



Keeping Physically Fit
Keeping Mentally Fit
Finding Good Medical Care



生存技能 • Life Skills

保持健康

Staying Healthy

生存技能 LIFE SKILLS

保持健康

Staying Healthy

Globe Fearon (美) 著

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外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

(京)新登字 155 号

京权图字: 01-2003-3218

图书在版编目(CIP)数据

保持健康/(美)费伦(Fearon, G.)著;潘淑敏改编.-北京:外语教学与研究出版社,2003

ISBN 7-5600-3275-3

I. 保… II. ①费… ②潘… III. 英语课-中学-课外读物 IV. G634.413

中国版本图书馆 CIP 数据核字(2003)第 005388 号

China edition published by Pearson Education Asia Limited and Foreign Language Teaching and Research Press, Copyright © 2003 by Pearson Education, Inc.

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生存技能——保持健康

Globe Fearon (美) 著

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责任编辑: 关静瑞

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com>

印 刷: 北京外国语大学印刷厂

开 本: 787×1092 1/16

印 张: 4.5

版 次: 2003 年 6 月第 1 版 2003 年 6 月第 1 次印刷

书 号: ISBN 7-5600-3275-3/G·1594

定 价: 5.90 元

* * *

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版权保护办公室举报电话: (010)68917519

在新世纪,学好英语的重要性毋庸置疑,但在倡导素质教育的今天,如何提高学习英语的效率,如何能够学以致用,无疑仍是同学们所面临的一大难题。虽说条条大路通罗马,但最好不要走弯路,更不要误入歧途。

国家《英语课程标准》要求初三毕业达到国家五级水平,高三毕业应达到七级水平。在五级的总体目标中有这样的要求:能就日常生活的各种话题与他人交换信息并陈述自己的意见;七级标准的要求就更进了一步,即能就较广泛的话题交流信息,提出问题并陈述自己的意见和建议。

由此可见,学习英语的重要目的是交流,而交流的内容应该丰富多彩、并与我们的生活紧密相关,学习英语是一个艰苦而快乐的过程。基于这种想法,几经筛选,我在培生教育出版公司的出版物中发现了以下四个系列的图书,首先吸引我的是它们的系列书名:Active Learning, Life Skills, A Money Matters Guide 和 Everyday Health。通过仔细阅读,我惊喜地发现它们无论是语篇内容,还是涉及的知识领域以及语言难度,都非常适合广大中学生使用。

这套丛书很好地体现了学科融通的教育理念,语篇紧密结合实际生活,通过完成一个个活动,使同学们既丰富了相关的课外知识,又掌握了一定的实际技能,而当同样的场景在生活中再次呈现的时候,我们就会快速地从大脑中提取相应的信息来有效地应对。也就是说,通过学习这套丛书同学们可以达到学习语言和增强自身适应社会能力的双重目的。经过系统的学习,同学们的综合素质无疑会得到显著的提高,而这也正是我将本丛书命名为“素质英语”的初衷。

愿同学们能够从《素质英语——中学英语选修课丛书》中获取给养、增长学识、完善技能,逐步提高自身的综合素质,以充沛的勇气和信心面对21世纪的诸多挑战!

序 言

《生存技能》序列丛书作为初中英语泛读选修教材，对培养学生的语言能力、文化背景和生存技能将起到积极的作用。

对生存能力的培养不仅关系到一个人的健全人格和健康的身心，而且关系到一个人的责任感和义务感。前苏联教育家苏霍姆林斯基说：“人在劳动中创造物质和精神财富的同时，也创造了自己本身。”可见，人的创造力是在劳作中获取的。联合国教科文组织曾经对教育下过这样的定义——“学会生存”。由此应运而生的是各国的生存教育和公民教育。我国最新颁布的国家《英语课程标准》也强调学习应从学生的生活经验和认知水平出发，倡导体验、实践、参与、合作与交流的学习方式和任务型探究式的教学方法。

《生存技能》系列丛书由八本分册组成：《预算开支》、《识途问路》、《独立生活》、《购车养车》、《保持健康》、《解读广告》、《读历制表》和《使用电话》。

生活需要精打细算，《预算开支》正是为同学们提供了这样的能力。西方国家教育中鼓励的独立自主精神及生活体验也可能是我们在教育中可以借鉴的。《识途问路》使同学们能够掌握识途认路的方法，利用地图和指南针等辨别方位和查询地址。这些为同学们熟悉未来陌生的生存环境打下了良好的基础。《独立生活》作为对生存技能的全面认识，将指导同学们生成和改变生存观念，进而，通过训练使同学们掌握多种生活本领，为日后独立竖起生活的风帆做好准备。目前同学们虽然对《购车养车》比较陌生，但随着中国经济的发展，随着私家车拥有量以惊人速度的发展，年轻人购车的趋势已势不可挡。如何根据实际需要又能在了解汽车的行情及其性能价格比的基础上购车是至关重要的技能。《保持健康》是每个人最为关注的生活技能。对健康的认识和保持不仅决定了我们个人的生活质量，更决定着民族和人类的存亡。现代生活的物质极大丰富，应运而生的是广告业的发展。在广告的包围中，如何解读广告、了解所需是我们应该掌握的又一技巧。在商品发达的社会中，人人应成为成熟的消费者，并能使广告充分为我所用。现代人工作和生活之宝即节约时间、讲求效率并充分利用现代信息，《读历制表》内容简炼，一目了然，是同学们提高生活效率和效益的好帮手。《使用电话》看似小事一桩，却有很多的学问。善于使用事半功倍，不善于使用则事倍功半。

在整体创作和编排上本丛书紧紧围绕每一主题，涉猎生活的方方面面。特别强调现今市场经济下的生存与竞争观念。在语言上突出了真实运用语言进行交际的特点。课文内容佐以实例，没有说教感，同学们读来会倍感亲近。在改编过程中增加了文化背景、字词、语句注释并配有小组活动和课外活动。在语言和技能上本丛书充分体现了语言材料和语言能力合二为一的特点，讲身边的理，做身边的事，实现了“教学做合一”的教学理念。章节编排具有开放性和弹性，教师可有针对性地对教学内容做增删，以便更好地与所学内容相补充。

导学

本书编写的宗旨是在阅读和实践的基础上教会同学们保持身心健康的方法。为了便于同学们阅读和完成各项预设任务，每单元都有相关的导读、文化背景、语言难点等必要的介绍和注释。每单元配有丰富的练习与活动并附有参考答案。

全书的七个单元主要围绕身心健康的七个不同方面展开。从健康的重要性、合理的饮食、身心愉悦、衣着打扮、医疗救治到急救常识，内容非常丰富。其中有我们平日里熟悉的内容，也有被我们忽视的内容。比如说，衣着打扮与健康有什么关系？到公共场所看演出需要打扮整齐吗？为什么？衣着仅仅反映个人的审美吗？个人卫生状况向他人传达着什么信息？站相和坐相是个性的折射吗？等等。

我们逐渐地成长，从被关爱、被照顾到关心与照顾自己，再到潜移默化地影响我们下一代的成长与健康。从某种意义上说，我们对健康的认识不仅决定我们的生活质量，还决定着民族与人类的生存质量。

让我们把握健康，享受人生的快乐与美好吧！

Staying Healthy

Imagine... 试想……

- Your friends want you to join a local basketball team. You love to play ball. You enjoy being with your friends, but lately you always seem to be tired. You have trouble getting out of bed in the morning. You don't think you'll have the energy needed to run up and down a basketball court¹.
- You haven't been feeling well lately. You decide to see a doctor. The last doctor you visited treated² only children. Since you're older now, you need to see a different kind of doctor.

Don't Let It Happen to You

防微杜渐

What can you do to be healthy? You can take good care of your body. You can work to keep your body in good condition³.

What This Book Can Do for You

本书的作用

This book will explain what you can do to keep your body healthy⁴. It will help you learn to

- keep physically⁵ fit⁶.
- keep mentally⁷ fit.
- take good care of yourself.

By taking care of your body, you will be able to keep yourself fit and healthy.



Language Notes | 语言难点

1. court /kɔ:t/ *n.* 球场

2. treat /tri:t/ *v.* 治疗

3. keep... in good condition 保持……良好状态

4. healthy /'helθi/ *adj.* 健康的

5. physically /'fɪzɪkli/ *adv.* 身体地

6. fit /fɪt/ *adj.* 健康的

7. mentally /'mentli/ *adv.* 精神地

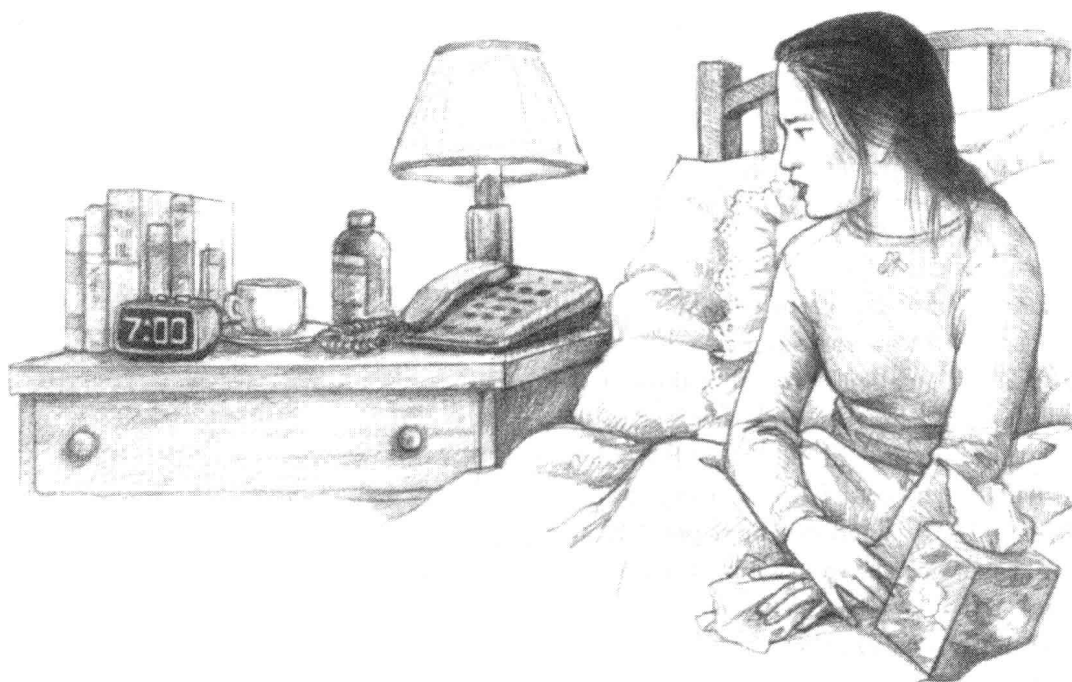
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Unit 1

The Importance of Being Healthy 健康的重要性



Unit 1
The Importance of Being Healthy
健康的重要性

Lead-in 导读

人们常说：“健康是金。”没有健康的身体，就不能很好地工作、学习和生活。正确的生活方式有助于身心健康。

Learning Objectives 学习目标

You will be able to:

- ▶ Learn how poor health can affect our lives.
- ▶ Learn why it is important to have good health.
- ▶ Learn what we can do to have good health.

Culture Notes 文化背景

在市场经济发达的西方国家，就业竞争非常激烈。身体不健康的人常常处于劣势。他们往往面临的是就业的困难和失业的危险。

Fran Doesn't Feel Well

→ 弗兰感觉不舒服

Fran is supposed to be at work in an hour. But right now, all Fran can think about is going to bed. She feels tired. She doesn't have any energy. She's been feeling like this for the past two months. She doesn't enjoy school as much as she used to. She doesn't enjoy her free time after school. She doesn't have any fun at her job. The last thing Fran wants to do is go to work at Burger Hut feeling like this!

Fran is thinking about calling in sick¹. But last month she took four sick days, and she's already taken three sick days this month. After her last sick day, her boss called her into the office. He told Fran that she had used more sick days than any other worker. He explained that he depended on Fran. He hoped she would show up² for her shifts³.

Fran's boss also told her that business had been slow. It was so slow that he might have to let some workers go. Then he asked Fran a question.

"Suppose you were the boss, Fran, and you had to let some workers go. Everyone who worked for you was a good worker. But they were different in some very important ways."

The boss continued, "Some were always on time for their shifts and never called in sick. Others called in sick often. Who would you let go? The people who were always on time and hardly ever called in sick? Or would you fire⁴ the people who were always calling in sick?"

Fran thought for a moment. "I'd fire the people who kept missing shifts," she replied. Her boss shook his head in agreement⁵.

Fran knew that her boss was sending her

a message that day. She knew he was warning⁶ her that if he had to let some people go, she would be one of them. He was also telling her that he wasn't pleased that she called in sick so often. He was warning her what might happen the next time she called in sick.

Now that time was here. Fran didn't want to lose her job. But she just didn't feel well. How could her boss expect⁷ her to work when she was sick, she wondered⁸.

Answer the questions below. 回答下列问题。

1. Why does Fran want to call in sick?

2. How many sick days has Fran already taken?

3. If Fran keeps calling in sick, what might happen?

4. Do you think Fran should call in sick? Why?

Language Notes | 语言难点

1. call in sick 请病假
2. show up 出席; 到场
3. shift /ʃɪft/ *n.* 轮班; 换班; 当班
4. fire /faɪə(r)/ *v.* 解雇; 开除

5. agreement /ə'ɡri:mənt/ *n.* 同意
6. warn /wɔ:n/ *v.* 警告; 告诫
7. expect /ɪk'spekt/ *v.* 期望; 指望
8. wonder /'wʌndə(r)/ *v.* 想知道; 对……感到疑惑

Fran's Health

→ 弗兰的身体状况

Fran hasn't been feeling well lately. She is tired. She cannot do the things she wants to do—like go to work. Her body is not working well.

Fran's problem is her health¹. Health refers to² the overall³ condition of the body. It refers to how the body is working and how someone is feeling. If the body is working well, then the person is said to have good health. If the body is not working well, then the person is said to have poor health.

Answer the following questions. 回答下列问题。

1. How is Fran's health affecting her life?

2. What are some reasons why Fran's health might not be good?

Fran's Poor Health

→ 弗兰欠佳的身体

Fran's poor health is keeping her from work. If she does not work her shifts, she will not earn the money she needs. She might even lose her job because of her health problem. If she gets fired, she might have trouble getting other jobs in the future.

Suppose Fran does get fired. She will have to find a new job. When applying for⁴

a new job, she will have to fill out⁵ papers. On these papers she will have to list her last job. She will have to describe⁶ why she left that job.

Answer the following questions. 回答下列问题。

1. What two things might happen if Fran does not work her shift?

2. What will Fran have to do if she gets fired? Explain.

3. Suppose you are the boss of a company. What would you do about hiring someone who had been fired from a past job for calling in sick frequently?

4. Has poor health ever stopped you from doing something that you had to do or wanted to do? Describe how you felt and what you did.

Language Notes | 语言难点

1. health /helθ/ *n.* 健康, 健康状况
2. refer to 与……有关, 指的是……
3. overall /əʊvərl/ *adj.* 整体的

4. apply for 申请
5. fill out 填 (表)
6. describe /dɪs'kraɪb/ *v.* 描写, 描述

Good Health → 健康的体质

Fran cannot stop germs¹ from entering her body. Germs are very tiny living things that cause us to get sick. Fran cannot protect her body from every disease² or unhealthy condition of the body.

There are some things that Fran can do to have good health. She can live a lifestyle³ that promotes⁴ good health. That means eating right, exercising regularly, and going to the doctor for regular checkups⁵. By doing these things, Fran can help protect her body from disease.

You Have Only One Body

→ 身体只有一个

Fran's story shows the importance of good health. When you are healthy, you can do the things you want to do—whether they are for work or for fun.

Poor health keeps you from doing the things you want to do. It limits you.

The rest of this book will describe some things that you can do to stay healthy. You will discover that things you do today will help your body work correctly in the future.

Answer the question below. 回答下面问题。

What can Fran do to have good health?

Good Health Is Good for Everyone

→ 健康的体质对每个人都有益处

Being healthy, or staying well, means doing many things. It involves taking steps to prevent⁶, or stop, illness⁷. Illness is a condition that causes the body not to work correctly. Being healthy involves doing things that will help your body heal⁸ faster if you do get sick. It involves taking steps to prolong⁹, or make longer, life.

There are things you can do to stay healthy. Some of these things are:

- taking care of yourself,
- watching what you eat,
- avoiding things that are bad for you,
- exercising regularly,
- learning to deal with stress¹⁰, or things that are upsetting.

These things will help prevent you from getting sick. They can also help you get well if you already have an illness.

Good health is everyone's concern¹¹. If you take care of your body, you can possibly have a very healthy life.

Answer the question below. 回答下面问题。

What are three things you can do to stay healthy?

Your Health IQ 测测你的健康智商

Did you know that

- walking is great exercise?
- the sun's rays are harmful?
- most people need seven to eight hours sleep each night?
- your body is made up of over 650 muscles?
- most Americans eat too much fat?
- good posture helps you look better, feel better, and work better, too?

Language Notes | 语言难点

1. germ /dʒɜːm/ *n.* 细菌; 病菌
2. disease /diˈziːz/ *n.* 疾病
3. lifestyle /ˈlaɪfstɑɪl/ *n.* 生活方式
4. promote /prəˈməʊt/ *v.* 促进; 推动

5. checkup /ˈtʃekʌp/ *n.* 体检
6. prevent /priˈvent/ *v.* 阻止; 妨碍
7. illness /ˈɪlnɪs/ *n.* 疾病; 不健康
8. heal /hiːl/ *v.* 愈合; 康复

9. prolong /prəˈlɒŋ/ *v.* 延长; 拖延
10. stress /stres/ *n.* 压力
11. concern /kənˈsɜːn/ *n.* 关心

PRACTICE PAGES

练习页

WORD CHECK 词汇检测

Circle the letter next to the correct meaning of each word. 圈出正确的词义。

1. disease
 - a. to have fun
 - b. to sleep
 - c. an unhealthy condition of the body
 - d. when the body is working properly
2. germs
 - a. very tiny living things that cause sickness
 - b. things that make our life better
 - c. things that help us get from place to place
 - d. a new invention for computers
3. health
 - a. a test
 - b. a sport
 - c. a way of talking
 - d. the overall condition of the body
4. illness
 - a. being beautiful
 - b. a condition that causes the body not to work properly
 - c. when the body is working well
 - d. being nice to someone
5. lifestyle
 - a. the way someone sings
 - b. the way a person lives
 - c. the way a person writes
 - d. the way someone speaks
6. prevent
 - a. cause to happen
 - b. prepare for something
 - c. let air into a room
 - d. to stop something from happening
7. prolong
 - a. to make shorter
 - b. to make longer
 - c. to stop
 - d. to begin
8. stress
 - a. something fun
 - b. helping someone
 - c. messing up a room
 - d. something upsetting

IDEA CHECK 内容检测

Decide whether the following sentences are true (T) or false (F). 判断下列句子正误。

- ____ 1. You are in good health if your body is working well.
- ____ 2. You can live a healthy lifestyle by never exercising.
- ____ 3. There is nothing you can do to prevent illness.

Thinking about What You Read 内容思考

Answer the questions below. 回答下列问题。

1. What is the difference between good health and poor health?

2. Why is good health so important?

3. Describe a healthy lifestyle.

4. What are three things that you can do to help prevent getting sick?

On Your Own 独立完成

Everyone can play a role in improving their health and preventing disease. Think about what you can do to be healthy. Then answer the questions below. 每个人都可以积极地改善健康，预防疾病。考虑一下你如何做才能更健康，然后回答下列问题。

1. Name three things that you do that are unhealthy.

2. Name three things that you can do to stay healthy.

3. Do you have a healthy lifestyle? Why or why not?

4. How can you change your lifestyle to become a more healthy person?

Unit 2

You Are What You Eat

健康与否取决于饮食



7

Unit 2
You Are What You Eat
健康与否取决于饮食

Lead-in 导读

常言道：“病从口入。”那么健康又从哪里来呢？你是否意识到食物中营养的平衡是我们健康的保障？

Learning Objectives 学习目标

You will be able to:

- ▶ Learn about healthy ways to eat.
- ▶ Learn the kinds of foods our body needs to be healthy.
- ▶ Learn to eat a healthy diet.

Culture Notes 文化背景

在西方国家，食品包装上必须印有营养和成份说明。一个成熟的购物者在挑选食品时，主要考虑的因素就是这些。吃什么不仅仅是吃饱和吃好的问题，更关键的是健康的问题。

Frank's Diet Plan

→ 弗兰克的减肥计划

Frank is trying to get himself in shape¹ for baseball season. He gained weight² over the winter. Now, he wants to lose ten pounds. Frank decides to give up snacking³ between meals. He decides to eat only three meals a day.

On the first day of his diet, Frank has a chocolate doughnut and a glass of milk for breakfast. For lunch, he eats a burger, a double order of fries⁴, and a soda. For dinner, he eats fried chicken, mashed potatoes⁵, corn, and another soda.

At the end of the day, Frank is pleased with himself. He has followed his diet plan. He has not eaten between meals. Amazingly, he has not even had the urge to snack.

"This is going to be easier than I thought," Frank says to himself, "If I eat only three meals a day, I'll lose the weight in no time⁶ at all."

Frank's Big Surprise

→ 弗兰克的惊讶

For one week, Frank kept to his diet. He ate the same foods that he ate on the day he started the diet. He didn't have a single snack.

At the end of the week, Frank went to the scale⁷ to weigh himself. He was looking forward to seeing the results of his diet. He thought that he had lost a few pounds.

Frank was in for⁸ a big surprise. He stepped onto the scale. He looked down at the numbers. He could not believe what he saw. The numbers on the scale showed that he had not lost a single pound. Instead, Frank had actually gained a pound.

"This is not possible!" Frank thought. "The scale must be broken. I'm sticking to my diet. How could I possibly have gained weight?"

Answer the question below. 回答下面问题。

What do you think Frank is doing wrong?

Frank's Mistake

→ 弗兰克的错误

Frank makes a big mistake.

Frank thinks that all he has to do to lose weight is to stop snacking. Giving up eating between meals is a step in the right direction, but Frank thinks he does not have to change the size of his meals. Frank replaces his snacks by eating more food at his meals. That mistake causes him to gain weight, rather than lose it.

The only way to lose weight is to eat less. This also means eating smaller portions⁹ at mealtimes. A portion, or serving¹⁰, is an amount of food. If Frank eats only three small healthy meals a day, he probably will lose some weight.

Answer the questions below. 回答下列问题。

1. What is the only way Frank can lose weight?

2. What does Frank think he has to do to lose weight?

3. What is the one thing Frank does right to start losing weight?

Language Notes | 语言难点

1. get oneself in shape 使身体处于良好状态

2. gain weight 增加体重

3. snack /snaek/ v. 吃零食; 吃快餐 n. 零食; 小吃

4. fry /frai/ n. 炸薯条

5. mashed potatoes 土豆泥

6. in no time 立刻; 很快

7. scale /sketl/ n. 秤; 磅秤

8. be in for 遭受

9. portion /'pɔ:fən/ n. (食物) 一份

10. serving /'sɜ:vɪŋ/ n. (食物或饮料的) 一份

Choosing Healthy Foods

→ 选择健康的食物

Frank also makes another mistake. He is not thinking about the kind of foods he eats. He thinks that as long as¹ he does not snack, it does not matter what foods he eats.

Frank is not eating healthy foods. He is filling his body with foods that have a lot of sugar and fat. He is eating unhealthy things like French fries and doughnuts.

Frank does not understand that his body is like a car. It needs energy², or power, to work. A car gets its energy from gasoline. Frank's body gets its energy from the food he eats.

Top quality gasoline is fuel³ that helps a car work well. Poor quality gasoline will stop a car from working well. It can even cause a car to break down⁴. The same is true for the body.

Healthy foods are top quality fuels. They help the body to work properly. They help the body to stay fit and strong. Unhealthy foods are low-quality fuels. They do not help the body stay fit or work well. Just as poor-quality gasoline can hurt a car, low-quality foods can cause the body to break down.

Answer the questions below. 回答下列问题。

- 1. Where does the body get energy?

- 2. Why should Frank eat healthy foods?

- 3. Look Frank's diet plan on the right. Then on the lines in the next column, list the foods that you think would be healthy for Frank to eat for each meal.

Frank's Diet Plan 弗兰克的减肥计划

Breakfast	
Bacon ⁵	Toast
Cereal ⁶	
Donuts ⁷	
Juice	
Milk	
Lunch	
French fries	Chocolate shake ⁸
Hamburger	Salad
Tuna fish ⁹	
Soda	
Juice	
Dinner	
Cheeseburger	French fries
Chicken(not fried)	Vegetables
Soda	Steak ¹⁰
Rice	
Snacks	
Fruit	Ice Cream Candy

- a. Breakfast

- b. Lunch

- c. Dinner

Language Notes | 语言难点

- 1. as long as 只要
- 2. energy /'enədʒi/ n. 能; 能量
- 3. fuel /'fju:əl/ n. 燃料
- 4. break down (机器等) 坏掉; 出毛病
- 5. bacon /'beɪkən/ n. 腌的或熏的猪肉
- 6. cereal /'stɪəriəl/ n. 麦片
- 7. donut /'dəʊnʌt/ n. (doughnut的简写) 多纳圈; 油炸面圈
- 8. chocolate shake 奶昔
- 9. tuna fish 金枪鱼
- 10. steak /steɪk/ n. 牛排