

Lesson Plan

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Basic Information:

Course: CHN 202 Second-Level Mandarin

Students: 20 students of CHN 202 section 3

Location: Sakamaki Hall C101

Teaching Content:

第十四课 生活与健康 (Lesson 14: Life and Wellness) of *Integrated Chinese 3rd Edition, Level 2 Part 2* (《中文听说读写》), Yuehua Liu, Tao-chung Yao, Yaohua Shi, Liangyan Ge, Nyan-Ping Bi (2009). Boston: Cheng & Tsui Company.

Goals and Objectives:

1. Language knowledge

Vocabulary:

At the end of this class, students will be able to understand and use

与 夫妻 退休 博物馆 散步 锻炼 圈 排队 太极拳 早晨 成为 使
显得 活力 出门 瑜伽 动作 树 表演 重视 注意 等 健身房 偶尔
身材 等于 减肥 只要 随便 即使 营养 饱 可见 科学 方面 吸烟
熬夜 必须 补充 睡眠 否则 只 熊猫

Grammar:

Disyllabic Words Becoming Monosyllabic

Conjunction and Preposition 与

有的……, 有的……

使 and Pivotal Sentences

Words & Phrases

显得 to appear [to be]; to seem

重视 to attach importance to; to think much of

等于 to equal; to be equivalent to; to amount to

只要… (就) … only if; as long as

随便 casual; careless; to do as one pleases

即使 even if

可见 it is obvious that; it can be seen that

否则 otherwise

2. Language skills

After this class, student will be able to comprehend pseudo-authentic materials, speak, and talk about:

- a. Personal exercise routines;
- b. Healthy and unhealthy eating habits;
- c. Habits that could make people age prematurely or harm health.

3. Cultural consciousness

After this class, student will be able to:

- Know about Tai-chi and Taoist tradition of health maintenance;
- Form a general picture of what modern Chinese people do to keep in good health.

Key Points and Difficult Points:

1. The grammar point 使 construction, pivotal sentence, and other causative constructions.
2. Discourse conjunctions: 除了…以外; 只要…就…; 即使…也…
3. Chinese tradition and general attitude of Chinese people toward healthy lifestyle.

Teaching Methods:

Cognitive approach:

In vocabulary and grammar teaching, cognitive approach based on the historical development of structures is widely used in the explanation of meaning, function and their extension.

The content-based approach:

A content-based approach is adopted for reading text comprehension. Students will generally process the reading material with top-down approach.

The Task-based approach:

In vocabulary and grammar practice, some communicative tasks will be introduced in order to teach students how to use the patterns correctly.

The Audio-Lingual Method:

Take full use of multi-media resources related to healthy lifestyle in China, such as

videos of Tai chi, square dance (广场舞).

Materials and Equipment:

- Computer with internet connection
- Projector and screen
- White board and markers
- Powerpoint and two video clips

2/23 Day 1 (5 in total) of Lesson 14:

Part 1: Vocabulary, Grammar & Text Part 1

Procedures	Contents and Methods	Organization
Introduction to the Topic (5 min)	Watch YouTube videos of Chinese 晨练, discuss questions: 他们是谁? 在哪里? 做什么? Introduce new words 锻炼、晨练、散步、太极拳	Watch videos together and discuss in groups of two or three
Vocabulary Part 1 (16 min)	与 : focus on its conjunction use and preposition use separately 夫妻: focus on structure- 夫 and 妻 博物馆 : culture introduction- biggest museum in the USA, the Metropolitan Museum 大都会博物馆 锻炼: focus on characters and historical extension: begin with the meaning for “steel; iron” 排队: word formation and link to the social context of China- people need to line up everywhere 太极: focus on word formation 显得: compare to 看来, 看起来	Write characters on the write board to introduce characters and word formation; Use Powerpoint to show pictures of museum, 春运排队, Tai chi, and so forth; Use Powerpoint to show the usage and example sentences of 与 and 显得.
Culture Introduction (4 min)	Taoism and Chinese tradition of health maintenance	Using Powerpoint, post picture and analyze
Grammar Point: Pivotal Sentences (10 min)	Grammar point: 使 and 使/叫/让 Chinese pivotal sentences: to cause; to make Textbook page 128 Language Practice: The Domino Effect	Students work in groups of 2 or 3 for the language practice.
Text Introduction 1 (15 min)	Listen to the Text (Narrative part) on Textbook page 109; practice reading	Play the audio twice and then Students work in groups of 2 or 3.

2/24 Day 2 (5 in total) of Lesson 14:

Text Comprehension Part 1 & Speaking Part 1 & Vocabulary, Grammar Part 2

Procedures	Contents and Methods	Organization
Overall Comprehension (7 min)	Overall Comprehension Check questions: 丽莎住在哪里？需要付钱吗？为什么？ 丽莎每天早晨都做什么？看到什么？	Students discuss in groups of 2 or 3.
Text explanation (7 min)	A. Disyllabic words appearing to be monosyllabic in formal register. e.g. 已(经)、因(为)、为(了)、虽(然)、但(是)、(比)较 B. 有的……有的……	Powerpoint presents other examples
Detail Comprehension (6 min)	1. 房东夫妻二人都已退休，女儿李文在博物馆工作，与父母住在一起。 2. 在她住的这个小区，在街边，在公园，都能看见很多人，特别是老人，在锻炼身体。 3. 他们有的站成一个圈，高高兴兴地跳舞，有的排成队，慢慢地打太极拳。	Ask students to translate
Speaking Activity 1 (15 min)	Speaking: To Exercise or Not With a partner, take turns answer the following questions concerning your workout routine. If you don't work out at all, explain why. 1. 你平常锻炼身体吗？ 2. 你平常怎么锻炼身体？ 3. 你多长时间锻炼一次？ 4. 你每次锻炼多长时间？ 5. 你觉得锻炼身体有什么好处？	Students work in groups of 2 or 3. Ask individual students for their answers. Ask students to organize their own answers into one paragraph.
Vocabulary Part 2 (10 min)	From the speaking activity, introduce new words 瑜伽, 动作, 表演、健身、身材, and focus on the structures of 动作 and 身材 Other words: 出门: focus on structure 树: analyze character 重视 and 注意: focus on structure	Write characters on the write board to introduce characters and word formation; Use Powerpoint to show different kinds of 锻炼; Use Powerpoint to present the examples.
Speaking activity 2 (5 min)	Based on your observation, 中国人重视什么？	First have students discuss in groups of 2 or 3, and then ask students to report their answers.

2/29 Day 3 (5 in total) of Lesson 14:

Text Comprehension Part 2 & Vocabulary, Grammar Part 3

Procedures	Contents and Methods	Organization
Text Introduction 1 (10 min)	Listen to the Text (Conversation part about doing exercise) on Textbook page 111; practice reading	Play the audio twice and then Students work in groups of 2 or 3.
Overall & Detail Comprehension (15 min)	Overall Comprehension Check questions: 丽莎每天早上散步都能看到什么? 美国人一般怎么锻炼身体? Difficult sentences and details: 1. 太极拳和瑜伽一样, 不但对身体有好处, 而且动作很美。 2. 我每天早晨出去散步, 看见到处都是运动的人。中国人真重视锻炼身体啊! 3. ……至于我, 除了做瑜伽以外, 偶尔也跑步	Students discuss in groups of 2 or 3. Ask individual student to answer questions
Vocabulary Part 3 (10 min)	等于: focus on function Activity: How's Your Math Extended use 减肥: focus on characters and structure 营养: focus on usage “有营养” 饱: focus on character 科学: focus on function 方面: focus on usage “在……方面”	Write characters on the write board to introduce characters and word formation; Use Powerpoint to show the usage and example sentences.
Grammar Point: 只要……就 即使……也 (15 min)	只要 A 就 B: B will happen as long as A happens; A is a sufficient condition for the result B 即使……也…… Indicates a condition and concession	Powerpoint presents example sentences; Students work in groups of 2 or 3 for translation or sentence completion.

3/1 Day 4 (5 in total) of Lesson 14:

Vocabulary, Grammar Part 3 (continued) & Speaking Part 2

Grammar Point: 随便 (10 min)	随便 Casual; careless; to do as one pleases; whatever Activity 1: Are You Accommodating? Activity 2: The easygoing host	Students discuss in groups of 2 or 3. Ask individual student to report
Speaking Activity and Vocabulary Introduction (20 min)	Speaking: It's Good for Your Body! a. What would a doctor, a dietitian, or a personal trainer advise you to do to stay healthy, fit, and young? Write their advice on the following chart. 多 _____ 少 _____ 别 _____ b. In addition to the above, what other advice can you think of? Introduce new words: 吸烟、熬夜、补充、 睡眠, focus on word structures 必须 compare to 得	Students discuss in groups of 2 or 3 for the speaking task; Ask individual students to report; Write characters on the write board to introduce characters and word formation.
Grammar Point: 可见 (8 min)	可见: It can be seen that... Focus on structure and discorsal function Activity: It's Obvious that... Draw inferences (Textbook page 130 part D)	Powerpoint presents example sentences;
Grammar Point: 否则	否则: otherwise More literary than 要不然, generally occurs at the beginning of a second clause of a compound sentence Activity 1: Making your advice more persuasive by mentioning negative consequence Activity 2: Advice for IC cast	Students work in groups of 2 or 3 for the activities. Ask individual students to report.

3/2 Day 5 (5 in total) of Lesson 14:

Text Comprehension Part 3 & Text Structure, discoursal strategies

Procedures	Contents and Methods	Organization
Text Introduction 1 (15 min)	Listen to the Text (Conversation part about healthy lifestyle) on Textbook page 111-113; practice reading	Play the audio twice and then Students work in groups of 2 or 3.
Overall & Detail Comprehension (18 min)	Comprehension questions: 1. 丽莎是怎么注意饮食的? 她的做法和中国传统有什么相似之处? 2. 除了锻炼和饮食, 想要身体好还需要注意什么? Difficult sentences and details: 1. 注意饮食不等于减肥。我认为只要身体健康就好, 胖瘦并不重要。 2. 即使你非常忙, 也一定要吃早饭, 而且早饭要有营养。 3. 我是得注意了, 否则我的两只眼睛都快变成熊猫眼了。	Students discuss in groups of 2 or 3. Ask individual student to answer questions and translate difficult sentences.
Cultural Introduction: 中国的早餐 (3 min)	传统小吃+粥 Breakfast in different areas of China: 北方: 炒肝、煎饼果子 东南: 早茶、各种传统小吃 中部+西南: 热干面, 粉 西北: 兰州牛肉面, 饅	Lecture Powerpoint presents pictures.
Text Structure Summarize (6 min)	Part I: Background Introduction Part II: Ways to exercise in China and in the US Part III: Healthy dietary and lifestyle Discussion question: 在锻炼身体和健康生活方面, 中国传统和美国的方式有什么相同和不同?	Powerpoint presents text structure and flow chart. Ask students to fill out the flow chart. Students discuss in groups of 2 or 3 for the discussion question.
Discoursal Strategies Summary (8 min)	(Textbook p133 part H) Fill in the blanks with the proper words and phrases from below and from the text of this lesson.	Students first work individually, and then discuss in groups. Report in the last.