

[00:00.00]page 72
[00:08.50]第七十二页
[00:17.01]unit 3 Healthy eating
[00:19.36]单元三 健康的吃
[00:21.71]Look and read
[00:23.17]看并且读
[00:24.63]Our bodies need food to give us energy.
[00:27.47]我们的身体需要食品给我们热量。
[00:30.30]Look at the food triangle.
[00:32.18]看食品三角形。
[00:34.06]It shows us how much of each kind of food we need very day.
[00:38.03]它让我们看我们需要天每种食品中的多少。
[00:42.00]fat and sugar
[00:43.78]脂肪和糖
[00:45.56]Our bodies need a little fat and sugar.
[00:48.48]我们的身体需要小脂肪和糖。
[00:51.41]milk,cheese and yoghurt
[00:53.80]牛奶, 乳酪和酸牛奶
[00:56.19]meat,chicken and fish
[00:58.79]肉, 鸡肉和鱼
[01:01.39]Our bodies need some milk,cheese and yoghurt.
[01:04.93]我们的身体需要一些牛奶, 乳酪和酸牛奶。
[01:08.47]Our bodies need some meat,chicken and fish.
[01:11.99]我们的身体需要一些肉, 鸡肉和鱼。
[01:15.52]vegetables
[01:17.13]蔬菜
[01:18.73]fruit
[01:20.01]水果
[01:21.29]Our bodies need plenty of fresh fruit and vegetables.
[01:24.92]我们的身体需要许多的新鲜的水果和蔬菜。
[01:28.56]rice,noodles and bread
[01:30.83]米饭, 面条和面包
[01:33.10]Our bodies need a lot of rice,noodles and bread.
[01:36.40]我们的身体需要许多大米, 面条和面包。
[01:39.71]Look and say
[01:41.22]看并且说
[01:42.74]1 How much fruit do we need every day?
[01:46.57]1 每天我们需要多少水果?
[01:50.39]We need plenty of fruit every day.
[01:52.88]我们每天需要足够的水果。
[01:55.36]2 How much sugar do we need every day.
[01:58.90]2 我们每天需要多少糖。

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[02:02.44]We need a little sugar every day.

[02:04.87]我们每天需要一点糖。

[02:07.29]page 73

[02:08.98]第七十三页

[02:10.66]Look and read

[02:12.24]看并且读

[02:13.83]hamburger French fries

[02:16.70]汉堡包 炸薯条

[02:19.57]steamed chicken with rice and vegetables

[02:22.11]蒸加大米和蔬菜的鸡肉

[02:24.64]pizza salad

[02:27.30]比萨饼 色拉

[02:29.97]vegetable salad

[02:31.58]蔬菜 沙拉

[02:33.18]steak and vegetables

[02:35.01]牛排和蔬菜

[02:36.84]fresh fruit

[02:38.30]新鲜的水果

[02:39.76]cream cake

[02:41.38]奶油蛋糕

[02:43.00]mango pudding

[02:44.62]芒果布丁

[02:46.24]strawberry pancake

[02:48.02]草莓薄煎饼

[02:49.80]lemon jelly

[02:51.26]柠檬果冻

[02:52.72]lemon tea

[02:54.20]柠檬茶

[02:55.67]orange juice

[02:58.00]橙汁

[03:00.32]banana milkshake

[03:02.00]香蕉奶昔

[03:03.67]soya milk

[03:05.14]豆牛奶

[03:06.62]water

[03:07.90]水

[03:09.18]page 74

[03:10.82]第七十四页

[03:12.47]Read

[03:13.68]读

[03:14.90]What did you eat yesterday,Danny?

[03:17.02]丹尼，你昨天吃什么？

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[03:19.13]I had cornflakes with milk and sugar for breakfast.

[03:22.75]我早餐有牛奶和糖的玉米片。

[03:26.37]That's my favourite breakfast.

[03:28.59]那是我最喜爱的早餐。

[03:30.81]What did you have for breakfast?

[03:32.73]你早餐吃什么？

[03:34.65]I had some congee.What did you have for lunch?

[03:38.62]我吃一些稀粥。你午餐吃什么？

[03:42.59]I had steamed chicken, rice and vegetable soup.

[03:45.87]我已经蒸鸡肉，大米和蔬菜汤。

[03:49.15]I also had some tea.

[03:51.18]我也喝一些茶。

[03:53.22]I had a hamburger, some French fries, and apple pie and a Coke.

[03:57.54]我吃一个汉堡包，一些薯条，以及苹果派和一杯可乐。

[04:01.87]What did you have for dinner?

[04:03.85]你晚餐吃什么？

[04:05.84]I had steamed fish, rice, boiled vegetables and some milk.

[04:10.16]我吃清蒸鱼，煮蔬菜和一些牛奶。

[04:14.48]I also had an apple.

[04:16.37]我也吃一个苹果。

[04:18.25]I like fruit very much. It's very healthy.

[04:21.43]我非常喜欢水果。它非常健康。

[04:24.62]I had some pizza, some French fries and a cake.

[04:28.00]我吃一些比萨饼，一些薯条和一块蛋糕。

[04:31.39]Then I had some ice-cream and sweets.

[04:34.32]然后我吃一些冰淇淋和甜食。

[04:37.26]page 76

[04:39.03]第七十六页

[04:40.79]Read a story

[04:42.21]读一个故事

[04:43.64]Mr Ling went to visit his cousin, Miss Chen.

[04:46.82]凌先生去拜访他的堂兄弟，陈小姐。

[04:50.01]Mr Ling lived in a flat in the town.

[04:52.64]凌先生住在镇的一个公寓里。

[04:55.26]Miss Chen lived in a little house in the countryside.

[04:58.45]陈小姐住在农村的一所小房子里。

[05:01.64]Mr Ling was fat and unhealthy.

[05:04.46]凌先生肥胖和不健康。

[05:07.28]He had an unhealthy diet and he did no exercise.

[05:11.30]他吃和不健康的饮食并且他没有做锻炼。

[05:15.32]Miss Chen was thin and healthy.

[05:18.04]陈小姐瘦和健康。

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[05:20.76]She had a healthy diet and she worked in her garden every day.

[05:24.88]她吃一种健康的饮食，她每天在她的花园工作。

[05:29.01]Mr Ling arrived at Miss Chen's house.

[05:32.15]凌先生到达陈小姐的家。

[05:35.28]'I'm very tired and I'm very hungry,'said Mr Ling.

[05:39.81]'我非常疲倦和我非常饥饿，'凌先生说。

[05:44.35]'I want some pizza,some French fries and some ice-cream!'

[05:48.62]我想要一些比萨饼，一些薯条和一些冰淇淋！"

[05:52.89]'My dear cousin,I don't eat that kind of food in my house.

[05:57.21]'我的亲爱的堂兄弟，我在我的房子里不吃那种食品。

[06:01.53]I eat only a little fat and sugar.

[06:04.26]我只吃小脂肪和糖。

[06:06.99]I eat some meat,chicken and fish.

[06:10.18]我吃一些肉，鸡肉和鱼。

[06:13.37]I eat plenty of fresh fruit and vegetables,

[06:16.75]我吃许多的新鲜的水果和蔬菜，

[06:20.13]and I eat a lot of rice and bread,"said Miss Chen.

[06:24.51]并且我吃许多米饭和面包，"陈小姐说。

[06:28.88]Mr Ling stayed with Miss Chen.

[06:31.17]凌先生和陈小姐在一起。

[06:33.46]He ate a lot of rice,plenty of fruit and vegetables,and some meat.

[06:38.68]他吃许多大米，许多的水果和蔬菜，和一些肉。

[06:43.91]He worked in Miss Chen's garden every day.

[06:47.18]他每天在陈小姐的花园工作。

[06:50.46]In a few weeks,Mr Ling became thin and healthy.

[06:54.99]在几周，凌先生变得瘦而健康。

[06:59.53]'I like being thin and healthy,'said Mr Ling.

[07:03.25]'我喜欢瘦和健康，'凌先生说。

[07:06.97]'I like living in the countryside.'

[07:09.86]'我喜欢生活在农村。'

[07:12.74]page 77

[07:14.52]第七十七页

[07:16.30]Look and read

[07:18.13]看并且读

[07:19.95]Kitty,look at this magazine.

[07:22.33]基蒂，看这本杂志。

[07:24.71]Here's a quiz about eating habits.

[07:27.14]这是关于饮食习惯的一次测验。

[07:29.57]Do we have good eating habits or bad eating habits?

[07:32.90]我们有好饮食习惯还是坏饮食习惯？

[07:36.23]Let's do the quiz.

[07:38.20]让我们做测验。

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[07:40.17]Read

[07:41.40]读

[07:42.63]Do you have good eating habits?

[07:45.01]你有好饮食习惯吗?

[07:47.38]1 Do you drink a lot of water every day?

[07:50.96]1 每天你喝许多水吗?

[07:54.54]2 Do you wash your hands before eating?

[07:58.42]2 在吃之前,你洗你的手吗?

[08:02.30]3 Do you watch TV when you eat?

[08:05.83]3 当你吃时,你看电视吗?

[08:09.35]4 Do you brush your teeth every morning?

[08:13.04]4 每个早上你刷你的牙齿吗?

[08:16.72]5 Do you brush your teeth before you go to bed?

[08:21.09]5 在你上床睡觉之前,你刷你的牙齿吗?

[08:25.47]6 Do you eat a lot of sweet food?

[08:29.24]6 你吃许多甜食吗?

[08:33.02]7 Do you eat a lot of fruit and vegetables?

[08:36.88]7 你吃许多水果和蔬菜吗?

[08:40.75]8 Do you eat a lot of fried food?

[08:43.78]8 你吃许多油煎的食品吗?

[08:46.81]9 Do you eat breakfast,lunch and dinner?

[08:50.74]9 你吃早餐,午餐和晚餐吗?

[08:54.67]10 Do you help to wash the dishes?

[08:58.50]10 你帮助洗盘子吗?

[09:02.33]Tommy Target

[09:03.70]汤米 目标

[09:05.07]a little/some/plenty of/a lot of

[09:09.89]很少/一些/许多/许多

[09:14.71]healthier/less healthy

[09:17.14]健康/较少健康

[09:19.57]Do you...?

[09:21.03]你做...?