

## park or garden

**Are parks popular in China?**

**Are there many public gardens in China?**

**How often do you go to parks?**

**What do you think are the benefits of having public gardens in a city?**

话题词汇:

garden/public garden 和 park 在这个语境中没有区别

lead a sedentary life 过一个久坐的生活

live an active life 过一个经常运动的生活

work out 健身

participate in physical activity 参与健身活动

be physically active 经常运动的

get away from the hustle and bustle of city life 远离城市生活的喧嚣

escape from the crowds 逃离人群

like an oasis 像一处绿洲

breathe in fresh air 呼吸新鲜空气

get some peace and quiet 获得一些宁静

答案中的一些词汇:

as long as 只要

where I come from 我的家乡

no matter where you go 不管你去哪

some forms of physical activity 一些运动形式

within walking distance of my apartment 离我家走路就能到

take a walk around the park 在公园里遛弯

chat=talk 聊天

and stuff like that 等等

off the top of my head 我立刻想到的是

over and over ... again 一遍又一遍

be beneficial to our health 对我们健康有益