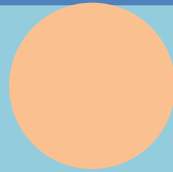




UNIT 6 “I’ve got lots of stress.”

“I’ve got lots of stress.”

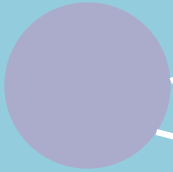
**VOCABULARY
BUILDER**



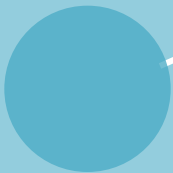
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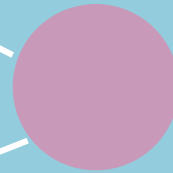
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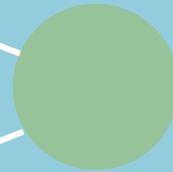
MY STORY



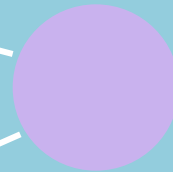
**SHOW
TIME**



**CHAT
TIME**



GRAMMAR



UNIT 6 CONTENTS



WARM-UP

Look at the pictures. Match them to the sentences.



a



b



c



d

b 1. I've got the flu.

d 3. I have a headache.

c 2. My stomach hurts.

a 4. I have a bad toothache.





VOCABULARY BUILDER

A

Listen and repeat.



energy



symptom



exercise



vital signs



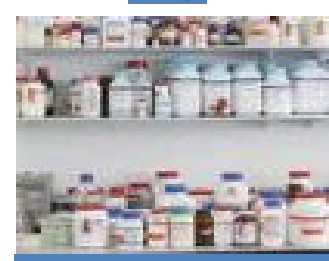
stress



headache



aspirin



drugstore



B

Complete the sentences with words from Exercise A.

1 I have a terrible headache. It hurts very badly.

2 My grandfather is very healthy. He likes to exercise every day.

3 Recently I don't have any energy. I guess I need to sleep more.

4 Coughing is a common symptom of a cold.

5 You can buy medicine at the drugstore.

6 I have many things to worry about. It gives me a lot of stress.

7 If you are in pain, try taking a couple of aspirin.

8 Your pulse is one of your vital signs.

LANGUAGE NOTE

vital signs: 生命体征, 包括脉搏 (pulse)、呼吸 (breathing)、体温 (body temperature)、血压 (blood pressure) 等数据。

CULTURAL NOTE

drugstore: 药店。在美国, 药店不仅出售药品, 还售卖化妆品、书籍、食品等, 环境氛围类似咖啡馆。





Hannah: Toby! Wake up!

Toby: It's only (1) 8:30, Hannah! Why do we have to wake up so early?

Hannah: We have to go (2) exercise, remember?

Toby: Yes... but I only got five hours sleep last night and I have a (3) headache.

Hannah: Here, take a(n) (4) aspirin. It'll fix your headache.

Toby: Thanks.

Hannah: Exercising is a good (5) habit. Let's go!

Toby: OK. Can we take it easy today?

Hannah: Hmm... OK.



参考译文

参考译文

汉娜：托比！醒醒啦！

托比：才8:30，汉娜！为什么我们要起这么早？

汉娜：我们要去锻炼，记得吗！

托比：记得……但是昨晚我只睡了五个小时。我现在头疼。

汉娜：给你，吃一片阿司匹林。它会解决你的头痛。

托比：谢谢。

汉娜：锻炼是个好习惯。我们走吧。

托比：好的。我们今天能轻松点吗？

汉娜：嗯，好的。



D

Put the letters on the left column in the correct order. Then use the numbered letters on the right column to spell the final word.

1 UTRH

H	U	R	T
---	---	---	---

①

2 GYENRE

E	N	E	R	G	Y
---	---	---	---	---	---

②

⑦

3 PIRNIAS

A	S	P	I	R	I	N
---	---	---	---	---	---	---

③

4 TAILV

V	I	T	A	L
---	---	---	---	---

④

5 SRSETS

S	T	R	E	S	S
---	---	---	---	---	---

⑤

6 HDAECHEA

H	E	A	D	A	C	H	E
---	---	---	---	---	---	---	---

⑥

The final word is:

H	E	A	L	T	H	Y
---	---	---	---	---	---	---

①

②

③

④

⑤

⑥

⑦



WORDS & EXPRESSIONS



[aspirin](#)

[drugstore](#)

[energy](#)

[exercise](#)

[fix](#)

[headache](#)

[stress](#)

[symptom](#)

[vital signs](#)

aspirin

n. 阿司匹林（退热镇痛消炎药）



E.g. Take a couple of aspirin tablets for headache.

头痛服两片阿司匹林。



[words and expressions](#)



drugstore *n.* 药店; 药房



E.g. You can buy this medicine in any drugstore.

你可以从任何一家药店买到这种药。



[words and expressions](#)



energy *n.* 精力; 活力




E.g. She's always full of energy.

她总是充满活力。



[words and expressions](#)



exercise v. 运动； 锻炼 



E.g. Swimming is a good exercise.
游泳是一项有益的运动。



[words and expressions](#)



fix v. 解决（问题）



E.g. I've fixed the problem.

我已经解决了这个问题。



[words and expressions](#)



headache *n.* 头痛



E.g. I have a bad headache.
我头痛得厉害。



[words and expressions](#)



stress *n.* 压力; 忧虑



E.g. Louis suffers from stress.

路易斯压力很大。



[words and expressions](#)



symptom *n.* 症状； 征兆



E.g. Fever is a symptom of illness.
发烧是一种病症。



[words and expressions](#)



vital signs 生命体征



E.g. All your vital signs are normal.

你的生命体征都很正常。



[words and expressions](#)





SHOW TIME

A

Match the pictures to the sentences which best describe them.



a



b



c



d

- b** 1 The doctor looks in Victor's ear.
- c** 2 The doctor listens to Victor's problems.
- d** 3 Victor thanks the doctor.
- a** 4 The doctor takes Victor's pulse.

B

Watch the video. Read the statements. Write T (true) or F (false).



|| ▶ 🔊 00:05 / 03:00

- T 1 The doctor checks Victor's vital signs.
- F 2 Victor has a backache.
- F 3 Victor gets eight hours of sleep a night.
- T 4 Victor takes aspirin for his headaches.
- F 5 Victor exercises every day.



C

Watch the video again. Use words in the boxes to complete the conversation.

normal

don't

sleep

mouth

do

ear



00:05 / 03:00

Script **参考译文**

Doctor: Your heart rate is normal. Can you open your (1) **mouth** and go "ah"?

Victor: Ah.

Doctor: Good. Now let me look inside your (2) **ear**.

Victor: What (3) **do** you see?

Doctor: Everything looks fine. All your vital signs are (4) **normal**. Tell me, what brings you in today?

Victor: Well, I'm very tired all the time. I (5) **don't** have any energy.

Doctor: Do you get enough (6) **sleep**?



Script

Dr. Badaoui: Good morning, Victor. How are you?

Mr. Sanchez: Well, Dr. Badaoui, I'm not sure. That's why I'm here.

Dr. Badaoui: I'm sure everything will be fine. Let's start by checking your vital signs.

Mr. Sanchez: OK.

Dr. Badaoui: Your heart rate is normal. Can you open your mouth and go "ah"?

Mr. Sanchez: Ah.

Dr. Badaoui: Good... Now let me look inside your ear.

Mr. Sanchez: What do you see?

Dr. Badaoui: Everything looks fine. All your vital signs are normal. Tell me, what brings you in today?

Mr. Sanchez: Well, I'm very tired all the time. I don't have any energy.

Dr. Badaoui: Do you get enough sleep?

Mr. Sanchez: I get about five hours of sleep every night.

Dr. Badaoui: Five hours? That's not very much.

Mr. Sanchez: I know, I know.

Dr. Badaoui: What time do you go to bed?

Mr. Sanchez: I usually go to bed about 11 o'clock. But I can't sleep because I think too much.

Script

Dr. Badaoui: What kinds of things do you think about?

Mr. Sanchez: Oh, my job, problems at work, money, bills. I just think and think about everything. So then I get up and watch TV.

Dr. Badaoui: I see. Do you have any other symptoms?

Mr. Sanchez: Sometimes I have headaches in the middle of the day.

Dr. Badaoui: Do you take anything for these headaches?

Mr. Sanchez: Yes, I take aspirin.

Dr. Badaoui: How many aspirin do you take a day?

Mr. Sanchez: I take about three aspirin a day, sometimes five or six.

Dr. Badaoui: You can take ibuprofen for your headaches, too.

Mr. Sanchez: Ibuprofen?

Dr. Badaoui: Yes, it's a pain reliever. You can buy ibuprofen at the drug store. Just make sure you take it as prescribed.

Mr. Sanchez: OK... So what do you think, doctor? Why do I have all these symptoms?

Dr. Badaoui: Inability to sleep ... headaches ... these are symptoms of stress.

Mr. Sanchez: Stress! You can say that again. I've got lots of stress in my life. So what am I supposed to do about it?



Script

Dr. Badaoui: Having good, healthy habits can really help a lot.

Mr. Sanchez: For example?

Dr. Badaoui: Getting enough sleep is important. You should have at least seven hours of sleep every night. Try going to bed a little earlier. Exercise can help you sleep, too.

Mr. Sanchez: I haven't exercised in years.

Dr. Badaoui: To start, try walking. Walking is an excellent form of exercise.

Mr. Sanchez: I suppose I could do that. Why not?

Dr. Badaoui: Try drinking more water, too. You should drink at least six glasses of water every day. Drinking more water may help with your headaches.

Mr. Sanchez: I'll try doing that. Thank you, Dr. Badaoui. I appreciate your help.

Dr. Badaoui: Anytime, Victor. And please, call me if you still have any symptoms.

[BACK](#)



语言解析

1. **Your heart rate is normal.** 你的心率正常。

normal 正常的；平常的

e.g. Her height and weight are normal for her age.

她的身高和体重对于她的年龄来说是正常的。

2. **Tell me, what brings you in today?** 告诉我吧，你今天为什么来就诊？

这是看医生时，医生的常用问句。另有：What brings you here?（什么风把你吹来了？）一般用于朋友之间的询问。



3. Just make sure you take it as prescribed.

只是需要确保遵医嘱服用。

as prescribed 遵循医嘱

e.g. Continue taking your medication as prescribed, even if you feel better.

即使你觉得好点了，也要继续遵医嘱服药。

4. So what am I supposed to do about it? 那我应该怎么办？

be supposed to do sth. 应该做某事

e.g. Am I supposed to clean all the rooms or just this one?

我是应该打扫所有房间，还是只有这一间呢？

5. I' ll try doing that. 我会试一下的。

try doing sth. 尝试做某事

e.g. When you feel stressed, try doing an exercise you enjoy.

当你感到压力的时候，试着做做你喜欢的运动。

参考译文

巴达维医生：早上好，维克托，你还好吧？

桑切斯先生：我也不知道，巴达维医生，所以我来看看。

巴达维医生：我相信没问题的，我们先来看看你的生命体征。

桑切斯先生：好的。

巴达维医生：心率正常，张大嘴说“啊”。

桑切斯先生：啊……

巴达维医生：好，让我看看耳朵里面。

桑切斯先生：怎么样？

巴达维医生：看起来都还正常，身体各项指标也正常，你有什么不舒服吗？

桑切斯先生：我就是一直感觉很累，没精神。

巴达维医生：睡眠如何？

桑切斯先生：我每天晚上大约睡五个小时。

巴达维医生：五小时？那不够啊。

桑切斯先生：是的，是的。

巴达维医生：你什么时候上床睡觉？

桑切斯先生：通常晚上11点睡觉，但我睡不着，因为一直想问题。

巴达维医生：想些什么问题啊？

桑切斯先生：我的工作，工作上的问题，钱，账单。什么问题都想，所以我就起床看电视。

参考译文

巴达维医生： 嗯，明白了，还有其他症状吗？

桑切斯先生： 有时候中午头疼。

巴达维医生： 你有服头疼的药吗？

桑切斯先生： 有，我吃阿司匹林。

巴达维医生： 你一天吃多少阿司匹林？

桑切斯先生： 一天三次，有时五六次。

巴达维医生： 你也可以吃布洛芬。

桑切斯先生： 布洛芬？

巴达维医生： 是的，一种止痛药，可以在药店买到，但必须遵医嘱服用。

桑切斯先生： 好的。医生，你怎么看？我为什么会有这些症状？

巴达维医生： 失眠，头疼，这都是压力的症状。

桑切斯先生： 压力？的确是！我生活中很多压力。那我要怎么办？

巴达维医生： 健康的生活习惯会很有效。

桑切斯先生： 比方说……？

巴达维医生： 充足的睡眠很重要，每天晚上至少要睡七个小时，尽量早点睡觉，锻炼也有助于睡眠。

桑切斯先生： 我很多年没有锻炼了。

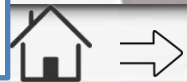
巴达维医生： 刚开始可以试试步行。它是一种很好的锻炼方式。

桑切斯先生： 好！我想我可以做到。

巴达维医生： 尽量多喝水，每天至少喝六杯水，喝水也可以缓解头疼。

桑切斯先生： 我会试试的，医生，感谢您的帮助。

巴达维医生： 不客气，维克托，如仍有不适请随时打我电话。



D

Put the sentences in order to create a conversation.

1. About five hours a night.
2. Hi, Leo. How are you feeling today?
3. I think you're right. Thanks for the advice, doctor.
4. How much sleep do you get?
5. Not well. I'm tired all the time.
6. That's not enough. You should get at least seven hours of sleep a night.

2

5

4

1

6

3





appreciate

backache

ibuprofen

inability

prescribe

pulse

reliever

all the time

as prescribed

at least

heart rate

pain reliever

take one's pulse

appreciate v. 感激；欣赏



E.g. Your support is greatly appreciated.

十分感谢你的支持。



[Words and expressions](#)



backache *n.* 背痛 



E.g. I have a bad backache.

我背痛得厉害。



[Words and expressions](#)



ibuprofen *n.* 布洛芬（镇痛药）



E.g. You need to take ibuprofen.
你需要服用布洛芬。



[Words and expressions](#)



inability *n.* 无法； 没能力 

E.g. Some families go without medical treatment because of their inability to pay.
有些家庭应无力支付医疗费用而得不到治疗。



[Words and expressions](#)



reliever *n.* 缓解物



E.g. Exercise is another great stress-reliever.

做运动也是一个很好的减压方式。



[Words and expressions](#)



prescribe v. 开（药）；给.....开处方



E.g. The doctor prescribed some pills for me.
医生给我开了些药。



[Words and expressions](#)



pulse *n.* 脉搏



E.g. I have a rapid pulse.

我的脉搏很快。



[Words and expressions](#)



all the time 始终； 一直



E.g. They were laughing all the time.

他们一直笑个不停。



[Words and expressions](#)



as prescribed 按处方（使用）



E.g. The effectiveness of the drugs depends heavily upon taking them exactly as prescribed.
药效很大程度上取决于是否完全按规定服用。



[Words and expressions](#)



at least 至少



E.g. He drank at least half a bottle of whisky.

他至少喝了半瓶威士忌酒。



[Words and expressions](#)



heart rate 心率



E.g. His heart rate is now normal.
他的心率现在正常了。



[Words and expressions](#)



pain reliever 止痛药



E.g. He needs to take a pain reliever.

他需要服用一片止痛药。



[Words and expressions](#)



take one's pulse 号脉；把脉 



E.g. The doctor took my pulse.

医生给我把了脉。



[Words and expressions](#)





READING

A

Read the questionnaire. Choose the answers which best apply to you.

Can you handle stress?



1 When things go wrong, you think:

A Who can help me?

B How can I deal with this?

C I don't know what to do!

D _____

2 You're waiting in line and someone pushes past you. You:

A Don't worry about it—who cares?

B Politely tell the person where the end of the line is.

C Say nothing but feel very angry indeed.

D _____

3 Your parents speak to you angrily. You:

A Ignore them.

B Wait till you feel calm enough to speak to them.

C Shout back and then feel bad about it.

D _____





4 You just failed an important exam. You:

- A Accept that you are out of luck this time. Next time you must do better.
- B Talk with your teacher to find out why you failed. Work hard to do better.
- C Feel like it is the end of the world.
- D _____

5 It is your first day in college, and you don't know anyone. You:

- A Ignore everyone.
- B Try to say hi to your new classmates.
- C Feel too nervous to know what to do.
- D _____

6 At a party, when everyone else is totally happy and relaxed, you:

- A Feel totally happy and ready to “go with the flow”.
- B Feel happy but always keep a clear head.
- C Feel lonely and worried.
- D _____

参考译文



背景知识

Due to the rapid pace of life and fierce competition, stress seems to be inevitable. It is a state of being upset. We may face stress from our jobs, families, interpersonal communication and so on. It looks like a regular friend who constantly pays a visit to us.

In fact, stress is a double-edged sword. Moderate stress can be the motivation for our success, while inappropriate pressure can seriously do harm to our physical and mental health. But whether it is good or not is up to you. So we must face it properly, have faith in ourselves and use some effective ways to deal with it.

语言解析

1. Can you handle stress? 你能应对压力吗?

handle v. 应对, 处理

e.g. To tell the truth, I don't know if I can handle the job.

实话说, 我不知道我能否做好这份工作。

2. When things go wrong, you think: 当事情出错了, 你会认为:

go wrong 出错

e.g. Occasionally the machine will go wrong without any apparent cause.

偶尔机器会发生故障, 却无明显的原因。

3. Feel too nervous to know what to do.

感觉太紧张, 都不知道该干什么了。

too...to... 太.....以至于无法.....

e.g. He is too young to join the army. 他年龄太小, 不能参军。

语言解析

4. Feel totally happy and ready to “go with the flow” . 感到非常快乐，准备好“随大流”。

1) totally adv. 完全地

e.g. I totally agree with you. 我完全赞同你。

2) go with the flow 随大流

e.g. Sometimes you should just go with the flow and let the problems solve themselves.

有时候你只要顺其自然，问题就会自然解决。

5. Feel happy but always keep a clear head. 感到快乐，但保持头脑清醒。

keep a clear head 保持清醒的头脑

e.g. Middle-aged men must keep a clear head instead of doing things out of willfulness.

人到中年的男性，要保持头脑清醒，不能恣意为。

你能应对压力吗？

参考译文

- 1、当事情出错了，你会怎么想：
 - A. 谁能帮助我？
 - B. 我该怎么办？
 - C. 我不知道我该做什么！
 - D. _____
- 2、你在排队，有人从你身边挤过去。你会：
 - A. 对此无所谓——谁在乎呢？
 - B. 礼貌地告诉对方队伍排到了哪里。
 - C. 不说话，但内心感到气愤。
 - D. _____
- 3、你的父母很生气地与你说话。你会：
 - A. 无视他们。
 - B. 等到你觉得自己足够冷静后再与他们交谈。
 - C. 冲他们大喊，事后又为此感到难过。
 - D. _____

参考译文

4、一次重要的考试你没有通过。你会：

- A. 承认你这次是运气不好。下次你一定会考得更好。
- B. 与你的老师交流，找到没通过的原因。努力学习，争取下次考好。
- C. 感觉像是世界末日。
- D. _____

5、你的大学第一天，你谁都不认识。你会：

- A. 不理睬任何人。
- B. 向你的新同学打招呼。
- C. 感觉非常紧张，都不知道该干嘛。
- D. _____

6、在聚会上，大家都很快快乐和放松，你会：

- A. 感到非常快乐，准备“随大流”。
- B. 感到快乐，但总能保持清醒的头脑。
- C. 感到孤独和忧虑。
- D. _____

B

Read the questionnaire again. Try to think an option D for each situation.

C

Match the responses to the situations in the questionnaire.

S5

1 Go to the library and spend your break time (课余时间) reading.

S6

2 Feel like you want to do something more useful rather than join them.

S2

3 Shout at the person until he / she says sorry to you.

S3

4 Pack your bags and get ready to leave home.

S4

5 Write a letter of complaint (投诉信) to your teacher about the exam.

S1

6 Why me?



D

Complete the sentences with words or expressions from the boxes.

totally

go with the flow

failed

pushes past

deal with

ignored

- 1 Stephen failed his math exam. He feels really sad about it.
- 2 Ellie's really rude. She always pushes past in the lunch line.
- 3 I don't mind. I'll just go with the flow.
- 4 I can't deal with all the extra work we're getting at the moment.
- 5 Her best friend completely ignored her and kept on walking.
- 6 They have such totally different backgrounds.



E

What do you usually do to deal with stress? Tick your favorite ways and share your reasons with a partner. You can add other ways you like.

- 1 Exercise.
- 2 Have a good sleep.
- 3 Call your mom.
- 4 Hang out (闲待着) with your best friend.
- 5 Have a good cry.
- 6 Let out a laugh.
- 7 Sing songs loudly at karaoke.
- 8 Take a walk in green space.
- 9 Do something nice for someone else.
- 10 Write your stress on a piece of paper, then throw it away.



WORDS & EXPRESSIONS



[accept](#)

[calm](#)

[deal](#)

[fail](#)

[ignore](#)

[indeed](#)

[lonely](#)

[nervous](#)

[politely](#)

[shout](#)

[totally](#)

[deal with](#)

[go with the flow](#)

[keep a clear head](#)

[out of luck](#)



accept v. 接受；承认



E.g. They offered me a job and I accepted.
他们给我提供了一份工作，我接受了。



[Words and expressions](#)



calm *adj.* 平静的；心平气和的



E.g. He remained calm in an emergency situation.
他在情况危急时仍始终保持镇静。



[Words and expressions](#)



deal with 对付； 处理



E.g. He's good at dealing with pressure.
他善于应付压力。



[Words and expressions](#)



fail v. 失败；未做到



E.g. I failed to persuade him.
我没能说服他。



[Words and expressions](#)



ignore v. 忽视；不理



E.g. Henry ignored Jack's question.

亨利对杰克的问题置之不理。



[Words and expressions](#)



indeed *adv.* 真正地；的确



E.g. Thank you very much indeed!

真的感谢您！



[Words and expressions](#)



lonely *adj.* 孤独的；寂寞的



E.g. There is a lonely old man.

那里有个孤单的老人。



[Words and expressions](#)



nervous *adj.* 紧张的；焦虑不安的



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E.g. I felt nervous before the interview.

面试前我感到非常紧张。



[Words and expressions](#)



politely *adv.* 有礼貌地；客气地



E.g. He moved his hat politely when he saw her.
他看见她时彬彬有礼地脱帽致敬。



[Words and expressions](#)



shout v. 大声喊叫



E.g. I wish you'd stop shouting at the children.
我希望你别再对孩子们大声嚷嚷了。



[Words and expressions](#)



totally *adv.* 完全地；彻底地 

E.g. This behavior is totally unacceptable.

这种行为是完全不能接受的。



[Words and expressions](#)



deal with 对付； 处理



E.g. She is a difficult person to deal with.
她可不好对付。



[Words and expressions](#)



go with the flow 随大溜； 从众



E.g. I don't mind. I'll just go with the flow.

我无所谓，我随大家好了。



[Words and expressions](#)



keep a clear head 保持清醒的头脑



E.g. It is important to keep a clear head.
保持清醒的头脑很重要。



[Words and expressions](#)



out of luck 不走运；运气不好



E.g. You're out of luck. She left ten minutes ago.

你真不走运，她十分钟前才离开。



[Words and expressions](#)





CHAT TIME

A

Listen and complete the conversation.



Sandra: Steve, (1) you look terrible . Are you OK?

Steve: (2) I have a sore throat and a headache .

Sandra: Sounds like you have the flu. Do you have any medicine?

Steve: No, flu medicine makes me drowsy. I'll just drink a lot of water and take a rest.

Sandra: (3) I think you should see a doctor . I'll take you.

Steve: Thanks, Sandra. I really appreciate it.

LANGUAGE NOTE

flu 是influenza的缩写。influenza来自意大利语，意思是“影响”，因为很久以前，意大利人相信生病是受了天上星象的影响。虽然现在人们对流感已有很多了解，也已经可以控制它了，但它仍然是世界上最常见的疾病之一。



B**Ask about health.**

You are visiting a sick friend. Ask about his / her health. The expressions may help you.

Useful language

You

- What's the matter?
- What's wrong?
- How do you feel?
- How are you feeling?
- Oh, you poor thing.
- I'm sorry to hear that.

Your sick friend

- I have a problem.
- I feel awful.
- My back hurts.
- I've got the flu.
- I have a sore throat.
- I have a toothache.



C

Make an appointment.



=Receptionist



=You

You feel bad and want to see a doctor. You try to make an appointment first with a receptionist.



Greet the patient.

Say that you want to make an appointment.



Ask what the problem is.

Describe your symptom. Ask if it is possible to see the doctor this afternoon.



Say that the doctor is not available at that time.

Ask when what time is available.



Tell him / her the time of the appointment.

Say that the time is fine.



参考译文

桑德拉：史蒂夫，你脸色很差。你还好吗？

史蒂夫：我喉咙痛，头也痛。

桑德拉：听起来你好像得了流感。你有药吗？

史蒂夫：没，感冒药会让我昏昏欲睡。我还是多喝水、多休息吧。

桑德拉：我觉得你应该去看看医生。我送你去吧。

史蒂夫：谢谢你，桑德拉。我真的很感激。



WRITING

An informal email (非正式邮件)

A Match each part of the letter to each function.

The reason you are writing

Closing

Greeting

Friendly opening questions

Asking about your friend's life

Hi Sally,

1 Greeting

How are you? I hope things are going well for you.
I miss you!

2 Friendly opening questions

You asked me to tell you about my college life here. Well, it's pretty busy because of exams... I've got lots of stress, and I felt tired all day. But I made an appointment to see my teacher. She's quite nice and always has good advice for me. Now I feel better.

3 The reason you are writing

What's your college life like? Do you have the same problems? Please write and tell me your news.

4 Asking about your friend's life

Love,
Anna

5 Closing



B

Write a reply (回信) to Anna's letter. The expressions may help you. Make sure to:

- 1 Say thanks for the information she sent you;
- 2 Tell her your problems you have had in your college life and what solutions you have;
- 3 Ask her one or two questions;
- 4 Sign off in a friendly way.

Opening expressions

- How's it going?
- Great to hear from you!
- Thanks so much for your letter!

Describing the college life

- I have 6 hours of classes a day.
- Now I'm working on...
- I have a big problem...

Closing expressions

- All the best.
- Take care.
- Bye for now.
- Write soon.





GRAMMAR

A

Complete the sentences with *can* or *could*.

1 Sir, could you please pass me the salt?

2 Can we leave now?

3 When I was three, I could swim.

4 Simon can play the guitar well now.

5 You can borrow my computer if you want.

6 In a situation like this, anything could happen.

GRAMMAR NOTE

can 和 **could** 可用于表示能力和请求。
。 **can** 用于表示现在的能力、请求和一般事实，其否定形式为 **cannot** 或 **can't**。
。 **could** 表示过去的 ability、有礼貌的请求和可能性，其否定形式为 **could not** 或 **couldn't**。



B

Complete the conversation with *can*, *can't*, *could*, or *couldn't*.

Sally: Do you want to go to the beach with me today?

Sam: I don't know. It looks a bit cold. I think it (1) could rain later.

Sally: Well, the weather (2) can be changeable. But it's sunny now. Come on!

Sam: (3) Can we wait an hour to see what happens?

Sally: I don't want to wait! Come on, Sam!

Sam: You (4) can be very impatient sometimes!



Sally: Sam, hold on, you don't want to come to the beach because you (5) can't swim! Isn't that right?

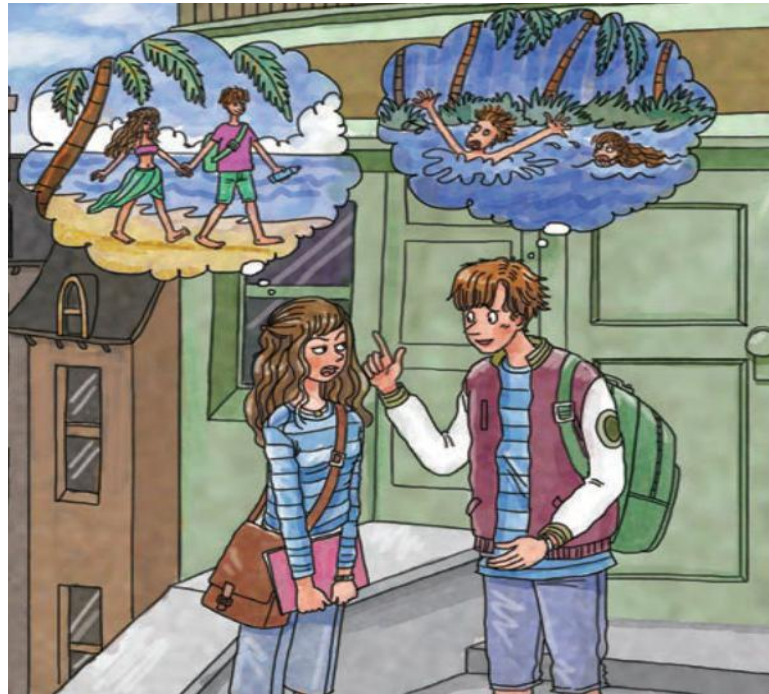
Sam: I (6) can swim! Just not very well. That's all.

Sally: I don't believe it! I (7) could swim when I was five!

Sam: Good for you. But I bet you (8) couldn't play the piano when you were five.

Sally: No, I (9) couldn't. Could you?

Sam: Yes, of course. I (10) could.





MY STORY

A

Watch the video. Read the statements. Write T (true) or F (false).

- F** 1 Agnes says that tea and lemon is no good for a cold.
- T** 2 Daniel takes aspirin when he has the flu.
- T** 3 Alyssa sleeps a lot when she is sick.
- T** 4 Jonathan has very bad allergies.
- F** 5 Dayanne hurt her back at yoga class.



参考译文



B

Watch the video again. Fill in the blanks.

1 Agnes: When I get (am / get) sick, I usually get headaches.

2 Jonathan: I have (have / don't have) very bad allergies.

3 Jonathan: Usually I take my allergy medicine, but it doesn't always work and it makes (makes / make) me kind of drowsy.

4 Dayanne: Sometimes my back hurts (hurt / hurts).

5 Alyssa: Usually when I feel sick, I try to get lots of sleep (sleep / aspirin).



参考译文



Script

Agnes: When I get sick, I usually get headaches and a stuffy nose, and my body aches and usually I don't take medications. I just drink a lot of tea with lemon. Tea with lemon is a very good home remedy for a cold.

Daniel: When I have the flu, I have a stuffy nose, a sore throat, my eyes water, I usually take an aspirin and some rest, and ... a day or two I'm fine.

Alyssa: Usually when I feel sick, I try to get lots of sleep. I also drink water and I take cough medicine.

Jonathan: I have very bad allergies. My nose is always stuffed and I get a headache. It's very bad. Usually, I take my allergy medicine, but it doesn't always work and it makes me kind of drowsy.

Dayanne: Sometimes my back hurts and when this happens, I go to my yoga class to stretch.

参考译文

艾格尼丝：我生病的时候，通常会头疼、鼻塞，而且浑身疼痛，但我一般不吃药。我只拼命地喝柠檬茶。柠檬茶是治疗感冒很有用的偏方。

丹尼尔：我患流感时，会鼻塞、喉咙痛、流眼泪。我通常会吃一片阿司匹林，休息休息，然后……一两天就好了。

阿莉莎：我生病的时候，通常会尽量地多睡觉。我也会喝水，吃一些咳嗽药。

乔纳森：我过敏挺严重的。经常鼻塞，还头疼，很糟糕。我通常会吃一些抗过敏药，但这药有时不起作用，还让我有点昏昏欲睡。

戴亚妮：我的背有时会疼。每当这种情况发生，我就上瑜伽班去做拉伸。

C

Answer the questions. Tell your own story.

1 How much sleep do you get every night?

I usually get... hours sleep.

2 How often do you exercise?

I exercise...

3 How often do you see the doctor for a checkup?

I go for a checkup every...

Words and Expressions



ache v. 疼痛；隐隐作痛

allergy n. 过敏症

cough n. 咳嗽

lemon n. 柠檬

remedy n. (治疗小病的) 药物

stretch v. 伸展；伸开

stuffy adj. 鼻塞的；憋闷的

yoga n. 瑜伽

feel sick 恶心；反胃

take medications 服用药物





MY LEARNING LOG

WORDS

Words I have learned in this unit are:

- | | | | |
|-----------------------------------|------------------------------------|-------------------------------------|----------------------------------|
| <input type="checkbox"/> accept | <input type="checkbox"/> drugstore | <input type="checkbox"/> nervous | <input type="checkbox"/> aspirin |
| <input type="checkbox"/> exercise | <input type="checkbox"/> shout | <input type="checkbox"/> appreciate | <input type="checkbox"/> energy |
| <input type="checkbox"/> stress | <input type="checkbox"/> backache | <input type="checkbox"/> fail | <input type="checkbox"/> symptom |
| <input type="checkbox"/> deal | <input type="checkbox"/> headache | <input type="checkbox"/> totally | |

Now I know new words.

More words I have learned in this unit are:





MY LEARNING LOG

EXPRESSIONS

Expressions I have learned in this unit are:

- | | | |
|---|--|--------------------------------------|
| <input type="checkbox"/> all the time | <input type="checkbox"/> keep a clear head | <input type="checkbox"/> vital signs |
| <input type="checkbox"/> at least | <input type="checkbox"/> out of luck | <input type="checkbox"/> heart rate |
| <input type="checkbox"/> take one's pulse | | |

Great! Now I know _____ useful expressions.

More useful expressions I have learned in this unit are:



MY LEARNING LOG

I CAN

- talk about health
- talk to a doctor
- use *can* and *could*

- write an informal email.

I CAN EVEN





SEE YOU NEXT UNIT!

