

前 言

党的二十大报告明确提出“加快建设教育强国”，“加快建设高质量教育体系”，为中国式现代化建设提供坚实的人才和智力支撑。《教育强国建设规划纲要（2024—2035年）》进一步要求“加快推进地方高校应用型转型”，以适应新时代经济社会发展需求，培养更多高素质应用型人才。

“新应用大学英语（智慧版）”系列教材正是在此背景下应运而生。本系列教材严格贯彻党的教育方针，落实立德树人根本任务，依据《大学英语教学指南（2020版）》编写，旨在培养兼具扎实语言能力、良好职业素养、创新思维能力和国际视野的高素质应用型人才，为教育强国建设贡献力量。

编写宗旨

“新应用大学英语（智慧版）”系列教材立足新时代高等教育发展要求，秉承高校大学英语课程的人文性，强化育人功能。教材有机融入课程思政元素、现代职业教育理念和终身学习理念，充分激发大学英语课程的潜能与活力，致力于实现价值塑造、知识传授和能力培养三者的有机统一。本系列教材旨在服务国家经济社会转型升级战略，助力“中国制造”向“中国创造”迈进，满足培养高素质应用型人才的迫切需求。

编写理念

《大学英语教学指南（2020版）》指出，大学英语课程是高等学校人文教育的一部分，兼有工具性和人文性双重性质。就工具性而言，大学英语课程的工具性既体现在提升和拓展基础教育阶段的英语教学，进一步提高学生听、说、读、写、译能力上，也体现在专门用途英语上，学生通过学习与专业或未来工作有关的学术英语或职业英语，提升在学术或职业领域进行交流的能力。就人文性而言，大学英语课程的重要任务之一是开展跨文化教育，强调语言学习中文化认同与人文素养的融合，着力培养学生的批判性思维与人文关怀意识。

大学英语课程不仅是语言知识和技能的学习过程，更是培养学生跨文化交际能力、国际视野和全球责任感的重要途径，是进行思政教育的重要阵地。在英语教学中融入思政元素，有助于引导学生树立正确的世界观、人生观和价值观，增强国家认同感和民族自豪感。

高校学生正处于从“校园学习者”向“社会参与者”和“职场从业者”转变的关键阶段。为此，本系列教材借鉴以帕森斯（T. Parsons）为代表的结构功能主义社会理论、英克尔斯

(A. Inkeles) 的人的现代化理论, 以及社会心理学家施恩 (E. H. Schein) 的职业生涯发展理论, 确定了“人文性与工具性有机融合”的编写理念。教材融入了现代应用型人才培养的核心思想和课程思政元素, 致力于培养兼具跨文化交际能力、国际视野、全球责任感的高素质应用型人才, 帮助学生顺利实现社会化与职业化的转变。

编写特色

“新应用大学英语 (智慧版)” 系列教材根据国家及地方经济社会发展需求与学生个性化成长需要, 遵循培养“重实践、强实战、求实用、尚实干”的应用型人才的原则。教材聚焦培养集社会责任担当与专业职业素养于一体的高素质应用型人才。

教材以语言知识与技能模块为根基, 通过“四个结合” 实现多维能力培养与素质提升: 内容设计上注重语言知识与社会知识的有机融合, 技能训练中强调语言技能与职场技能的双向衔接, 素质培养上追求人文素养与职场素质的协同发展, 实践环节中注重社会实践与职业发展的贯通衔接。此外, 教材鲜明地融入了中国智慧与文化元素, 致力于培养兼具深厚家国情怀与开阔国际视野的时代新人。

教材结构

“新应用大学英语 (智慧版)” 系列教材分为 1—4 级, 供两个学年使用。每一级别包含综合教程 (配教师用书) 和拓展训练。综合教程选取视角多元、内涵丰富的阅读篇章和听力材料, 设计多样的练习和活动, 帮助学生提高各项语言技能, 锤炼思维品质, 提升综合素养; 拓展训练则旨在提供更多素材和训练机会, 巩固与提升学生的语言综合应用能力。

◎ 综合教程 (新形态教材)

综合教程每册包括六个单元。单元结构清晰, 每单元精选三篇课文: 第一篇为核心学习内容, 展示单元主题下的前沿热点话题; 第二篇为辅助拓展, 进一步探讨主题内容; 第三篇聚焦中国智慧与中国文化主题, 旨在深化学生对社会主义先进文化、革命文化及中华优秀传统文化的理解, 增强文化自信, 提升用英语讲好中国故事的能力。教材注重听、说、读、写、译能力的均衡发展, 每单元均设计有预热练习、课文理解、强化练习、实用听说、写作提升、语法聚焦、团队项目、中国智慧等板块。这些板块相互支撑, 力求输入与输出并重, 全方位提升学生的语言应用能力、社会适应力与职业发展潜力。

综合教程 1—2 册侧重人文素质培养。单元主题涵盖社会、经济、文化、科技、环境等领域, 帮助学生认识自我, 理解社会规范, 内化行为准则, 为步入职场奠定基础。

综合教程 3—4 册侧重职场意识与技能培养。单元主题设计以学生的职业发展路径为参照, 结合人生不同阶段面临的核心问题与职业任务, 在强化语言输入的同时, 系统呈现职场知识与技能, 提升学生的职业化素养, 助力其顺利进入社会、融入职场。

教材选篇遵循以下原则:

- **主题:** 紧密对接国家及地方经济社会发展对人才的需求, 与学生全面发展和未来职业发展高度相关。1—2 册以人文话题为主, 兼顾应用导向; 3—4 册以职场话题为主, 突出应用特

色，同时蕴含人文价值。中国智慧主题贯穿始终。

• **体裁**: 为体现应用技术型高校大学英语课程的应用性与实用性，课文体裁以说明文、议论文为主，兼顾多样性。选材注意普适性、导向性和时代感，同时契合应用技术型高校学生的英语水平与学习需求，并符合教材的编写宗旨。

• **题材**: 1—2 册题材侧重人文素养培育，引导学生形成正确的世界观、人生观和价值观，走近职场；3—4 册题材紧扣学生未来就业与职场交际需求，助力学生走进职场，提升语言应用能力、跨文化交际能力与职场竞争力。

• **来源**: 选材力求与时俱进，主要选自权威英语学习平台、主流英文报刊及专业商务网站，兼顾语言的地道性与题材的多样性。

◎ 教师用书（电子教案）

教师用书是学生用书不可或缺的配套资源，是辅助教学实践的有效工具。它通过系统梳理单元知识框架、精准提炼教学重难点，帮助教师明晰教学目标，科学设计教学流程，有效减轻备课负担，最终实现从“教教材”向“用教材教”的转变。教师用书在提供清晰指导的同时，注重保留适当的弹性空间，鼓励教师根据实际学情与自身教学风格进行灵活调整，充分发挥其主观能动性与创造性，实现个性化、创新性的教学实践。这种“指导性”与“开放性”相结合的设计，既保证了教学质量的基本标准，也为教师的专业发展提供了广阔空间。

◎ 拓展训练（数字资源）

拓展训练是主教材的必要补充与有效延伸，是学生自主学习和效果评估的重要工具。其功能在于：深化主教材所学内容，提供丰富的自主学习素材与实践机会，引导学生进行学习效果检测、反思学习过程、调整学习策略、总结经验教训、提高学习兴趣、体验进步与成功，从而逐步培养系统化的良好学习习惯。同时，学生的自我评估结果也为教师提供了宝贵学情反馈，有助于教师精准把握教学重难点，动态调整教学进度，实施更具针对性和目的性的教学，进而提升整体教学质量。

拓展训练的内容紧密围绕主教材单元主题，词汇练习与主教材核心词汇对应，题型设计对接最新的全国大学英语四、六级考试要求，涵盖听、读、写、译等技能。训练内容由词汇、句子到篇章纵深展开，有针对性地强化主教材涉及的重点知识与技能。每册包含六套单元拓展训练材料，并配有期中与期末测试题，旨在通过科学有效的训练，以练促学、以练促教、以练促考，切实助力学生语言应用能力与未来职业能力的协同发展。

教材特点

► 定位精准

教材立足新时代高等教育引领高质量教育体系建设的定位，服务国家从制造业大国向制造业强国转型的战略需求，致力于深化教学改革、提升教学质量，助力培养经济社会建设亟需的，兼具语言技能与职场技能、人文素养与职场素质的应用型高端人才。

► 价值引领

通过精选主题、创新练习设计等方式，深入挖掘课程思政元素，将价值引领自然融入语言教学全过程，展现社会主义先进文化，弘扬革命文化，传承中华优秀传统文化，着力增强学生的民族自豪感、文化自信与社会责任感。

► 理念创新

教材借鉴现代职业教育理念、人的现代化理论和职业生涯发展理论，秉承大学英语“人文性与工具性有机融合”的核心教学理念，聚焦学生国际视野、人文素养与职场素质的培养，助力其实现社会化与职业化的顺利转变。

► 实践导向

教学内容与活动设计着力提升学生英语综合应用能力、跨文化交际能力、职场竞争力与职业发展潜力，紧密连接课堂与社会、职场及职业发展场景，引导学生认识自我、理解世界、走进社会，并逐步融入职场实践。

► 资源多样

本系列教材为新形态教材，配套提供音频、教师用书、拓展训练等丰富资源，并依托互联网技术及 U 校园智慧教学云平台 AI 版提供多样化教学资源支持，助力创新语言学习环境与教学模式。

教材选用

“新应用大学英语（智慧版）”系列教材 1—4 级内容衔接紧密，体系完整，可整套选用，也可按需分级选用。鉴于多数院校大学英语教学分四个学期实施，1—2 级教材适用于基础阶段，供第一、二学期选用；3—4 级教材适用于提高阶段，供第三、四学期选用。对于安排两至三个学期英语教学的院校，可根据学生的英语基础及学校的教学目标与要求，从中灵活选择进行教学。

在编写过程中，本系列教材参考了大量国内外相关文献和资料。在此，谨向所有相关作者与出版机构致以诚挚的谢意！编写此类大学英语教材是一次探索性尝试，疏漏和不足之处在所难免，恳请各位专家、学者和同仁不吝赐教，提出宝贵意见。

编者

2025 年 6 月

内容简介

“新应用大学英语（智慧版）”系列教材以《大学英语教学指南（2020版）》为先导，以培养“重实践、强实战、求实用、尚实干”的应用型人才为目标，秉承高校大学英语课程的人文性，强化应用性和实用性，融入现代职业教育理念和终身学习理念，旨在提高大学生的英语应用能力和职场竞争力，致力于推动应用技术型高校培养高素质应用型人才。

《新应用大学英语2（智慧版）》包括六个单元，每单元包含三篇课文，建议教学时以第一篇课文为主，第二篇课文为辅，第三篇课文作为延伸性、趣味性的思政教学材料，帮助学生了解中华优秀传统文化、革命文化和社会主义先进文化，增强文化自信。

本册各单元内容紧密围绕健康生活、公共安全、社会责任、文化遗产、绿色经济和人工智能等主题展开，旨在帮助学生认识自我、了解社会、走近职场，引导学生适应社会环境、参与社会生活、学习社会规范、履行社会角色、获得社会认可，从而成为社会化的人。

针对重点知识和技能，每单元均设计有预热练习、课文理解、强化练习、实用听说、写作提升、语法聚焦、团队项目、中国智慧等板块。这些板块相互支撑，力求输入与输出并重，全面提升学生听、说、读、写、译的能力。

本书可供普通本科及职业院校，尤其是应用技术型高校所有学习大学英语基础课程的学生使用。

Contents

UNIT 1 Health and Fitness	2
Warm-up	3
In-depth Reading New Year, New You?	4
Further Reading Experts Call for a Healthy Lifestyle Among Young People	11
Applied Listening and Speaking	15
Essay Writing 记叙文 (1)	17
Reading Skills Previewing and Predicting	19
Team Project	22
Chinese Wisdom Living in Rhythm: The Chinese Art of Harmony with Nature	23
UNIT 2 Public Security	25
Warm-up	26
In-depth Reading Sci-fi Hacks That Are Now a Reality	27
Further Reading Setting Rules to Ensure Personal Security	36
Applied Listening and Speaking	41
Essay Writing 记叙文 (2)	43
Reading Skills Skimming	45
Team Project	48
Chinese Wisdom High-tech Crossing Keeps Schoolchildren Safe	49
UNIT 3 Responsibility	51
Warm-up	52
In-depth Reading Chinese Firms Praised for Social Benefits in South Africa	53
Further Reading Understanding Responsibility in University Life	61
Applied Listening and Speaking	65
Essay Writing 描写文 (1)	67
Reading Skills Scanning	69
Team Project	71
Chinese Wisdom The Expanding Circle of Responsibility: A Chinese Wisdom	72

UNIT 4 Cultural Heritage	74
Warm-up	75
In-depth Reading The Spring Festival: A World Cultural Heritage	76
Further Reading What Is Cultural Heritage?	83
Applied Listening and Speaking	87
Essay Writing 描写文 (2)	89
Reading Skills Identifying the Author's Purpose	91
Team Project	94
Chinese Wisdom See the Real Chinese Kung Fu	95
UNIT 5 Green Economy	97
Warm-up	98
In-depth Reading China's Green Transformation: Tradition Meets Renewal	99
Further Reading China's Green Transportation Drive Gains Momentum	107
Applied Listening and Speaking	111
Essay Writing 说明文 (1)	113
Reading Skills Making Inferences	116
Team Project	118
Chinese Wisdom China's New Energy Vehicles Win Global Consumers	119
UNIT 6 Artificial Intelligence	121
Warm-up	122
In-depth Reading Artificial Intelligence Fuels China's High-quality Development	123
Further Reading China's Digital Renaissance of Ancient Heritage	130
Applied Listening and Speaking	135
Essay Writing 说明文 (2)	137
Reading Skills Guessing Word Meanings	139
Team Project	141
Chinese Wisdom China's First Robot PhD Student Starts Artistic Journey	142
Glossary	144

UNIT

1 Health and Fitness



After studying this unit, you will be able to:

- ▶ identify reasons why fitness resolutions fail and develop strategies to succeed;
- ▶ discuss key factors and personal challenges related to health and fitness;
- ▶ use core vocabulary to talk about maintaining a healthy lifestyle;
- ▶ write a short essay analyzing common health issues and proposing solutions;
- ▶ use previewing strategies to predict text content and adjust predictions during reading;
- ▶ conduct a campus survey and design promotional materials to encourage healthy habits.

Warm-up

Task 1 Observe the pictures below carefully, discuss with your partner and explain how each icon is connected to health and fitness.

You may use the following words or phrases:

represent, symbolize, stand for, be associated with, maintain a healthy lifestyle, regular exercise, balanced diet, feel energetic



Task 2 Discuss the following common factors for maintaining health and fitness with your group members, and share your thoughts on the most challenging factor and the easiest one for university students.

- Regular exercise (e.g., gym workouts, running, walking)
- Balanced diet (e.g., fresh fruits, vegetables, whole grains)
- Adequate sleep (7-9 hours per night)
- Stress management (e.g., relaxation through hobbies, adequate rest)
- Strong social connections (e.g., supportive friendships and family ties)
- Regular health check-ups
- No harmful habits (e.g., smoking, excessive drinking)

In-depth Reading

Topic Preview:

This passage explores the common phenomenon of New Year's resolutions, particularly those focused on health and fitness. It investigates why so many people abandon their goals soon after setting them. More importantly, it outlines practical and effective strategies for turning short-term enthusiasm into lasting, sustainable lifestyle changes, emphasizing the importance of enjoyment, realistic goals and a strong support system. Prepare to analyze the key ingredients for long-term health and success.



New Year, New You?

- 1 The start of a new year often inspires people to **reflect** and set goals for self-improvement, particularly concerning health and fitness. Studies consistently show that a significant majority of New Year's **resolutions**—estimated around 70%—focus on improving physical **well-being**. This **surge** in intention explains why gyms and health clubs experience their busiest season in January, **contrasting** sharply with slower periods for other businesses. Membership numbers climb as people seek to **counteract** the effects of festive season **indulgence**.
- 2 However, the **initial enthusiasm** frequently **fades** within weeks. Many become discouraged by slow progress or find their busy routines taking **priority** again. This common pattern highlights the challenge of transforming short-term resolutions into lasting lifestyle changes.
- 3 Health experts emphasize that **sustained** motivation is the cornerstone of achieving fitness goals. Understanding why you want to be healthier provides the **crucial** drive to persist. Surveys among individuals who successfully maintain fitness routines reveal key motivators: preparing for seasonal activities, feeling better physically and mentally, and following medical advice to **adopt** healthier lifestyles and prevent future health issues.
- 4 Motivation is the essential first step, but practical **strategies** are needed to turn intention into

action. Experts strongly recommend choosing enjoyable activities. Exercise shouldn't feel like punishment. Finding something you genuinely like, or at least can **tolerate** consistently—whether it's taking a brisk walk, cycling, attending a lunchtime gym session or dancing—makes **adherence** far more likely. The best exercise is the one you will actually do regularly.

- 5 **Integrating** activity into daily life is another powerful strategy for success. This means looking for small opportunities to move more throughout the day. Examples include taking the stairs instead of the elevator, parking farther from your destination and walking the extra distance, or taking short exercise breaks during work. These small actions **accumulate** significantly over time, contributing to overall fitness without requiring large, **dedicated** time slots often hard to find.
- 6 Building a support system significantly increases the chances of sticking with a fitness plan. For example, finding an exercise partner or joining a group creates **accountability** and makes the activity more social and enjoyable. Some individuals discover that exercising with others helps them stay committed and turns workouts into a positive social experience. Others find that group activities or scheduled sessions with friends provide the structure they need. The shared experience can transform exercise from a **chore** into something rewarding.
- 7 For many, consistency and routine are vital. Establishing a regular schedule for physical activity helps integrate it **seamlessly** into life, making it feel less like an extra task. Regular exercisers often report that it enhances their mood, reduces stress and improves their ability to manage daily responsibilities. Even busy individuals, such as working parents, find that prioritizing regular exercise helps them feel better equipped to handle their various roles.
- 8 Crucially, experts advise setting **realistic** goals and expectations right from the start. Dramatic, rapid transformations occur rarely and often prove **unsustainable** over time. Therefore, focusing on gradual, consistent progress emerges as a more effective and healthier strategy for improvement. Unrealistic goals pose a significant risk, as they can lead directly to disappointment and eventually quitting. Consequently, celebrating small **milestones** along the way becomes essential for helping maintain motivation levels. Most importantly, individuals must ensure the chosen activities are genuinely enjoyable. By finding exercise that feels like a rewarding part of life—perhaps offering stress relief, social interaction, or simply pure fun—rather than perceiving it as a burden, people greatly enhance their long-term success prospects. Ultimately, true health and fitness are built upon developing sustainable habits and finding deep, genuine satisfaction in leading an active life in the long run.

(600 words)

Words

reflect /rɪ'flekt/ *v.* think carefully and deeply about sth. 反思，思考

resolution /rəzə'lju:ʃən/ *n.* a promise to yourself to do sth. (做某事的)决心

well-being /'wel 'bi:ɪŋ/ *n.* a state of being healthy, happy and comfortable 健康，幸福

surge /sɜːdʒ/ *n.* a sudden and great increase 激增, 急剧上升

contrast /kən'traːst/ *v.* show a clear difference when compared 形成对比, 形成对照

counteract /kaʊntər'ækt/ *v.* reduce or prevent the bad effect of sth. by doing sth. that has the opposite effect 抵消, 对抗

indulgence /ɪn'dʌldʒəns/ *n.* the act of allowing yourself to have sth. enjoyable, especially sth. that is considered bad for you 放纵, 沉溺

initial /ɪ'nɪʃəl/ *a.* happening at the beginning of a process, or when you first see or hear about sth. 最初的, 开始的

enthusiasm /ɪn'θjuːziæzəm/ *n.* a strong feeling of excitement and interest in sth. 热情, 热忱

fade /feɪd/ *v.* become less clear, strong or bright; disappear gradually 减弱, 逐渐消退

priority /prɪ'ɔːrɪti/ *n.* the right to be given attention first and before other people or things 优先权

sustained /sə'steɪnd/ *a.* continuing at the same level or rate for a long time 持续的

crucial /'kruːʃəl/ *a.* extremely important, because it will affect other things 至关重要的, 关键性的

adopt /ə'dɒpt/ *v.* decide to start using a particular idea, plan or method 采用, 采取

strategy /'strætədʒi/ *n.* a plan or method for achieving sth., especially over a long period of time 策略, 计谋

tolerate /'tələreɪt/ *v.* accept sth. unpleasant or difficult without complaining 忍受, 容忍

adherence /əd'hɪərəns/ *n.* the action of continuing to follow a plan, obey a rule, etc. 坚持, 遵守

integrate /'ɪntɪgreɪt/ *v.* combine two or more things so that they work together 使成为一体, 使结合

accumulate /ə'kjuːmjuːɡleɪt/ *v.* gradually increase in numbers or amount until there is a large quantity in one place 堆积, 聚集

dedicated /'dedɪkeɪtɪd/ *a.* designed for a particular purpose or function 专用的, 专门的

accountability /ə,kaʊntə'bɪlɪti/ *n.* the fact of being responsible for your decisions or actions and expected to explain them 责任感

chore /tʃɔː/ *n.* a task that you have to do regularly, especially an unpleasant one 琐事, 乏味无聊的工作

seamlessly /'siːmləsli/ *ad.* smoothly and without any sudden changes 顺畅地, 无缝地

realistic /rɪə'lɪstɪk/ *a.* possible to achieve 能够实现的

unsustainable /ʌn'sə'steɪnəbəl/ *a.* not able to be maintained or continued in the long term 不可持续的

milestone /'maɪlstoʊn/ *n.* a significant event or stage in the development of sth. 里程碑, 重大事件

Phrases and Expressions

contrast sharply with be very different from 与…形成鲜明对比

seek to try to achieve or get sth. 试图, 设法

take priority be treated as more important than other things 优先考虑

turn... into action change an idea or a plan into a practical reality 将…付诸行动

stick with continue doing sth., especially sth. difficult 坚持

transform... from... into change completely in form or appearance from one thing to another 从…转变为

be equipped to have the ability or resources to deal with sth. 有能力应对

pose a risk create a potential danger or problem 构成风险

lead to have sth. as a result 导致

be built upon be based on an idea, feeling, etc. 建立在…基础上

Comprehension

Task 1 Complete the following outline according to the passage.

The Blueprint for a Successful Fitness Plan

I The Problem

The common pattern: making New Year's 1) _____ → strong initial enthusiasm → fading enthusiasm → quitting

The core challenge: transforming 2) _____ into lasting lifestyle changes

II Solutions

Foundation: sustained motivation, e.g., preparing for an event, feeling better, following medical advice

Practical strategies:

- Choose enjoyable activities: Exercise shouldn't feel like 3) _____. Find something you really like.
- 4) _____ into daily life: Look for small opportunities (e.g., taking the stairs, walking extra distance). Small actions 5) _____ over time.
- Build a(n) 6) _____: Find a partner or join a group. This creates accountability and makes exercise social.
- Establish 7) _____: This helps integrate activity into life seamlessly.

III The Overarching Idea

Set 8) _____ goals: Focus on gradual progress, not rapid, unsustainable transformations.

Celebrate small 9) _____: This helps maintain motivation.

The ultimate goal: Develop 10) _____ habits and find genuine satisfaction in an active life.

Task 2 Read the situation below and answer the questions that follow.

Your friend Alex tells you, "My New Year's resolution was to get fit. I joined a gym and set a goal to go five times a week and lose 10 kilograms in one month. But after two weeks, I feel tired and bored with the treadmill, and I've only lost one kilogram. I'm thinking about quitting."

Question 1: According to the passage, what are the main reasons Alex's plan is not working?

Question 2: What specific advice would you give Alex, based on the strategies in the passage?

Follow-up Exercises

I Vocabulary

Task 1 Match the following expressions in Column A with their meanings in Column B.

Column A	Column B
1 resolution	A occurring at the beginning of something
2 indulgence	B continued for a period of time without getting weaker or stopping
3 initial	C a dull, unpleasant or difficult job
4 enthusiasm	D continue doing something or using someone to do work for you, and not stop or change to something or someone else
5 sustained	E a promise to yourself that you will make a serious effort to do something
6 accumulate	F gather or acquire something gradually as time passes
7 chore	G the act of allowing yourself or someone else to have something enjoyable that is usually thought of as unnecessary or unhealthy
8 stick with	H a strong feeling of active interest in something that you like or enjoy

Task 2 Complete the following sentences with the expressions from Column A in Task 1. Change the form if necessary.

- 1 That movie is a(n) _____ to sit through.
- 2 You can _____ bonus points by participating in surveys.
- 3 _____ healthy eating habits, and you'll feel more energetic.
- 4 Her New Year's _____ is to exercise regularly.
- 5 He seems to lack _____ for the work he's doing.
- 6 Her _____ in scrolling through social media for hours disrupts her study schedule.
- 7 Her _____ reaction was to say no, but she eventually agreed to help.
- 8 There is not enough oxygen to _____ life at very high altitudes.

Task 3 Fill in the blanks in the following passage by selecting suitable words from the word bank. You may not use any of the words more than once.

Your Fitness Journey: A Seamless Part of Campus Life

Starting a fitness journey in college can feel like a huge 1) _____ to your old habits. The key is to start small. You don't need to 2) _____ a whole week of inactivity with one intense workout. If your motivation starts to 3) _____, remember that consistency is 4) _____. The goal is to 5) _____ movement 6) _____ into your daily routine—take the stairs, walk to class or join a casual sports club. Reaching your first fitness 7) _____, like running a certain distance, feels amazing! Ultimately, the aim is to build 8) _____ habits that keep you energized for all your academic and social adventures. Think of it not as a chore, but as your personal health marathon.

A) sustainable	B) crucial	C) milestone	D) integrate
E) counteract	F) seamlessly	G) fade	H) contrast

II Sentence Structure

Task 1 Rewrite the following sentences after the model.

Model:

It appears that the initial enthusiasm frequently fades within weeks.

The initial enthusiasm appears to fade frequently within weeks.

1 It appears that a significant majority of resolutions focus on health.

2 It seems that gyms experience their busiest season in January.

3 It proves that dramatic transformations are often unsustainable over time.

Task 2 Combine the two short sentences into a longer one after the model using a noun clause as an appositive.

Model:

Paige had an idea. The idea was that this could be achieved by examining the relationships between the web pages.

Paige had an idea that this could be achieved by examining the relationships between the web pages.

1 This common pattern highlights the challenge. The challenge is that we must transform short-term resolutions into lasting changes.

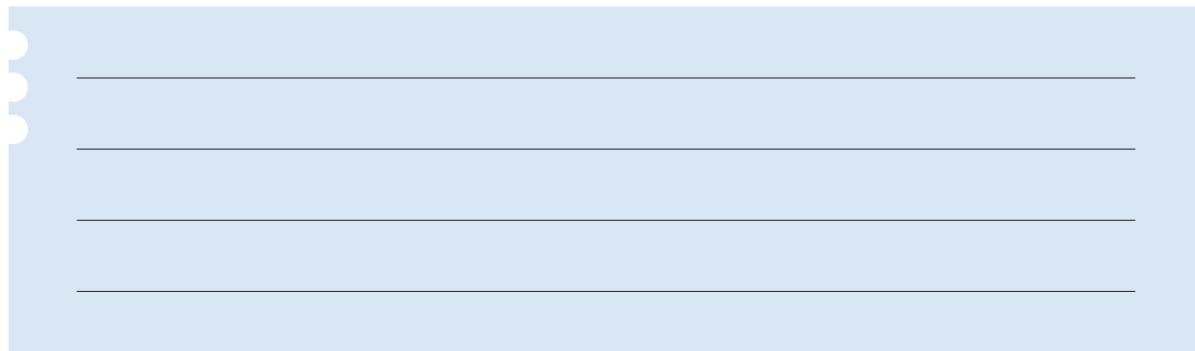
- 2 Experts offer beginners a crucial piece of advice. The advice is that everyone should set realistic goals and expectations right from the start.

- 3 Many people share a common belief. The belief is that daily exercise is essential for well-being.

III Translation

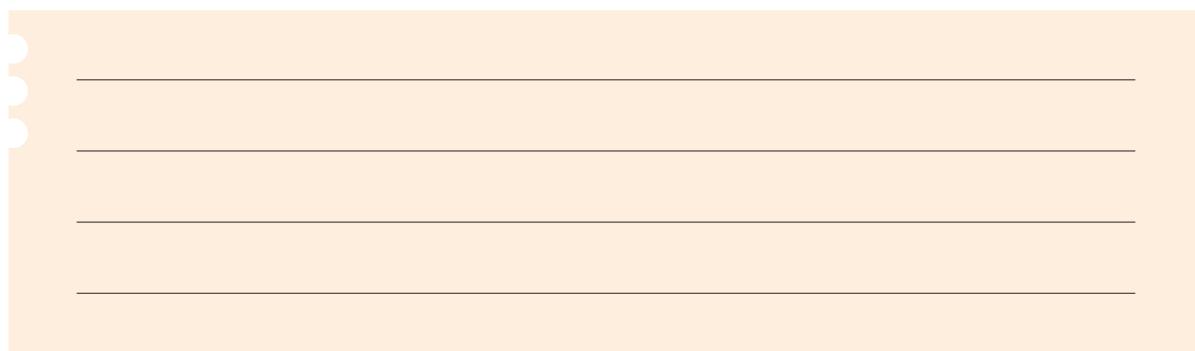
Task 1 Translate the following paragraph from Chinese into English.

许多人在新年伊始决心改善健康，但最初的热情往往在几周内就消退了。为了维持动力，健康专家提出了关键策略：选择你真正喜欢的活动，并将运动融入日常生活，例如选择爬楼梯而不是乘电梯。这些微小的行为会随着时间的推移而累积，最终带来显著的改变。此外，设定切实可行的目标并庆祝每一个小成就也同样重要，因为这能帮助你保持动力，最终养成可持续的、健康的生活习惯。



Task 2 Translate the following paragraph from English into Chinese.

Motivation is essential, and practical strategies are also needed to turn goals into action. Experts strongly advise choosing enjoyable activities, as exercise should not feel like punishment. Integrating movement into your daily routine is a powerful method. Small actions, like taking the stairs, accumulate over time. Moreover, building a support system can transform exercise from a chore into a rewarding social experience, significantly increasing your chances of long-term success.



Further Reading



Experts Call for a Healthy Lifestyle Among Young People

- 1 In recent years, a noticeable increase in **chronic** conditions such as **obesity** and **diabetes** has been observed among younger populations. This **trend** has drawn significant public attention, with many expressing concern over the health challenges faced by the younger generation. Medical professionals point out that diseases once considered common only in older adults are now increasingly **diagnosed** in individuals under the age of 30. Some reports even indicate cases of diabetes and **hypertension** among primary and middle school students, a situation that was rare in the past.
- 2 The relationship between obesity and chronic illnesses is well-established in medical research. **Excess** body weight is recognized as a major **contributor** to the development of diabetes and **cardiovascular** diseases. Data from a national health report revealed that approximately 10% of children under six years old were **classified** as obese. Among those aged six to seventeen, the rate nearly doubled. These figures highlight a growing health issue that may have long-term consequences for public health.
- 3 When young people develop conditions like diabetes, the risks of **complications** tend to be higher compared with those in older patients. On average, diabetes-related complications may appear within five to ten years after diagnosis. These complications can affect multiple organs and may lead to serious conditions such as kidney disease, vision loss or even limb **amputation**. Such outcomes not only influence the quality of life of the individuals but also **impose** emotional and financial **burdens** on their families.

4 Several factors are associated with this troubling trend. One of the most frequently cited reasons is the widespread **consumption** of foods high in oil and sugar. Many young people regularly consume sugary drinks, sometimes replacing water with such **beverages**. In addition, unbalanced diets and irregular eating habits contribute to weight gain and **metabolic** problems. Another important factor is the lack of **adequate** physical activity. With increasing academic pressure and the popularity of digital entertainment, many young individuals do not engage in regular exercise.

5 Moreover, there appears to be a lack of **awareness** regarding chronic diseases among the youth. Many young people assume that these health issues only affect older adults and do not take early warning signs seriously. As a result, medical help is often sought only after complications arise, when effective **intervention** becomes more difficult. Therefore, improving health education is considered essential. Schools and communities should provide more guidance on **nutrition** and the importance of an active lifestyle. Parents are also encouraged to monitor their children's eating habits and ensure they have time for daily physical activity.

6 In conclusion, the rising **prevalence** of obesity and diabetes among young people is a complex problem driven by dietary habits, lifestyle choices and **insufficient** health awareness. Addressing this problem requires collective efforts from families, educational institutions and the health-care sector. Through comprehensive health education and the promotion of healthy living, it is possible to reduce the risks and help younger generations lead healthier lives.

(481 words)

Words

chronic /'kronik/ *a.* (of an illness) lasting for a long time and cannot be cured 慢性的

obesity /əʊ'bɪs̻ti/ *n.* the condition of being very fat in a way that is unhealthy 肥胖

diabetes /daɪə'bɪ:tɪz/ *n.* a serious disease in which the body cannot regulate the amount of sugar in the blood 糖尿病

trend /trend/ *n.* a general direction in which a situation is changing or developing 趋势, 动向

diagnose /daɪəgnoʊz/ *v.* find out what physical or mental problem sb. has by examining them 诊断

hypertension /haɪpə'tenʃən/ *n.* a condition in which your blood pressure is too high 高血压

excess /'ekses/ *a.* more than is necessary, reasonable or acceptable 过量的, 多余的

contributor /kən'tribjʊtə/ *n.* sth. that helps cause a result 促成因素

cardiovascular /ka:dɪəv'væskjʊlə/ *a.* relating to the heart and blood vessels 心血管的

classify /klæs̻ɪfai/ *v.* arrange sth. in groups according to the features that they have in common 将…分类

complication /kɒmplɪ'keɪʃən/ *n.* a medical problem that occurs as a result of another illness or disease 并发症

amputation /æmpjʊ'teɪʃən/ *n.* the act of cutting off a person's arm, leg, finger, etc. for medical reasons 截肢

impose /ɪm'pəuz/ *v.* force sb. to have to deal with sth. 强加于

burden /'bɜ:dn/ *n.* a duty, responsibility, etc. that is hard to bear 负担

consumption /kən'sʌmpʃən/ *n.* the act of using energy, food or materials; the amount used 消费, 消耗 (量)

beverage /'bevəridʒ/ *n.* a drink of any type 饮料

metabolic /'metə'bɒlɪk/ *a.* relating to the chemical processes in living things that change food into energy 新陈代谢的

adequate /'ædɪkweɪt/ *a.* enough in quantity or good enough in quality, for a particular purpose or need 足够的, 合格的

awareness /'ə'weənəs/ *n.* knowledge or understanding of a particular subject or situation 意识, 认识

intervention /ɪntrə'venʃən/ *n.* the act of becoming involved in a situation to improve or help it 干预

nutrition /nju:tʃn/ *n.* the process by which living things receive the food necessary for them to grow and be healthy 营养

prevalence /'prevələns/ *n.* the fact that sth. is very common at a particular time 流行, 普遍

insufficient /ɪn'sa'fɪʃənt/ *a.* not large, strong or important enough for a particular purpose 不足的

Phrases and Expressions

point out mention sth. in order to give sb. information 指出

compared with in comparison with sb. or sth. 与…相比

on average usually or typically 平均而言, 通常

be associated with be related to or connected with sth. 与…相关

Comprehension

Task Decide on the best choice for each of the following questions according to the passage.

- 1 What is the main purpose of the passage?
 - A. To introduce new treatments for chronic diseases like diabetes.
 - B. To analyze the causes and consequences of rising health issues among the young.
 - C. To criticize the young generation for their unhealthy lifestyle choices.
 - D. To advertise specific health education programs for schools.
- 2 What was a rare situation in the past but is now being reported?
 - A. Obesity among adults over 30.
 - B. Cases of diabetes in primary and middle school students.
 - C. The popularity of digital entertainment.
 - D. Academic pressure on young people.
- 3 What do the national health report data reveal about children aged six to seventeen?
 - A. Their obesity rate is approximately 10%.
 - B. Their obesity rate is nearly half that of children under six.
 - C. Their obesity rate is almost twice that of children under six.
 - D. Most of them suffer from vision loss or kidney disease.
- 4 Why are the complications of diabetes more serious for young people?
 - A. Their family may suffer more compared with those of older patients.
 - B. They tend to occur sooner after diagnosis and affect multiple organs.
 - C. Young people are less likely to seek medical help.
 - D. They are more costly to treat for younger patients.

5 Which of the following is NOT mentioned as a factor contributing to the trend?

- Consumption of oily and sugary foods and drinks.
- Lack of sufficient physical activity.
- Genetic predisposition to chronic diseases.
- Insufficient awareness about chronic diseases.

Level-up Exercises

Topic: From Campus to Office: Staying Well When You Sit All Day

Background: The passage discusses the health challenges faced by young people, linking these problems to academic pressure and digital entertainment. As students transition into the workforce, they often encounter a new set of challenges that can further threaten their health, such as long working hours, workplace stress and prolonged sitting.

Task: Imagine you are a wellness consultant. A tech company is concerned about its employees' health, noting high rates of eye strain, back pain and low energy. Complete the table below to analyze the potential health risks in a typical office environment and propose practical, sustainable solutions that both the company and employees can adopt. Base your ideas on the principles from the passage (e.g., integrating activity into daily life, building support, improving awareness). Please provide at least one specific solution for the company and one for the employee in each category.

Health Risk Categories	Potential Consequences	Proposed Solutions
Diet & nutrition (e.g., reliance on fast food, sugary snacks)	Weight gain, metabolic problems, decreased energy	Company: provide healthy snacks in pantries
Physical inactivity (e.g., sitting for 8+ hours)		Employee: replace daily sugary drinks with water
Mental stress & lack of health awareness (e.g., high pressure, ignoring health risk signals)	Obesity, cardiovascular disease, muscle strain	Company:
		Employee:
	Burnout, lower quality of life, delayed medical intervention	Company:
		Employee:

Guiding questions for your analysis:

- How can the principle of “integrating activity into daily life” be applied in an office setting?
- What kind of support system can a company build to make healthy choices easier and more social?
- How can companies improve health awareness beyond simply putting up posters?

Applied Listening and Speaking

Task 1 Listen to five short conversations and choose the best answer to each question you have just heard.

- 1 A. Because of too much screen time.
B. Because of stress from work.
C. Because of a noisy environment.
D. Because of insufficient sleep.
- 2 A. Taking morning yoga classes.
B. Cycling to work daily.
C. Eating more vegetables.
D. Going to bed earlier.
- 3 A. Drinking more water.
B. Taking medicine.
C. Eating small, frequent meals.
D. Avoiding spicy food.
- 4 A. Do outdoor workouts.
B. Join an affordable yoga class.
C. Borrow fitness equipment.
D. Watch exercise videos.
- 5 A. Eat more junk food.
B. Take a walk or exercise.
C. Watch TV all day.
D. Sleep during the day.

Word Bank

concentrate /'kɒnsəntreɪt/ **v.** 集中注意力
affect /ə'fekt/ **v.** 影响
digestion /dɪ'gestʃən/ **n.** 消化

Task 2 Listen to two long conversations and choose the best answer to each question you have just heard.

Conversation One

- 1 A. Low salary. B. Long working hours.
C. Boring tasks. D. Back pain from sitting.

- 2 A. Every 15 minutes.
B. Every 30 minutes.
C. Every hour.
D. Every two hours.
- 3 A. Take a nap.
B. Eat at the desk.
C. Walk outside.
D. Chat with colleagues.

Conversation Two

- 4 A. High costs.
B. Lack of motivation.
C. Injury concerns.
D. Time conflicts.
- 5 A. Running. B. Swimming.
C. Dancing. D. Weightlifting.
- 6 A. Skipping workouts.
B. Going to the gym.
C. Doing indoor exercise.
D. Taking extra rest.

Word Bank

productivity /prədʌktɪvɪti/ **n.** 生产率, 生产效率
blood circulation 血液循环
energize /'enədʒaɪz/ **v.** 使充满活力

Task 3 Listen to a passage and choose the best answer to each question you have just heard.

- 1 A. Instant noodles cause serious health problems.
B. Healthy habits support academic performance.
C. Yoga is the best exercise for students.
D. Doctors should monitor students' lifestyles.

- 2 A. Excessive sports training.
B. Poor diet and lack of rest.
C. Genetic health conditions.
D. Heavy academic pressure.
- 3 A. Switching to water from soda.
B. Joining a yoga club.
C. Running daily marathons.
D. Taking short walks during study breaks.

Word Bank

blame /bleɪm/ **v.** (把…)归咎于, 指责, 责怪
 exhausted /ɪg'zɔ:tɪd/ **a.** 精疲力竭的
 maintenance /'meɪntənəns/ **n.** 维护, 保养
 turning point 转折点

Task 4 Work in pairs to make a conversation according to the situation given below, using the expressions given in the box if necessary.

Situation: Lucy has been feeling tired and lacking in energy lately. Her friend Alex, who is passionate about fitness, notices this and suggests practical ways to improve her health. They discuss exercise habits, diet change and motivation strategies.

Roles:

Student A (Lucy): You've been skipping meals, sleeping poorly and feeling sluggish. You want advice but worry about time constraints.

Student B (Alex): You maintain a healthy lifestyle. Share tips on quick workouts, balanced meals and staying motivated.

Conversation points:

- Lucy's current problems (tiredness, poor sleep, unhealthy diet)
- Alex's suggestions (easy exercise, food swaps, sleep tips)
- Lucy's concerns (lack of time, difficulty maintaining consistency)
- Alex's motivation tips (fun activities, small goals, tracking progress)

Useful Expressions

Describing habits / problems:

- I often feel too tired to...
- I'm always worn out because...
- I find it hard to... because...

Giving advice:

- Why not try...
- I suggest...
- A simple change like... could help.

Expressing preferences:

- I prefer... over / to...
- I'm not keen on... but I enjoy...
- ... suits my schedule better.

Agreeing / Compromising:

- That makes sense—I'll give it a shot!
- That's true, but...
- Maybe I could start with... instead.

Essay Writing

记叙文（1）

记叙文（narrative）是以叙述为主要表达方式、以人物经历和事物发展过程为主要内容的一种文体。历史故事、人物传记、日记、回忆录、新闻报道、小说等都广泛采用记叙文的写作方式。

记叙文的要素

记叙文通常包含以下要素：时间，地点，人物，事件的起因、经过和结果。掌握记叙文的要素对把握文章的主题结构层次至关重要。

记叙文的时态

写记叙文时要注意时态的一致。通常来说，记叙文讲述的是过去发生的事情，所以一般用过去时态，即一般过去时、过去完成时、过去进行时和过去将来时。有时也会使用一般现在时对人物或事件进行一般性的叙述。

记叙文的人称

记叙文中多采用第一人称或第三人称作为叙述的主体。用第一人称叙述便于表达作者的思想感情，可以增强文章的真实性和感染力。用第三人称叙述可以使文章更加客观。不管使用何种人称作为叙述的主体，一经选定就要全文保持一致，不要在行文中随意更换，以免破坏文章的连贯性。

Sample:

Reminded by a Child

Three years ago on Mother's Day, I stopped at a flower shop to buy some flowers to be delivered to my mother who lived 200 miles away. As I got out of my car, I noticed a young girl sitting on the curb sobbing. I asked her what was wrong and she replied, "I wanted to buy a red rose for my mother. But I only have 75 cents, and a rose costs \$2." I smiled and said, "Come on in with me."

I bought the little girl her rose and ordered my own mother's flowers. As we were leaving, I offered the girl a ride home. She said, "Yes, please! You can take me to my mother." She directed me to a cemetery, where she placed the rose on a freshly dug grave.

I returned to the flower shop, canceled my order for delivery, picked up a bouquet and drove 200 miles to my mother's house. Every year since then, I have been to my mother's house to celebrate this day of love. I feel grateful that I still have her.

Don't wait until it's too late to tell your mother how much you love her and how much you care about her. Because when she's gone, no matter how loud you shout or cry, she won't hear you anymore.

时间

人物

地点

人称

事件

主题

Task 1 Read the following story about a very special present and answer the questions.

An Empty Box

The story goes that some time ago, a man got mad at his three-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and he became angry when the child tried to decorate a box to put under the Christmas tree. Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy."

The man was embarrassed by his earlier overreaction, but he lost his temper again when he found out the box was empty. He yelled at her, "Don't you know that when you give someone a gift box, there is supposed to be something inside?" The little girl looked up at him with tears in her eyes and said, "Oh, Daddy, it's not empty at all. I blew kisses into the box. They're all for you, Daddy."

The father was deeply moved. He put his arms around his little girl, and he begged for her forgiveness. Unfortunately, an accident took the life of the little girl shortly after. It is said that the man kept that gold-wrapped box by his bed for years. Whenever he felt sad, he would take out an imaginary kiss and remember the love from his little girl.

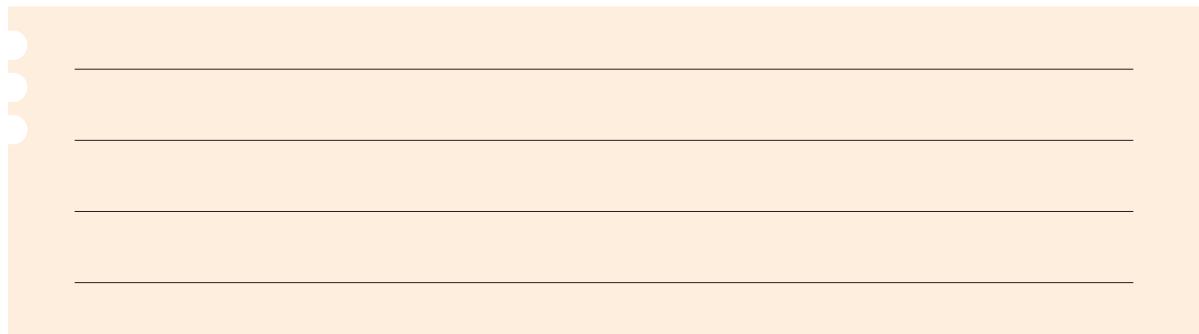
1 In which person is the story told?

2 Who are the characters in the story?

3 Where and when did the story take place?

4 What is the plot of the story?

Task 2 You may notice that in the story the author does not state the theme directly. Now point out the theme of the story.



Reading Skills

Previewing and Predicting

Previewing (预览) and predicting (预测) are two effective reading skills often used by skilled readers. They will help make your reading easier, faster and more efficient.

What Are Previewing and Predicting in Reading?

- **Previewing:** getting an overview of the content by scanning the text. By previewing you will get a general idea of the topic and the organization of the text.
- **Predicting:** guessing what will come next in the text based on some clues. It is an ongoing process that actively engages you in the following two tasks: When you read, your mind is a step ahead, trying to figure out what is coming next (making predictions); at the same time, you are revising and refining your previous predictions.

How to Preview?

When you preview a text, you should ask yourself the following questions:

- **Title**—What do I know from reading the title? How does it relate to the text I'm going to read?
- **Headings**—What is the main idea of each section? Do the headings provide clues to the organization of the text?
- **Introduction**—How does it relate to the title? What new information is given in the introduction?
- **The first sentence in every paragraph**—How does it relate to the title or the headings?
- **Visuals and vocabulary**—Are there any pictures that can demonstrate some ideas about the text? Are there any keywords that stand out?
- **Summary**—What do I know about the text after previewing it?

How to Predict?

When you make predictions while reading, you are advised to:

- use the clues in the title, front-page picture and illustrations of the text to make a guess about what the text is about.
- check your predictions throughout the entire reading process.

What Is a Good Prediction?

A good prediction is well-grounded. While identifying the general topic is a good start, try to use more clues to be specific. For example, instead of just saying the text is about leisure activities, predict which specific activities might be discussed or what benefits the author might mention.

Task 1 Preview the text below and decide whether the statements that follow it are true (T) or false (F).

Traditional Chinese Medicine for Treating Mental Illnesses

There has been a growing interest in traditional Chinese medicine (TCM) therapies for treating mental illnesses. TCM offers a holistic approach that takes into account the body, mind and spirit, aiming to restore balance and harmony within the individual.

Moxibustion

Moxibustion is a TCM technique with a history of thousands of years. It involves burning moxa, above or directly on specific acupuncture points on the body. The heat from the burning moxa penetrates the skin and stimulates the meridians and collaterals in the body. It can regulate the nervous system and reduce inflammation and combat oxidative stress. When applied at specific acupoints, it shows potential for treating depression, anxiety and schizophrenia.

Herbal Medicine

TCM herbal formulas are carefully crafted to address the underlying imbalances causing mental illnesses. For instance, the formula “ganmai dazao decoction” is prescribed for heart-mind disturbance patterns manifesting as emotional instability, such as mood swings and uncontrollable weeping. It consists of ingredients like licorice roots, light wheat and jujube fruits. These herbs work together to nourish the heart, soothe the liver and calm the mind.

Tai Chi

Tai chi is a gentle movement practice that combines slow, flowing motions with deep breathing and mental concentration. This exercise helps relax the body, reduce stress and improve the circulation of vital energy (*qi*). Regular practice of tai chi can enhance mental clarity, relieve anxiety and promote a sense of inner peace.

In conclusion, TCM therapies offer a comprehensive and natural approach to treating mental illnesses. By combining moxibustion, herbal medicine and lifestyle changes, TCM aims to not only relieve the symptoms of mental illnesses but also address the root causes, promoting overall mental and physical health.

- () 1 TCM therapies consider not only the body, but also the mind and spirit of individuals.
- () 2 TCM therapies provide not partial but holistic approaches in the treatment of mental illnesses.
- () 3 Moxibustion regulates the nervous system and directly treats schizophrenia.
- () 4 Regular tai chi practice directly cures depression and protects people against illnesses.
- () 5 The goal of TCM is to relieve symptoms without targeting root causes.

Task 2 Read the following text, stop at the sign “★”, predict what will be discussed according to the clues before the sign, and write down your predictions and clues on the lines.

What kinds of leisure activities and work skills will be mentioned in the text?

What kinds of work skills will be improved by doing a puzzle? What are the clues?

What kinds of work skills will be improved by enrolling in a public speaking class? What are the clues?

Leisure Activities Improve Work Skills ★

Some leisure activities will improve your work skills while adding a fun twist to your daily routine.

Do a Puzzle

Do the daily crossword puzzle, carry a sudoku book in your bag, or tap the word puzzle app of your choice and exercise that powerful muscle in your head. ★ Puzzles can expand your vocabulary and improve your ability to solve problems by forcing you to think differently about the task at hand.

Enroll in a Public Speaking Class

For some people, standing in front of a room full of people can be more terrifying than skydiving or swimming with sharks. Begin to overcome those fears by joining a public speaking class or club where you will learn to speak like a politician, ★ improve your overall communication skills, and network with other like-minded people.

Play a Team Sport

Join your local league or simply gather some friends together for a regular soccer afternoon in the park. Not only will you feel the physical and emotional benefits of exercise, but playing a team sport will also help you improve your teamwork and leadership skills as you learn to think on your feet.

Team Project



Work in teams to investigate campus health habits through peer interviews. Analyze the findings, create promotional materials and present your research with actionable health recommendations to the class.

Healthy Lifestyle Detectives—Campus Health Habits Research & Promotion

Project Duration: 1 Week (5 Days)

Project Steps:

Day 1 Team Formation & Topic Selection

Form teams of 2-4 students.

Discuss and determine a specific research topic related to health and fitness (e.g., "Campus Breakfast Habits", "Student Exercise Routines").

Day 2 Research Planning

Define audience & plan: Identify the target respondent group (e.g., classmates, dorm residents) and determine when and where to conduct research.

Develop interview guide: Prepare a set of open-ended questions to gain deep insights into peers' health perceptions and behaviors.

Day 3 Data Collection

Conduct interviews: Interview selected respondents, recording their responses and observations in detail.

Ensure data integrity: Review notes to ensure all collected data are complete and accurate.

Day 4 Data Analysis & Content Creation

Analyze findings: Synthesize interview data to identify common patterns, strengths and areas for improvement in campus health habits.

Draft your report: Write a concise research report summarizing the objectives, methodology, key findings, conclusions and recommendations.

Create promotional materials: Design simple promotional content (e.g., posters, social media posts) based on research findings to effectively communicate key health messages.

Day 5 Promotion & Presentation

Execute promotion: Launch a promotional campaign on campus by displaying posters, distributing materials or publishing social media content.

Present results: Deliver a brief in-class presentation to share the research process, findings and the impact of the promotional activities.

Review & reflect: Incorporate feedback and suggestions provided by the teacher on both the research report and the promotional campaign.

Chinese Wisdom

Living in Rhythm: The Chinese Art of Harmony with Nature

For thousands of years, Chinese wisdom has viewed human health not as an isolated state, but as a dynamic balance between our bodies and the natural environment. This profound concept, often expressed as “unity of nature and man” (天人合一), suggests that true well-being is achieved by aligning our lifestyles with the rhythms of nature, particularly the changing seasons. The ancient Chinese believed that wise individuals adapted their habits to these changes to prevent illness and preserve vitality.



This philosophy is most beautifully illustrated in the traditional practice of seasonal health maintenance. Each season brings unique energies, and by adjusting our activities and diets accordingly, we can maintain internal balance.

As spring awakens the world, it is a time for renewal and outward movement. We should mirror nature by increasing our physical activities, spending more time outdoors and consuming foods that support this upward energy. Fresh, young greens and tender buds (芽) are ideal, as they help the body's own energy rise and flow smoothly.

When summer arrives with its intense heat, the focus shifts to staying cool and preventing overheating. We naturally enjoy lighter foods like cucumbers and watermelons. However, a key piece of wisdom is to avoid overindulging in icy drinks or spending too much time in air-conditioned rooms. While offering immediate relief, such extremes can damage our *yang qi* (阳气)—the body's warm, vital energy—which is essential for overall health.

Autumn, characterized by cooler, drier air, signals a time to turn inward. The body needs moistening and protection, especially the lungs. Foods like pears, honey and almonds are excellent for “nourishing the lungs” and preventing dryness-related discomforts like a sore throat or dry skin.

Finally, winter is a season of conservation and rest, much like nature itself in deep sleep. To preserve our energy, we should prioritize warmth. This means eating “warming” foods such as soups, stews and nuts, dressing appropriately for the cold and adjusting our sleep schedule—going to bed earlier and rising later, in harmony with the limited sunlight.

This seasonal rhythm is more than a collection of health tips; it is the practical application of a grand philosophy. It teaches us to be observant and responsive to the world around us. By living in sync with nature's cycles, we do not simply avoid sickness—we cultivate a profound, lasting state of harmony and health.

Task 1 Complete the following sentences with the words or phrases in the word bank below. There is one extra option.

conservation	unity of nature and man	
nourishing	<i>yang qi</i>	renewal

- 1 The central Chinese philosophy discussed in the passage is the concept of " _____", which views human health as a dynamic balance with nature.
- 2 In summer, a key piece of wisdom is to protect our " _____", the body's warm, vital energy, by avoiding overindulgence in icy drinks.
- 3 The season of autumn is a time to turn inward and focus on _____ the lungs to protect against dryness.
- 4 Winter is a season of _____, when we should prioritize warmth and rest, mirroring nature's deep sleep.

Task 2 Match the seasons with their recommended dietary or activity focus.

Seasons

- 1 Spring
- 2 Summer
- 3 Autumn
- 4 Winter

Recommended Foods / Actions

- A "Warming" foods like soups, stews and nuts
- B Foods that are light and cooling, like cucumbers and watermelons
- C Fresh, young greens and tender buds to help the body's energy rise
- D Foods like pears and honey that moisten and protect the lungs

Task 3 Discuss the following questions and share your ideas.

What is the core philosophy behind seasonal health maintenance in traditional Chinese culture? How does it guide people's lives?