

# Unit 1

## Have You Had Breakfast Yet?

### Warm-up

Share.

依例和同學討論下方的問題。

Q: What do you do to stay healthy?

A: To stay healthy, I exercise regularly and have a balanced diet.



1 drink enough water



2 exercise regularly



3 get a check-up regularly



4 get enough sleep



6 wash hands often



5 have a balanced diet

 regularly 規律地      check-up 健康檢查



## A. Look and predict.

觀察圖片並預測可能聽到的內容。

## B. Listen and share. 🎧 CD1: 1-2

聽CD，並和同學分享聽到的內容大意。



(In the classroom)

Ela: I don't feel well. I'm so hungry.

Cody: Are you all right? Have you had breakfast **yet**?

Ela: Yes, I have **already** had breakfast, but I only ate a banana. I'm on a **diet**.

Cody: How long have you been on a diet?

Ela: **Since** I last saw the **photo** of us in the Line group. I look fat in the photo. Now I eat very little for each meal, and sometimes, I just skip meals.

Cody: You haven't eaten enough food for over a week. That's **crazy**!

Ela: I know, but I really want to be **as slim as possible**.

Cody: Appearance is not everything, and I think you look great.

have → had → had  
be → was/were → been  
eat → ate → eaten

Line [**laɪn**] 即時通訊平臺

## 應用字彙 🎧 CD1: 5

**yet** 還(沒)

**already** 已經

**diet** 節食；飲食

**since** 自從

**photo** 照片

**crazy** 荒唐的；瘋狂的

**as... as possible** 盡可能的...

**slim** 苗條的；微小的

認識字彙 **skip** 省略

**appearance** 外表；外觀

Cody: If you really want to lose weight, I have some **tips** for you.

Ela: I'm all ears!

Cody: A balanced diet is important. Eating so little or eating only one **type** of food is bad for your health.

Ela: I didn't know that. What else?

Cody: Have you **ever** tried exercising?

Ela: No, I never have. I don't like to exercise.

Cody: You haven't seen my sister for a long time, have you? She has lost five kilograms since she started exercising.

Ela: Five kilos? How does she do it?

Cody: She exercises at least three times a week.

Ela: So building a **habit** of exercising is also important?

Cody: You got it.

Ela: I see. I need to **take action** now.



try → tried → tried  
see → saw → seen  
lose → lost → lost

### 應用字彙 CD1: 5

**tip** 訣竅

**type** 類型

**ever** 曾經

**habit** 習慣

**take action** 採取行動

**be all ears** 洗耳恭聽

**at least** 至少

**You got it.** 沒錯。

認識字彙 **weight** 體重

**balanced** 均衡的

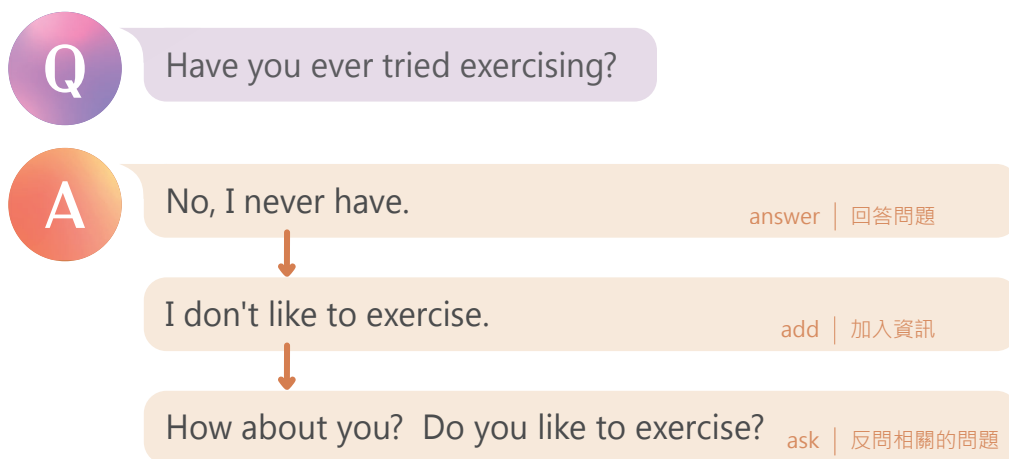


C. Check the correct answers. 根據對話內容，勾選Cody建議的減重方法。

1. ☐ Get enough rest.
2. ☐ Have a balanced diet.
3. ☐ Build a habit of exercising.
4. ☐ Eat very little for each meal.

## Oral Practice: Continuing a Conversation

Read and learn. 讀一讀，學習用answer、add、ask技巧延續對話。



Pair up. 利用answer、add、ask技巧，分組練習對話。

- 1 eaten breakfast yet
- 2 been on a diet



## Ⓐ How Do People Stay in Shape? 🎧 CD1: 6



① start the day with a glass of water



② make healthy food choices



③ go to the gym



④ keep a good mood

**Say it.** 說說看上述保持健康的方法，你嘗試過哪一種。

**Example** I have tried **going to the gym** to stay in shape.

**應用字彙** 🎧 CD1: 7

choice 選擇

gym 健身房；體育館

stay in shape 保持健康

認識字彙 mood 心情

## Ⓑ Talking About Experiences CD1: 8



① be **abroad**



② be in a haunted house



③ **cheat** in a game



④ **copy** homework from a classmate



⑤ join a swimming **race**



⑥ try to lose weight

**Check.** 讀一讀下列的敘述，將與你相符的經驗打勾。

- |   |   |
|---|---|
| <input type="checkbox"/> 1. I have been abroad more than once.    | <input type="checkbox"/> 2. I have never copied homework from my classmate. |
| <input type="checkbox"/> 3. I have never been in a haunted house. | <input type="checkbox"/> 4. I have joined ten races so far.                 |
| <input type="checkbox"/> 5. I have cheated in a game before.      | <input type="checkbox"/> 6. I have never tried to lose weight.              |

**應用字彙** CD1: 9

**so far** 到目前為止

**abroad** 到國外

**cheat** 作弊；欺騙

**copy** 抄襲；複製

**race** 速度競賽

Have you/they	ever	tried exercising?
Has he/she		been to Taipei?

Yes,	I/we/they have.	I/We/They have	tried exercising (before).
	he/she has.		
No,	I/we/they haven't.	I/We/They have	been to Taipei (many times).
	he/she hasn't.		

▲ 詳答部分可省略。

* I have = I've	we have = we've	he has = he's	have not = haven't
you have = you've	they have = they've	she has = she's	has not = hasn't

**Read.** 讀一讀動詞三態變化表。(完整第一～五冊不規則動詞三態變化表詳見p. 191)

規則動詞		
原形	過去式	過去分詞
cheat	cheated	cheated
climb	climbed	climbed
exercise	exercised	exercised
join	joined	joined
live	lived	lived
stay	stayed	stayed
want	wanted	wanted
work	worked	worked
copy	copied	copied
cry	cried	cried
study	studied	studied
try	tried	tried
mop	mopped	mopped
plan	planned	planned

不規則動詞					
原形	過去式	過去分詞	原形	過去式	過去分詞
A	A	A	A	B	A
cut	cut	cut	come	came	come
put	put	put	run	ran	run
read	read	read			
[rɪd]	[rɛd]	[rɛd]	A	B	C
			be	was/were	been
A	B	B	begin	began	begun
build	built	built	do	did	done
feed	fed	fed	drive	drove	driven
find	found	found	eat	ate	eaten
get	got	got	go	went	gone
have	had	had	know	knew	known
keep	kept	kept	see	saw	seen
lose	lost	lost	speak	spoke	spoken
make	made	made	swim	swam	swum
teach	taught	taught	take	took	taken
think	thought	thought	wake	woke	woken

**Write.** 寫出動詞的過去分詞形式。

- run → \_\_\_\_\_
- read → \_\_\_\_\_
- keep → \_\_\_\_\_
- go → \_\_\_\_\_
- drive → \_\_\_\_\_
- begin → \_\_\_\_\_



Speak and write. 根據活動記錄表說說看、寫寫看。

Activity Time(s) Name	climb a mountain	swim in the sea	feed a cow	try frog meat
Harry	✓ 1 time			✓ 1 time
Kate		✓ 1 time	✓ many times	✓ 2 times
Jim		✓ many times	✓ 2 times	
Amy and Ben	✓ 1 time	✓ 2 times		✓ many times

Example

- A: Has Harry ever climbed a mountain?  
B: Yes, he has. He has climbed a mountain once.
- A: Has Harry ever swum in the sea?  
B: No, he hasn't. He has never swum in the sea.
1. A: Kate fed a cow?  
B: Yes, she . She a cow .
2. A: Jim frog meat?  
B: , he . He frog meat.
3. A: Have Amy and Ben ever swum in the sea?  
B:

Answer the questions. 根據你的經驗回答問題。

1. Q: Have you ever climbed a mountain?  
A:
2. Q: Have you and your family ever tried frog meat?  
A:

B	How long	have you	been on a diet?
		has he	lived in Taiwan?
I/We have		for	a month.
He has		since	last month. he was twenty.

Speak and write. 根據圖片內容說說看、寫寫看。



**Example** teach math / ten years

A: How long has Mr. Wang taught math?

B: He has taught math for ten years.



1. know each other / they were in junior high school

A: \_\_\_\_\_ Jane and Austin  
\_\_\_\_\_ each other?

B: \_\_\_\_\_ each other \_\_\_\_\_  
they were in junior high school.



2. be a mail carrier / six months

A: \_\_\_\_\_ Jason \_\_\_\_\_ a mail  
carrier?

B: \_\_\_\_\_ a mail carrier \_\_\_\_\_  
\_\_\_\_\_.



3. Lily / work at the gas station / 2018

A: \_\_\_\_\_

B: \_\_\_\_\_

Have they	had breakfast	(yet)?
Has she	lost five kilos	

Yes,	they have.	They have	(already)	had breakfast.
	she has.			
No,	they haven't.	They haven't	had breakfast	(yet).
	she hasn't.			
		She has	lost five kilos	
		She hasn't	lost five kilos	

▲詳答部分可省略。

Speak and write. 根據圖片內容說說看、寫寫看。



Example wake up

A: Has Amy woken up yet?

B: Yes, she has. (She has already woken up.)



1. find their cat

A: \_\_\_\_\_ the kids \_\_\_\_\_ their cat yet?

B: No, they \_\_\_\_\_.  
( \_\_\_\_\_ it \_\_\_\_\_.)



2. do the dishes

A: Has Ken done the dishes?

B: \_\_\_\_\_  
( \_\_\_\_\_ )



3. the workers / speak to their boss

A: \_\_\_\_\_

B: No, they haven't. They haven't spoken to their boss yet.



## Before You Read

**Making Connections** 利用自身經驗，回答問題。

1. When was your last fight with a family member?
2. How did you two feel after the fight?



## While You Read

### Skimming

用30秒略讀文章第一段及最後一段，並勾選正確的答案。

Why did Ted write the letter?

- ☐ To talk to his parents.
- ☐ To ask Debbie for help.
- ☐ To show his interest in music.





# A Letter from a Teenager

Dear Debbie,

I'm a **senior high school** student, and I'm writing to ask for your help. My parents want me to stop playing music, but I don't want to. How can I make them **understand** that music is important to me?

I am good at playing the **drums**, and playing music gives me so much **joy**. My dream is to become a **pop** star one day, and I have just started a band with my friends. We've spent a lot of time practicing **lately**, so I haven't had much time for studying. I did terribly on my exams, and my parents were **angry**. Last week, we had a **serious** fight about my **interest** in playing music. My parents told me to give up my band and even called our music **garbage**. I have been so **unhappy** and haven't talked to them since then.

I know that my parents are worried about my future, but they have hurt my feelings. Music is everything to me. How can I talk them into letting me follow my dream? Thank you for reading my letter. I hope to hear from you soon.

Best **wishes**,

Ted



## MUSIC

## Envelope

From: Ted Chin  
No. 360, Nanmen Rd.,  
Taichung City 402271  
Taiwan (ROC)



## Stamp

To: Ms. Debbie Bauer  
Teenagers' Corner  
No. 111, Spring Street,  
New York, NY 10014  
USA

## 應用字彙 CD1: 14

letter 信

drum 鼓

angry 生氣的

unhappy 不快樂的

star 明星

認識字彙 exam 考試

teenager 青少年

joy 樂趣；喜悅

serious 嚴重的

wish 祝福

call 稱呼

feeling 情緒；感覺

senior high school 高中

pop 流行音樂

interest 興趣；使感興趣

envelope 信封

talk... into 說服（某人）做...

understand 瞭解

lately 最近

garbage 垃圾

stamp 郵票

## After You Read

**Using Graphic Organizers** 根據文章內容，完成組織圖，並選出各段功能。

- (a) Explain the problem(s)
- (b) Express the reason for writing
- (c) Conclude the letter

paragraph

1

**Introduction 介紹** → ( )

Ted, a \_\_\_\_\_ school student, needs help from Debbie to make his parents understand that \_\_\_\_\_ is important to him.

paragraph

2

**Main Body 主文** → ( )

Ted plays in a band, and his dream is to become a \_\_\_\_\_. However, his parents are unhappy that he spends so much time playing music, and they had a \_\_\_\_\_ fight about it.

paragraph

3

**Conclusion 結論** → ( )

Ted wants to follow his \_\_\_\_\_, and he needs Debbie's advice to talk to his parents.



express 陳述

conclude 總結

paragraph 段落

advice 建議

**Reading Comprehension** 根據閱讀內容，選出正確的答案。

- ( ) Why did Ted write Debbie this letter?
- (a) He wanted to share his dream and interest in music with her.
  - (b) He needed her to talk to his parents about his grades at school.
  - (c) He wanted her help to make his parents see things from his angle.



**Activity** 從1.~3.中選一個情境，寫一封向他人尋求幫助的信。(彈性使用)

### Introduction

Express the reason for writing

1. I failed an exam.
2. My best friend stopped talking to me.
3. Other: \_\_\_\_\_

### Main Body

Explain the problem(s)

1. I failed an exam because I didn't have time to study. I had to help my mom in her shop...
2. My best friend stopped talking to me because I forgot his/her birthday...
3. Other: \_\_\_\_\_

### Conclusion

Conclude the letter

1. I need to find more time to study.
2. I want to let him/her know that I'm sorry.
3. Other: \_\_\_\_\_

Dear Debbie,

I'm a junior high school student. I'm writing this letter because \_\_\_\_\_, and I need your help.

I feel so sad.

What should I do? Can you help me? Thank you for reading my letter. I hope to hear from you soon.

Best wishes,





Dear Mr. Lu,

I'm writing to you about my neighbor next door. He has caused me a lot of trouble, and I'd like to ask for your legal advice.

My family and I have lived in our new house for a year now, and my neighbor next door has always been a pain in the neck. For example, my neighbor likes to play music loudly at night. What's worse, he always parks his car in front of my house and blocks my way. To go out, I have to ask him to move his car. At first, I talked to him about the problem nicely, but he kept doing it. Last Saturday, I finally called the police. I thought that would teach my neighbor a lesson, but it did not work. I found his car in front of my house again the next morning.

As a lawyer, have you ever helped with this kind of problem before? Can we meet and talk about it?

Best wishes,  
Amy



neighbor 鄰居  
park 停車

legal advice 法律上的建議  
block 阻擋

A. Complete the graphic organizer. 根據文章內容，完成組織圖。

**Paragraph 1**

**Introduction:**

Express the reason for writing

Amy's neighbor has \_\_\_\_\_  
\_\_\_\_\_, so she wants to  
ask for legal advice.

**Paragraph 2**

**Main Body:**

Explain the problem(s)

1. Amy's neighbor likes to \_\_\_\_\_  
\_\_\_\_\_ at night.
2. Amy's neighbor keeps parking \_\_\_\_\_  
\_\_\_\_\_ her house.

**Paragraph 3**

**Conclusion:**

Conclude the letter

Amy wants to meet with \_\_\_\_\_.

B. Choose the correct answer. 根據文章內容，選出正確的答案。

1. (    ) What made Amy's neighbor "a pain in the neck"?  
 (a) He gave her some good advice.  
 (b) He was nice to her and her family.  
 (c) He kept asking her to move her car.  
 (d) He created a lot of problems for her.
2. (    ) What does "it" mean?  
 (a) Moving the car.  
 (b) Calling the police.  
 (c) Playing music loudly.  
 (d) Parking in front of Amy's house.



## 辨識句意

**A. Listen and choose the correct picture.** 根據聽到的句子，選出符合描述的圖片。 🎧 CD1: 15

1. ( ) (a)



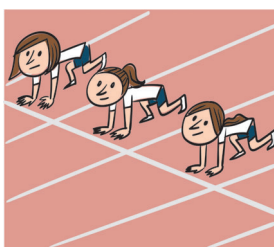
(b)



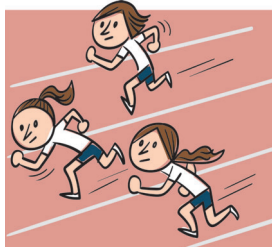
(c)



2. ( ) (a)



(b)



(c)



## 基本問答

**B. Listen and choose the correct answer.** 根據聽到的內容，選出最適合的回應。 🎧 CD1: 16

1. ( ) (a) I've worked here for twenty years.  
(b) I just started my new job last week.  
(c) I've had some experience in teaching teenagers.
2. ( ) (a) Sure. I'll do that as soon as possible.  
(b) Yes, I've been to three different countries.  
(c) Of course. I've always wanted to go to the USA.

## 言談理解

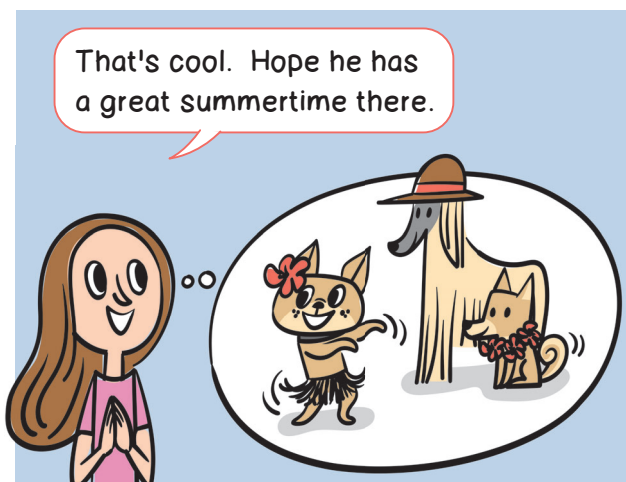
**C. Listen and choose the correct answer.** 根據聽到的內容，選出最適合的答案。 🎧 CD1: 17

1. ( ) (a) She is twenty-five years old.  
(b) It is a joy for her to play the drums.  
(c) She has played the drums for five years.
2. ( ) (a) He was slimmer before.  
(b) He's had a habit of exercising for many years.  
(c) He started going to the gym after he met Tiffany.

1. **gone to** : someone went to a place and hasn't returned
2. **been to** : someone went to a place and has returned

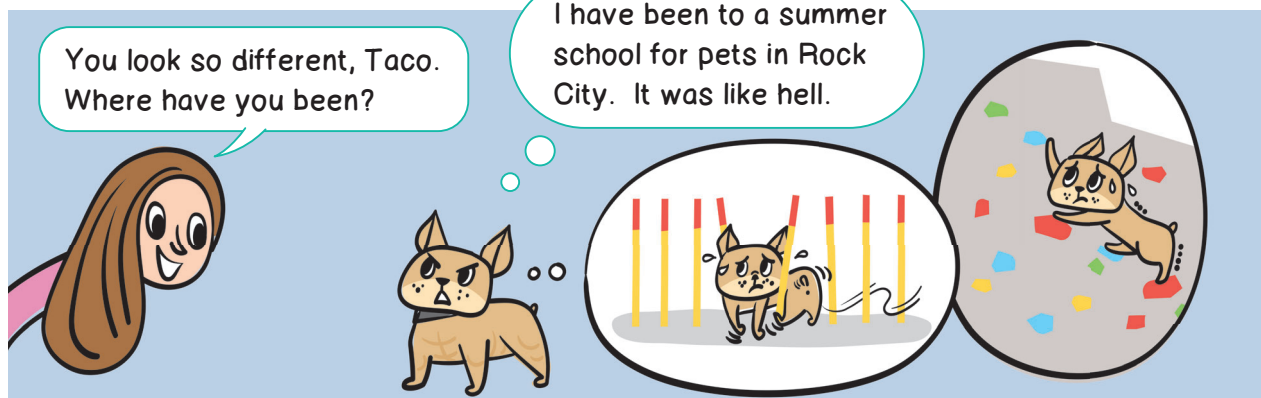


### 1 gone to



→ Taco is not home. He is at a summer school for pets.

### 2 been to



→ Taco went to a summer school for pets and returned. Now he is at home.

**Fill in the blanks.** 根據句意，填入gone to或been to。

1. Arthur has \_\_\_\_\_ Penghu. He's enjoying the great seafood there.
2. Arthur has \_\_\_\_\_ Penghu many times. He has visited the beautiful island three times with his family and twice with his friends.