



新课标●新突破丛书

丛书主编 熊俊占 姜庆和

本册主编 汪心静

XINKEBIAO
XINTUPO

新课标 新突破

高中英语必修1



北师大版



河南大学出版社



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丛书主编	熊俊占	姜庆和			
本册主编	汪心静				
本册副主编	曾雅茹	伊春燕			
本册编者	钱宽	王凤英	李炳硕	汪心静	曾雅茹
	伊春燕	唐晓雪	陈洁	徐春迎	何锦
	李光一	刘若男	王辉	黄静	黄娟
	张琼	吴颖	郭素杰	龙道民	王梅冉
	周海英	张军			

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· 开封 ·

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Unit 1 Lifestyles

名人名言

Ordinary people merely think how they shall spend their time; a man of talent tries to use it.
普通人只想到如何度过时间,有才能的人则设法利用时间。

Warm-up



1. What kind of lifestyle do you think the people have?

句中的 do you think 为插入语,是一个附加部分。该部分插入一个特殊疑问句时形成双重疑问句。双重疑问句中的这类插入语必须使用疑问语序,而插入语之后的部分则必须使用陈述语序。基本句式为:疑问词+do you think+其余部分。

Who do you think he is waiting for?

你认为他在等谁?

Where do you think they may go?

你认为他们可能去哪儿?

【拓展】

类似的插入语还有:do you believe/suppose/imagine/guess/expect/suggest/consider 等。

Who do you suppose has helped the blind man?

你认为谁曾帮助了那个盲人?

When do you consider the professor will give us a speech?

你认为教授什么时候会给我们作演讲?

【自我检测】

① _____ he will do next? ()

A. How do you think

B. How you think

C. What do you think

D. What you think

② — _____?

— To London. ()

A. Do you think where she will go

B. Where do you think will she go

C. Where do you think she will go

D. Do you think where will she go

2. -ing 结尾的形容词

(1) boring *adj.* 令人厌倦的
bored *adj.* (感到)乏味的
bore *v.* 使……厌倦

(2) exciting *adj.* 令人激动的
excited *adj.* (感到)激动的
excite *v.* 使……激动

- | | |
|------------------------------------|--------------------------------|
| (3) interesting <i>adj.</i> 令人感兴趣的 | (4) relaxing <i>adj.</i> 令人轻松的 |
| interested <i>adj.</i> (感到)有趣的 | relaxed <i>adj.</i> (感到)轻松的 |
| interest <i>v.</i> 使……有兴趣 | relax <i>v.</i> 使……轻松 |

英语中有很多“使……发生某种情感变化”的及物动词,由这种动词的两种分词转化而来的形容词都有着共同的特点。其中 -ing 形式的分词含主动意义,与物有关,表示事物所具备的性质或特征,即“某物令人有某种感觉”; -ed 形式的分词含被动意义,与人有关,表示人所发生的情感变化或自身的感受,即“人有某种感觉”。

My brother was interested in reading interesting stories.

我弟弟爱读有趣的故事。

He spent a relaxing afternoon in the garden.

他在花园里度过了一个轻松的下午。

A relaxing holiday can make us feel relaxed.

一个轻松的假期会使我们感到放松。

【自我检测】

- ① Everyone was _____ at his _____ progress which he made during the two months. ()
- A. surprised; surprise B. surprised; surprised
- C. surprised; surprising D. surprising; surprising
- ② Mr. Smith, _____ of the _____ speech, started to read a novel. ()
- A. tired; boring B. tiring; bored C. tired; bored D. tiring; boring

3. once a week

在英文中,表示一次用 once,两次用 twice,三次以上才用 times。对次数提问用 how many。

They usually visit the old lady once a month.

他们通常每月拜访那位老太太一次。

How many times have you visited the Great Wall?

你参观过几次长城?

【自我检测】

- ① Take the medicine _____ a day and drink more water. ()
- A. two times B. twice time C. twice D. second time

4. He goes fishing in his free time.

(1) go + v-ing 去进行(某种活动)

He has gone shopping.

他去买东西了。

Let's go swimming this afternoon.

我们今天下午去游泳吧。

(2) in one's free/spare time 在……的业余时间

My father likes going fishing in his spare time.

我父亲喜欢在闲暇时去钓鱼。

5. Imagine the lifestyle of your dreams.

imagine 意为“想象,设想”,注意 imagine 的重要搭配及用法:

① imagine + n. /doing sth.

Can you imagine the life without electricity?

你能想象没有电的生活吗?

I didn't imagine being a writer in my childhood.

童年时,我并没有想着能成为一名作家。

It's hard to imagine living in a place where there are no cars.

很难想象生活在一个没有汽车的地方是什么样子。

② imagine + sb. /sb. 's + doing sth.

Can you imagine George cooking the dinner?

你能想象乔治会做饭吗?

I can't imagine her marrying such a man.

我无法想象她会嫁给这样一个人。

③ imagine + 宾语从句

He imagines that people don't believe in him.

他认为别人不信任他。

You can't imagine how surprised I was at that moment.

你无法想象那一刻我是多么吃惊。

④ imagine + sb. /sth. + to be/as

I imagine him (to be) a big tall man.

我想着他是个高个子的人。

【词汇拓展】

imagination n. 想象力


imaginative adj. 有想象力的,想象力丰富的

imaginable adj. 可想象的

imaginary adj. 虚构的,幻想的

【自我检测】

- ① It is difficult to imagine his _____ the decision without any consideration. (2006 陕西) ()
 A. accept B. accepting C. to accept D. accepted
- ② How can you imagine _____ such a mistake? ()
 A. him to make B. him make C. him making D. his making
- ③ I can't _____ why so many people speak against her. ()
 A. imagine B. suppose C. think D. realize

 同步训练

I. 根据所给汉语提示完成下列句子

1. Please let me get on with my work _____ (安静地).

2. We must get used to the stressful _____ (生活方式) in the school as soon as possible.

3. He was lying in the sun, looking very _____ (放松) and happy.

4. This one is my _____ (私人信件).

5. I think a shepherd's life is _____ and _____ (平静又轻松).
6. Though he failed _____ (很多次), he didn't give up.
7. What do you like doing _____ (在闲暇时)?
8. Where _____ (你认为) they may go?
9. They're planning to _____ (去徒步旅行) this weekend.
10. — _____ (多少次) did you try to phone her?
— I called _____ (七次)。

II. 单项选择

1. When do you expect _____? ()
A. will the meeting be held B. the meeting will be held
C. will be the meeting held D. to held the meeting
2. This experience made him _____ the study of science. ()
A. interest in B. to interest in C. interesting in D. interested in
3. My son is very shy, but can you imagine _____ at the English party? ()
A. him sing B. his singing C. him to sing D. his to sing
4. His family is under great _____, because both he and his wife have lost their job. ()
A. danger B. peace C. stress D. trouble
5. I can guess you were in a hurry. You _____ your sweater inside out. ()
A. were worn B. are wearing C. were having on D. were dressing
6. He is not at home all day. Where do you think _____? ()
A. he has gone B. did he go C. has he gone D. he went to
7. The doctor is trying to save the patient by every _____ means. ()
A. imaginative B. imaginable C. imaginary D. imagination
8. The baby is generally healthy, but every now and then he _____ a cold. ()
A. has caught B. is catching C. will catch D. catches
9. The film about ill-treatment of animals was so _____ that she was _____ to tears. ()
A. moved; moving B. move; moved
C. moving; moved D. moving; moving
10. —I just can't stop worrying about the result of the job interview.
—_____. There's nothing you can do now but wait. (2008 天津) ()
A. Relax B. Go ahead C. Go for it D. Good luck

III. 阅读理解

阅读短文,从每题所给的四个选项中选出最佳答案。

On 27 August, 1783, the people of the village of Gometse, in France, looked up into the sky and saw a strange and terrible animal. It was huge and round, flying down from the sky. It landed in the field just outside the village. It was clear to the people of Gometse that they had to defend themselves. The animal was clearly some kind of terrible "spirit". They were afraid of the spirit but they were also very brave. They rushed out into the field and



A Couch Potato

Forty-three-year-old Brian Blakey from Birmingham is sitting on his sofa and telling me about his perfect day.

“When I wake up I don't get up immediately. I turn on the television and watch the children's programmes and old movies until about half-past ten. Then I get up, go downstairs and switch on the TV in the living room. For lunch, I have biscuits and a glass of milk, and I watch the news. In the afternoon, I often watch another old film—they're showing some good ones at the moment. In the evenings, I often watch TV series or sport and the news again. I like the main news at six o'clock. At nine thirty, if there is a good play on BBC 2, I switch over and watch it. Then at night, I watch more films and I usually switch off the TV at about two o'clock. I never watch TV all night.

I watch TV for sixteen or seventeen hours a day. I also do some exercise every day. I take Tina, the dog, for a walk every afternoon. I don't go far, of course. I walk to the wall outside my house. I always take my portable TV and I sit on the stone wall while the dog walks round in a circle.

Of course, I couldn't live this lifestyle without a good wife. She's not here now because she's working, but she always makes my meals. We haven't got much money, you know, but we're happy. Sit down and watch TV. Here's the remote control. You've got the world at your feet. And in your hand. Great!”

沙发土豆——终日懒散在家看电视的人

来自伯明翰的43岁的布莱恩·博莱克正坐在沙发上向我讲述他美妙的一天。

“早上醒来,我不马上起床。我总是先打开电视,看看儿童节目,看看老片子,一直看到大约十点半。接着我起床,下楼,打开起居室的电视。午餐我吃些饼干,喝杯牛奶,然后看新闻。下午,我常再看一部老电影——眼下电视里正播放非常好看的老电影。晚上我常看电视连续剧或体育节目,接着再看新闻。我喜欢看六点的重要新闻。九点半,如果英国广播公司二频道有好看的电视剧,我会调过去看看。夜里,我接着看电影,通常看到凌晨两点左右才关电视。我从不通宵看电视。

我一天要看十六七个小时电视。每天也会出去活动活动。每天下午我都带着小狗蒂娜出去散步。当然,我不会走远,只走到我家房子外的墙边。我总是随身携带手提电视,坐在石墙上看,小狗则在我身旁绕圈。

当然,没有一个好妻子,我是不可能过上这种妙不可言的生活的。她在工作,所以现在不在家。不过她天天为我做饭。你知道,我们虽然钱不多,但活得很快乐。想想看,坐在家里,看着电视,手握遥控器,世界就在你脚下,在你手中。这种感觉可真棒!”

A Workaholic

Thirty-six-year-old Bob Black is sitting at his desk and working his way through his paperwork.

"I normally wake up about five minutes before my alarm clock goes off. As soon as I hear my alarm clock, I jump out of my bed. It takes me less than fifteen minutes to wash, get changed, have breakfast, leave home and get on a bus.

I am always the first person to get to the office. The mornings are always very busy and the afternoons are even busier! Meetings and phone calls take up a large part of the day. Every minute of the day is filled with urgent matters. By around eight o'clock, I usually find some time to do my own paperwork and answer some personal e-mails.

When I get home at about ten, I look at some documents that I bring back from the office so that I can be ready for the next day's work. I get to bed around midnight when my wife and children are already asleep.

I seldom have time for fun and other activities with my family. My family complains about it. But I try to work hard so that I can make more money for them. Besides, I get bored if there's nothing to do. I like being busy."

工作狂

36岁的鲍勃·布莱克正坐在写字台前忙着他的案头工作。

"我一般在闹钟响前约5分钟就醒了。闹钟一响,我立刻跳下床。从洗漱、换衣服、吃早饭、离家到坐上公共汽车只用不到15分钟的时间。

我总是第一个到办公室。每天上午都很忙碌,下午更忙。整天会议、电话不断。几乎每一分钟都充斥着急待处理的事情。通常到大约晚8点我才有时间处理自己的事,写东西,回复些私人电子邮件等。

晚上10点左右我才能到家。到家后还要浏览带回的文件,为第二天的工作做准备。我一般半夜才上床睡觉,那时妻子和孩子们都早已进入梦乡。

我很少有时间娱乐或和家人一起活动。妻子和孩子们为此常常抱怨,但我得拼命工作,才能为他们赚更多的钱。再者,要没事可做我会觉得非常无聊。我真的喜欢忙忙碌碌。"



知识精讲

1. How much time do you spend watching TV every day? 你每天花多长时间看电视?

spend意为“花费”,主语是人,既可以表示花费时间,也可表示花费金钱。常用于spend... on sth. 或spend... (in) doing sth. 句式中。如:

I spent three hours (in) repairing the radio.

我花了三个小时修理收音机。

I spent \$2000 on the new car.

我花了2000美元买了这辆新车。

【辨析】

cost, take 和 pay

(1) cost 多指花费金钱, 主语常用指物的名词来充当, 其后可跟双宾语, 构成 cost sb. sth., 意为“花费某人……钱; 使某人失去……, 使某人付出……样的代价”。如:

This jacket cost me 200 dollars.

这件夹克花了我 200 美元。

It will cost you 500 pounds to repair the car.

修理这辆车要花费你 500 英镑。

Careless driving will cost you your life.

粗心驾驶会使你丧命。

(2) take 常用于“It takes sb. ... to do sth.”的句型中。如:

It took me half a day to repair the TV set.

修理这台电视机花了我半天时间。

How long will it take you to complete the work?

完成这项工作要花你多长时间?

It takes me less than fifteen minutes to wash, get changed, have breakfast, leave home and get on a bus.

从洗漱、换衣服、吃早饭、离家到坐上公共汽车我只用不到 15 分钟的时间。

(3) pay 常用于“pay sb. some money for sth.”或“pay some money (to sb.) for sth.”的结构中, 不能表示花费时间, 其主语是人。如:

I paid three dollars for the book.

= The book cost me three dollars.

= I spent three dollars on the book.

【自我检测】

- ① How long did the doctor _____ looking over the old man? ()
 A. cost B. spend C. take D. use
- ② A student _____ his family lots of money for education. ()
 A. spends B. costs C. takes D. pays
- ③ Some passengers complain it usually _____ so long to fill in the travel insurance documents. ()
 A. costs B. takes C. spends D. spares

2. I turn on the television and watch the children's programmes. 我打开电视机看看儿童节目。

【短语归纳】

- | | |
|-----------------------------|------------------------------|
| turn on 打开(自来水、煤气、电器等) | turn off 关掉(自来水、煤气、电器等) |
| turn up 调大, 开大音量; 出现, 露面 | turn down 关小, 调低; 拒绝(要求或建议等) |
| turn in 上交, 交回 | turn back 往回走, 折回 |
| turn out 证明是, 结果是 | turn over 打翻; 移交, 交给 |
| turn to 翻到(书中的某页); 求助于, 求教于 | |

【自我检测】

根据句义用 turn 构成的相关短语填空, 注意动词的正确形式。

- ① Would you please _____ the radio? It's too noisy.
 ② You must _____ your gun when you leave the army.
 ③ Remember to _____ the light when you go out.
 ④ Thank you, but I'll have to _____ your offer.
 ⑤ To our surprise, the stranger _____ to be an old friend of my mother's.
 ⑥ They _____ the thief _____ to the police station.
 ⑦ _____ the radio _____; I can't hear it.
 ⑧ He promised to come, but didn't _____ until five.
 ⑨ I can't tell my parents about it; I don't know who to _____.

3. Then I get up, go downstairs and switch on the TV in the living room. 接着我起床,下楼,打开起居室的电视。

(1) go upstairs 上楼 go downstairs 下楼

(2) switch on=turn on 接通,打开(电器等)

First you should switch the machine on.

首先你应该打开机器。

switch off=turn off 切断(电流等)

Please switch the light off when you leave.

离开时,请把灯关掉。

switch over 交换位置,转换

Don't switch over. Advertisements are also wonderful.

别换台,广告也很好看。

【自我检测】

- ① I'm tired of this programme; _____ to another channel. ()
 A. turn on B. turn over C. switch over D. switch off

4. In the evenings, I often watch TV series or sport and the news again. 晚上我常看电视连续剧或体育节目,接着再看新闻。

表示上午、下午、晚上或星期几的时间名词用复数时,指每天的上午、下午、晚上或每周的这一天都做某事,是一种固定的计划安排或已形成一种惯例。如:

On Monday nights, I have dance classes, and on Wednesday nights, I go to the gym.

每星期一晚上我上舞蹈课,星期三晚上去健身房。

On Tuesday and Thursday nights, I have French classes.

星期二和星期四晚上我去上法语课。

Do you go to church on Sundays?

你星期天都去教堂吗?

5. I always take my portable TV and I sit on the stone wall while the dog walks round in a circle. 我总是随身携带着手提电视,坐在石墙上看,而小狗则在我的身边绕圈。

(1) while conj.

- ① 表示转折关系的并列连词,用来表示前后所说的意义恰好相反或相互对比,意思是“相反,而”。如:

I like flowers while my mother prefers bamboo.

我喜欢花而我妈妈喜欢竹子。

Some people have enough food while others are starving.

有的人有足够的食物,而有的人正在挨饿。

② 表示时间,意思是“当……的时候;和……同时”。如:

They arrived while we were having dinner.

他们来的时候我们正在吃饭。

Please be quiet while I am talking to you.

在我跟你说话的时候,请安静。

【注意】

while 引导的时间状语从句中,谓语动词只能是延续性动词;而 when 引导的时间状语从句中,谓语动词既可以是延续性的,也可以是短暂性的。如:

He was doing his homework when I came in.

当我进来时,他正在做家庭作业。

When/While I was in the town, I saw him twice.

我在镇上时,见过他两次。

③ 表示让步,意思是“虽然,尽管”。

While I understand what you say, I can't agree with you.

尽管我能理解你所说的,但却无法赞同。

While he is respected, he is not liked.

他虽受人尊重,但并不讨人喜欢。

(2) walk round/go round in a circle/in circles 绕圈子

【自我检测】

① Most sheep are white _____ most goats are black. ()

A. while B. when C. and while D. on the contrary

② _____ I accept that he is not perfect, I do actually like the person. ()

A. While B. Since C. Before D. Unless

③ We were swimming in the lake _____ suddenly the storm started. ()

A. when B. while C. until D. before

6. Of course, I couldn't live this lifestyle without a good wife. 当然,没有一个好妻子,我是不可能过上这种妙不可言的生活的。

该句是一种与事实相反的虚拟句。without a good wife 表示含蓄条件,前面的谓语动词 couldn't live 表示虚拟。

without + n./pron. 如表示虚拟语气,主句形式一般为:

{ 主语 + would/could + do (表示与现在、将来事实相反)

{ 主语 + would/could + have done (表示与过去事实相反)

Without solar radiation, animals and plants would die.

如果没有太阳的照射,动植物就会死亡。

Without your help, we couldn't have succeeded.

要是没有你的帮助,我们就不会成功。

Without electricity, human life would be quite different today.

要是没有电,人们今天的生活就不是这个样子了。

【自我检测】

- ① Without our Party, he _____ of hunger 30 years ago. ()
 A. would have died B. must have died
 C. would die D. died

7. I normally wake up about five minutes before my alarm clock goes off. 我一般在闹钟响前约 5 分钟就醒了。

go off

- ① to ring or sound loudly (铃)响

The alarm went off when the thieves went in.

小偷一进来,警铃就响了。

I nearly fell out of bed when the alarm went off this morning.

今天早上警报响起时,我吓得几乎从床上摔下来。

- ② to explode 爆炸

The bomb went off, killing three people.

炸弹爆炸了,炸死了三个人。

- ③ to stop operating 中断,熄灭,停止运行

The heat went off at night.

暖气夜间停止开放。

At what time does the movie go off?

电影什么时候结束?

- ④ to go bad 变质,变坏

Don't eat that fruit; it has gone off a bit.

别吃那水果,有点坏了。

【短语归纳】

go ahead 走在前面,领先;干下去

go away 走开,离去

go in for 参加;喜欢

go out 出去;熄灭

go on 继续

go all out 竭尽全力

go over 察看;复习,温习

go down 下降,降低

go with 搭配,协调

go without 没有……也行,将就

go by (时光)逝去;经过(某处)

go up 上升,上涨

go through 经历,遭受;(法律等)被通过;仔细检查

【自我检测】

- ① If you don't keep the meat in the fridge on such a hot day, it may _____. ()
 A. go out B. go away C. go off D. go down
- ② — Didn't you have a good time at the party?
 — Of course I did. As a matter of fact, I had such fun that time seemed to _____ so quickly. (2007 安徽) ()
 A. go by B. go away C. go out D. go over
- ③ Would you please _____ this form for me to see if I've filled it in right? (2007 浙

江)

()

A. take off B. look after C. give up D. go over

④ I don't _____ rocking roll. It's much too noisy for my taste. (2004 北京) ()

A. go after B. go away with C. go into D. go in for

8. As soon as I hear my alarm clock, I jump out of my bed. 闹钟一响,我立刻跳下床。

as soon as

① 一……就……,引导时间状语从句。

He left as soon as he heard the news.

他一听到这消息就走了。

I'll tell him as soon as I see him.

我一见到他就告诉他。

② 尽快,和……一样快

Please get the report done as soon as possible.

请尽快完成那份报告。

He didn't arrive as soon as we had hoped.

他没像我们预期的来得那样快。

【拓展】

引导时间状语从句,表示“一……就……”的连词还有: the moment, the minute, immediately, directly 等。

The moment I saw him, I recognized him.

我一看到他就认出了他。

We'll leave the minute you are ready.

你一准备好我们就出发。

I left his house immediately the clock struck 5.

钟刚报五点,我就离开了他家。

【自我检测】

① _____ a baby turtle is hatched, it must be able to feed for itself. ()

A. No sooner than B. No sooner C. So sooner that D. As soon as

② The more I think about him, the more reasons I find for loving him _____ I did.

(2005 湖南)

()

A. as much as B. as long as C. as soon as D. as far as

9. It takes me less than fifteen minutes to wash, get changed, have breakfast, leave home and get on a bus. 从洗漱、换衣服、吃早饭、离家到坐上公共汽车我只用不到15分钟的时间。

get changed 换衣服

在“get + 过去分词”结构中, get 为系动词,与过去分词构成被动形式。如:

Be careful or you will get hurt.

小心,否则你会受伤的。

It's no luck. We've got lost.

太糟了,我们迷路了。

If you go there alone after dark you might get attacked and robbed.

你如果天黑后单独去那里,可能会遭到袭击和抢劫。

【自我检测】

- ① Cleaning women in big cities usually get _____ by the hour. ()
 A. pay B. paying C. paid D. to pay
- ② I work hard so that I can get more money. Besides, I _____ if there's nothing to do. ()
 A. got bore B. get boring C. getting bored D. get bored

10. I am always the first person to get to the office. 我总是第一个到办公室。

该句中的动词不定式短语 to get to the office 作定语修饰 the first person。当名词被 first, second, third 等序数词以及 next, last, only 修饰时,其后面的定语用动词不定式。此时,动词不定式不表示将来。如:

They were the last guests to arrive.

他们是最后到达的客人。

I arrived first. The next to come was Tom.

我是第一个到的,随后到的是汤姆。

Yang Liwei is the first Chinese astronaut to walk in space.

杨利伟是第一个登上太空的中国宇航员。

She is the only person to know the truth.

她是唯一一个知道真相的人。

【自我检测】

- ① Mary is always the first person _____ at school and the last _____. ()
 A. to arrive; to leave B. arriving; leaving
 C. arrived; left D. arrives; leaves

11. Meetings and phone calls take up a large part of the day. 整天会议、电话不断。

take up

- ① to fill or use time or space 占用(时间或空间)

It sometimes can take up the whole afternoon to prepare a meal.

准备一顿饭有时要用一下午的时间。

That big clock will have to go, because it takes up too much space in the small hall.

得把那个大钟拿走,它在这小厅里占的地方太大。

- ② to lift or raise 拿起,举起

He took up the telephone receiver and began to dial.

他拿起电话听筒开始拨号码。

- ③ to begin to spend time doing 开始从事(某项活动);对……产生兴趣

John took up acting while he was at college.

约翰在上大学时喜欢上了演戏。

I wish I'd never taken up smoking.

我要是从不吸烟就好了。

【短语归纳】

take down 记下;把……拆开

take in 接收,接纳;理解,掌握;欺骗