



中等职业学校文化课教学用书·英语

英语 教学参考书

第2册

丛书主编 沈振骐
主 编 叶连青



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内 容 简 介

本书是与中等职业学校文化课教学用书《英语(第2册)》相配套的教学用书。

本书内容包括教学难点解释、练习答案,此外,还分步对各部分教学内容的课堂处理提出了建议。

本书可作为中等职业学校英语课程的教师参考用书。

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编者的话

教育部《关于全面推进素质教育,深化中等职业教育教学改革的意见》是我们编写这套教材的指导思想。教育部又确定,今后一个时期教育工作的重点,是把建立新的课程和教材体系作为推动教育改革创新,全面实施素质教育的重要一环。在这样的形势下,中等职业教育英语教材的编写不仅是全面实施素质教育的需要,更是适应课程改革,落实课程标准精神,推动教育改革创新的具体措施。

基于中等职业学校“以就业为导向,以服务为宗旨,以能力为本位”的指导思想,本教材充分考虑到了学生知识基础和能力水平的实际,使学生在教师的指导和启发下,逐步提高自己探究知识的能力、获取知识的能力和自主学习的能力,形成一定的学习策略,为自己今后的不断学习和全面发展奠定良好的基础。

这套教材每个单元包括 Goals, Warming-up, Listening, Speaking, Reading, Writing, Grammar 七个部分,分别按照热身、听力练习、口头表达、阅读练习、写作练习和语法结构学习等模块来安排,突出体现了以任务式教学为模式的教学策略,让学生在每个模块的内容中得到学习和训练。

这套教师用书为广大教师在教学中提供了参考,教师在使用中可根据具体情况选用或改进。

本套教材由江苏省常州市沈振骐担任丛书主编,江苏省南京市吴晓红和陕西省西安市叶连青分别担任第1册和第2册的主编。南京的赵红珍、徐菁、吴晓红、沈育红、徐萍、杜华玉,北京的李战宏,湖南的徐立新、董淑琴,以及常州的沈振骐参加了第1册的编写;陕西的冯洪浪、叶连青、李春侠、李明,福州的许居莹和常州

的沈振骐参加了第2册的编写。

由于时间仓促和水平有限,书中难免仓有不当之处,恳请广大读者提出宝贵意见。

编 者

2006年8月



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Unit 1 Health

Goals



1. Learn to express viewpoints on fitness.
2. Learn to write Sick Leave.
3. Review and have a clear idea of grammar; the Adverbial Clauses.



WARMING-UP

Teaching Suggestions:

- Step 1** Ask students to do some exercises before or in class.
Step 2 Introduce briefly several secrets of keeping fit according to the pictures.
Step 3 Ask students to discuss, and the answers may be various.



LISTENING

Practice One

Dialogue

Listening Text:

- Susan: What sports did you like when you were at middle school?
Tim: I liked table tennis and swimming.
Susan: Were you a good ping-pong player?
Tim: Yes, I was quite good at it.
Susan: Were you on the school team?
Tim: No, I wasn't on the ping-pong team, but I was a member of the school swimming team.
Susan: I see. Do you often go swimming now?
Tim: I seldom go swimming now and I don't play table tennis any more.
Susan: What sports do you play now then?
Tim: I do some running every day.
Susan: Why do you like to run?
Tim: I like to run because I want to lose weight.
Susan: Don't you think it's boring?
Tim: No, I don't think so.

Suggested Key:

1. F 2. T 3. T 4. F 5. T 6. T 7. F



Practice Two

Spot Dictation

Listening Text and Suggested Key:

I am a student and I'm tall and thin, but I'm pretty healthy. I exercise every day, usually when I come home from school. And my eating habits are pretty good. I try to eat a lot of vegetables, usually ten to eleven times a week. I eat fruit every day and I drink milk every day. Of course, I love junk food too, but I try to eat it only once a week. Oh, and I sleep nine hours every night. So you see, I look after my health well. And my healthy lifestyle helps me get good grades. Good food and exercise help me to study better.



Goal: Learn to discuss and express about losing weight.

Teaching Suggestions: Pair Work

- Step 1** Ask students to take pair work and to discuss about losing weight with the given patterns.
- Step 2** Choose several students to express their discussion to the whole class.
- Step 3** Point out the possible mistakes from students.

Suggested Key:

- A: You are in excellent shape. What's your secret for this?
- B: I've been working out every day.
- A: No wonder! How do you make it?
- B: Every morning I go jogging about half an hour and do such sports as basketball, football and table tennis in the afternoon.
- A: I'm afraid I'm putting on weight. Can you give me some tips to keep fit?
- B: The best way to keep fit is to go in for sports. If you do exercise every day, you can keep your heart and lung in good shape.
- A: OK. I really need to lose weight. I decide to take an active part in physical training from now on. Let's go out for some exercises.
- B: That's a good idea.



How to Keep Fit

Detailed Study of the Reading:

- You've been working out regularly for quite a while, but you are nowhere near your fitness goals. 你经常做健身运动已有相当长一段时间了,但是你的健身目标仍然遥不可及。

work out 在这里意为“做大运动量的锻炼”。

nowhere near 远远不,远不及

goal *n.* 目的;目标;目的地

set a goal 定出目标

achieve a goal 达到目的 realize a goal 实现目的

reach a goal 到达目的地 the goal of reform 改革的目标
- Do not think of fitness as something mysterious that you do with your body. 不要把健身看成你对自己的身体所做的一种诡秘的事情。

① think of...as ... 把……看做……

She thought of the dog as a member of her family. 她把狗看做她家中的一个成员。

② do with 对待;处置;利用

What are you going to do with your car? 你想把你的车怎么处理?

Tell me what you have done with my computer. 告诉我,你用我的电脑做了什么。
- Define your goals whether it is to lose fat or gain muscle. 明确目标是要减去脂肪,还是增加肌肉。

define *vt.* 给……下定义;解释;阐明

It's hard to define exactly what has changed. 很难解释清楚到底发生了什么变化。

define...as... 把……定义为……

be defined by...as... 由……定义为……
- Knowing where you are going makes it easier to take the right steps. 目标明确有利于你采取正确的步骤。



在这里动名词短语 knowing where you are going 为主语, it 为形式宾语, to take the right steps 为真实宾语。

take steps to do sth. 采取步骤达到某目的

5. Don't try to change your basic shape but work toward a goal that you can achieve with your body. 不要试图改变自己的基本体型, 而要朝自己能够达到的目标努力。

① achieve v. 获得; 达到; 做成; 实现; 完成

achieve success 获得成功 achieve an end 达到目的

He will achieve nothing if he doesn't work hard. 他要是努力, 将一事无成。

② try 后可接不定式, 也可接动名词, 但意思不同。

try to do sth. 尽力干某事

I'll try to come here on time. 我尽量按时到。

try doing sth. 试着做某事

She asked me to try repairing the washing machine.

她让我试着修理一下那台洗衣机。

6. If you always overeat late at night, try going to a late-night movie to get your mind off food. 如果你总是晚上很晚还吃得很多, 那就试试去看夜场电影以打消吃东西的念头。

to get one's mind off... 丢掉……的念头

7. If you tend to give up your efforts on weekends, plan some fun exercises with friends to achieve your goal. 如果你到了周末想要放弃努力, 则可以安排一些有趣的活动和朋友一起进行锻炼来达到目标。

tend to do sth. 往往, 容易……, 常常……

I tend to go to bed earlier during the winter. 在冬季我往往睡得较早。

Women tend to live longer than men. 女人一般比男人长寿。

8. Get your whole group involved in healthy activities and reasonable diet.

让你们整个小组都参加到健身活动和合理饮食中来。

involve v. 包括; 包含; 牵涉; 牵连

The strike involved many people. 许多人参加了罢工。

get sb. involved in... 把某人牵涉到……中去

Don't get me involved in your business. 不要把我拉进你们的矛盾中

be/get involved in sth. /with sb. 与……有关

They are involved in disaster. 他们遇到了灾难。



Suggested Key to Comprehension Exercises:

1. A 2. C 3. C 4. B 5. B

Supplementary Reading

How to Overcome Your Shyness

Detailed Study of the Supplementary Reading:

1. Shy people are anxious and self-conscious, that is to say, they are excessively concerned with their own appearance and actions. 羞涩的人焦虑不安, 并有较强的自我意识, 也就是说, 他们过分关注自己的外表和举止。
be concerned with ... 关心; 担心
You aren't concerned with this matter. 这事你不用管。
2. It's clear that, while self-awareness is a healthy quality, overdoing it is harmful.
虽然有自知之明是一种健康的品质, 但是, 过分注重自我显然是有害无益的。
在这个句子中, 句首的 it 为形式主语, that 引导的为宾语从句, while 引导的是主语从句中的让步状语从句。
3. at least 至少
4. make a comment on / about 对……作出评论
He didn't make any comments on the company.
他没有对这家公司作任何评论。
5. Avoid describing yourself as stupid, ugly or failed.
千万不要认为自己很蠢, 很丑陋, 或者是一个失败者。
① avoid v. 防止, 避免
该词后须接名词或动名词做宾语, 不能用不定式做宾语。
They avoided answering the questions. 他们避而不答。
② describe... as... 把……评为……, 称……为……
He describes himself as a doctor. 他自称是医生。
6. Do not interpret it as a personal attack. 不要把它(批评)理解为人身攻击。
interpret... as... 把……理解为……