

Integrated English Course – Unit 12

观看以下视频片段，并根据听到的内容，用方框中的单词完成句子。

raging - virus - cold - cure - rubbing - flu - laid up -
ill - struck down - concussion - groggy

- 1) I'm bed with flu.
- 2) He has a virus.
- 3) He is laid up in bed.
- 4) He was struck down by the flu.
- 5) I still feel pretty groggy.
- 6) Are you sure you are too ill to come in?
- 7) I wouldn't like you to catch my cold.
- 8) Apart from a touch of consussion and raging fever, I'm terrific.
- 9) It is guaranteed to kill or cure.
- 10) You are supposed to be rubbing it on.

Example (answers may vary):

1. Have you recently had a headache?

- ✓ • Actually, just the other week I came down with a stomachache.
- ✓ • Come to think of it, I did suffer from a mild cold a couple of weeks ago.
- ✗ • Thankfully, no. I've managed to steer clear of insomnia for a while now.
- ✗ • I haven't had a serious flu in ages.
- ✗ • No, I've been fortunate enough to avoid diseases lately.

Example (answers may vary):

2. How often do you get a cold?

- **More often than** I'd like, to be honest. I get headaches every single months.
- I'm afraid I'm **quite prone to** colds.
- It **varies**, but on average, I get flu every two (weeks / months).
- I'm **not particularly susceptible** to stomachache, it only happens occasionally.
- I get insomnia **once in a blue moon**.
千载难逢

将下列（健康）要素进行配对，然后针对这些健康问题写出三条建议。

chipped tooth	When you get a...	it is...	to...	a. drink lots of liquids b. get some medicine c. go to bed and rest d. put it under cold water e. put a heating pad on it f. put some cream on it g. see a dentist h. see a doctor i. take some pain medicine j. take some vitamin C	
					severe concussion
					twisted ankle

高优先级
imperative
critical
essential
important
recommended
suggested
helpful
good idea
低优先级

Example (answers may vary):

- A. When you get a severe concussion, it is critical to see a doctor.
- B. If you get a chipped tooth, it would be a good idea to see a dentist.
- C. If you get a twisted ankle, it is essential to avoid brisk walks and intense exercise.

Key Lifestyle Factors & Their Impact on Mental Health

观看视频，并用一两个词填写图表中的每一个空白处。

A. PHYSICAL ACTIVITY

• Mechanism:

- Releases **endorphins** (1. feel-good hormones).
- Improves **physical fitness** and 2. mental.

• Benefits for Mental Well-being:

- Makes people feel better in general.
- A recommended treatment for some types of 3. depression.

• Practical Examples:

- Brisk 4. walk (lunchtime, commute).
- Gardening, 5. cycling 1-2x/week.
- Revisit a previously enjoyed activity.
- Join local groups/sports teams.
- Spend time in 6. green spaces (e.g., local park).

C. SUBSTANCES & COPING HABITS

(Alcohol, Caffeine, Tobacco)

• **The Trap:** They seem tempting when 10. stressed /tired; stopping feels hard.

• **The Reality:** Cause more problems than they solve (especially long-term).

• Negative Impacts:

- Complicate **sleep** 11. patterns.
- Increase feelings of 12. anxiety and **depression**.
- **Alcohol:** Specifically worsens 13. mood.

• Recommended Action:

- Try 14. cutting down or quitting.

B. DIET / NUTRITION

• **Goal:** A healthy, 7. balanced diet.

• Actionable Advice:

- Eat plenty of **fruit** and 8. veggies / vegetables.
- Monitor **calories**.
- Minimize foods high in 9. sugar, **fat**, and **salt**.

