，在功能上相当于名词的从句。这种从句在句子中可以充当主语、宾语、补语、同位语等。名词性从句有两大类：一类是that从句，另一类是wh-/h-从句。

That从句可以充当主语、宾语、主语补语、形容词补语和同位语。

wh-/h-从句是由疑问代词、疑问副词或者连词whether/if引导的名词性从句，在句子中可以充当主语、宾语、形容词补语、同位语等成分。

	用法	例子
1. that分句	作主语，通常用于it作先行主语的句型	It is impossible that he hasn't received the news. 他不可能还没收到消息。
	作宾语	We decided that the meeting (should) be canceled. 我们决定取消会议。
	作主语补语	My belief is that things will improve. 我相信情况会好转的。
	作形容词补语	We were glad (that) she got the job. 我们很高兴她得到了那份工作。
2. wh-/h-分句	由疑问代词、疑问副词或连词whether/if引导的分句，可充当主语、宾语、形容词补语等成分。	Could you tell me who was there with you yesterday? 你能告诉我昨天跟你在一起的是谁吗? I'm not sure whether they will go. 我不确定他们是否会去。
	由whatever, however, whichever, wherever, whoever等引导，相当于一个带有定语从句的名词词组。	You can go wherever you want to go. 你可以去任何你想去的地方。

二、同位语 (Appositive)

同位语是一种后置修饰语，它为与之同位的词提供补充说明，起修饰和描绘作用。

用法	例子
1. 名词词组作同位语。	Bill Clinton, the president of the USA, came to China to pay an official visit in 1998. 美国总统克林顿于1998年对中国进行了正式访问。
2. 同位语的引导词：引导词用来表示同位语与它所说明的同位成分之间的关系，主要的引导词有：namely, that is, that is to say, in other words, or, for short 表示等同关系；such as, say, so to speak, including, for instance 表示举例和列举关系；especially, more importantly, chiefly, mostly, or better, in particular, particularly 表示突出重点。	I am your boss — in other words, you work for me. 我是你的老板；换句话说，你是给我打工的。 China is developing fast, especially the coastal cities, such as Shanghai, Shenzhen, etc. 中国正在快速发展，特别是沿海城市，像上海、深圳等。
3. 同位语从句：一般由that引导，但也可以由关系代词which, who, what和关系副词when, where, why, how或whether引导。	The police came to the conclusion that the man had been lying. 警察得出结论，那个人一直在撒谎。 Have you any idea what time it is? 你知道现在几点了吗？
4. that引导的同位语从句与定语从句之间的区别：that引导同位语从句，that只起连接从句的作用，无意义，并且that也不在从句充当任何句子成分；从句是被修饰名词的内容；that引导定语从句，that替代先行词在从句中不仅起连接作用，还充当一个句子成分；从句起限定作用，是定语。	The news that Mr. Li will be our new English teacher is true. 李老师将成为我们新的英语老师，这个消息是真的。（同位语从句） The news that Mr. Li told us is true. 李老师告诉我们的那个消息是真的。（定语从句）



Choose the best answer to complete each sentence.

1. It is true _____ Tom did surprised his mother.
A. that B. what C. that what D. what that
2. _____ does matter _____ he can't come to the meeting.
A. It, if B. That, if C. It, whether D. This, whether
3. — What are you anxious about?
— _____.
A. How can we succeed B. Whether we can succeed
C. When can we succeed D. That we can succeed
4. The reason _____ the actress has been such a success is _____ she's both clever and hard-working.
A. why, why B. why, that
C. that, because D. for, because
5. _____ leaves the room last ought to turn off the lights.
A. Who B. Whoever C. Anyone D. The person
6. I really don't know _____ I had this photo taken.
A. where it was that B. it was that
C. where it was D. it was why
7. Mr. Black comes from either Shanghai or Hong Kong, _____ I can't remember.
A. where B. there C. which D. that
8. — What do you think of China?
— _____ different life is today from _____ it used to be!
A. How, what B. What, what
C. How, that D. What, that
9. Give this to _____ you think can do the work well.
A. who B. whom C. whoever D. whomever
10. _____ troubles me is _____ I can't learn all these English idioms by heart.
A. That, that B. What, what C. That, what D. What, that
11. It is believed that President Obama will appoint _____ he thinks can do the job best.
A. who B. whom C. whomever D. whoever
12. Shenzhen has grown into a modern city from _____ was a small fishing village many

years ago.

- A. that B. which C. what D. when
13. Evidence came up _____ specific speech sounds are recognized by babies as young as 6 months old.
- A. what B. which C. whose D. that
14. _____ some mammals came to live in the sea is not known.
- A. What B. How C. That D. Since
15. We asked him _____.
- A. that the trouble was B. where was the trouble
C. which the trouble was D. what the trouble was
16. The population of India is now twice _____ it was two decades ago.
- A. what B. that C. as D. which
17. _____ breaks the law deserves punishment.
- A. Who B. Those who C. Whoever D. No matter who
18. We consider _____ the paper should be examined twice before handing it in.
- A. that it necessary B. it necessary that
C. necessary that D. necessary of that
19. You will see to _____ the engine does not break down.
- A. it that B. that C. which D. how
20. _____ one can succeed depends on _____ hard one works.
- A. Whether...however B. That...how
C. That...however D. Whether...how

Supplementary Reading

Read the passage carefully and give a short answer to each question.

Water and Health

It is a well-known fact that clean water is absolutely essential for healthy living. Adequate (足够的) supply of fresh and clean drinking water is a basic need for all human beings on the earth, yet it has been observed that millions of people worldwide are deprived (剥夺) of this.

Freshwater resources all over the world are threatened not only by over exploitation and poor management but also by ecological (生态的) degradation (退化). The main source of freshwater pollution can be attributed (归结于) to discharge of untreated waste, dumping of industrial effluent (排出物), and run-off from agricultural fields. Industrial growth, urbanization (城市化) and the increasing use of synthetic (人造的) organic substances (有机物质) have serious and adverse impacts on freshwater bodies. It is a generally accepted fact that the developed countries suffer from problems of chemical discharge into the water sources mainly groundwater, while developing countries face problems of agricultural run-off in water sources. Polluted water like chemicals in drinking water causes problem to health and leads to water-borne (由……传播的) diseases which can be prevented by taking measures can be taken even at the household level.

Water-borne (enteric) diseases are infectious (传染的) diseases spread primarily through polluted water. Though these diseases are spread either directly or through flies or filth, water is the chief medium for spread of these diseases and hence they are termed as water-borne diseases. Such as hepatitis (肝炎), cholera (霍乱), dysentery (痢疾), and typhoid (伤寒) are the more common water-borne diseases that affect large populations in the tropical regions.

Water is essential to human being's health, moreover, living things can not live without water. Every day we have to drink much water. In order to prevent the spread of water-borne infectious diseases, people should take adequate precautions (预防措施). The city water supply should be properly checked and necessary steps taken to disinfect (消毒) it. Water pipes should be regularly checked for leaks (漏洞) and cracks (裂缝). At home, the water should be boiled, filtered, or other methods and necessary steps taken to ensure that it is free from infection.

1. Please tell us the reasons of polluted water.

2. Which problems will developing countries face?

3. What are the water-borne (enteric) diseases?

4. What shall we do in the city water supply?

5. At home what methods do we take in order to keep health?



New Words

status /'stertəs/ <i>n.</i> 状况	Health status is a term which refers to all aspects of the health of individuals or populations.	1.1.1.1
wellness /'welnəs/ <i>n.</i> 健康	Wal-Mart sells organic food, and even Coca-Cola is launching a wellness drink.	1.1.1.1
terrible /'terəbl/ <i>a.</i> 可怕的	The terrible plague killed many people.	1.1.1.1
determinant /dɪ'tɜ:mənt/ <i>n.</i> 决定因素	I don't consider a patient's age as a determinant of the care they should receive.	1.1.1.2
characteristic /ˌkærəktə'rɪstɪk/ <i>n.</i> 特性, 特征	The behavior has been regarded as a hereditary characteristic.	1.1.1.2
lifestyle /'laɪfstɑɪl/ <i>n.</i> 生活方式	You must have grown used to the lifestyle here.	1.1.1.2
economic /,ɪ:kə'nɒmɪk/ <i>a.</i> 经济(上)的	He has mastered the economic theory.	1.1.1.2
genetics /dʒə'netɪks/ <i>n.</i> 遗传特征	Yet their genetics have caused pandas to develop more slowly than human beings and other mammals.	1.1.1.2
alcohol /'ælkəhɒl/ <i>n.</i> 酒, 含酒精的饮料	You are not allowed to drink alcohol before the age of 16.	1.1.1.2
maintain /meɪn'teɪn/ <i>v.</i> 维持	You have to maintain a balance or else you will go to extremes.	1.1.1.2
standard /'stændəd/ <i>n.</i> 标准	The standard of living in this city is comparatively high.	1.1.1.2
avant-garde /,ævən'gɑ:d/ <i>a.</i> 前卫的	It was one of the first avant-garde works to appeal to a wide audience.	1.1.2.1
backpacker /'bækpækə(r)/ <i>n.</i> 背包客	He is a white-collar worker and well-known as a backpacker.	1.1.2.1
freelancer /'fri:lɑ:nsə/ <i>n.</i> 自由职业者	We were surprised to learn that he has been a freelancer for five years.	1.1.2.1

disadvantage /ˌdɪsədˈvɑːntɪdʒ/ <i>n.</i> 不利, 弊端	Her height will be very much to her disadvantage if she wants to be a dancer.	1.1.2.2
avoid /əˈvɔɪd/ <i>v.</i> 避免, 躲开	You must avoid giving me any unnecessary information.	1.1.2.2
commute /kəˈmjuːt/ <i>n.</i> 上下班路程	It's a long commute from New York to Boston.	1.1.2.2
self-motivation /ˈselfˌməʊtɪˈveɪʃn/ <i>n.</i> 自我激励, 主动性	Self-motivation is important in every aspect of a person's life.	1.1.2.2
schedule /ˈskedʒʊl/ <i>n.</i> 日程安排表	He planned his work schedule for the following month.	1.1.2.3
leisure /ˈleɪʒə(r)/ <i>n.</i> 空闲	He has a lot of leisure time since retirement.	1.1.2.3
selfish /ˈselfɪʃ/ <i>a.</i> 自私的	I didn't realize you are so selfish.	1.1.2.3
unselfish /ˌʌnˈselfɪʃ/ <i>a.</i> 不自私的, 慷慨的	He is a very unselfish person who often helps others economically.	1.1.2.3
gallery /ˈgæləri/ <i>n.</i> 画廊	The gallery is having a show of new American art.	1.1.2.4
passport /ˈpɑːspɔːt/ <i>n.</i> 护照	He applied for a passport from the authorities.	1.1.2.4
non-reusable /ˈnɒnˌriːˈjuːzəbl/ <i>a.</i> 一次性使用的, 用后即弃的	More and more college students have stopped using non-reusable lunchboxes.	1.1.2.5
chopstick /ˈtʃɒpstɪk/ <i>n.</i> 筷子	The Chinese eat with chopsticks, which many foreigners feel difficult to use.	1.1.2.5
plastic /ˈplæstɪk/ <i>a.</i> 塑料的, 塑胶的	He wrapped his sandwiches in a plastic bag.	1.1.2.5
effect /ɪˈfekt/ <i>n.</i> 影响	She thought about the effect of such news upon her husband.	1.1.2.5
hamburger /ˈhæmbɜːgə(r)/ <i>n.</i> 汉堡包	I'd like to eat a hamburger.	1.1.2.5
sustainability /səˌsteɪnəˈbɪlɪti/ <i>n.</i> 可持续性	We are not doing it because it's fashionable to talk about the environment and sustainability.	1.1.2.5
population /ˌpɒpjʊˈleɪʃn/ <i>n.</i> 人口	Do you know what the population of this city is?	1.1.2.5
recycled /ˌriːˈsaɪkld/ <i>a.</i> 回收的, 循环的	This company tries its best to produce high-quality recycled paper.	1.1.2.5
organic /ɔːˈɡæɪnɪk/ <i>a.</i> 有机的	Organic food has a large potential market.	1.1.2.5
self-improvement /ˈselfɪmˈpruːvmənt/ <i>n.</i> 自我提高, 自我改进, 自我完善	Our company believes in employee training and self-improvement.	1.1.2.5


Phrases and Expressions

throughout one's life	一生	1.1.1.2
catch a disease	得病, 患病	1.1.1.2
be related to	与……有关	1.1.1.2
living habit	生活习惯, 生活方式	1.1.1.2
play a part in	对……有影响, 起作用	1.1.1.2
think of...as...	把……看作……	1.1.2.3
come across as	给人……印象, 使人产生……印象	1.1.2.3
stay up	不睡, 熬夜	1.1.2.4
be/feel proud of sb./sth.	为某人/事感到骄傲	1.1.2.4
end up (with)	以……结束, 以……告终	1.1.2.4
keep fit	保持健康	1.1.2.5
feel/be responsible for	感到有责任的, 应负责任的	1.1.2.5
think about	考虑	1.1.2.5
set a goal (to do sth.)	设定目标, 确立目标 (做……)	1.1.2.5
stand for	代表; 支持; 容忍	1.1.2.5


Proper Nouns

LOHAS /'ləʊhɑ:z/	乐活族生活方式	1.1.2.1
SOHO /'səʊhəʊ/	在家办公族	1.1.2.1
DINK /dɪŋk/	丁克	1.1.2.1
Istanbul /ɪstæn'bul/	伊斯坦布尔 (土耳其城市)	1.1.2.4