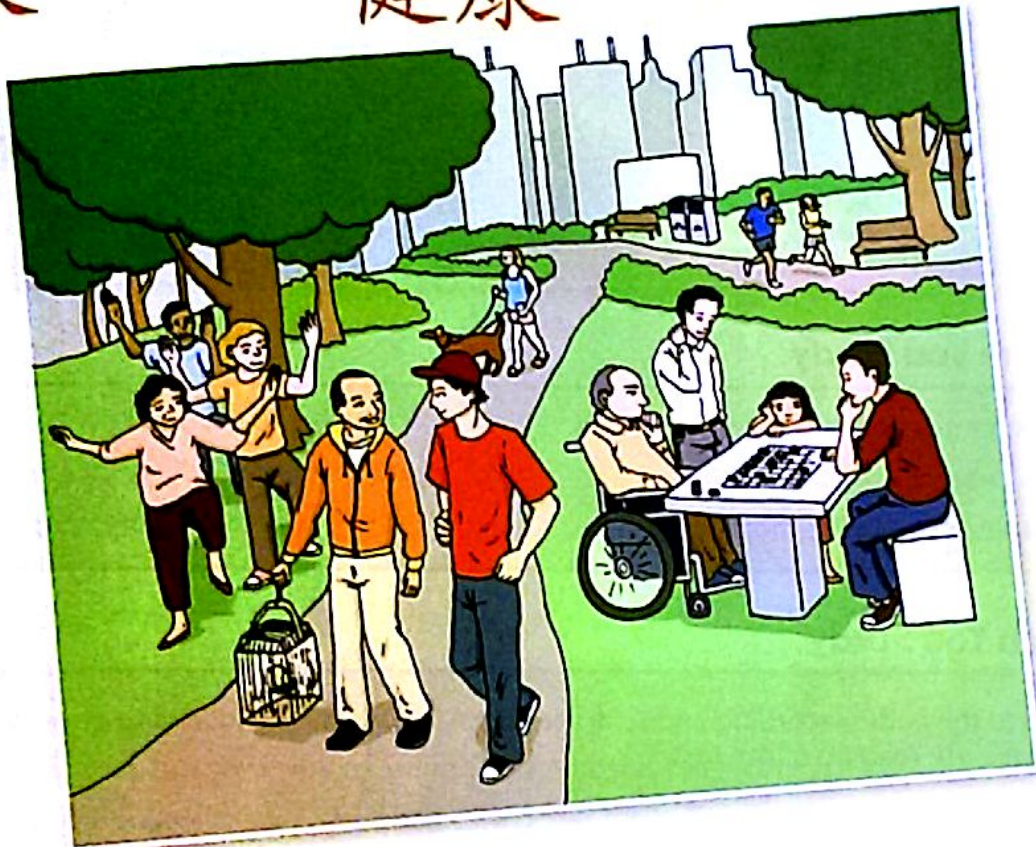


第十四課 生活與 健康

第十四課 生活与 健康



LEARNING OBJECTIVES

In this lesson, you will learn to use Chinese to

1. Talk about your exercise routine;
2. Outline some healthy eating habits;
3. Describe habits that could make you age prematurely or harm your health.



RELATE AND GET READY

In your own culture/community—

- Do many people exercise in the morning in parks?
- Do people go to the gym to exercise?
- Are people conscientious about health and fitness?
- Are many people concerned about their weight?



Before You Study

Check the statements that apply to you.

1. I exercise regularly.
2. I exercise in the morning.

When You Study

Listen to the audio recording and scan the text. Ask yourself the following questions before you begin a close reading of the text.

1. Who is Li Wen?
2. Why is Lisa staying with Li Wen?




麗莎到北京後沒有住留學生公寓，為了更多地了解中國人的生活，她住進了一個中國家庭。房東夫妻二人都已^①退休，女兒李文在博物館工作，與^②父母住在一起。李文很想去美國留學，所以請麗莎做她的英文家教，這樣麗莎就不必付房租了。由於麗莎每天都跟李文的父母說中文，所以她的中文也進步得很快。

麗莎每天早上都出去散步，在她住的這個社區，在街邊，在公園，都能看見很多人，特別是老人，在鍛煉身體。他們有的^③站成一個圈，高高興興地跳舞，有的排成隊，慢慢地



- 3. I eat three meals a day.
- 4. I am careful about what I eat.
- 5. I often stay up late.

3. What does Lisa see every morning that impresses her so much?
4. Does Lisa exercise and take good care of her health?
5. What's Lisa's advice to Li Wen?

 丽莎到北京后没有住留学生公寓，为了更多地了解中国人的生活，她住进了一个中国家庭。房东夫妻二人都已^①退休，女儿李文在博物馆工作，与^②父母住在一起。李文很想去美国留学，所以请丽莎做她的英文家教，这样丽莎就不必付房租了。由于丽莎每天都跟李文的父母说中文，所以她的中文也进步得很快。

丽莎每天早上都出去散步，在她住的这个小区，在街边，在公园，都能看见很多人，特别是老人，在锻炼身体。他们有的^③站成一个圈，高高兴兴地跳舞，有的排成队，慢慢地

打太極拳。這些早晨鍛煉^①的人們，成為北京特別的“風景”，使^②這個城市顯得非常有活力。

這一天早上麗莎正要出門，李文從房間走出來。

- 李文：麗莎，今天是星期六，怎麼這麼早就起床了？
- 麗莎：我本來想跟叔叔、阿姨去學太極拳，沒想到他們那麼早就出去了。
- 李文：我以為你只喜歡做瑜伽^③，怎麼對太極拳也有興趣？
- 麗莎：太極拳和瑜伽一樣，不但對身體有好處，而且動作很美。
- 李文：麗莎，你看大樹下邊，我爸、我媽正在跟那些退休老人打太極拳呢！你去找他們吧。
- 麗莎：好，一會兒就去。他們打得真棒，好像在表演一樣。我每天早晨出去散步，看見到處都是運動的人。中國人真重視鍛煉身體啊！
- 李文：對，現在大家都越來越注意身體健康了。哎，麗莎，美國人一般怎麼鍛煉身體？
- 麗莎：一般是跑步、游泳、打球等等，有些人也去健身房。至於我，除了做瑜伽以外，偶爾也跑步。
- 李文：難怪你的身體這麼健康，身材這麼好。
- 麗莎：我覺得如果想身體健康、身材好，除了多運動以外，還應該注意飲食。
- 李文：你一點兒都不胖，還需要注意飲食嗎？
- 麗莎：注意飲食不等於減肥。我認為只要身體健康就好，胖瘦並不重要。
- 李文：我工作忙，沒時間好好兒吃飯，常常隨便亂吃。你是怎麼注意飲食的呢？
- 麗莎：多喝水，多吃青菜、水果。另外，即使你非常忙，也一定要吃早飯，而且早飯要有營養；午飯要吃饱，因為下午還

LANGUAGE NOTES

- ① 在早晨進行練習或鍛煉/在早晨进行练习或锻炼 can be shortened to 晨練/晨练.

打太极拳。这些早晨锻炼^①的人们，成为北京特别的“风景”，使^④这个城市显得非常有活力。

这一天早上丽莎正要出门，李文从房间走出来。

- 李文： 丽莎，今天是星期六，怎么这么早就起床了？
- 丽莎： 我本来想跟叔叔、阿姨去学太极拳，没想到他们那么早就出去了。
- 李文： 我以为你只喜欢做瑜伽^②，怎么对太极拳也有兴趣？
- 丽莎： 太极拳和瑜伽一样，不但对身体有好处，而且动作很美。
- 李文： 丽莎，你看大树下边，我爸、我妈正在跟那些退休老人打太极拳呢！你去找他们吧。
- 丽莎： 好，一会儿就去。他们打得真棒，好像在表演一样。我每天早晨出去散步，看见到处都是运动的人。中国人真重视锻炼身体啊！
- 李文： 对，现在大家都越来越注意身体健康了。哎，丽莎，美国人一般怎么锻炼身体？
- 丽莎： 一般是跑步、游泳、打球等等，有些人也去健身房。至于我，除了做瑜伽以外，偶尔也跑步。
- 李文： 难怪你的身体这么健康，身材这么好。
- 丽莎： 我觉得如果想身体健康、身材好，除了多运动以外，还应该注意饮食。
- 李文： 你一点儿都不胖，还应该注意饮食吗？
- 丽莎： 注意饮食不等于减肥。我认为只要身体健康就好，胖瘦并不重要。
- 李文： 我工作忙，没时间好好儿吃饭，常常随便乱吃。你是怎么注意饮食的呢？
- 丽莎： 多喝水，多吃青菜、水果。另外，即使你非常忙，也一定要吃早饭，而且早饭要有营养；午饭要吃饱，因为下午还

要學習和工作；晚飯就要少吃一點，不然會越來越胖，因為離上床睡覺的時間太近了。

李文：我們中國人有一句話：早餐要吃好，午餐要吃飽，晚餐要吃少^①，跟你說的幾乎一樣。

麗莎：真的？中國人也這樣說？可見是有科學道理的。

李文：要想身體好，在其他方面也要注意。

麗莎：你的意思是要有良好的生活習慣，對不對？

李文：對。不吸煙，不喝酒，早睡早起，最好不要熬夜。別的都沒問題，就是不熬夜我可做不到。我晚上常常得開夜車^②準備考研究生。

麗莎：那你必須^③儘可能找時間補充睡眠。

李文：你說得對，我是得注意了，否則我的兩隻眼睛都快變成熊貓^④眼了。

After You Study

Challenge yourself to complete the following tasks in Chinese.

1. Describe the scenes that make Lisa think Beijing is lively and full of energy.
2. Explain the similarity between tai chi and yoga, according to Lisa.

LANGUAGE NOTES

- ① 早餐 is the same as 早飯/早饭. 午餐 is synonymous with 午飯/午饭, and 晚餐 with 晚飯/晚饭.
- ② 開夜車/开夜车 means staying up late to work or study.

要学习和工作；晚饭就要少吃一点，不然会越来越胖，因为离上床睡觉的时间太近了。

李文：我们中国人有一句话：早餐要吃好，午餐要吃饱，晚餐要吃少^⑤，跟你说的几乎一样。

丽莎：真的？中国人也这样说？可见是有科学道理的。

李文：要想身体好，在其它方面也要注意。

丽莎：你的意思是要有良好的生活习惯，对不对？

李文：对。不吸烟，不喝酒，早睡早起，最好不要熬夜。别的都没问题，就是不熬夜我可做不到。我晚上常常得开夜车^④准备考研究生。

丽莎：那你必须^⑥尽可能找时间补充睡眠。

李文：你说得对，我是得注意了，否则我的两只眼睛都快变成熊猫^⑥眼了。

3. List the things that keep Lisa fit and healthy.

4. Explain why Li Wen is not getting enough sleep.

⑤ The negative of 必须/必须 is often 不必 or 不用.

⑥ 熊猫/熊猫 in Taiwan is known as 貓熊/猫熊.



VOCABULARY

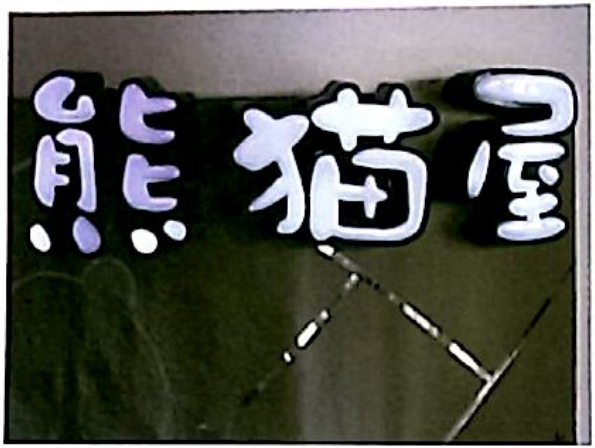
1.	與	与	yǔ	conj/prep	and; with [See Grammar 2.]
2.	夫妻		fūqī	n	husband and wife; couple
3.	退休		tuìxiū	v	to retire
4.	博物館	博物馆	bówùguǎn	n	museum
5.	散步		sàn bù	vo	to take a walk; to go for a walk
6.	鍛煉	锻炼	duànliàn	v	to exercise; to work out; to undergo physical training
7.	圈		quān	n/v	circle; to encircle; to mark with a circle
8.	排		pái	v/n/m	to line up; row; line; (measure word for rows)
9.	隊	队	duì	n/m	a row or line of people; column; (measure word for teams and lines)
10.	太極拳	太极拳	tàijíquán	n	tai chi; a form of traditional Chinese shadow boxing
11.	早晨		zǎochen	n	morning; early morning
12.	成為	成为	chéngwéi	v	to become; to turn into
13.	使		shǐ	v	to make; to cause; to have someone do something [See Grammar 4.]
14.	顯得	显得	xiǎnde	v	to appear (to be); to seem
15.	活力		huóli	n	vitality; energy
16.	出門	出门	chū mén	vo	to go out; to leave home
17.	瑜伽		yújiā	n	yoga
18.	動作	动作	dòngzuò	n	movement; action
19.	樹	树	shù	n	tree
20.	表演		biǎoyǎn	v/n	to perform; to act; performance

21. 重视	重视	zhòngshì	v	to attach importance to; to think much of
22. 注意		zhùyì	v/n	to pay attention to; attention
23. 等		děng	p	and so forth; etc.
24. 健身房		jiànshēnfáng	n	fitness center; gym
25. 偶尔	偶尔	ǒu'ěr	adv	occasionally
26. 身材		shēncái	n	stature; figure
27. 等於	等于	děngyú	v	to equal; to be equivalent to; to amount to
28. 減肥	减肥	jiǎn féi	vo	to lose weight
29. 只要		zhǐyào	conj	only if; as long as
30. 隨便	随便	suíbiàn	adj/vo	casual; careless; to do as one pleases
31. 即使		jíshǐ	conj	even if
32. 營養	营养	yíngyǎng	n	nutrition; nourishment
33. 飽	饱	bǎo	adj	full; satiated (after a meal)
34. 可見	可见	kějiàn	conj	it is obvious that; it can be seen that
35. 科學	科学	kēxué	n/adj	science; scientific; rational
36. 方面		fāngmiàn	n	aspect; respect
37. 吸煙	吸烟	xī yān	vo	to smoke a cigarette
38. 熬夜		áo yè	vo	to stay up late or all night; to burn the midnight oil
39. 必須	必须	bìxū	adv	must; have to; be obliged to
40. 補充	补充	bǔchōng	v	to supplement; to replenish
41. 睡眠		shuìmián	n	sleep
42. 否則	否则	fǒuzé	conj	otherwise

- | | | | | | |
|-----|----|----|----------|---|--|
| 43. | 隻 | 只 | zhī | m | (measure word for one of certain paired things and some animals) |
| 44. | 熊貓 | 熊猫 | xióngmāo | n | panda |

Proper Noun

- | | | | |
|-----|----|--------|-------------------|
| 45. | 李文 | Lǐ Wén | (a personal name) |
|-----|----|--------|-------------------|



这家商店卖的礼物与纪念品都做成熊猫的样子或者有熊猫的照片。
 这家商店卖的礼物与纪念品都做成熊猫的样子或者有熊猫的照片。

Enlarged Characters

與	隊	極	顯	隨	養	貓
与	队	极	显	随	养	猫



麗莎不住這兒。
 麗莎不住这儿。

Culture Highlights

- ① In the past, most people in Beijing lived in courtyard houses called 四合院 (sìhéyuàn). Because of the rapid increase in population, many of the traditional residential neighborhoods have been demolished to make way for high-rise apartment buildings. Although some courtyard houses in the city center have been renovated to make them more amenable to modern living, most have been replaced by gated residential subdivisions that often have enticing names.



四合院



小區裏有個公園。
小区里有个公园。

- ② Unlike in Western countries, there are still many smokers in China. The Chinese government has begun taking steps to discourage people from smoking.



这些都是不准吸煙的意思。
这些都是不准吸烟的意思。

- 3 Many Chinese people like to exercise in the morning. City residents, especially the elderly, take exercising very seriously. Morning exercises have become very popular. Older people congregate on street corners or in neighborhood parks. Some practice tai chi or tai chi sword dance. Some practice various kinds of calisthenic exercise. Dances of all types—traditional folk dancing, ballroom dancing, and so on—are also popular.



小區裏給人鍛煉身體的地方
小区里给人锻炼身体地方

Grammar

1. Disyllabic Words Becoming Monosyllabic

In written Chinese some two-syllable modal verbs, adverbs, conjunctions and so on may appear in monosyllabic form, e.g.,

已經/已经 → 已 (already)

應該/应该 → 應/应 (should)

可以 → 可 (can, may)

因為/因为 → 因 (because)

為了/为了 → 為/为 (for the sake of)

比較/比较 → 較/较 (relatively; rather)

多半 → 多 (most, mostly)

雖然/虽然 → 雖/虽 (although)

但是 → 但 (but, however)

2. Conjunction and Preposition 與/与

與/与 is a conjunction as well as a preposition. It appears in written Chinese.

- A:** 與/与 is a conjunction in 生活與健康/生活与健康 and is synonymous with 和 and 跟. Here are two more examples: 教師與學生/教师与学生 (teachers and students), 沙漠與河流/沙漠与河流 (deserts and rivers).
- B:** Like 和 and 跟, 與/与 can serve as a preposition, e.g. 李文與父母住在一起/李文与父母住在一起 (Li Wen lives with her parents), 麗莎與天明一起去雲南旅行/丽莎与天明一起去云南旅行 (Lisa travels to Yunnan with Tianming), 我購物的標準與你們不同/我购物的标准与你们不同 (My shopping criteria are different from yours).

3. 有的…, 有的…

- ① 中午, 旅行團的人都累了, 他們有的躺在椅子上睡覺, 有的靠在椅子上休息, 都不說話了。
 中午, 旅行團的人都累了, 他們有的躺在椅子上睡覺, 有的靠在椅子上休息, 都不說話了。
 (Around midday, everyone in the tour group was tired. Some lay down on the chairs to take a nap, and some leaned back against the chairs to take a rest. Everybody stopped talking.)

- ② 我到公園的時候, 看見有的人在散步, 有的人排成隊打太極拳, 有的人站成圈跳舞。
 我到公園的時候, 看見有的人在散步, 有的人排成隊打太極拳, 有的人站成圈跳舞。
 (When I got to the park, I saw some people taking walks, some people in rows practicing tai chi, and some people in a circle dancing.)

- ③ 我進學校的時候, 看見孩子們有的在打球, 有的在玩遊戲, 有的坐在地上休息。
 我進學校的時候, 看見孩子們有的在打球, 有的在玩遊戲, 有的坐在地上休息。
 (When I arrived at the school, I saw that some children were playing ball, some were playing games, and some were sitting on the ground taking a break.)

4. 使 and Pivotal Sentences

使 means “to cause” or “to make.”

- ① 由於房東整天不斷地抱怨這抱怨那, 使他很不高興, 決定馬上搬家。
 由于房东整天不断地抱怨这抱怨那, 使他很不高兴, 决定马上搬家。
 (The landlord's constant complaints made him very unhappy and he decided to move out right away.)



- ② 老師剛才說的話，使我理解了我為什麼考試考得不好。
 老师刚才说的话，使我理解了我为什么考试考得不好。
 (What the teacher just said made me realize why I didn't do well on the exam.)

This usage of 使 appears in this pattern:

Noun (subject) + 使 + noun (object/subject) + verb...

The noun after 使 acts as the object of 使 as well as the subject of the following verb as in ②.

老師的話/老师的话 (subject) + 使 + 我 (object/subject) + 理解...

(The teacher's words [subject] made me [object/subject] realize...)

This kind of sentence is called a pivotal sentence.

Other verbs that can be used in this way include 叫, 讓/让, etc. The 使 in sentences ① and ② can be replaced with 叫 or 讓/让.

- (1a) 由於房東整天不斷地抱怨這抱怨那，讓他很不高興，決定馬上搬家。

由于房东整天不断地抱怨这抱怨那，让他很不高兴，决定马上搬家。

- (2a) 老師剛才說的話，叫我理解了我為什麼考試考得不好。
 老师刚才说的话，叫我理解了我为什么考试考得不好。

叫 and 讓/让 are colloquial. In comparison, 使 is more literary. Therefore, the examples above differ stylistically. In other words, in spoken language it is more appropriate to use 叫 or 讓/让, whereas it is more appropriate to use 使 in written-style language.

Please also note that 叫 and 讓/让 sometimes express a request or permission, e.g.,

- ③ 指導教授叫/讓你去一下。
 指导教授叫/让你去一下。
 (The advisor asked you to go see him.)

- ④ 那兒太危險，媽媽不叫/讓我去。
 那儿太危险，妈妈不叫/让我去。
 (That place is too dangerous. Mom wouldn't let me go there.)

使 cannot be used in this manner. Therefore, 叫 or 讓/让 in sentences ③ and ④ cannot be replaced by 使.

Words & Phrases

A. 顯得/显得 (to appear [to be]; to seem)

顯得/显得 is generally followed by an adjective, which is in turn often qualified by an adverb expressing degree or extent:

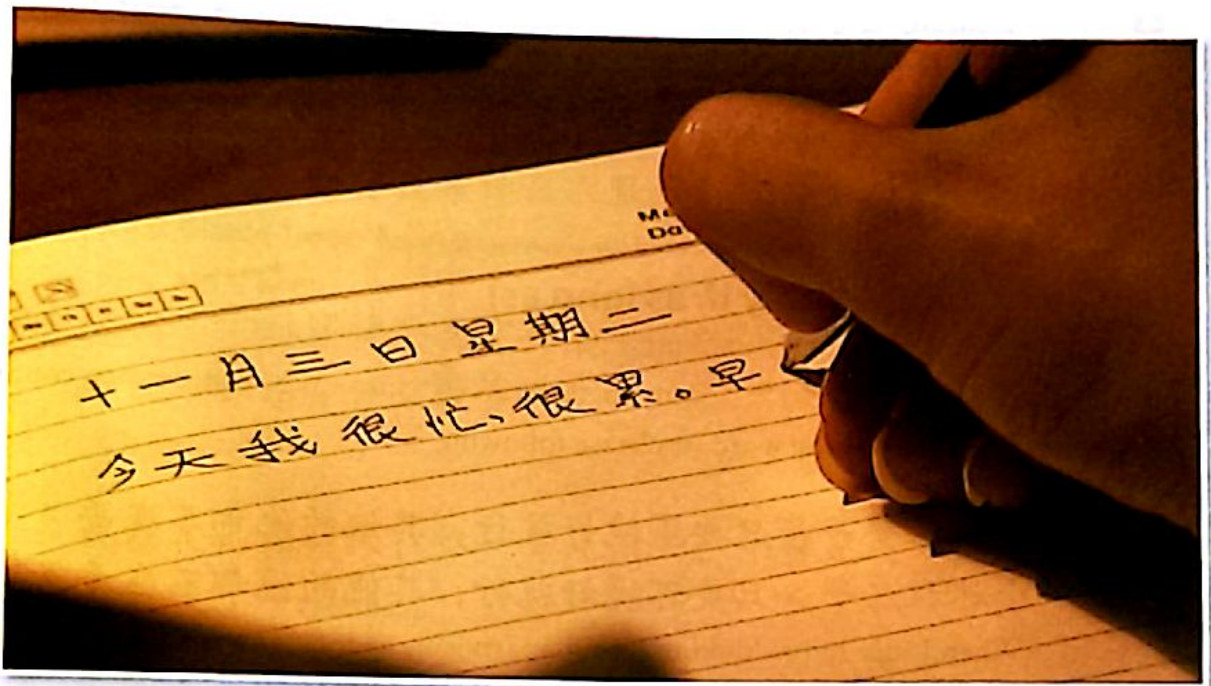
- ① 今天天氣很好，樹顯得特別綠，花顯得特別美。
今天天气很好，树显得特别绿，花显得特别美。
(Today's weather is great. The trees look unusually green, and the flowers unusually beautiful.)
- ② 你穿上這件襯衫顯得更漂亮。
你穿上这件衬衫显得更漂亮。
(This shirt makes you look even better.)
- ③ 我房間牆的顏色很深，顯得屋子很小。
我房间墙的颜色很深，显得屋子很小。
(The color of the walls in my room is very dark. It makes the room seem very small.)

B. 重視/重视 (to attach importance to; to think much of)

重視/重视 is used mainly as a predicate in a sentence and generally followed by an object. Sometimes 重視/重视 can also be used as an attributive.

- ① 公司很重視我姐夫，又給他加工資了。 [predicate]
公司很重视我姐夫，又给他加工资了。
(The company thinks very highly of my brother-in-law and gave him another raise.)
- ② 我們大學很重視科學研究，我們的教授在研究方面都很有名。 [predicate]
我们大学很重视科学研究，我们的教授在研究方面都很有名。
(Our university places a great deal of importance on scientific research. Our professors are all very famous for their research.)

- ③ 我爸爸現在最重視的事情是我的學習。 [attributive]
 我爸爸現在最重視的事情是我的学习。
 (What my dad cares the most about now is my studies.)



C. 等於/等于 (to equal; to be equivalent to; to amount to)

等於/等于 can mean that two numbers or two things are equal to each other.

- ① 已經一個星期了, 你男朋友打電話你一直不接, 不等於告訴他要跟他分手嗎?
 已经一个星期了, 你男朋友打电话你一直不接, 不等于告诉他
 要跟他分手吗?
 (You haven't taken your boyfriend's phone calls for a week now. Doesn't that amount to telling him you want to break up with him?)
- ② 孩子要什麼就給什麼不等於愛孩子, 可能會使孩子變壞。
 孩子要什么就给什么不等于爱孩子, 可能会使孩子变坏。
 (Giving a child whatever he wants isn't the same as loving the child. You might spoil the child instead.)

- ③ 二加二等於四。
二加二等于四。
(Two plus two equals four.)
- ④ 十五減九等於六。
十五減九等于六。
(Fifteen minus nine equals six.)

D. 只要…(就)… (only if; as long as)

In the “只要…(就)…” construction, 只要 introduces a necessary condition for the result expressed by the word or phrase following 就.

- ① 小林租房子，只要環境好就行，其他的他都不在乎。
小林租房子，只要环境好就行，其他的他都不在乎。
(When Little Lin is looking for an apartment, as long as the environment is good he'll rent it. He doesn't care about anything else.)
- ② 只要你好好兒用功學習，你的中文就一定會進步。
只要你好好儿用功学习，你的中文就一定会进步。
(As long as you study diligently, your Chinese will definitely improve.)
- ③ 很多父母認為，只要孩子平安、健康，就是自己最大的幸福。
很多父母认为，只要孩子平安、健康，就是自己最大的幸福。
(Many parents think that their biggest happiness is the safety and health of their children.)

E. 隨便/随便 (casual; careless; to do as one pleases)

隨便/随便 is an adjective. In this lesson, 隨便/随便 means doing whatever one wants regardless of whether the action or behavior is appropriate or not. It can be a predicate or an adverbial.

① **A:** 明天的歡迎晚會我穿什麼衣服好?

明天的欢迎晚会我穿什么衣服好?

(What should I wear for tomorrow's welcome party?)

B: 隨便。你想穿什麼就穿什麼。 [predicate]

随便。你想穿什么就穿什么。

(Whatever you like.)

② 現在是上課時間，你一會兒出去，一會兒進來，

太隨便了。 [predicate]

现在是上课时间，你一会儿出去，一会儿进来，

太随便了。

(It's class time now. You are in and out of the classroom as you please. That's way out of line.)

③ 上課不能隨便說話，有問題要舉手。 [adverbial]

上课不能随便说话，有问题要举手。

(You can't speak whenever you feel like it. If you have a question, raise your hand.)

④ **A:** 你為什麼問他交沒交女朋友?

你为什么问他交没交女朋友?

(Why did you ask if he had a girlfriend?)

B: 沒什麼，只是隨便問問。 [adverbial]

没什么，只是随便问问。

(No reason. I was just asking a casual question.)

F. 即使 (even if)

In 即使...也..., 即使 indicates a condition and a concession. The structure 即使... usually presents a hypothetical situation, and the 也... structure indicates a result or conclusion reached despite the previously mentioned hypothetical scenario.

- ① 即使熬夜不睡覺，我也要把這篇文章寫完。
即使熬夜不睡觉，我也要把这篇文章写完。
(Even if I [have to] stay up all night, I will finish writing this article.)
- ② 我啊！即使不吃東西只喝水，也會胖。
我啊！即使不吃东西只喝水，也会胖。
(For me, even if I didn't eat anything and just drank water, I'd still put on weight.)
- ③ 他的事業非常成功，但是太忙。即使是感恩節，也在辦公室工作。
他的事业非常成功，但是太忙。即使是感恩节，也在办公室工作。
(His career is very successful, but he is too busy. He has to work in the office even on Thanksgiving.)

G. 可見/可见 (it is obvious that; it can be seen that)

可見/可见 is a conjunction. It introduces a conclusion based on a previous statement or scenario.

- ① A: 小李，對不起，昨天去健身房鍛煉，我忘了找你了。
小李，对不起，昨天去健身房锻炼，我忘了找你了。
(Little Li, I'm sorry. I went to the gym to work out yesterday, and forgot to ask you to come along.)
- B: 可見你不重視我這個朋友。
可见你不重视我这个朋友。
(Obviously, you don't think much of me as a friend.)



A: 不，不，我最近老忘這忘那的。
不，不，我最近老忘這忘那的。
(Oh no, I've been absent-minded recently.)

B: 沒事兒，我只是隨便說說，開玩笑。
没事儿，我只是随便说说，开玩笑。
(It's OK. I didn't really mean it. I was just joking.)

② 現在很多人都不吸煙了，可見人們對健康還是重視的。
现在很多人都不吸烟了，可见人们对健康还是重视的。
(Nowadays many people have stopped smoking. You can see that people do care about their health.)

③ 你申請哪個公司哪個公司要你，可見你很棒。
你申请哪个公司哪个公司要你，可见你很棒。
(Every company you applied to wanted to hire you. Obviously, you are outstanding.)

H. 否則/否则 (otherwise)

否則/否则 is synonymous with 要不然, but is more literary in flavor. It generally occurs at the beginning of the second clause of a compound sentence:

- ① 麗莎說，旅行的時候一定要多帶幾件衣服，否則會很不方便。
丽莎说，旅行的时候一定要多带几件衣服，否则会很不方便。
(Lisa says that when you travel [you must] be sure to pack a lot of clothes; otherwise it'll be very inconvenient.)
- ② 過年的時候你一定要給爺爺奶奶打電話拜年，否則他們會不高興的。
过年的时候你一定要给爷爷奶奶打电话拜年，否则他们会不高兴。
(You must call Grandpa and Grandma on New Year; otherwise they won't be very happy.)

- ③ 發燒得趕快去看醫生，否則小病變成大病就糟糕了。
发烧得赶快去看医生，否则小病变成大病就糟糕了。
(If you have a fever, you'd better see a doctor as soon as possible, or a small ailment will turn into a serious medical condition.)

Language Practice

A. The Domino Effect

Based on each of the scenarios below, use 使 to express the idea that one thing sets another thing in motion.

EXAMPLE:

reading Chinese news online every day → his Chinese is getting better and better

→ 每天上網看中文新聞，
使他的中文越來越好。

每天上網看中文新聞，
使他的中文越來越好。

1. staying at a bed-and-breakfast every night → he saved a lot of money
2. practicing tai chi every morning → he is getting healthier
3. staying up late often → her eyes have almost become like a panda's
4. her dog is getting fatter and fatter → she is very worried

B. How's Your Math?

Work with a partner to do the following math problems in Chinese.

EXAMPLE: $135 + 40 = ?$

- A: 一百三十五加四十等於多少? A: 一百三十五加四十等于多少?
 B: 一百三十五加四十等於一百七十五。 B: 一百三十五加四十等于一百七十五。

1. $76 + 36 = ?$

2. $308 + 699 = ?$

3. $1122 - 34 = ?$

4. $253 - 148 = ?$

C. Are You Accommodating?

a. As an accommodating host, what would you say to make your guest feel at ease?

EXAMPLE:

Guest: 你叫我給你寫幾個漢字?
寫什麼?

Guest: 你叫我給你寫幾個漢字?
寫什麼?

→ Host: 隨便寫。

Host: 隨便寫。

1. Guest: 我把地圖還給您。
放哪兒?

1. Guest: 我把地圖還給您。
放哪兒?

Host:

2. Guest: 你這兒這麼多雜誌,
我能不能拿一本?

2. Guest: 你這兒這麼多雜誌,
我能不能拿一本?

Host:

3. Guest: 電視裏有足球賽,
籃球賽, 你想看什麼
比賽?

3. Guest: 電視裏有足球賽,
籃球賽, 你想看什麼
比賽?

Host:

b. You are the kind of easygoing person who will go along with whatever comes your way, and you think that people should do whatever they like.

EXAMPLE: What would you like for dinner?

→ A: 今天晚餐想吃點兒什麼?

B: 隨便, 你做什麼就吃什麼。

A: 今天晚餐想吃点儿什么?

B: 随便, 你做什么就吃什么。

1. Which outfit should I wear for tonight's party?
2. Which color should we choose for the walls in the living room?
3. Where should we spend our Thanksgiving holiday?
4. Which tour group should we sign up for?

D. It's Obvious That...

Work with a partner. First state the given scenario, and then draw an inference from that description by using 可見/可见.

EXAMPLE:

他不回你的電話、電郵、短信,
可見他不想跟你交朋友。

他不回你的电话、电邮、短信,
可见他不想跟你交朋友。

1. 張天明從早到晚玩電腦遊戲,
常常忘了吃飯、睡覺,

2. 張天明買衣服只看牌子,
從來不管價錢,

3. 麗莎在餐館點菜,
老是點青菜、豆腐,

4. 柯林和雪梅兩個人在一起
無論做什麼都是有說有笑的...

1. 张天明从早到晚玩电脑游戏,
常常忘了吃饭、睡觉,

2. 张天明买衣服只看牌子,
从来不管价钱,

3. 丽莎在餐馆点菜,
老是点青菜、豆腐,

4. 柯林和雪梅两个人在一起
无论做什么都是有说有笑的...

E. Giving Your Advice

Warn your friend of the likely negative consequences if he or she doesn't do the following things.

EXAMPLE: 復習

复习

→ 你得復習，否則考試考得不好。 你得复习，否則考試考得不好。

1. 鍛煉
2. 注意飲食
3. 早睡早起

1. 锻炼
2. 注意饮食
3. 早睡早起

F. To Exercise or Not to Exercise

a. With a partner, take turns answering the following questions concerning your workout routine. If you don't work out at all, explain why.

- | | |
|------------------|------------------|
| 1. 你平常鍛煉身體嗎? | 1. 你平常锻炼身体吗? |
| 2. 你平常怎麼鍛煉身體? | 2. 你平常怎么锻炼身体? |
| 3. 你多長時間鍛煉一次? | 3. 你多长时间锻炼一次? |
| 4. 你每次鍛煉多長時間? | 4. 你每次锻炼多长时间? |
| 5. 你覺得鍛煉身體有什麼好處? | 5. 你觉得锻炼身体有什么好处? |

b. Connect your answers into to a coherent paragraph, and tell your class about your exercise routine.

G. It's Good for Your Body!

a. What would a doctor, a dietitian, or a personal trainer advise you to do to stay healthy, fit, and young?

Write their advice on the following chart.

多 _____

少 _____

別 _____

b. In addition to the above, what other advice can you think of?



買菜的時候買什麼?
买菜的时候买什么?

H. Writing Practice

Fill in the blanks with the proper words and phrases from below and from the text of this lesson.

除了 以外 最好 要 還/还 另外

一個人要想身體好，就應該重視鍛煉身體，_____ 鍛煉身體_____，_____ 要注意飲食，_____ 多喝水，多吃青菜水果；早餐_____，午餐_____，晚餐_____。_____，還要有良好的生活習慣，不_____，不_____，早睡早起，_____ 不熬夜。

一个人要想身体好，就应该重视锻炼身体，_____ 锻炼身体_____，_____ 要注意饮食，_____ 多喝水，多吃青菜水果；早餐_____，午餐_____，晚餐_____。_____，还要有良好的生活习惯，不_____，不_____，早睡早起，_____ 不熬夜。

营养早餐
六元套餐

1. 鸡汤馄饨 卤鸡蛋 油条 小豆腐干
2. 小笼包子 粥 咸鸭蛋 黄瓜条
3. 豆腐脑 油条 卤鸡蛋 煎香肠
4. 烧饼夹肉 粥 小豆腐干
5. 担担面 油条 卤鸡蛋
6. 干绍面 粥 卤鸡蛋
7. 特色米线 卤鸡蛋

Pinyin Text

Lìshā dào Běijīng hòu méiyǒu zhù liúxuésēng gōngyù, wèile gèng duō de liǎojiè Zhōngguó rén de shēnghuó, tā zhù jìn le yí ge Zhōngguó jiāting. Fángdōng fūqī èr rén dōu yī^① tuì xiū, nǚ'ér Lǐ Wén zài bówùguǎn gōngzuò, yǔ^② fùmǔ zhù zài yìqǐ. Lǐ Wén hěn xiǎng qù Měiguó liú xué, suǒyǐ qǐng Lìshā zuò tā de Yīngwén jiājiào, zhèyàng Lìshā jiù búbì fù fángzū le. Yóuyú Lìshā měi tiān dōu gēn Lǐ Wén de fùmǔ shuō Zhōngwén, suǒyǐ tā de Zhōngwén yě jìnbù de hěn kuài.

Lìshā měi tiān zǎoshang dōu chū qu sàn bù, zài tā zhù de zhè ge xiǎoqū, zài jiē biān, zài gōngyuán, dōu néng kàn jiàn hěn duō rén, tèbié shì lǎorén, zài duànliàn shēntǐ. Tāmen yǒude^③ zhàn chéng yí ge quǎn gāo gāo xìng xìng de tiào wǔ, yǒude pái chéng duì, màn màn de dǎ tàijíquán. Zhè xiē zǎochen duànliàn^④ de rénmen, chéngwéi Běijīng tèbié de "fēngjīng", shǐ^⑤ zhè ge chéngshì xiǎnde fēicháng yǒu huóli.

Zhè yì tiān zǎoshang Lìshā zhèng yào chū mén, Lǐ Wén cóng fángjiān zǒu chu lai.

Lǐ Wén: Lìshā, jīntiān shì xīngqīliù, zěnme zhème zǎo jiù qǐ chuáng le?

Lìshā: Wǒ běnlái xiǎng gēn shūshu, āyí qù xué tàijíquán, méi xiǎng dào tāmen nàme zǎo jiù chū qu le.

Lǐ Wén: Wǒ yīwéi nǐ zhǐ xīhuan zuò yújiā^⑥, zěnme duì tàijíquán yě yǒu xìngqù?

Lìshā: Tàijíquán hé yújiā yíyàng, búdàn duì shēntǐ yǒu hǎochu, érqǐè dòngzuò hěn měi.

Lǐ Wén: Lìshā, nǐ kàn dà shù xià bian, wǒ bà, wǒ mā zhèngzài gēn nà xiē tuì xiū lǎorén dǎ tàijíquán ne! Nǐ qù zhǎo tāmen ba.

Lìshā: Hǎo, yí huìr jiù qù. Tāmen dǎ de zhēn bàng, hǎoxiàng zài biǎoyǎn yíyàng. Wǒ měitiān zǎochen chū qu sàn bù, kàn jiàn dào chù dōu shì yùndòng de rén. Zhōngguó rén zhēn zhòngshì duànliàn shēntǐ a!

Lǐ Wén: Duì, xiànzài dàjiā dōu yuè lái yuè zhùyì shēntǐ jiànkāng le. Āi, Lìshā, Měiguó rén yìbān zěnme duànliàn shēntǐ?

Lìshā: Yìbān shì pǎo bù, yóu yǒng, dǎ qiú dēng dēng, yǒu xiē rén yě qù jiànshēnfáng. Zhiyú wǒ, chúle zuò yújiā yǐwài, ǒu'ěr yě pǎo bù.

Lǐ Wén: Nánguài nǐ de shēntǐ zhème jiànkāng, shēncái zhème hǎo.

Lìshā: Wǒ juéde rúguǒ xiǎng shēntǐ jiànkāng, shēncái hǎo, chúle duō yùndòng yǐwài, hái yīnggāi zhùyì yīnshí.

Lǐ Wén: Nǐ yì diǎnr dōu bú pàng, hái xūyào zhùyì yīnshí ma?

- Lishā: Zhùyì yǐnshí bù dēngyú jiǎn féi. Wǒ rènwéi zhīyào shēntǐ jiànkāng jiù hǎo, pàng shòu bìng bú zhòngyào.
- Lǐ Wén: Wǒ gōngzuò máng, méi shíjiān hǎo hǎor chī fàn, chángcháng suíbiàn luàn chī. Nǐ shì zěnmē zhùyì yǐnshí de ne?
- Lishā: Duō hē shuǐ, duō chī qīngcài, shuǐguō. Língwài, jíshǐ nǐ fēicháng máng, yě yíding yào chī zǎofàn, érqǐ zǎofàn yào yǒu yíngyǎng; wǔfàn yào chī bǎo, yīnwèi xiàwǔ hái yào xuéxí hé gōngzuò; wǎnfàn jiù yào shǎo chī yì diǎn, bùrán huì yuè lái yuè pàng, yīnwèi lí shàng chuáng shuì jiào de shíjiān tài jìn le.
- Lǐ Wén: Wǒmen Zhōngguó rén yǒu yí jù huà: Zǎocān yào chī hǎo, wǔcān yào chī bǎo, wǎncān yào chī shǎo^④, gēn nǐ shuō de jīhū yíyàng.
- Lishā: Zhēn de? Zhōngguó rén yě zhème shuō? Kějiàn shì yǒu kēxué dào li de.
- Lǐ Wén: Yào xiǎng shēntǐ hǎo, zài qítā fāngmiàn yě yào zhùyì.
- Lishā: Nǐ de yìsi shì yào yǒu liánghǎo de shēnghuó xíguàn, duì bu duì?
- Lǐ Wén: Duì. Bù xī yān, bù hē jiǔ, zǎo shuì zǎo qǐ, zuìhǎo bú yào áo yè. Bié de dōu méi wèntí, jiù shì bù áo yè wǒ kě zuò bú dào. Wǒ wǎnshàng chángcháng děi kāi yèchē^④ zhǔnbèi kǎo yánjiūshēng.
- Lishā: Nà nǐ bìxū^⑤ jīn kěnéng zhǎo shíjiān bǔchōng shuìmián.
- Lǐ Wén: Nǐ shuō de duì, wǒ shì děi zhùyì le, fǒuzé wǒ de liǎng zhī yǎnjīng dōu kuài biàn chéng xióngmǎo^⑥ yǎn le.

English Text

After Lisa arrived in Beijing, she didn't stay in the international students' dorm. To learn more about the lives of the Chinese people, she moved in with a Chinese family. The landlord and his wife are both retired. Their daughter Li Wen works at a museum and lives with her parents. Li Wen would very much like to go to America to study, so she asked Lisa to be her English tutor. This way Lisa won't have to pay rent. Because Lisa speaks Chinese with Li Wen's parents every day, her Chinese has improved a lot.

Every morning Lisa goes out for a walk. In the residential area where she lives, on the street corners and in the parks you can see many people, especially older people, exercising. Some of them stand in circles and have a good time dancing. Some form rows and slowly practice tai chi. These

people who exercise every morning have become a special part of the Beijing “landscape” and make the city seem full of vitality.

This morning Lisa is about to go out when Li Wen comes out from her room.

Li Wen: Lisa, today is Saturday. How come you are up so early?

Lisa: I thought I'd like to learn tai chi with Uncle and Auntie. I didn't expect them to go out so early.

Li Wen: I thought you only liked to do yoga. How come you are interested in tai chi, too?

Lisa: Tai chi and yoga are alike. Not only are they good for you, the movements are also very beautiful.

Li Wen: Lisa, look, under the big trees my mom and dad are practicing tai chi with those retirees. Go look for them.

Lisa: OK. I'll leave in a moment. They are so great; they look as if they were performing. Every morning I go out for a walk and see people exercising everywhere. Chinese people really take exercising very seriously.

Li Wen: That's right. Nowadays people pay more and more attention to health. Lisa, how do Americans usually exercise?

Lisa: Generally, they jog, swim, play ball, and so on. Some people also go to the gym. As for me, besides doing yoga, I occasionally jog, too.

Li Wen: No wonder you are so healthy and have such a good figure.

Lisa: I think if you want to be healthy and have a good figure, besides getting plenty of exercise, you also have to pay attention to your diet.

Li Wen: You don't have one ounce of fat on you. Do you still need to pay attention to your diet?

Lisa: Paying attention to your diet is not the same as losing weight. I think as long as you are healthy then you're fine. Weight isn't so important.

Li Wen: I'm busy with work and don't have time to eat well. I often just eat whatever I can find. How do you pay attention to your diet?

Lisa: I drink lots of water and eat lots of vegetables and fruit. Besides, even if you are very busy, you must have breakfast, and it must be nutritious. Have a big lunch because you have to study and work in the afternoon. Have a small dinner. Otherwise you'll put on more and more weight, because it's too close to bedtime.

Li Wen: We Chinese have a saying, “Eat a good breakfast, a big lunch, and a small dinner,” which says more or less the same thing.

Lisa: Really? The Chinese say the same thing? Then obviously, there's a scientific basis to it.

Li Wen: If you want to be healthy, you have to pay attention to other areas, too.

Lisa: You mean you have to have a good lifestyle, right?

Li Wen: Right. Don't smoke, don't drink. Go to bed early and get up early. It's best not to stay up late. I can do them all except for not staying up late. I often have to burn the midnight oil to prepare for the graduate admissions exam.

Lisa: Then you must find time to make up for your sleep deficit as much as possible.

Li Wen: You're right. I do have to pay attention, or my two eyes will soon turn into panda eyes.

SELF-ASSESSMENT

How well can you do these things? Check () the boxes to evaluate your progress and see which areas you may need to practice more.

I can	Very Well	OK	A Little
Talk about my exercise routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outline healthy eating habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe lifestyle habits that could make me age prematurely or harm my health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>