

pets-3口试万能简单句8天过关（六）PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/269/2021_2022_pets-3_E5_8F_A3_E8_c67_269114.htm 口试主题health,body care and social

relations一：health,body care PARTA PARTB PARTC1)怎样使自己健康I think there are at least three ways to keep our health.firstly,I should set up early and go to bed early.many people sleep less than eight hours,i think it is very bad to their health.secondly,I should have more vegetable,because it contain much nutriment.many people dont like have vegetable,they only have meats.it is very bad.because meats contain many fat,if you often have a meat,you will gain your weight.thirdly,we should do exercise regularly.and we should do exercise every day.we had better keep 10 hourss exercise every week.you know,our body is developping fast.if we fail it,our body cant develop very well.2)克服对身体有害的坏习惯i think there are at least two bad habits to affect our health.firstly,many people often smoke.you know it is very harmful to our health.if you often smoke,which cause some diseases including lung cancer and heart disease.secondly,we often drink.you know more drink is harmful to our health.but I dont object to our drinking.yor know if we drink properly,which dont affect our health.but if you drink too much,which cause many diseases. 3)如何保持长寿nowadays,more and more people have lived the world for more 100 years.why do many people live long?I think there are at least three reason to explain the phenomenon.firstly,many old man have many vegetables.and they seldom have meats.because vegetables contain

much nutriment. you know if you have meats more, which enable you gain weight. fatness can bring many disease, such as heart disease and high blood pressure. secondly, many old man do exercise regularly. and they know if they do exercise every day. which can improve their health. thirdly, they set up early and go to bed early. many oldman know sleep more than eight hours, which is very good to their health.

4) 农民和城市人的健康比较 you know, many people in the city have to go to health club., because working pressure is very heavy, and city pollution is very large, they had better improve their health through exercise in the club. why do many people in the field keep health without exercise? I think there are at least three reason to explain the phenomenon. firstly, they can breathe fresh air, and it is very good to peoples health. secondly, everything is quiet. they enjoy life . thirdly, people can do exercise in the daily work.

5) 有关失眠 I can find that more and more people dont fall sleep at night. I think there are at least three reason to explain the phenomenon. firstly, life pressure become more and more heavy. many people have to work more at the daytime. they dont fall sleep at night, because they think of many things that occur at the daytime. secondly, many people like watching TV programme. and many programme will be show at the midnight. because they often go to bed late for watching tv programme. if you often do, your sleep clock will be disturbed. thirdly, many people think it is not important to keep sleep. they think sleeping is wast of time. they feel that they should spend a large amounts of time to study or work. if you often do, your sleep clock will be distrubed, too.

二 : social relations PARTA

PARTB PARTC1)关于父母应该以身作则现象you can find many children do something wrong,and their parents scold them.but some parent also do something wrong in front of children.and they dont criticize themselves.I think every parents should set a good example.why should parents set a good example ?I think there are at least one reason.according to children,they live with their parents in most of time in their childhood.parents are a example,children will imitate their parents behavior.for example,I have neighbour,he is thirteen.and at that time,when they were smoking at the washing room,his mother found them.they scold him severely.but ,they dont know about why their son can smoke.you know their parents smoke every day ,and they can comsumes more one packet one day.I think If I were at their home,I also smoke. 2)关于不舍己救人a man is laying the ground.and you can find that nobody care about him.you only see some foreigner take him to hospital.why dont people save the man?I think there are at least one reason to explain the phenomenon.Pace of live is more and more fast,and many people have to strive for their living.they have no time and no energy to do it.but,I think it is very bad,we should have a heritage chinese traditional virtue.though pace of live is very fast,we should still act as a good citizen.to my pleasure,nowadays,many people donate their food or clothes to help poor people.you can find that many people take much energy and time to charity to donate something to help poor people.specially,when there are natural disaster in china,you can alway see many people donating money or clothing to the people in the stricken area.3)关于友谊the picture show two friends

talking with each other. I think friendship is one of the most valuable things in the world. everyone may no brother or sisters, even no relatives, but we must have some friends. I think we should know about some things when we decide to make a friend. firstly, good friends should be frank with each other. a person is not a true friend if he only tries to please you. secondly, if we have an optimistic friend and he can help you, and enable you to be optimistic. thirdly, if we meet trouble things, and our friends help you. you can talk with your friends about unhappy things. they can enable you feel very happy and very comfortable. but it is not easy to make a true friend. fortunately, I have some true friends. I feel I talk with my true friend by mind, not by mouth.

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