

中国特色高水平高职学校和专业建设成果
高职高专行业英语系列教材 总主编 付万荣

健康管理行业英语

English for Health Management Industry

付万荣 魏洁 主编

国家开放大学出版社·北京

图书在版编目 (CIP) 数据

健康管理行业英语 / 付万荣, 魏洁主编. —北京:
国家开放大学出版社, 2024.4

ISBN 978-7-304-12225-6

I. ①健… II. ①付… ②魏… III. ①健康-卫生管理-英语 IV. ①R19

中国国家版本馆 CIP 数据核字 (2024) 第 009604 号

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健康管理行业英语

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出版·发行: 国家开放大学出版社

电话: 营销中心 010-68180820

总编室 010-68182524

网址: <http://www.crtvup.com.cn>

地址: 北京市海淀区西四环中路 45 号

邮编: 100039

经销: 新华书店北京发行所

策划编辑: 鄯子钰

版式设计: 何智杰

责任编辑: 吉喆

责任校对: 吕昀谿

责任印制: 武鹏 沙烁

印刷:

版本: 2024 年 4 月第 1 版

2024 年 4 月第 1 次印刷

开本: 787mm × 1092mm 1/16

印张: 10.75 字数: 224 千字

书号: ISBN 978-7-304-12225-6

定价: 39.80 元

(如有缺页或倒装, 本社负责退换)

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FOREWORD | 序

由宁夏职业技术学院的付万荣教授担任总主编的“高职高专行业英语系列教材”是根据教育部职业院校外语类教学指导委员会《高等职业教育英语课程教学基本要求》(试行)编写的。

该系列教材面向高职高专行业英语学习的学生,紧密结合行业企业需求,在对企业及学生进行广泛调研的基础上,针对行业英语教学及学生的实际需要而编写,是一套实用性和应用性都较强的高职英语教材。该系列教材根据学生试用后的反馈,进行了完善,具备鲜明的行业特色,内容选材突出了行业文化与专业背景知识,使语言学习与行业认知融为一体,有利于激发学生的学习兴趣。教材附录提供了与行业相关的常用术语,实用性强。教材图文并茂,有助于学生理解教学内容。

该系列教材的出版为高职高专行业英语教学提供了教材,有助于推进高职英语教学的改革。

教育部职业院校外语类专业教学指导委员会主任委员 刘黛琳

2015年11月26日



《健康管理行业英语》是根据教育部职业院校外语类教学指导委员会《高等职业教育英语课程教学基本要求》(试行)(以下简称《基本要求》)编写的。《基本要求》建议“高职英语教学分为两个阶段,即基础英语阶段与行业英语阶段”。本教材的编写还根据2016年8月20日习近平总书记在全国卫生与健康大会上的重要讲话精神“把人民健康放在优先发展战略地位 努力全方位全周期保障人民健康”、《“健康中国2030”规划纲要》及宁夏职业技术学院 宁夏开放大学的“双高计划”。本教材可供高职院校的健康管理、智慧健康养老服务与管理、婴幼儿托育服务与管理以及中医康复技术等专业的学生使用。

本教材由宁夏职业技术学院 宁夏开放大学“双高计划”打造的“技术技能创新服务平台建设项目”提供经费支持。

教材特点

本教材顺应高职高专公共英语教学改革发展趋势,秉承“实用为主、够用为度”的原则,真正体现了行业英语教学理念。本教材主要具有以下三个方面的特点:

第一,行业性。在编写本教材前,编者与专业教师多次沟通,向他们征求教材编写的意见。同时,编者向企业在职人员了解英语在工作场景中的使用情况。在广泛调研与充分论证的基础上,编者编写了“健康管理行业英语”课程讲义。根据学生试用后的反馈,编者在原有基础上进行了不断完善。本教材经过多次修改,历时3年才最终定稿。

第二,实用性。编者在编写本教材时,考虑到西部地区高职学生英语程度普遍较弱,决定以学材而不是教材为着眼点,以学生的学习为出发点,在每个单元设置了11个模块,包括单元介绍、学习目标、课前热身、对话、课文、习题、文书写作、中国古代名医、职场贴士、语法要点、补充阅读,帮助学生更好地学习教学内容,培养其自主学习能力,为其专业发展打下基础。

第三，多样性。本教材设计了多种多样的练习形式，内容由浅入深，借此降低了学习难度，增强了学习的趣味性和知识性，将语言的学习和专业知识的学习融为一体，激发了学生学习英语的兴趣。

本教材共有9个单元，分别是健康照护、健康检查、健康评估、健康教育、健康和社会照护服务、康复治疗、预防疾病和健康生活、儿童生长发育和老年照护。每个单元设置以下模块：

1. Unit Introduction 单元介绍

“单元介绍”让学生先入为主，初步了解本单元要学习的内容，起到引导作用，为学生后续学习打下基础。

2. Learning Objectives 学习目标

“学习目标”帮助学生在开始学习之前了解学习本单元可以掌握的知识和能力。

3. Warm-up 课前热身

“课前热身”通过问题讨论引出单元主题，让学生带着与课文内容相关的问题进行学习，既可锻炼学生的思辨能力，又可让学生做好学前热身，激发学生学习对话、课文的兴趣。

4. Start-up 对话

“对话”可帮助学生提前熟悉课文内容，尽快进入学习状态，是学生学好课文的前提。

5. Text 课文

“课文”题材广泛，内容丰富，知识面宽，难易适中。通过这部分的学习，学生不仅可以提高英语阅读能力，还可以获取大量与专业相关的信息。这个模块的设置将专业学习与英语学习进行了结合。“课文”文本后附有生词短语、难点解析和习题，有助于学生理解所学内容，达到巩固的目的。

6. Tasks 习题

“习题”是每个单元课文后面设计不同类型的练习，用来帮助学生通过学习课文、完成相关练习，达到熟记英语词汇及相关句子的目标。

7. Essay Writing 文书写作

“文书写作”包括通知、便条、健康教育海报、护理记录单等9个模块，用于帮助学生掌握与专业相关的写作知识。

8. Famous Doctor in Ancient China 中国古代名医

“中国古代名医”以中英文双语的形式介绍中国的古代名医，这些名医是医学史上耀眼的明星。通过对他们的介绍，学生可以了解这些名医高超的医术，以及他们为医学作

出的不可磨灭的贡献。

9. Workplace Tip 职场贴士

“职场贴士”以实习、面试到工作第一天的职业发展为线索，采取任务驱动及情景模拟的方式编写了9个模块的职场话题，旨在培养学生的基本素养，提升其职场任职软技能。

10. Grammar Focus 语法要点

“语法要点”以二维码形式呈现，帮助学生学习与英语语法有关的基础知识，更好地理解行业英语知识。

11. Supplementary Reading 补充阅读

“补充阅读”是对课文内容的补充和加强，可作为课外阅读材料。补充阅读的文本后附有本单元的中英文双语简介、生词短语、难点解析，帮助对英语学有余力的学生扩大词汇量和知识面。

此外，本教材后附有5个附录，包括词汇表、健康方面常用英语词汇、身体各部位英语词汇、中医临床常用专业术语、与中医有关的机构名称，供学生学习，供教师教学参考。

本教材还为教师提供了配套的课程大纲、教学课件、教材使用说明、习题答案、课文翻译等材料。

教材亮点

本教材有三个亮点：第一个是中国古代名医双语简介，传承民族文化，弘扬科学精神；第二个是在页脚处有与健康行业文化知识和健康素养培育相关的双语名言名句，提升学生综合素养；第三个是与全国职业院校技能大赛、世界技能大赛内容对接的文书写作，培养学生的参赛意识。

编写团队

本教材编写团队由英语教师、专业教师、企业专家、思政课教师和外籍教师组成。教材主编是宁夏职业技术学院的英语教师付万荣和魏洁；副主编是赵红霞、王金莉、丁辉和专业教师穆金海，以及宁夏邦尼老年服务中心法人、永宁县邦尼沁椿养老院院长吴玉霞；袁枫、王雪妮、李红、杨洁、徐超、刘雅惠子、王倩、于华、左莹等参与了教材的编写工作；王玲、史扬、何晓瑜、王玉荣是重点语法部分的微课的主讲人；贾武、王茜是微课的拍摄者；思政课教师王巍儒是本教材课程思政元素的提炼者。

本教材在编写过程中得到宁夏职业技术学院党委书记兼校长刘炜、副校长李晓延、教务处处长李献智的大力支持。此外，外教 Sam 对每个单元的学习目标、对话及文书写作的内容进行了校对，以确保英语表达的准确性；外教 Sam 和 Suzi 参与录制了对话、课

文及词汇的音频。这些音频材料、微课视频材料及附录文本以二维码形式呈现，不仅让学生学到了原汁原味的英语，而且帮助学生实现了随时随地的碎片化学习，丰富教材内容的呈现形式。本教材编委会在此向他们表示感谢！

在编写过程中，宁夏职业技术学院健康管理与社会服务学院领导和老师参与了本教材部分图片的拍摄工作。同时，编者参考、引用了国内外网站的相关资料，如 <http://www.google.com>，<https://cn.bing.com> 和 <https://www.baidu.com>，得到了国家开放大学出版社的鼎力支持。在此，一并感谢！

由于编者水平有限，不足之处在所难免，恳请各方有识之士批评指正。

编者

2024年3月

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Unit 1

Health Care

Unit Introduction

Health care is a part of health management. This unit requires learners to know the following five questions: What is the definition of health care? What are the six types of health? What are the six main health skills? What different types of health care professionals are available? What are the different types of health care services available? Through learning, cultivate students to develop good living habits.

健康照护是健康管理的一部分。本单元要求学习者了解以下五个问题：健康照护的定义是什么？六种健康类型是什么？六种主要的健康技能是什么？有哪些不同类型的健康照护专业人员？有哪些不同类型的健康照护服务？通过学习，学生可以养成良好的生活习惯。



1-1 Unit Introduction

Learning Objectives

1. To master key words and phrases in this unit (掌握本单元的重点词汇和短语)
2. To know about the definition of health care and the different types of health care professionals
(了解健康照护的定义以及不同类型的健康护理专业人员)
3. To be able to talk about the six types of health and six main health skills in simple English
(能够用简单的英语说明六种健康类型及六种主要的健康技能)
4. To cultivate students to develop good living habits (培养学生养成良好的生活习惯)

Early to bed and early to rise, makes a man healthy, wealthy, and wise.
早睡早起使人健康、富裕又聪明。

Warm-up

What are the general steps to see a doctor in China?

Start-up

Mary is an international student from China, and it is her first week in the UK.

Tom: Hi Mary, you look so weak.

Mary: Thanks for your concern. I feel really bad.

Tom: Maybe you should see a doctor. Shall we call the GP to make an appointment?

Mary: I have a terrible stomachache. I'm afraid I can not wait for the appointment.

Tom: Why not go to the Walk-in Center? There is no need for an appointment.

Mary: Good idea!



1-2 Start-up

Key Words & Expressions

1. weak [wi:k] *adj.* 虚弱的; 无力的
2. concern [kən'sɜ:n] *n.* 担心; 忧虑; 关心
3. GP (short for general practitioner) *n.* 全科医生
4. stomach [stʌmək] *n.* 胃; 腹部
5. make an appointment 预约
6. Walk-in Center 随诊中心



1-3 Key Words & Expressions

Late rising leads to a day's work not being done well.
起床不早, 一天的工作干不好。

Text

Health Care 健康照护

What Is the Definition of Health Care?

Health care is the effort made to maintain or restore physical, mental, or emotional well-being, especially by trained and licensed professionals.^① It's one of the fast-growing (快节奏的) industries today, featuring (拥有) many different positions with many educational requirements. A career in health care management provides significant opportunities for those interested in a fast-paced evolving career (不断发展的事业).



1-4 Text

What Are the Six Types of Health?

The concept of health is divided into six sub-categories (种类): physical health, social health, mental health, emotional health, spiritual (精神的) health and environmental (环境的) health.

What Are the Six Main Health Skills?

There are six areas, or components, of skill-related fitness, including power, speed, reaction, agility (敏捷; 灵活), balance, and coordination. These areas of fitness may have no direct effect on a person's health, but they tend to increase athletic aptitude, which may in turn enhance health.^② They are also useful for a multitude of (大量的) daily activities.

What Are the Different Types of Health Care Professionals (专业人员)?

The different types of health care professionals are as below: Primary Care Professionals. These are the physicians (医师; 内科医生) you go first for a medical checkup and who determine what you are suffering from.^③ Nursing Care Professionals. These are the advanced practice nurses who have more experiences and educations compared to registered nurses. The other two types of health care professionals are drug therapy professionals and specialty care professionals.

What Are the Different Types of Health Care Services ?

Basic health care services are known as primary care, outpatient care, and emergency care. Other types of health care services include mental health care, dental care, laboratory (实验室)

Who makes everything right must get up early.
要把事事全干好，就得清晨起得早。

and diagnostic care (诊断治疗), substance abuse treatment (药物滥用治疗), preventative care, physical and occupational health, nutritional support, pharmaceutical care (药学监护), and prenatal care (产前护理).

New Words

1. physical ['fɪzɪkl] *adj.* 物理的; 身体的
2. mental ['mentl] *adj.* 精神的; 脑力的 *n.* 精神病患者
3. license ['laɪns] *vt.* 许可; 发许可证给……
4. career [kə'riə(r)] *n.* 生涯; 职业
5. check-up [tʃek ʌp] *n.* 核对; 体格检查
6. significant [sɪg'nɪfɪkənt] *adj.* 重大的; 有意义的
7. concept ['kɒnsept] *n.* 概念; 观念
8. emotional [ɪ'məʊʃənl] *adj.* 情绪的; 感动人的
9. component [kəm'pəʊnənt] *n.* 组成部分; 组件
10. fitness ['fɪtnɪs] *n.* 健身; 健康



1-5 New Words

Useful Expressions

1. health care 健康照护
2. emotional well-being/health 情感健康
3. provide...for... 为……提供……
4. be divided into 被分成
5. have an effect on 对……产生影响
6. tend to 倾向于……
7. in turn 反过来
8. suffer from 受……之苦
9. compared to 与……相比
10. be known as 被称为; 出名

An apple a day keeps the doctor away.
每天一苹果, 疾病远离我。

Technical Terms

1. primary care 初级治疗 / 护理
2. Primary Care Professionals 初级保健专业人员
3. Nursing Care Professionals 护理专业人员
4. Drug Therapy Professionals 药物治疗专家
5. Specialty Care Professionals 专业护理人员
6. outpatient care 门诊治疗 / 护理
7. emergency care 急救护理
8. mental health care 心理健康护理
9. preventative care 预防保健
10. dental care 牙科护理
11. physical and occupational health 身体和职业健康
12. registered nurse (RN) 注册护士；有证书的护士

Notes

① Health care is the efforts made to maintain or restore physical, mental, or emotional well-being, especially by trained and licensed professionals.

【注释】此句为简单句。efforts 是表语，made to maintain or restore physical, mental, or emotional well-being 是过去分词短语作后置定语，修饰 efforts，that 或 which were 被省略。trained 和 licensed 是过去分词作定语，分别修饰 professionals。

【译文】健康照护是为维持或恢复身体、精神或情绪健康所做的努力，尤其是由训练有素、获得执照的专业人员所做的努力。

② These areas of fitness may have no direct effect on a person's health, but they tend to increase athletic aptitude, which may in turn enhance health.

【注释】此句是复合句。由 which 关系代词引导的非限制性定语从句，修饰 athletic aptitude。but 在句中为并列连词，连接前后两个并列句，表示转折。

【译文】这些方面的健身可能对一个人的健康没有直接影响，但是它们倾向于提高运动能力，这些运动能力转反而会增强健康。

③ These are the physicians you go first for a medical checkup and who determine what you are suffering from.

【注释】此句是复合句。you go first for a medical checkup 和 who determine what you

are suffering from 都是定语从句，修饰 the physicians。when 引导时间状语从句，what 在句中为连接代词，引导宾语从句。

【译文】这些专业护理人员是你做体检时遇到的医生，他们能确定你的病情。

Tasks

Task 1. Answer the following questions according to the passage.

1. What is the definition of health care?

2. What are the six types of health?

3. What are the six main health skills?

4. What are the different types of health care professionals?

5. What are the different types of health care services?

Task 2. Match the following words or phrases with the Chinese equivalents on the right.

- | | |
|----------------------|--------------|
| 1. health care | a. 平衡 |
| 2. provide... for... | b. 与……相比 |
| 3. be divided into | c. 健康照护 |
| 4. balance | d. 对……产生影响 |
| 5. mental health | e. 情感健康 |
| 6. primary care | f. 被分成 |
| 7. emotional health | g. 健身；健康 |
| 8. have an effect on | h. 初级治疗 / 护理 |
| 9. fitness | i. 心理健康 |
| 10. compared to | j. 为……提供…… |

Task 3. Fill in each of the blanks with the appropriate form of the words below.

emotion (*n.*) emotional (*adj.*)

- I needed my parents' love, and the _____ support they gave me.
- It is impossible to separate belief from _____.

environment (*n.*) environmental (*adj.*)

3. Children need a caring _____.
4. She cares deeply about _____ issues.

determine (*v.*) determination (*n.*)

5. The size of the chicken pieces will _____ the cooking time.
6. She was a woman of unique talent and _____.

education (*n.*) educational (*adj.*)

7. I think we need to improve our _____ system in general.
8. _____ is every child's birthright.

health (*n.*) healthy (*adj.*)

9. Frozen fish is a kind of _____ and convenient food.
10. We all desire _____ and happiness.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

provide...for...	career	opportunity	tend to	be divided into
have an effect on	compared to	suffer from	physical	be known as

1. The physical benefits of exercise can _____ three factors.
2. Guilin _____ her beautiful mountains and rivers.
3. What kind of _____ do you think video games _____ youth or children?
4. I had an _____ to go to New York and study.
5. The trees _____ shade _____ the animals in the summer.
6. He chose banking as a _____.
7. _____ activities promote good health.
8. When people choose health and wealth, they _____ prefer health.
9. The temperature there may be five times higher in summer _____ winter.
10. Many people _____ mental illness at some point in their lives.

Task 5. Fill in the blanks according to the text.

- ① _____ is the efforts made to maintain or restore physical, ② _____, or emotional ③ _____ especially by trained and licensed professionals. It's one of the ④ _____ industries

today, featuring many different positions with ⑤ _____ educational requirements.

The concept of health is divided into ⑥ _____ sub-categories: physical health, social health, mental health, emotional health, ⑦ _____ health and environmental health. There are six areas, or components, of skill-related ⑧ _____ including power, speed, reaction, agility, ⑨ _____, and coordination. The different types of ⑩ _____ professionals are Primary Care Professionals, Nursing Care Professionals, Drug Therapy Professionals and Specialty Care Professionals.

Basic health care services are known as primary care, outpatient care and emergency care.

Task 6. Translate the following sentences of the text into Chinese.

1. Health care is one of the fast-growing industries today, featuring many different positions with many educational requirements.

2. A career in health care management provides significant opportunities for those interested in a fast-paced evolving career.

3. The concept of health is divided into six sub-categories: physical health, social health, mental health, emotional health, spiritual health and environmental health.

4. There are six areas, or components, of skill-related fitness including power, speed, reaction, agility, balance, and coordination.

5. Basic health care services are known as primary care, outpatient care, and emergency care.

Essay Writing

Notice 通知

通知，又称通告或布告，是上级对下级、组织对成员部署工作、传达事情等使用的一种文体，一般张贴在公共场所。通知的基本格式有列举式和陈述式。

列举式举例如下：

NOTICE

Activity 通知要参加的活动：

Person 活动的主持人或聘请的专家：

Time 活动举办的时间：

Place 活动举办的地点：

Participants 活动的参加人员：

Organizer 活动的组织者：

Time 发通知的时间：

示例

说明：学生工作部通知：2024年3月12日，星期二，下午2:30，在学校纺织实训中心一楼多功能厅将举行以“健康知识”为主题的讲座。主讲人：原宁夏职业技术学院健康管理与社会服务学院院长马东华。通知的时间为2024年3月5日。

参考范文

NOTICE

A Lecture: Health Knowledge

Speaker: Ma Donghua (the ex-Director of Department of Health Management and Social Services, Ningxia Polytechnic)

Time: At 2:30 p.m., on Tuesday, March 12th, 2024

Place: Multifunctional Hall on the First Floor of the Textile Training Center

All students are warmly welcome!

Organizer: Students' Affairs Department

March 5th, 2024

Reference Words

1. Students' Affairs Department 学生工作部
2. Multifunctional Hall on the First Floor of the Textile Training Center 纺织实训中心一楼多功能厅
3. Department of Health Management and Social Services 健康管理与社会服务学院

Health is not valued till sickness comes.
有病方知健康贵。

陈述式举例如下：

由标题、正文和落款三部分组成。上方居中写下 NOTICE (Notice) 或 ANNOUNCEMENT (Announcement)，通知的日期写在右上方或左下角，写明会议或活动的时间、地点、内容。发出通知的单位或负责人名字写在正文的右下方，或写在标题之下，作为标题的部分。

示例

说明：学校教务处通知：2024 年 4 月 19 日，星期五，早上 8:30，学校将在健康管理与社会服务学院实训室承办 2024 年全区职业院校技能大赛（高职组）健康与社会照护赛项。请参赛的同学提前 20 分钟到实训室做好赛前准备，祝参赛同学在大赛中取得好成绩！通知时间为 2024 年 3 月 8 日。

参考范文

NOTICE

Attention please, everyone!

At 8:30 a.m., on Friday, April 19th, 2024, the school will host the 2024 Provincial Vocational College Skills Competition (Higher Vocational Group) Health and Social Care Item at the Training Room of the Department of Health Management and Social Services. Competitors are expected to come to the training room 20 minutes in advance to prepare for the competition. Wish every participant a good result in the competition!

Dean's Office

March 8th, 2024

Reference Words

1. The Provincial Vocational College Skills Competition (Higher Vocational Group)
全区职业院校技能大赛（高职组）
2. Health and Social Care 健康与社会照护

Famous Doctor in Ancient China

Bianque 扁鹊

Bianque was born in Bohai (now Renqiu County of Hebei Province) in the Warring States Period. As a child, he learned medicine from an old folk doctor, Changsangjun. He mastered Changsangjun's method of diagnosis and techniques of treatment, and became the most famous doctor in his time, and an outstanding representative in medicine of the Pre-Qin Period. He could diagnose the disease accurately, effect a miraculous cure and bring the dying back to life, just like the legendary godly doctor Bianque. Thus, people called him Bianque. By and by, his real name, Qin Yueren, was even forgotten by the people.

扁鹊出生于战国时期的渤海郡（今河北任丘）。儿时跟随民间名医长桑君学医，掌握了长桑君的诊断方法和治疗技巧，成为先秦时期最著名的医生，也是当时医学界的杰出代表。他能准确地诊断疾病，奇迹般地治愈病人，让人死而复活，就像传说中的神医扁鹊一样。因此，人们称他为扁鹊。渐渐地，他的真名秦越人，甚至被人们遗忘了。

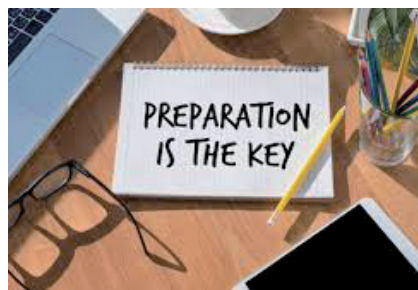
Workplace Tip

Prepare for the Interview 为面试做准备

面试来了。

你想象中的面试是什么样子的？紧张不安、兴奋激动、畅谈无阻……让我们一起来迎接面试吧。男生们，你们是否会穿上帅气的西服，戴上一条好看的领带，再配上一双擦亮的皮鞋？……女生们，你们有没有做好化上美妆，踩上高跟鞋的准备呢？

这一刻，担忧、焦急又或是胸有成竹的你，做好准备迎接新的明天了吗？



Task: Cross out (划掉) what you should not do or wear for the interview.

1. Conduct research
2. Create an Initial List of Questions

Health is happiness.
健康便是幸福。

3. Determine three most important benefits you bring to an organization
4. Wear gray or black slacks
5. Wear flip flops and other open-toed sandals, athletic shoes
6. Wear shorts, skirts or dresses that are too short
7. Wear tank tops or shirts with thin straps
8. Wear a gray suit, with a colorful button-down and a sweater underneath
9. Wear a gray suit coat and pants
10. Wear dreary black suit



Grammar Focus

Parts of Speech & Sentence Components

词性和句子成分



1-6 Parts of Speech & Sentence Components

Supplementary Reading

What Is Health Care Management?

什么是健康照护管理?

Text Introduction

Health care is one of the fastest growing and most changing industries. Health care management is the overall management of a health care facility, such as a hospital, a private

All work and no play makes even the clever child dull.
只工作不玩耍，聪明孩子也变傻。

clinic, a clinic or a nursing home. The health care field requires managers to oversee the operation of its businesses, including hospitals, private practices, clinics and nursing homes. These professionals make plans, implements and evaluations to ensure effective health care operations. This text will introduce the definition, features, types of roles, considerations and potential of health care in detail.

健康照护是发展最快、变化最大的行业之一。健康照护管理是对某个健康照护机构的整体管理，例如医院、私人诊所、诊所和疗养院。健康照护部门需要管理人员来监督其运营，包括医院、私人诊所、诊所和疗养院。这些专业人员计划、实施和评估以确保健康照护的有效实施。本文将详细介绍健康照护的定义、特征、类型、注意事项和前景。

Text

The health care field is one of the fastest growing and most changing industries. Navigating (应对) through these changes requires highly skilled and well-educated professionals to manage a health care facility (设施).

Definition (定义)

Health care management is exactly what the name implies. It's the overall management of a health care facility, such as a clinic (诊所), a hospital, a private clinic or a nursing home. The field of health care management offers both a competitive salary and a strong job growth, making it an attractive career choice for those interested in both health care and business.

Features (特征)

Health care is an industry just like technology, agriculture, manufacturing (生产; 制造) and entertainment (娱乐; 消遣). Like businesses in those industries, the health care field also



Many dishes, many diseases.
食多病多。

requires managers to oversee the operations of its businesses, including hospitals, private practices, clinics and nursing homes. These professionals ensure the business of health care runs effectively by planning, implementing (贯彻; 实行) and evaluating (评估) all aspects of health care delivery.

Types of Roles

Typically (通常), health care management includes one of two categories of professionals (两类专业人员之一): business administrators or clinical specialists. Business administrator roles include finance, human resources, information technology, marketing, operations and other positions needed by most businesses. More specialized management roles (专门的管理角色) include nursing services, patient care and medical staff relations (医务人员关系).

Considerations (注意事项)

Health care management requires specialized expertise and, often, extensive education. In private practice, having experiences in a specified area may be enough to be promoted to a management position. Hospitals and large clinic settings often require higher education in health care management. An undergraduate degree (本科学位) is typically enough for entry-level positions. To move up, you may need to obtain a master's in health administration (管理; 行政; 实施), public health, or business administration, especially within the management ranks of a clinical department where a master's degree in the applicable field will help.^①

Potential (潜能)

Even with ongoing changes in the health care field, health care management is expected to grow at a faster rate than careers in most other industries. According to the U.S. Bureau of Labor Statistics, by 2016 the field will have grown 16 percent in 10 years. While hospitals will continue to employ the most health care executives, the industry will see a higher rate of growth in larger private clinics and outpatient care facilities.^②

New Words

1. imply [ɪmˈplaɪ] *vt.* 意味; 暗示
2. operation [ˌɒpəˈreɪʃn] *n.* 操作; 手术
3. ensure [ɪnˈʃʊə(r)] *vt.* 保证; 确保
4. delivery [dɪˈlɪvəri] *n.* 分娩; 递送
5. ongoing [ˈɒŋɡəʊɪŋ] *adj.* 仍进行的; 不断前进的
6. entry-level 入门级别

Useful Expressions

1. effectively by planning 通过计划有效地
2. be promoted into 晋升为
3. move up 提升
4. business administration 商业管理
5. business administrators 业务管理员
6. master's degree 硕士学位
7. be expected to do something 被期待做某事

Technical Terms

1. health care management 健康管理
2. nursing services 护理服务
3. nursing homes 养老院；疗养院；私立产科医院
4. clinical specialists 临床专家
5. information technology (IT) 信息技术

Proper Name

U.S. Bureau of Labor Statistics 美国劳工统计局

Notes

① To move up, you may need to obtain a master's in health administration, public health, or business administration, especially within the management ranks of a clinical department where a master's degree in the applicable field will help.

【注释】此句为复合句。where a master's degree in the applicable field will help 是由关系副词 where 引导的定语从句，修饰 a clinical department。to move up 为不定式短语，作

The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merry man.
饮食少，休息好，快乐多是祛病延年之方。

句子的状语，表示目的，“为了 / 要提升”。

【译文】要晋升，你可能需要获得卫生管理、公共卫生或工商管理硕士学位，尤其是在临床部门的管理层，相关领域的硕士学位将有所帮助。

② While hospitals will continue to employ the most health care executives, the industry will see a higher rate of growth in larger private clinics and outpatient care facilities.

【注释】此句是复合句。由 while 这个连词所引导的让步状语从句，句中 will continue 为谓语，采用一般将来时。to employ 为不定式，作宾语。

【译文】尽管医院将继续雇用最多的健康照护管理人员，但该行业在规模较大的私人诊所和门诊医疗机构将有较高的增长率。

The right amount of labour is beneficial to health.
适量劳动有益健康。

Unit 2

Health Checkup

Unit Introduction

Health checkup is a physical examination using medical means and methods, including examinations of height, weight, blood pressure, cholesterol, and other special parts of the body. This unit aims to guide people through regular health checkups, to detect abnormal signs in time, eliminate diseases in the budding period, and advance protection of health.

健康体检是通过医学手段和方法进行的身体检查，包括对身高、体重、血压、胆固醇等特殊身体部位的检查。本单元旨在引导人们进行定期的健康体检，及时发现异常体征，将疾病扼杀在萌芽阶段，并促进健康保护。



2-1 Unit Introduction

Learning Objectives

1. To master key words and phrases in this unit (掌握本单元的重点词汇和短语)
2. To know about what is included in a general health checkup (了解一般体检包括哪些内容)
3. To be able to describe the basic parts of the body examined in a general health checkup in simple English (能够用简单的英语描述健康体检的基本部分)
4. Through studying the knowledge of health checkup, students can learn more about the importance of health checkup and what are included in a general health checkup (通过学习健康检查知识，学生可以更加了解健康体检的重要性以及一般的健康体检包括哪些项目)

Disease enters by the mouth.
病从口入。

Warm-up

Before reading the text, think about what is included in a general health checkup.

Start-up

After seeing the doctor in the walk-in center, Mary still feels uncomfortable, so she decides to go to the GP to have a further check.

Voice Messages (语音信息): Hi, this is Seaside Medical Center.
Your call is important to us. Please wait for the next available agent.

Receptionist: How can I help you?

Mary: I would like to make an appointment with Dr. Johnson.

Receptionist: Have you been here before?

Mary: Yes, I have.

Receptionist: May I have your name, please? What's your address?

Mary: My name is Mary, and my address is ...

Receptionist: Dr. Johnson will be available at 10:00 a.m. on Thursday and 9:00 a.m. Friday.
What time suits you best?

Mary: I will take 10:00 a.m. Thursday

Receptionist: Your appointment is confirmed on Thursday at 10:00 a.m. See you then!

Mary: See you then.



2-2 Start-up

Key Words

1. check [tʃek] *n.* 检查; 查看
2. uncomfortable [ʌn'kʌmfətəbl] *adj.* 不舒服的; 不自在的
3. receptionist [rɪ'sepʃənɪst] *n.* 接待员
4. available [ə'veɪləb(ə)l] *adj.* 可用的; 有空
5. confirm [kən'fɜ:m] *v.* 确认; 证实



2-3 Key Words

Adding hawthorn to porridge prevents eyes strain.
粥里加山楂, 双眼不会花。

Text

Health Checkup 健康检查

What Is a General Health Checkup?

As one grows older, a general health checkup package becomes a necessity. This will indicate any minor problems in the body, and empower (使能够) you to prevent them before they worsen. To avoid the risk of any ailments (小疾病) or health issues, a general health checkup includes testing one's lipid profile (血脂状况) and calcium levels.



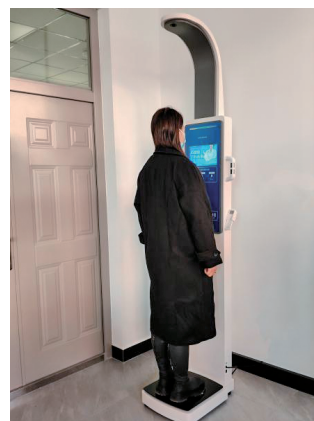
2-4 Text

What Is Included in a General Health Checkup?

From time to time, you need to go for a health checkup to ensure that your system is functioning (运行; 起作用) normally. This is done to keep a track on the body, maintaining (维持) its normal function and detecting any disease, if any. It is important to maintain the fitness of the body, so doctors recommend you to visit them and get a thorough checkup. This is particularly (特别地) necessary for children and older people, who are more susceptible to diseases (易得病). You may be interested in knowing what is included in a general health checkup. Read on to get the details about the elements in your body that are examined by the doctors during a general health checkup. ^①

Checking the Height and Weight

Doctors check the height and weight in adults as well as kids. You may wonder that the height of an adult remains the same, so if anything special is there to be checked out. ^② This is done to check out obesity (肥胖) or excess weight gain. If you gain extra pounds in your body, which is disproportionate (不成比例的) to your height, it can be harmful to your health. The doctors prescribe means to get rid of extra weight in these cases.



Cold starts from the feet and illness comes from the mouth.
寒从脚起，病从口入。

Checking Blood Pressure

After a certain age, you need to keep a check on your blood pressure. People may have problems related to either high or low blood pressure. These can lead to a negative impact on your health if you fail to maintain a balance.

Checking Level of Cholesterol (胆固醇) in the Blood

Another important area that the doctors check out is the level of cholesterol in the blood. Diabetic (患糖尿病的) patients need to watch out the level of cholesterol in the blood at regular intervals (每隔一定时间). You may not have diabetes (糖尿病), but the level of bad cholesterol should be kept under control. The doctors check out the level of cholesterol in the blood and ensure optimum (最佳的) health conditions.

Checking Blood Sugar

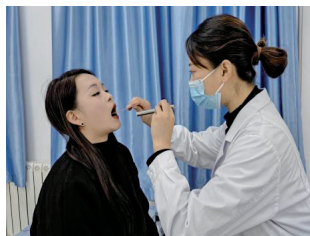
Blood sugar may pose a problem to our health. If you have problems with blood sugar, doctors will prescribe appropriate medications for you. You need to pay timely visits to the doctor to ensure that the medications are working properly (正常工作). At times, the doctor may prescribe a different set of medications, if necessary.

Throat Checkups

Throat checkups also come under (属于) a general health checkup. It is important to keep an eye on throat problems, particularly if you are a smoker. In other conditions, infections (传染病; 口腔病害) in the throat may also pose a threat to your health.

Ear Checkups

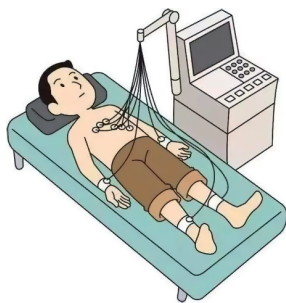
Ear checkups ensure that the audibility (声音的可听性) of a person remains normal and no infections in the ears take place. People who excessively use headphones are more prone to have hearing problems. An ear checkup on a timely basis helps to keep a check on (检查) the pain incurred (引起的疼痛) by the ears.



Five grains and cereals strengthen the body, and green vegetables and radishes keep safe.
五谷杂粮壮身体，青菜萝卜保平安。

Eye Checkups

Eye checkups are necessary, especially if you are a student or professional working long hours in front of a computer. The different parts of the eyes are checked during a health checkup, ensuring that they are functioning (运行; 功能) normally. For people with high refractive power in their eyes, doctors may prescribe new pair of glasses, if the power has changed.



Electrocardiogram (心电图) Check

This is an optional (可选择的) examination done during a health checkup. People with cardiac (心脏的) problems need to undergo (经受; 忍受) this scrutiny (仔细检查) so that any abnormality (异常; 畸形) in their heart can be detected (检测).

Chest X-ray

If you are a heavy smoker, you may have to undergo a chest X-ray during a general health checkup. The harmful particles (微粒; 颗粒) keep on accumulating (积累) in the lungs, which can cause serious problems in the course of time. An X-ray can detect infections, blockades (障碍物) and other problems in the lungs.



Checking of other Specific Parts

If you face any specific problem with your body, you can convey it to the physician during a health checkup. You may be suffering from weakness or irritation (刺激) in your skin, or have any other issue with your health. When you point out these problems, the doctor examine and prescribe (开药方) suitable medicines.

You may think that you are fine, without any disease and skip a few medical checkups, but

Drinking hurts the body and eating hurts the stomach.
狂饮伤身, 暴食伤胃。

this can create health issues in the future. Certain problems can be eliminated (消除) if they are detected at the outset (起初; 开始). General health checkups act as precautionary measures (预防措施) to safeguard your body and keep your system fit.

New Words

1. indicate ['ɪndɪkeɪt] *vt.* 指出; 预示
2. worsen ['wɜːsən] *vi.* 恶化 *vt.* 使变得更坏
3. function ['fʌŋkʃn] *n.* 功能; 作用 *v.* 运行; 起作用
4. system ['sɪstəm] *n.* 制度; 系统
5. operate ['ɒpə'reɪt] *vi.* 做手术 *vt.* 操作
6. recommend [ˌ'rekə'mend] *vt.* 介绍 *vi.* 推荐
7. element ['elɪmənt] *n.* 元素; 基本部分
8. excess [ɪk'ses] *n.* 超过; 过量
9. extra ['ekstrə] *adj.* 额外的 *n.* 额外的事物
10. convey [kən'veɪ] *vt.* 传达; 运输
11. skip [skɪp] *vt.* 跳过; 遗漏



2-5 New Words

Useful Expressions

1. from time to time 有时; 时常
2. be interested in doing something 对做某事很感兴趣
3. check out 检验; 结账离开
4. get rid of 摆脱; 除掉
5. fail to do something 未能做某事; 做某事失败
6. watch out for 小心提防; 戒备
7. keep an eye on 照看; 密切注视
8. be prone to do something 易于做某事 (发生不好的事)

Technical Terms

1. blood pressure 血压
2. blood sugar 血糖
3. chest X-ray 胸部 X 光片
4. calcium 钙

Notes

① Read on to get the details about the elements in your body that are examined by the doctors during a general medical check.

【注释】此句是复合句，也是祈使句。to get 为不定式，作目的状语。that 为关系代词，在句中作主语，引导定语从句，修饰 the elements in your body。are examined 是被动语态，作从句的谓语。

【译文】继续阅读以获取有关医生在一般医学检查中检查的你的身体要素的详细信息。

② You may wonder that the height of an adult remains the same, so if anything special is there to be checked out.

【注释】此句是复合句。that 引导宾语从句。if 为连词，引导条件状语从句。句中 special 为形容词，作后置定语，修饰 anything。to be checked 为不定式被动语态，作主语 anything 的补足语。

【译文】你可能会想知道成年人的身高是不是一直都保持不变，所以，如果有什么特别的地方就需要做检查。

Tasks

Task 1. Answer the following questions according to the passage.

1. When does a general health checkup package become a necessity?

2. What is included in the general medical checkup list?

3. What kind of people need regular attention to their cholesterol levels?

4. What kind of people are more likely to have hearing problems?

5. What is an optional test performed during a medical checkup?

Task 2. Match the following words or phrases with the Chinese equivalents on the left.

- | | |
|----------------------|-------------|
| 1. blood pressure | a. 小心提防; 戒备 |
| 2. from time to time | b. 做手术; 操作 |
| 3. get rid of | c. 照看; 密切注视 |
| 4. watch out for | d. 介绍; 推荐 |
| 5. operate | e. 恶化 |
| 6. keep an eye on | f. 血压 |
| 7. recommend | g. 制度; 系统 |
| 8. worsen | h. 有时; 时常 |
| 9. system | i. 元素; 基本部分 |
| 10. element | j. 摆脱; 除掉 |

Task 3. Fill in each of the blanks with the appropriate form of the words below.

recommend (v.) recommendation (n.)

- I had the operation on the _____ of my doctor.
- I _____ the book to all my students.

necessity (n.) necessary (adj.)

- Water is a basic _____ of life.
- We should teach students the _____ skills.

operate (v.) operation (n.)

- I have to go to hospital for an _____.
- We will have to _____ on his eyes.

excess (n.) excessive (adj.)

- _____ smoking is harmful to one's health.
- Make sure that you don't have to pay expensive _____ charges.

normal (adj.) normally (adv.)

9. The child is developing _____.
10. Her temperature is _____.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

get rid of	system	blood sugar	function	be interested in
fail to do something	chest X-ray	blood pressure	calcium	watch out for

- Hunger is the body's signal that levels of _____ are too low.
- The sofa _____ as a bed at night.
- He _____ playing the guitar.
- The fat boy went on a diet to _____ his excess weight.
- I don't lose heart when I _____.
- The computer _____ has broken down (瘫痪).
- Milk is good for sleep because there is _____ in it.
- _____ falling rocks!
- The doctor gave me a _____ and took my blood pressure.
- This drug is used to lower _____.

Task 5. Fill in the blanks according to the text.

As one grows older, a general health checkup package becomes a necessity. From time to time, you need to go for a medical ①_____ to ensure that your system is functioning normally. This is done to keep a track on the body, maintaining its normal ②_____ and detect any disease, if any. It is important to maintain the fitness of the body, so doctors recommend you to _____ them and get a ③_____ checkup. This is particularly necessary for children and older people, who are ④_____ susceptible to diseases. Doctors check the height and weight in adults ⑤_____ kids. After a certain age, you need to keep a check on the ⑥_____ pressure of the body. Another important area that the doctors check out is the ⑦_____ of cholesterol in the blood. ⑧_____ checkups also come under (属于) a general health checkup. An ⑨_____ check on a timely basis helps to keep a check on (检查) the pain incurred (引起的疼痛) by the ears.

⑩_____ checkups are necessary, especially if you are a student or professional working long hours in front of a computer. General health checkups act as precautionary measures to safeguard your body and keeps your system fit.

Task 6. Translate the following sentences of the text into Chinese.

- As one grows older, a general health checkup package becomes a necessity.

2. From time to time, you need to go for a medical checkup to ensure that your system is functioning (运行; 起作用) normally.

3. Doctors check the height and weight of adults as well as kids.

4. If you are a heavy smoker, you may have to undergo a chest X-ray during a general medical checkup.

5. People who excessively use headphones are more prone to have hearing problems.

Essay Writing

Note 便条

便签是简单形式的书信，用来帮助记事和提醒。便签多用于熟悉的同事、朋友或家庭成员、医生与病人之间，临时通知或询问某事。常用的便签有请假条和留言条两种，一般写在纸条上，内容简短，格式简单。便签通常包括日期、称呼、正文、结尾客套语、签名等。

示例 1

说明：假定你叫王刚，昨天由于游泳患了感冒。今天早上你觉得头疼，你母亲给你量了体温，发现你发热，便带你去看医生。医生说你需要卧床休息两天。你写一张请假条向陈老师请假，时间是 4 月 28 日。

参考范文

April 28th

Dear Mr. Chen,

I'm sorry to tell you that I can't come to school today. I've caught a cold because I swam yesterday.

Washing your feet before bed is better than taking tonics.
睡前洗脚，胜吃补药。

This morning I had a headache. After taking my temperature, my mother found that I had a high fever. She took me to see a doctor. The doctor advised me to stay in bed for two days.

Now I'm writing to you to ask for two days' sick leave.

Yours respectfully,
Wang Gang

Phrases

1. catch a cold 感冒
2. have a headache 头疼
3. take one's temperature 量体温
4. have a high fever 发高热
5. ask for leave 请假

示例 2

说明：病人张丽住院期间，你是医生，请写一张便条，让家属购买抗风湿药，告知用法及注意事项，并祝她早日康复，时间是 5 月 20 日。

参考范文

May 20th

Dear Zhang Li's family members,

I'm Zhang Li's doctor. She needs to be hospitalized now. You are expected to help her buy anti-rheumatic drugs. This kind of medicine should be taken after meals, blood routine and liver and kidney function need to be reviewed regularly. In addition, tell her also to pay attention to controlling her diet and taking calcium supplement. Finally, I wish Zhang Li a speedy recovery.

Yours,
Doctor Li

Eating three slices of ginger in the morning is like drinking ginseng soup.
晨吃三片姜，如喝人参汤。

Reference Words

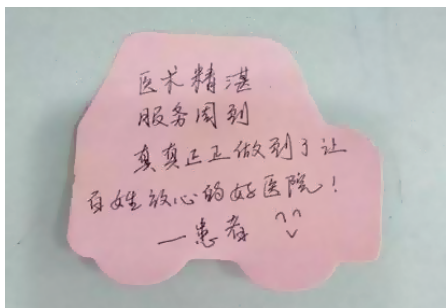
anti-rheumatic drugs 抗风湿药

Phrases

1. blood routine 血常规
2. liver and kidney function 肝肾功能
3. review regularly 定期复查
4. take calcium supplement 补钙

示例 3

说明：一位患者康复出院时，在市妇科医院住院部留下了便签，见下图。请根据图片便签内容撰写英文便签。

**参考范文**

Dear all the medical staff in the Inpatient Department of the Municipal Gynecological Hospital,

First of all, please let me express my heartfelt thanks to all the medical staff in your hospital. You have excellent medical skills and considerate services. It's really a good hospital to reassure people!

Yours respectfully,
The patient

Better eat a bite of fresh peach than a basket of rotten apricots.
宁吃鲜桃一口，不吃烂杏一筐。

Phrases

1. inpatient department 住院部
2. the Municipal Gynecological Hospital 市妇科医院
3. heartfelt 衷心的
4. considerate service 周到的服务
5. reassure 使……安心

Famous Doctor in Ancient China

Hua Tuo 华佗

Hua Tuo was born approximately at the beginning of the second century AD and died before the 13th year of the Jian'an Period (208). He was from Qiao County of the Pei Kingdom (now Bo County of Anhui Province). He was an eminent medical scientist in the Eastern Han Dynasty, especially good at surgical operations using anesthesia. When Hua Tuo was young, he studied in Xuzhou. He was skilled in several branches of learning and famous for his eminent performance. He kept practicing medicine among ordinary people for many years, and his footprints covered many places, including today's Anhui, Shandong, Jiangsu, Henan and other provinces. He was deeply revered and loved by the common people.

华佗约生于公元2世纪初，卒于建安十三年（208年），沛国谯县（今安徽省亳县）人。他是东汉著名的医学家，尤其擅长麻醉外科手术。华佗年轻时，在徐州求学。他精通多个学科，以其卓越的表现而闻名。他长期在民间行医，足迹遍及今安徽、山东、江苏、河南等地。他深受老百姓的尊敬和喜爱。

Workplace Tip

Cope With the Interview 面试

My God! 面试还是来了！好害怕呀！我应该激情洋溢还是沉着冷静？我的手要怎么放？我的眼睛要看哪里？我应该说什么？

Tasks

I. Translate the following expressions into Chinese.

1. Lean forward from the waist _____
2. Slow your breathing down _____
3. Palm upwards _____
4. Eye contact _____
5. Firm handshake _____
6. Be natural, positive, relaxed, confident and excited _____

II. Complete the following statements.

1. You work well with others because _____.
2. This work sounds interesting because _____.
3. You know the company really well because _____.
4. You are constantly seeking to learn because _____.
5. You have the experience to do the job because _____.

Grammar Focus

Countable Nouns & Uncountable Nouns

可数名词和不可数名词



2-6 Countable Nouns
& Uncountable Nouns

Eat a little less for dinner, and your stomach will feel comfortable all night.
晚饭少吃一口，肚里舒服一宿。

Supplementary Reading

Full Body Health Checkup

全身健康检查

Text Introduction

The fast-paced and fierce competition makes people hardly have time to rest, relax and rejuvenate. As a result, many people suffer from chronic diseases. This text will tell you how often you should go to the doctor for a comprehensive health checkup and what is the logic behind the frequency of the whole body checkup.

竞争的快节奏和激烈使人们几乎没有时间休息、放松和恢复。因此，许多人患有慢性病。本文将告诉你进行全面健康体检的频率以及以此频率进行全身体检背后的逻辑。

Text

Remember the old adage – Health is Wealth? Well, this has never been truer, considering the stress people experience every single day of their lives. The fast-paced and competitive life, hardly leaves people any time to rest, relax, and rejuvenate (恢复精神活力). As a result, there are many people suffering from chronic diseases. Many of these people could have prevented the onset of chronic ailments if they had made an effort to get a whole body checkup.

How Often Should You Have a Comprehensive Health Checkup?

While some people consult a doctor when they feel they have a health issue, others are diligent enough to visit the doctor at regular intervals to get a checkup done. Most people do not know how often they should visit a doctor for a whole health checkup.

What is the Logic Behind the Frequency (频率) of Whole Body Checkup?

The premise here is that most people under the age of 40 are usually healthy and without any health problems. If they do have a health issue, usually it can be diagnosed during a

physical examination. Such people often visit a doctor if they notice something is the matter.

The transition (过渡; 转变) from an annual full health checkup to one every 5 years was also taken for financial (经济的) reasons. ① It was observed that annual testing is not very cost effective (有效的) and resulted in unnecessary tests and anxiety (焦虑) for the patient. ②

New Words

1. adage ['ædɪdʒ] *n.* 格言; 谚语
2. chronic ['krɒnɪk] *adj.* 慢性的; 长期的
3. consult [kən'sʌlt] *vt.* 咨询; 请教
4. diligent ['dɪlɪdʒənt] *adj.* 勤勉的; 用功的
5. logic ['lɒdʒɪk] *n.* 逻辑; 逻辑学
6. premise ['premɪs] *n.* 前提; 假设
7. diagnose ['daɪəgnəʊz] *vt.* 诊断; 断定
8. annual ['ænjuəl] *adj.* 每年的 *n.* 年刊
9. observe [əb'zɜ:v] *vt.* 看到; 注意到

Useful Expressions

1. as a result 结果; 因此
2. get something done 完成某事
3. physical examination 体格检查
4. cost effective 有成本效益的; 合算的

Notes

① The transition from an annual full health checkup to one every 5 years was also taken for financial reasons.

【注释】此句为简单句。主语是 The transition; was taken 为谓语，是一般过去时的被

Don't make noise when you eat, and don't run when you're full.
吃饭不要闹，吃饱不要跑。

动语态形式。

【译文】全面健康体检从每年一次到每五年一次的转变是出于经济因素的考量。

② It was observed that annual testing is not very cost effective and resulted in unnecessary tests and anxiety for the patient.

【注释】此句是复合句。此句中 it 为先行主语，代表后移的 that 引导的主语从句。was observed 为谓语，是一般过去时的被动语态形式。

【译文】据观察，年度体检的成本效益并不高，使患者进行不必要的检测，还容易造成患者的焦虑。

Wake up at five, and prosperity will be in all endeavors.
五点起床，百业兴旺。

Unit 3

Health Assessment

Unit Introduction

Health is the fundamental cornerstone of happiness in life. Health assessment is a medical method to understand health conditions through various methods and evaluate health and disease risks. This unit gives detailed examples of five methods for health assessment. Learners are asked to learn specific methods of health assessment to be able to take reasonable measures to provide patients with health management programs in response to hidden physical hazards in a timely manner.

健康是人生幸福基石，健康评估就是通过各种方法了解健康情况，并评估健康程度和疾病风险的医学手段。本单元详细列举了进行健康评估的五种方法。通过学习这些方法，学习者能够为患者提供健康管理方案，以及时了解并提供有效措施解决患者的健康隐患。



3-1 Unit Introduction

Learning Objectives

1. To master key words and phrases in this unit (掌握本单元的重点词汇和短语)
2. To know about the five methods of health assessment (了解健康评估的五种方法)
3. Through learning, students can understand the methods of health assessment, so as to better improve the quality of their bodies, spirit, and life (通过学习，学生可以了解健康评估的方法，从而更好地提高学生的身体、精神和生活的质量)

If you want your child to be healthy, don't let him be fat.
要想孩子健，莫让孩子胖。

Warm-up

Before reading the text, think about how to conduct a health assessment.

Start-up

Three days later, Mary came to the Seaside Medical Center.

Entering the clinic.

Mary: I'm here to see Dr. Johnson.

Nurse: May I know your name, please?

Mary: Mary.

Nurse: What time is your appointment?

Mary: 10:00. am.

Nurse: Okay, I see your appointment. Have a seat in the waiting room, please. I'll call you when Dr. Johnson is ready.

Mary: Thank you!

Seeing a doctor.

Mary: Good morning, Dr. Johnson.

Doctor: Good morning, Mary! What's wrong with you?

Mary: I have a slight fever and a sore throat.

Doctor: How long have you had these symptoms?

Mary: One week ago. But it's getting worse now.

Doctor: Are you taking any medication?

Mary: No.

Doctor: Do you have any other symptoms?

Mary: I have a runny nose and can't stop sneezing.

Doctor: Did you vomit? Did you have diarrhea?

Mary: No. But I'm feeling really tired.

Doctor: Let me examine you. Open your mouth widely and say Ah!



3-2 Start-up

Fish makes fire, meat makes phlegm, green vegetable and tofu keeps safety.
鱼生火，肉生痰，青菜豆腐保平安。

Mary: Okay.

Doctor: It sounds like you've got the flu. I'm writing you the prescription (处方) and you can buy the medicine from the pharmacy (药店; 药房).

Mary: Thank you!

Doctor: The medicine will make you feel drowsy. You should have light food and drink lots of water. Also, you should get plenty of rest.

Mary: Thank you, Dr. Johnson.

Key Words & Expressions

1. clinic ['klnɪk] *n.* 诊所; (医院的) 门诊部
2. symptom ['sɪmptəm] *n.* (医) 症状
3. medication [ˌmedɪ'keɪʃn] *n.* 药品; 药物治疗
4. sneezing ['sni:zɪŋ] *v./n.* 打喷嚏
5. vomit ['vɒmɪt] *v.* 吐; 呕吐
6. diarrhea [daɪə'riə] *n.* 腹泻
7. examine [ɪg'zæmɪn] *v.* 检查; 调查
8. drowsy ['draʊzi] *adj.* 昏昏欲睡的; 困倦的
9. a slight fever 低烧
10. a sore throat 嗓子疼
11. a runny nose 流鼻涕
12. get the flu 得流感



3-3 Key Words & Expressions

Text

How to Do a Health Assessment?

如何做健康评估?

A health assessment is a judgment of a person's physical and mental condition and the quality standard of a person's life. It is most often conducted (安排) by a medical office and

People who wish for a long and peaceful life should reduce late-night meals.
人愿长寿安, 要减夜来餐。

often given to elderly people. A health assessment may also be done by insurance companies (保险公司) or employers, looking to review an employee's overall health^①. Each medical institution (机构) uses its own scoring (评分) and scale (量表) of good health. You will judge the appearance of health, the need of assistance (帮助) and the pain or feeling during the activity. You should decide upon the difficulty and pain scale before performing (执行) a health assessment. For example, some people use words to describe pain while other people use a scale of between 1 and 10, with 10 being the worst. This article will tell you how to do a health assessment.



3-4 Text

Method 1

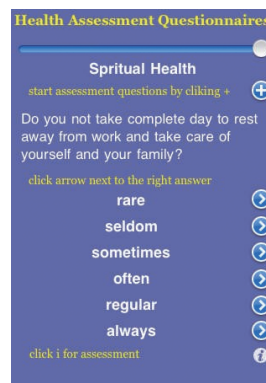
Physical Assessment

1. Ask the person to complete a questionnaire (问卷; 调查表) that lists any symptom that the person experienced in the last week to 6 months, as defined (界定) by the facility (医疗机构).

2. Ask the person to list his/her current medications (药物治疗).

3. Test the mobility (行走能力) of the person by asking questions. Test the person's walking ability by checking if the person is able to walk unassisted (无帮助的; 独自的) from room to room. Note any problems with walking and ask the person if this causes pain on a scale of his/her choice.

4. Test the balance of the person.



Method 2

Nutrition Assessment

Ask if medical illness or depression (抑郁症) has left him/her with an inability (无能力) to shop or provide meals for himself/herself.

Method 3

Self-Care Assessment

1. Ask if the person is able to bath, dress, go to the bathroom by himself/herself and groom (梳洗) daily.

2. Identify (确认) if the person is able to take care of his/her household affairs, or Activities of Daily Living (ADL).

Radish and ginger keep away from doctor.
冬吃萝卜夏吃姜，不劳医生开药方。

Method 4

Mental Assessment

1. Ask the person if he/she is experiencing any symptoms of anxiety (焦虑) or depression (抑郁).
2. Perform a memory test, such as the Folstein Mini-Mental State Examination (MMSE)^②.
3. Test the person's executive (执行) function.
4. Ask the person to explain his/her social network, including any friends or families that give support.

Method 5

Results Analysis

Gather all of the information that was given through the tests and rate it on the agreed upon health scale.

New Words

1. assessment [ə'sesmənt] *n.* 评价; 鉴定
2. judgment ['dʒʌdʒmənt] *n.* 判断; 裁判
3. standard ['stændəd] *n.* 标准; 水准
adj. 标准的; 合规格的
4. conduct ['kɒndʌkt] *v.* 实施; 进行
n. 行为举止; 方式
5. employer [ɪm'plɔɪə(r)] *n.* 雇主; 老板
6. employee [ɪm'plɔɪi:] *n.* 雇员; 从业员工
7. appearance [ə'piərəns] *n.* 外貌; 出现



3-5 New Words

Useful Expressions

1. decide upon 考虑后决定; 对……作出决定
2. in question 讨论中的; 考虑中的
3. be able to do something 能够做某事
4. agree upon 商定; 同意

Technical Terms

1. physical assessment 身体评估
2. nutrition assessment 营养评估
3. self-care assessment 自我保健评估
4. mental assessment 心理评估

Proper Names

1. Activities of Daily Living (ADL) 日常活动
2. Mini-Mental State Examination (MMSE) 简易精神状态检查表

Notes

① A health assessment may also be done by insurance companies or employers, looking to review an employee's overall health.

【注释】此句是简单句。looking to 是现在分词短语，作伴随状语。

【译文】健康评估也可能由保险公司或雇主进行，以检查雇员的整体健康状况。

② Perform a memory test, such as the Folstein Mini-Mental State Examination (MMSE).

【注释】Folstein Mini-Mental State Examination 是 1975 年 Folstein 设计的一个用于评定老年人认知功能障碍等级的量表，用于检查阿尔茨海默病早期的治疗效果。此量表设计合理，应用广泛，是医生很好的选择。

【译文】进行记忆测试，例如福斯坦简易精神状态检查表。

Tasks

Task 1. Answer the following questions according to the passage.

1. What is a health assessment?

2. Who are often given a health assessment?

3. What should you do before performing (执行) a health assessment?

4. What are the five methods of health assessment?

5. What is the first thing to be asked to do when performing a physical assessment?

Task 2. Match the following words or phrases with the Chinese equivalents on the left.

- | | |
|--------------------------|-------------------|
| 1. physical assessment | a. 自我保健评估 |
| 2. employer | b. 考虑后决定; 对……作出决定 |
| 3. self-care assessment | c. 心理评估 |
| 4. decide upon | d. 症状; 征兆 |
| 5. employee | e. 身体评估 |
| 6. mental assessment | f. 商定; 同意 |
| 7. agreed upon | g. 营养评估 |
| 8. symptom | h. 讨论中的; 考虑中的 |
| 9. in question | i. 雇主; 老板 |
| 10. nutrition assessment | j. 雇员; 从业员工 |

Task 3. Fill in each of the blanks with the appropriate form of the words below.

employer (*n.*) employee (*n.*)

- The _____ with a headache does less work.
- He had been sent to Rome by his _____.

difficult (*adj.*) difficulty (*n.*)

- We can overcome any _____.
- We are faced with a _____ choice.

ability (*n.*) inability (*n.*)

- Some families go without medical treatment because of their _____ to pay.
- They lost their _____ to hear.

mobile (*adj.*) mobility (*n.*)

- Higher population _____ helps employment.
- He forgot the charger for his _____ phone.

appear (v.) appearance (n.)

9. This is the president's first public _____.
10. These kinds of questions often _____ in the exam.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

decide upon	symptom	employer	assessment	appearance
agreed upon	judgment	be able to do	standard	in question

- His honesty is not _____.
- Consumers will make their own _____.
- I think women have the right to _____ this choice.
- He was sent to a mental hospital for _____ by doctors.
- People in this country enjoy a high _____ of living.
- Don't judge people by their _____.
- The most common _____ is headache.
- All the employees resign because the _____ is too unreasonable.
- Each of these opinions needs to be _____.
- She _____ write a report.

Task 5. Fill in the blanks according to the text.

A ① _____ assessment is a judgment of a person's physical and mental condition and the quality standard of a person's ② _____. It is most often conducted by a medical office and often given to ③ _____ people. A health assessment may also be done by insurance companies or ④ _____, looking to review an employee's overall health. Each medical institution uses its ⑤ _____ scoring and scale of good health. You will ⑥ _____ the appearance of health, the need of assistance and the pain or feeling during the ⑦ _____. You should decide ⑧ _____ the difficulty and pain scale before performing a health assessment. There are ⑨ _____ methods for health assessment. They're physical assessment, nutrition assessment, ⑩ _____ assessment, mental assessment and results analysis.

Task 6. Translate the following sentences of the text into Chinese.

1. A health assessment is a judgment of a person's physical and mental condition and the quality standard of a person's life.

2. Ask the person to list his/her current medications.

3. Ask if medical illness or depression has left him/her with an inability to shop or provide meals for himself/herself.

4. Ask if the person is able to bath, dress, and go to the bathroom by himself/herself and groom daily.

5. Ask the person to explain his/her social network, including any friends or family that give support.

Essay Writing

Health Education Poster 健康教育海报

海报是一种视觉传达的表现形式，可以通过丰富的内容在第一时间吸引人们的眼光，达到宣传的目的。海报包括活动宣传、球讯、商品广告、招聘广告、电影消息等。海报与通知的作用类似，但格式、用词比通知更为灵活。

例如：球讯

说明：

国际篮球赛：中国队对日本队。地点：首都体育场。时间：3月22日3:30。票价：240元。订票热线：010-12345678。订票地点：接待室。

参考范文

You won't want to miss this excellent
INTERNATIONAL BASKETBALL MATCH!

China vs. Japan

Place: Capital Stadium

Time: 3:30, March 22nd

Fare: 240 Yuan

Please book tickets at the Reception Office (Tel: 010-12345678).

Everyone is welcome to come and cheer for the teams!

Some soup before dinner, and healthy body forever.
饭前喝口汤，永远没灾殃。

本单元重点讲解健康教育海报。健康教育海报不同于上述球讯等海报，不需要说明时间、地点，但要让患者及相关人群了解疾病的起因、预防等与健康保健相关的知识。健康教育海报的写作需要注意以下五点：

1. 需要设计背景图，且该背景图应有视觉冲击力和代入感。

2. 大标题在设计上应明显且突出。大标题需要有概括的感觉。海报不是写文章，人们通过标题了解内容。因此，需要用简短的语句让人们海报所宣传的内容产生好奇。除了背景图，人们应能够注意标题文字。在设计时，可以选择与背景图颜色反差大的颜色，突出文字。

3. 颜色要丰富。应使用多种颜色绘制。

4. 画画要多于文字。画出来的元素比写出来的元素多。

5. 符合健康教育初衷，有创意。

示例

高血压病是一种世界性的常见病，严重威胁着人类健康。为此，1978年4月7日，世界卫生组织和国际心脏病学会联合会决定将每年的5月17日定为“世界高血压日”，以引起人们对防治高血压的重视。

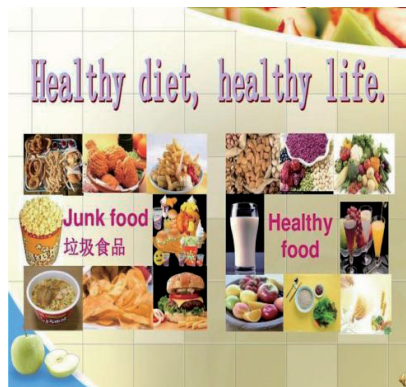
Hypertension is a worldwide common disease, frequently occurring, serious threat to human health. Therefore, on April 7th, 1978, the World Health Organization and the International Federation of Cardiology decided to make May 17th as “World Hypertension Day”, causing people to pay attention to the prevention and treatment of hypertension.

说明：以世界高血压日（5月17日）为主题制作海报。

要求：1. 主题为双语：中文字体等大，英文字体等大（等大就是大小一致，数值相等）。

2. 正文内容根据主题确定。

3. 颜色要鲜艳丰富。



Phrases

1. care for people with high stress 关爱高压人群

2. focus on life health 关注生活健康

3. take care of your health 关心身体健康

He who lives with his memories becomes old. He who lives with plans for the future remains young.
终日怀旧催人老，计划未来葆青春。

4. healthy diet 健康饮食
5. work life balance 劳逸结合
6. reduce stress 减轻压力
7. regular medical examination 定期体检

Famous Doctor in Ancient China

Li Shizhen 李时珍

Li Shizhen (1518-1593) was born in Jizhou (now Jichun County, Hubei Province), Ming Dynasty. His grandfather was a doctor, and his father, Li Yanwen was a famous doctor in the local place. In his medical practice, Li Shizhen found many mistakes, repetitions or omissions in the books of medicines available, feeling it was a great problem concerning the health and lives of the patients. So he made up his mind to compile a new book specializing in medicines all over again. In the sixth year of the Wanli Period of the Ming Dynasty (1578), at the age of 60, he finally completed his monumental work in pharmacy, *Compendium of Materia Medica*.

李时珍（1518—1593），明代蕲州（今湖北省蕲春县）人。祖父是医生，父亲李言闻是当地名医。李时珍在行医过程中，发现现有药书存在很多错误、重复或遗漏，认为这是关系到患者健康和生命的大问题。于是，他下决心重新编写一本药学专著。明万历六年（1578年），他终于在他60岁时完成了《本草纲目》的编写工作。

Workplace Tip

Internship 实习

实习的第一天来啦！你的心情是怎么样的呢？紧张、兴奋、充满好奇？想不想给同事和老板留下一个好的印象？想不想第一天就出类拔萃？同学，你肯定会说：必须想呀！有什么诀窍能让我们在实习的第一天就旗开得胜呢？

Yes! Absolutely.

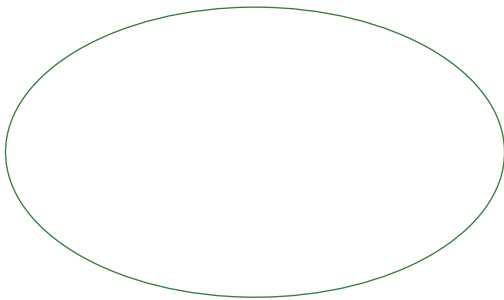
Bitter pills may have wholesome effects.
良药苦口利于病。

Task: Put the following tips for an intern into the proper oval circle.

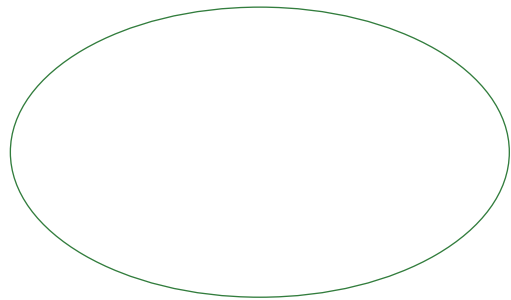
1. Hide yourself in the corner
2. Introduce yourself to everyone
3. Communication
4. Ask for favors
5. Bring your stress into the internship
6. Treat the internship like a real job
7. Practice good time management
8. Find a mentor
9. Ask for feedback
10. Stay away from surfing the net



The things an intern should do



The things an intern should not do



Grammar Focus

The Comparative Degrees of Adj./Adv.

形容词和副词的比较级



3-6 The Comparative Degrees of Adj./Adv.

Diet cures more than the doctor.
药补不如食补。

Supplementary Reading

What Is a Comprehensive Health Assessment?

什么是全面健康评估?

Text Introduction

A comprehensive health assessment is usually performed at the time of admission to an acute care facility or during the first visit to an outpatient clinic. This article will introduce in detail which technologies are used in a comprehensive health assessments to obtain basic health information about patients, and establish a rapport with them, so as to alleviate patients' anxiety and establish trust relationship.

全面的健康评估通常在进入急症护理机构时或在首次访问门诊时进行。本文将详细介绍全面的健康评估会采用哪些技术来获取患者的基本信息，并与他们建立融洽的关系，以缓解病人的焦虑并与他们建立信任。

Text

A comprehensive (全面的) health assessment offers nurses an insight into a patient's physical status through observation (观察), the measurement (测量) of vital signs and self-reported symptoms^①. It includes a medical history, a general survey and a complete physical examination. The general survey consists of a patient's age, weight, height, build, posture, gait and hygiene (卫生状况). Nurses use health assessments to obtain baseline data about patients and to build rapport (融洽关系) with patients that can ease anxiety and lead to a trusting relationship^②. A comprehensive health assessment is generally conducted at the time of admission into an acute care facility (设施; 设备) or during the first visit to an outpatient clinic. When nurses perform an assessment, they may use techniques (技术) such as:

It is not work that kills, but worry.
劳动不伤人，忧虑才伤人。

Inspection 检查

This is the most frequently used method for an assessment. Nurses look for indications (迹象) of a health problem by inspecting their eyes, ears and noses. They may inspect skin color, lesions (病变), bruises (擦伤) or rashes (皮疹) as well as pay attention to abnormal (异常的) sounds and odors.

Auscultation 听诊

Nurses listen to the sounds of the abdomen (腹腔) by placing the diaphragm (隔膜) or bell of a stethoscope (听诊器) on the bare skin of a patient.

Palpation 触诊

Nurses apply varying degrees of pressure on a patient with different parts of his/her hands. Palpation allows nurses to assess for texture (结构), tenderness (触痛), temperature, moisture (湿度), pulsations (脉动).

Percussion 叩诊

Nurses firmly press on sections of a patient's body with the distal part (远端) of the middle finger on non-dominant hand. The technique is used directly over suspectable (可疑的) areas of tenderness to check a patient's level of discomfort.

New Words

1. vital ['vaɪtl] *adj.* (有) 生命的; 至关重要的
2. survey ['sɜ:veɪ] *n.* 调查; 审视 *vt.* 调查; 俯瞰
3. posture ['pɒstʃə(r)] *n.* 姿势; 态度
4. obtain [əb'teɪn] *vt.* 获得; 得到 *vi.* 生效
5. odor ['əʊdə] *n.* 气味; 名声

Useful Expressions

1. insight into 深刻理解……; 洞察……
2. consist of 由……组成

Stinky fish and rotten shrimp are enemies. Eat a clean diet and prevent all diseases.
臭鱼烂虾是冤家, 饮食干净百病防。

3. at the time of 在……的时候
4. admission into 允许进入……
5. pay attention to 注意；留心
6. non-dominant hand 非惯用手

Technical Terms

1. acute care 急症护理
2. outpatient clinic 门诊诊所

Notes

① A comprehensive (全面的) health assessment offers nurses an insight into a patient's physical status through observation (观察), the measurement (测量) of vital signs and self-reported symptoms.

【注释】此句是简单句。insight into 是固定搭配，意思是“对……的深入了解”。self-reported 是形容词，意思是“自报的；自述的”。

【译文】一项全面的健康评估可以让护士通过观察、生命体征和自报症状的测量来深入了解病人的身体状况。

② Nurses use health assessments to obtain baseline data about patients and to build rapport (融洽关系) with patients that can ease anxiety and lead to a trusting relationship.

【注释】此句是复合句。that can ease anxiety and lead to a trusting relationship 是定语从句，修饰 rapport。that 是关系代词，是从句的主语。build rapport with 是固定短语，意思是“与……建立和谐关系”。

【译文】护士使用健康评估来获取患者的基线数据，并与患者建立融洽的关系，从而缓解焦虑，建立信任关系。

Eating less at dinner leads to a healthier life.
人要自安，少吃晚餐。

Unit 4

Health Education

Unit Introduction

Health education is a special kind of education. Through purposeful, organized, planned systematic activities, educators may disseminate health knowledge to the public and arouse public health consciousness, so that people can establish a sense of responsibility to themselves and society, and engage in health care activities. This unit starts from the eleven basic principles of health-related education and makes the learners know how to engage in the activities of health-related education.

健康教育是一种特殊的教育。教育者通过有目的、有组织、有计划/systemic活动，向公众传播健康知识，唤起公众健康意识，使人们树立对自己和社会的责任感并投身健康保健活动。本单元介绍了与健康教育相关的 11 项基本原则，同时使学习者了解如何开展与健康教育相关的工作。



4-1 Unit Introduction

Learning Objectives

1. To master key words and phrases in this unit (掌握本单元的重点词汇和短语)
2. To know about the eleven basic principles of health-related education (了解健康教育的十一项基本原则)
3. Through learning, students can understand that health-related education must be scientific and based on existing knowledge. In addition to mastering the latest scientific knowledge, health educators should have professional abilities to better win the trust of customers. (通过学习, 学生可以了解与健康相关的教育必须以科学的和现有的知识为基础。除了最新的科学知识, 健康教育工作者还应掌握职业技能, 以更好地赢得顾客信任)

Maintaining hygiene in diet may keep you from getting sick.
饮食讲卫生, 保你不生病。

Warm-up

1. Before reading the text, think about what is health education.
2. What are the basic principles of health education?

Start-up

Tom came to China to feel the culture and customs here after he graduated from a high school. He meets Zhang Li in a cafe.

Tom: Nice to meet you!

Zhang Li: Nice to meet you, too!

Tom: Are you a student?

Zhang Li: Yes, you said it.

Tom: What's your major?

Zhang Li: My major is Health Management and Education. How long have you been in China?

Tom: Three days. Your major sounds great. What does this major mainly cover?

Zhang Li: It mainly focuses on the determinants (决定性因素) of health.

Tom: You mean eating healthy food and going to a doctor?

Zhang Li: Not exactly. Our health is not only affected by the choices we make. It's also affected by our environment.

Tom: You mean social determinants?

Zhang Li: Yes. It includes the conditions (条件) in which people are born, grow, work, live, and age.

Tom: Sounds interesting. Thanks for your explanation.

Zhang Li: It is my pleasure.



4-2 Start-up

Great anger hurts the mind, and more food hurts the body.
气大伤神，食多伤身。

Key Words

1. major ['meɪdʒə(r)] *n.* 专业; 主修课程
adj. 重大的; 主要的
2. cover ['kʌvə] *v.* 包括; 覆盖
n. (书刊的) 封面; 封皮
3. affect [ə'fekt] *v.* 影响; 感染
4. environment [ɪn'veɪrənmənt] *n.* 环境
5. include [ɪn'klud] *v.* 包括; 包含



4-3 Key Words

Text

Basic Principles of Health Education

健康教育基本原则

There are eleven basic principles of health-related education that are discussed in the following:

1. Interest

It is a psychological (心理学的) principle that people are unlikely to listen to those things which they are not interested in.

2. Participation (参与)

It should aim at encouraging people to work actively with health workers and others to identify their own health problems. Health educators should allow the clients to go through the stages of problem identification (识别), planning, implementation (实施), and evaluation (评估).



4-4 Text



Sharp and spicy peppers aid digestion when consumed.
辣椒尖又辣, 增食助消化。

3. Known to Unknown (已知到未知)

Start where the people are and with what they understand and then go ahead to new knowledge^①.

4. Re-enforcement (增强)

Repetition at intervals (每隔一段时间) and taking feedback are extremely (非常) useful for gathering all health information and level of understanding.

5. Motivation

Every individual (个人) has a unique way to learn. Finding out and stimulating (刺激) the desire of learning are called motivation.

6. Communication

Health educators must be aware of the various barriers (障碍) to communication and the cultural background of the community. The health educator has to adjust his/her way of talking and action to suit the group to whom he/she has to give health education. When the health educator has to deal with illiterates (文盲) and poor people, he/she should master their language.

7. Need-Based

All health-related education should be need-based. Community health education programs should be purposeful (有目的的), specific (具体的), and relevant to the problems and should provide available solutions (解决方案).

8. Change Behavior

The purpose of health-related education is to change behavior. Therefore, the multidisciplinary (多门学科的) approach (方法), as well as the effective teaching process, is necessary to understand human behavior.

9. Scientific Based knowledge

Health-related education must be scientific and current knowledge-based. Therefore, a health educator should have recent scientific knowledge.

10. Rapport Relationship

The health educators have to make them acceptable to people in certain communities (社区). They should realize that they are enablers and not teachers. They are their friends. They have to establish a rapport with them.

11. Compare and Upgrade knowledge

It must be remembered that people have no information or ideas about health. The health educators are not only passing information, but also allowing clients to analyse (分析) old ideas with new ones, compare the ideas with experience, and make decisions that are found favorable and beneficial^②.

Don't be fat, but be realistic and strong.
不要虚胖, 但求实壮。

New Words

1. principle ['prɪnsəpl] *n.* 原理; 原则
2. identify [aɪ'dentɪfaɪ] *vt.* 确定; 识别
3. educator [ˌedʒukətə(r)] *n.* 教育家; 教师
4. client ['klaɪənt] *n.* 客户; 顾客
5. repetition [,repə'tɪʃn] *n.* 重复; 背诵
6. feedback ['fi:dbæk] *n.* 反馈; 资料
7. desire [dɪ'zaɪə(r)] *n.* 欲望; 要求 *vt.* 想要; 要求
8. behavior [br'heɪvjə] *n.* 行为; 举止
9. effective [ɪ'fektɪv] *adj.* 有效的; 起作用的
10. enabler [ɪ'neɪblə(r)] *n.* 推动者; 促成者



4-5 New Words

Useful Expressions

1. aim at 针对; 目的在于
2. go ahead 前进; 进行
3. be useful for 对……有用; 具有……用途
4. be aware of 知道……; 意识到……
5. knowledge-based 知识型的; 基于知识的
6. be acceptable to 可以被……接受……
7. not only...but also... 不仅……而且……
8. community health education 社区健康教育

Notes

① Start where the people are and with what they understand and then go ahead to new knowledge.

【注释】此句是复合句。开头为祈使句，where 为连词副词，引导地点状语从句。句中 what 为从属连词，引导宾语从句。

Handle worries with self-regulation, and manage anger with self-control.
忧靠自排，怒要自控。

【译文】从人们现有的程度和他们所了解的知识开始，继续教授新知识。

② The health educators are not only passing information, but also allowing clients to analyse old ideas with new ones, to compare ideas with experience, and to take decisions that are found favorable and beneficial.

【注释】此句是复合句。句中含有 not only...but also... 并列结构，意为“不但……而且……”。句中的 are passing 为谓语，是现在进行时。allow 是动词，作谓语，clients 是宾语。to analyse old ideas 是动词不定式短语，作宾语补足语。that 为关系代词，引导定语从句，修饰 decisions。favorable 为形容词，作主语补足语。

【译文】健康教育者不仅在传递信息，而且还允许客户分析旧想法和新想法，与经验进行比较，并做出认为有利和有益的决定。

Tasks

Task 1. Answer the following questions according to the passage.

1. What are eleven basic principles of health-related education?

2. What are the motivations mentioned in the article?

3. What must health educators be aware of?

4. What is the purpose of health-related education?

5. Who must be accepted by health educators?

Task 2. Match the following words or phrases with the Chinese equivalents on the left.

1. aim at

a. 反馈；成果，资料

2. be useful for

b. 对……有用；具有……用途

3. effective

c. 知识型的；基于知识的

4. be aware of...

d. 客户；顾客

5. feedback

e. 知道……；意识到……；觉察到……

6. enabler

f. 有效的；起作用的

7. knowledge-based

g. 针对；目的在于

8. behavior

h. 教育家；教师

9. client

i. 行为；举止；态度

10. educator

j. 推动者；促成者

Task 3. Fill in each of the blanks with the appropriate form of the words below.

educate (*v.*) education (*n.*)

- _____ is every child's birthright.
- It takes patience to _____ children.

interest (*n.*) interesting (*adj.*)

- She gave an _____ talk on her visit to China.
- I had no real _____ in politics.

active (*adj.*) actively (*adv.*)

- She was _____ looking for a job.
- She takes an _____ part in school life.

purpose (*n.*) purposeful (*adj.*)

- She looked _____ and determined.
- We are working together for a common _____.

accept (*v.*) acceptable (*adj.*)

- Please _____ our sincere (真诚的) apologies.
- Children must learn socially _____ behaviour.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

be useful for communication be aware of behavior not only..but also
knowledge-based feedback aim at educator go ahead

- Listening is a polite _____.
- Continue to ask for _____ on your work.
- The information should _____ your doctor.
- An _____ must first educate himself.
- Everyone should _____ the importance of protecting the environment.
- She is _____ clever, _____ very musical.
- Doctors do not always have good _____ skills.

8. We teenagers should _____ contributing something useful to the society.
9. _____, treat yourself well.
10. But on the whole, a _____ world will be a healthier and richer world.

Task 5. Fill in the blanks according to the text.

There are ①_____ basic principles of health-related education that are discussed in the following: ②_____ is a psychological principle that people are unlikely to listen to those things in which they are not interested in. Participation should aim at encouraging people to work actively with health workers and others to identify their own ③_____ problems. Start where the people are and with what they understand and then go ④_____ to new knowledge. Repetition at intervals (每隔一段时间) and taking feedback are extremely (非常) useful ⑤_____ gathering all health information and level of understanding. Finding ⑥_____ and stimulating (刺激) the desire of learning are called motivation. Health educators must be aware ⑦_____ the various barriers (障碍) to communication and the cultural background of the community. All health-related education should be ⑧_____. The purpose of health-related education is to ⑨_____ behavior. The health educators are not only passing information, ⑩_____ allow clients to analyse old ideas with new ones, compare the ideas with experience, and make decisions that are found favorable and beneficial.

Task 6. Translate the following sentences of the text into Chinese.

1. Finding out and stimulating (刺激) the desire of learning are called motivation.

2. The purpose of health-related education is to change behavior.

3. Health-related education must be scientific and current knowledge-based.

4. The health educators have to make them acceptable to people in certain communities (社区).

5. They should realize that they are enablers and not teachers.

Essay Writing

Nursing Record Sheet 护理记录单

护理记录是护士对患者所实施的一系列护理活动的真实写照。在临床护理及处理医疗纠纷时，护理记录有着极其重要的意义，如不加以重视，则会造成严重后果。因此，为了适应新的医疗形势，医护人员必须严格遵守法律、法规及各项诊疗护理规范，谨慎对待护理记录。这样做对保障医疗护理安全有着重要的法律意义。

护理记录单的内容一般包括入院时间、住院方式、诊断、生命体征、护理检查症状、自我护理情况（包括异常情况或残疾）、护理水平、饮食需求、治疗和护理措施（须告知项目和效果）、实际测试情况。

示例 1

护理记录单一般采用表格的形式，见表 4-1。

参考范文

表 4-1 护理记录单

科别：内科 姓名：××× 床号：3-2 诊断：脑供血不全

日期	时间	记录内容	护士签名
5-13	10:00	病人于 10:00 进入病房，状态欠佳，主诉：头晕，心悸一周，门诊以脑供血不全收入院，遵医嘱二级护理，低脂饮食，静滴 5% 葡萄糖溶液 250ml，血栓通 300mg，一天一次。 嘱病人下床时，注意搀扶，以防跌倒，教会病人观察药物反应的方法	李某
5-17	14:00	病人用药后症状稍微缓解，无用药不良反应，告知病人应保持情绪稳定，饮食中多食用含纤维食品，多饮水，保持大便通畅	张某
5-20	15:00	病人病情稳定，症状缓解，明日出院。嘱病人： 1. 按时服用口服药物，自行观察用药后的反应。 2. 注意休息，劳逸结合，保持情绪稳定。 3. 改变不良饮食习惯，按要求用餐。 4. 多饮水。 5. 根据气温增减衣物，预防感冒。 6. 定期复查	魏某

Sheet 4-1 Nursing Record Sheet

Department: Internal Medicine Name: × × × Bed no. 3-2 Diagnosis: Cerebral insufficiency

Date	Time	Record contents	Nurse Signature
5-13	10:00	The patient was admitted to the ward at 10:00 and was in poor general condition. The main complaint: dizziness, palpitations for a week, the outpatient service was admitted to the hospital with cerebral insufficiency. Follow the doctor's advice: secondary care, low diet, intravenous infection, 5% glucose solution 250ml, thrombosis 300mg, once a day. When instructing the patient to get out of bed, in case of falling. Teach the patient how to observe the drug reaction	Li
5-17	14:00	The patient's symptoms are slightly relieved after taking the medication, and there is no adverse drug reaction. Inform the patient to maintain emotional stability, eat more fiber-containing foods in their diet, and drink more water to keep the stool unobstructed	Zhang
5-20	15:00	The patient's condition is stable and his symptoms are relieved, and he will be discharged from hospital tomorrow. Instructions: 1. Take oral medications on time and observe the reaction after medication. 2. Pay attention to rest, work-life stability and maintain emotional stability. 3. Change bad eating habits and eat as required. 4. Drink plenty of water. 5. Add or subtract clothing according to the temperature to prevent colds. 6. Review regularly	Wei

示例 2

护理记录单也可以采取日记体的文本形式。

参考范文

护理记录单

12:00 由急诊科进入病房，诊断为开放性骨折，右手右踝处输液，私家车事故造成右踝疼痛出血 3 小时。观察时，病患神志清醒，精神欠佳，外观疼痛，舌色苍白，脉搏细，检查体温 36.8℃，脉搏 98 次 /min.，入院后 23 分钟血压呼吸 96/56 mmHg。嘱病患及家属做好术前准备。术前术后注意事项，并给予术前麻醉药申请，12:30 进入手术室，手术科已做好准备工作。嘱患者及家属不要紧张，患者及家属表示理解。

Wealth is the grass, and wealth is the treasure.
财富如草，健康是宝。

Nursing Record Sheet

At 12 o'clock, the patient was admitted to the ward, diagnosis of open fracture, infusion in the right hand and right ankle, right ankle pain and bleeding for 3 hours caused by a private car accident. During observation, the patient was conscious, in poor spirits, appeared to be pain, pale tongue, pulse was thin, temperature was 36.8°C, pulse 98 beats/ min., 23 minutes after admission, blood pressure was 96/56 mmHg. Let the patient and his/her families make preoperation preparation. The preoperative and postoperative precautions, and preoperative anesthetic drug application were given. The doctors entered the operation room at 12:30. The surgery department organized the surgery. Already told them not to be nervous. The patient and his families expressed their understanding.

Famous Doctor in Ancient China

Sun Simiao 孙思邈

Sun Simiao (541-682), a native of Jingzhao (now Yaozhou County, Tongchuan City, Shaanxi Province), a medical scientist and Taoist priest in Tang Dynasty, was honored as the “King of Medicine” by later generations. In the seventh year of the Western Wei Dynasty (541), Sun Simiao was born in a poor farmer’s family. Sun Simiao pays great attention to private medical experiences. With plenty accumulated visits and records, Sun Simiao finally completed his book *The Essential Prescriptions for One Thousand Golds*. In the fourth year of Emperor Gaozong of Tang Dynasty (659), he completed *Tang New Materia Medica*, which is first national pharmacopoeia in the world.

孙思邈（541—682年），京兆华原（今陕西省铜川市耀州区）人，唐代医药学家、道士，被后人尊称为“药王”。西魏大统七年（541年），孙思邈出生于一个贫穷农民的家庭。孙思邈十分重视民间医疗经验，经积累完成著作《千金要方》。唐高宗显庆四年（659年），孙思邈完成世界上第一部国家规定的药典《唐新本草》。

If you want to be healthy, you should have a full breakfast.
要想身体好，早餐要吃饱。

Workplace Tip

First Day at Work 上班第一天

What a happy day!

我终于可以养活自己了，不用再伸手向父母要钱了，新的人生开始了！但是我也好惆怅呀！第一天到这里，陌生的环境，陌生的面孔……怎样能展现一个完美的自己，给身边的小伙伴留下好的第一印象呢？



Task: Complete the following blanks to complete the statements.

1. Arrive early to _____.
2. Introduce yourself in a friendly, yet confident way to _____.
3. Stay on the task to _____.
4. Dress appropriately to _____.
5. Spread your positive energy to _____.
6. Figure out the lay of the land to _____.
7. Ask good questions to _____.
8. Do your work well to _____.

Grammar Focus

Model Verbs

情态动词



4-6 Model Verbs

Keep windows open often for sunlight; ventilate the air for good health.
常开窗，透阳光；通空气，保健康。

Supplementary Reading

What Is Health Education?

什么是健康教育?

Text Introduction

Starting from the definition of health education, this text presents the goals of health education and various important roles of a health educator, with the aim to provide the learner with appropriate knowledge, encouraging people to take actions to promote and improve their own health.

本文从健康教育的定义出发，阐述了健康教育的目标以及健康教育者的作用。本文为学习者提供了相关知识，激励学习者行动起来，促进健康，改善自身健康状况。

Text

Definition of Health

Health is very important to us. World Health Organization (WHO) (世界卫生组织) defines health as “a state of complete physical, mental, and social well-being and not the mere absence of disease or infirmity (虚弱)”^①. Lawrence Green defined health as “a combination (结合) of learning experiences designed to facilitate voluntary actions conducive to health.”



World Health
Organization

Sweet words win ambition, and sweet food leads bad teeth.
甜言夺志，甜食坏齿。

Definition of Health Education

Health education is an occupation to educate people about health. Areas within this occupation encompass (包含) environmental (有关环境的) health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health education.

Objectives of Health Education:

Various aims of health education are mentioned below:

- * To help people understand that health is an asset in the community.
- * To inspire people to adopt health-promoting behaviors by providing appropriate knowledge and helping to develop a positive attitude.
- * To support people to make decisions about their health and achieve the necessary confidence and skills to put their decisions into practice.
- * To train people with skills, knowledge, and attitude.
- * To promote the development and proper use of health services.
- * To develop desirable health practices and health habits.
- * To develop health consciousness (意识) in school and the community.
- * To combat the superstitions and prejudices (迷信和偏见) in the community.
- * To provide a healthful environment for physical and mental growth.

Roles of a Health Educator:

The various important roles of a health educator are the following:

- * To talk to people carefully and listen to their problems.
- * To figure out behaviors or actions of the community people that could cause, cure, and prevent these problems^②.
- * To assist people to see the reasons for their actions and health problems.
- * To ask people to give their own ideas for solving the problems.
- * To help people to find out their ideas so that they can understand which are the most useful and the simplest to put into practice.
- * To inspire people to choose the idea best suited to their circumstances (境况).

New Words

1. define [di'fain] vt. 定义; 规定

2. mere [mɪə(r)] *adj.* 仅仅的; 只不过的
3. voluntary ['vɒləntəri] *adj.* 自愿的; 志愿的 *n.* 志愿者; 自愿行动
4. inspire [in'spaɪə(r)] *vt.* 激发; 启示
5. adopt [ə'dɒpt] *vt.* 采取; 接受
6. achieve [ə'tʃi:v] *vt.* 取得; 实现
7. proper ['prɒpə(r)] *adj.* 适当的; 本身的
8. combat ['kɒmbæt] *n.* 战斗; 搏斗

Useful Expressions

1. be conducive to 有助于……; 有益于……
2. put...into practice 实践, 实行

Technical Terms

1. intellectual health 智力健康
2. spiritual health 精神健康
3. sexual and reproductive health education 性和生殖健康教育
4. health practice 健康实践

Notes

① World Health Organization (世界卫生组织) defined health as “a state of complete physical, mental, and social well-being and not the mere absence of disease or infirmity (虚弱)”.

【注释】此句是简单句。defined... as 是固定搭配, 意思是“将……定义为……”。absence of 也是固定搭配, 意思是“缺乏; 不存在”。

Eat moderately and drink moderately.
吃要有所节制, 饮需适可而止。

【译文】世界卫生组织将健康定义为“一种身体、精神和社会福祉完全健康的状态，而不仅仅是没有疾病或虚弱”。

② To figure out behaviors or actions of the community people that could cause, cure, and prevent these problems.

【注释】此句是复合句。that could cause, cure, and prevent these problems 是定语从句，修饰 behaviors or actions。figure out 是固定搭配，意思是“找出；断定”。

【译文】找出可能引起、治愈和预防这些问题的社区人们的行为或行动。

An open and cheerful mind leads to longevity.
心中快乐，容光焕发。

Unit 5

Health and Social Care Services

Unit Introduction

Starting from the definitions of health and social care, this unit elaborates on the main contents and specific requirements of the services of health and social care. It is hoped that the contents of this unit will provide valuable employment information for learners.

本单元从健康和社会照护的定义出发，详细阐述了健康和社会照护服务的主要内容和具体要求。希望本单元的内容可以为学习者提供一些宝贵的就业信息。



5-1 Unit Introduction

Learning Objectives

1. To master key words and phrases in this unit (掌握本单元的重点词汇和短语)
2. To know about the definitions of health and social Care (了解健康和社会照护的定义)
3. Through learning, to deepen students' understanding of the definitions of health and social care of the text, and provide specialized care to meet the needs of clients (通过学习，让学生理解社会照护和健康照护的定义，提供专门的护理，以满足客户的要求)

Warm-up

Have you ever experienced acupuncture (针灸) and moxibustion (艾灸) ?

If you want to be less sick all your life, stop eating at night.
要想终身少得病，夜间大餐要叫停。

Start-up

Tom feels backache and his friend Zhang Li recommends him to see a doctor in the Hospital of Traditional Chinese Medicine.

Entering the clinic.

Tom: Excuse me, I am here to see Dr. Zhang.

Receptionist: Have you registered?

Tom: Yes, I registered online.

Receptionist: Okay. Dr. Zhang is in Room 206.

Tom: Thank you!

Seeing the doctor.

Tom: Good morning, Dr. Zhang. Can you speak English?

Doctor Zhang: Yes, I studied abroad for two years.

Tom: That's great. I feel backache, especially after sitting too long.

Doctor: Did you do any checks, such as an X-ray or MRI (核磁共振)?

Tom: Yes, this is the result.

Doctor: You got slight lumbar disc protrusion (腰椎间盘突出).

Tom: How can I treat it?

Doctor: You can choose massage, acupuncture.

Tom: Which works better?

Doctor: The combination of the two.

Tom: How long will it last?

Doctor: It will take you about a month. Three times per week.

Tom: I see. Thank you!

Doctor: You are welcome.



5-2 Start-up

Three meals are unreasonable and health is far away from you.
三餐不合理，健康远离你。

Key Words

1. backache [ˈbækɪk] *n.* 背痛; 腰痛
2. recommend [ˈrekəˈmend] *v.* 建议; 推荐
3. register [ˈredʒɪstə(r)] *v.* 登记; 注册
4. online [ˌɒnˈlaɪn] *adj./adv.* 在线的 / 地; 在网上的 / 地
5. massage [ˈmæsɑːʒ] *n.* 按摩; 揉捏 *v.* 按摩; 推拿; 用……揉擦 (皮肤、头发等)
6. acupuncture [ækjʊpʌŋktʃə(r)] *n.* 针灸; 针刺疗法
7. moxibustion [mɒksɪˈbʌsʃən] *n.* 艾灸



5-3 Key Words

Text

The Definitions of Health and Social Care

健康和社会照护的定义

In the U.K., “Health and Social Care” is a term that pertains to the services that are available (可获得的) from health and social care providers. This is a generic (通用的) term used to refer to the whole of the health care provision infrastructure (基础设施), including both public and private sectors. It can also refer to a range of vocational and academic courses which can be taken at various academic and vocational levels from GNVQ^①, A-Level^②, NVQ^③, to degrees. In Canada and the United States, “Health and Social Care” is frequently referred to as “Human Services (人类服务)”. Typically (通常情况下), students of Health and Social Care will have a work placement (课程安排) alongside (与……一起) their academic (学术的; 理论的) studies. Such a work placement may take place in a nursery, residential homes, hospitals, or other caring establishments (护理机构). Others may take a health and social care course as a route (途径; 路线) to further qualifications (任职资格), hoping that it will lead to employment within the sector (部门; 行业).



5-4 Text

Being picky or having a biased diet can cause significant harm, undermining one's health.
挑食偏食害处大, 损害身体碍健康。

Social care 社会照护

Social care is centered around offering physical, emotional and social support to assist individuals in living their lives. For various reasons and at different stages in their lives, some people require support to develop and maintain their independence, dignity (尊严) and control. Social care encompasses a comprehensive range of services to support adults and older people.

The social-care system is designed to offer assistance to those in need, such as individuals (个体) with mental health problems, learning or physical disabilities (残疾), as well as vulnerable (易受伤害的) adults and children. This is a system that provide a broad range (广泛的) of services forming a safety net to those most at risk (在危险中) and has been built into our society for several hundred years.

An example of an area to which our dedicated care worker community contributes is adult social care.^④ On a practical level (实际水平), this can include assistance with tasks like washing and dressing, along with simple activities of daily living such as getting up in the morning, medication (药物) managing, and handling daily chores (家庭杂务).

Health care Services 健康照护服务

Many of us are undoubtedly (毋庸置疑地) aware of some of the health care services available. Unless you decide to self-pay and go private, your first stop will be the GP, who could either choose to manage your condition in the community, referring to relevant practitioners such as District Nurses, or for further investigation (调查) or consultation in hospitals^⑤.

The social care services available to you should be organized through your local council (委员会) and start with a care needs assessment. Depending on your care needs, you may be offered anything from information services, community support, day centre access, equipment to enhance your independence, home care or even residential care. Additionally (此外), private home care providers and specialized care homes can evaluate (评估) your situation and provide recommendations to meet your requirements.

New Words

1. term [tɜ:m] *n.* 术语; 学期 *vt.* 把……叫作
2. private ['praɪvət] *adj.* 私人的; 私立的

Frequent insomnia, ten years less of life.
经常失眠, 少活十年。

3. degree [di'grɪ:] *n.* 学位; 等级
4. nursery ['nɜ:səri] *n.* 托儿所
5. employment [ɪm'plɔimənt] *n.* 就业; 雇用
6. dedicate ['dedɪkeɪt] *vt.* 致力; 献身
7. condition [kən'dɪʃn] *n.* 条件
8. enhance [ɪm'hɑ:ns] *vt.* 提高; 增加



5-5 New Words

Useful Expressions

1. relate to 涉及; 与……相关
2. refer to...as... 称……为……; 将……说成是……
3. take place 举行; 发生
4. in place 准备就绪; 在恰当的地方
5. in need 在困境中; 需要帮助
6. along with... 连同……一起; 沿(顺)着
7. either...or... 要么……要么……; 非此即彼
8. depend on 依靠; 相信

Technical Terms

1. health and social care 健康和社会照护
2. residential home 护理院
3. residential care 住院护理
4. care worker 护理员
5. private home care 私人家庭救护
6. specialized care home 专业护理院
7. social care 社会照护
8. health service 健康服务
9. day centre (老人或病人的) 日间护理站

Notes

① GNVQ (General National Vocational Qualification)

【注释】该课程为英国全国普通职业资格证书、全国普通职业资格课程，旨在将学历教育与职业培训相结合，在职业资格和学历证书之间建立起一座桥梁，使职业教育在更广泛的范围内得到发展。

② A-Level (General Certificate of Education Advanced Level)

【注释】该考试是英国中学高级水平考试，是全民课程体系、英国普通中等教育证书考试高级水平课程，也是英国学生的大学入学考试课程。

③ NVQ (National Vocational Qualification)

【注释】国家职业资格证书以学员的工作为基础，根据国家培训组织制定的国家职业标准，主要面向在职各年龄层次的工作人员，并依据学员工作能力进行评估颁发，而与所采取的学习方式、地点和时间无关。

④ An example of an area to which our dedicated care worker community contributes is adult social care.

【注释】此句是复合句。to which our dedicated care worker community contributes 是介词 + 关系代词 to which 引导的定语从句，修饰 an area。此句的主要结构是 An example is adult social care。

【译文】我们专业护理工作团队为之贡献的一个例子是成人社会照护。

⑤ Unless you decide to self-pay and go private, your first stop will be the GP, who could either choose to manage your condition in the community, referring to relevant practitioners such as District Nurses, or for further investigation or consultation in hospital.

【注释】此句是复合句。unless 为连词，引导条件状语从句；private 为形容词作表语。who 在句中为关系代词，引导非限制性定语从句，修饰 GP (general purpose 全科医生的缩写)。句中含有 either...or... 并列结构，意为“(或)……或……”或者“要么……要么……”。

【译文】除非你决定自费，并选择私人诊所。否则，你的第一站将是全科医生，他们可以选择在社区管理你的病情，并参考社区护士等相关从业人员的诊疗意见，或在医院进行进一步调查或咨询。

Sleep with a peaceful mind before closing your eyes.
心静才能入眠。

Tasks

Task 1. Answer the following questions according to the passage.

1. What is Health and Social Care in the UK?

2. In Canada and the United States, what is Health and Social Care often referred to as?

3. What is social care mentioned in the text?

4. Who is the social care system set up to assist?

5. What social care services are available to you to start with?

Task 2. Match the following words with the Chinese equivalents on the left.

- | | |
|-----------------------|---------------|
| 1. term | a. 护理员 |
| 2. day centre | b. 护理院 |
| 3. care worker | c. 社会照护 |
| 4. in need | d. 依靠; 相信 |
| 5. depend on | e. 日间护理站 |
| 6. residential home | f. 就业; 雇用 |
| 7. social care | g. 术语; 学期 |
| 8. employment | h. 保健服务 |
| 9. health service | i. 在困境中; 需要帮助 |
| 10. private home care | j. 私人家庭救护 |

Task 3. Fill in each of the blanks with the appropriate form of the words below.

provider (n.) provide (v.)

1. We are here to _____ a service for the public.
2. The eldest son is the family's only _____.

employ (*adj.*) employment (*n.*)

3. The government is aiming at full _____.
4. How many people does the company _____?

social (*adj.*) society (*n.*)

5. Drugs (毒品) are a scourge (祸害) that is devastating (破坏) our _____.
6. Join a _____ club to make new friends.

nurse (*n.*) nursery (*n.*)

7. Are you going to take him to the _____?
8. Just ring for the _____ if you need her.

frequent (*adj.*) frequently (*adv.*)

9. He is a _____ visitor to this country.
10. Buses run _____ between the city and the airport.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

relate to	private	care worker	nursery	take place
day centre	degree	employment	refer to	along with

1. Great changes have _____ in China these years.
2. More local _____ will be created, particularly in service industries.
3. I wish to have a _____ talk with you.
4. She's reading for a law _____.
5. The people we _____ as Net Worms are addicted to the Internet.
6. Being a _____ requires a lot of patience.
7. The baby's mother escaped from the fire _____ two other children.
8. The _____ is a place where services are provided for the elderly and the sick.
9. We have started a campaign for better _____ and school services.
10. All these questions _____ philosophy (哲学)?

Task 5. Fill in the blanks according to the text.

“Health and Social Care” is a generic (通用的) term used to ① _____ the whole of

the health care provision infrastructure (基础设施), including both public and private sectors. It can also refer to a range of vocational and academic courses which can be taken at various academic and vocational levels ②_____ GNVQ, A-Level, NVQ, to degrees.

Social-care is about physical, emotional and social support to ③_____ individuals in living their lives. ④_____ various reasons and at different stages in their lives, some people require support to develop and maintain their independence, dignity and control. The social-care system is designed to offer assistance to those ⑤_____, such as individuals with mental health problems, learning or physical disabilities, as well as vulnerable adults and children.

Many of us are undoubtedly aware of some of the health-care services available. Unless you decide to ⑥_____ and go private, your first stop will be the GP, who could either choose to manage your condition in the community, referring to relevant practitioners such as District Nurses, ⑦_____ for further investigation or consultation in hospitals.

The social-care services available to you should be organized through your local council (委员会) and start ⑧_____ a care needs assessment. Depending ⑨_____ your care needs, you may be offered anything from information services, community support, day centre access, equipment to enhance your independence, home care or even residential ⑩_____.

Task 6. Translate the following sentences of the text into Chinese.

1. Health and Social Care is a generic term used to refer to the whole of the health care provision infrastructure, including both public and private sectors.

2. Social care is about providing physical, emotional and social support to help people live their lives.

3. Social care provides a whole range of services to support adults and older people.

4. Many of us are undoubtedly aware of some of the health-care services available.

5. Unless you decide to self-pay and go private, your first stop will be the GP.

Essay Writing

Care Plan 照护计划

照护计划大致可以分为四种类型：医院照护计划、家庭照护计划、长期照护计划和日间照护计划。

写照护计划时，需要注意的要点如下：

1. 以病人为中心。
2. 时间节点明确、配时合理。
3. 照护内容详细、完整、逻辑有序。
4. 注意受护人身心状况、家庭成员间的关系。

示例

说明：照护计划一般采用表格形式，请根据下述案例拟订照护计划：现在是早上，今天你必须照顾一个病人，你有 30 分钟来规划你的工作。示例见表 5-1。

参考范文

表 5-1 日间照护计划

姓名：××× 性别：男 年龄：71 岁 住院号：0123456

时 间	工作内容	备 注
6:00—7:00	晨间护理	协助老人起床，穿衣裤、洗漱、为不能自理老人进行口腔护理，整理床单位，清运污物
7:30—8:20	早餐时间	协助老人用餐，根据老人情况制作半流质或流质饮食
8:30—9:00	晨会	交接班，汇报与总结
9:00—9:30	用药及居室清洁	协助喂水、喂药等；整理用物及居室清洁
10:00	加餐时间	水果、营养点心
9:30—11:30	活动时间	协助如厕、喂水，对卧床老人按时进行翻身，协助活动等
11:40—12:30	午餐时间	协助老人用餐，根据老人情况制作半流质或流质饮食
12:40—14:30	午休时间	协助用药；帮助半自理、不能自理的老人进行午休
14:30—15:00	起床	协助老人起床，穿衣裤，协助如厕、饮水等
16:00	加餐时间	水果、营养汤品等
15:00—17:00	康复及娱乐活动	1. 对半自理、不能自理老人进行护理，协助饮水、如厕，对卧床老人按时进行翻身。2. 开展适宜老人的文化娱乐及康复活动

续表

时 间	工作内容	备 注
17:30—18:20	晚餐时间	协助半自理、不能自理老人用餐，根据老人情况制作半流质或流质饮食
18:30—20:30	晚间护理	协助半自理、不能自理老人洗漱，协助老人进行口腔护理，身体清洁（晚餐后半小时进行泡脚）
20:30—次日 6:00	休息	按时查房，定时翻身；遇有其他情况，立即处理

Sheet 5-1 Daily Care Plan

Name: × × × Gender: M Age: 71 Patient ID: 0123456

Time	Work Content	Remark
6:00-7:00	Morning care	Assist the elderly to get up, put on clothes and wash, Oral care for the elderly who cannot take care of themselves. Make up the bed for them and clean up the dirt
7:30-8:20	Breakfast Time	Assist the elderly with meals, and prepare semi-liquid or liquid diets according to the situation of the elderly
8:30-9:00	Morning Meeting	Handover, report and summary
9:00-9:30	Medication and Room Cleaning	Assist in feeding water, medicine, etc., and tidy up things and clean the room
10:00	Extra Meal time	Fruits, nutritious snacks
9:30-11:30	Activity Time	Assist in toileting, feeding water, turning over the bedridden elderly on time. Assisting in activities, etc.
11:40-12:30	Lunch Time	Assist the elderly with meals, and prepare semi-liquid or liquid diets according to the situation of the elderly
12:40-14:30	Lunch Break	Assist in medication, and help the elderly who are semi-self-care and unable to take care of themselves take a lunch break
14:30-15:00	Get Up	Assist the elderly to get up, and put on clothes. Assisting in toileting, feeding water, etc.
16:00	Extra Meal Time	Fruits, nutritious soups, etc.
15:00-17:00	Rehabilitation and Recreational Activities	Carry out nursing for the semi-self-care and unable to take care of the elderly, assist in drinking water, going to the toilet, and turn over on time for the bedridden elderly. Carry out cultural entertainment and rehabilitation activities suitable for the elderly
17:30-18:20	Dinner Time	Assist semi-self-care elderly, elderly people who cannot take care of themselves to have own meals; and prepare semi-liquid or liquid diets according to the situation of the elderly
18:30-20:30	Night Care	Assist semi-self-care, elderly people who cannot take care of themselves to wash. Assist the elderly in oral care and body cleaning (Soak their feet half an hour after dinner)
20:30- 次日 6:00	Rest	Regular rounds, turn over regularly. In case of other circumstances, deal with them immediately

Famous Doctor in Ancient China

Zhang Zhongjing 张仲景

Zhang Zhongjing (CA. 150-154 — CA. 215 - 219), a native of Nanyang Nieyang county (now Dengzhou City, Henan Province),. He was a famous medical scientist at the end of the Eastern Han Dynasty, honored as a medical saint by later generations. Zhang Zhongjing's extensive collection of medical prescriptions led him to write the *Shanghan Zabing Lun*. It established the principle of syndrome differentiation and treatment, which is the basic principle of Clinical Traditional Chinese Medicine(Clinical TCM) and the soul of Traditional Chinese Medicine (TCM).

张仲景（约公元 150-154 年—约公元 215-219 年），南阳涅阳县（今河南邓州）人。东汉末年著名医学家，被后人尊称为医圣。张仲景广泛收集医方，写出了传世巨著《伤寒杂病论》。它确立的辨证论治原则，是中医临床的基本原则，是中医的灵魂所在。

Workplace Tip

Recover from Mistakes at Work 从工作错误中振作起来

人非圣贤，孰能无过！工作难免会犯错误。那么，犯错误后应该怎么办呢？是逃避、一蹶不振，还是冷静思考、勇敢面对、重振旗鼓？同学们，今天让我们一起来学习几个应对工作错误的技巧吧！



avoid
mistakes

Task: Translate the following sentences and sort the proper actions for recovering from mistakes at work.

- A. Apologize sincerely — offer two solutions on how you can make it up _____.
- B. Take a deep breath with positive self-talk _____.
- C. Take responsibility — Find the person that is most impacted by your mistake. _____.

People say bitter melon bitter, and I say bitter melon sweet.
人说苦瓜苦，我说苦瓜甜。

- D. Inform your boss. _____.
- E. Make the injured parties whole—Take action _____.
- F. Understand what happened and why. _____.
- G. Change systems to solve future problems. _____.

Grammar Focus

Tenses

时态



5-6 Tenses

Supplementary Reading

What Is the Role of Social Services?

社会服务的作用是什么？

Text Introduction

This article starts from the role of social services and describes the scope of social services and how to plan and introduce social services. It enables learners to clarify their responsibilities and better engage in social services.

本文从社会服务的作用出发，描述了社会服务的范围以及如何规划和引入社会服务。通过学习，学习者能够明确职责并更好地从事社会服务。

Walnut porridge is the best for gastrointestinal diarrhea.
肠胃缓泻症，胡桃粥最好。

Text

Social services are mainly responsible for providing, managing, and evaluating (评估) social-care and support services. These services can range from health-care to public health and safety.

Social services deal with all ages and members of a population, from the elderly to families with newborn or young children, ensuring that they have adequate levels of care and support in place when necessary. It is also the role of social services to assess what level of care and support is appropriate (适当的; 恰当的) in any given situation. This could range from medical support to psychological (心理的) help, and also financial aid depending on the circumstances (状况). This often requires that social services work closely with health professionals and other specialists (专家), although social services will also often have their own professionals — such as social workers in the U.K., responsible for initial and ongoing communication with members of the public^①. Additionally, social services offer professional and expert advice to the government. This can range from the ways to make existing services more cost-effective (划算的; 成本效益好的) to the planning and introduction of new services as needs change or new problems arise^②.

Social services are often active in promoting policy changes or additions that directly impact the level of funding and ease of access to support services for members of the public.

New Words

1. adequate [ˈædɪkwət] *adj.* 充足的; 适当的
2. initial [ɪˈnɪʃl] *adj.* 最初的; 字首的
3. promote [prəˈməʊt] *vt.* 促进
4. addition [əˈdɪʃn] *n.* 添加; [数] 加法
5. directly [dɪˈrektli] *adv.* 直接地; 马上
6. impact [ˈɪmpækt] *n.* 巨大影响; 撞击

Useful Expressions

1. be responsible for... 对……负责
2. range from...to... 从……到…… ; 变动
3. financial aid (高等院校的) 助学金; 助学贷款
4. social worker 社会工作者
5. be active in... 积极参加…… ; 热心于……

Notes

① This often requires that social services work closely with health professionals and other specialists, although social services will also often have their own professionals — such as social workers in the U.K., responsible for initial and ongoing communication with members of the public.

【注释】此句是复合句。句中的 *that* 为从属连词，引导宾语从句。*although* 为连词，引导让步状语从句。

【译文】这通常需要社会服务部门与健康专业人员和其他专家密切合作，尽管社会服务部门通常也有他们自己的专业人员，比如，英国社会工作者负责与公众进行初步且持续的沟通。

② Additionally, social services offer professional and expert advice to the government. This can range from ways to make existing services more cost-effective, to the planning and introduction of new services as needs change or new problems arise.

【注释】此句是复合句。句中的 *to make* 为不定式，作后置定语，修饰 *ways*。*cost-effective* 为形容词作宾语补足语（即复合宾语）。*as* 为连词，引导状语从句。

【译文】此外，社会服务部门还为政府提供专业和专家的建议。这可以使现有服务更具成本效益，并在需求变化或出现新问题时规划和引入新服务。

Don't gossip or eat anything at random.
闲话不可乱讲，东西不可乱吃。

Unit 6

Rehabilitation Therapy

Unit Introduction

Rehabilitation treatment services help people to restore their bodies to their highest degree of performance. The primary goals of rehabilitation therapy are to help individuals to recover from illnesses, injuries, surgeries, strokes, cardiac events or other medical issues, and to regain functional abilities and independence lost due to medical incidents. In this unit, we outline seven types of rehabilitation therapy commonly used in treatment plans designed to meet those goals.

康复治疗服务可以帮助人们将身体恢复到最佳状态。康复治疗的主要目标是帮助个体从疾病、创伤、手术、中风、心脏事件或其他医疗问题中康复，并恢复由这些医疗问题造成的个体机能和独立性的丧失。在本单元中，我们概括性地介绍了旨在实现上述目标的七种常用康复疗法。



6-1 Unit Introduction

Learning Objectives

1. To master key words and technical terms in this unit (掌握本单元的重点词汇和专业英语术语)
2. To know about the seven types of rehabilitation therapy (了解七种康复疗法)
3. To be able to use simple English to talk about the seven types of rehabilitation therapy and their goals (能够用简单的英语描述七种康复疗法及其目标)
4. Through the study of rehabilitation therapy, to encourage students to spread fine Chinese traditional health intervention techniques such as massage, moxibustion, cupping. (通过学习康复疗法，鼓励学生传扬中国传统的行之有效的健康干预技术，如按摩、艾灸、拔罐等)

Happiness depends on self-restraint, and so does fear.
喜靠自节，恐靠自息。

Warm-up

What are the common methods of TCM rehabilitation treatment? Have you ever experienced any TCM rehabilitation treatment?

Start-up

This is the Sixth China-Arab States Expo (博览会). Anna is a reporter from Russia.

On-site staff (现场工作人员): Welcome to the Medical and Health Exhibition area.

Anna: Thank you! May I experience TCM pulse?

On-site staff: Sure. This is our medical expert, Doctor Zhang.

Dr. Zhang: Have a seat, please. Keep your arms and hands flat.

Anna: Like this?

Dr. Zhang: Yes. (After a while) Do you have any problem in your shoulder or neck?

Anna: Wow! This is amazing! I've been having neck and shoulder problems lately. How did you know that?

Dr. Zhang: I can tell from your pulse.

Anna: I've heard so much about TCM and seeing is believing.

Dr. Zhang: Thanks for your affirmation (肯定). TCM also employs various methods such as massage, acupuncture, and reflexotherapy to prevent diseases.

Anna: It sounds cool. I will try it if I get a chance.

Dr. Zhang: You're welcome.



6-2 Start-up

Key Words & Expressions

1. pulse [pʌls] *n.* 脉搏; 脉率
2. flat [flæt] *adj.* 水平的; 平坦的
3. prevent [prɪ'vent] *v.* 阻止; 阻碍
4. TCM (short for Traditional Chinese Medicine)
传统中医



6-3 Key Words & Expressions

Text

Types of Rehabilitation Therapy

康复治疗的类型

There are many types of rehabilitation therapy, each designed to address specific ranges of issues. What they all have in common is their primary goals: to help individuals recover from illnesses, injuries, surgeries (外科手术), strokes (中风), cardiac events (心脏事件) or other medical issues and regain (恢复) functional abilities and independence lost due to medical events.^① Here we'll outline seven types of rehabilitation therapy (康复治疗) commonly used in treatment plans (治疗计划) designed to meet those goals.



6-4 Text

Physical Therapy 物理理疗

This type of rehabilitation therapy works to improve movement dysfunction (运动功能障碍). Therapists (理疗师) work with patients to restore (恢复) movement, strength, stability and/or functional ability (机能水平) and reduce (减少) pain through targeted exercises and a range of other treatment methods.

Occupational Therapy 作业治疗

The goal of occupational therapy is to enhance the skills necessary for living as independently as possible. This includes the ability to take care of oneself, engage in work, for example, leave one's home to interact with others.

Speech Therapy 言语矫正

This type of rehabilitation therapy is used to address difficulties with speech, communication and/or swallowing (吞咽).

Respiratory Therapy 呼吸疗法

Used to aid patients who have breathing disorders or difficulties (呼吸障碍或困难), this type of rehabilitation therapy works to reduce respiratory distress (呼吸窘迫), maintain open airways and, when necessary, teach proper use of inhalers (吸入器) and supplemental oxygen (补充氧气) properly.

Leave off with an appetite.
吃得七分饱，就该离餐桌。

Cognitive Rehabilitation 认知康复

Also commonly known as cognitive-behavior rehabilitation (认知行为疗法), this type of therapy focuses on improving memory, thinking and reasoning skills (推理技能).

Health Intervention 健康干预

TCM health management techniques are applied to intervene in different diseases or sub-health states, such as massage, moxibustion, cupping, scraping, application and reflection therapy and other TCM disease treatment technologies.^②

Reflexology 反射疗法

Reflexology is the application of pressure (压力) to areas on the feet (or the hands). Reflexology is generally relaxing and may help alleviate (减轻) stress.

Each type of rehabilitation therapy can be accessed (接触到) in various health-care settings (环境). These include inpatient rehabilitation facilities (住院康复设施), outpatient rehabilitation clinics (门诊康复诊所), and home-based rehabilitation services (居家康复服务).

Inpatient rehabilitation centers (住院康复中心) typically offer all of these common types of therapy and others, along with medical/nursing care, provided by a multidisciplinary team of rehabilitation professionals in a hospital-type setting.^③ Outpatient rehabilitation clinics vary in the types of therapy they offer, and those services are offered by appointment, with patients traveling to their offices for therapy sessions (治疗区段).^④ Home-based rehabilitation programs typically offer a few basic services – usually physical, occupational, and speech therapies – in a patient's home, with therapists visiting by appointment.

When multiple types of therapy are needed to aid an individual in recovery and rehabilitation or close medical supervision (医疗监督), seeking services in an inpatient facility is generally recommended as the safest and most efficient means of treatment.^⑤ Outpatient or home-based services may be the most appropriate choice for patients who need fewer services or less intensive (加强的) medical/rehabilitative care.

New Words

1. address [ə'dres] *vt.* 提出; 设法解决 / *n.* 地址; 所在地
2. recover [rɪ'kʌvər] *vt. (vi.)* 恢复; 弥补
3. pain [peɪn] *n.* 疼痛; 努力
4. perform [pər'fɔ:rm] *vt./vi* 执行; 演奏

5. balance [ˈbæləns] *n.* 平衡; 余额
6. assist [əˈsɪst] *v.* 参加; 协助
7. decrease [dɪˈkri:s] *v.* 减少; 降低
8. properly [ˈprɔ:pərli] *adv.* 适当地; 正确地
9. technology [tekˈnɔ:lədʒi] *n.* 技术; 工艺
10. offer [ˈɔ:fər] *vt.* 提供 /*vi.* 提议



6-5 New Words

Useful Expressions

1. designed to do something 旨在; 目的在于
2. have in common 有共同之处
3. focus on 集中于
4. be used to do something 被用于做某事
5. be applied to 应用于; 用来表示
6. be the application of 应用
7. be recommended as 被推荐为

Technical Terms

1. sub-health states 亚健康状态
2. cupping 拔罐
3. scrapping 刮痧
4. application 敷贴
5. reflexology 反射疗法
6. health intervention 健康干预
7. outpatient 门诊

If you want to be healthy and happy, you should learn to make fun of yourself.
要想健康快活, 就要学会自嘲。

Notes

① What they all have in common is their primary goals: to help individuals recover from illnesses, injuries, surgeries, strokes, cardiac events or other medical issues and regain functional abilities and independence lost to these events.

【注释】此句是复合句。What 引导主语从句，they 指代上一句提到的康复疗法的类型，冒号后面的动词不定式结构用来解释短语 their primary goals。

【译文】它们共同的主要目标是：帮助个体从疾病、创伤、手术、中风、心脏事件等医疗问题中康复，并恢复由这些医疗问题造成的身体机能和独立性的丧失。

② TCM health management techniques are applied to intervene in different diseases or sub-health states, such as massage, moxibustion, cupping, scraping, application and reflection therapy and other TCM disease treatment technologies.

【注释】此句是简单句。TCM 是 Traditional Chinese Medicine 的简称，are applied to 是被动语态，表示被应用，such as 表示举例。

【译文】传统中医健康管理技术可用于干预各种疾病和亚健康状态，这些技术包括按摩、艾灸、拔罐、刮痧、敷贴和反射疗法以及传统中医治疗技术。

③ Inpatient rehabilitation centers typically offer all of these common types of therapy and others, along with medical/nursing care, provided by a multidisciplinary team of rehabilitation professionals in a hospital-type setting.

【注释】此句是简单句。along with 是介词短语，provided by... 是过去分词 provided 引导的后置定语，修饰 all of these common types of therapy and others, along with medical/nursing care。

【译文】住院康复中心通常提供所有这些常见类型的治疗，以及由康复专业团队在类似医院的环境中提供的医疗 / 护理服务。

④ Outpatient rehabilitation clinics vary in the types of therapy they offer, and those services are offered by appointment, with patients traveling to their offices for therapy sessions.

【注释】此句是复合句。they offer 是定语从句，修饰 the types of therapy, 省去了在从句中做宾语的 which 或 that。with patients traveling... 是一个由 with 引导的动名词独立结构，patients 是 traveling 逻辑上的主语。

【译文】门诊康复诊所提供的治疗类型有所不同，这些服务需要预约，患者需要前往

Often wash clothes, often bathe, often sun exposure of bedding, fewer illnesses.
常洗衣，常洗澡，常晒被，疾病少。

诊所接受治疗。

⑤ When multiple types of therapy are needed to aid an individual in recovery and rehabilitation or close medical supervision, seeking services in an inpatient facility is generally recommended as the safest and most efficient means of treatment.

【注释】此句是复合句。句中包含一个由 when 引导的时间状语从句，主语是由 seeking 引导的动名词短语，is recommended as 是被动语态，作谓语，意思是被推荐为或被建议为。

【译文】当需要多种类型的治疗来帮助个体康复或接受密切的医疗监督时，通常建议在住院设施中寻求服务，这是被认为最安全、最有效的治疗手段。

Tasks

Task 1. Answer the following questions according to the text.

1. What are the primary goals of rehabilitation therapy?

2. How many types of rehabilitation therapy are outlined in the text? What are they?

3. What problems can physical therapy solve?

4. What is reflexology?

5. How many health-care settings are mentioned in the text? What are they?

Task 2. Match the following terms with the Chinese equivalents on the right.

- | | |
|---------------------------|---------|
| 1. rehabilitation therapy | a. 按摩 |
| 2. massage | b. 刮痧 |
| 3. application | c. 艾灸 |
| 4. reflexology | d. 康复疗法 |
| 5. appointment | e. 技术 |
| 6. scrapping | f. 拔罐 |
| 7. moxibustion | g. 敷贴 |
| 8. technology | h. 物理疗法 |
| 9. physical therapy | i. 反射疗法 |
| 10. cupping | j. 预约 |

Task 3. Fill in each of the blanks with the appropriate form of the words below.

recover (v.) recovery (n.)

1. It'll take her time to _____ from the illness.
2. The patient made a rapid _____.

function (n.) functional (adj.)

3. This is a fully _____ robot.
4. The _____ of the ear is to listen.

therapy (n.) therapist (n.)

5. The scraping _____ is very popular in China.
6. I think she is a good _____.

apply (v.) application (n.)

7. Students learned the practical _____ of the theory they had learned in the classroom.
8. _____ the medicine to the wound.

press (v.) pressure (n.)

9. _____ firmly on the wound to stop the bleeding.
10. He works well under _____.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

focus on	pain	recover	treatment plan	appointment
be used to do...	pressure	offer	be applied to	assist

1. He made an _____ to see the doctor next week.
2. These techniques could also _____ the health prevention.
3. Did they _____ you the job?
4. Computers can _____ a lot of work now.
5. Drugs can relieve much of the _____.
6. He will _____ you to complete the task.

7. That's the best _____ for the disease.
8. I sincerely hope you will soon _____.
9. Many people suffer from high blood _____.
10. Students should _____ their study.

Task 5. Fill in the blanks according to the text.

There are many types of rehabilitation ①_____, each designed to ②_____ specific ranges of issues. Seven types of rehabilitation therapy are commonly used in treatment plans (治疗计划) designed to ③_____ those goals. Physical therapy works to improve ④_____ dysfunction (运动功能障碍). The goal of occupational therapy is to enhance the ⑤_____ necessary for living as independently as possible. Speech therapy is ⑥_____ to address difficulties with speech, communication and/or swallowing (吞咽). Respiratory therapy is used to aid patients who have breathing disorders or difficulties. (呼吸障碍或困难). Cognitive rehabilitation works with patients to improve ⑦_____, thinking and reasoning skills (推理技能). ⑧_____ health management techniques are ⑨_____ to intervene in different diseases or sub-health states. Reflexology is the application of ⑩_____ to areas on the feet (or the hands). Reflexology is generally relaxing and may help alleviate (减轻) stress.

Task 6. Translate the following sentences from the text into Chinese.

1. There are many types of rehabilitation therapy, each designed to address specific ranges of issues.

2. The physical therapy works to improve movement dysfunction (运动功能障碍).

3. Speech Therapy is used to address difficulties with speech, communication and/or swallowing (吞咽).

4. TCM health management techniques are applied to intervene in different diseases or sub-health states.

5. Reflexology is generally relaxing and may help alleviate (减轻) stress.

Essay Writing

Reflective/ Reflection Report 反思报告

照护人员通过反思可以看到自己的缺点和不足，避免再犯同样的错误，同时认识到自己的长处，提高照护水平，更好地服务护理对象。

示例 1

说明：董玉华，女，82岁。高血压病10余年，一直服用降压药物。5年前因车祸外伤导致右下肢骨折，近1个月右膝关节疼痛明显。社区康复师建议定期理疗，以缓解疼痛。半年前其因老伴行心脏搭桥手术，情绪低落，不思饮食，寡言少语。因出现发音困难，到医院检查并诊断为脑梗死。经住院治疗后又返回家中，但仍不愿说话。退休前为服装厂工人，喜欢剪纸与缝纫。与老伴感情和睦，育有一子，事业有成，但工作繁忙。请根据案例撰写反思报告。

参考范文

反思报告

1. 介绍药物时未让患者看药物介绍。
2. 操作结束后床挡未复位。
3. 语言流畅性较差。
4. 血压报数出错。
5. 人文关怀不到位。
6. 血压计开关未关闭。
7. 动脉触摸时间不合逻辑。
8. 操作前未进行环境评估。
9. 语气太生硬，表情不自然。
10. 优点略。

A Reflective/ Reflection Report

1. Failed to show the patient the medication instructions during the introduction of the medication.
2. Bed rails were not reset after the operation.

The afternoon tea helps the spirit, while the evening tea disrupts sleep.
午茶助提神，晚茶致难眠。

3. Poor language fluency.
4. Blood pressure report error.
5. Humanistic care was not in place.
6. Failure to turn off the switch of the sphygmomanometer.
7. Arterial touch time is illogical.
8. No environmental assessment was conducted prior to the operation.
9. Stiff tone and unnatural facial expressions.
10. Advantages omitted.

Reference Words

1. reset 复位
2. fluency 流畅性
3. error 出错
4. arterial 动脉
5. illogical 不合逻辑
6. stiff 生硬
7. expression 表情

Phrases

1. the bed rail 床挡
2. humanistic care 人文关怀
3. in place 到位
4. the switch of the sphygmomanometer 血压计开关
5. environmental assessment 环境评估

示例 2

说明: 曹红梅, 女, 61 岁, 高血压病 10 年, 血压最高可达 170/100mmhg。高脂血症 1 年, 近半年开始服用他汀类药物。8 年前诊断为“脑梗死”, 当时右侧肢体肌力障碍, 走路不稳, 嘴角稍微右偏。半年前, 因四肢麻木和走路不稳加重, 入住养老示范照护中心。现在神志清楚, 说话时发音稍困难、不连贯。四肢、面部疼痛感和对温度的感知觉减退。平日喜爱饮茶、十字绣、编织。喜欢将自己做好的成品拍照后存在手机里, 目前走路困难、双手麻木, 不能编织、刺绣。经常对丈夫和两个闺女说, 痊愈后再给他们织一件毛衣。请根据案例撰写反思报告。

参考范文

反思报告

优点:

1. 逗笑了患者，给患者准备了小礼物。
2. 为患者整理了头发和衣着。
3. 为患者唱了红歌，也逗笑了老人。
4. 敲门进去声音洪亮并取得患者同意。
5. 时刻注意患者的面部表情。

缺点:

1. 给患者脱完衣服忘记洗手。
2. 轮椅方向反了。
3. 在摇高床头的时候速度过快。
4. 在穿脱衣的时候没有将患者的脚从被子里拿出来。

提升: 可以更细致, 更注重小细节, 提高人文关怀。

总结: 今天整体操作比较快, 没有达到预期效果, 紧张导致一些细节的不足, 但成功之处是把老人逗笑了, 使老人情绪没有那么压抑。

A Reflective / Reflection Report

Advantages:

1. Amused the patient and prepared a small gift for the patient.
2. Arranged the hair and clothes for the patient.
3. Sang patriotic songs for the patient, and amused her.
4. Knocked on the door in a loud voice and obtained the patient's consent.
5. Constantly observed the patient's facial expressions.

Disadvantages:

1. Forgot to wash hands after undressing the patient.
2. Turned the wheelchair in the wrong direction.
3. Moved too quickly when adjusting the bed's elevation.
4. Did not uncover the patient's feet when putting on or taking off clothes.

Improvements: Be more meticulous, pay more attention to some small details, and improve humanistic care.

Wash your hands before drinking and gargle after eating.
饮前洗手, 饭后漱口。

Summary: Today's overall operation was relatively fast, and the expected effect was not achieved. Nervousness led to some missing out of some details. However, the successful point was to make the elderly laugh, so that the patient's mood was not so depressed.

Reference words

1. arrange 整理
2. amuse 逗笑
3. consent 同意
4. wheelchair 轮椅
5. quilt 被子
6. nervous 紧张
7. depress 压抑

Phrases

1. facial expressions 面部表情
2. overall operation 整体操作

Famous Doctor in Ancient China

Ge Hong 葛洪

Ge Hong (283-363), was born in Jurong, Danyang County (now Jurong County, Jiangsu). He was a Taoist theoretician, renowned alchemist and distinguished medical scholar during the Eastern Jin Dynasty, commonly known as the "Little Immortal". The book *Baopuzi* inherited and developed alchemical methods since the Eastern Han, exerting a significant influence on the subsequent development of Taoist Alchemy. It provided valuable historical materials for studying the history of alchemy in China and the history of ancient chemistry. Ge Hong also authored medical works, including the lost *Yuhanfang* in 100 volumes, and *Elbow Reserve Emergency Prescription* in 3 volumes, covering various medical disciplines. Among them, there are records of treating diseases such as smallpox, making it one of the earliest documents to do so.

Take a walk after meals, no need to visit the pharmacy.
饭后散步，不进药铺。

葛洪（283—363），丹阳郡句容（今江苏句容县）人，东晋道教理论家、著名炼丹家和医药学家，世称小仙翁。葛洪著《抱朴子》，继承和发展了东汉以来的炼丹法术，对之后道教炼丹术的发展具有很大影响，为研究中国炼丹史以及古代化学史提供了宝贵的史料。葛洪还撰有医学著作《玉函方》一百卷（已佚），《肘后备急方》三卷，内容包括各科医学，其中有世界上最早的医治天花等疾病的记载。

Workplace Tip

Essential Soft Skills for the Workplace | 职场必备软技能（1）

为什么有些人在学校的时候风光无限，但是进入职场却处处受阻？为什么有人专业水平一般，却能平步青云，为什么我明明很努力，却总是不被重用，老板、前辈、家长都在说我应该怎样，到底哪一条才是明路？ Don't worry!

看这里



卡耐基曾说过，一个人的成功 85% 取决于人际关系，15% 取决于专业技能。下面这些软实力将助力你从职场小白成为职场大咖。

1. Communication

Task. Match the communication skills in column A with their corresponding tips in Column B.

A

1. Stay focused on what you really want
2. Notice when safety is at risk
3. Make it safe to talk about anything
4. Speak persuasively not abrasively
5. Explore other's paths

B

- A. Silence and violence occur
- B. Create a mutual purpose and mutual respect
- C. Start with heart and work on "me" first.
- D. Encourage others to retrace their path with active listening
- E. Share facts and talk tentatively



Add jujube to porridge. It is good to skin.
粥里加红枣，常食皮肤好。

Grammar Focus

Voices

语态



6-6 Voices

Supplementary Reading

What is Rehabilitation Therapy?

什么是康复治疗?

Text Introduction

In today's world, sub-health state and various diseases bother people all around the world. Rehabilitation treatment services help people to restore their bodies to their highest degree of performance. In this text, we will learn what is rehabilitation therapy, what is the goal of rehabilitation therapy and who need rehabilitation therapy.

当今世界，亚健康状态和各种疾病困扰着世界各地的人们。康复治疗服务可帮助人们将身体恢复到最佳状态。在本文中，我们将了解什么是康复治疗，康复治疗的目标是什么以及哪些人需要康复治疗。

Better no meat than no beans.
宁可无肉，不可无豆。

Text

Rehabilitation treatment services intend to restore your body to the highest degree of performance. Rehabilitation treatment offers a controlled, therapeutic setting (治疗环境) to assist your body recover while you regain strength, relearn skills you lost or find new ways to do activities that might now be challenging.^①

Whether you are in requirement to come back, keep, or boost (提升) capabilities that you need for day-to-day lives, our knowledgeable physical therapists are here to aid you in an excellent as well as compassionate setting (仁爱的环境).^② These capabilities may be physical, mental, and/or cognitive reasoning, as well as training. You might have lost them because of a condition or injury, or as an adverse effect from clinical treatment. Recovery can boost one's everyday life and also functioning. If you have been seriously hurt, gone through a surgical procedure (手术治疗) or experienced a stroke, your doctor may advise recovery to aid you to get better.

What is the goal of rehabilitation therapy?

The main goal of rehabilitation therapy is to aid you obtain your abilities back and be able to be more independent. However, each individual has one's own goal. For example, a person who...

has had a stroke might require recovery to be able to clothe or shower without help;

has had a cardiovascular disease may undergo cardiac rehab to try to go back to exercising;

has a lung disease might get pulmonary rehab (肺疾病康复) to be able to breathe much better and also enhance their quality of life.

Who needs rehabilitation therapy?

Rehabilitation therapy is for individuals who have actually lost abilities that are required for everyday life. Occupational therapy may be needed by individuals of any age, from newborns to seniors.

There are unlimited (无限制的) ways in which work therapy may assist these people, such as:

Do not cover the head in winter, and do not reveal the back in spring.

冬不蒙首，春不露背。

A person who has lost the capability to hold things as a result of an injury may deal with a specialist to reclaim grip toughness (恢复抓地韧性) and customize (定制) activities to ensure that they can be independent. ③

A person who has had a traumatic brain injury (外伤性脑损伤) and lost cognitive capabilities may call for a therapist to aid them with tasks such as applying for jobs or sending college applications.

Kids with physical disabilities might require a therapist to help them establish (确立) the control required to feed themselves, make use of a computer system or improve their handwriting.

Elderly with physical restrictions (身体条件限制) may need aid from a specialist to take part in tasks they enjoy in brand-new and modified methods.

Those who have actually experienced an injury may need therapist intervention (干预) to help them avoid motions or behaviors that may intensify (使强化) their injuries.

Corporate professionals may need a therapist to develop an optimal work/life schedule designed to decrease tension and also make the best use of health and wellness or change their work environment based on ergonomic concepts (人体工程学概念).

New Words

1. capability [ˌkeɪpəˈbɪləti] *n.* 才能; 能力
2. goal [gəʊl] *n.* 目标; 球门
3. cause [kɔːz] *vt.* 引起; 使遭受
4. newborn [ˈnuːbɔːrn] *n.* 婴儿
5. senior [ˈsiːniər] *n.* 较年长者
6. feed [fiːd] *v.* 喂养; 施肥
7. brand-new [ˌbrænd ˈnjuː] *adj.* 全新的
8. experienced [ɪkˈspɪəriənst] *adj.* 熟练的; 富有经验的
9. motion [ˈmoʊʃn] *n.* 动作; 移动
10. schedule [ˈskedʒuːl] *n.* 计划表; 时间表

Useful Expressions

1. intend to do something 打算做; 想要
2. be in requirement 需求
3. quality of life 生活质量
4. as a result of 由于……的结果; 起因
5. call for 号召
6. make use of 利用
7. take part in 参加

Technical Terms

1. physical therapists 物理治疗家; [临床] 理疗学家
2. adverse effect 副作用
3. cardiovascular disease 心血管疾病; 冠心病
4. cardiac rehab 心脏康复
5. physical disabilities 残疾; 残障

Notes

① Rehabilitation treatment offers a controlled therapeutic setting to assist your body recover while you regain strength, relearn skills you lost or find new ways to do activities that might now be challenging.

【注释】此句是复合句。while 引导时间状语从句，you lost 是定语从句，省略了作宾语的 that 或 which，修饰 skills。that 引导定语从句，修饰 activities。

【译文】康复治疗提供了一个受控的治疗环境，帮助你康复身体、恢复体力、重新学习失去的技能，或找到新的方式进行那些可能现在具有挑战性的活动。

② Whether you are in requirement to come back, keep, or boost capabilities that you need for day-to-day lives, our knowledgeable physical therapists are here to aid you in an excellent as

Food nourishes people, and song nourishes heart.
饭养人，歌养心。

well as compassionate setting.

【注释】此句是复合句。whether 引导让步状语从句，that 引导定语从句，修饰 capabilities。as well as 用作连词，连接两个并列的同等成分，表示“不仅……而且……”或“既……又……”相当于 not only...but also...。

【译文】无论你是需要恢复、保持，还是需要提升日常生活所需的能力，我们经验丰富的理疗师都会在一个卓越且富有爱心的环境里为你提供帮助。

③ A person who has lost the capability to hold things as a result of an injury may deal with a specialist to reclaim grip toughness and customize activities to ensure that they can be independent.

【注释】此句是复合句。who 引导定语从句，修饰 A person，to ensure 是动词不定式，作目的状语，that 引导宾语从句。

【译文】因受伤而失去握物能力的人可能需要与专业人士合作，恢复握力并通过定制活动使其获得独立的能力。

Garlic is a treasure, and eating it often keeps the body healthy.
大蒜是个宝，常吃身体好。

Unit 7

Disease Prevention and Healthy Living

Unit Introduction

In the era of self-media, guidelines for how to keep healthy, what to eat or not to eat, how and how often to exercise, how much to sleep, and other lifestyle measures are ubiquitous. According to some experts, everyone in particular can take seven steps to lead a healthy life, prevent diseases, extend lifespan, and improve overall physical, mental, and emotional well-being. In this text, we will discuss these seven disease prevention and healthy living.

在自媒体时代，关于如何保持健康、吃什么或不吃什么、如何锻炼、锻炼的频率、睡眠时长以及其他生活方式的指南无处不在。根据一些专家的说法，每个人都可以通过七个步骤来过上健康的生活，预防疾病，延长寿命并改善整体的身体、心理和情绪健康。在本文，我们将探讨这七个步骤，以预防疾病和保持健康生活。



7-1 Unit Introduction

Learning Objectives

1. To master key words and phrases in this unit (掌握本单元的重点词汇和短语)
2. To know about the seven steps for disease prevention and healthy living (了解疾病预防和健康生活的七个步骤)
3. To be able to talk about seven steps for disease prevention and healthy living in simple English (能够用简单的英语描述疾病预防和健康生活的七个步骤)
4. Through learning this text, students realize that healthy lifestyle is important for one's work and life (通过本课的学习，学生能够认识到健康的生活方式对工作和生活都很重要)

Tears flow freely, and disease heals naturally.
有泪尽情流，疾病自然愈。

Warm-up

Do you think disease prevention is better than having a cure? If so, could you please give some tips for healthy living?

Start-up

Mary, a Canadian, married a Chinese husband three years ago and has lived in Beijing for three years. She has planned to go back to Canada to visit her parents after the Spring Festival, but the Covid-19 broke out. She is on the way to get the vaccine.

Mary: Hi! Dad, How is everything?

Dad: It's still quite a mess here. There are tens of thousands of new cases everyday.

Mary: It is handled (控制; 处理) perfectly here. China is one of the safest countries in the world.

Dad: Have you got vaccinated?

Mary: Not yet. Today, I'm getting the vaccine.

Dad: Okay, Great! I only trust the Chinese vaccine.

Mary: Hah aha...Dad, I'll talk to you later.

Mary: Here is the place to get vaccinated. Right?

Nurse: Yes, please. Do you have any allergies (过敏反应; 过敏症)?

Mary: No, I don't.

Nurse: I'll inject you in your left arm. Relax. You might feel a bit tired afterwards.

Mary: Yes, I read about it.

Nurse: Ok. we're done.

Mary: I didn't feel anything.

Nurse: Three days without showering and one week without alcohol (酒; 酒精).

Mary: OK. I got it. Thank you!

Nurse: You are welcome.



7-2 Start-up

Better sleeping early than taking ginseng
吃人参不如睡五更。

Key Words

1. mess [mes] *n.* 困境; 混乱局面
2. vaccine ['væksɪ:n] *n.* 疫苗
3. vaccinate ['væksɪneɪt] *v.* 给……接种疫苗
4. trust [trʌst] *n./v.* 信任; 相信
5. inject [ɪn'dʒekt] *v.* 注射; 添加



7-3 Key Words

Text

Seven Steps for Disease Prevention and Healthy Living

预防疾病和健康生活的七个步骤

It can be challenging to keep up with recommendations (建议) for how to prevent disease and stay healthy. Guidelines (指南) for what to eat or not to eat, how and how often to exercise, how much to sleep, and other lifestyle measures change all the time.^① According to the USPSTF, there are seven steps in particular, everyone can do to live healthfully, prevent disease, increase longevity (长寿), and improve overall physical, mental, and emotional well-being (健康). You may already do some or even all of them, but chances are you can improve in each one.^②



7-4 Text

1. Get Screened 健康筛查

Health screenings for women and those for men are tests used to uncover (发现) illness early on, before symptoms (症状) appear. Early detection (检测) of diseases such as cancer can make a significant difference in treatment and even life expectancy. Your doctor likely advise you of the tests you should undergo and when.

2. Don't Smoke 禁止吸烟

Smoking shortens both the length and quality of a person's life. It's responsible (起因的)

To keep your legs healthy, walk backward.
要得腿不废, 走路往后退。

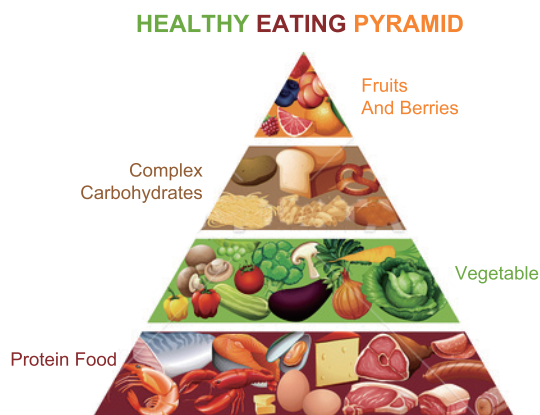
for many diseases and is the leading preventable cause of death. If you smoke, quitting is your number one health priority (健康优先) .

3. Be Active 保持活跃

The Office of Disease Prevention and Health Promotion offers exercise recommendations for every age group from children to seniors. Regular physical activities are key to staying healthy by reducing the risk of chronic disease (慢性病) , including heart disease, diabetes, stroke, and some types of cancer. Work exercise is arranged into your daily/weekly schedule—making a point to (为……腾出更多的时间) do both resistance and cardio training (阻力和有氧训练) —for a longer and more active life.

4. Eat Healthfully 健康饮食

Building healthy eating habits can protect your health, prevent disease, and minimize (使减到最小) the severity (严重) of conditions you already have. The Office of Disease Prevention and Health Promotion notes in the *Dietary Guidelines (膳食指南) 2015-2020* that the evidence is strong that you reduce your risk of cardiovascular disease (心血管疾病、冠心病) by healthy eating habits.^③ The evidence is of moderate strength (中等强度) that you can reduce your risk of type II diabetes, some types of cancer, or being overweight or obese.



5. Lose Weight If You Need To 需要时减肥

If you are overweight or obese, taking off excess (多余的) pounds is another way to prevent disease or manage conditions you already have (such as diabetes, arthritis (关节炎) , or high blood pressure).^④ Even a modest weight loss (适度减轻) of 5% to 10% can be beneficial (有益的) . If you switch out (断开) processed foods for fresh produce and skip sodas (不喝苏打水) and other sugary foods (含糖食物) , you can save hundreds of calories (卡路里) a day while also making more room on your plate for more fiber (纤维) , vitamins (维生素) , and minerals (矿物质) .

6. Take Your Medicine 服用药物

While a healthy diet and physical activity are the first lines of prevention (第一道防线) and management for heart disease, your doctor may recommend preventive medications (药物)

Regular Tai Chi practice promotes longevity.
常打太极拳，益寿又延年。

as well. A statin (他汀类药) might be recommended if you have high cholesterol (高胆固醇), diabetes, are over 40, or have other risk factors. Medications (药物) to control blood pressure may also be used. Taking a daily low-dose aspirin was once standard for men over age 45, but research has been changing that view. Talk to your health-care provider about what might be the best to reduce your health risks.

7. Get Your Shots 接种疫苗

Immunizations (免疫) are not just for children. Current recommendations state that everyone 6 months and older should get a flu vaccine (流感疫苗) every year and a Tdap (百日咳混合疫苗) should be given every 10 years. Other vaccines are given when you reach a certain age, such as zoster vaccine (带状疱疹疫苗) to prevent shingles (带状疱疹), and pneumococcal vaccine (肺炎球菌疫苗) to prevent pneumonia (肺炎).

New Words

1. healthfully ['helθfəli] *adv.* 有益健康地
2. advise [əd'vaɪz] *vt.* 建议; 劝告
3. test [test] *v./n.* 检测; 测验
4. shorten ['ʃɔ:rtɪn] *vt/vi.* 缩短; 变短
5. habit ['hæbɪt] *n.* 习惯; 习性
6. protect [prə'tekt] *vt.* 保护; 保卫
7. note [nəʊt] *vt.* 注意; 注解
8. overweight [ˌoʊvər'weɪt] *adj.* 超重的; 过重的 *n.* 超重
9. obese [oʊ'bi:s] *adj.* 肥胖的
10. loss [lɔ:s] *n.* 减少; 遗失



7-5 New Words

Useful Expressions

1. keep up with 赶得上; 和……保持联系
2. stay healthy 保持健康
3. in particular 尤其; 特别
4. make a significant difference 产生重大影响 (不同)

5. life expectancy 寿命
6. lose weight 减肥
7. take off 脱下; 起飞
8. processed food 加工食品
9. take medicine 服药

Technical Terms

1. cancer 癌症; 恶性肿瘤
2. heart disease 心脏病
3. type II diabetes II型糖尿病
4. high blood pressure 高血压
5. aspirin 阿司匹林

Proper Names

1. the Office of Disease Prevention and Health Promotion 疾病预防和健康促进
办公室
2. dietary guidelines 膳食指南

Notes

① Guidelines for what to eat or not to eat, how and how often to exercise, how much to sleep, and other lifestyle measures change all the time.

【注释】此句是简单句。“for+ 疑问词 +to do”是动词不定式的复合结构，作后置定语，修饰 Guidelines。

【译文】关于吃什么或不吃什么、如何锻炼、多久锻炼一次、睡多长时间以及其他生活方式措施的指南一直在变化。

To prevent heatstroke in summer, you may cook porridge with lotus leaves.
夏令防中暑，荷叶同粥煮。

② You may already do some or even all of them, but chances are you can improve in each one.

【注释】此句是复合句。you can ... 是省略 that 的表语从句。“chances are + (that) ...”是一种固定句式，表示推测，意思是“有可能……”。

【译文】你可能已经做了其中的一些甚至全部，但可能你在每一项上都需要改进。

③ The Office of Disease Prevention and Health Promotion notes in the *Dietary Guidelines 2015-2020* that the evidence is strong that you reduce your risk of cardiovascular disease by healthy eating habits.

【注释】此句为复合句。句中第一个 that 引导宾语从句，在这个宾语从句中，that you reduce your risk of cardiovascular disease 是 evidence 的同位语从句。

【译文】疾病预防和健康促进办公室在其 2015—2020 年膳食指南中指出，强有力的证据表明，健康的饮食习惯可以降低患心血管疾病的风险。

④ If you are overweight or obese, taking off excess (多余的) pounds is another way to prevent disease or manage conditions you already have (such as diabetes, arthritis, or high blood pressure).

【注释】此句是复合句。taking off... 是动名词短语，作主语。you already have 是省略了关系代词 which/that 的定语从句，修饰 conditions。

【译文】如果你超重或肥胖，减掉多余的重量是另一种预防疾病或控制你已经患有的疾病（如糖尿病、关节炎或高血压）的方法。

Tasks

Task 1. Answer the following questions according to the text.

1. According to some experts, what are the seven steps, in particular, everyone can do to live healthfully?

2. What bad effects does smoking have?

3. What are key to staying healthy by reducing the risk of chronic disease?

4. Why do we need to build healthy eating habits?

5. What should they do if people are overweight?

Task 2. Match the following terms with the Chinese equivalents on the right.

1. high blood pressure

a. 寿命

2. heart disease

b. 服药

- | | |
|-----------------------|-----------|
| 3. life expectancy | c. 保持健康 |
| 4. lose weight | d. 为……负责 |
| 5. processed food | e. 建议; 劝告 |
| 6. take medicine | f. 心脏病 |
| 7. be responsible for | g. 高血压 |
| 8. prevent | h. 减肥 |
| 9. advise | i. 阻止 |
| 10. stay healthy | j. 加工食品 |

Task 3. Fill in each of the blanks with the appropriate form of the words below.

prevent (v.) prevention (n.)

- Regular exercise helps people to _____ weight gain.
- _____ also plays a central role in traditional medicine.

unhealthy (adj.) healthy (adj.)

- An _____ diet will nullify (抵消) the effects of training.
- You should try to combine exercise with a _____ diet.

obese (adj.) obesity (n.)

- _____ people tend to have higher blood pressure than lean people.
- _____ can increase the risk of heart disease.

protect (v.) protection (n.)

- Good eating habits can _____ yourself from being ill.
- Vaccines provide _____ for both adults and children.

short (adj.) shorten (v.)

- Life is too _____ to be wasted.
- Smoking can _____ your life.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

prevent	uncover	test	stay healthy	lose weight
keep up with	habit	protect	take medicine	high blood pressure

1. We must _____ the times.
2. _____ has become an increasing problem.
3. They took active steps to _____ the spread of the disease.
4. Smoking is a bad _____.
5. By exercising, we can always _____.
6. Girls are always talking about _____, but they never take action.
7. We have to _____ when we are ill.
8. Troops are sent to Henan province to _____ from the danger of flood.
9. She is still waiting for the results of the _____.
10. He decides to _____ the truth to the public.

Task 5. Fill in the blanks according to the text.

According to some experts, there are seven steps in particular everyone can do to live healthfully, prevent disease, increase ①_____, and improve ②_____ physical, and emotional ③_____. Health screenings for women and those for men are tests used to uncover illness early on, ④_____ symptoms (症状) appear. Smoking ⑤_____ both the length and quality of a person's life. Regular physical activities are key to staying healthy by reducing the ⑥_____ of chronic disease. Building ⑦_____ eating habits can protect your health, prevent disease, and minimize (使减到最小) the severity (严重) of conditions you already have. If you are overweight or obese, ⑧_____ excess (多余的) pounds is another way to prevent disease or manage conditions you already have. While a healthy diet and physical activity are the first lines of prevention (第一道防线) and management for heart disease, your doctor may recommend preventive ⑨_____ as well. Immunizations are not just for ⑩_____.

Task 6. Translate the following sentences from the text into Chinese.

1. Smoking shortens both the length and quality of a person's life.

2. If you smoke, quitting is your number one health priority.

3. Building healthy eating habits can protect your health, prevent disease, and minimize the severity of conditions you already have.

4. Talk to your health-care provider about what might be best to reduce your health risks.

5. Immunizations are not just for children.

Essay Writing

Health Education Publicity Leaflet 健康教育宣传折页

在健康教育宣传中，宣传折页在普及健康知识、增强自身防护意识等方面取得了很好效果。

健康教育宣传折页的设计是把健康知识的理论生活化、形象化，通过视觉语言传递信息、表达观点，让受众了解健康教育宣传的理念并深入理解健康常识。宣传折页采用图文并茂的方式，能让受众更加直观地了解健康知识要点，是宣传健康知识的最佳路径。

示例 1

说明：饮食合理就是要选择多样化的食物且营养素齐全、比例适当，满足人体需要。成年人每日食谱应包括奶类、肉类、蔬菜水果和五谷这四大类食物。请根据案例情况制作合理膳食（Reasonable Diet）宣传折页。

Reference Words

1. popularize 普及
2. visualization 形象化
3. Intuitive 直观
4. communication 传播学
5. play 扮演
6. diversification 多样化
7. Nutrients 营养素
8. recipe 食谱
9. cheese 奶酪
10. cereal 谷类
11. protein 蛋白质
12. dairy 乳制品
13. carbohydrate 碳水化合物

Eating in haste and swallowing in a hurry harms the appetite and damages the intestines.
吃得慌咽得忙，伤了胃口害了肠。

14. minimum 最低限度

15. clinic 诊所; 临床

16. pyramid 金字塔

Phrases

1. publicity Leaflet 宣传折页

2. self-protection 自身防护

3. health and hygiene knowledge 健康卫生知识

4. living life 生活化

5. visual language 视觉语言

6. both pictures and texts 图文并茂

7. the best way 最佳路径

8. daily serving size 每日份量

示例 2

说明: 高血压是常见慢性病, 也是心脑血管病主要的危险因素。所以, 在日常生活中, 我们要通过合理调整饮食、戒烟限酒、锻炼等方式预防高血压。请根据案例情况制作高血压患者注意事项 (Precautions for Patients With Hypertension) 宣传折页。

Reference Words

1. precaution 预防措施

2. hypertension 高血压

3. intake 摄入

4. excess 过量

Phrases

1. chronic diseases 慢性病

2. Cardiovascular and cerebrovascular disease 心脑血管病

3. adjust the diet 调整饮食

4. quit smoking and limit alcohol consumption 戒烟限酒

5. a double-edged sword 双刃剑

Drinking tea brewed with plain water promotes longevity.
白水沏茶喝, 能活一百多。

6. a small amount of 少量
7. the culprit 罪魁祸首
8. eat less and multiple meals 少食多餐
9. measure blood pressure 测量血压
10. family history of hypertension 高血压家族史

Famous Doctor in Ancient China

Huangfu Mi 皇甫谧

Huangfu Mi (215-282 AD), was a renowned scholar in Chinese history, with notable achievements in literature, historiography, and medicine. He compiled and synthesized three medical works, namely *Su Wen*, *Acupuncture Jing*, *Mingtang Acupoint Acupuncture and Moxibustion Treatment Essentials*, and made a comprehensive comparison. Drawing upon his clinical experience, he authored the monumental work *The Yellow Emperor's Three Acupuncture and Moxibustion Classics*, also known as *Acupuncture and Moxibustion A and B Classics*, Referred to as *A B Classics*. This work is the earliest extant specialized treatise on acupuncture and moxibustion in China.

皇甫谧（公元 215—282 年）是中国历史上的著名学者，在文学、史学、医学等方面都很有建树。他将《素问》《针经》《明堂孔穴针灸治要》三部医学著作纂集起来，加以综合比较，并结合自己的临床经验编撰《黄帝三部针灸甲乙经》，也称《针灸甲乙经》，简称《甲乙经》。这部著作是中国现存最早的针灸学专著。

Workplace Tip

Essential Soft Skills for the Workplace II 职场必备软技能（2）

Obviously, 软技能对职场成功至关重要，它决定你能走多快多远。那么，你是否在寻找更多的方法让你在职场上脱颖而出呢？ Follow me...



2. Critical Thinking

Task. Put the following five tips for critical thinking in the right order.

- A. Formulate your question _____.
- B. Apply the information _____.
- C. Consider the implications _____.
- D. Gather your information _____.
- E. Explore other points of view _____.



Grammar Focus

Attributive Clauses

定语从句



7-6 Attributive Clauses

Supplementary Reading

What is Disease Prevention?

什么是疾病预防?

Text Introduction

Disease prevention is a branch of medicine that focuses on helping people avoid contracting diseases, both in individuals and communities. In this text, we will talk about what is disease prevention, the achievements we have been made in preventing disease and different levels in disease prevention of different countries.

Drink as little as possible, and illness will stay away.
尽量少喝酒，病魔绕道走。

疾病预防是医学的一个分支，其重点是帮助人们避免在个人和社区感染疾病。在本文中，我们将讨论什么是疾病预防、我们在预防疾病方面取得的成就以及各国疾病预防水平。

Text

Disease prevention is a branch of medicine that focuses on helping people avoid contracting (感染) diseases, both in individuals and communities. A number of branches of science and medicine are intertwined (交织) in this medical discipline (学科), ranging from anthropology (人类学), to the study of cultural practices that could promote the spread of disease, to epidemiology (流行病学), the identification and study of disease.^① Many nations have disease prevention programs in their national health framework (国家卫生框架), since it benefits society as a whole.

Humans have been struggling with disease for thousands of years, and the problem only became more pronounced (发声) when people began living in closely crowded areas. As cities grew, so did the diversity (多样性) of disease, along with a variety of colorful attempts at preventing it.^② Not until the 1800s did people really begin to understand the process of disease, and start to take steps to prevent its spread and to promote healthy communities, ranging from washing hands to pasteurizing (巴氏杀菌) dairy products.^③

Different nations have reached different levels in their disease prevention strategies. In developed countries, for example, basic steps like sanitizing drinking water, providing clean living conditions, and using widespread vaccination programs have proved to be very effective at preventing certain illnesses in communities at large, leaving medical professionals to focus primarily on individual patients. In the developing world, however, medical professionals are still struggling with the basic elements of preventing disease, ranging from encouraging the modification (修改) of cultural values to reduce the spread of disease to attempting to provide basic medical care.

New Words

1. benefit ['benɪfɪt] *vt.* 有益于 / *vi.* 得益
2. attempt [ə'tempt] *vt./n.* 企图; 试图

3. spread [spred] *vt.* 铺开; 传播
4. strategy ['strætədʒi] *n.* 战略; 策略
5. widespread ['wɔːdspred] *adj.* 普遍的; 广泛的

Useful Expressions

1. cultural practices 文化实践
2. as a whole 总的来说
3. be struggle with 和……斗争
4. closely crowded areas 人多的地方
5. take steps 采取措施
6. dairy product 乳制品
7. developed countries 发达国家
8. basic steps 基本步骤
9. drinking water 饮用水
10. clean living conditions 干净的生活环境
11. at large 详尽的; 普遍的
12. developing world 发展中世界 / 国家
13. cultural value 文化价值

Technical Terms

1. sanitize 消毒
2. basic medical care 基本医疗服务

Notes

- ① A number of branches of science and medicine are intertwined in this medical

Do not reduce clothes in spring, and do not add hats in autumn.
春不减衣, 秋不加帽。

discipline, ranging from anthropology, to the study of cultural practices that could promote the spread of disease, to epidemiology, the identification and study of disease.

【注释】此句是复合句。ranging from 是现在分词短语，补充说明 intertwined。that 引导定语从句，修饰 cultural practice。

【译文】医学学科涉及多个科学和医学分支的交叉领域，包括人类学、研究可能促使疾病传播的文化实践，以及对疾病进行识别和研究的流行病学。

② As cities grew, so did the diversity of disease, along with a variety of colorful attempts at preventing it.

【注释】此句是复合句。As cities grew 是 As 引导的时间状语从句。so did... 是倒装结构，主语是 the diversity of disease, 谓语是 did, 代替了前面的动词 grew, so 表示“也”。

【译文】随着城市的发展，疾病的多样性以及预防疾病的各种尝试也在增加。

③ Not until the 1800s did people really begin to understand the process of disease, and start to take steps to prevent its spread and to promote healthy communities, ranging from washing hands to pasteurizing dairy products.

【注释】此句是复合句。Not until 引导时间状语从句，放在句首，句子使用倒装语序。ranging from... 意为“从……到……”。

【译文】直到 19 世纪，人们才真正开始了解疾病的过程，并开始采取措施防止其传播，促进健康社区的发展，范围从患者的勤洗手到对乳制品的巴氏杀菌。

Unit 8

Early Childhood Development

Unit Introduction

Young children can be affected by many social, economic and environmental factors both in positive and negative ways. In this unit, we will talk about the four main factors affecting a child's development.

幼儿会受到来自社会、经济和环境的各种因素的影响，这些影响有积极的，也有消极的。在本单元中，我们将讨论影响儿童发展的四个主要因素。



8-1 Unit Introduction

Learning Objectives

1. To master key words and phrases in this unit (掌握本单元的重点词汇和短语)
2. To know about the four main factors affecting a child's development (了解四种影响儿童发展的主要因素)
3. To be able to use simple English to talk about the four main factors affecting a child's development (能够用简单的英语描述影响儿童发展的四个主要因素)
4. To develop students' sense of responsibility in child-related work (培养学生对儿童相关工作的责任感)

Vegetables are treasures, indispensable in every meal.
蔬菜是个宝，餐餐不可少。

Warm-up

What are the factors affecting a child's development?

Start-up

After Frank comes back from getting the vaccine, his wife Shirley is criticizing (批评) their son for his studies.

Shirley: Tell me the answer.

Kid: I don't know. I don't know.

Shirley: Why don't you know this stuff?

Frank: Shirley, don't shout at him. Exam results are not everything.

We should focus on his all-round development.

Shirley: I want you to be one of the best.

Kid: You never care about my interests. You only give me pressure to do well in my studies.

Shirley: I believe in you, but I am just trying to make you better. You are an exceptional boy. It's gonna be okay.



8-2 Start-up

Key Words & Expressions

1. stuff [stʌf] *n.* 东西; 物品
2. all-round [ˌɔ:l 'raʊnd] *adj.* 全面的; 多方面的
3. pressure ['preʃə(r)] *n.* 压力; 挤压
4. exceptional [ɪk'sepʃən(ə)l] *adj.* 卓越的; 杰出的
5. focus on 专注于
6. care about 关心; 在意
7. believe in 相信; 信任



8-3 Key Words & Expressions

Text

Factors Affecting Early Childhood Development

影响儿童生长发育的因素

Young children can be affected by many social, economic and environmental factors, both in positive and negative ways. Children are so vulnerable (易受伤害的) that they can be easily affected by things many parents and adults take for granted. There are four main factors affecting a child's development.



8-4 Text

Parental Interactions

Parental interactions with a child can have a largely positive or negative effect on a child's development. Parents who spend time playing and teaching their kids through reading and performing various types of hands-on games (动手游戏) can have a positive impact on their kids' development.^① On the flip side (另一方面), parents who ignore or neglect to interact with their kids may be hindering (阻碍) their healthy development, according to the Royal Children's Hospital of Melbourne (墨尔本皇家儿童医院), Australia.^②



Learning Environment

Children who are surrounded, both at home and at school/daycare facilities (日托机构), by a strong learning environment that is both informative (教育性的) and supportive (支持的) may improve their development.^③ Research has shown children exposed to (使……处在影响之下) poor and underprivileged educational environments (贫困的教育环境) tend to be at a higher risk of (风险概率更高) being negatively affected in terms of their development.

Health

Proper nutrition can have a direct impact on a child's development both physically and

To build the brain, jump rope.
要健脑，把绳跳。

psychologically, according to the Royal Children's Hospital of Melbourne. They point out that proper nutrition is related to functional outcomes (功能结果) for children as they get older. In other words, unhealthy eating can lead to weight gain and other negative effects if the child does not learn how to eat healthy early in life. The Royal Children's Hospital of Melbourne stresses (强调) the fact that it is the increased duration (持续时间) and intensity (强度) of the exposures to healthy eating habits, through both hands-on learning and leading by example, that really make a positive impact on a child's development. ④

Social Interaction

Research has shown that social isolation (孤立) or lack of socialization (社会化) can lead to early childhood development issues (问题), such as speech problems or an inability to socialize with others in a civilized way (文明的方式). These points (要点) are mentioned in a report titled "Factors Affecting Early Childhood Development." It mentions that the socioeconomic environment (社会经济环境) in which a child is raised can have a drastic effect (剧烈的效果) on his/her development. ⑤ An example of how this could affect a child negatively is that the child is not socialized with other children, such as neighbors, classmates or family members. ⑥

New Words

1. factor ['fæktər] *n.* 因素; 要素
2. positive ['pɔ:zətɪv] *adj.* 积极的; 正面的; 乐观的
3. negative ['negətɪv] *adj.* 消极的; 负面的
4. ignore [ɪg'nɔ:r] *vt.* 忽视; 不予理睬
5. neglect [nɪ'gлект] *v.* 忽视; 忽略
6. research ['ri:sɜ:rtʃ] *n./vi./vt.* 研究; 调查
7. nutrition [nu'trɪʃn] *n.* 营养
8. inability [,ɪnə'bɪləti] *n.* 无能力; 无才能
9. mention ['menʃn] *vt.* 提及; 谈到
10. title ['taɪtl] *vt.* 加标题于; 把……称为
11. raise [reɪz] *vt.* 养育; 提高



8-5 New Words

Eating three jujubes a day keeps you young all your life.
一天吃三枣，终身不显老。

Useful Expressions

1. take for granted 认为……理所当然
2. spend time doing something 花费时间做某事
3. have an impact on 对……有影响
4. in terms of 依照; 按照
5. point out 指出
6. be related to 和……有关
7. lead to 导致; 通向
8. weight gain 体重增加
9. lack of 缺乏

Proper Name

The Royal Children's Hospital of Melbourne, Australia 澳大利亚墨尔本皇家儿童医院

Notes

① Parents who spend time playing and teaching their kids through reading and performing various types of hands-on games can have a positive impact on their kids' development.

【注释】此句是复合句。who 引导定语从句，修饰主语 parents。spend time doing something 表示花时间做某事，have an impact on 表示对……有影响。

【译文】能够花时间通过阅读以及各种动手游戏来陪伴和教导孩子的家长会对孩子的发展产生正面的影响。

② On the flip side, parents who ignore or neglect to interact with their kids in a positive way may be hindering their healthy development, according to the Royal Children's Hospital of Melbourne, Australia.

【注释】此句是复合句。who 引导定语从句，修饰主语 parents。

【译文】另一方面，澳大利亚墨尔本皇家儿童医院认为，忽视或忽略与孩子积极互动的父母可能会阻碍他们的孩子的健康发展。

③ Children who are surrounded, both at home and at school/daycare facilities, by a strong learning environment that is both informative and supportive may improve their development.

【注释】此句是复合句。who 引导定语从句，修饰主语 Children。that 引导定语从句，修饰 learning environment。

【译文】无论是在家里还是在学校/日托机构，信息丰富、支持性强的学习环境可以促进儿童的发展。

④ The Royal Children's Hospital of Melbourne stresses the fact that it is the increased duration and intensity of the exposures to healthy eating habits, through both hands-on learning and leading by example, that really make a positive impact on a child's development.

【注释】此句是复合句。第一个 that 引导同位语从句，对 fact 作进一步补充说明。第二个 that 引导定语从句，修饰 healthy eating habits。

【译文】墨尔本皇家儿童医院强调，对于健康的饮食习惯来说，儿童只有经过一段时间和强度的亲身体验和耳濡目染，才能够真正对他们的发展产生积极的影响。

⑤ It mentions that the socioeconomic environment in which a child is raised can have a drastic effect on his/her development.

【注释】此句是复合句。that 引导宾语从句，in which 是介词+关系代词结构，引导定语从句，修饰 environment。

【译文】该网站提到，孩子生长的社会经济环境会对其发展产生巨大的影响。

⑥ An example of how this could affect a child negatively is that she is not socialized with other children, such as neighbors, classmates or family members.

【注释】此句是复合句。of how 是介词+关系副词结构，引导定语从句，修饰 An example。that 引导表语从句。

【译文】这可能会对孩子产生负面的影响，比如，这个孩子不与邻居、同学或家庭成员来往。

Tasks

Task 1. Answer the following questions according to the text.

1. How many factors can affect a child's development according to the text and what are they?

2. What kind of parents can have a positive impact on their children's development?

3. What kind of parents can have a negative impact on their children's development?

4. What kind of environment can have a negative effect on a child's development?

5. What can lead to weight gain and other negative effects?

Task 2. Match the following terms with the Chinese equivalents on the right.

- | | |
|-------------------------------|------------|
| 1. weight gain | a. 花费时间做某事 |
| 2. spend time doing something | b. 积极的 |
| 3. lead to | c. 养育 |
| 4. factor | d. 体重增加 |
| 5. positive | e. 导致 |
| 6. negative | f. 儿童发展 |
| 7. inability | g. 对……有影响 |
| 8. childhood development | h. 消极的 |
| 9. have an impact on | i. 无能力 |
| 10. raise | j. 因素 |

Task 3. Fill in each of the blanks with the appropriate form of the words below.

positive (*adj.*) positively (*adv.*)

- Thinking _____ is one way of dealing with stress.
- His family have been a very _____ influence on him.

interact (*v.*) interaction (*n.*)

- You need to _____ with others in order to make friends.
- Playing games and singing songs provide the opportunity for classroom _____.

develop (*v.*) development (*n.*)

- What are your plans for the _____ of your company?
- The small village _____ into one of the famous scenic spots.

negative (*adj.*) negatively (*adv.*)

- Don't think too much about the _____ things.
- Bad eating habits _____ affect our health.

socialize (v.) socialization (n.)

9. Maybe you should _____ more.
 10. Everyone's life is a process of _____.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

positive	raise	research	lead to	spend time doing...
have an impact on	ignore	tend to	factor	affect

1. He is _____ about everything.
2. Lack of exercise is also a risky _____ for heart disease.
3. Smoking may _____ health.
4. It takes a lot of energy and patience to _____ a child.
5. Women _____ live longer than men.
6. She _____ a lot of _____ exercise.
7. He's doing some _____ on the subject.
8. How can you _____ the risk?
9. Your idea will _____ his decision.
10. Unhealthy eating habits will _____ illness.

Task 5. Fill in the blanks according to the text.

There are ① _____ main factors affecting a child's ② _____. Parental interactions with ③ _____ can have a largely ④ _____ or ⑤ _____ effect on a child's development. Children who are surrounded, both at home and at school/daycare facilities, by a strong learning environment that is ⑥ _____ informative and supportive may ⑦ _____ their development. Proper nutrition can have a direct ⑧ _____ on a child's development both physically and psychologically, according to the Royal Children's Hospital of Mulbourne. Research has shown that social isolation or ⑨ _____ socialization can ⑩ _____ early childhood development.

Task 6. Translate the following sentences from the text into Chinese.

1. Young children can be affected by many social, economic and environmental factors, both in positive and negative ways.

2. Children are so vulnerable that they can be easily affected by things many parents and adults take for granted.

3. Parental interactions with children can have a largely positive or negative effect on a

child's development.

4. Proper nutrition can have a direct impact on a child's development both physically and psychologically.

5. Research has shown that social isolation or lack of socialization can lead to early childhood development issues.

Essay Writing

Child Observation Record 幼儿观察记录

幼儿观察记录可以了解幼儿每一方面发展的水平和特点，并且可以对各个方面的发展之间的联系进行综合分析，从而把握幼儿的整体发展以及各方面发展之间的相互影响。

1. 确定观察主题 (Theme)。要确定观察的主题是以人为主，还是以事为主。如果是人为主，则以时间为线，用描述性语言来描述幼儿的行为；如果以事为主，则选择两到三个孩子进行对比，比较不同幼儿对同一件事情的不同反应。

2. 观察记录的内容要有依据 (Basis)，能够反映幼儿的年龄特点。这是做好观察记录的先决条件。

3. 观察记录要用描述性语言 (Descriptive Language)。观察记录是记录某个孩子在某一特定的时间和地点的表现，要让观看观察记录的人有身临其境的感觉，而不应以成人的口吻进行记录。另外，不要添加感情色彩。对事件的描述，要尽可能客观、准确，这就意味着要用具体的、非评判性的语言来叙述。

例如：当描述一个孩子玩穿珠子游戏时，当你记录道：“她很喜欢这些珠子，很快把珠子穿在了一起。”这就是带有主观色彩的记录。而当你记录道：“她跑到了放珠子的地方，把珠子全部倒在了地上，先拿出一个红色的珠子串在线上，接着是一颗蓝色、两颗黄色的珠子，她用了 30 秒，比昨天快了 6 秒。”这就是描述性的语言。

示例 1

说明：某幼儿园教师邓聪根据班里幼儿文文的活动情况，制作了一份幼儿活动观察记录表，见表 8-1。

One meal hurts, ten meals soup.
一顿吃伤，十顿喝汤。

参考范文

表 8-1 幼儿活动观察记录表

班级：小班 时间：2024 年 4 月 22 日 观察教师：邓聪

观察对象	文文	性别	女	年龄	3 岁
观察地点	益智区	观察目的	了解文文社会性发展水平		
观察情况记录	文文玩拼图 文文选择了需要较多集体合作进行的拼图活动。没过一会儿，文文开始烦躁起来，面对自己手里的较为复杂的拼图很快失去了信心				
评价与分析	文文性格内向，做事缺乏耐心和自信，遇到困难喜欢向他人求助。教师应当在她做一件事情时对她进行耐心的指导与鼓励，锻炼幼儿合作意识，让她体验成功的喜悦				

Sheet 8-1 Child Observation Record

Class: Small Class Time: April 22nd, 2024 Observing Teacher: Deng Cong

Child	Wenwen	Sex	Female	Age	3
Setting	Educational Puzzle Area	Purposes of Observation	Understand the Social Development Level of Wenwen		
Observation	Wenwen Played Jigsaw Puzzles Wenwen chose jigsaw puzzles activities that required more group cooperation. After a while, Wenwen began to fidget and quickly lost confidence facing with the more complex jigsaw puzzles in her hands				
Analysis and guidance	Wenwen is an introverted child, lacks patience and self-confidence in doing things, and likes to ask others for help when encountering difficulties. Therefore, teachers should be patient in guidance and encourage her when she engages in doing a thing, in order to improve the child's cooperation skills, and help her to experience the joy of success				

Reference Words

1. jigsaw puzzles 拼图玩具
2. cooperation 合作
3. fidget 烦躁
4. confidence 信心
5. complicated 复杂的
6. introverted 内向的
7. encourage 鼓励

示例 2

说明：某幼儿园教师邓聪根据班里幼儿天天的活动情况，制作了一份幼儿活动观察记录表，见表 8-2。

参考范文

表 8-2 幼儿活动观察记录表

班级：小班 时间：2024 年 6 月 23 日 观察教师：邓聪

观察对象	天天	性别	男	年龄	3 岁
观察地点	活动室	观察目的		了解天天情绪变化缘由	
观察情况记录	不吃早饭的天天 早餐时间快要结束，其他小朋友都已经收拾好碗筷，只有天天一口饭都没吃。保育老师询问缘由，天天不说话，感觉快要哭出来了				
分析与指导	天天大部分时候不爱说话，非常黏妈妈，但父母工作太忙，孩子缺乏安全感。保育老师了解到今早送孩子来幼儿园的是爷爷，故而天天心情低落。教师应与家长积极沟通，合理认识幼儿的依恋期，多陪伴孩子				

Sheet 8-2 Child Observation Record

Class: Small Class Time: June 23rd, 2024 Observing Teacher: Deng Cong

Child	Tiantian	Sex	Male	Age	3
Setting	Activity Room	Purposes of Observation		Understand the Reason for Tiantian's Emotional Changes	
Observation	Tiantian who didn't eat breakfast Breakfast time was almost over, and the other children had already put away their bowls and chopsticks, but Tiantian didn't eat a bite of food. The nursery teacher asked him the reason, he didn't speak, and was about to cry				
Analysis and guidance	Most of the time, Tiantian does not like to talk, and is very attached to his mother. His parents are too busy, and he lacks a sense of security. The teacher knew that it was his grandfather who sent the child to the kindergarten this morning, so Tiantian felt depressed. The nursery teacher should actively communicate with his parents, telling them that they should reasonably understand the infant attachment period and accompany Tiantian more in their spare time				

Reference Words

1. depressed 心情低落
2. reasonably 合理地
3. accompany 陪伴

Phrases

1. bowls and chopsticks 碗筷
2. a sense of security 安全感
3. the attachment period 依恋期

Famous Doctor in Ancient China

Chao Yuanfang 巢元方

Chao Yuanfang lived during the Sui and Tang dynasties. The details about his birthplace and years of birth and death are unknown. During the Sui Daye Period (605-615 AD), Chao Yuanfang actively engaged in medical activities and held the position of Imperial Physician, making remarkable contributions to the field. He authored the work *Zhu Bing Yuan Hou Lun* (Treatise on the Origins and Symptoms of Various Diseases). This is China's first scientific and systematic masterpiece that intricately discusses the causes, pathology, and symptoms of diseases. It stands as a significant work for researching medical achievements prior to the Sui Dynasty, shedding light on the development of ancient Chinese medicine.

巢元方生活于隋唐年间，籍贯、生卒年均不详。巢元方在隋大业年间（公元605—615年）医事活动频繁，任太医博士，业绩卓著。巢元方著《诸病源候论》。这是中国第一部科学化、系统化地详细论述病因、病理及症候的医学巨著，是研究隋代以前医学成就的重要著作。

Workplace Tip

Essential Soft Skills for the Workplace III 职场必备软技能（3）

3. Leadership

Task. When you think about leadership, what comes to your mind?

conflict, management, resolution,
delegate, decision, making,
firm, confident, quick
inspire, motivation



Sit with good posture, and sleep with good posture like a crescent moon.
坐有坐相，睡有睡相，睡觉要像弯月亮。

4. Attitude

Task. Cross out the attitude that is bad for your work and life.

- ① positive
- ② confident
- ③ humorous
- ④ courteous
- ⑤ rude
- ⑥ energetic
- ⑦ negative
- ⑧ patient
- ⑨ honest
- ⑩ lazy



Grammar Focus

Noun Clause—Subjective Clauses

名词性从句——主语从句



8-6 Noun Clause—
Subjective Clauses

Supplementary Reading

Nutrition for Kids: Guidelines for a Healthy Diet

儿童营养：健康食谱指南

Text Introduction

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients, such as vitamins, minerals, carbohydrates, protein and

fat. Children, however, need different amounts of specific nutrients at different ages. In this text, we will specifically talk about 8 necessary nutrients and which kind of food has the nutrients they need.

儿童营养需求与成人营养需求相同。每个人都需要相同类型的营养素，例如维生素、矿物质、碳水化合物、蛋白质和脂肪。然而，儿童在不同年龄需要不同数量的特定营养素。在本文中，我们将具体谈谈人体所必需的八种营养素，以及什么样的食物具有孩子们所需要的营养素。

Text

You want your child to eat healthy foods, but do you know which nutrients (营养素) are necessary and in what amounts? Here's a quick overview (概述).

Introduction

Nutrition for kids is based on the same principles (原则) as nutrition for adults. Everyone needs the same types of nutrients, such as vitamins (维他命), minerals (矿物质), carbohydrates (碳水化合物), protein (蛋白质) and fat (脂肪). Children, however, need different amounts of specific nutrients at different ages.

So, what's the best formula (婴儿食品) to fuel your child's growth and development? Check out these nutrition basics for girls and boys at various ages, based on the latest Dietary Guidelines for Americans.

Nutrient-Dense (营养丰富的) Foods

Protein. Choose seafood, lean meat and poultry (家禽), eggs, beans, peas, soy products, and unsalted nuts and seeds.

Fruits. Encourage your child to eat a variety of fresh, canned, frozen or dried fruits — rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugar and limit his or her servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar.^① Keep in mind that one-quarter cup of dried fruit counts as one cup-equivalent (碳当量杯) of fruit. When consumed in excess (过量的), dried fruits

Money cannot buy fitness when old, nor obesity when young.
千金难买老来瘦；有钱莫买少年肥。

can contribute (贡献) extra calories.

Vegetables. Serve your children a variety of fresh, canned, frozen or dried vegetables. Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy (含淀粉的) and others, each week. When selecting canned or frozen vegetables, look for options lower in sodium (钠).

Grains. Choose whole grains (全谷物), such as whole-wheat bread, oatmeal (燕麦), popcorn, quinoa (藜麦), or brown or wild rice (糙米或野生米). Limit refined grains (细粮) such as white bread, pasta and rice.

Dairy. Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages (强化大豆饮料). Aim to limit your child's calories from:

Added sugar. Limit added sugar. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener (玉米甜味剂), corn syrup (玉米糖浆), honey and others. Check nutrition labels. Choose cereals with minimal added sugars. Avoid drinks with added sugars such as soda and sports and energy drinks.

Saturated and trans fats (饱和脂肪和反式脂肪). Limit saturated fats — fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products (全脂奶制品). Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids (脂肪酸) and vitamin E.^② Healthier fats are also naturally present in olives, nuts, avocados (牛油果) and seafood. Limit trans fats by avoiding foods that contain partially hydrogenated oil.

Sodium. Most children in the U.S. have too much sodium in their daily diets. Encourage snacking on fruits and vegetables instead of chips and cookies. Check nutrition labels and look for products low in sodium.

New Words

1. diet ['daɪət] *vi.* 节食 *n.* 饮食
2. amount [ə'maʊnt] *n.* 数量; 总数

A melon on a hot day is better than a medicine.
热天一块瓜，强如把药抓。

3. fuel ['fju:əl] *n.* 燃料 *vt.* 推动; 增加
4. basics ['beɪsɪks] *n.* 基础; 基本要素
5. nut [nʌt] *n.* 坚果
6. seed [si:d] *n.* 种子
7. fresh [freʃ] *adj.* 新鲜的
8. canned [kænd] *adj.* 罐装的
9. frozen ['frozen] *adj.* 冻结的
10. consume [kən'su:m] *vt.* 消费; 消耗 *vi.* 耗尽
11. dairy ['deəri] *adj.* 乳品的 *n.* 奶制品
12. fat-free [fæt 'fri:] *adj.* 不含脂肪的
13. label ['leɪbl] *n.* 标签 *v.* 贴标签; 把……归类
14. replace [rɪ'pleɪs] *vt.* 取代; 代替

Useful Expressions

1. be based on 根据; 以……为基础
2. lean meat 瘦肉
3. soy product 豆制品
4. a variety of 各种各样的
5. dried fruit 干果
6. keep in mind 牢记
7. count as 当作; 视为
8. whole grain 全谷物
9. refined grain 细粮
10. fortified soy beverage 强化大豆饮料
11. energy drink 能量饮料
12. full fat 全脂
13. fatty acid 脂肪酸

Notes

① Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar.

【注释】此句是复合句。that 引导定语从句，修饰 canned fruit。

【译文】寻找标明为“轻”或“以果汁罐装”的水果罐头，这意味着这些罐装水果添加的糖分低。

② Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E.

【注释】此句是复合句。which 引导非限制性定语从句，修饰 vegetable and nut oils。

【译文】用植物油和坚果油替代饱和脂肪的方法，能够提供必需的脂肪酸和维生素 E。

Take a short rest after a regular meal; walk a mile after dinner.
正餐以后，休息片刻；晚餐以后，步行一里。

Unit 9

Geriatric Care

Unit Introduction

In this text, we will talk about what is geriatric care and two categories of geriatric care, including care from a doctor who specializes in the elderly population and service coordination by care managers.

本文将讨论老年护理的概念及两类主要的老年护理，包括专业从事老年群体护理的医生护理和由护理经理提供的协调性服务。



9-1 Unit Introduction

Learning Objectives

1. To master key words and technical terms in this unit (掌握本单元的重点词汇和行业英语词汇表达)
2. To know about the two categories of geriatric care (了解两类主要的老年护理)
3. To be able to use simple English to talk about geriatric care (能够用简单的英语描述老年护理)
4. Through studying geriatric care, let students know that it is great virtual to look after elderly people, but at the same time, it is a difficult job. (通过老年护理的学习，学生可以认识到尊老是一种美德，同时，也需要认识到这是一项充满困难的工作)

Warm-up

1. Do you know how to take care of elderly people?
2. What should we pay attention to when we need to take care of elderly people?

Smart children use chopsticks early.
聪明孩子，早用筷子。

Start-up

Sam and Celia have lived in China for almost 10 years. They plan to go back to their home after the New Year, but what a pity! COVID-19 occurred. They decided to find an Elderly Care Center here.

Staff: Welcome to the Joy Elderly Care Center. Friendly staff will always be available to welcome you.

Celia: We would like to have a look around the environment and equipment here.

Staff: Besides the nice garden and comfortable environment, fresh fruit and dessert treats are on offer throughout the day. Palliative (缓和剂; 保守疗法) care team is our special service.

Celia: Who are the main members of the team?

Staff: Doctors, nurses, physical therapists, pharmacists and psychologists are the key members of the palliative care team.

Celia: Okay. What specific services does palliative care include?

Staff: They can help to prevent or ease symptoms and side effects, such as pain, nausea, constipation (便秘), diarrhea and loss of appetite.

Celia: Thank you! We will consider this.

Staff: Our pleasure. We hope to see you again. Have a nice day!

Celia: You too.



9-2 Start-up

Key Words & Expressions

1. therapist ['θerəpɪst] *n.* 治疗专家; 心理治疗师
2. pharmacist ['fɑ:məsɪst] *n.* 药剂师; 药店
3. psychologist [sai'kɒlədʒɪst] *n.* 心理学家
4. specific [spə'sɪfɪk] *adj.* 明确的; 特定的
5. appetite [æpɪtaɪt] *n.* 食欲; 爱好
6. consider [kən'sɪdə(r)] *v.* 考虑; 认为
7. on offer 提供的; 供使用的
8. side effect (药物的) 副作用; 意外的连带后果



9-3 Key Words & Expressions

Text

Geriatric Care 老年照护

What is geriatric care?

There are two primary categories (类别) of geriatric care, including care from a doctor who specializes in the elderly population and service coordination (协调) by care managers.^① The care managers and doctors may work together to make certain that the caregivers, family members, and the patient have the same information about the patient's medications, exercise regimen (运动方案), dietary needs, daily schedules, and other needs.



9-4 Text

Doctors who specialize in geriatric care

Geriatricians are physicians who specialize in providing medical care for the elderly population. Their services are important because as people grow older, their bodies undergo changes. Some medications (药物) may affect older adults differently than young adults. Some medications may be stronger while others may not be safe or work well any longer.^② The elderly are more likely to suffer rapid dehydration (脱水) and delirium (谵妄) when they have infections.

Some older adults may also suffer from poly pharmacy (复方用药; 多味药剂), which is a condition that happens when several doctors prescribe the patient different medications that have bad interactions with each other or cause confusion (混淆; 困惑).^③

Geriatricians understand the various factors that are important to the elderly population when they treat patients.^④ The doctors' care also includes an emotional needs component (情感需求成分) to help older adults come to terms (达成协议) with the fact that they need extra care. Family members and caregivers work with the geriatricians to make certain that

老年人用药问题知多少?



用药
“加法”多“减法”少



保健品代替药品



记忆力下降,
服药不规律



过度依赖输液

Carrots are like ginseng; eating often keep spirits high.
胡萝卜, 小人参; 经常吃, 长精神。

the patients have safe living environments. Older adults who have serious impairments (损伤) or who are frail (虚弱的) because of their health problems should see geriatricians.^⑤ Family members who are undergoing significant stress (压力) because of providing care for their loved ones might also benefit by scheduling appointments for their loved ones with geriatricians. If you want to schedule an appointment for your loved ones with a geriatrician, you can ask your family doctor for a referral (转诊). You can also search online for doctors in your area who have certifications in geriatrics.^⑥

Geriatric care managers

Geriatric care managers can help by facilitating (帮助) and coordinating (协调) communication. Having help can be especially beneficial for people who live far away that have loved ones who have several caregivers and who need round-the-clock care. They can also help to find housing, mediate (调停) issues between nursing homes and families, hire financial advisers (财务咨询师), and find reputable elder care attorneys (卓越的老年护理律师).

New Words

1. primary ['praɪməri] *adj.* 主要的
2. elderly ['eldərlɪ] *adj.* 上了年纪的; *n.* 老人; 上了年纪的人
3. caregiver ['keɪdʒɪvər] *n.* 看护者
4. undergo [ˌʌndər'ɡoʊ] *vt.* 经历
5. treat [tri:t] *vt.* 治疗; 对待
6. beneficial [ˌbenɪ'fɪʃl] *adj.* 有益的



9-5 New Words

Useful Expressions

1. specialize in 专门研究; 专攻
2. have a bad interaction with 产生不良作用
3. make certain 弄清楚
4. schedule an appointment 安排预约

Technical Terms

1. geriatric care 老年照护
2. infection [ɪn'fekʃn] 感染; 传染
3. dietary needs 饮食需求
4. geriatrician 老年病学专家
5. geriatrics 老年病学
6. round-the-clock care 全天候护理

Notes

① There are two primary categories of geriatric care, including care from a doctor who specializes in the elderly population and service coordination by care managers.

【注释】此句是复合句。who 引导定语从句，修饰 a doctor。

【译文】老年护理主要有两大类，包括专业从事老年群体护理的医生护理和由护理经理提供的协调性服务。

② Some medications may be stronger while others may not be safe or work well any longer.

【注释】此句是并列句。while 是并列连词，表示转折，意思是“然而”，表示前后意义上的对比。

【译文】有些药物可能更有效，而其他药物可能不再安全或不再有效。

③ Some older adults may also suffer from poly pharmacy, which is a condition that happens when several doctors prescribe the patient different medications that have bad interactions with each other or cause confusion.

【注释】此句是复合句。which 引导非限制性定语从句，when 引导时间状语从句。两个 that 都引导定语从句，分别修饰 a condition 和 different medications。

【译文】一些老年人可能同时服用多种药物，这种情况一般是几位医生为患者开不同的药物，这些药物之间可能会产生不良的相互作用或导致混淆。

④ Geriatricians understand the various factors that are important to the elderly population when they treat patients.

【注释】此句是复合句。that 引导定语从句，修饰 factors。when 引导时间状语从句。

Don't do harmful things, and don't eat poisonous substances.
不做害人事，不吃有毒物。

【译文】老年科医生明白在对患者进行治疗时应了解对老年人群很重要的各种因素。

⑤ Older adults who have serious impairments or who are frail because of their health problems should see geriatricians.

【注释】此句是复合句。两个 who 都用来引导定语从句，修饰 older adults.

【译文】有严重缺陷或因健康问题而虚弱的老年人应看老年科医生。

⑥ You can also search online for doctors in your area who have certifications in geriatrics.

【注释】此句是复合句。who 引导定语从句，修饰 doctors。in your area 是地点状语。

【译文】你还可以在网上搜索你所在地区有哪些老年病学认证的医生。

Tasks

Task 1. Answer the following questions according to the text.

1. How many primary categories are geriatric care and what are they?

2. What kind of physicians are geriatricians?

3. Why are the services of geriatricians important?

4. What can you do if you want to schedule an appointment for your loved one with a geriatrician?

5. What can geriatric care managers do?

Task 2. Match the following terms with the Chinese equivalents on the right.

1. geriatric care

a. 开处方

2. dietary needs

b. 情感需求

3. elderly

c. 在网上

4. prescribe

d. 全天候护理

5. specialize in

e. 老年照护

6. emotional needs

f. 饮食需求

7. benefit

g. 上了年纪的

8. round-the-clock care

h. 治疗

9. treat

i. 专门研究; 专攻

10. online

j. 有益于

Task 3. Fill in each of the blanks with the appropriate form of the words below.

benefit (v.) beneficial (adj.)

1. People would _____ greatly from a strong country.
2. A good diet is _____ to health.

appoint (v.) appointment (n.)

3. She has an _____ with her doctor at 5.
4. They _____ a chief executive officer (CEO).

infect (v.) infection (n.)

5. A healthy diet can help your body resist _____.
6. She _____ the children with her enthusiasm for music.

prescribe (v.) prescription (n.)

7. The doctor may be able to _____ you something for your cough.
8. Many flu medications are available without a _____.

treat (v.) treatment (n.)

9. Doctors around the world try hard to find new ways to _____ COVID-19.
10. He had to go to hospital for _____.

Task 4. Fill in the blanks with the proper words or expressions given below, changing the form if necessary.

specialize in	benefit	online	infection	schedule an appointment
make certain	elderly	treat	round-the-clock	prescribe

1. I need to _____ with the doctor.
2. His parents kept a _____ vigil (守夜) at his bedside.
3. Most of the staff _____ the care of the children.
4. We can get what we want _____ easily.
5. She is very busy caring for two _____ relatives.
6. He leaves earlier to _____ that he can arrive on time.
7. The opinions of doctors differ from each other as to how to _____ the disease.

8. Vaccines for COVID-19 _____ have been available all around the world.
9. The doctor _____ three days' rest for her.
10. She _____ a lot from her practice while she still studies in college.

Task 5. Fill in the blanks according to the text.

There are two primary categories of geriatric ①_____, including care from a doctor who specializes in the ②_____ population and service coordination (协调) by care managers.

Geriatricians are physicians who specialize ③_____ providing medical care for the elderly population. Their ④_____ are important because as people grow older, their bodies undergo changes. Some medications (药物) may ⑤_____ older adults differently than young adults. Some medications may be stronger while others may not be ⑥_____ or work well any longer.

Geriatricians understand the various factors that are important to the elderly population when they ⑦_____ patients. The doctors' care also includes an emotional needs component to help older adults ⑧_____ to terms with the fact that they need extra care.

Geriatric care managers can help by facilitating (帮助) and coordinating (协调) communication. Having help can be especially beneficial ⑨_____ people who live far away that have loved ones ⑩_____ have several caregivers and who need round-the-clock care.

Task 6. Translate the following sentences from the text into Chinese.

1. Geriatricians are physicians who specialize in providing medical care for the elderly population.

2. The services of geriatricians are important because as people grow older, their bodies undergo changes.

3. The doctors' care also includes an emotional needs component to help older adults come to terms with the fact that they need extra care.

4. Family members and caregivers work with the geriatricians to make certain that the patients have safe living environments.

5. Geriatric care managers can help by facilitating (帮助) and coordinating (协调) communication.

Essay Writing

Geriatric Care Process 老年照护工作流程

说明：老年照护是指老人日常生活的照料与护理。照护人员要掌握老人日常生活照料护理的注意事项，掌握指导老人活动的原则、方法及内容，熟悉老年人生活节奏、皮肤、衣着等方面的特点和注意事项。老年照护工作流程示例见表 9-1。

参考范文

表 9-1 某养老机构日照护工作流程

	时间	照护任务	注意事项	
行程描述	6:00—7:00	协助老人起床, 做好晨间护理及整理床铺等有关卫生项目	转运过程中避免发生跌倒磕碰	
	7:00—7:20	做好老人的餐前准备工作	洗手、系围裙等	
	7:20—8:00	做好老人的早餐供应及协助老人进餐	评估老人的吞咽能力, 注意速度, 避免呛咳噎食	
	8:00—8:30	交接班: 卧床或患病老人床前交班	仔细查看卧床老人的皮肤状况, 患病老人的病情变化等	
	8:30—9:30	协助老人如厕	转运过程中避免发生跌倒、磕碰	
	9:30—10:00	协助老人喂水、喂零食	拍照上传家属群	
	10:00—11:00	康复操、志愿者活动或社工活动	简单、节奏、持续、带动	
	11:00—11:15	做好老人的餐前准备工作	查看是否有家属带菜	
	11:15—12:00	协助老人进餐	注意速度, 避免呛咳噎食	
	12:00—14:30	老人午休时间, 照护员做好巡视工作, 及时更换纸尿裤及尿袋	照护员做好巡视工作, 及时更换纸尿裤及尿袋	
	14:30—15:00	协助老人喂水、喂零食	拍照上传家属群	
	15:00—16:00	康复操、志愿者活动或社工活动	简单、节奏、持续、带动	
	16:00—17:00	做好晚间护理工作(主要是老人的个人卫生、洗脚、会阴冲洗等)	注意擦洗到位	
	17:00—18:00	餐前准备工作及协助老人进餐	注意速度, 避免呛咳噎食	
	18:00—19:00	协助老人刷牙、洗脸、如厕	转运过程中避免发生跌倒、磕碰	
	19:00—21:00	协助老人上床睡觉(21点关电视、熄灯)	照护员做好巡视工作, 及时更换纸尿裤及尿袋	
	21:00—次日 6:00	做好巡视、协助如厕、协助翻身等基本的护理工作	避免跌倒、翻越护栏	
	征求意见	照护流程上交护理部长、院长级专家等审阅, 必要时组织召开研讨会; 综合论证意见, 进行流程修改补充		
	发布执行	报有关方面审查后, 发布执行		

Sheet 9-1 Daily Care Work Process Flow of A Maintenance Agency

	Time	Care Tasks	Matters Needing Attention
Itineraries Description	6:00-7:00	Help the elderly get up, do morning care and make the bed and other related sanitation projects	Avoid falling and bumping, when moving the elderly
	7:00-7:20	Do the preparations before meals for the elderly	Wash hands and wear an apron, etc.
	7:20-8:00	Provide breakfast for the elderly and assist the elderly to eat meals	Assess the elderly's swallowing ability, pay attention to speed to avoid coughing and choking on food
	8:00-8:30	Shifting of duty: bedridden or sick old people before the bed shift	Carefully check the skin condition of the bedridden elderly and the condition changes in the of the sick elderly
	8:30-9:30	Assist the elderly to go to the toilet	Avoid falling and bumping, when moving the elderly
	9:30-10:00	Assist the elderly to feed water and snacks	Take photos and upload them to family groups
	10:00-11:00	Rehabilitation exercises, volunteer activities, or social work activities	Simple, rhythmic, continuous, driven
	11:00-11:15	Do the preparations before meals for the elderly	Check to see if family members have brought dishes
	11:15-12:00	Assist the elderly to have a meal	Pay attention to speed and avoid coughing and choking on food
	12:00-14:30	At lunch break time for the elderly, the caregivers should do a good job of inspection and change the paper diapers or diaper bags in time	Carers should do a good job of inspection and replace the diaper grade urine bags in time
	14:30-15:00	Assist the elderly to feed water and snacks	Take photos and upload them to family groups
	15:00-16:00	Rehabilitation exercises, volunteer activities, or social work activities	Simple, rhythmic, continuous, driven
	16:00-17:00	Do a good job of evening care (mainly personal hygiene of the elderly, feet washing, perineum irrigation, etc.)	Pay attention to scrubbing in place
	17:00-18:00	Prepare before meals and assist the elderly to have meals	pay attention to speed and avoid coughing and choking on food
	18:00-19:00	Help the elderly to brush their teeth, wash their faces and go to the toilet	Avoid falling and bumping, when moving the elderly
	19:00-21:00	Assist the elderly to go to bed (turn off the TV and lights at 21:00)	Carers should do a good job of inspection and replace the diaper grade urine bags in time
21:00-6:00the next day	Do a good job in basic nursing work, such as inspection, assistance in going to the toilet, turning over, and so on	Night patrol, observe elder's sleep condition to prevent accidents	
Solicit Opinions	The nursing process flow shall be submitted to the nursing minister, dean-level experts for review, etc, and organize seminars if necessary; Comprehensive argumentation opinions, modify and supplement the process flow		
Release Execution	After being submitted to the relevant parties for examination, the procedures will be released and executed		

Reference Words

1. care 照护
2. agency 机构
3. bump 磕碰
4. apron 围裙
5. bedridden 卧床
6. rhythmic 节奏
7. driven 带动
8. inspection 巡视
9. dean 院长
10. modify 修改
11. release 发布
12. execution 执行
13. submit 上交

Phrases

1. process flow 流程
2. assist somebody to do something 协助某人做某事
3. shifting of duty 交接班
4. rehabilitation exercises 康复操
5. social work activity 社工活动
6. chocking on food 噎食

Famous Doctor in Ancient China

Song Ci 宋慈

Song Ci (1186-1249), born in Jianyang (now Nanping, Fujian), was born in the 13th year of Emperor Xiaozong's Chunxi era in the Southern Song Dynasty (1186). Song Ci is a

Taking medicine indiscriminately, you'll wear out the doctor's legs.
吃药不忌嘴，跑断大夫腿。

renowned forensic scientist in the Southern Song Dynasty, widely recognized in both domestic and international forensic circles as the founder of “forensic identification science” in the year 1235. As a result, Song Ci was honored as the pioneer of forensic medicine in the world. Song Ci authored *Collected Cases of Injustice Rectified* (also documented as *Records of Washing Away of Wrongs*), which is the first forensic work and is considered essential reading in the field of forensic medicine.

宋慈（1186—1249），建阳（今属福建南平）人，生于南宋孝宗淳熙十三年（1186年）。宋慈是南宋著名法医学专家，中外法医界普遍认为是宋慈于公元1235年开创了“法医鉴定学”，宋慈因此被尊为世界法医学鼻祖。宋慈著有《洗冤集录》（也有记录显示为《洗冤录》）。这是第一本法医学著作，是法医必读之书。

Workplace Tip

Essential Soft Skills for the Workplace IV 职场必备软技能（4）

5. Teamwork

Task. Here are some of words that describe how people like to work on teams, pick five of them that represent what you want to see out of other people when you work with them on the team and translate the words you choose into Chinese.

- ① mindful _____
- ② open to feedback _____
- ③ self-aware _____
- ④ empathy _____
- ⑤ collaborating _____
- ⑥ social _____
- ⑦ caring _____

Alone we can do so little,
together we can do so much.

— Helen Keller

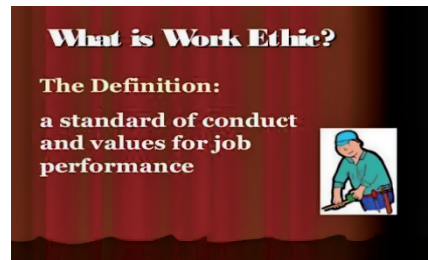


Drinking soup before meals keeps slim and healthy.
饭前喝汤，苗条健康。

6. Work Ethics

Task. Use one English sentence to describe the reasons for each of the following work ethics.

- ① competitiveness _____.
- ② driving force _____.
- ③ persistence _____.
- ④ cooperation _____.
- ⑤ optimism _____.
- ⑥ diligence _____.
- ⑦ goal for the work _____.
- ⑧ attendance _____.
- ⑨ productivity _____.
- ⑩ teamwork _____.



Grammar Focus

The Non-finite Forms of Verb

非谓语动词



9-6 The Non-finite Forms of Verb

Sour jujube with white sugar helps greatly with sleep.
酸枣加白糖，安眠帮大忙。

Supplementary Reading

What Are the Main Concerns in Geriatric Health?

老年健康主要关注什么？

Text Introduction

As people age, their health often becomes fragile, so doctors who treat geriatric patients must deal with a host of concerns about the elderly. In this text, we will talk about three things about geriatric care. The first one is that the elderly have unique sets of health problems. The second one is that nutrition is important. The third one is that providing emotional support is very important.

随着人们年龄的增长，他们往往变得脆弱，因此治疗老年患者的医生必须考虑到许多老年人才有的问题。在本文中，我们将讨论有关老年护理的三件事：第一，老年人所特有的一系列健康问题；第二，营养很重要；第三，提供情感支持非常重要。

Text

As people age, their health often becomes fragile (虚弱的), so doctors who treat geriatric patients must deal with a host of (许多) concerns about the elderly.^① One of the major concerns in geriatric health is dementia (痴呆), which can seriously impact a patient's cognitive abilities (认知能力). Learning how to manage dementia at the onset can help improve an elderly person's quality of life. An increased risk for type II diabetes (II 型糖尿病) is another geriatric health concern. Serious injury due to falls is a common occurrence (发生) in the elderly, which is also a major concern in geriatric health.

Eating all kinds of things is not as good as eating porridge and rice.
吃千吃万，不如吃粥吃饭。

The elderly often have unique sets of health problems.

Maintaining geriatric health is vital as one advances in age. Health issues and concerns may vary with the individual, although many elderly individuals share one common complaint: arthritis. Inflammatory conditions of the joints (关节炎状态) can be extremely painful and debilitating (衰弱的). Coping with arthritis (关节炎) is especially difficult for the elderly, as it can threaten their independence and quality of life.

Geriatric health care often involves treating patients with cardiovascular disease. The risk of coronary heart disease increases with age. Factors such as poor diet and obesity in elderly patients may contribute to heart-related issues. Impaired vision is another main concern in geriatric health. Vision problems or even blindness may result as a complication from diabetes. The elderly are more likely to develop these complications (并发症) if diabetes is not properly managed. The effects of aging can also contribute to hearing loss (听觉损失). This is why it is more common for the elderly to rely on the use of hearing aids. Other treatment options, such as cochlear implants (人工耳蜗) may help the elderly patients with hearing loss.

Nutrition is an important facet of geriatric health.

Nutrition is a chief concern for many elderly individuals. In many cases, an elderly person who lives alone or is housebound (足不出户的) may not receive adequate nutrition.^② Lack of proper nutrition may also be due to the inability to cook for himself. Providing home care for an elderly individual who cannot look after himself may be a solution.^③

Providing emotional support is an important part of geriatric health.

Addressing mental health issues may be a fundamental (基本的) part of geriatric care. Many elderly individuals suffer from depression, primarily due to lack of social interaction. Feelings of isolation (隔离) may occur when an elderly person is housebound. In extreme cases of depression, suicide among the elderly is a concern. Other mental health concerns in geriatric medicine (老年医学) are memory loss and dementia. Cognitive reasoning (认知推理) may be compromised (妥协的) as a result of dementia due to aging. Advanced dementia may cause symptoms such as delusions (错觉) and hysteria (癡病). Alzheimer's disease (阿尔茨海默症) may be mild to advanced, and generally requires treatment such as medication and cognitive therapy (认知疗法).

New Words

1. age [eɪdʒ] *vi.* 成熟; 变老
2. injury [ˈɪndʒəri] *n.* 伤害
3. advance [ədˈvæns] *vi.* 前进; 增长
4. complaint [kəmˈpleɪnt] *n.* 疾病
5. joint [dʒɔɪnt] *n.* 关节
6. painful [ˈpeɪnfl] *adj.* 疼痛的
7. threaten [ˈθreɪn] *vt.* 威胁
8. involve [ɪnˈvɔːlv] *vt.* 包含; 牵涉
9. effect [ɪˈfekt] *n.* 影响; 作用
10. option [ˈɒ:ʃn] *n.* 选择权
11. depression [dɪˈpreʃn] *n.* 抑郁症
12. suicide [ˈsuːɪsaɪd] *n.* 自杀
13. mild [maɪld] *adj.* 温和的

Useful Expressions

1. deal with 处理; 涉及
2. a host of 许多; 一大群
3. cope with 处理
4. contribute to 有助于; 捐献
5. impaired vision 视力下降
6. rely on/upon 依赖; 依靠
7. hearing aid 助听器
8. social interaction 社交
9. in extreme case of 在极端情况下

Work attentively, and eat and drink cautiously.
干活细心, 吃喝当心。

Notes

① As people age, their health often becomes fragile, so doctors who treat geriatric patients must deal with a host of concerns about the elderly.

【注释】此句是复合句。as 引导原因状语从句。who 引导定语从句，修饰 doctors。deal with 的意思是“处理”，a host of 的意思是“许多”。

【译文】随着人们年龄的增长，他们往往变得脆弱。因此，治疗老年患者的医生必须考虑到许多老年人才有的问题。

② In many cases, an elderly person who lives alone or is housebound may not receive adequate nutrition.

【注释】此句是复合句。who 引导定语从句，修饰 an elderly person。

【译文】在许多情况下，独居或足不出户的老人可能得不到足够的营养。

③ Providing home care for an elderly individual who cannot look after himself may be a solution.

【注释】此句是复合句。providing... 是动名词，作主语。who 引导定语从句，修饰 an elderly individual。

【译文】为无法照顾自己的老人提供家庭护理可能是一个解决方案。

He who has good health preserves young, and he who owes no debts preserves true wealth.
健康葆青春，无债即富有。

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附录

附录一



Glossary
词汇表

附录二



Commonly-Used English Vocabulary in Health
健康方面常用英语词汇

附录三



English Vocabulary for Body Parts
身体各部位英语词汇

附录四



Commonly-Used Professional Terms in Traditional Chinese Medicine
中医临床常用专业术语

附录五



Institutions Related to Traditional Chinese Medicine
与中医有关的机构名称