

# 高考应用文话题写作策略

## Day 08 运动健康

### 【句式·策略】

#### 1. 用简而不凡的简单句为表达“奠基”

①运动有益健康。

Exercise is beneficial to our health.

②健康食品在老年人中越来越流行。

Healthy foods are more and more popular among the aged.

③我们应该吃蔬菜、水果和牛奶之类的健康食物。

We ought to eat healthy food such as vegetables, fruit and milk.

#### 2. 用美观整齐的并列句为表达“提质”

①形成良好的饮食习惯，你才能保持健康。

Develop a good diet habit and you'll keep healthy.

②我喜欢踢足球而我姐姐喜欢上网。

I like playing football while my sister enjoys surfing the Internet.

③他们正在操场上玩得开心，这时天开始下起了雨。

They were playing happily on the playground when it began to rain.

#### 3. 用花样繁多的复合句为表达“增色”

①健康食品不包括大多数零食，因为它们含糖量很高。

Healthy foods don't include most snacks as they are high in sugar.

②我写信是想谈谈食品安全问题，它引起了公众的极大关注。

I am writing to say something about food safety, which has caused great concern among the public.

③我们中大多数人认为高三学生课余时间应该参加体育锻炼，因为我们坚信进步或成功依赖健康的体魄。

Most of us think that Senior 3 students should take exercise after school because we are convinced that progress or success depends on good health.

#### 4. 用光彩夺目的非谓语动词为表达“美化”

①摆脱像抽烟、喝酒这样的坏习惯是保持健康的重要方式。

Getting rid of bad habits like smoking and drinking alcohol is an important way to keep healthy.

②减少压力的有效方法之一是锻炼，包括上体育课。

One of the effective means of reducing our pressure is taking exercise, including having PE classes.

③由于担心我的健康，我尝试了许多种饮食。

Worried about my health, I tried many different kinds of diets.

#### 5. 用委婉动人的虚拟句为表达“点缀”

①如果下周日下大雪，我们就不能去滑冰了。

If there were a heavy snow next Sunday, we would not go skating.

②没有艰苦的训练，我们不可能赢得这场比赛。

We could not have won the competition without training hard.

③我的建议是你应该多锻炼，这对你会有很大好处。

My suggestion is that you (should) take more exercise, which will do a lot of good to you.

## 6. 用独具风格的特殊句为表达“添彩”

①我们养成的饮食习惯越好，我们生活得就越幸福。

The better we get into eating habits, the happier our life becomes.

②直到我读了这篇报告，我才知道健康饮食的重要性。

It was not until I read the report that I knew the importance of healthy diets.

③健康饮食和经常锻炼是保持健康的关键。

It is eating a healthy diet and exercising regularly that are the key to keeping healthy.

### 【类型·演练】

电子邮件

假定你是李华，你全家人计划在暑假期间去伦敦旅游，就此请给你的英国好友 John 发一封电子邮件，内容包括：

1. 告知与他相聚伦敦；
2. 希望了解英国历史；
3. 请求推荐旅游景点。

注意：1.词数 100 左右；

2. 可以适当增加细节，以使行文连贯。

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### 【参考范文】

Dear John,

I'm glad to tell you that my family will visit London during this summer holiday, when we can get together with you there.

Taking advantage of this opportunity, I'd appreciate it if you could tell me much about British history, such as the formation of the UK and its cultural traditions as well as its local customs. As I am not familiar with London, please recommend some tourist attractions for me. I've heard that London has a lot of attractions, especially famous ancient architecture. If it is convenient for you, please be our guide, giving a detailed description of the scenic spots at any time.

Looking forward to your reply.

Yours,

Li Hua