

Unit 7 Sports and Good Health

Lesson 37 You Are What You Eat.



Lead-in

温馨提示
如果您在观看本课件的过程中出现压字现象，请关闭所有幻灯片，重新打开可正常观看。

Free Talk

What do you like to eat?

Do you think they are good or bad for you?

Presentation



Do you like eating vegetables?

It's a good **habit to eat
vegetables.**



Do you like eating the noodles?

**It's not a good habit to eat
them. You should **change**
your eating habits.**

What are good eating habits?

We should eat
more fruit and vegetables.



We shouldn't eat
much food like donuts.



Listen and write T or F.

(T) 1. Danny and Jenny are having lunch.

(T) 2. Danny is eating a salad.

(F) 3. Danny likes vegetables very much.

(T) 4. Danny decided to change his eating habits.



Read the lesson and answer the questions.

1. How many donuts did Danny eat yesterday evening?

He ate ten donuts.

2. What did Danny's uncle say to him?

He said to him that he shouldn't eat so many donuts.

3. What happened to Danny in his dream?

He became a big donut and everyone tried to eat him.

Language Points



1. To tell you the truth, I decided to change my eating habits.

说实话，我决定改变我的饮食习惯。

(1) tell you the truth, 说实话。 truth, 名词，真相。

(2) decide to do sth., 决定做某事。

I decide to leave tomorrow. 我决定明天离开。

2. I ate ten donuts as usual.

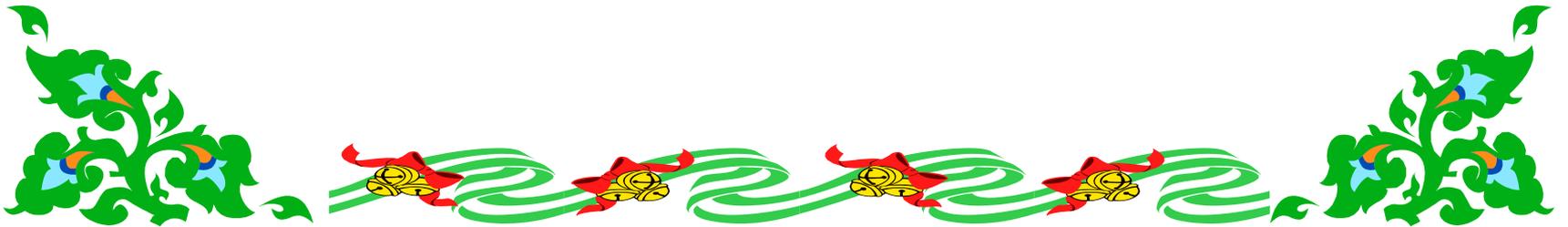
像往常一样，我吃了十个面包圈。

as usual, 像往常一样。usual为形容词，通常的。

其他短语：

as...as, 像……一样； as if, 好像，似乎；

as well as, 也，和……一样好



Practice



翻译下列句子，每空一词

1. 你看见一些奇怪的东西了吗？

Do you see anything strange ?

2. 今天下午我们决定去野餐。

We decide to have a picnic this afternoon.

3. 你应该改变你的饮食习惯。

You should change your eating habits.

Homework



你的同学或朋友喜欢吃哪些食物？每天会吃多少呢？请采访一下他们，然后写出来。





名言警句

Knowledge is power.

知识就是力量。

