wishyou.today learning

day 16 a morning run

Chinese HSKK intermediate in 37 days
unit 4 · health & sport

Say how things keep changing with 越来越 and 越……越……, say "start" and "keep on" with 起来 and 下去, and give your view on exercising every day.

"Is exercise important?" is the attitude type of part-3 question, and 越来越 and 坚持下去 are the two phrases that make an answer about habits sound natural.

words to say

word	pinyin	meaning	example
早晨	zǎochen	early morning	早晨的公园很安静。 The park is quiet early in the morning.
锻炼	duànliàn	to exercise, work out	我每天早上锻炼身体。 I work out every morning.
坚持	jiānchí	to keep at it, persist	我坚持每天跑步。 I make a point of running every day.
健康	jiànkāng	healthy; health	爷爷八十岁了，身体很健康。 Grandpa is eighty and very healthy.
汗	hàn	sweat	天太热了，我出了很多汗。 It's so hot that I'm sweating a lot.
河	hé	river	这条河很长。 This river is very long.
习惯	xíguàn	habit; to be used to	你习惯北京的生活了吗? Have you got used to life in Beijing?
一直	yīzhí	all along; straight on	他一直在学习。 He's been studying the whole time.
越	yuè	the more… (越……越……)	天气越来越冷了。 It's getting colder and colder.
太阳	tàiyáng	the sun	今天太阳很大。 The sun's really strong today.

pattern 越来越 and 越……越……; verb + 起来 and verb + 下去

越来越 | adjective | ·越 | verb | 越 | adjective | ·verb + | 起来 / 下去

越来越 + adjective says something keeps changing: 天气越来越冷. 越 A 越 B links two changes, "the more A, the more B": 他越跑越快. After a verb, 起来 means "start to" (他又跑起来了) and 下去 means "keep on" (坚持下去).

早上来河边跑步的人越来越多了。 **zǎoshang lái hé biān pǎobù de rén yuè lái yuè duō le** More and more people come to run by the river in the morning.

他越跑越快。 **tā yuè pǎo yuè kuài** He runs faster and faster.

他喝了一口水，又跑起来了。 **tā hē le yì kǒu shuǐ yòu pǎo qǐlai le** He had a sip of water and started running again.

锻炼很累，可是你要坚持下去。 **duànliàn hěn lèi kěshì nǐ yào jiānchí xiaqu** Exercise is tiring, but you have to keep it up.

dialogue six in the morning

grandma 安娜，早！你也来河边锻炼啊?
Ānnà zǎo nǐ yě lái hé biān duànliàn a · Morning, Anna! Have you come to exercise by the river too?

anna 奶奶早！我这个星期开始早晨跑步。您每天都来吗?
nǎinai zǎo wǒ zhège xīngqī kāishǐ zǎochen pǎobù nín měi tiān dōu lái ma · Morning, Grandma! I started running in the mornings this week. Do you come every day?

grandma 对，我每天早晨在这儿走一个小时，已经坚持十年了。
duì wǒ měi tiān zǎochen zài zhèr zǒu yí gè xiǎoshí yǐjīng jiānchí shí nián le · Yes, I walk here for an hour every morning. I've kept it up for ten years.

anna 十年！原来您身体这么健康是因为这个。
shí nián yuánlái nín shēntǐ zhème jiànkāng shì yīnwèi zhège · Ten years! So that's why you're so healthy.

grandma 你看你，已经出了一身汗了。
nǐ kàn nǐ yǐjīng chū le yì shēn hàn le · Look at you, you're already covered in sweat.

anna 我才跑了二十分钟，就累得不行了。
wǒ cái pǎo le èrshí fēnzhōng jiù lèi de bùxíng le · I've only run for twenty minutes, and I'm already worn out.

grandma 开始的时候都是这样。越跑越习惯，慢慢就不累了。
kāishǐ de shíhou dōu shì zhèyàng yuè pǎo yuè xíguàn màn màn jiù bú lèi le · Everyone's like that at first. The more you run, the more used to it you get, and slowly it stops being tiring.

anna 那我也要坚持下去。
nà wǒ yě yào jiānchí xiaqu · Then I'll keep it up too.

grandma 好！明天早晨太阳一出来，我们就在这儿见！
hǎo míngtiān zǎochen tàiyáng yì chūlái wǒmen jiù zài zhèr jiàn · Good! Tomorrow morning, as soon as the sun is up, we meet here!

anna 好，明天见！
hǎo míngtiān jiàn · OK, see you tomorrow!

repeat listen, then say it back

他每天早晨六点都去河边跑步。 **tā měi tiān zǎochen liù diǎn dōu qù hé biān pǎobù** He goes running by the river at six every morning.

你有每天锻炼身体的习惯吗? **nǐ yǒu měi tiān duànliàn shēntǐ de xíguàn ma** Are you in the habit of exercising every day?

他跑了一个小时，出了很多汗。 **tā pǎo le yí gè xiǎoshí chū le hěn duō hàn** He ran for an hour and sweated a lot.

我觉得锻炼身体最重要的是坚持。 **wǒ juéde duànliàn shēntǐ zuì zhòngyào de shì jiānchí** I think the most important thing about exercise is keeping at it.

天气越来越冷，早上跑步的人少了。 **tiānqì yuè lái yuè lěng zǎoshang pǎobù de rén shǎo le** It's getting colder, and fewer people run in the morning.

坚持下去，你的身体会越来越健康。 **jiānchí xiaqu nǐ de shēntǐ huì yuè lái yuè jiànkāng** Keep it up, and you'll get healthier and healthier.

reply answer out loud

你喜欢早上运动吗？ nǐ xǐhuan zǎoshang yùndòng ma Do you like exercising in the morning?
→ 以前不太喜欢，现在越来越喜欢了。 yǐqián bú tài xǐhuan xiànzài yuè lái yuè xǐhuan le
→ 早上跑完步，一整天都很舒服。 zǎoshang pǎo wán bù yì zhěng tiān dōu hěn shūfu

你喜欢跑步还是游泳？ nǐ xǐhuan pǎobù háishi yóuyǒng Do you prefer running or swimming?
→ 我更喜欢游泳。 wǒ gèng xǐhuan yóuyǒng
→ 夏天游泳又凉快又舒服，跑步太热了。 xiàtiān yóuyǒng yòu liángkuai yòu shūfu pǎobù tài rè le

你觉得跑步怎么样？ nǐ juéde pǎobù zěnmeyàng What do you think of running?
→ 跑步很简单，不用花钱。 pǎobù hěn jiǎndān búyòng huā qián
→ 不过要注意，刚开始不能跑得太快。 búguò yào zhùyì gāng kāishǐ bù néng pǎo de tài kuài

你为什么锻炼身体？ nǐ wèi shénme duànliàn shēntǐ Why do you exercise?
→ 为了身体健康。 wèile shēntǐ jiànkāng
→ 而且锻炼以后，学习的压力也小了。 érqiě duànliàn yǐhòu xuéxí de yālì yě xiǎo le

describe the picture 90 seconds



Describe the picture: say who is there, where they are and what they are doing, add some details, guess what is going on and why, and link it to yourself. Talk for a minute and a half.

……正在跑步，他…… zhèngzài pǎobù tā

太阳还很低，可能是…… tàiyáng hái hěn dī kěnéng shì

我觉得……越……越……，如果……坚持下去…… wǒ juéde yuè yuè rúguǒ jiānchí xiaqu

model answer

这张图片上是河边的一条路，路上有两个人在锻炼。 zhè zhāng túpiàn shàng shì hé biān de yì tiáo lù lùshang yǒu liǎng gè rén zài duànliàn

左边的男人正在跑步，他穿着绿色的衣服，戴着耳机，手里拿着一瓶水。 zuǒbian de nánrén zhèngzài pǎobù tā chuān zhe lǜsè de yīfu dài zhe ěrjī shǒu lǐ ná zhe yì píng shuǐ

他出了很多汗，嘴也张着，看起来已经跑了很久了。 tā chū le hěn duō hàn zuǐ yě zhāng zhe kàn qǐlai yǐjīng pǎo le hěn jiǔ le

右边有一位老人也在这条路上，她一边走一边笑，好像身体很健康。 yòubian yǒu yí wèi lǎorén yě zài zhè tiáo lùshang tā yìbiān zǒu yìbiān xiào hǎoxiàng shēntǐ hěn jiànkāng

河上有一座桥，河边有三棵树，天上还有两只鸟在飞。 hé shàng yǒu yí zuò qiáo hé biān yǒu sān kē shù tiān shàng hái yǒu liǎng zhī niǎo zài fēi

太阳还很低，可能是早晨，大家上班以前来这儿锻炼。 tàiyáng hái hěn dī kěnéng shì zǎochen dàjiā shàngbān yǐqián lái zhèr duànliàn

我觉得早晨在河边跑步很舒服，越跑越开心。 wǒ juéde zǎochen zài hé biān pǎobù hěn shūfu yuè pǎo yuè kāixīn

我这个星期也开始跑步了，每天早晨跑二十分钟。 wǒ zhège xīngqī yě kāishǐ pǎobù le měi tiān zǎochen pǎo èrshí fēnzhōng

如果能一直坚持下去，身体会越来越好。 rúguǒ néng yìzhí jiānchí xiaqu shēntǐ huì yuè lái yuè hǎo

This picture shows a path by a river, with two people exercising on it. The man on the left is running; he is wearing green, has earphones on and is holding a bottle of water. He is sweating a lot and his mouth is open; he looks as if he has been running for a long time. On the right, an old woman is on the same path; she is smiling as she walks and seems very healthy. There is a bridge over the river, three trees by the water and two birds flying in the sky. The sun is still low, so it may be early morning, with people exercising before work. I think running by the river in the morning feels great: the more you run, the

happier you get. I started running this week too: twenty minutes every morning. If you keep it up, you get healthier and healthier.

talk 90 seconds

What do you think it takes to stay healthy? What are your tips? Talk for a minute and a half.

你觉得怎样才能身体健康？你有什么好方法？ nǐ juéde zěnyàng cái néng shēntǐ jiànkāng nǐ yǒu shénme hǎo fāngfǎ

我觉得要身体健康，首先要…… wǒ juéde yào shēntǐ jiànkāng shǒuxiān yào

……越……越……，所以…… yuè yuè suǒyǐ

只要坚持下去，…… zhǐyào jiānchí xiaqu

model answer

我觉得要身体健康，最重要的是有好的生活习惯。 wǒ juéde yào shēntǐ jiànkāng zuì zhòngyào de shì yǒu hǎo de shēnghuó xíguàn

首先要经常锻炼，比如每天早上跑跑步或者去散步。 shǒuxiān yào jīngcháng duànliàn bǐrú měi tiān zǎoshang pǎo pǎobù huòzhě qù sànbù

刚开始可能会很累，但是越锻炼身体越好。 gāng kāishǐ kěnéng huì hěn lèi dànshì yuè duànliàn shēntǐ yuè hǎo

其次要吃得健康，多吃水果和菜，少喝饮料。 qícì yào chī de jiànkāng duō chī shuǐguǒ hé cài shǎo hē yǐnliào

还有，晚上要早一点儿睡觉，不要一直玩手机。 hái yǒu wǎnshang yào zǎo yìdiǎnr shuìjiào búyào yìzhí wán shǒujī

另外，心情也很重要，压力大的时候可以跟朋友聊聊天。 lìngwài xīnqíng yě hěn zhòngyào yālì dà de shíhou kěyǐ gēn péngyou liáo liáotiān

我自己每个星期至少游两次泳，游完以后觉得特别轻松，晚上也睡得更好。 wǒ zìjǐ měi gè xīngqī zhìshǎo yóu liǎng cì yǒng yóu wán yǐhòu juéde tèbié qīngsōng wǎnshang yě shuì de gèng hǎo

我觉得这些方法都不难，只要坚持下去，身体就会越来越好。 wǒ juéde zhèxiē fāngfǎ dōu bù nán zhǐyào jiānchí xiaqu shēntǐ jiù huì yuè lái yuè hǎo

I think the most important thing for staying healthy is good daily habits. First, you should exercise often, for example a run or a walk every morning. It may be tiring at first, but the more you exercise, the fitter you get. Second, eat healthily: lots of fruit and vegetables and fewer sugary drinks. Also, go to bed a bit earlier at night instead of staying on your phone. Besides, your mood matters too: when you're under pressure, you can have a chat with friends. I swim at least twice a week myself: afterwards I feel really relaxed, and I sleep better at night too. I think none of these tips is hard: as long as you keep at it, your health will keep getting better.

good to know · When the time of day is a guess, say so: 太阳还很低，可能是早晨 is a better answer than stating the time as a fact. 越来越 needs no 很 before the adjective: 越来越好, never 越来越很好. 坚持下去 ("keep at it") is one of the most useful phrases for any question about habits, study or sport.

You described a morning run without running out of breath. Keep it up: 坚持下去!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 17 at the doctor's

Draw a conclusion from what you see with 看来, give advice with 要是……就……, and say what you do when you have a cold.

A picture often shows how someone feels but not why: 看来 turns a red face into a sensible conclusion, and illness is a classic everyday topic for part 3.

words to say

word	pinyin	meaning	example
护士	hùshi	nurse	护士给我量了体温。 The nurse took my temperature.
发烧	fāshāo	to have a fever	我有点儿发烧。 I've got a bit of a temperature.
感冒	gǎnmào	a cold; to catch a cold	我感冒了。 I've caught a cold.
咳嗽	késou	to cough; a cough	我咳嗽得很厉害。 I've got a bad cough.
难受	nánshòu	to feel unwell, awful	我感冒了，觉得很难受。 I've got a cold and feel awful.
检查	jiǎnchá	to check, examine	医生给我检查了一下。 The doctor gave me a quick check-up.
病人	bìngrén	patient (in hospital)	医院里有很多病人。 There are lots of patients in the hospital.
住院	zhùyuàn	to be in hospital	你不用住院。 You don't need to stay in hospital.
脸	liǎn	face	早上我先洗脸，然后刷牙。 In the morning I wash my face first, then brush my teeth.
打针	dǎzhēn	to give or get an injection	我最怕打针了。 I'm most afraid of injections.

pattern 看来 for a conclusion; 要是……就…… for "if"

what you see, **看来** **your conclusion** **·要是** **a condition** **，就** **what to do**

看来 opens a conclusion you draw from what you see or hear: 他一直咳嗽，看来是感冒了. It is not the same as 看起来, which says how something looks. 要是……就…… is a spoken "if…, then…", just like 如果……就……; it is perfect for advice.

他一直在咳嗽，看来感冒了。 **tā yìzhí zài késou kànlái gǎnmào le** He keeps coughing; it seems he's caught a cold.

外边下雨了，看来今天不能跑步了。 **wàibian xià yǔ le kànlái jīntiān bù néng pǎobù le** It's raining outside, so it looks like no run today.

要是你发烧了，就别去上班了。 **yàoshi nǐ fāshāo le jiù bié qù shàngbān le** If you've got a fever, don't go to work.

要是明天还难受，你就去医院检查一下。 **yàoshi míngtiān hái nánshòu nǐ jiù qù yīyuàn jiǎnchá yíxià** If you still feel awful tomorrow, go and get checked at the hospital.

dialogue just a cold

anna 李医生，您好。我这两天一直咳嗽，很难受。
Lǐyīshēng nín hǎo wǒ zhè liǎng tiān yìzhí késou hěn nánshòu · Hello, Dr Li. I've been coughing for two days and I feel awful.

dr li 发烧吗?
fāshāo ma · Do you have a fever?

anna 昨天晚上有一点儿，今天早上好一点儿了。
zuótiān wǎnshang yǒuyìdiǎnr jīntiān zǎoshang hǎo yìdiǎnr le · A little last night; this morning it's a bit better.

dr li 我给你检查一下……看来是感冒了，不太严重。
wǒ gěi nǐ jiǎnchá yíxià kànlái shì gǎnmào le bú tài yánzhòng · Let me examine you… It looks like a cold, nothing serious.

anna 要打针吗？我最怕打针了。
yào dǎzhēn ma wǒ zuì pà dǎzhēn le · Do I need an injection? I'm so scared of injections.

dr li 不用打针，也不用住院。回家多喝水，多休息。
búyòng dǎzhēn yě búyòng zhùyuàn huí jiā duō hē shuǐ duō xiūxi · No injection, and no hospital stay. Go home, drink lots of water and rest.

anna 我明天还能去上课吗?
wǒ míngtiān hái néng qù shàngkè ma · Can I still go to class tomorrow?

dr li 要是明天还发烧，你就在家休息一天。
yàoshi míngtiān hái fāshāo nǐ jiù zài jiā xiūxi yì tiān · If you still have a fever tomorrow, stay at home for a day.

anna 好的，谢谢您!
hǎo de xièxie nín · OK, thank you!

dr li 不客气。别忘了，晚上早一点儿睡。
búkèqi bié wàng le wǎnshang zǎo yìdiǎnr shuì · You're welcome. And don't forget: go to bed early.

repeat listen, then say it back

护士让病人在外边等一会儿。 **hùshi ràng bìngrén zài wàibian děng yíhuìr** The nurse asks the patients to wait outside for a moment.

我感冒了，昨天晚上一直在咳嗽。 **wǒ gǎnmào le zuótiān wǎnshang yìzhí zài késou** I've got a cold, and I coughed all last night.

你哪儿不舒服？我给你检查一下。 **nǐ nǎr bù shūfu wǒ gěi nǐ jiǎnchá yíxià** Where does it hurt? Let me examine you.

要是明天还发烧，你就去医院吧。 **yàoshi míngtiān hái fāshāo nǐ jiù qù yīyuàn ba** If you still have a fever tomorrow, go to the hospital.

医生说他的病不太重，不用住院。 **yīshēng shuō tā de bìng bú tài zhòng búyòng zhùyuàn** The doctor says he isn't very ill and doesn't need to stay in hospital.

这个孩子一直在咳嗽，看来是感冒了。 **zhège háizi yìzhí zài késou kànlái shì gǎnmào le** This child keeps coughing; he must have a cold.

reply answer out loud

感冒了，你吃药还是多休息？ **gǎnmào le nǐ chī yào háishi duō xiūxi** When you have a cold, do you take medicine or rest more?

→ 我一般不吃药。 **wǒ yìbān bù chī yào**

→ 多喝水，多睡觉，几天就好了。 **duō hē shuǐ duō shuìjiào jǐ tiān jiù hǎo le**

你害怕打针吗？ **nǐ hàipà dǎzhēn ma** Are you scared of injections?

→ 小时候很害怕。 **xiǎoshíhou hěn hàipà**

→ 现在好多了，不太怕了。 **xiànzài hǎo duō le bú tài pà le**

生病的时候你想吃什么？ **shēngbìng de shíhou nǐ xiǎng chī shénme** What do you feel like eating when you're ill?

→ 一碗热的面条儿。 **yì wǎn rè de miàntiáor**

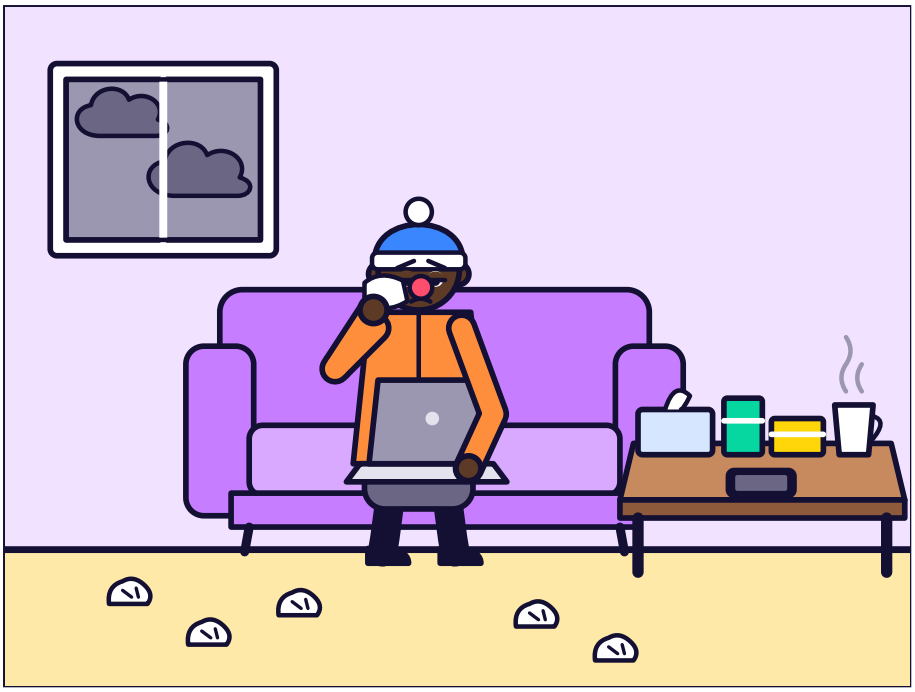
→ 小时候我生病，妈妈总是给我做。 **xiǎoshíhou wǒ shēngbìng māma zǒngshì gěi wǒ zuò**

去医院看病，你觉得怎么样？ **qù yīyuàn kànbìng nǐ juéde zěnmeyàng** What do you think of going to hospital to see a doctor?

→ 有点儿麻烦。 **yǒudiǎnr máfan**

→ 排队的人太多了，至少要等一个小时。 **páiduì de rén tài duō le zhìshǎo yào děng yí gè xiǎoshí**

describe the picture 90 seconds



Describe the picture: say who is there, where they are and what they are doing, add some details, guess what is going on and why, and link it to yourself. Talk for a minute and a half.

他一只手……，另一只手…… tā yì zhī shǒu lìng yì zhī shǒu

看来……，因为…… kànlái yīnwèi

要是……，就…… yàoshi jiù

model answer

这张图片上只有一个男人，他坐在家里的沙发上。 zhè zhāng túpiàn shàng zhǐyǒu yí gè nánrén tā zuò zài jiā lǐ de shāfā shàng

窗户外边有很多云，天是阴的。 chuānghu wàibian yǒu hěn duō yún tiān shì yīn de

他在家里还穿着很厚的外套，头上戴着一个蓝帽子。 tā zài jiā lǐ hái chuān zhe hěn hòu de wàitào tóu shàng dài zhe yí gè lán màozi

他一只手拿着纸巾放在鼻子上，另一只手在用腿上的电脑。 tā yì zhī shǒu ná zhe zhǐjīn fàng zài bízi shàng lìng yì zhī shǒu zài yòng tuǐ shàng de diànnǎo

他的鼻子是红色的，脸看起来也很累。 tā de bízi shì hóngsè de liǎn kàn qǐlai yě hěn lèi

旁边的桌子上有一盒纸巾、两盒药和一个手机，还有一杯热水。 pángbiān de zhuōzi shàng yǒu yì hé zhǐjīn liǎng hé yào hé yí gè shǒujī hái yǒu yì bēi rè shuǐ

地上还有五张用过的纸巾。 dì shàng hái yǒu wǔ zhāng yòng guo de zhǐjīn

看来他感冒得很厉害，因为他的鼻子都变成红色了，还用了这么多纸巾。 kànlái tā gǎnmào de hěn lìhai yīnwèi tā de bízi dōu biànchéng hóngsè le hái yòng le zhème duō zhǐjīn

他生病了还在工作，可能是因为工作太多，不能请假。 tā shēngbìng le hái zài gōngzuò kěnéng shì yīnwèi gōngzuò tài duō bù néng qǐngjià

要是我感冒了，我就请假在家好好休息，多喝热水。 yàoshi wǒ gǎnmào le wǒ jiù qǐngjià zài jiā hǎohǎo xiūxi duō hē rè shuǐ

There is only one person in this picture, a man sitting on the sofa at home. Outside the window there are lots of clouds and the sky is grey. Even indoors he is wearing a thick coat, with a blue hat on his head. With one hand he holds a tissue to his nose, and with the other he is using the computer on his knees. His nose is red and his face looks tired too. On the table beside him there is a box of tissues, two boxes of medicine and a phone, and a cup of hot water. On the floor there are also five used tissues. He

must have a bad cold, since his nose is so red and he has used so many tissues. He is ill but still working, maybe because he has too much work and can't take time off. If I had a cold, I would take sick leave, rest well at home and drink lots of hot water.

talk 90 seconds

Tell us about a time you were ill that you still remember. Talk for a minute and a half.

说说你生病的一次难忘的经历。 shuō shuo nǐ shēngbìng de yí cì nánwàng de jīnglì

那是……的时候，我…… nà shì de shíhou wǒ

后来……，看来…… hòulái kànlái

要是……，就…… yàoshi jiù

model answer

我最难忘的一次生病，是我在北京的第一个冬天。 wǒ zuì nánwàng de yí cì shēngbìng shì wǒ zài Běijīng de dì yī gè dōngtiān

那时候我刚到中国两个月，有一天晚上突然发烧了，头痛得很厉害，全身都不舒服。 nà shíhou wǒ gāng dào Zhōngguó liǎng gè yuè yǒu yì tiān wǎnshang tūrán fāshāo le tóutòng de hěn lìhai quánshēn dōu bù shūfu

我一个人住，不知道怎么办，也不知道医院在哪儿。 wǒ yí gè rén zhù bù zhīdào zěnme bàn yě bù zhīdào yīyuàn zài nǎr

我只好给王老师打电话，她马上带我去了医院。 wǒ zhǐhǎo gěi Wáng lǎoshī dǎ diànhuà tā mǎshàng dài wǒ qù le yīyuàn

医生给我检查了一下，说是感冒，不用住院，给我开了一些药。 yīshēng gěi wǒ jiǎnchá le yíxià shuō shì gǎnmào búyòng zhùyuàn gěi wǒ kāi le yìxiē yào

后来的三天，王老师每天都给我送饭，还打电话问我身体怎么样了。 hòulái de sān tiān Wáng lǎoshī měi tiān dōu gěi wǒ sòng fàn hái dǎ diànhuà wèn wǒ shēntǐ zěnmeyàng le

那时候我才明白，在别的国家生病的时候，有人照顾是多么重要。 nà shíhou wǒ cái míngbai zài biéde guójiā shēngbìng de shíhou yǒu rén zhàogù shì duōme zhòngyào

从那以后，我常常告诉自己：要是朋友生病了，就要马上去帮忙。 cóng nà yǐhòu wǒ chángcháng gàosu zìjǐ yàoshi péngyou shēngbìng le jiù yào mǎshàng qù bāngmáng

The illness I remember best was in my first winter in Beijing. I had been in China for two months when one night I suddenly got a fever; I had a terrible headache and felt awful all over. I lived alone, didn't know what to do, and didn't even know where the hospital was. So I had to phone Teacher Wang, and she took me to the hospital at once. The doctor examined me, said it was a cold, that I didn't need to stay in, and gave me some medicine. For the next three days, Teacher Wang brought me food every day and phoned to ask how I was. That was when I understood how much it matters to have someone look after you when you're ill in another country. Since then I've often told myself: if a friend is ill, go and help straight away.

good to know · 看起来 describes (他看起来很难受, he looks awful); 看来 concludes (看来他发烧了, so he must have a fever). A good picture talk uses both. Illness sentences you can reuse: 我感冒了, 我发烧了, 我咳嗽得很厉害, 我觉得很难受. A story question (说说你……的一次经历) wants the past: start with when it was (那是……的时候), put 了 after each thing that happened, move on with 后来……, and end with how you felt or what you learned. One person in the picture: spend the extra time on the place and the things around them (how many, what colour, where), a second guess, and yourself.

A red face, a worried mum and a nurse at the door: you turned them into a story with a cause and a piece of advice.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 18 the gym class

Say that something is both one thing and another with 既……又……, say "not as good as" with 不如, and compare watching sport with doing it.

既……又…… gives you two details in one sentence, which is exactly what a picture talk needs, and 不如 is the quickest way to state a preference in part 3.

words to say

word	pinyin	meaning	example
教练	jiàoliàn	coach, trainer	教练让我们每天跑五公里。 The coach has us run five kilometres every day.
动作	dòngzuò	movement, action	他的动作又快又好看。 His moves are fast and beautiful.
跳	tiào	to jump	大白跳{tiao4}上了沙发。 Dabai jumped up onto the sofa.
毛巾	máojīn	towel	这条毛巾是新的。 This towel is new.
体育	tǐyù	sport, PE	我最喜欢上体育课。 PE is my favourite lesson.
胖	pàng	fat, chubby	大白有点儿胖。 Dabai is a bit chubby.
瘦	shòu	thin, slim	你最近瘦了！ You've lost weight lately!
兴趣	xìngqù	interest	我对音乐很有兴趣。 I'm very interested in music.
简单	jiǎndān	simple, easy	这个菜很简单，我也会做。 This dish is simple: even I can make it.
既	jì	both … (and); since	她既聪明又努力。 She's both clever and hard-working.

pattern 既……又…… for "both… and…"; a 不如 b

既 quality 1 又 quality 2 · A 不如 B (+ adjective)

既 A 又 B says someone or something is both A and B; it sounds a little more polished than 又……又……: 这个动作既简单又好看. A 不如 B means "A is not as good as B": 看比赛不如自己运动. Add an adjective to say in what way: 我跳得不如她高.

那位老人既认真又开心。 **nà wèi lǎorén jì rènzhēn yòu kāixīn** That old man is both serious about it and happy.

这个动作既简单，也很有用。 **zhège dòngzuò jì jiǎndān yě hěn yǒuyòng** This move is easy and very useful too.

看比赛不如自己运动。 **kàn bǐsài bùrú zìjǐ yùndòng** Watching a match isn't as good as doing sport yourself.

我跳得不如教练高。 **wǒ tiào de bùrú jiàoliàn gāo** I don't jump as high as the coach.

dialogue grandma's new class

grandma 安娜，我参加了一个运动课，每个星期二和星期四上课。
Ānnà wǒ cānjiā le yí gè yùndòng kè měi gè xīngqīèr hé xīngqīsì shàngkè · Anna, I've joined an exercise class: Tuesdays and Thursdays.

anna 真的吗？上课的人多吗？
zhēn de ma shàngkè de rén duō ma · Really? Are there many people in the class?

grandma 十几个人，有年轻人，也有像我这样的老人。
shí jǐ gè rén yǒu niánqīng rén yě yǒu xiàng wǒ zhèyàng de lǎorén · A dozen or so: young people, and old people like me too.

anna 动作难不难？
dòngzuò nán bu nán · Are the moves hard?

grandma 有的动作很简单，有的要跳，我常常跟不上。
yǒude dòngzuò hěn jiǎndān yǒude yào tiào wǒ chángcháng gēn bú shàng · Some are easy, some involve jumping, and I often can't keep up.

anna 教练怎么样？
jiàoliàn zěnmeyàng · What's the coach like?

grandma 教练是个年轻的女孩子，既热情又有耐心。
jiàoliàn shì gè niánqīng de nǚ háizi jì rèqíng yòu yǒu nàixīn · The coach is a young woman, both warm and patient.

anna 您对体育一直很有兴趣啊。
nín duì tǐyù yìzhí hěn yǒu xìngqù a · You've always been into sport, haven't you?

grandma 是啊。一个人在家运动不如跟大家一起运动，大家一起更有意思。
shì a yí gè rén zài jiā yùndòng bùrú gēn dàjiā yìqǐ yùndòng dàjiā yìqǐ gèng yǒu yìsi · Yes. Exercising alone at home isn't as good as exercising with others: it's more fun together.

anna 那下次我跟您一起去，我会带上毛巾！
nà xià cì wǒ gēn nín yìqǐ qù wǒ huì dài shàng máojīn · Then next time I'll come with you, and I'll bring a towel!

repeat listen, then say it back

我从小就对体育运动很感兴趣。 **wǒ cóngxiǎo jiù duì tǐyù yùndòng hěn gǎn xìngqù** I've been interested in sport since I was little.

运动完以后，别忘了带你的毛巾。 **yùndòng wán yǐhòu bié wàng le dài nǐ de máojīn** Don't forget your towel after the workout.

教练跳得很高，大家都跟着她跳。 **jiàoliàn tiào de hěn gāo dàjiā dōu gēn zhe tā tiào** The coach jumps high, and everyone jumps along with her.

自己在家运动不如去上运动课。 **zìjǐ zài jiā yùndòng bùrú qù shàng yùndòng kè** Exercising at home on your own isn't as good as going to a class.

这个动作很简单，大家跟我一起做。 **zhège dòngzuò hěn jiǎndān dàjiā gēn wǒ yìqǐ zuò** This move is easy: everyone, do it with me.

你觉得哪个运动既简单又有意思？ **nǐ juéde nǎge yùndòng jì jiǎndān yòu yǒu yìsi** Which sport do you think is both easy and fun?

reply answer out loud

你对体育有兴趣吗？ nǐ duì tǐyù yǒu xìngqù ma Are you interested in sport?
→ 很有兴趣。 hěn yǒu xìngqù
→ 我特别喜欢打篮球。 wǒ tèbié xǐhuan dǎ lánqiú

运动以后人会变瘦吗？ yùndòng yǐhòu rén huì biàn shòu ma Does exercise make you thinner?
→ 可能会瘦一点儿。 kěnéng huì shòu yìdiǎnr
→ 不过我觉得胖一点儿瘦一点儿都没关系，健康最重要。 búguò wǒ juéde pàng yìdiǎnr shòu yìdiǎnr dōu méi guānxi jiànkāng zuì zhòngyào

你喜欢足球还是篮球？ nǐ xǐhuan zúqiú háishi lánqiú Do you prefer football or basketball?
→ 我更喜欢篮球。 wǒ gèng xǐhuan lánqiú
→ 足球场太大了，我跑不了那么久。 zúqiú chǎng tài dà le wǒ pǎo bu liǎo nàme jiǔ

你觉得健身房怎么样？ nǐ juéde jiànshēnfáng zěnmeyàng What do you think of gyms?
→ 健身房很方便，什么天气都能去。 jiànshēnfáng hěn fāngbiàn shénme tiānqì dōu néng qù
→ 可是太贵了，我一般去河边跑步。 kěshì tài guì le wǒ yìbān qù hé biān pǎobù

describe the picture 90 seconds



Describe the picture: say who is there, where they are and what they are doing, add some details, guess what is going on and why, and link it to yourself. Talk for a minute and a half.

左边的……是教练，她…… zuǒbian de shì jiàoliàn tā

那位老人既……又…… nà wèi lǎorén jì yòu

我觉得……不如…… wǒ juéde bùrú

model answer

这张图片上有三个人，好像正在上运动课。 zhè zhāng túpiàn shàng yǒu sān gè rén hǎoxiàng zhèngzài shàng yùndòng kè

左边的女人是教练，她两只手都举得很高，笑得很开心。 zuǒbian de nǚrén shì jiàoliàn tā liǎng zhī shǒu dōu jǔ de hěn gāo xiào de hěn kāixīn

中间的女人穿着绿色的衣服，她也把手举得很高，动作跟教练一样。 zhōngjiān de nǚrén chuān zhe lǜsè de yīfu tā yě bǎ shǒu jǔ de hěn gāo dòngzuò gēn jiàoliàn yíyàng

右边是一位老人，他穿着黄色的衣服，一只手在上边，一只手在下边，动作不太对。 yòubian shì yí wèi lǎorén tā chuān zhe huángsè de yīfu yì zhī shǒu zài shàng biān yì zhī shǒu zài xià biān dòngzuò bú tài duì

不过他笑得很开心，看起来既认真又快乐。 búguò tā xiào de hěn kāixīn kàn qǐlai jì rènzhēn yòu kuàilè

左边上面挂着两条毛巾，地上放着三瓶水，右边还有一个大球。 zuǒbian shàngmiàn guà zhe liǎng tiáo máojīn dì shàng fàng zhe sān píng shuǐ yòubian hái yǒu yí gè dà qiú

那位老人可能是第一次来上课，所以还不熟悉这些动作。 nà wèi lǎorén kěnéng shì dì yī cì lái shàngkè suǒyǐ hái bù shúxi zhèxiē dòngzuò

我觉得这样的运动课既简单又有意思，老人和年轻人都可以参加。 wǒ juéde zhèyàng de yùndòng kè jì jiǎndān yòu yǒu yìsi lǎorén hé niánqīng rén dōu kěyǐ cānjiā

一个人运动不如大家一起运动开心，所以我也想去试一试。 yí gè rén yùndòng bùrú dàjiā yìqǐ yùndòng kāixīn suǒyǐ wǒ yě xiǎng qù shì yi shi

There are three people in this picture; they seem to be in an exercise class. The woman on the left is the coach: she has both arms up high and is laughing. The woman in the middle is wearing green; she also has her hands up high, doing the same move as the coach. On the right is an old man in yellow: one arm is up and one is down, so his move isn't quite right. But he is laughing; he looks both keen and happy. At the top on the left hang two towels, there are three bottles of water on the floor, and there is a

big ball on the right. The old man may be at his first class, so he doesn't know the moves yet. I think a class like this is both easy and fun, and old and young people can all join in. Exercising alone isn't as much fun as exercising together, so I'd like to try a class too.

talk 90 seconds

Which is more fun: watching sport or doing it yourself? Why? Talk for a minute and a half.

你觉得看体育比赛和自己运动，哪个更有意思？为什么？ nǐ juéde kàn tǐyù bǐsài hé zìjǐ yùndòng nǎge gèng yǒu yìsi wèi shénme

我觉得……不如…… wǒ juéde bùrú

自己运动的时候，既能……，又能…… zìjǐ yùndòng de shíhou jì néng yòu néng

当然，……，不过对我来说…… dāngrán búguò duì wǒ lái shuō

model answer

我觉得看体育比赛不如自己运动有意思。 wǒ juéde kàn tǐyù bǐsài bùrú zìjǐ yùndòng yǒu yìsi

看比赛的时候，你只能坐着看别人跑、别人跳。 kàn bǐsài de shíhou nǐ zhǐ néng zuò zhe kàn biérén pǎo biérén tiào

自己运动的时候，既能锻炼身体，又能认识新朋友。 zìjǐ yùndòng de shíhou jì néng duànliàn shēntǐ yòu néng rènshi xīn péngyou

比如我每个星期至少跟朋友打一次篮球，虽然我打得不好，但是每次都很开心。 bǐrú wǒ měi gè xīngqī zhìshǎo gēn péngyou dǎ yí cì lánqiú suīrán wǒ dǎ de bù hǎo dànshì měi cì dōu hěn kāixīn

打完球以后，大家一起吃饭聊天，我的汉语也越说越好了。 dǎ wán qiú yǐhòu dàjiā yìqǐ chī fàn liáotiān wǒ de Hànyǔ yě yuè shuō yuè hǎo le

当然，看比赛也很有意思，尤其是跟很多人一起看足球比赛的时候。 dāngrán kàn bǐsài yě hěn yǒu yìsi yóuqí shì gēn hěn duō rén yìqǐ kàn zúqiú bǐsài de shíhou

不过对我来说，看一场比赛不如自己去动一动。 búguò duì wǒ lái shuō kàn yì chǎng bǐsài bùrú zìjǐ qù dòng yi dong

所以如果有时间，我会选自己去运动。 suǒyǐ rúguǒ yǒu shíjiān wǒ huì xuǎn zìjǐ qù yùndòng

I think watching sport isn't as much fun as doing it yourself. When you watch a match, you can only sit and watch other people run and jump. When you play yourself, you get exercise and you meet new friends. For example, I play basketball with friends at least once a week; I'm not good, but I enjoy it every time. After the game we eat and chat together, and my Chinese gets better and better. Of course, watching sport is fun too, especially a football match with lots of people. But for me, watching a match isn't as good as getting moving myself. So if I have time, I choose to go and play.

good to know · Describe what people do, not how their bodies look: 他的动作不太对 is a fair detail; comments on someone's weight are not. 既……又…… joins two adjectives or two verb phrases of the same kind: 既认真又开心, 既能锻炼身体又能认识朋友. 不如 already contains "not": 看比赛不如自己运动, never 看比赛不不如……

One arm up, one arm down, and a big smile: you described a gym class kindly and clearly. That's a skill for any picture.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 19 two plates

Compare two things with 比……更 and 跟……（不）一样, and say whether young people should eat less fast food.

Pictures in the exam often put two things side by side, and food and health is a favourite topic for opinion questions. Comparing is the skill that joins them.

words to say

word	pinyin	meaning	example
快餐	kuàicān	fast food	工作太忙，中午只好|吃快餐。 Work's so busy I have to grab fast food at lunch.
油	yóu	oil	少放一点儿油，健康一些。 Use a little less oil; it's healthier.
甜	tián	sweet	这个西瓜很甜。 This watermelon is very sweet.
糖	táng	sugar; sweets	我喝咖啡不放糖。 I take my coffee without sugar.
饮料	yǐnliào	drink, beverage	你想喝什么饮料? What would you like to drink?
鸡	jī	chicken	我喜欢吃鸡肉。 I like chicken.
西红柿	xīhóngshì	tomato	我想买两千克西红柿。 I'd like two kilos of tomatoes.
更	gèng	even more	我觉得这个更好看。 I think this one looks even better.
需要	xūyào	to need; need	你需要帮忙吗? Do you need a hand?
一样	yīyàng	the same	我的手机跟你的一样。 My phone is the same as yours.

pattern a 比 b 更 + adjective; a 跟 b（不）一样

A 比 B 更 adjective · A 跟 B （不）一样

A 比 B 更 + adjective says A is even more so than B: 她的饭比他的更健康. Never put 很 after 比: use 更, or add 多了 at the end (汽水比水甜多了). A 跟 B 一样 says they are the same; 不一样 says they differ, and you can add how.

她的饭比他的更健康。 **tā de fàn bǐ tā de gèng jiànkāng** Her lunch is healthier than his.

汽水比水甜多了。 **qìshuǐ bǐ shuǐ tián duō le** Fizzy drinks are much sweeter than water.

他的饭跟她的饭很不一样。 **tā de fàn gēn tā de fàn hěn bù yíyàng** His lunch is very different from hers.

我跟你一样，也喜欢吃西红柿。 **wǒ gēn nǐ yíyàng yě xǐhuan chī xīhóngshì** Like you, I love tomatoes too.

dialogue lunch at the canteen

anna 小明，你又吃快餐啊？
Xiǎomíng nǐ yòu chī kuàicān a · Xiaoming, fast food again?

xiaoming 是啊，快餐又快又便宜，中午我只有一个小时。
shì a kuàicān yòu kuài yòu piányi zhōngwǔ wǒ zhǐyǒu yí gè xiǎoshí · Yes. Fast food is quick and cheap, and I only get an hour at lunch.

anna 可是太油了。你看，三块鸡，还有一杯汽水。
kěshì tài yóu le nǐ kàn sān kuài jī hái yǒu yì bēi qìshuǐ · But it's so greasy. Look: three pieces of chicken and a fizzy drink.

xiaoming 工作很累，我需要一点儿糖。
gōngzuò hěn lèi wǒ xūyào yìdiǎnr táng · Work is tiring. I need a bit of sugar.

anna 喝水比喝汽水更好。你看我的饭：米饭、菜，还有西红柿。
hē shuǐ bǐ hē qìshuǐ gèng hǎo nǐ kàn wǒ de fàn mǐfàn cài hái yǒu xīhóngshì · Water is better than fizzy drinks. Look at my lunch: rice, vegetables and tomatoes.

xiaoming 你吃的跟我奶奶一样，都是健康的东西。
nǐ chī de gēn wǒ nǎinai yíyàng dōu shì jiànkāng de dōngxi · You eat just like my grandma: all healthy stuff.

anna 对啊，你奶奶天天锻炼，吃得也健康，身体多好！
duì a nǐ nǎinai tiān tiān duànliàn chī de yě jiànkāng shēntǐ duō hǎo · Exactly: your grandma exercises every day and eats well, and look how healthy she is!

xiaoming 好吧，明天我也试试吃得健康一点儿。
hǎo ba míngtiān wǒ yě shì shi chī de jiànkāng yìdiǎnr · All right, tomorrow I'll try eating a bit more healthily.

anna 那这块蛋糕给我吧！
nà zhè kuài dàngāo gěi wǒ ba · Then give me that piece of cake!

xiaoming 原来你也喜欢吃甜的！
yuánlái nǐ yě xǐhuan chī tián de · So you like sweet things too!

repeat listen, then say it back

中午你想吃米饭还是吃快餐？ **zhōngwǔ nǐ xiǎng chī mǐfàn háishi chī kuàicān** Do you want rice or fast food for lunch?

你今天吃的饭跟我的不太一样。 **nǐ jīntiān chī de fàn gēn wǒ de bú tài yíyàng** What you're eating today is quite different from mine.

这种饮料太甜了，里边有很多糖。 **zhè zhǒng yǐnliào tài tián le lǐ biān yǒu hěn duō táng** This drink is too sweet; there's a lot of sugar in it.

我不太喜欢吃快餐，因为太油了。 **wǒ bú tài xǐhuan chī kuàicān yīnwèi tài yóu le** I don't really like fast food, because it's too greasy.

我觉得西红柿鸡蛋比快餐更好吃。 **wǒ juéde xīhóngshì jīdàn bǐ kuàicān gèng hǎochī** I think tomato and egg tastes better than fast food.

年轻人每天都需要吃一些菜和水果。 **niánqīng rén měi tiān dōu xūyào chī yìxiē cài hé shuǐguǒ** Young people need to eat some vegetables and fruit every day.

reply answer out loud

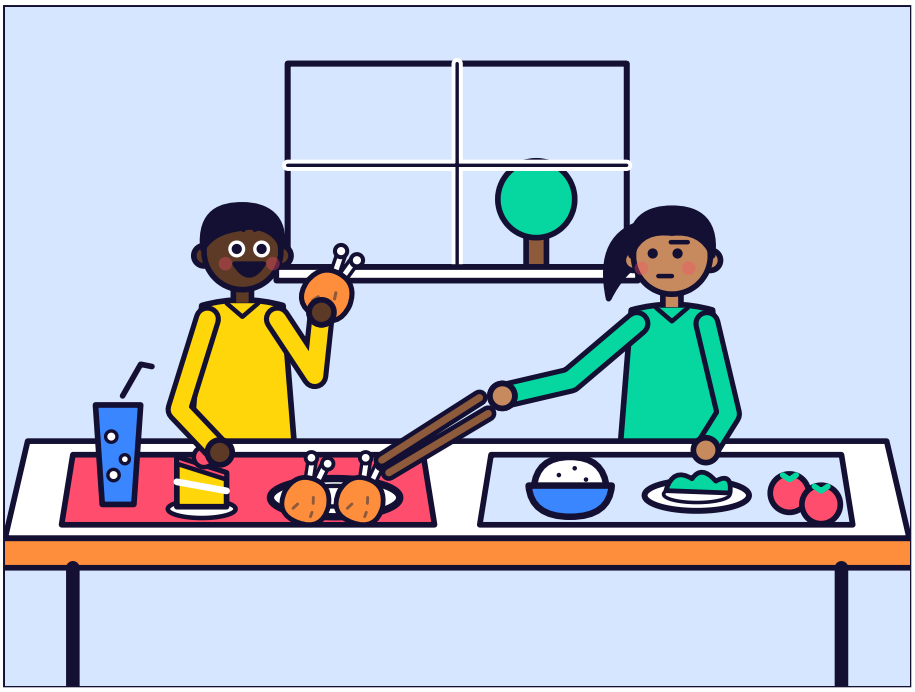
你常吃快餐吗？ nǐ cháng chī kuàicān ma Do you often eat fast food?
→ 不常吃，一个月一两次。 bù cháng chī yí gè yuè yìliǎng cì
→ 因为我觉得快餐太油了。 yīnwèi wǒ juéde kuàicān tài yóu le

你觉得食堂的饭怎么样？ nǐ juéde shítáng de fàn zěnmeyàng What do you think of canteen food?
→ 还不错，又便宜又快。 hái búcuò yòu piányi yòu kuài
→ 不过每天都差不多，吃久了就没意思了。 búguò měi tiān dōu chàbuduō chī jiǔ le jiù méi yìsi le

你喝茶还是喝咖啡？ nǐ hē chá háishi hē kāfēi Do you drink tea or coffee?
→ 我早上喝咖啡，下午喝茶。 wǒ zǎoshang hē kāfēi xiàwǔ hē chá
→ 晚上喝咖啡，我会睡不好。 wǎnshang hē kāfēi wǒ huì shuì bu hǎo

饿的时候你吃什么？ è de shíhou nǐ chī shénme What do you eat when you're hungry?
→ 一般吃一点儿水果或者饼干。 yìbān chī yìdiǎnr shuǐguǒ huòzhě bǐnggān
→ 饼干虽然不太健康，但是很方便。 bǐnggān suīrán bú tài jiànkāng dànshì hěn fāngbiàn

describe the picture 90 seconds



Describe the picture: say who is there, where they are and what they are doing, add some details, guess what is going on and why, and link it to yourself. Talk for a minute and a half.

左边的……手里拿着……，旁边有…… zuǒbian de shǒu lǐ ná zhe pángbiān yǒu

她好像觉得……，因为…… tā hǎoxiàng juéde yīnwèi

我觉得……比……更…… wǒ juéde bǐ gèng

model answer

这张图片上有两个年轻人在一起吃饭，他们的饭很不一样。 zhè zhāng túpiàn shàng yǒu liǎng gè niánqīng rén zài yìqǐ chī fàn tāmen de fàn hěn bù yíyàng

左边的男人穿着黄色的衣服，手里拿着一块鸡，笑得很开心。 zuǒbian de nánrén chuān zhe huángsè de yīfu shǒu lǐ ná zhe yí kuài jī xiào de hěn kāixīn

他前边还有两块鸡，所以一共是三块，旁边还有一杯汽水和一块蛋糕。 tā qián biān hái yǒu liǎng kuài jī suǒyǐ yígòng shì sān kuài pángbiān hái yǒu yì bēi qìshuǐ hé yí kuài dàngāo

右边的女人穿着绿色的衣服，她的饭是一碗米饭、一盘菜和两个西红柿。 yòubian de nǚrén chuān zhe lǜsè de yīfu tā de fàn shì yì wǎn mǐfàn yì pán cài hé liǎng gè xīhóngshì

她用筷子指着他的鸡，看起来不太高兴。 tā yòng kuàizi zhǐ zhe tā de jī kàn qǐlai bú tài gāoxìng

她好像觉得他吃得不太健康，因为鸡里有很多油，汽水和蛋糕也很甜。 tā hǎoxiàng juéde tā chī de bú tài jiànkāng yīnwèi jī lǐ yǒu hěn duō yóu qìshuǐ hé dàngāo yě hěn tián

我觉得她的饭比他的饭更健康，不过他的饭可能更好吃。 wǒ juéde tā de fàn bǐ tā de fàn gèng jiànkāng búguò tā de fàn kěnéng gèng hǎochī

我平时也喜欢吃鸡，可是我知道油太多对身体不好，所以我一般会多吃一点儿菜。 wǒ píngshí yě xǐhuan chī jī kěshì wǒ zhīdào yóu tài duō duì shēntǐ bù hǎo suǒyǐ wǒ yìbān huì duō chī yìdiǎnr cài

In this picture two young people are having a meal together, and their food is very different. The man on the left is wearing yellow, holding a piece of chicken and laughing. In front of him are two more pieces of chicken, so three in all, plus a fizzy drink and a slice of cake. The woman on the right is wearing green; her meal is a bowl of rice, a plate of vegetables and two tomatoes. She is pointing her chopsticks at his chicken and doesn't look very happy. She seems to think he isn't eating very healthily, because the chicken is greasy and the fizzy drink and the cake are very sweet. I think her meal is healthier than his, though his may taste better. I like chicken too, but I know too much grease is bad for you, so I usually eat more vegetables.

talk 90 seconds

Do you think young people should eat less fast food? Why? Talk for a minute and a half.

你觉得年轻人应该少吃快餐吗？为什么？ nǐ juéde niánqīng rén yīnggāi shǎo chī kuàicān ma wèi shénme

我觉得……应该……，因为…… wǒ juéde yīnggāi yīnwèi

……比……更…… bǐ gèng

当然，每个人的情况跟别人不一样，…… dāngrán měi gè rén de qíngkuàng gēn biérén bù yíyàng

model answer

我觉得年轻人应该少吃快餐。 wǒ juéde niánqīng rén yīnggāi shǎo chī kuàicān

因为快餐里油和糖都很多，常常吃对身体不好。 yīnwèi kuàicān lǐ yóu hé táng dōu hěn duō chángcháng chī duì shēntǐ bù hǎo

而且买快餐的时候，一般都会要一杯很甜的饮料，一顿饭就吃了很多糖。 érqiě mǎi kuàicān de shíhou yìbān dōu huì yào yì bēi hěn tián de yǐnliào yí dùn fàn jiù chī le hěn duō táng

自己做的饭比快餐更健康，也更便宜。 zìjǐ zuò de fàn bǐ kuàicān gèng jiànkāng yě gèng piányi

比如我常常自己做西红柿鸡蛋，十分钟就做好了，既简单又好吃。 bǐrú wǒ chángcháng zìjǐ zuò xīhóngshì jīdàn shí fēnzhōng jiù zuò hǎo le jì jiǎndān yòu hǎochī

当然，每个人的情况跟别人不一样。 dāngrán měi gè rén de qíngkuàng gēn biérén bù yíyàng

有的年轻人工作很忙，中午只有半个小时，只好点外卖或者吃快餐。 yǒude niánqīng rén gōngzuò hěn máng zhōngwǔ zhǐyǒu bàn gè xiǎoshí zhǐhǎo diǎn wàimài huòzhě chī kuàicān

所以我认为，快餐不是不能吃，但是一个星期最好不要超过两次。 suǒyǐ wǒ rènwéi kuàicān bú shì bù néng chī dànshì yí gè xīngqī zuìhǎo búyào chāoguò liǎng cì

I think young people should eat less fast food. Fast food has a lot of fat and sugar, and eating it often is bad for you. Besides, with fast food you usually get a very sweet drink, so one meal means a lot of sugar. Home cooking is healthier than fast food, and cheaper too. For example, I often make tomato and egg myself: it's ready in ten minutes, easy and tasty. Of course, everyone's situation is different. Some young people are very busy at work, with only half an hour for lunch, so they have to order a takeaway or grab fast food. So I think fast food isn't forbidden, but it's best not to have it more than twice a week.

good to know · Count what you can see and say the total: 他前边还有两块鸡，所以一共是三块. Numbers are easy details that fill time well. 比 never takes 很: 她的饭比他的更健康 or 她的饭比他的健康多了, never 比他的很健康. 块 counts pieces (一块鸡, 一块蛋糕), 碗 bowls (一碗米饭), 盘 plates (一盘菜) and 杯 cups (一杯汽水).

Two trays, five comparisons, one opinion: you compared like a pro today.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 20 mission: sports day

Tell the story of a sports day and a check-up, describe two pictures back to back, and say whether young people get enough sleep.

Two pictures in a row, then a question: today you rehearse the exam's middle and last parts at the unit-4 length, with sport and health words you can reuse anywhere.

chapter 1 before the race

little sister 哥哥，安娜，你们来了！今天是我们学校的运动会。
gēge Ānnà nǐmen lái le jīntiān shì wǒmen xuéxiào de yùndònghuì · Big brother, Anna, you came! It's our school sports day today.

anna 你参加什么比赛？
nǐ cānjiā shénme bǐsài · Which race are you in?

little sister 八年级女生的跑步比赛。我有点儿担心，别的运动员都跑得很快。
bā niánjí nǚshēng de pǎobù bǐsài wǒ yǒudiǎnr dānxīn biéde yùndòngyuán dōu pǎo de hěn kuài · The year-eight girls' race. I'm a bit worried: the other runners are all really fast.

xiaoming 别担心，输了也没关系，最重要的是开心。
bié dānxīn shū le yě méi guānxi zuì zhòngyào de shì kāixīn · Don't worry. It doesn't matter if you lose; the main thing is to enjoy it.

little sister 可是我真的很想赢！
kěshì wǒ zhēn de hěn xiǎng yíng · But I really want to win!

anna 那我们就大声给你加油！
nà wǒmen jiù dà shēng gěi nǐ jiāyóu · Then we'll cheer for you as loud as we can!

chapter 2 the race

xiaoming 开始了！妹妹，加油！
kāishǐ le mèimei jiāyóu · They're off! Come on, sis!

anna 她跑得真快，现在是第二！
tā pǎo de zhēn kuài xiànzài shì dì èr · She's so fast. She's second now!

xiaoming 快！快！还有五十米！
kuài kuài hái yǒu wǔshí mǐ · Faster! Fifty metres to go!

anna 第一了！她赢了！
dì yī le tā yíng le · She's first! She's won!

little sister 我赢了！我真的赢了！
wǒ yíng le wǒ zhēn de yíng le · I won! I really won!

xiaoming 我妹妹是个真正的运动员！
wǒ mèimei shì gè zhēnzhèng de yùndòngyuán · My little sister is a real athlete!

chapter 3 grandma's check-up

grandma 儿子，我的检查结果怎么样？我有点儿担心。
érzi wǒ de jiǎnchá jiéguǒ zěnmeyàng wǒ yǒudiǎnr dānxīn · Son, how are my results? I'm a bit worried.

dr li 妈妈，您放心，都很正常。
māma nín fàngxīn dōu hěn zhèngcháng · Don't worry, Mum. Everything is normal.

grandma 真的吗？那我就放心了。
zhēn de ma nà wǒ jiù fàngxīn le · Really? What a relief.

dr li 您每天锻炼，吃得也健康，身体比很多年轻人还好。
nín měi tiān duànliàn chī de yě jiànkāng shēntǐ bǐ hěn duō niánqīng rén hái hǎo · You exercise every day and eat well; you're healthier than lots of young people.

grandma 听说妹妹在运动会上赢了？
tīngshuō mèimei zài yùndònghuì shàng yíng le · I hear 妹妹 won at the sports day?

dr li 对，第一名！看来我们家有两个运动员。
duì dì yī míng kànlái wǒmen jiā yǒu liǎng gè yùndòngyuán · Yes, first place! It looks like our family has two athletes.

repeat listen, then say it back

下个星期五是我们学校的运动会。 **xià gè xīngqīwǔ shì wǒmen xuéxiào de yùndònghuì** Next Friday is our school sports day.

医生说检查结果都很正常，别担心。 **yīshēng shuō jiǎnchá jiéguǒ dōu hěn zhèngcháng bié dānxīn** The doctor says the results are all normal, so don't worry.

妹妹参加了八年级女生的跑步比赛。 **mèimei cānjiā le bā niánjí nǚshēng de pǎobù bǐsài** My little sister ran in the year-eight girls' race.

比赛的时候，赢了输了其实都没关系。 **bǐsài de shíhou yíng le shū le qíshí dōu méi guānxi** In a race, winning or losing doesn't really matter.

她跑得非常快，是一个很好的运动员。 **tā pǎo de fēicháng kuài shì yí gè hěn hǎo de yùndòngyuán** She runs really fast; she's a very good athlete.

reply answer out loud

你喜欢看比赛还是参加比赛？ **nǐ xǐhuan kàn bǐsài háishi cānjiā bǐsài** Do you prefer watching competitions or taking part?

→ 我更喜欢参加比赛。 **wǒ gèng xǐhuan cānjiā bǐsài**

→ 坐着看比赛，不如自己跑一跑。 **zuò zhe kàn bǐsài bùrú zìjǐ pǎo yi pao**

比赛输了，你怎么办？ **bǐsài shū le nǐ zěnme bàn** What do you do when you lose a competition?

→ 先难受一会儿。 **xiān nánshòu yíhuìr**

→ 然后想想原因，下次再努力。 **ránhòu xiǎng xiang yuányīn xià cì zài nǔlì**

你多久检查一次身体？ **nǐ duō jiǔ jiǎnchá yí cì shēntǐ** How often do you have a check-up?

→ 一年至少检查一次。 **yì nián zhìshǎo jiǎnchá yí cì**

→ 早一点儿发现问题，就不用太担心。 **zǎo yìdiǎnr fāxiàn wèntí jiù búyòng tài dānxīn**

你每天睡几个小时？ **nǐ měi tiān shuì jǐ gè xiǎoshí** How many hours do you sleep a night?

→ 我每天睡七个小时左右。 **wǒ měi tiān shuì qī gè xiǎoshí zuǒyòu**

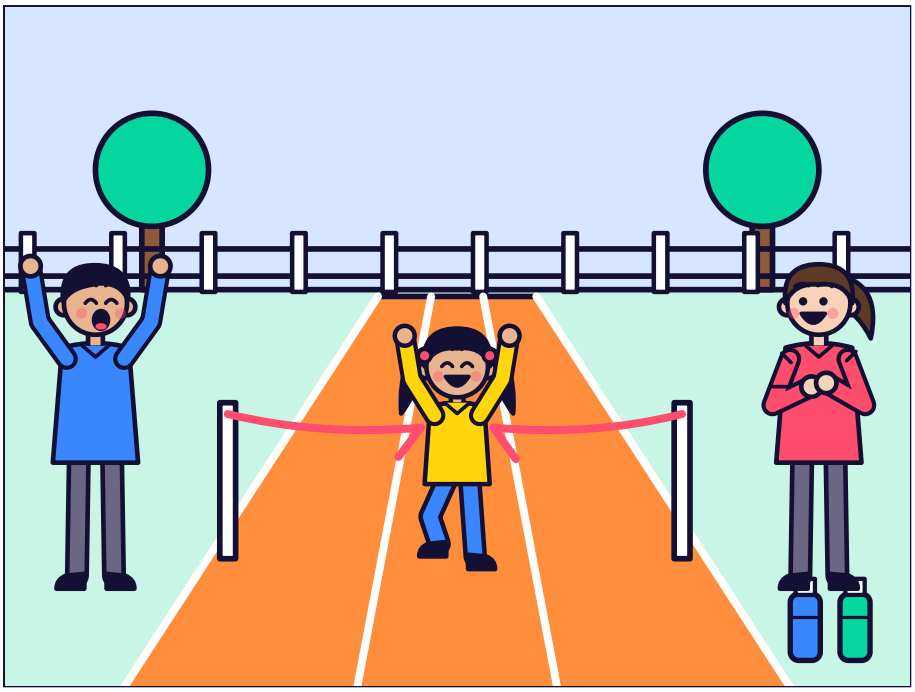
→ 因为第二天早上要上课。 **yīnwèi dì èr tiān zǎoshang yào shàngkè**

你常吃快餐吗？ **nǐ cháng chī kuàicān ma** Do you often eat fast food?

→ 不常吃。 **bù cháng chī**

→ 因为快餐太油了，我更喜欢自己做饭。 **yīnwèi kuàicān tài yóu le wǒ gèng xǐhuan zìjǐ zuòfàn**

describe the picture 90 seconds



Describe the picture: say who is there, where they are and what they are doing, add some details, guess what is going on and why, and link it to yourself. Talk for a minute and a half.

中间的……穿着……，两只手…… zhōngjiān de chuān zhe liǎng zhī shǒu

左边是……，右边是…… zuǒbian shì yòubian shì

看起来……赢了，因为…… kàn qǐlai yíng le yīnwèi

model answer

这张图片上是学校的操场，有三个人，看起来正在开运动会。 zhè zhāng túpiàn shàng shì xuéxiào de cāochǎng yǒu sān gè rén kàn qǐlai zhèngzài kāi yùndònghuì

中间是一个小女孩儿，她穿着黄色的衣服，两只手举得很高，笑得非常开心。 zhōngjiān shì yí gè xiǎo nǚháir tā chuān zhe huángsè de yīfu liǎng zhī shǒu jǔ de hěn gāo xiào de fēicháng kāixīn

她刚跑到，前边已经没有别人了。 tā gāng pǎo dào qián biān yǐjīng méiyǒu biérén le

左边是一个年轻的男人，他穿着蓝衣服，两只手也举起来了，好像在大声喊加油。 zuǒbian shì yí gè niánqīng de nánrén tā chuān zhe lán yīfu liǎng zhī shǒu yě jǔ qǐlai le hǎoxiàng zài dà shēng hǎn jiāyóu

右边是一个年轻的女人，她两只手放在一起，笑着看那个女孩儿。 yòubian shì yí gè niánqīng de nǚrén tā liǎng zhī shǒu fàng zài yìqǐ xiào zhe kàn nàge nǚháir

后边有两棵树，右边的地上放着两瓶水。 hòu biān yǒu liǎng kē shù yòubian de dì shàng fàng zhe liǎng píng shuǐ

看起来女孩儿赢了比赛，因为她是第一个跑到的，大家都很高兴。 kàn qǐlai nǚháir yíng le bǐsài yīnwèi tā shì dì yī gè pǎo dào de dàjiā dōu hěn gāoxìng

那两个年轻人可能是她的哥哥、姐姐，或者是她的朋友。 nà liǎng gè niánqīng rén kěnéng shì tā de gēge jiějie huòzhě shì tā de péngyou

我觉得比赛赢不赢不是最重要的，大家一起开心才是最重要的。 wǒ juéde bǐsài yíng bu yíng bú shì zuì zhòngyào de dàjiā yìqǐ kāixīn cái shì zuì zhòngyào de

This picture shows a school sports ground with three people; it looks like a sports day. In the middle is a little girl in a yellow top, with both arms up high, laughing. She has just reached the finish, and there is nobody ahead of her. On the left is a young man in a blue top; his arms are up too, as if he is shouting “come on!”. On the right is a young woman with her hands together, smiling at the girl. Behind them are two trees, and on the ground on the right there are two bottles of water. It looks as if

the girl won the race, because she finished first and everyone is happy. The two young people may be her brother and sister, or maybe her friends. I think winning isn't what matters most: everyone having fun together is.

describe the picture 90 seconds



Describe the picture: say who is there, where they are and what they are doing, add some details, guess what is going on and why, and link it to yourself. Talk for a minute and a half.

医生手里拿着……，老人…… yīshēng shǒu lǐ ná zhe lǎorén

那张纸可能是……，看来…… nà zhāng zhǐ kěnéng shì kànlái

我觉得老人…… wǒ juéde lǎorén

model answer

这张图片上是医生的办公室，有一位医生和一位老人。 zhè zhāng túpiàn shàng shì yīshēng de bàngōngshì yǒu yí wèi yīshēng hé yí wèi lǎorén

医生穿着白色的衣服，在桌子后边，手里拿着一张纸，笑得很开心。 yīshēng chuān zhe báisè de yīfu zài zhuōzi hòu biān shǒu lǐ ná zhe yì zhāng zhǐ xiào de hěn kāixīn

老人的头发是白色的，她戴着眼镜，穿着绿色的衣服，站在一把椅子前边，也在笑。 lǎorén de tóufa shì báisè de tā dài zhe yǎnjìng chuān zhe lǜsè de yīfu zhàn zài yì bǎ yǐzi qián biān yě zài xiào

桌子上有一台电脑和一杯茶，茶好像还是热的。 zhuōzi shàng yǒu yì tái diànnǎo hé yì bēi chá chá hǎoxiàng háishi rè de

左边有一张床，后边有一个窗户。 zuǒbian yǒu yì zhāng chuáng hòu biān yǒu yí gè chuānghu

那张纸可能是老人的检查结果，医生看完以后笑了，看来结果都很正常。 nà zhāng zhǐ kěnéng shì lǎorén de jiǎnchá jiéguǒ yīshēng kàn wán yǐhòu xiào le kànlái jiéguǒ dōu hěn zhèngcháng

老人来以前可能有点儿担心，现在终于放心了。 lǎorén lái yǐqián kěnéng yǒudiǎnr dānxīn xiànzài zhōngyú fàngxīn le

我觉得老人每年都应该去医院检查一次身体。 wǒ juéde lǎorén měi nián dōu yīnggāi qù yīyuàn jiǎnchá yí cì shēntǐ

我的爷爷奶奶在英国，我也经常打电话提醒他们去检查身体。 wǒ de yéye nǎinai zài Yīngguó wǒ yě jīngcháng dǎ diànhuà tíxǐng tāmen qù jiǎnchá shēntǐ

This picture shows a doctor's office with a doctor and an old woman. The doctor, in white, is behind the desk holding a sheet of paper and smiling. The old woman has white hair and glasses and a green top; she is standing in front of a chair, smiling too. On the desk there is a computer and a cup of tea, which still seems to be hot. On the left there is a bed, and at the back there is a window. The paper may be her test results: the doctor smiled after reading them, so it seems everything is normal. She may have been a bit worried before she came, and now at last she is relieved. I think old people should have a check-up

at the hospital every year. My grandparents are in the UK, and I often phone to remind them to have check-ups.

talk 90 seconds

Tell us about a competition you once took part in. How did you feel? Talk for a minute and a half.

说说你参加过的一次比赛。那次你有什么感觉？ shuō shuo nǐ cānjiā guo de yí cì bǐsài nà cì nǐ yǒu shénme gǎnjué

那是我……的时候，我参加了…… nà shì wǒ de shíhou wǒ cānjiā le

比赛以前……，后来…… bǐsài yǐqián hòulái

虽然……，但是…… suīrán dànshì

model answer

我上中学的时候，参加过一次学校的游泳比赛，到现在我还记得很清楚。 wǒ shàng zhōngxué de shíhou cānjiā guo yí cì xuéxiào de yóuyǒng bǐsài dào xiànzài wǒ hái jìde hěn qīngchu

那时候我学游泳才两年，可是老师说我游得不错，让我去试一试。 nà shíhou wǒ xué yóuyǒng cái liǎng nián kěshì lǎoshī shuō wǒ yóu de búcuò ràng wǒ qù shì yi shi

比赛以前我紧张极了，前一天晚上几乎没怎么睡。 bǐsài yǐqián wǒ jǐnzhāng jí le qián yì tiān wǎnshang jīhū méi zěnme shuì

比赛开始以后，我一直往前游，什么也没想。 bǐsài kāishǐ yǐhòu wǒ yìzhí wǎng qián yóu shénme yě méi xiǎng

最后我是第四名，没有拿到奖，我有点儿难受。 zuìhòu wǒ shì dì sì míng méiyǒu ná dào jiǎng wǒ yǒudiǎnr nánshòu

可是我的爸爸妈妈都在旁边给我加油，他们说我已经很棒了。 kěshì wǒ de bàba māma dōu zài pángbiān gěi wǒ jiāyóu tāmen shuō wǒ yǐjīng hěn bàng le

后来我才明白，比赛输了赢了都很正常，重要的是自己努力了。 hòulái wǒ cái míngbai bǐsài shū le yíng le dōu hěn zhèngcháng zhòngyào de shì zìjǐ nǔlì le

从那以后，我经常去游泳，现在游泳也是我的一个爱好。 cóng nà yǐhòu wǒ jīngcháng qù yóuyǒng xiànzài yóuyǒng yě shì wǒ de yí gè àihào

At secondary school I once took part in a school swimming race, and I still remember it clearly. I had only been swimming for two years, but my teacher said I swam well and told me to give it a go. Before the race I was terribly nervous, and I hardly slept the night before. Once the race started, I just kept swimming and didn't think about anything. In the end I came fourth and didn't win a prize, and I felt a bit down. But my mum and dad were there cheering me on, and they said I had done brilliantly. Later I understood that winning and losing are both normal; what matters is that you tried your best. Since then I've often gone swimming, and now it's one of my hobbies.

A race, a check-up and a question about sleep: three minutes of connected Chinese, at the length the exam asks for in the next unit.
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