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同步教材 全解全析

# 重点 黄冈中学 名师解读

◎ 黄冈中学信息交流中心 编 ◎

## 英语

[高一 下册]



English English English  
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华文出版社



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## 《黄冈重点中学作业本》

- ▲ **创新性** 《课程标准》强调：“学生是学习和发展的主人。”丛书紧扣这一理念，知识与能力同步，过程与方法并行。【能力提升】、【探究学习】的设计，着眼于创新意识和合作意识的培养，分层次设计题目，不但让你练，而且能手把手地辅导你练。
- ▲ **人文性** 题目设计、栏目设计、版式设计透出强烈的人文情怀，注重同学们在学习过程中的情感体验和情感熏陶，“知”“情”统一。
- ▲ **实用性** 丛书设计【要点扫描】、【典型例题】、【基础训练】、【能力提升】、【探究学习】、【高考在线】确保覆盖100%知识点。既便于个人自主学习使用，又有利于集体练习或考试使用。
- ▲ **优化性** 从丛书每一页加教材、材料新颖，趣味性强”等原则，精编精选，力争取得“以一当十”之效。
- ▲ **权威性** 丛书的编者都是来自教学一线的特、高级教师，他们都是省市学科带头人，具有丰富的教学经验和先进的教学理念。



## 《黄冈重点中学信息优化卷》



出版时间：2007年3月

本卷为汇集各地最新高考命题信息的综合卷，由北京四中、黄冈中学、东北师大附中、郑州一中、江苏启东中学、南京师大附中等名校名师依据高考复习最新成果精心编写，百余套试卷，千余条各考经验总结，代表了名校名区高考复习的最新成果。

## 《2007 高考领航卷》



出版时间：2007年4月

本卷根据《考试大纲》的最新变化采集试题，岁岁更新，年年畅销。由北京、黄冈名师主笔，全国著名重点高中联合教研组编审，编写精心，预测准确，原创题比率高达90%以上。以其对所考透彻详实的诠释，成为广大考生全面把握高考之必备。

## 《黄冈重点中学高考6+4 终极冲刺卷》



出版时间：2007年5月

本套试卷由权威专家、名校名师策划编写，网络各地最新的高考信息和考情动向，针对各地命题及特点进行总结，直击考点。6套全真模拟试题完全体现2007年高考最新说明要求，覆盖全部知识考点和最新题型，提前发现薄弱环节，弥补缺陷。4套全真冲刺卷针对2007年高考考向把握与押题冲刺最后一搏！卷内增设“测试报告”，测评题型难度度，新热点及解决方法。答案部分详尽灵活，链接知识面广，引导读者在把握高考方向的同时拓展思维。

## 《高考模拟试题汇编》



出版时间：2007年6月

全国高考试题全攻略  
2007年畅销模拟试题汇编  
专家详解答案  
网上名师点拨

## 《黄冈重点中学高考总复习》(第一轮)



- 三大特点 彰显特色**
- ▲ 一、通过使用本套丛书广大的学生能深入理解考纲、考点；
  - ▲ 二、《黄冈重点中学高考总复习》使用全面、系统、科学的编制方法，能紧贴近高考试题；
  - ▲ 三、通过举一反三、分层训练、解析的方式为学生全面深刻剖析考点。

# 前言

日前,我国基础教育事业正在经历着一次深刻的变革,教学中《新课程标准》的实施不断深化,高考各省单独命题工作也正如如火如荼地展开。这次变革的核心,对于教师来说,就是改变角色定位;对于学生来说,就是变革学习方式。黄冈中学作为全国基础教育名校,锻造了一批在湖北享有盛誉的名师。在这场变革中,他们全新的教育理念,独到的教学风格与艺术,以及丰硕的教学成果,使他们成为当仁不让的领跑者。为了将改革进一步深化,把黄冈中学最新的教改经验提供给广大师生参考,本中心特组织众多专家精心编写了这套与最新修订版教材同步的新型教学辅导丛书。

《黄冈中学名师解读》系列丛书体现了近几年黄冈中学教学科研的最新成果,还融入了高考的最新特点。从书遵循教、学、练、考的整体原则,在对新教材进行权威而透彻的解读和夯实基础、发展综合创新能力的过程中,彰显学生在学习过程中的主体地位,这也正是黄冈名师的匠心所在。本书整体设计如下:

## 自主学习目标

依据国家《英语课程标准》提出的总体要求——培养学生的综合语言运用能力的要求,展现每个单元的语言知识目标和语言技能目标,用表格的形式概括本单元要点,使学生对本单元知识的学习做到心中有数。

## 知识点数

这是对教材重难点知识的精讲精析,对每单元所涉及的生词、短语、句子、词语辨析等重要知识点进行详细的分析和讲解,并提供典型例句,帮助学生有效地进行知识积累,为学生落实学习任务提供了广阔的平台。

## 单元热点语法

对本单元的重要语法进行讲解、归纳和梳理,引导学生理解并掌握所学语法结构,帮助学生形成清晰的语法知识框架,增强语感,全面提高语言综合运用能力。

## 易错点辨析

学生在本单元学习、应试中容易混淆的知识点进行归纳,并有针对性地提出解决这些错误的方法和措施,提高分析和解决问题的能力。

## 分级训练

这是最基本的测试,这是夯实巩固基础知识,提升基本能力的基地,从汉英翻译、句型转换、介词、副词填空、短文填空等方面,加强对课文基础内容的巩固与训练,及时有效的检测出学生知识上的漏洞。

## 听力时空

听力是高考的难点及容易失分的考点之一,本栏目选择了与本单元的语法、话题及口语交际相关的听力材料,采用高考题型,有助于学生在同步学习时加强有针对性的听力训练,提高听力技巧。

## 阅读冲浪

阅读理解是高考英语的难点和失分点,本栏目选择了与本单元话题相关的阅读材料,采用高考常考题型,有助于学生在同步学习时加强有针对性的阅读训练,提高阅读能力。

## 写作步行街

这里既是写作的魔法训练场,又是智慧的墓守堂,本栏目结合本单元写作技能的训练要点,讲述关于写作技能的有关知识,配有热点题目的写作指导和黄冈名师的精彩点评。

## 能力提升

这是黄冈中学一线教师智慧的结晶,测试题都具有代表性和典型性,涵盖了本单元的知识要点,有层次,有梯度地检测所学知识。

## 课外拓展

这是从英语语言宝库中撷取的优秀片段,结合每单元的语点,提供了丰富的相关背景知识,旨在帮助学生了解世界和中西方文化的差异,拓展视野,陶冶情操,丰富生活经历,提高人文修养。

“为社会承担责任,为学生实现价值。”这是《黄冈中学名师解读》的宗旨。我们衷心地希望《黄冈中学名师解读》能够成为你的良师益友。在编写与出版过程中,我们本着对教育负责,对学生负责的态度,题题推敲,层层把关。当然,书中也难免存在疏漏之处,恳请读者批评指正,以便我们及时修订。

# 历届党和国家领导人为黄冈中学题词

正不命真拿遠證敢勤訓聖  
 向勤植士志將政而敢足取必  
 楚分探訓其業實久成數吸必  
 農學璋勤勤識言彭於難社中  
 於津取荷勤知虛益延因公社中  
 本雷王米身得非洋給服園獻之  
 勢向如負其農學相總免華獻  
 為湖以省黃岡中學  
 五級博有八級進氣生  
 一九九六年八月

为人师表  
 育索栽桃  
 为湖北黄冈中学九十年华诞  
 李鹏  
 一九九六年八月

李鹏为我校的题词

李鹏为我校的题词

教育为振兴  
 中华之本  
 题赠湖北黄冈中学  
 李岚清  
 一九九六年八月

李岚清为我校的题词

深化教育改革  
 创建一流学校  
 刘华清  
 一九九六年八月

刘华清为我校的题词

## 湖北黄冈中学简介

黄冈中学是基础教育的全国名校，湖北省省级重点中学。地处鄂东名城黄冈市，这里曾产生过毕昇、李时珍、熊十力、闻一多、李四光、陈潭秋、包惠僧、董必武、李先念等诸多名人。黄冈中学创建于1904年，文化底蕴深厚，现在黄冈中学在岗教职工310余人，两人名列“湖北省十大名师”，陈鼎常校长和龚霞玲老师同时为十届全国人大代表；3人为享受国务院政府特殊津贴的专家，10人为省部级专家，先后评选出28位特级教师，现在岗的特级教师有14人，高级教师113人。

“惟楚有才，鄂东为最”，黄冈中学，人杰地灵，英才辈出。初创时期，前国家代主席董必武曾在此执教并任校董事。一百多年来，黄冈中学造就了四万余名优秀毕业生，其中有为国家民族抛洒热血的詹大悲、董毓华等革命志士，有著名文艺理论批评家胡风等文化名人，有第二届中国长江学者成就奖一等奖唯一获得者舒德干教授等科学家，还有在亚运会上一举夺得4枚金牌的体育健将邱波等。改革开放以来，黄冈中学高考一直保持98%以上的升学率和75%左右的重点大学的录取率，多次夺得全省文理科状元，先后有近500名学生被保送到北京大学和清华大学等著名大学深造；数理化学科竞赛成绩始终居全省首位，共获省级以上奖励3000余人次，获国家级奖励2000余人次。学生邱波、林强、库超、王崧、倪忆、王新元、傅丹、袁新意、高俊、袁鹏辉、杨诗武、张涛、殷杰、王星洋等在国际竞赛中共获得21枚奖牌。2006年4月，高三理科实验班王星泽同学参加第七届亚洲物理奥林匹克竞赛，以理论成绩第一、总分第二的优异成绩荣获金牌。7月代表中国参加第三十七届国际物理奥林匹克竞赛，再夺一金！学校被誉为“孕育英才的基地”、“培养国手的摇篮”。

1986年以后，学校先后荣获“全国教育系统先进集体”、“全国德育先进学校”、“全国贯彻学校体育工作条例优秀学校”、“全国学校民主管理先进单位”等20块国家级奖匾，四年间两次获得“全国精神文明建设先进单位”，是“全国科技教育活动示范基地”、“湖北省普通中学示范学校”、“湖北省教育学科实验学校”、“湖北省最佳文明单位”、“黄冈市社会主义精神文明建设红旗单位”，被树为“湖北省普通中学的一面旗帜”。李鹏、李瑞环、刘华清、李岚清、宋平等10余位时任党和国家领导人曾亲临学校视察或给学校题词，称赞黄冈中学“为人师表，育李栽桃”，是“办学楷模”，勉励黄冈中学“发扬优良传统，再创世纪辉煌”。如今，在以陈鼎常校长为核心的校领导集体的带领下，全校师生为把黄冈中学建设成为国内领先、国际知名的国家级示范高中而努力奋斗！







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# Unit 13 Healthy eating



## 自主学习目标



学习心得

类别	课程标准要求掌握的项目	
话题	1. Talking about healthy food and junk food 2. Talking about eating habits and health	
重点单词	fit[fi:t] <i>adj.</i> 健康的; 适合的 fat[fa:t] <i>n.</i> 脂肪 ripe[raip] <i>adj.</i> 熟的; 成熟的 examine[ig'zæmin] <i>v.</i> 检查 plenty['plenti] <i>n.</i> 充足; 大量; 富裕 soft[soft] <i>adj.</i> 不含酒精的 diet['daɪət] <i>n.</i> 日常饮食	function[ˈfʌŋkʃn] <i>v.</i> 起作用; 运转 <i>n.</i> 功能; 作用 fibre[ˈfaɪbə] <i>n.</i> 纤维; 纤维制品 digest[dɪ(ə)'dʒest] <i>v.</i> 消化(食物); 领会 gain[geɪn] <i>v.</i> 增加; 获得 sleepy[ˈsli:pɪ] <i>adj.</i> 瞌睡的; 困乏的 tasty[ˈteɪsɪ] <i>adj.</i> 好吃的; 可口的
重点短语	ought to 应当; 应该 plenty of 许多; 大量的 keep up with 跟上 make a choice 做出选择 now and then 时而; 不时; 偶尔 be good for 对……有好处	such as 正如; 像 base on 以……为基础 lose weight 减轻体重 instead of 不管; 不顾 keep fit 保持健康
实际用语	<b>看病(Seeing a doctor)</b> I've got a pain here.                      This place hurts.                      I don't feel well. Let me have a look.                      Where does it hurt? There's something wrong with my back/my knee/my arm. Drink plenty of water and get some rest. <b>提出建议和忠告(Giving advice and making suggestions)</b> I advise you to...                      You'd better...                      I think you should...                      Why not...? I suggest you should...                      Why don't you...?	
语法	学习情态动词 had better, should, ought to 的用法	



## 知识要点

### 重点词汇和短语讲解

#### 1. advise v. 劝告; 忠告; 提建议 cf. advice n. [U]

The doctor advised me to take more exercise.

医生建议我多做运动。

Can you advise me where to live?

你能建议我该住在哪儿吗?

He advised walking there.

他建议步行到那儿。

Useful Patterns: 有用的句型;

to advise someone; to advise someone to do something; to advise someone that they should do something; to advise someone how, where, when... etc.

#### 2. contain v. 包含; 含有(某物)(本身含有)

#### include v. 包括; 包含(包括在内)

The bottle contains enough water for all of us.

这瓶子里有足够的水给我们大家喝。

Is service included in the bill?

账单中包括服务费吗?

#### 3. hurt v. 伤害; 疼

I fell over and hurt myself.

我跌倒时摔伤了。

She hurt her leg when she fell.

她跌倒时伤了腿。

当谈到对身体的伤害时, 比较一下 wound, injure 和 hurt 的用法: 受到枪、剑、刀的攻击而负伤可以用 wound; 用其他任何武器致伤可以用 injure; 用 wound 和 injure 比用 hurt 严重。

#### 4. fat adj. big, not thin 肥胖的/n. 脂肪, 油脂

(1) fat 作形容词, 在句中常作定语和表语, 比较级、最高级为 fatter, fattest.

My grandfather doesn't like fat meat.



学习心得

我爷爷不喜欢吃肥肉。

He is getting fat.

他在变胖。

- (2) { fat 作为名词讲, 既可作可数, 也可作不可数。  
意为“脂肪、油脂”

{ fatness 也为名词, 意为“肥胖”

Junk food contains lots of fat and sugar.

垃圾食品含有很多脂肪和糖。

Sugars can be changed into fat.

糖可以转化为脂肪。

His fatness made him uncomfortable.

肥胖令他自己很不自在。

5. ripe *adj.* be ready for picking and eating 成熟的

The crops are ripe in autumn. 玉米秋天成熟。

Soon ripe, soon rotten. 早熟则早老。

ripe 的反义词有: raw, green, unripe

常见词组有:

be ripe for... 成熟的时机成熟

ripe lips 红润的嘴唇

ripe beauty 成年的美丽女子

6. examine *vt.* 检查, 细看, 对... 进行询问、审查

The doctor examined me carefully.

医生仔细地给我做了检查。

Teacher will examine us in English.

老师将考我们的英语。

He was examined by the policeman.

他被警察询问了。

examination *n.* 考试

7. diet *n.* 饮食, 食物 *vt.* 规定或限制饮食

We should keep a balanced diet.

我们应该保持平衡饮食。

Sheep have a diet of grass. 羊的食物是草。

I am too fat, so I have to diet myself.

因为我太胖了, 所以不得不节食。

常见词组:

on a diet 节食

an expensive diet 昂贵的饮食

follow a strict diet 严格遵守饮食规定

8. fit *adj.* 合适的, 健康的, *vt.* 适合于, 合适, *n.* 适合物

Keep fit, study hard and work well.

身体好, 学习好, 工作好。

Is the boy fit for the job? 这男孩适合于这个工作

吗? = Is the boy fit to do the job?

(fit 当形容词常用搭配为 be fit for sth 或 be fit to do sth.)

Your clothes fit you well, 你的衣服很合身。

(fit 当动词常用搭配为 sth fit(s) sb/sth.)

The jacket is a nice fit. 这件夹克很合身。

(fit 当名词用, 通常前面有形容词。例如, good, nice, bad, tight, loose, etc.)

9. plenty *n.* 很多的, 大量的

There is plenty of time. 时间很充裕。

Plenty of books are on the desk. 桌上有许多书。

plenty of 既可修饰可数名词, 也可修饰不可数名词,

只用于陈述句, 疑问句中常用 enough, 否定句中常用 many 或 much.

知识拓展:

“多”修饰可数名词有: many/a great(good)many/  
many a/dozens of/scores of/hundreds of/thou-  
sands of/millions of/billions of/a large number of  
修饰不可数名词有: much/a great(good)deal of/a  
large amount of/large amounts of  
两者皆可: a lot of/lots of/plenty of/piles of/a  
large quantity of/large quantities of

10. keep up with 跟上, 通过访问、通信等和某人保持接触

She had to run to keep up with her classmates.  
她得跑着才能跟上她的同班同学。

He has kept up with some of his old workmates  
since he left the company.

自从他离开那家公司以后一直和许多老同事  
保持联系。

{ keep up with 当“跟上”讲时, 表明保持本身的  
进度, 并没有落后之意。  
catch up with 跟上、赶上, 表明本身已经落后  
了而去赶上。

11. be good for 对... 有好处/益处

Sunshine is good for plants. 阳光对植物有好处。

Protein is good for our body. 蛋白质对我们身体  
有益处。

相关词组或句式有:

{ be good to sb 对某人好

do sb good = do good to sb 对某人有益

It is no/not/much/some good doing sth

be good at sth 擅长于做... ..

be good with sb/sth 善于照顾某人/处理某事

12. be harmful 有害于

Smoking is harmful/does harm to human beings.

吸烟对人类有害。

13. choose from 从中选择

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

由于我们有很多可以选择, 许多公司和商店给我  
们提供建议该吃什么。

注意: choose 选择

— Which one shall I buy? — You choose.

14. base *v.* 以... 为基地

They're based in Birmingham, but they travel all  
over the West Midlands.

他们的总部在伯明翰, 但是他们遍游西米德兰兹。

固定搭配:

base... on 以... 为依据

You should always base your opinions on facts.

你的意见应该以事实为依据。

15. be short of 缺乏

If our body is short of any of its kind, we'll be-  
come sick.

如果我们的身体缺乏任何它所需要的东西, 我们  
就会生病。

16. stay fit and healthy 保持健康

If we want to stay fit and healthy, we should eat

healthy food.

如果我们想保持健康,就应该吃健康的食物。

### 难点句子讲解

1. **Make a list of the food and decide whether what they eat is junk food or not.** 列出这些食品并确定他们吃的是否是垃圾食品。

if 与 whether 表示“是否”时的异同:

- (1) 动词后引起宾语从句时,二者可以换用。
- (2) if 不和 or not 直接连用,whether 可以。
- (3) 与不定式连用时,只能用 whether。
- (4) 引起主语从句、表语从句、同位语从句、状语从句时,只能用 whether。
- (5) 介词后一般用 whether。

2. **Our eating habits have changed, as has our way of life, and the fuel we need for our bodies is also different.** 像我们的生活方式一样,我们的饮食习惯已经发生了变化,我们身体所需要的营养物质也不同了。

as 在句中引起方式状语从句,此处采用了省略形式,并且是倒装结构,若改为正常语序则为:as our way of life has changed.

3. **Other nutrients, such as fibre and minerals, help keep our body functioning well.** 其他营养物质像纤维素和矿物质能帮助我们的身体运转正常。

keep sb./sth doing 为固定结构,不能用 to do, keep 的复合宾语的其他构为:

keep + O. +  $\left\{ \begin{array}{l} p. p. \\ adj. \\ adv. \\ prep. \text{-} phrase \end{array} \right.$

注意:keep sb. from doing sth. 阻止某人做某事

4. **The same goes for "crash diets" that some companies say will make us lose weight fast.** “粗粮”就存在这种情况,有些公司说它们会让我们迅速减肥。

(1) go for

① go 在本句中意为“也如此,对……也适用,行得通,起作用”。

This truth goes everywhere.

这个真理到处适用。

What he said about you goes for me, too.

他关于你的一席话对我也适用。

② go for 也可作“喜欢,偏爱;向……攻击”解。

Do you go for modern music?

你喜欢现代音乐吗?

They went for her in the newspaper.

他们在报纸上攻击她。

③ go 也可译为“流传;表达”。

The story goes that he has been murdered.

传说他被谋杀了。

(2) some companies say 是定语从句的插入语,这种插入语应位于引导词之后。

5. **The best way to make sure that we will feel and look fine is to develop healthy eating habits.** 确保我们感觉正常,面色不错的最佳方法就是培养健康的饮食习惯。

(1) way 后加动词作定语时需用不定式或 of doing 的形式。

(2) make sure 意为“确保”,后接 that 引起的宾语从句,that 从句常用一般时代替将来时。

注意:make sure 后面常常不用 to do,接名词时需用介词 of,意为“弄清楚”。

6. **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.** 大多数水果本身就是甜的,我们可以不用加工就吃——所有要做的就是洗净或去皮。

(1) the way they are 中的 they are 可以看成是定语从句,省去了引导词 in which 或 that。

(2) clean or peel them 是省去 to 的动词不定式,当主语部分含有实义动词 do 时,作表语的不定式可以省略 to。

7. **Other snacks take a bit longer to prepare, but they can give us a chance to practise our cooking skills.** 其他小吃要多花些时间准备,但它们能给我们练习做饭本领的机会。

take 在本句中意为“花费,需要”;不定式 to prepare 与主语存在逻辑上的动宾关系。

take 还常用于以下结构:

It takes (sb.) + 名词 + to do sth.

做某事花(某人)多少时间(或代价)



### 单元热点语法

情态动词 had better; should; ought to 的用法:三者都可以用来提建议,其中 had better 语气最弱,其次是 should, ought to 语气最强。它们的否定形式分别是:had better not; should not, ought not to, 比较:

1. **had better** 意为“最好”,后接不带 to 的不定式。

We had better go now. 我们最好现在就走。

You had better have done that. (用于完成时态,表示未完成动作)

你最好已经做完了。

I think I'd better be going. (用于进行时态,表示“最好立即”)

我想我最好立即就走。

Hadn't we better stop now? = Had we better not stop now?

我们最好不要现在停下来吗?

2. **should**

(1) 应当,应该

You should listen to the doctor's advice.

你应该听医生的劝告。

You shouldn't judge a stranger always by the clothes he wears.

你不应该以别人的穿戴来判断一个陌生人。

(2) 表示推测或可能,表示“按理说应该”。

They should be here by now.

这会儿按理说他们该到了。

—Where is the book? 那本书在哪里?

—The book should be in the reading room.



### 学习心得





### 学习心得

那本书按理说应该在阅览室。

- (3) 用于虚拟语气, should (not) have done, 表示“本来该(不)该做的事, 实际上未做(已做)”。含有某种责备的口气。

You should have been here ten minutes earlier. 你本应该十分钟前就到了。(实际上未做)

He shouldn't have gone back to work without the doctor's permission.

他真不该未经医生允许就回去工作。(实际上工作了)

- (4) 表示说话人的某种感情, 如惊奇、意外、愤怒、遗憾、失望等, 尤其与 why 连用时。

Why should I go? 为什么非得我去?(不满)

I'm sorry that he should be so impolite.

很遗憾他竟然那么无礼。(遗憾)

It's strange that it should be so hot today.

很奇怪, 今天竟会这么热。(惊奇)

- (5) should(would) like to do sth. 表示愿意、想要, 常用于口语中。

I should like to know how you are getting on?

我想知道你现在怎么样?

Would you like to go with me? (第二、三人称时, 不用 should)

你愿意和我一起去看吗?

### 3. ought to

- (1) “应该”, 和 should 同义, 但比 should 语气强, 大多数情况下两者可以通用, 但在表示责任、义务等该做的事情时常用 ought to。

We ought to make a greater contribution to our motherland.

我们应该为祖国做出更大的贡献。

I ought to visit my sick friend more often.

我应该多去看看我生病的朋友。

Oughtn't we to give him a chance to try?

我们不该给他个机会去试试吗?

- (2) ought(not) to have done 也表示“本该(不)该做的事, 实际上并没有做(已做)”。

It ought to have been done long ago.

这件事很久以前就该做了。(实际上并未做)

You oughtn't to have quarrelled with him.

你本不该与他吵架。(实际上吵架了)



### 易错点研析

1. 误: Why not to do some shopping since you are free?  
正: Why not do some shopping since you are free?

研析: Why not do...? / Why don't you do...? 是提出建议的两个句型。

2. 误: Who thought about the idea first?

正: Who thought of the idea first?

研析: “谁先想出那个主意的?” think of “想起”, think about “思考”。

3. 误: They are paid by the hours.

正: They are paid by the hour.

研析: “by+the+单数(标准)”表示“按照……来算”。

4. 误: Getting up early will do you the good.

正: Getting up early will do you good.

研析: do sb. good/do good to sb. “对某人有益”, 是固定结构。

5. 误: Once a cold stayed me in bed for a week.

正: Once a cold kept me in bed for a week.

研析: stay 为不及物动词, 不能构成“stay+宾语+宾语”结构, 而 keep 则能构成“keep+宾语+宾语”结构。

6. 误: My boss offered giving me a hand.

正: My boss offered to give me a hand.

研析: offer 之后不能接 v. ing 作宾语, 但可接 to do 作宾语。

7. 误: Do as many exercise as you can.

正: Do as much exercise as you can.

研析: exercise 作“锻炼”讲, 为不可数名词。



### 分級訓練

#### 基礎訓練

#### 一、汉英翻译

- 胸部疼痛 \_\_\_\_\_
- 午饭吃面条 \_\_\_\_\_
- 吃药 \_\_\_\_\_
- 现代生活的快节奏 \_\_\_\_\_
- 对……有害 \_\_\_\_\_
- 提……建议 \_\_\_\_\_
- 均衡的膳食 \_\_\_\_\_
- 减肥 \_\_\_\_\_
- 保持健康 \_\_\_\_\_
- 把……切碎 \_\_\_\_\_

#### 二、单项填空

- After I had been in bed for two days, Mother \_\_\_\_\_ going to see a doctor at once.  
A. stopped B. agreed  
C. suggested D. made
- Julie is one of the women who always \_\_\_\_\_ the latest fashions.  
A. make up for B. get along with  
C. keep up with D. put up with
- Even after hours of work his \_\_\_\_\_ never seems to give out.  
A. energy B. force C. power D. fuel
- Swan Lake is a famous ballet (芭蕾舞) in four acts \_\_\_\_\_ on a German fairy tale.  
A. basing B. based C. bases D. to base
- The old man can walk only at a very slow \_\_\_\_\_.  
A. pace B. step C. foot D. manner
- she had stomach trouble and had to follow \_\_\_\_\_.  
A. strict food B. a strict food

- C. strict diet                      D. a strict diet
7. —Tell the men that they can rest for an hour.  
—Does that \_\_\_\_\_ me, too?  
A. do with                      B. go for  
C. come with                      D. fit for
8. Don't hesitate any more. You have to \_\_\_\_\_ a choice.  
A. take                      B. receive                      C. give                      D. make
9. I often see lights in that empty house. Do you think I \_\_\_\_\_ report it to the police?  
A. should                      B. may                      C. will                      D. can
10. I \_\_\_\_\_ the habit of eating between meals when I was at kindergarten.  
A. created                      B. developed  
C. equipped                      D. invented
11. A hurricane hit the city last night and a large \_\_\_\_\_ of damage was done in a very short time.  
A. number                      B. deal                      C. amount                      D. sum
12. I am \_\_\_\_\_ money this week; can you lend me some?  
A. lack of                      B. lacking for  
C. short of                      D. short for
13. —Why, you look tired.  
— Yes. I \_\_\_\_\_ awake the whole night.  
A. was stayed                      B. was staying  
C. have stayed                      D. stayed
14. This soup \_\_\_\_\_ chicken but I thought you said it was vegetable.  
A. tastes                      B. tastes of  
C. is tasting                      D. is tasting of
15. —Would you like some more chicken?  
—No, thanks. I am \_\_\_\_\_ a diet and I'm trying to \_\_\_\_\_ weight.  
A. on; lose                      B. on; put on  
C. in; have                      D. in; lose

## 三、介副词填空

1. Add some sugar \_\_\_\_\_ the water and mix them \_\_\_\_\_.
2. Lie \_\_\_\_\_ and let me take a look \_\_\_\_\_ your wound \_\_\_\_\_ the sword.
3. If you want to keep \_\_\_\_\_ your classmates, work harder than \_\_\_\_\_.
4. The film is based \_\_\_\_\_ what happened \_\_\_\_\_ last summer.
5. Be careful \_\_\_\_\_ your food \_\_\_\_\_ future.
6. Protein, \_\_\_\_\_ example, is good \_\_\_\_\_ our muscles.
7. Instead \_\_\_\_\_ eating expensive diet foods \_\_\_\_\_ going \_\_\_\_\_ unhealthy diet, we can simply try to eat less fat.
8. People can ask the doctor \_\_\_\_\_ advice \_\_\_\_\_ health.
9. Can you find the word \_\_\_\_\_ the same way? What \_\_\_\_\_ that one?.
10. Fat is found \_\_\_\_\_ the skin. We need it \_\_\_\_\_ energy, and it can keep us \_\_\_\_\_ feeling cold.

## 四、词组填空

用下列所给短语的适当形式填空。

be ready for    instead of    in the future    keep up  
with    keep fit    be based on    be rich in    go for  
lose weight    look up

1. Do you believe fortune-tellers can know exactly what will happen \_\_\_\_\_?
2. Reading a newspaper helps us to \_\_\_\_\_ the latest information.
3. More exercise and a balanced diet can help us to \_\_\_\_\_.
4. Lucy hasn't had enough lessons; I don't think she \_\_\_\_\_ her driving test.
5. You should play football \_\_\_\_\_ just watching it on TV.
6. We've got financial problems but I suppose the same \_\_\_\_\_ a great many people.
7. In order to \_\_\_\_\_, she has tried every possible means—going on a diet, taking exercise, taking medicine, etc., but she failed.
8. I love my sweet home. It \_\_\_\_\_ always \_\_\_\_\_ love and understanding.
9. It's said that the movie \_\_\_\_\_ a true story, but I can't believe it.
10. Barbara was reading a French novel, \_\_\_\_\_ some new words in the dictionary now and then.

## 五、单句改错

1. You'd better to wait for me at the school gate.
2. The little boy is wondering whether some living things are existed on the moon.
3. Lily usually arrives at the office at eight o'clock, but because the storm, she was one hour late this morning.
4. He had some difficulty finding out that the museum opened the whole week or closed at weekend.
5. The teacher as well as her students from Canada were warmly welcomed by us to our new school.
6. I would rather not to ask him right now about the puzzle.
7. Follow the instructions carefully, or the medicine may be harmful for you.
8. While performing and experiment, if you don't know what to deal with a problem, ask me for help.
9. I noticed two men, not more than twenty, to steal a customer's wallet and run away.
10. I think that ice cream is junk food because it is a lot of fat and sugar.

## 能力训练

1. I \_\_\_\_\_ Mr. Smith not to give up his job, but it didn't help.  
A. persuaded                      B. advised  
C. allowed                      D. let
2. (06 江西高考) The weather turned out to be fine



学习心得





## 学习心得

yesterday. I \_\_\_\_\_ the trouble to carry my umbrella with me.

- A. should have taken B. could have taken  
C. needn't have taken D. mustn't have taken

3. I don't think this article is so good because it is \_\_\_\_\_ of many facts.

- A. careful B. thought C. part D. short

4. It must have snowed hard last night, \_\_\_\_\_ the ground is covered with so much snow.

- A. for B. since C. as D. because

5. (06 江苏高考) — I think I'll give Bob a ring.

— You \_\_\_\_\_. You haven't been in touch with him for ages.

- A. will B. may C. have to D. should



## 听力时空

## 第一节

听下面 5 段对话。每段对话后有一个小题。从题中所给的 A、B、C 三个选项中选出最佳选项，并标在试卷的相应位置。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What does Jack's girlfriend do?

- A. She plays the piano.  
B. She organizes concerts.  
C. She sells pianos.

2. What's the man's opinion on the TV set?

- A. The TV set is too cheap to repair.  
B. The TV set is not worth repairing.  
C. Nothing is wrong with the TV set.

3. Who probably told a lie?

- A. Sam. B. The man. C. Nobody.

4. What's the weather like?

- A. It's rainy. B. It's windy. C. It's cloudy.

5. How much does one shirt cost?

- A. 9 dollars. B. 5 dollars. C. 4.5 dollars.

## 第二节

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项，并标在试卷的相应位置。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟。听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段对话，回答第 6~7 题。

6. What did the two persons attend?

- A. A meeting. B. A party. C. A conference.

7. How will Mrs. Simon go to her hotel?

- A. Someone will drive her there.  
B. Mr. Locke will take her there in his car.  
C. She will drive her own car there.

听第 7 段对话，回答第 8~9 题。

8. What did Bill do last night?

- A. He had an evening party to attend.

B. He had a concert to attend.

C. He had a night-school course to attend.

9. Why did the woman go to bed early last night?

- A. She felt tired.  
B. She would catch the earliest train tomorrow.  
C. She got a headache.

听第 8 段对话，回答第 10~12 题。

10. What are the boy and the girl doing?

- A. They are watching TV.  
B. They are watching the sports meet.  
C. They are jumping.

11. In which game did John come first?

- A. In 100 meter dash.  
B. In the high jump.  
C. In the long jump.

12. How many first places has their class got?

- A. Eleven. B. Seven. C. Five.

听第 9 段对话，回答第 13~16 题。

13. How often does Mr. Green get a backache?

- A. Often B. Sometimes. C. Seldom.

14. How long has Mr. Green had a backache?

- A. One day.  
B. Three days.  
C. Four days.

15. What does the doctor tell Mr. Green to do?

- A. Take some exercise.  
B. Come back in four days.  
C. stay in bed for two days.

16. The doctor told Mr. Green \_\_\_\_\_.

- A. not to take any exercise  
B. to take much exercise  
C. to take little exercise in five days

听第 10 段独白，回答第 17~20 题。

17. The man was most likely talking to \_\_\_\_\_.

- A. his wife B. some friends C. his children

18. What was the man doing while talking?

- A. Cooking  
B. Selling eggs.  
C. Playing a game.

19. What did the man add to the eggs in the big bowl?

- A. Some sugar.  
B. Some salt.  
C. A little hot water.

20. We could learn from the talk that \_\_\_\_\_.

- A. the talk took place before breakfast  
B. it is quite difficult to learn to do what the speaker did  
C. someone suggested the speaker put some sugar into the bowl



## 阅读冲浪

阅读方法技巧讲解：和上册相比，同学们可以看出，下册各单元的阅读文章篇幅增长了三分之一左右，显然同学们若只采用略读、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,往往忘记了前面的细节,或者因细节太多,头绪乱,因此感到文章脉络混乱,很难读懂文章,从而把握不准文章中心思想。为了达到对较长文章的最佳理解,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。在训练时同学们可以采用两步阅读的方法: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。第二步重新阅读全文,理顺文章脉络,归纳段落的主题并把各主题的语意连接起来,从中归纳出本篇文章的主题(作者的写作意图),然后进入答题阶段。本单元阅读文章的各段落主题归纳如下:

第一段:Choosing what to eat is no longer as easy as it once was.

第二段:When we choose what to buy and eat, we had better think whether the food will give us the nutrients we need.

第三段:Many people today make choices about their eating habits based on what they believe.

第四段:It is probably better, however, if we spend our time and money in buying good food and keeping a balanced diet.

第五段:The best way to make sure that we will feel and look fine is to develop healthy eating habits.

从段落主题不难看出,本文是一篇关于“饮食习惯”的文章。文章从传统饮食习惯的改变,基于食物营养和饮食信仰的日常饮食选择到营养补充和减肥食谱的必要与否一路娓娓道来。最后点睛一笔,让同学们明白养成健康的饮食习惯是拥有健康体魄的前提,其目的是让同学们重新审视自己、审视饮食,从而养成健康饮食习惯的意识。

#### 【典例示范】

Criticism is judgement. A critic(评论家) is a judge. A critic studies and thinks about the material presented to him, accepts it, corrects it, or rejects it after thinking over what he has read, watched or heard.

Another word for criticism is appreciation(欣赏). When I criticize or appreciate some object or another, I look for its good points and bad points. In reading any printed or written matter, I always have a pencil in hand and put some comments in the book or on a separate paper, in other words, I always talk back to the writer.

That sort of critical reading might as well be called creative reading because I am thinking along with the author, asking him questions, seeing whether he answers the questions and how well he answers them. I mark the good passages to store them in my memory and ask myself about every other part and about the complete piece of writing; where, how and why could or should I improve upon it.

You might think that doing what I suggested is work. Yes, it is, but the work is a pleasure because I can feel my brain expanding, my emotion reacting

and my way of living changing.

Reading exercises is a great influence on a person. If pictures, still or moving, accompany the reading, the memory will retain the material for a long time.

Just as evil books can corrupt(使道德败坏), so also can good books gradually work a change on a corrupt person.

Let's get back to the beneficial effects of thinking while reading. It helps us to enlarge our minds. We understand more about the universe, its people and many of its wonders. We learn to think and observe in new ways. We certainly do get a feeling of the language we are reading. All good writers in any language have been readers who read critically continuously.

- The writer says a critic \_\_\_\_\_.
  - asks what he does not understand
  - talks back to the author
  - understands the background on which the works are based
  - looks for the good and bad points of the material he has read
- According to the writer, creative reading is \_\_\_\_\_.
  - raising questions and answering them for the author
  - reading and giving comments on the materials one has read
  - thinking in the same line with the author
  - storing up facts in one's memory
- By the phrase "thinking along with" in the third paragraph, the writer means \_\_\_\_\_.
  - following one's thought closely
  - accepting
  - considering
  - agreeing
- We learn from the passage that all good authors \_\_\_\_\_.
  - understand more about their surroundings than others
  - have a thorough insight into the problems in life
  - have the feeling of the language they write in
  - have read extensively and critically
- According to the writer, critical reading \_\_\_\_\_.
  - makes a person rich
  - enables a person to write fluently
  - broadens a person's horizons
  - gives a person extra work

#### 【整体把握】

本篇文章由七段构成,每段的首句或前两句是主题句。本文主要讲的是“评论(批评)性阅读”的方法及带给读者的益处。从各段主题可以看出,前三段讲述了三个阅读方法:判断、欣赏和创造。后四段讲述了三种阅读方法带来的益处:健脑、改变生活方式、加强记忆力、更多地了解周围的一切和学会用新的方式思考和观察等。

