



荣德基 总主编

特高级教师

# 点读®

高一英语 **下**

试验修订版

不要看着远方 就忽略了脚下的路 再猛烈的冲刺你也要坚持到最后一步

内蒙古少年儿童出版社

特高级教师

# 点拨

高一英语(下)

(试验修订版)

另配听力磁带

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# 一粒雾

一粒雾渴望靠近大地，为此它已等待了很久很久。终于又到了一次气温降低的时候，它发誓要把握这次机会，完成它的愿望。

它努力地靠近大地，可身体的轻浮让它无能为力。它知道必须借助风的力量，否则就回不到地面。它焦急地在空中飘荡，它再也不想过没有根的生活了。哪怕一看地就会被植物吸收，哪怕一看地就被人踩得无踪影，它也愿意。

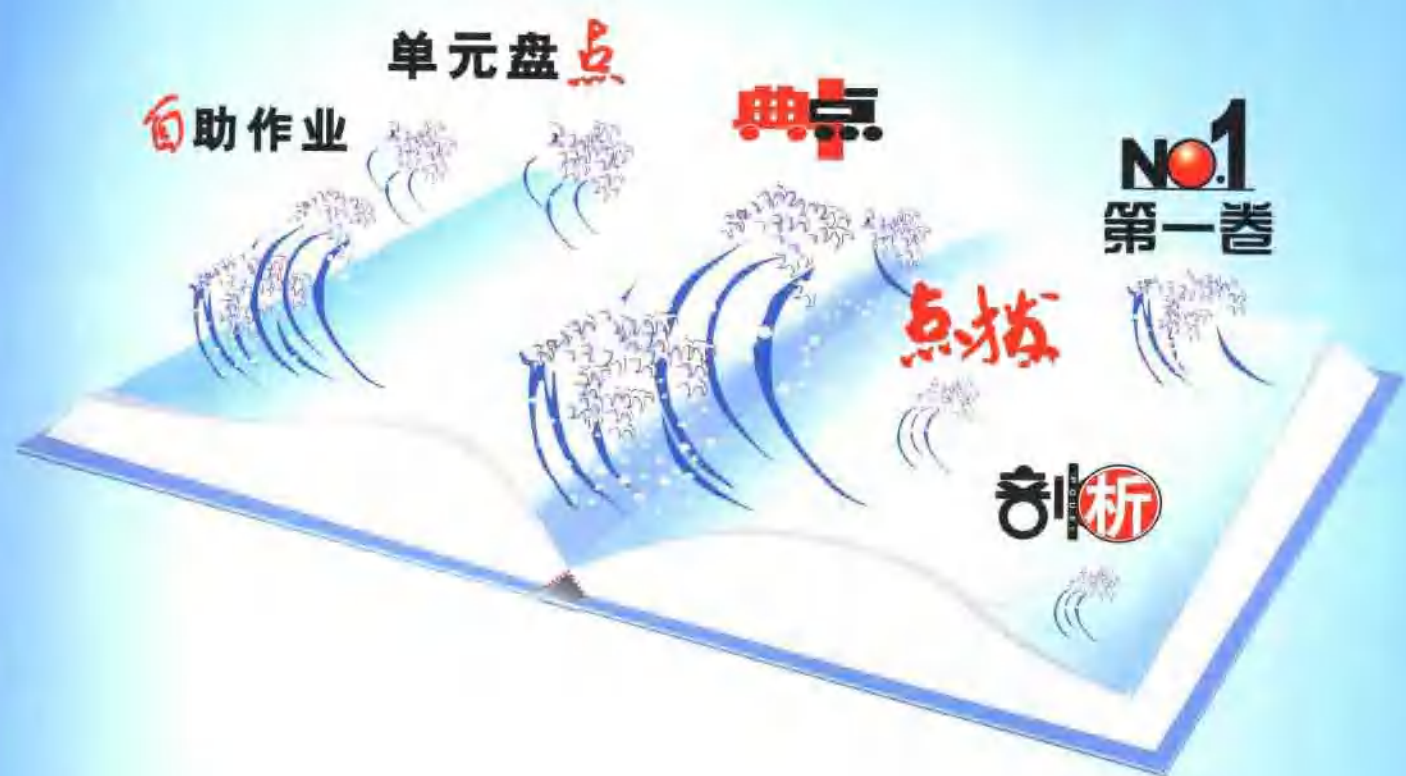
它焦急地哀求上帝：“请让我实现这个愿望吧，我等得太要绝望了。”另一粒雾听见了，同情地说：“这样求上帝是没用的，上帝可管不了那么多。还是靠近我吧，用你自己的力量。”于是这粒雾拥抱了那粒雾，这时它开始有下沉的感觉。它们下沉，下沉。又遇到了许多雾，它们亲热地拥抱在一起。

雾感到自己渐渐变大，一直向地面滑了下去。“叭嗒”，雾终于掉在了地上，溅成了幸福的泪花。

很多时候，我们的理想是要靠别人的帮助才能实现的，就看你有没有勇气去争取别人的力量。

有句古语：**智者，当借力而行。**





## 在知识的海洋里汲取智慧的浪花

见过一片海，  
用渊博的知识激荡起壮阔的海面；  
采过一丛花，  
因智慧的碰撞绽放开含蓄的花瓣；  
有过一个梦，  
决定从这里启程……

## 《点拨》特色

◆ 遵循课前预习——课堂学习——课后复习的教学步骤设计板块。宏观至微观地对每章、每课、每节进行讲解，观点与例证结合，真正做到让学生明白大纲要求学什么，自己应该学什么，重点怎么学，非重点怎么学，基础怎么打，能力怎么抓，知识怎么用，试题怎么答……总之，讲就讲到点上，学就学个通透。

◆ 信息含量高。透过一个知识点的讲解，可以延伸到知识背景、专题、特例、反例等等。多角度、全方位地诠释每一个知识点，所有需要辅助了解的信息，所有可能忽略的信息，所有可能被误导的信息，总之，所有可能均在讲解范围内。

◆ “点拨”到位。对每一个问题的讲解均做到有理论，有例证，有思路引导，有解题过程，有解题思路、技巧、方法的分析，此精神在答案中尤其得到贯彻。答案加“点拨”是荣老师的首创。

◆ 题型丰富，命题结构科学。分教材跟踪练习题及综合应用创新练习题。其中除常见题型之外，还有许多创新题型。

## 《点拨》新版丛书特写

点拨，取点准、点精、点透，拨开迷雾，开发智力潜能之义。“**点拨**”二字，由中国书法家协会主席沈鹏先生题写，他自然畅达、墨趣横生、气韵生动、意象联翩的创作笔法，淋漓尽致地诠释出了点拨一书的精神主旨。而《点拨》丛书编委会的老师也将荣德基老师独创的这一“点拨”理念贯彻至今，不曾有丝毫的松懈，可谓精益求精。也正因为如此，《点拨》才可以一直被读者朋友们奉为心目中的精品图书，这不只是对《点拨》的肯定，更是一种鼓励和鞭策。所以，读者朋友们每年如期看到《点拨》丛书在坚持它优良传统的同时，也在不断地看到它的改变……

### 《点拨》系列

#### 1. 点拨新课标各版本教材配套用书：

七年级至九年级，高中必修、选修用。

#### 2. 点拨高考用书

#### 3. 点拨中考用书：

新课标各版本，人教试验修订版。

#### 4. 点拨试验修订版教材配套用书：

高一、高二、高三用。

## 《点拨》丛书贯彻的荣德教辅策划理念

**点拨理念**——用易学、易掌握、易变通的方式，用妥帖、精辟的语言，深入浅出，使同学们在思维里顿悟，在理解中通透，在运用中熟练。

**创新理念**——深入挖掘贯彻同步辅助教学的两个概念：教材新知识学习同步和教材知识复习同步。

**精品理念**——精益求精，策划读者需要的、做最适合读者的精品图书。

**差距理念**——荣老师的独创，贯彻荣德教辅始终的OETC循环学习法的精髓。

**高考在平时理念**——在练习中融入对应本课（节）知识点的高考真题，培养高考应试能力。

感谢一直以来关心支持《点拨》丛书的老师、家长和同学们，是你们给了我们动力和灵感。因此，你们来信中的鼓励和建议都将在荣德教辅新书中找到影子，希望你们能仔细观察、认真使用，也在本书中找到您的汗水！

最后，祝老师和家长朋友们工作顺利、身体健康！

2006年2月

编委会祝福

# 震撼学生心灵的学习方法

## ◆ 撬动灵感的杠杆——荣德基老师创造CETC学习法灵感的由来

创造从学习开始。1997年两本书叫醒了荣老师沉睡的灵感神经，点亮了CETC循环学习法的灵魂之光。她们是《在北大等你》（光明日报出版社出版）和《等你在清华》（中国检察出版社出版）。

书中考入清华和北大的文、理科高考状元及优秀学生，用自己的切身经历，介绍了他们高效率的复习方式和独特的高考心态平衡法。摘录如下：

1. “我习惯于把每次测验中出现的错误记录下来，到下一次考试前翻过来看看，这样就不会重犯过去的错误。”

（熊远蔚，1996年广西文科高考第一名 北京大学经济学院）

3. “对高考来说，重视一道错题比你做一百道习题也许更为重要。”

（张磊，1996年河北文科高考第三名 北京大学经济学院）

4. “我高中三年的单元考和期末考的卷子以及高三的各种试卷基本上都保存着，在最后关头把它们拿出来看

看，主要是看其中的错题，分析一下错误原因，讨论一下正确做法，使我加深了印象，不让自己再犯相同的错误。”

（徐路威，1995年四川省理科高考第三名 北京大学生命科学学院）

7. “要重视自己的学习方法。在学习中，学习方法非常重要，两个智力和勤奋程度差不多的人，

方法好的可能会优秀很多。这里我只提供一个比较适用的方法：自己准备一个笔记本，把平时做题中出现的错误都整理上去，写上造成错误的原因和启示。如果你平时做题出错较多，比如一张练习卷要错五、六处或更多，抄错题恐怕得不偿失，这时你可以在试卷上把错题做上标记，在题目的旁边写上评析，然后把试卷保存好，每过一段时间，就把‘错题笔记’或标记错题的试卷翻着看一看，好处会很大。在看参考书时，也注意把精彩之处或做错的题目做上标记，这样以后你再看这本书时就有所侧重了，不必再整个看一遍。”

（魏少岩，1996年平时成绩优秀保送清华）

## ◆ 荣老师规律总结：

如何对待错误？考上清华、北大的同学们，都有一个错题记录本，关注做错的题，花精力复习做错的题！

2. “题不二错。我们班同学大都有一个错题本。通过分析错题，可以明白自己的弱点，更好地查缺补漏。同学们不妨一试。”

（聂楠，1995年北京文科高考第一名 北京大学经济学院）

## ◆ CETC的灵魂——差距

C—comprehension：听老师讲课，读教材，看教辅，不懂的地方——差距。（为什么不懂，有差距）

E—exercise：做练习题的错题——差距。（练习时为什么做错，有差距）

T—test：各种考试中做错的题——差距。（考试时为什么做错，有差距）

C—countermeasure：应对措施——消灭差距的方式方法。（再次做题时，保证题不二错）

锁定差距：C、E、T

缩小差距与消灭差距：C

CETC：锁定差距——缩小差距——消灭差距（这是CETC的目标和核心）

荣德基CETC循环学习法：CETC不停地循环——循环——再循环，差距在循环中锁定，在循环中缩小，在循环中消灭。

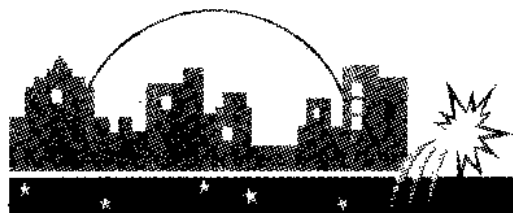
5. “我建议同学们能建立一个‘错题记录’，仔细分析原因，找出相应的知识点加以巩固强化，这样能避免重复犯同样的错误。”

（尹华，1997年山东省理工科高考第一名 清华大学化学系）

6. “一个很有效的方法就是做完题后写总结、感想，尤其是对那些想了半天没做出来的或者会做做错的题尤为重要。要把自己为什么不会做

或者为什么做错的原因记下来，这样才会有真正的收获，做题的意义也在于此。我自己就一直是这样做的，如果你翻看我做过的习题集或试卷，就会发现随处都是用红笔写的批注，我从中收获极大。”

（熊卓群，1997年保送清华大学经济管理学院 1997年北京理工科高考第七名）



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## Unit 13 Healthy eating

## I 课前准备导读

## 一、单元文化背景知识导读

If you're invited to an American friend's home for dinner, keep in mind these general rules for polite behavior. First of all, arrive approximately on time (but not early). Americans expect promptness. It's OK to be 10 or 15 minutes late but not 45 minutes late. Dinner might be overcooked and ruined by then. When you're invited to someone's home for a meal, it's polite to bring a small gift. Flowers or candles are always appropriate. If you have an attractive item made in your native country, your host and/or hostess would certainly enjoy receiving that as a gift.

如果你应邀去一位美国朋友家共进晚餐,你应该记住以下这些礼貌行事的常规。首先,按时到达(但不要早到)。美国人希望准时。晚10分钟或15分钟并不成问题,但不应迟到45分钟。因为到那时菜肴或许会因烹饪时间过长而失去应有的美味。你应约去别人家吃饭时,不妨带件小礼物以示礼貌。鲜花或糖果总是很相宜的。如果你带上自己国家的特产,你的主人肯定会高兴地收下这一礼物。

## 二、知识点精讲

## (一)生词

1. **fat** /fæt/ (1) *adj.* big, not thin 肥大的,肥胖的,在句中可作定语和表语。 eg: He is fat because he eats so much.

他很胖,因为吃得太多了。

She likes fat meat. 她喜欢吃肥肉。

注意:fat的比较级和最高级应双写最后一个字母,为fatter, fattest.

(2) *n.* animal and vegetable fats, when you are thinking of them as part of what a person eats 脂肪,既可以是可数名词,也可以是不可数名词。 eg:

This ham has too much fat on it. 这块火腿肥肉太多。

Sugars can be changed into fats. 糖可以变成脂肪。

2. **advise** /əd'vaɪz/ *vt.* tell sb. what you think one should do 建议,忠告,劝,常见用法如下:

(1) advise + doing sth.: 建议做什么 eg:

I advise waiting till six o'clock. 我建议等到六点。

(2) advise sb. to do sth.: 建议某人做某事 eg:

I advise you to leave now. 我建议你现在就离开。

(3) advise + that + sb + (should) do sth.: 建议做某事 eg:

I advise that you (should) do as he suggests.

我建议按他的提议做。

3. **junk** /dʒʌŋk/ *n.* (1) sth. that is considered useless or of little value 无用或无价值东西 eg: Throw away all that junk in your room. 扔掉你屋子中的所有废旧杂物。

(2) old or unwanted things that are sold cheaply 廉价出售的废旧杂物 eg: There is a big tree and beside it is a junk shop. 有一棵大树,大树旁边是一家旧杂货店。

## (二)词组

**junk food** 意为“不利于健康的小吃” eg:

Too much junk food is not good for our health.

过多的垃圾食品不利于我们的健康。

## (三)同近义词辨析

**contain** 与 **include**

这是一对近义词,都有“包括,容纳”之意,但 contain 的意思是“容纳,含有,装有”表示某物容纳比其小的物品在内;

include 的意思是“包含,包括”,强调“包括作为整体的一部分”。 eg:

This book contains all the information you need.

这本书里有你需要的所有信息。

The price doesn't include postage. 这价格不含邮资。

Please include me in your group. 请把我算在你们组内。

## (四)重难点句子分析

**Give reasons for your decisions.** 为你的决定提供理由。

**精讲:** (1) reason 用来表示某方面的原因时,后常用介词 for; 表示因为某种原因时用 for...reason. eg:

He didn't go to school for no reason.

莫名其妙地他没去上学。

These are our reasons for doing it.

这些就是我们干此事的原因。

(2) 在 reason 作主语的表语从句中,只能用 that 来引导,而不能因为 because, 而在 reason 作先行词的定语从句中,根据引导词在从句中的作用或所作成分,可以用 that, why 或 for which 来引导。 eg:

The reason for my absence was that I was ill.

我没来是因为我生病了。

The reason why we are late is that our car did not come.

我们迟到的原因是车没来。

## 三、课前准备针对性练习(15分,10分钟) (149)

(一)根据汉语提示完成句子(每小题1分,共5分)

1. Ice cream has a lot of \_\_\_\_\_ (脂肪) and sugar.

2. I think that vegetables are \_\_\_\_\_ (健康的) food.

3. \_\_\_\_\_ (维生素) are necessary for our body.

4. It's a waste of time and \_\_\_\_\_ (精力).

5. He had no \_\_\_\_\_ (选择) but to leave.

(二)单项选择(每小题2分,共10分)

1. Every person needs healthy food \_\_\_\_\_ some fat, fibre and a little salt.

A. gaining B. keeping C. containing D. including

2. You must be careful \_\_\_\_\_.

A. in future B. in the future

C. sometimes D. sometime

3. I'm \_\_\_\_\_ weight. The doctor has warned me to keep off sugar.

A. taking up B. putting on C. putting out D. taking off

4. —Do you know \_\_\_\_\_ he goes to school every day?

—Yes, I do, he goes to school by bus.

A. how B. when C. if D. that

5. The reason \_\_\_\_\_ many children have got bad teeth is \_\_\_\_\_ they eat too much sugar.

A. that; which B. that; why

C. that; because D. why; that

## II 听力导读

## 一、知识点精讲

## (一)生词

1. **stomach** /'stʌmək/ *n.* a place in the body where food goes when one eats it 胃,腹部 eg:

She has a pain in her stomach. 她胃(腹)痛。

Your food digests in your stomach. 你吃的食物在胃里消化。

The children were lying flat on their stomachs.

孩子们直挺挺地俯卧着。

2. **fever** /'fi:və/n. (1) an illness when you have a high temperature  
发烧, 发热

注意: 可作可数名词, 也可作不可数名词。 eg:

He has a fever. 他发烧。

My fever is gone, but I still have a cough.

我的烧已退了, 但还是有点咳嗽。

- (2) a highly excited state; great excitement 狂热, 激动 eg:  
They are in a fever of excitement. 他们十分兴奋。

### (二) 词组

1. **no wonder (that)...** 意思是“难怪……, ……不足为奇” eg:

—I got up late this morning. 今天早晨我起床晚了。

—No wonder you are late for school. 难怪你上学迟到了。

2. **take a look** 看一下 eg:

Let me take a look of your photos. 让我看一下你的照片。

### (三) 同近义词辨析

**hurt, injure** 与 **wound**

hurt 作及物动词, 指精神或肉体上的“创伤”、“伤害”, 作不及物动词, 意思是“疼痛”。 eg:

He hurt his leg when he fell. 他跌倒时伤了腿。

These new shoes hurt. 穿着这双新鞋脚有点痛。

injure 指身体机能, 外貌的伤害、损害, 意外事故造成的伤害。 eg: In this accident, many people were injured.

在这次事故中, 许多人受伤。

wound 可作及物动词或名词, 一般指战斗中的刀伤、枪伤。

eg: Ten soldiers were killed and thirty wounded.

10名士兵阵亡, 30名受伤。

The soldier received two wounds in the battle.

这位士兵在战斗中两处受伤。

### (四) 重难点句子分析

1. Listen to what happened to Mike and answer the questions below. 听一下迈克发生了什么事然后回答下列问题。

精讲: happen *vi.* (偶然) 发生, 碰巧 happen to sb. 发生在某人身上 happen to do sth. 碰巧做某事 It happened that... 碰巧…… eg: She happened to be there when he came back.

他回来时, 她碰巧在那儿。

It happened that his father was in the room.

他父亲碰巧在屋里。

2. What's wrong with Mike? 迈克怎么了?

精讲: 该句等同于 What has happened to...? 句式中的 wrong 可以换成 the matter 或 the trouble, 常与介词 with 连用 eg:

What's wrong with your bike? 你的自行车怎么了?

There is something wrong with that machine. 那机器有毛病。

3. Can you give Mike some advice? 你能给迈克提些建议吗?

精讲: advice 是不可数名词, 意思是“忠告, 劝告, 建议”, advice 和 weather, information, progress 等词一样, 没有复数形式, 也不能用不定冠词来修饰, 可以用 some, much, a piece of, pieces of 之类的词语来修饰 advice. 要表示“有关……的建议(忠告、劝告)”时, 用 advice 后接介词 on 加名词, 代词或疑问副词, 疑问代词引导的动词不定式。 eg:

Can you give me a piece of advice? 你能给我提个建议吗?

The professor gave us some good advice on how to learn English. 那位教授给我们的英语学习提供了一些很好的建议。

Patients should act on their doctors' advice.

病人应该按照医生的建议行事。

注意: advice 和 suggestion 的区别:

前者是不可数名词, 常指建议某人应该做什么或不应该做什么, 常用于以下句型:

give somebody advice on something 对……提出建议

act on sb.'s advice 照某人的建议行事

follow sb.'s advice 遵从某人的建议

give somebody advice on

{ how to do  
what to do 对某人做什么或  
怎么做提建议

suggestion 也可指“建议, 忠告”的意思, 但它是可数名词, 另外 suggestion 作名词还有“暗示”的意思, 常用于以下结构:

offer somebody a suggestion 向某人提出建议

advance a suggestion 提出建议

act on one's suggestion 依照某人的建议行事

两词在用法上的相同之处是, 如果后接同位语从句, 从句中的谓语动词多用原形, 也可由 should 加动词原形构成。 eg:

Does anyone have a suggestion how we should finish it?

谁有办法让我们能完成这项工作?

He gave me some advice that I should be a teacher.

他建议我应该当老师。

## 二、如何听的建议

本单元听力部分是母子之间和母子及医生三人之间的对话, 十分贴近日常生活。让学生真实感受用英语寻医问诊的环境, 了解如何向医生描述病情, 医生如何给出建议的语句。建议学生要有目的的去听, 并抓住重点, 在听之前, 先在同学之间展开讨论, 使对“寻医问诊”的话题有个初步了解, 并在语言上作一个“热身运动”。例如: 在进行听力练习前, 学生可以先讨论并说一说有关问医的用语, 并联想相关的词。 eg:

pain, hurt, There is something wrong with ..., What do you have for lunch?

然后再进行听力练习, 学生会很容易听出相关内容。

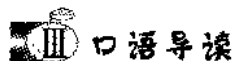
## 三、听力针对性练习(10分, 5分钟) (149)

### (一) 根据所听内容填空(每小题1分, 共4分)

1. Could you tell me how I can get to the \_\_\_\_\_?
2. Help yourself to some \_\_\_\_\_, please.
3. I usually have coffee and bread for my \_\_\_\_\_.
4. Mike ate too much and he has a \_\_\_\_\_.

### (二) 听下面这段材料, 回答第1~3题(每小题2分, 共6分)

1. What did the man do first yesterday afternoon?
  - A. He borrowed some books.
  - B. He read some magazines.
  - C. He went to a speech.
2. Where was the woman yesterday afternoon?
  - A. In the library.
  - B. In the lecture hall.
  - C. In the reading room.
3. How did the woman find the speeches?
  - A. Interesting and instructive.
  - B. Long and boring.
  - C. Short and easy to understand.



## 一、知识点精讲

### (一) 生词

1. **ripe** /raip/ *adj.* (1) (esp. of fruit and crops) fully grown and ready to be eaten (水果、谷物等) 成熟的 eg:

These apples are ripe and you may pick them.  
这些苹果熟了, 你可以摘了。

- (2) in a suitable condition (for something esp. a change or new development) (时机等) 成熟的; 为……做好准备 eg:

The land is ripe for growing crops. 这块地适于种庄稼。  
The time was ripe for a challenge to the opponent.

时机已经成熟,可以向对手提出挑战了。

(3) a very great age (指人)成年的;上年纪的 eg:

He lived to a ripe old age. 他活到很大年纪。

He is a person of ripe years. 他是个成年人。

2. **examine** /ɪg'zæmɪn/vt. (1) look at something or someone carefully 检查,细看 eg:

All the rooms will be examined.

所有的房间都将检查一遍。

I examined the window and found that it was locked.

我已看过窗户了,发现它上了锁。

(2) ask someone questions to find out what he knows or can do; test someone 对……进行考试;考试(学生等)

eg: The students will be examined in English.

学生们将考英语。

The teacher will examine the class on everything they have learnt this year. 教师要考学生今年学过的所有知识。

(3) ask questions in a court of law 查问,对……进行审查,调查 eg: He is examining a plan. 他正在审查一个计划。

The police examined him yesterday. 昨天警察查问他了。

3. **plenty** /'plenti/pron. a large number; as much as you need 丰富,大量,充足 eg:

He lives in plenty. 他生活富裕。

注意: plenty 可单独使用,也常与 of 连用,后接可数名词复数或不可数名词,另外 plenty of 只用于陈述句中,在疑问句中一般用 enough,在否定句中用 many 或 much。 eg:

There is plenty of time. 时间充裕的很。

There are plenty of eggs in the basket. 篮子里鸡蛋多得很。

4. **ought** /ɔ:t/ v. aux. to show some action would be right or sensible 应当,应该(显示所采取的行动正确或明智) eg:

You ought to read more books. 你应该多读书。

The old table ought to be thrown away.

这张旧桌子应该扔掉了。

## (二) 词组

**be careful with** 意思是“当心,小心” eg:

Be careful with your health. 注意你的健康。

He is always careful with his money. 他花钱很仔细。

注意: take care 也是“当心,小心”的意思, take care 的用法:

take care to do something 或 take care + that + 从句 eg:

Take care not to drop it. 当心别掉了。

Take care that the water is hot. 当心水是热的。

## (三) 同近义词辨析

### 1. pain 与 ache

pain 和 ache 都表示“疼”“痛”,但用法不同。

pain 痛苦;一般用语,指身心痛苦均可,既可以是可数名词,也可以是不可数名词。 eg:

Will you forgive me if I have given you pain?

如果我给你带来痛苦,你会原谅我吗?

I have a pain in my stomach. 我胃疼。

另外, pain 在作“辛劳”“努力”“功夫”等使用时,用其复数形式。 eg: She is at the pains of learning. 她学习刻苦。

Thank you very much for taking pains to help me.

十分感谢您不辞辛劳地帮助我。

pain 也可作动词使用,意思是“使(疼)痛”“使痛苦”。 eg:

She was pained to hear of his death. 听到他的死讯,她很痛苦。

ache 一般用作不及物动词,主要指身体某部位的隐痛。 eg:

His head aches. 他头疼。

ache 也可作名词使用,表示一种疼痛状态时,是不可数名词,且常和表示疼的部位的词连用。 eg:

Chocolate gives me toothache. 我吃了巧克力牙疼。

表示具体的某一次疼痛的发作时,[美]是可数名词,[英]是不可数名词。 eg: She often gets headaches. 她常常头疼。

或: She often gets headache. 她常常头疼。

### 2. advise 与 suggest

这两个动词都有“建议”的意思。

advise 常用于以下结构: advise doing, advise sb. to do sth.。另外, advise 后接 that 宾语从句时,宾语从句的谓语动词用 should 加动词原形构成, should 可省略,这一点和 suggest 用法相同。 eg:

I advise waiting till the proper time.

我建议等到适当的时机再行动。

She advised him to give up smoking but failed.

她劝他戒烟,但没有成功。

They advised that steps (should) be taken at once.

他们建议立即采取措施。

suggest 常用于以下结构: suggest + 名词/代词; suggest + doing; 另外 suggest 后也可接宾语从句,接宾语从句时,它的谓语动词用 should 加动词原形, should 可省略。 eg:

She suggested a new plan at the meeting yesterday.

在昨天的会议上,她提出了一个新计划。

He suggested going to see the doctor. 他提议去看医生。

It is suggested that the work (should) be finished as soon as possible. 有人建议那项工作要尽早完成。

注意:“建议某人做某事”不可用 suggest sb. to do sth., 但可用 advise sb. to do sth.。

当“suggest”作“暗示,说明”讲时,如果 suggest 后接的是宾语从句,从句中可以根据实际情况采用不同的时态。 eg:

The police suggested that the thief might be one of the family members. 警察提出窃贼可能是一名家庭成员。

Her yawn suggests that she is sleepy. 她打哈欠表明她困了。

### 3. a bit 与 a little

a bit 的意思是“一点儿”与 a little 同义,但二者用法有所区别:二者均可用作副词,修饰形容词或副词; a little 还可用作形容词,直接修饰不可数名词,但 a bit 只有后面加 of 时才可以修饰不可数名词。

not a bit = not at all = not in the least, 意为“一点儿也不”

not a little = very much, 意为“非常,很”。 eg:

Her letter excited me a little. 她的信让我有点兴奋。

He is a little better today. 他今天略有好转。

Your article is a bit long. 你的文章有点长。

There was a bit of water. 有一点水。

There was a little door. 有一扇小门。

He is not a little tired. 他非常累。

He is not a bit tired. 他一点也不累。

## (四) 重难点句子分析

### 1. You ought to be careful with fruit. 你吃水果时应小心。

精讲: ought to 的用法:

(1) ought 是情态动词,后跟不定式,表示“应当”“应该”或“本应该”,比 should 具有更强的责任、原则等意味。 eg:

You ought to come back tomorrow. 你应该明天回来。

He ought not to do it like this. 他不应这样做。

(2) ought 没有时态和人称变化,后跟完成时的不定式时,表示应该做而没有做的事,或不应该做而做了的事,表示不赞同或有责备之意。 eg:

You ought to have come yesterday. 你昨天就应该来。

You ought not to have left without locking the door.

你本不应该不锁门就出去。

### 2. It's nothing serious. 没什么要紧的。

精讲: 当形容词修饰 something, nothing, anything, every-

thing 等不定代词时,一般放在其后面。 eg:

I have something interesting to tell you.

我有些有趣的事情要告诉你。

There is nothing wrong with the recorder.

这台录音机没出任何毛病。

词组:have nothing do with 意为“与……无关”

have something to do with 意为“与……有关” eg:

Tom has nothing to do with the plan.

汤姆与那项计划无关。

His health has something to do with his eating habits.

他的健康与他的饮食习惯有关。

### 3. Lie down and let me examine you. 躺下,让我来给你做一下检查。

精讲:lie 作为不及物动词,有“躺着,平放”之意。 eg:

He lies on his back. 他仰卧着。

The book is lying on the table. 书放在桌上。

lie 作为不及物动词,还有“位于……”意思。 eg:

China lies in the east of Asia. 中国位于亚洲东部。

lie 作为不及物动词,还有“撒谎”的意思。 eg:

Facts never lie. 事实不会骗人。

注意:lie 作“躺着,平放,位于……”讲时,它的过去式、过去分词为:lay, lain. 作“撒谎”讲时,过去式、过去分词为:lied, lied.

## 二、交际用语讲解

本单元交际用语主要练习医院看病的常用语及提出建议和忠告的表达法。

### 1. 医院看病的交际用语:

医生常用语:

What can I do for you? 我能为你做些什么?

What's wrong? /What's the matter? /What's the trouble?

你什么地方不舒服?

Is there anything wrong with you? 你怎么了?

Lie down and let me examine you. 躺下,让我给你检查一下。

Does it hurt here? 这儿疼吗?

Take it easy. It's nothing serious. 别着急,没什么严重的。

Drink plenty of water and get some rest.

多喝水,休息休息。

You'd better have a good rest. 你最好好好休息一下。

Take this medicine three times a day. 这药一天服三次。

病人常用语:

I've got a pain here. 我这儿疼。

There is something wrong with my back/knee.

我的背/膝盖出了问题。

I don't feel well. 我感觉不舒服。

This place hurts. 这个地方疼。

I am coughing all the time. 我一直咳嗽。

I don't feel like eating anything. 我不想吃东西。

### 2. 提出建议和忠告的句型:

(1) I advise you (not) to do... 我建议你(不)做…… eg:

I advise you to drink plenty of water. 我建议你多喝水。

I advise you not to go there alone.

我建议你不要单独去那儿。

(2) Why not...? 为什么不……? eg:

Why not go to the cinema? 为什么不去看电影呢?

(3) You'd better... 你最好…… eg:

You'd better follow the doctor's advice.

你最好听从医生的建议。

(4) I suggest you should... 我建议你应该…… eg:

I suggest you should finish the work as soon as possible.

我建议你应该尽快完成这项工作。

(5) Why don't you...? 你为什么……? eg:

Why don't you go there by bus? 你为什么不去坐公车去那儿?

(6) I don't think you should... 我认为你不应该…… eg:

I don't think you should be late for school.

我认为你不应该上学迟到。

(7) If you follow my advice, you'll... 如果您听我的劝告,就……

eg: If you follow my advice, you'll finish your work on time.

如果你听我的劝告,就会按时完成工作。

## 三、口语针对性练习(15分,10分钟) (149)

(一) 单项选择(每小题1分,共5分)

- He \_\_\_\_\_ by a \_\_\_\_\_ stone.  
A. hurt; falling B. hurt; fallen  
C. was hurt; falling D. was hurt; fallen
- I advised that we \_\_\_\_\_ at seven o'clock.  
A. meets B. meet C. met D. meeting
- His English teacher gave him \_\_\_\_\_ how to improve his oral English.  
A. advice on B. some advice on  
C. advices on D. an advice on
- How soon can you finish this book?  
—I'm not sure. But I'll finish it \_\_\_\_\_.  
A. more or less B. sooner or later  
C. now and then D. by and by
- His pale face suggested that he \_\_\_\_\_ well.  
A. didn't feel B. feel  
C. felt D. doesn't feel

(二) 汉译英(每小题2分,共10分)

- 我中午吃的面条。
- 躺下,我给你检查一下。
- 我建议你以后不要吃的太多。
- 我的背部有些不太对劲,感到不舒服。
- 这药一天服两次。

## IV 阅读指导

### 一、知识点精讲

(一) 生词

- soft /soft/adj. (1) not hard; not firm 软的,硬度低的 eg:  
There is a soft chair in the room. 屋子里有一把软椅。  
Lead is one of the soft metals. 铅是一种低硬度的金属。  
(2) with no alcohol 不含酒精的 eg:  
Lemonade is a soft drink. 柠檬水是一种不含酒精的饮料。  
(3) gentle 温和的,温柔的 eg:  
She has a soft heart. 她心肠好。
- bar /bɑ:/n. (1) a piece of solid material 条,(长方形)块,棒,横木 eg:  
Please give me a bar of soap. 请给我一块肥皂。  
(2) a room in a hotel where drinks (esp. alcoholic) are served 酒吧 eg:  
He often goes to that bar. 他经常去那个酒吧。  
They walked into the bar. 他们走进了酒吧。
- fuel /'fju:əl/n. wood, coal, oil, etc. that you burn to make heat or power 燃料 eg:  
Coal, oil and gas are fuels. 煤炭,石油,天然气都是燃料。
- diet /'daɪət/n. (1) usual food 饮食,食物 eg:  
Every day his diet is very simple. 每天他的饮食很简单。  
(2) special programme of food for people who are ill, etc. 特种饮食 eg: She is on a special diet because she wants to

lose weight. 因为她想减肥,所以她吃特定的食物。

固定词组: on a diet 节食

5. **pace**/peɪs/(1)*n.* step 一步 **eg:**

He stands five steps behind me.

他站在我后面 5 步远的地方。

(2)*v.* to walk up and down in a small area many times, especially because one is feeling nervous or angry

来回踱步,走来走去 **eg:**

She paced up and down outside the room.

她在屋子外面来回走着。

6. **mineral**/'mɪnərəl/*n.* coal, tin, gold etc. that comes from under the ground 矿物,矿石,既可以是可数名词,也可以是不可数名词。 **eg:**

They found mineral deposits there. 他们在那里发现了矿藏。

Vitamins and minerals are very helpful for our health.

维生素和矿物质对我们的健康很有帮助。

在美国英语中 minerals 可指罐装或瓶装的矿泉水。 **eg:**

Soft drinks and minerals are sold here.

此处出售软饮料和矿泉水。

7. **balanced**/'bælənst/*v.* keeping or showing a balance so that different things or parts of sth. exist in equal or correct amounts 保持(或显示)平衡的 **eg:**

The programme presented a balanced view of the two sides of the conflict.

节目公平的反映了冲突双方的情况。

8. **fit**/fɪt/(1)*adj.* suited for 合适的 **eg:**

The food was not fit to eat. 这食物不适合吃。

The dried grain is fit to store. 干的谷物适合贮藏。

(2)*adj.* healthy 健康的 **eg:**

To keep fit is very important. 保持健康很重要。

(3)*vt.* be fit for; suit 适合于,合适 **eg:**

This coat doesn't suit me. 这件大衣我穿不合身。

(4)*vt.* put something into its place 使适合,安装 **eg:**

He fit a new door. 他安了一个新门。

9. **digest** /d(a)'dʒest/*v.* (1)change food into a state in which the body can use it 消化 **eg:**

The food will digest more quickly if you chew it well.

如果你把食物嚼碎一点,食物就能消化得更快。

Food is digested in the stomach. 食物在胃里消化。

(2)think something over until one understands it clearly; absorb mentally 彻底了解某事 **eg:**

With her help, he digested that book.

在她的帮助下,他弄懂了这本书。

10. **gain**/geɪn/*v.* (1)get something more; obtain sth. 增加,获得 **eg:** He gained ten kg in weight. 他体重增加 10 公斤。

(2)come to; reach; arrive at 抵达 **eg:**

She gained the top of the mountain. 她到达山顶。

(3)get as a profit 获益 **eg:**

He gained a lot from doing exercise.

他从锻炼中获益颇多。

(4)become better or greater; advance; increase or improve 改进,增进 **eg:**

His father gained day by day. 他父亲的病情日益好转。

11. **supplement**/'sʌplɪmənt/(1)*v.* add to or complete something with something else 增加或补充某事物 **eg:**

He supplements his income by working in the evenings.

他打夜工以增加收入。

(2)*n.* section of a book or magazine which gives further information of additional section added to a newspaper

(书、杂志等)补编,附录;(报纸)的增刊 **eg:**

The color supplements of the Sunday newspapers are attracting. 星期日报纸的彩色增刊很吸引人。

(二)词组

1. **keep up with** 该短语有以下几个意思:

(1)跟上;不落在……后面 **eg:**

John has to work hard to keep up with his classmates.

约翰得努力干才能跟上他的同学们。

(2)知悉,了解(最新发展等);跟上(形式等) **eg:**

The international situation changes so quickly that you can't keep up with it.

国际形势变化多端,你根本赶不上。

(3)保持与某人的联系;和……来往 **eg:**

He keeps up with many of his friends.

他和他的许多朋友有联系。

2. **make a choice** 意为“选择” **eg:**

It is hard for him to make a choice. 他很难做出选择。

3. **be good for** 意为“对……有益;值得,适于” **eg:**

The dictionary is good for your English study.

这本字典对你的英语学习有益。

Sunshine is good for your plants. 阳光对你的植物有好处。

用于其他词组:

(1)be good at 意为“擅长于,善于……” **eg:**

He is good at chemistry. 他擅长化学。

(2)be good with sb./sth. 意为“善于使用某物或善待某人”,

后常接表示工具、人或人体器官的词。 **eg:**

She understands children, so she is good with them.

她了解孩子,所以与他们相处得很好。

(3)It's no good doing sth. 做……没用。 **eg:**

It's no good talking to him. 同他谈没用。

(4)do good to 意为“对……有益” **eg:**

Milk does good to your health. 牛奶对你的健康有益。

(三)同近义词辨析

1. **too much** 与 **much too**

too much 可以单独使用,也可以修饰不可数名词,意思是“太多的,过分的”。而 much too 通常用来修饰形容词或副词, much 是用来加强 too 的语气。 **eg:**

The question is much too difficult for me to understand.

这个问题对我来说很难理解。

I think chocolate is junk food because it contains too much fat.

我认为巧克力是垃圾食品因为它含的脂肪太多了。

2. **keep doing sth.** 与 **keep on doing sth.**

(1)keep doing sth. 表示动作或状态的持续,意为“一直不断地做某事”。 **eg:**

He kept standing there for half an hour without moving.

他一动不动地在那里站了半小时。

(2)keep on doing sth. 表示动作的反复。 **eg:** He kept on

standing up in the class. 他在课堂上反复地站起来。

3. **amount**, **number** 与 **quantity**

这三个词都用来表数量,但用法不同:

(1)amount 后接不可数名词。 **eg:**

There is a large amount of work for us to do.

我们有大量的工作要做。

(2)number 后接可数名词复数。 **eg:**

He has made a large number of mistakes.

他犯了大量的错误。

(3)quantity 可以修饰可数名词,也可以修饰不可数名词,但这个名词只能是物。 **eg:**

We have a large quantity of apples. 我们有大量的苹果。

We have a large quantity of flour. 我们有大量的面粉。

#### 4. try to do 与 try doing

try to do 表示“努力或试图去做(某事)”, try doing 表示“试着做(某事)”。 eg:

He often tries his best to help his parents.  
他常常尽最大努力来帮助父母。

Try solving this problem in another way.  
试着用另一种方法来解决这个问题。

#### (四)重难点句子分析

##### 1. Choosing what to eat is no longer as easy as it once was.

选择吃什么已不再像以前那样容易。

**精讲:**(1) choosing what to eat 为动名词短语, 在句中作主语, 其中 what to 是“疑问词+不定式”的结构, 动名词在句中还可作宾语、表语和定语。 eg:

Seeing is believing. 眼见为实。

He likes playing football. 他喜欢踢足球。

Her job is looking after the patient. 她的工作是照顾病人。

There are many books on the writing desk.

书桌上有很多书。

##### (2) no longer 意为“不再”, 相当于 not...any longer. eg:

He is no longer a doctor. He is retired.

他不再当医生了, 他退休了。

He didn't smoke any longer. He gave it up.

他不再吸烟了, 他已戒烟了。

##### (3) once 作副词, 意为“曾经”, 在句中作状语。 eg:

Once they were friends. 他们曾经是朋友。

##### 2. Our eating habits have changed, as has our way of life, and the fuel we need for our body is also different.

我们的饮食习惯改变了, 我们的生活方式也改变了。我们身体所需要的养料也不同了。

**精讲:**句中 as has our way of life 是个倒装句(as 意为“也一样”, 相当于 and so), 相当于 and our way of life has changed too. 这种倒装为部分倒装, 即将谓语部分中的助动词提到主语前, 类似用法的词还有 so 和 neither。 eg:

He has finished his homework. So has she.

他已完成作业了, 她也完成了。

Jack didn't go there. Neither did his brother.

杰克没有去那儿, 他弟弟也没去。

as 的用法如下:

##### (1) 作连词, 意为“由于, 鉴于”, 引导原因状语从句。用来表示人们已经知道的或显而易见的原因或理由, 常位于句首。

eg: As she is kind, we all like her. 我们都喜欢她, 因为她善良。

##### (2) 作连词, 意为“像……一样”, 引导比较状语从句。 eg:

She is as white as snow. 她像雪一样白。

**注意:**在 as...as 的结构中, 第一个 as 是副词, 第二个 as 是连词; 否定句时可用 not so...as。 eg:

She doesn't sing so well as her sister. 她不如她姐姐唱得好。

##### (3) 作连词, 意为“按照, 如同”, 引导方式状语从句。 eg:

I have changed it as you suggested.

我已按你建议的那样改了。

##### (4) 作连词, 意为“当……时候”, 引导时间状语从句。 eg:

I read the letter as I walked along the river.

我一边沿着河走, 一边读这封信。

##### (5) 作连词, 意为“虽然, 尽管”, 引导让步状语从句。 eg:

Tired as they were, they walked on.

尽管很累, 他们还是继续走着。

(6) 作介词, 意为“作为”。 eg: The letter served him as a book marker. 他把这封信当书签用。

He works as a teacher. 他当老师。

##### 3. Stores offer all kinds of food and snacks and we have to make many choices.

商店供应各种各样的食品和点心, 我们得做出许多选择。

**精讲:**(1) offer 有“主动提出”, “提供”, “表示”等意思, 常指向某人提出(做)某事或者向他人提供工作、服务等。offer 后接名词性短语或不定式。 eg:

I offered him a glass of wine. 我敬了他一杯酒。

She offered to carry the box for her mother.

她提出要帮她母亲搬箱子。

He offered a toast to the health of us all.

他建议为我们大家的健康干杯。

All of them came to offer their congratulations.

他们都来表示祝贺了。

##### (2) offer 作及物动词使用时, 还有“出售, 出价”的意思。 eg:

We offered him the house for £1000.

我们要价 1000 英镑卖给他那幢房子。

**注意:**offer 后接价格表示主语是买方, 后接物品名词表示主语是卖方。 eg: We offered him £1000 for the house.

我们出价 1000 英镑向他买那幢房子。

##### 4. When we choose what to buy and eat, we had better think whether the food will give us the nutrients we need.

当我们选择该买什么吃时, 我们最好想想这些食品是否会给予我们所需要的营养。

**精讲:**(1) 句中 what to buy and eat 是“疑问词+动词不定式”结构, 在英语中很常见, 可用作主语、宾语等。 eg:

How to get there is still a question. 如何到达那里还是一个问题。

I really don't know what to do. 我真不知道该做什么。

##### (2) when 在这里是从属连词, 引导的是时间状语从句。值的注意的是 when 还可以作并列连词, 此时意为“这时候(突然)”。 eg: She was about to start when it began to rain.

她正要出发, 这时开始下雨了。

##### 5. Because we have so much to choose from, many companies and stores offer advice about what we should eat.

因为我们有这么多东西可以选择, 许多公司和商店对我们该吃什么提出建议。

**精讲:**to choose from 是后置定语, 修饰 so much, 构或动宾关系。choose 与 choose from 的用法是不同的, choose 意为“选中”“选出”; 而 choose from 意为“从……中选出”“从……中挑选”, from 后接选择的范围。 eg:

Will you help me choose a cap? 你帮我挑选一顶帽子好吗?

We choose Mike as our leader. 我们选择迈克当我们的领导。

There are ten to choose from. 有 10 个可供选择。

##### 6. It is probably better, however, if we spend our time and money in buying good food and keeping a balanced diet.

但是如果我们把时间和金钱花在购买健康食品和保持平衡饮食上, 这或许会更好。

**精讲:**(1) spend 的用法: 表示“花钱, 用钱”, 主语是人而不是物, 常用结构: spend sth. on sth.。 eg:

Tom spent ten cents on popcorn. 汤姆花了十美分买爆米花。

表示“花时间; 用完, 耗尽; 度过, 消磨时间”常用结构:

spend sth. on sth. 或 spend sth. in doing sth.。 eg:

He does not spend much time on his homework.

他在做作业上花不了多少时间。

He spent his whole life in looking after the poor.

他把他的一生都用来照顾穷人。

##### (2) 表示“花费”用法小结: ① cost 用于金钱、时间、精力或劳动

等,主语通常是事物,后面接的宾语是人。 eg:

This coat costs me 60 yuan. 这件上衣花费了我 60 元。

- ② It takes sb. some time to do sth. 某人做某事用了多长时间。 eg: It took us a week to finish the work. 完成这项工作花了我们一周的时间。

7. The same goes for "crash diets" that some companies say will make us lose weight fast.

某些公司推荐快速减肥用的“快速食疗”也是一样。

精讲: go for... 适用于, 应用于。 eg:

This report is badly done, and that goes for all the other work done in this office.

这份报告写得很差,办公室的其他工作也都一样。

8. Only in that way will we be ready for the challenges and opportunities in life.

只有这样,我们才会对生活中的挑战和机遇有充分的准备。

精讲: only 修饰状语或状语从句放在句首时,要用倒装语序,即将助动词 be, will, can 等放在主语前;如没有助动词,要加 does/did/do 等。 eg: Only by practising more can you improve your spoken English. 只有多练你才能提高你的口语。

注意: 当 only 修饰主语时不要倒装。 eg:

No one can help you. Only you can help yourself.

没有人能帮你,只能靠你自己。

## 二、阅读方法技巧指导

阅读方法技巧讲解:

下册各单元的阅读文章篇幅明显增长,显然同学们只采用略读、查读捕捉文章主要信息,根据上下文猜测词义的技能,远远达不到最佳的阅读效果,同学们在读到文章结尾时,忘记了前面的细节,或者因细节过多,很难读懂文章,从而把握不准文章的中心思想。为了达到对较长文章更好的理解,建议同学们着重培养自己归纳文章主题和段落大意的能力。同学们可以采用下面的阅读方法:

第一步快速略读全文,粗略掌握文章大意,对有标题的文章,首先解读文章标题,猜测意思,预测文章内容。第二步重新阅读文章,理顺文章脉络,归纳段落的主题并把各主题的语言联系起来,从中归纳出全篇文章的主题(作者的写作意图),然后进入答题阶段。

## 三、阅读典例

Beginning in October, more than 13,000 McDonald's restaurants in America will use a new variety of cooking oil. McDonald's aims to make its French fries and other fried food healthier.

The change will not affect the taste or the number of calories in the food. But by changing the cooking oil, McDonald's says, it hopes to cut by nearly half the amount of trans-fatty acids (转换脂肪酸) in French fries and reduce the amount of saturated fats (饱和脂肪) by 16 percent. Scientists believe that trans-fatty acids and saturated fats raise cholesterol (胆固醇) levels and increase the risk of heart disease.

Its new step is important because McDonald's is an industry leader and other fast-food chains and food processors may follow the lead.

For McDonald's, the action comes at a time when Americans are becoming more and more concerned about obesity (肥胖) and are increasing pressure on food companies to offer healthy and nutritious (有营养的) food to consumers.

1. More than 13,000 McDonald's restaurants in America will use a new kind of cooking oil to \_\_\_\_\_.

A. lower the costs of the products

B. make its food taste better than ever before

C. cure (治愈) the heart disease

D. do good to the health of consumers

2. When a new kind of cooking oil is used in McDonald's \_\_\_\_\_.

\_\_\_\_\_.

A. the prices of McDonald's foods will be a lot higher

B. consumers will find the taste of McDonald's food different

C. many other food companies will do what McDonald's does

D. obesity will disappear in American society sooner or later

3. The main idea of the passage is \_\_\_\_\_.

A. McDonald's is a pioneer in food products

B. McDonald's is enlarging its restaurants in the world

C. fried food can't keep up with the development of modern society

D. McDonald's is to use new cooking oil

整体把握: 本篇文章中首先说明一事实: 麦当劳将使用一种新的食用油,接着又说出了这么做的目的、意图,及这么做的重要意义,最后介绍了在何种情况下才这么做。

阅读题解答: 1. D 点拨: 第一段最后一句话“麦当劳的目的是为了使其炸薯条和其他油炸食品变得更有利于身体健康”得知应选 D 项。

2. C 点拨: 由第三段得知“麦当劳是快餐业的领路人,其他快餐连锁店,及食品制造商都会效仿它,故 C 项正确,而 A、B、D 项在原文中没有涉及。

3. D 点拨: 第一段的最后一句话说明了麦当劳店即将采用新型食用油,其目的是为了使油炸食品成为健康的食品,接下的内容都与使用新型食用油有关,放选 D 项。麦当劳是快餐行业的领路人,但这不是该文章的主要内容,B、C 项文章中并没有涉及。

## 四、类文阅读欣赏及练习 (10 分, 10 分钟) (149)

阅读理解(每小题 2 分,共 10 分)

### Food for tomorrow

Algae (水藻) are plants which have no roots or leaves. They grow in wet places. You may have seen algae on top of the water in a pond or lake. Algae will even grow in fish bowls. Most algae are green or blue-green, but some are red, brown or black.

Often, you buy algae at the chemist's shop, but you don't know it. Some kinds of algae are used in making ice cream, tooth-paste (牙膏) and medicine.

Algae don't look or taste good, but they are high in food value. Man is working to make algae taste better, then they can be used for food.

Tomorrow, more people will live in the world. They will need more food to eat. Algae are easy to grow. They may become an important food.

Algae can grow on spaceships. The men who go out into space may have their own algae gardens. Then they will not run out of food.

1. Some kinds of algae are used in \_\_\_\_\_.

A. making ice-cream, tooth-paste and medicine

B. curing all kinds of diseases

C. feeding fish

D. eating

2. Which of the following does the story lead you to believe?

A. The research on algae has not yet begun.

B. Algae grow in small places.

C. Algae may be green or red.

D. Algae are tasty, but poisonous.

3. Which of the following statements is true?

A. Algae are vegetables that have tasty roots.

B. Algae are plants invented by a certain chemist.

C. Algae are plants which have neither roots nor leaves.



- D. Algae are widely considered to be good medicine.
4. From the above we may infer that \_\_\_\_\_.
- A. man will never be able to take algae as food  
B. algae are the best food for people on spaceships  
C. man will live on algae instead of grain  
D. algae may help feed the people all over the world
5. The main idea of the passage is that \_\_\_\_\_.
- A. men in spaceships want to start growing algae by themselves  
B. algae can easily be dried and widely used  
C. algae are plants that may become important food  
D. scientists have food because algae grow much more quickly in space



## 综合技能导航

### 一、知识点精讲

#### (一) 生词

1. **brain**/breɪn/*n.* the part inside the head of a person or animal, which thinks and feels; centre of the nervous system; mind; intelligence 脑, 脑子; 头脑, 智慧(常用复数) eg:  
The brain is the organ of thought. 脑是思维的器官。  
I suppose he has more brains than any of us.  
我想他比我们任何人都更有头脑。
2. **sleepy**/'sli:pɪ/*adj.* tired, wanting to sleep 困的, 瞌睡的 eg:  
I am so sleepy that I can hardly keep my eyes open.  
我太困了, 眼睛都睁不开了。  
注意: sleepy 与 asleep 的区别: sleepy 既可作表语也可作定语, 而 asleep 只能作表语, sleepy 的意思是“困的, 瞌睡的”而 asleep 的意思是“睡着的, 熟睡的”。
3. **peel**/pi:l/(1)*n.* skin of fruit or vegetables(水果、蔬菜的)皮 eg: orange peel 橙子皮  
(2)*vt.* strip the skin from 削去(剥去)……的皮 eg:  
Please peel me an apple. 请替我削苹果的皮。  
(3)*vi.* lose the outer layer of skin; come off 脱皮, 脱落 eg: My back is peeling from sunburn. 我的背因晒伤而脱皮。  
The walls are peeling. 墙在剥落。
4. **tasty**/'teɪstɪ/*adj.* having a pleasant taste 美味的, 可口的 eg:  
The tender young shoots of bamboo are tasty.  
鲜嫩的竹笋美味可口。
5. **mushroom**/'mʌʃrʊm/*n.* fast growing fungus of which some kinds can be eaten 菌, 蘑菇 eg:  
He likes mushroom very much. 他非常喜欢吃蘑菇。
6. **steam**/sti:m/(1)*n.* water in the form of vapour 水蒸气; 热气 eg: Boiling water gives off steam. 开水冒热气。  
The train is driven by steam. 这列火车是由蒸汽推动的。  
(2)*v.* give out (off) steam 蒸发, 冒热气 eg:  
The train steams into the station. 火车喷着汽开进车站。  
(3)*v.* cook or soften by means of steam 蒸煮, 蒸软 eg:  
She is steaming fish for lunch. 她在为午饭蒸鱼。
7. **boil**/bɔɪl/(1)*vi.* (of a liquid or the vessel containing it) to reach the temperature at which liquid changes into gas 沸腾; (水)开; 滚 eg:  
Water boils at 100°C. 水在摄氏 100 度沸腾。  
(2)*vt.* cause (a liquid or the vessel containing it) to reach this temperature 煮(沸); 烧(开); 用开水煮 eg:  
She boiled two eggs hard. 她把两个鸡蛋煮老了。
8. **slice** /slaɪs/(1)*n.* thin, flat piece cut off something, esp. bread or meat 片, (尤指面包, 肉)薄片 eg:  
She usually has a slice of bread for breakfast.

她早饭经常吃一片面包。

(2)*v.* cut into slices 切成片切下 eg:

Please slice an apple. 请把苹果切成薄片。

9. **recipe**/'resɪpi/*n.* (1) directions for cooking a dish, food 食谱; 烹饪 eg: There are a lot of recipe books on the book shelf. 书架上有许多烹饪书。

(2) means or method to do or make something 方法, 秘诀

eg: What's your recipe for succeeding in learning English?  
你学好英语有什么窍门?

#### (二) 词组

1. **now and then** 意为“时而, 不时, 有时”同“now and again”的意思一样。 eg: I like to go to the cinema now and then.  
我喜欢时不时地去看电影。

2. **roll up** 意为“卷起来” eg:

He rolled up his sleeves. 他挽起袖子。

3. **be short of** 意为“缺乏, 不足” eg:

They are short of nothing but time and money.

他们不缺任何东西只缺时间和金钱。

They are short of hands. 他们缺少人手。

4. **cut...into pieces** 意为“把……切成碎片” eg:

Cut the meat into pieces. 把肉切成碎片。

#### (三) 同近义词辨析

##### sick 与 ill

这两个词都有“生病的”意思, 但二者又有区别:

(1) ill 作“生病的”讲时只作表语。 eg:

He was ill yesterday. 他昨天病了。

(2) ill 作定语时意为“不好的, 不祥的” eg:

He suffers from ill health. 他健康状况不佳。

(3) sick 既可作表语, 也可作定语。 eg:

He was late for school because he was sick.  
他迟到是因为生病了。

She is taking care of the sick child.

她在照顾那个生病的孩子。

(4) sick 还有“恶心, 想吐”的意思, 这时只能作表语。 eg:

The boy always feels sick when he travels by car.

那个男孩坐汽车旅行时总想吐。

#### (四) 重难点句子分析

1. **Even if we choose nutritious food for our main meals, we probably still need to refuel now and then.** 即使选择了营养价值较高的食物作为主食, 我们可能仍然需要不时地补充营养。

精讲: even if 意思是“即使, 虽然”, 同义词: “even though”, 用来引导让步状语从句, 且从句表示的情况往往是把握不大或假设的事情。 eg: I'll help you, even if I don't sleep for a night. 即使我一夜不睡觉, 也要帮助你。

Even though we had money, we wouldn't go abroad.

即使我们有钱, 我们也不会出国。

even if 或 even though 引导让步状语从句时, 如果从句主语与主句的主语一致, 且谓语含有动词 be, 可以省略主语和动词 be。 eg: He won't go to her home even though invited to.

即使受到邀请他也不会去她家。

2. **Most fruits are naturally sweet and we can eat them just the way they are—all we have to do is clean or peel them.**

大多数水果具有天然的甜味, 可以直接食用, 我们需要做的只是将它们洗干净或削皮。

精讲: (1) just the way they are 作状语, 修饰谓语动词。 eg:

Please leave the papers the way they are.

请把文件按原样放好。

(2) all we have to do is clean or peel them 为主语+系动词+表语结构, 在主语 all we have to do 中, all 的后面省略了关