

shēnfēn rèntóng  
1 身分认同 Identities

jiànkāng yǔ xìngfú  
A 健康与幸福 Health and well-being

yǐnshí  
饮食

yǐnshí xíguàn  
饮食习惯 (np)

jiànkāng  
健康 (n) (adj)

Zhōngcān  
中餐 (n)

xīcān  
西餐 (n)

língshí  
零食 (n)

kuàicān  
快餐 (n)

lājī shíwù  
\* 垃圾食物 (n)

yíngyǎng  
营养 (n)

rèliàng  
热量 (n)

zhīfáng  
脂肪 (n)

dànbáizhì  
蛋白质 (n)

jūnhéng yǐnshí  
均衡饮食 (np)

Xiàtiān chī xīguā shì **shíling** yǐnshí.  
夏天吃西瓜是**时令**饮食。

Zhè jiā cāntīng de shíwù **zhìliàng** hěn hǎo.  
这家餐厅的食物**质量**很好。

Tā duì tiánshì **shàngyīn** le, měitiān dōu yào chī qiǎokèlì.  
他对甜食**上瘾**了，每天都要吃巧克力。

**Duō hē shuǐ** duì jiànkāng hěn zhòngyào.  
**多喝水**对健康很重要。

shēntǐ jiànkāng  
身体健康

pǎobù  
跑步 (v) (n)

yóuyǒng  
游泳 (v) (n)

Diet

eating habits

health/healthy

Chinese food

Western food

snack

fast food

junk food

nutrition

calories

fat

protein

balanced diet

Eating watermelon in summer is **seasonal** eating.

The food **quality** at this restaurant is excellent.

He's **addicted to** sweets and eats chocolate every day.

**Drinking plenty of water** is important for one's health.

Physical health

to run/running

to swim/swimming



dǎ lánqiú  
打篮球 (vp)

to play basketball

tī zúqiú  
踢足球 (vp)

to play football

dǎ wǎngqiú  
打网球 (vp)

to play tennis

tiàowǔ  
跳舞 (v) (n)

to dance/dancing

sǎnbù  
散步 (v) (n)

to walk/walking

páshān  
爬山 (v) (n)

to hike/hiking

huábīng  
滑冰 (v) (n)

to ice skate/ice skating

huáxuě  
滑雪 (v) (n)

to ski/skiing

bǎnqiú  
\* 板球 (n)

cricket

gǎnlǎnqiú  
\* 橄榄球 (n)

rugby

měishì zúqiú  
美式足球 (n)

American football

zuò yújiā  
做瑜伽 (vp)

to do yoga

dǎ tàijí  
打太极 (vp)

to practise taichi

qí zìxíngchē  
骑自行车 (vp)

to cycle

shàng jiànshēnfáng  
上健身房 (vp)

to go to the gym

Xuéxiào měi zhōu dōu yǒu yí cì **tǐyù huódòng**, xuéshēng kěyǐ xuǎnzé xǐhuān de yùndòng.

学校每周都有一次**体育活动**，学生可以选择喜欢的运动。

The school has a **sports activity** every week, and students can choose the sport they like.

Wǒ hé duìyǒu yìqǐ xùnliàn lánqiú, xuéhuì le hěn duō **gōutōng jìqiǎo**.

我和队友一起训练篮球，学会了很多**沟通技巧**。

I practise basketball with my teammates and have learned many **communication skills**.

Tā cānjiā le xuéxiào de yóuyǒng **bìsài**, dédào le dì yī míng.  
他参加了学校的游泳**比赛**，得到了第一名。

He took part in the school's swimming **competition** and won first place.

xīnlǐ jiànkāng  
心理健康

jīngshén  
精神 (n) (adj)

yā lì  
压力 (n)

tóngbèi yā lì  
同辈压力 (n)

fàngōng  
放松 (v) (n) (adj)

Wǒ tōngguò yùndòng hé tīng yīnyuè lái jiǎn yā.  
我通过运动和听音乐来减压。

Chōngzú shuìmián néng bāngzhù xuéshēng bǎochí hǎo jīngshén.  
充足睡眠能帮助学生保持好精神。

Wǒ xǐhuān cānjiā hùwài huódòng, bǐrú sǎnbù hé páshān.  
我喜欢参加户外活动，比如散步和爬山。

成语  
měiwèi kěkǒu  
\* 美味可口

sè xiāng wèi jù quán  
\* 色香味俱全

chuí xián sān chǐ  
\* 垂涎三尺

shēn zhuàng lì jiàn  
\* 身壮力健

huó lì chōng pèi  
\* 活力充沛

chí zhī yǐ héng  
\* 持之以恒

áo yì jié hé  
\* 劳逸结合

中国文化  
yīn yáng tiáo hé  
\* 阴阳调和

Based on traditional Chinese medicine, foods are categorized as cold, hot, warm, or cool. People should eat according to their body type to maintain internal balance and prevent illness.

bù shí bù chī  
\* 不时不吃

This principle encourages eating foods that are in season, which are fresher, more nutritious, and better suited to the body's needs during different times of the year.

yǐnshí yǎngshēng  
\* 饮食养生

Traditional Chinese medicine views food as a way to maintain health and prevent illness. It includes choosing warm or cool foods, seasonal ingredients, and avoiding extremes.

Mental health

spirit, mind/spirited, mental

stress

peer pressure

to relax/relaxation/relaxed

I **relieve stress** through exercise and listening to music.

**Adequate sleep** helps students maintain a good mental state.

I enjoy taking part in **outdoor activities** such as walking and hiking.

delicious and tasty

to look, smell, and taste good

to drool (over)/to really want something

strong and healthy

full of energy

to persevere

to balance work and rest

**Keep opposing forces in balance**

(lit. 'yin-yang harmony')

**Only eat seasonal food**

(lit. 'not time, don't eat')

**Eat and drink to stay healthy**

(lit. 'eating and drinking nurture life')

2  
体  
验

tiyàn  
2 体验 Experiences



rénlèi fāmíng yǔ chuàngzào

# 3 人类发明与创造 Human ingenuity

## 3 人类发明与创造



4  
社会组织

shèhuì zǔzhī

# 4 社会组织 Social organization



gòngxiǎng dìqiú  
5 共享地球 Sharing the planet

5  
共享地球



chángyòng cíyǔ  
6 常用词语 Useful vocabulary

