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THE HUMAN BODY

人 体

Making Healthy Choices

健康的选择

CAROLYN NEWTON (美) 著

外语教学与研究出版社

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CAROLYN NEWTON (美) 著

关静瑞 注

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这套丛书以英文注释形式出版，注释由国内重点中学教学经验丰富的英语教师完成。特别值得推荐的是本套丛书在提高青少年读者英语阅读能力的同时，还注重培养他们的科学探索精神、动手能力、逻辑思维能力和沟通能力。

本丛书既适合学生自学，又可用于课堂教学。丛书各个系列均配有一本教师用书，内容包括背景知识介绍、技能训练提示、评估测试、多项选择题及答案等详尽的教学指导，是对课堂教学的极好补充。

本套丛书是适合中学生及英语爱好者的知识读物。

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健康的选择

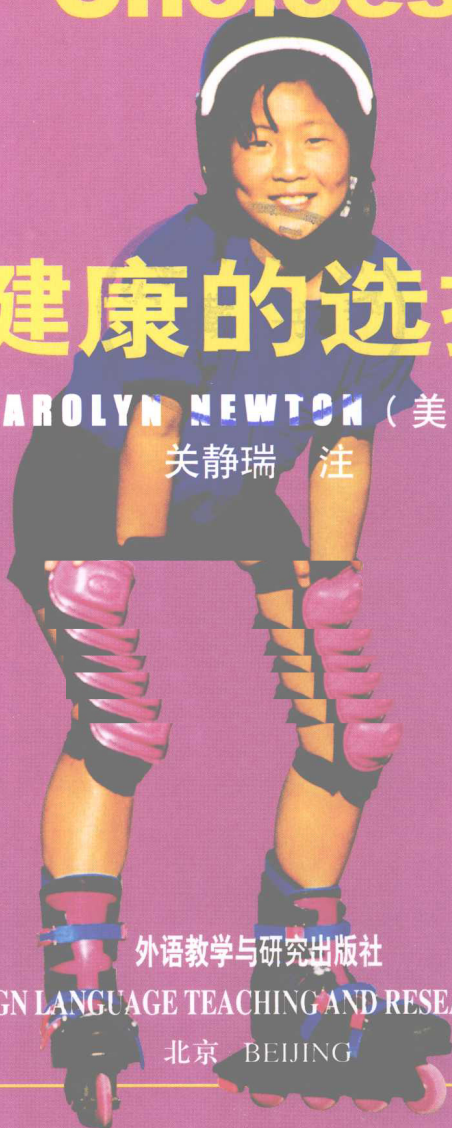
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Introduction

引言

Decisions! Decisions!

决定！决定！



"What should I wear?"

**"Jamie always wants to copy my homework.
How can I tell him no?"**

"How should I study so I can pass the math test?"

**"I hate being the new kid. Should I ask somebody
to sit with me at lunch?"**



Each morning thousands of school buses carry students like you to school. Some mornings you may be excited¹ to see your friends. Other mornings you may be worried about a test. Sometimes you may wish you were back in bed. Each day is different. And every day you make choices.

Have you ever thought about how many decisions you make before you even get to school? You decide what to wear, what to eat for breakfast, whether to check your homework—the list goes on and on. Some choices are easy, like picking green socks instead of² blue. Many choices are more difficult. To make some decisions, you may even need help from your family or other trusted³ adults⁴. This book can help you make good choices—ones that keep you healthy and safe.

- | | | |
|---------------|-------------|-------|
| 1. excited | <i>adj.</i> | 兴奋的 |
| 2. instead of | | 而不是…… |
| 3. trust | <i>v.</i> | 信任 |
| 4. adult | <i>n.</i> | 成年人 |

Chapter 1

第一章

Body Basics: Use Your Head

健康常识：动动脑筋

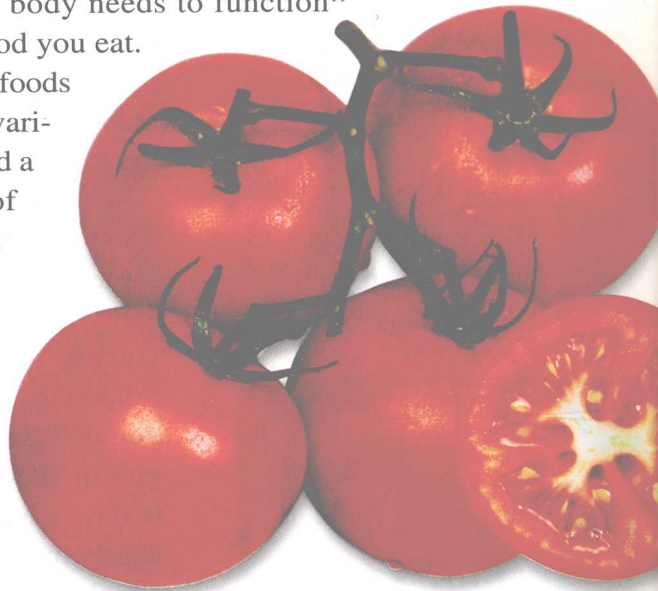


What exactly¹ is a healthy choice? Just think about it. The key to healthy choices is using your head to decide what's right for you.

When you eat breakfast and brush your teeth, you make healthy choices. You make another one when you snap on² your helmet³ before you ride your bike to school. Eating right, exercising, wearing safety equipment⁴, and keeping clean are all healthy decisions. But why should you eat an apple when you could eat a donut⁵? Or why ride your skateboard⁶ when you could watch TV? The answer's simple. When you make healthy choices, you feel better. You've got more energy⁷, you're stronger, and you're less likely to get sick.

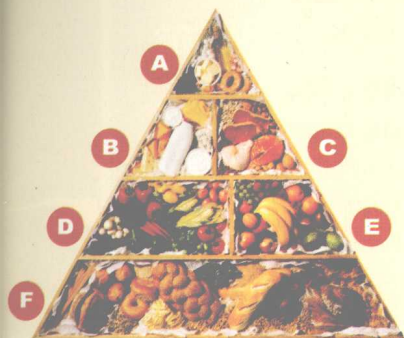
A Balancing⁸ Act

One of the best ways to stay healthy is to give your body all the nutrients⁹ it needs. Nutrients are substances¹⁰ that your body needs to function¹¹ properly¹². You get many nutrients from the food you eat. Some foods are packed¹³ full of nutrients. Other foods have almost none. To stay healthy, you need a variety of¹⁴ foods each day. In other words, you need a balanced diet¹⁵. A balanced diet is made up of nutrients, such as carbohydrates¹⁶, proteins¹⁷, fats, vitamins¹⁸, minerals¹⁹, and water. Not only do you need the right nutrients, but you also need the right amounts²⁰ of each. Sound hard? It can be. That's why the United States Department of Agriculture (USDA²¹) made the USDA Food Guide Pyramid²².



1. exactly	<i>adv.</i>	确切地	12. properly	<i>adv.</i>	适当地; 正确地
2. snap on		吧嗒一声扣上	13. pack	<i>v.</i>	含有
3. helmet	<i>n.</i>	头盔	14. a variety of		各种各样的
4. safety equipment		安全装备	15. diet	<i>n.</i>	日常饮食
5. donut	<i>n.</i>	炸面圈	16. carbohydrate	<i>n.</i>	碳水化合物; 糖类
6. skateboard	<i>n.</i>	滑板	17. protein	<i>n.</i>	蛋白质
7. energy	<i>n.</i>	精力; 能量	18. vitamin	<i>n.</i>	维生素
8. balance	<i>v.</i>	平衡	19. mineral	<i>n.</i>	矿物质
9. nutrient	<i>n.</i>	营养物	20. amount	<i>n.</i>	数量
10. substance	<i>n.</i>	物质	21. USDA		美国农业部
11. function	<i>v.</i>	(器官等)活动; 运转	22. Food Guide Pyramid		食物指导金字塔

USDA Food Guide Pyramid



- A** Fats, Oils, and Sweets Group
Use sparingly⁵
- B** Milk, Yogurt⁶, and Cheese Group
2-3 servings⁷
- C** Meat, Poultry⁸, Fish, Dry Beans, Eggs, and Nuts Group
2-3 servings
- D** Vegetables Group
3-5 servings
- E** Fruit Group
2-4 servings
- F** Bread, Cereal⁹, Rice, and Pasta¹⁰ Group
6-11 servings



Eat Well, Feel Well

What does the food pyramid tell you about your diet? Well, it shows different types of foods. It also tells how much of each kind you should eat each day. To follow the food pyramid, you should eat more foods from the food groups at the bottom¹ of the pyramid and fewer from the groups at the top.

The food pyramid makes a balanced diet look simple. Just eat more foods from the bottom and fewer foods at the top and you'll get all the nutrients you need. Right? Yes, but you can't always choose what you'll eat at each meal. So following the food pyramid isn't always easy. What should you do? Be smart about what you eat. You don't have to give up foods like ice cream, hamburgers², and potato chips³ to have a balanced diet. Just pay attention to⁴ how often you eat them. You can get most of the nutrients you need by simply eating many kinds of foods.

1. bottom	<i>n.</i>	底部	6. yogurt	<i>n.</i>	酸奶
2. hamburger	<i>n.</i>	汉堡包	7. serving	<i>n.</i>	(食物或饮料的)一份
3. potato chip		炸薯条(片)	8. poultry	<i>n.</i>	家禽
4. pay attention to		注意	9. cereal	<i>n.</i>	谷类食品
5. sparingly	<i>adv.</i>	有节制地	10. pasta	<i>n.</i>	意大利面食

A Body in Motion¹

So you've given your body the nutrients it needs. Now what? Well, eating right is just the first step up the health ladder. To be in good shape², your body needs to move and stay active³. When you give yourself the energy you need to get up and go, do just that. Get up and go! Instead of vegging out⁴ in front of the TV, go outside and get some exercise. Exercise is a set of movements that work your muscles⁵.

There are many ways to exercise. You can play team sports, such as basketball or soccer⁶. You can ride a bike, jump rope, or swim with friends. A good exercise is any activity⁷ you enjoy that makes your muscles move and your heart pump⁸ faster.

Actually⁹, exercise also can make you feel happier and less stressed¹⁰. When you exercise, your brain releases¹¹ chemicals¹² that affect¹³ your moods¹⁴. So the more you exercise, the stronger you will be and the better you'll feel.

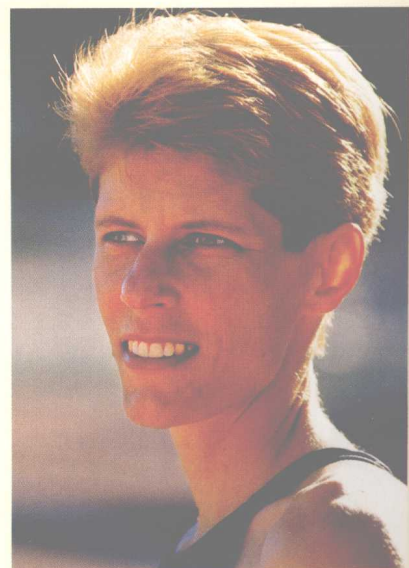
If you have a hard time seeing how exercise can be fun and fit into your day, try this. List the television shows you watch each week. Which one do you like the least? Instead of watching it this week, walk your dog or ride your bike. Or call up¹⁵ your best friend and plan an activity. Swim, play tennis, shoot hoops¹⁶—try it all. You may find something so much fun that it doesn't even seem like exercise!

1. motion	<i>n.</i>	运动
2. be in good shape		处于良好状态
3. active	<i>adj.</i>	活跃的
4. veg out		懒洋洋(几乎不动)
5. muscle	<i>n.</i>	肌肉
6. soccer	<i>n.</i>	英式足球
7. activity	<i>n.</i>	活动
8. pump	<i>v.</i>	跳动; 搏动
9. actually	<i>adv.</i>	实际上; 事实上
10. stress	<i>v.</i>	使紧张
11. release	<i>v.</i>	释放
12. chemical	<i>n.</i>	化学物质
13. affect	<i>v.</i>	影响
14. mood	<i>n.</i>	情绪
15. call up		给……打电话

16. shoot hoop		投篮
17. amazing	<i>adj.</i>	令人惊奇的
18. athlete	<i>n.</i>	运动员
19. world-class	<i>adj.</i>	世界级的
20. regularly	<i>adv.</i>	有规律地
21. represent	<i>v.</i>	代表
22. Olympics		奥运会
23. Sydney		悉尼
24. legally	<i>adv.</i>	法律认可地
25. qualify	<i>v.</i>	使具有资格
26. eyesight	<i>n.</i>	视力
27. vision	<i>n.</i>	视力; 视觉
28. compete	<i>v.</i>	比赛
29. final	<i>n.</i>	决赛

Marla Runyan: An Amazing¹⁷ Athlete¹⁸

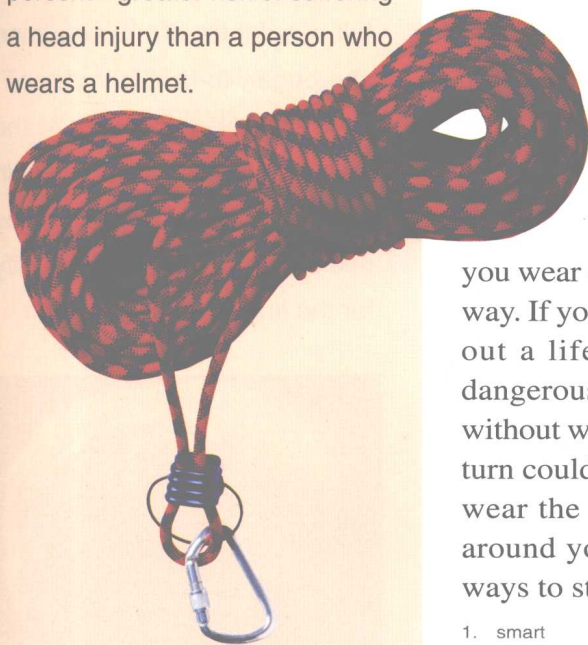
To be a world-class¹⁹ athlete like Marla Runyan, you have to eat right and exercise regularly²⁰ so that your body performs at its best. Runyan represented²¹ the United States in the 2000 Summer Olympics²² in Sydney²³, Australia. She is the first legally²⁴ blind runner to qualify²⁵ for the Olympics. Runyan was born with full eyesight²⁶, but by age nine she began to lose her vision²⁷. Now she is legally blind. At the Olympics, Runyan competed²⁸ in the 1500-meter race. She was one of only 12 runners to qualify for the finals²⁹.



Did you ever wonder...

...if wearing safety equipment really makes a difference?

You bet it does! Experts²¹ report that six out of every ten scooter-related injuries could have been prevented²² if safety equipment had been worn. Reports also show that a person riding a bike without a helmet has an 85 percent²³ greater risk of suffering a head injury than a person who wears a helmet.



Be Smart¹, Be Safe

Before you exercise, be sure to use your head and think about safety. When you are involved in² an activity, you run the risk³ of injuring⁴ yourself. So before you hop⁵ on your bike or pull on your skates⁶, don't forget the safety equipment. Safety equipment is gear⁷ that protects⁸ your body. The type of safety equipment you wear depends on⁹ the activity you do. Think about it this way. If you couldn't swim, would you dive¹⁰ into a pool without a life vest¹¹? No way—that would be dumb¹² and dangerous¹³. Yet many people ride their bikes or scooters¹⁴ without wearing helmets. They don't realize¹⁵ that one wrong turn could send them straight¹⁶ to the emergency room¹⁷. So wear the right safety equipment, pay attention to what's around you, and use good judgment¹⁸. These are the best ways to stay safe and steer clear of¹⁹ accidents²⁰.

1. smart	<i>adj.</i>	机敏的; 反应快的	13. dangerous	<i>adj.</i>	危险的
2. involve in		专心于	14. scooter	<i>n.</i>	踏板车
3. risk	<i>n.</i>	风险; 危险	15. realize	<i>v.</i>	认识到
4. injure	<i>v.</i>	伤害	16. straight	<i>adv.</i>	直接地
5. hop	<i>v.</i>	跳上	17. emergency room		急诊室
6. skate	<i>n.</i>	冰鞋	18. judgement	<i>n.</i>	判断
7. gear	<i>n.</i>	装置	19. steer clear of		避开; 避开
8. protect	<i>v.</i>	保护	20. accident	<i>n.</i>	事故
9. depend on		取决于	21. expert	<i>n.</i>	专家
10. dive	<i>v.</i>	跳水	22. prevent	<i>v.</i>	防止
11. life vest		救生衣	23. percent	<i>n.</i>	百分之……
12. dumb	<i>adj.</i>	愚蠢的			

Clean Scene¹

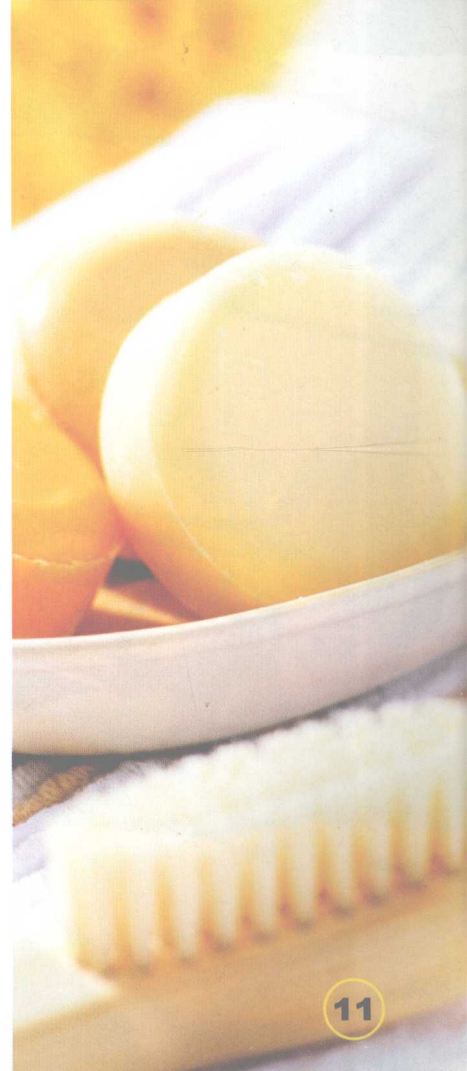
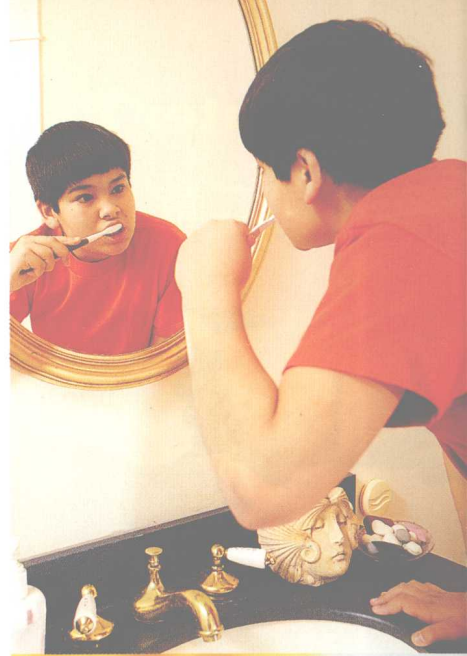
When you're singing in the shower², you're probably not thinking about your health. But keeping clean is one of the most important parts of staying healthy. Bathing³, brushing teeth, trimming⁴ nails⁵, and washing your hair are all part of good hygiene⁶. Hygiene includes⁷ activities that are good for your health and that keep you clean.

Hygiene helps your body get rid of⁸ germs⁹ that could make you sick. Germs are tiny¹⁰ organisms¹¹ that cause¹² disease¹³. When you brush your teeth, you scrub away¹⁴ germs that could cause diseases in your teeth or gums¹⁵. Washing your hands and taking showers or baths also removes¹⁶ dangerous germs. With a little soap¹⁷ and water, you can wash away your chances of getting many diseases.

A hundred years ago, most people bathed about once a month and rarely¹⁸ washed their hair. They also lived shorter lives than we can expect¹⁹ to live now. Are we living longer because we take more baths than people did a hundred years ago? Well, that's part of the reason. We also keep our water cleaner, live in healthier homes, and eat a better variety of foods. We have better medicines and know more about fighting diseases. All of these factors²⁰ help us to live longer and healthier lives than ever before.

1. scene	<i>n.</i>	场面	11. organism	<i>n.</i>	生物体
2. shower	<i>n.</i>	淋浴	12. cause	<i>v.</i>	导致
3. bath	<i>v.</i>	洗澡	13. disease	<i>n.</i>	疾病
4. trim	<i>v.</i>	修剪	14. scrub away		擦掉
5. nail	<i>n.</i>	指甲	15. gum	<i>n.</i>	(齿)龈; 牙床
6. hygiene	<i>n.</i>	卫生	16. remove	<i>v.</i>	除掉
7. include	<i>v.</i>	包括	17. soap	<i>n.</i>	肥皂
8. get rid of		摆脱; 除掉	18. rarely	<i>adv.</i>	不常
9. germ	<i>n.</i>	细菌	19. expect	<i>v.</i>	期望
10. tiny	<i>adj.</i>	微小的	20. factor	<i>n.</i>	因素

How can safety and good hygiene keep you healthy?

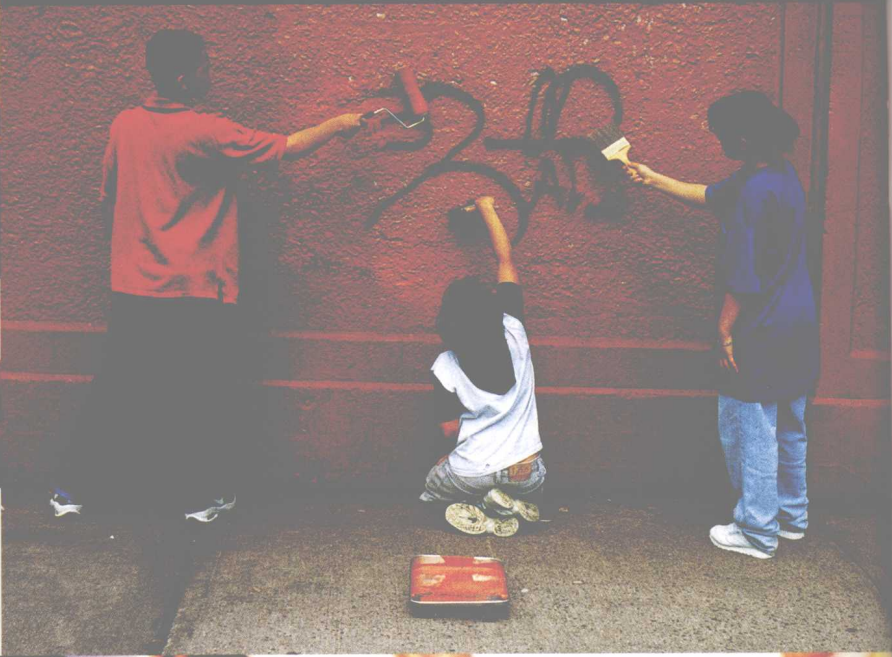


Chapter 2

第二章

Person to Person

面对面

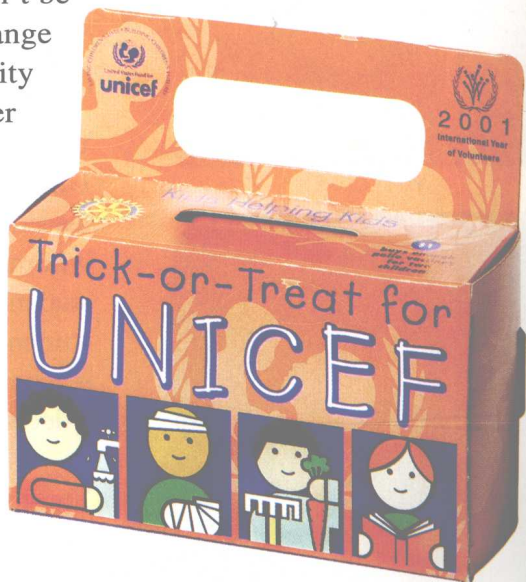


Have you ever been in a classroom where the whole class got in trouble¹ because a few students misbehaved²? It may be unfair³, but other people's decisions can affect you. And your choices can affect other people.

Unless you live alone on a deserted⁴ island, you must interact⁵ with other people every day. You may joke with friends, have a serious conversation with your brother, or help your mom make dinner. You live in a world of action⁶ and interaction.

Along with⁷ your family and friends, you also interact with other people in your community⁸. Teachers, neighbors, police officers⁹, firefighters¹⁰, and many others are also part of your community. You depend on them and they depend on you. Just imagine¹¹ if the firefighters in your area¹² didn't always show up¹³ when there was a fire. You wouldn't be able to count on¹⁴ them, and that would probably change the way your whole community worked. A community works at its best when the people in it trust each other and develop solid¹⁵ relationships¹⁶, or connections¹⁷ with others.

Building relationships in your community starts with being aware of¹⁸ how your decisions affect you and the people around you. Many people volunteer¹⁹ to build relationships or help their community. When you volunteer, you give your time and energy to a person, group, or organization²⁰ without expecting to be paid. There are many ways to volunteer and get active in your community.



1. get in trouble		陷入麻烦	11. imagine	v.	想像
2. misbehave	v.	行为不端	12. area	n.	地区
3. unfair	adj.	不公平的	13. show up		出现; 露面
4. deserted	adj.	无人(居住)的	14. count on		依靠; 指望
5. interact	v.	互相交流	15. solid	adj.	牢固的
6. action	n.	作用	16. relationship	n.	关系
7. along with		与……一起	17. connection	n.	联系; 关系
8. community	n.	社区	18. be aware of		知道; 清楚
9. police officer		警官	19. volunteer	v.	自愿
10. firefighter	n.	消防队员	20. organization	n.	组织



A Is for . . .

When you build relationships, you share your thoughts¹ and feelings with other people. That takes some skill and some courage². It's okay to differ with your friends and to be assertive³ about what you believe. If you are assertive, you stick by⁴ your beliefs⁵ in a positive⁶ way. You talk about your ideas calmly⁷ and confidently⁸—without yelling⁹. But you listen to other people's ideas and points of view too. You may not agree, but by listening you show that you respect¹⁰ the other person and what he or she has to say.

Some people are more than assertive—they are aggressive¹¹. An aggressive person is one who looks for ways to attack¹² someone or to start fights. Instead of finding ways to build relationships, an aggressive person looks for ways to break up¹³ friendships and hurt his or her victims¹⁴—the persons being attacked.

Unfortunately¹⁵, aggressive behavior¹⁶ occurs¹⁷ a lot. In the United States three out of four kids report being bullied¹⁸ or teased¹⁹ in a typical²⁰ school year. And about 160,000 students will miss school²¹ each year because of being bullied by other students. However, victims can choose to speak out. If another student threatens²² you, you can report the threat to a parent, teacher, principal²³, or guidance counselor²⁴. Believe it or not, a decision like that can make your school a safer place.

You also can find ways to support²⁵ people who are being bullied. A girl named Kaneesha Johnson found a way to do just that.

1. thought	<i>n.</i>	想法	14. victim	<i>n.</i>	受害人
2. courage	<i>n.</i>	勇气	15. unfortunately	<i>adv.</i>	可惜的是
3. assertive	<i>adj.</i>	肯定的; 自信的	16. behavior	<i>n.</i>	举止; 行为
4. stick by		忠于	17. occur	<i>v.</i>	发生
5. belief	<i>n.</i>	信仰	18. bully	<i>v.</i>	欺侮
6. positive	<i>adj.</i>	积极的	19. tease	<i>v.</i>	取笑
7. calmly	<i>adv.</i>	平静地; 冷静地	20. typical	<i>adj.</i>	典型的; 有代表性的
8. confidently	<i>adv.</i>	自信地	21. miss school		缺课
9. yell	<i>v.</i>	大叫	22. threaten	<i>v.</i>	威胁
10. respect	<i>v.</i>	尊敬	23. principal	<i>n.</i>	校长
11. aggressive	<i>adj.</i>	过分自信的	24. guidance counselor		指导顾问
12. attack	<i>v.</i>	攻击	25. support	<i>v.</i>	支持
13. break up		断绝; 打破			