

Lesson 38 Stay Healthy!



Lead-in

Free Talk

How to stay healthy?

Do you have any good tips?

Presentation



brain



What are they doing?

They are running.

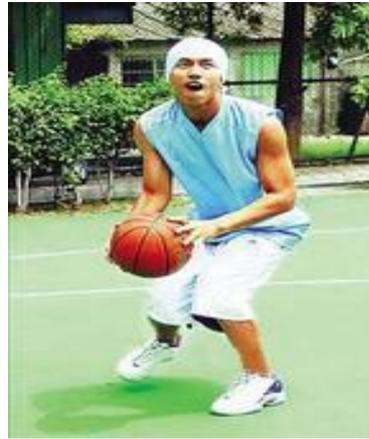
**Running can help us
remember information.**

Running is a kind of exercise.

What other exercise do you do?



walk



play basketball



play ping-pong

Exercise can keep our brains young!



What are they doing?

They are reading.

**Reading can exercise
our minds.**

Read the lesson and add some activities to the lists below.

Good for the Mind

- **reading**
- **listening to music**
- **writing**
- **watching TV**

Good for the Body

- **eating vegetables**
- **playing ping-pang**
- **climbing**
- **playing football**

Language Points



1. We should exercise our minds.

我们应该锻炼我们的心智。

这里exercise为动词，意为“锻炼”。它也可作名词，表示“练习”（可数），“锻炼”（一般为不可数）。

Do you exercise every week? 你每周都锻炼吗？

Let's do some exercises. 让我们做些练习吧。

2. Exercise can keep our brains young!

锻炼可以让我们的的大脑保持年轻！

keep后常跟形容词或v.-ing作宾语补足语。

We should keep our rooms **clean**. (形容词)

我们应该保持我们的房间干净。

It kept **raining** for two days. (动名词)

雨一直下了两天。

Practice



翻译下列句子，每空一词

1. 听音乐可以让我快乐。

Listening to music can make me happy.

2. 锻炼会让你保持年轻。

Exercise can keep you young.

3. 你喜欢做运动吗？

Do you like to play sports ?

Homework



通过学习本课，你知道如何让自己保持健康了吗？请你用自己的话来总结一下吧。





名言警句

A man cannot spin and reel at the same time.

一心不能二用。

