

中国教育电视台上榜品牌



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高一同步课堂 (下)

三维设计

—— 从这里 你可以跳得更高

英语

光明日报出版社

(学生用书)

- 丛书策划/ 雷启清
- 丛书主编/ 孙翔峰
- 责任编辑/ 曹 杨
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三维设计

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是我一生的幸运
你用朴实的话语
诠释着认知的真谛
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我的签名_____

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答:

什么能激发你思维的涟漪?



山东天成书业

总序

花与草

花把草揽在身边
草把花捧在胸前
花摇曳的是容貌
草散发的是气质
花是一簇簇跳上山的
草是一波波漫上山的
花可以做，因为是少数
草不必卑，因为是多数
花开了，瓣上露珠清如泪
草长了，叶间长风行似吟
开落有序，花运作的是时光
枯荣无常，草经营的是岁月
缤纷的思路凝**三维**，如花
纯净的心态付**设计**，像草

书 有诚信

品 行天下

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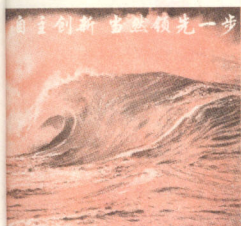
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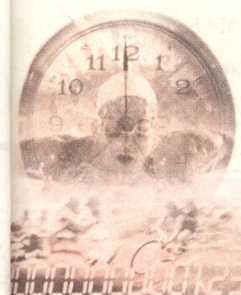
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当你用全新的角度去挑战别人
惯性思维的时候，很有难度！

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Unit 13 Healthy eating

课前自学导读

(课前花絮,趣味学习,明确重点,导入课堂!)



背景材料导引

增长才识,导入课堂!

健康饮食习惯的养成是拥有健康体魄的前提,健康体魄是融入21世纪的保证。同学们,请重新审视自己,审视食物吧!



If you cut out *starchy*(淀粉的) foods, such as peas, potatoes, bread, and rice, you cut out very good sources of several vitamins, such as Vitamin B and Vitamin C, and other nutrition. Furthermore, there's nothing magical about protein. The simple

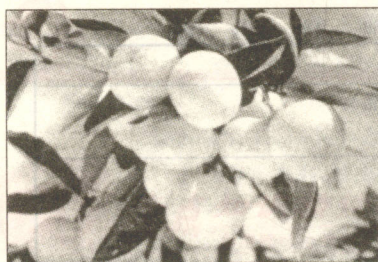
truth is that you have to either eat fewer calories or use up more in order to lose weight.

"Many kinds" is not a *guarantee*(保证) of good nutrition. But in order to stay healthy, adults can get a balanced diet from the five main groups of food. They are protein, carbohydrate, fat, minerals and vitamins. Protein is very important for building our body; it helps us to build new cells as old ones die. Meat and dairy products are main sources of protein, but not the only ones—we can also get protein from fish, eggs and beans. Carbohydrates and fat are important to enable us to store energy—they

provide fuel for the body. Carbohydrate is found in sugar, and *cereals*(谷类食品) such as rice, corn and wheat. Fat is found in vegetable oil, butter, and nuts. Our body also needs minerals, such as iron and calcium, and vitamins. Fish, vegetables and milk contain most of the minerals we need. Vitamins can often be found in fresh vegetables and fruit.

Nutritional value depends on what types of food you eat, not when you eat them. Eating a hard-boiled egg or an orange as a snack can contribute to a well-balanced diet.

It's widely believed that extra vitamins provide more energy. But taking more than the body needs doesn't make it function better just like overfilling your gas tank won't make your car run better.



美国的自然条件优越,得天独厚,很适合农业和其它行业的发展。美国的水果就是世界上最受欢迎的农产品之一……

The United States lies in the center of North America. Its natural conditions are very good. It is most suitable for growing crops. The agriculture of the United States has been developing rapidly along with the

B 导思篇

Fruit In America

industry for years. It is one of the great fruit growing countries in the world. Fine red apples come from Washington and New York. Golden oranges come from Southern California and Florida. Fruit grows in all parts of America. The kind of fruit that is grown depends on the weather in each place.

Orange trees cannot be grown where temperatures drop below freezing. Southern California and Florida are far away from each other, but their weather is much the same. They do not often have freezing temperatures.

In Washington, apple trees are planted near the Atlantic Ocean. In New York, they grow near the Great Lakes. Apple trees are often planted near water. Water temperature does not drop fast. There is less chance of frost(霜冻) in late spring or early autumn. Frost can kill apples.

America has many kinds of weather. It has many kinds of soil. Because of this, they grow and eat more fruit than any other country in the world. Their fruit is also exported to many other countries.



C 导学篇

Job and Health

Healthy people with stressful jobs who work long hours but get little satisfaction from what they do have twice the risk of dying of heart disease as satisfied employees(雇员), according to a study. Job stress has been known to cause heart problems in people who already have cardiovascular disease(心脏病). Now Finnish scientists have now shown that even in healthy people the pressures of work can cause heart problems. High blood pressure, lack of exercise, smoking and being overweight contribute to heart disease—a leading killer in many industrialized countries.



But Mika Kivimäki, of the Finnish Institute of Occupational Health, and his colleagues(同事), who studied the medical histories of 812 healthy Finnish men and women in a metal industry company over 25 years, said job stress also plays an important role.

Workers who had the highest job-related stress levels at the start of the study were more than twice as likely to die of heart disease, according to the study published in *The British Medical Journal*. Work stress includes too much work as well as a lack of satisfaction and feeling undervalued and unappreciated. Many people work long hours, but if the effort is rewarding, the stress is reduced.

The British Heart Foundation said the results support earlier research showing that people in jobs with low control, such as manual(体力的)workers, could be at greater risk of heart disease than other employees. "It is advisable for people to try to reduce levels of stress at work and for employers to allow people to have more control at work and to be rewarded for their successes," the foundation said in a statement.

► 信息提取

1. Healthy people may die of heart disease _____.
A. because of too much job stress
B. because of hard work
C. because of being rather valued
D. because of being never satisfied
2. Which of the following is NOT true according to this passage?
A. High blood pressure is likely to cause heart disease.
B. Being overweight probably causes heart disease.
C. Job stress is most likely to cause heart disease.
D. Working long hours must cause heart disease.
3. Employers can reduce the job stress of their employees in all the following ways EXCEPT _____.
A. by giving employees more freedom in work
B. by making employees feel appreciated
C. by giving employees some easier work
D. by rewarding employees' efforts
4. The author's purpose in writing the passage is to _____.
A. advise people not to work long hours
B. warn people of the possible heart disease
C. advise us to learn to enjoy ourselves
D. warn us that job stress threatens our health

答案: 1. A 2. D 3. C 4. D

考点教学目标

明确重点,有的放矢!

类别	课程标准要求掌握的项目		
话题	1. Talking about healthy food and junk food(谈论健康食品和垃圾食品). 2. Talking about eating habits and health(谈论饮食与健康).		
功能	1. 看病(Seeing a doctor) Patient I've got a pain here. This place hurts. I don't feel well. There's something wrong with my back/my knee/my arm. Doctor Lie down and let me examine you. Let me have a look. Where does it hurt? Drink plenty of water and get some rest. 2. 提出建议和忠告(Giving advice and making suggestions) What can I do for you? Can I help you? What's the matter? I advise you to... You'd better... I think you should... Why not...? I suggest you should... Why don't you...?		

Stephen Hawking 霍金其人(2) Stephen wanted to do Mathematics, although his father would have preferred medicine. Mathematics was not available(有用的) at University College, so he did Physics instead. After three years and not very much work he was awarded a first class honours degree in Natural Science.

类别	课程标准要求掌握的项目
重点单词	fat, stomach, fever, salad, peach, ripe, ought, examine, plenty, energy, soft, bar, fuel, diet, pace, bean, fibre, mineral, function, chemical, balance, fit, unit, digest, gain, sleepy, brain, peel, tasty, mushroom, steam, boil, bacon, lettuce, mixture, spoonful, slice
重点短语	<div> 1. junk food 垃圾食品 3. a bit 一点 5. plenty of 很多的,大量的,充裕的 7. keep up with 跟上,赶上 9. be harmful to 对……有害 11. lose weight 减肥 13. keep fit 保持健康 15. roll up (使)成卷(或筒、球)形 17. in the form of 以……形式 19. be good for 有益于…… 21. be rich in 在……方面富裕 </div> <div> 2. be careful with 小心,警惕,当心 4. in the future 将来 6. too much 太多 8. be based on 以……为根据 10. a balanced diet 合理饮食 12. instead of 而不是 14. now and then 偶尔,有时 16. make a choice 做出选择 18. build one's body 强身健体 20. go for 适合于,适用于 22. best of all 尤其,特别,最 </div>
重点句型	1. Our eating habits have changed, as has our way of life, and the fuel we need for our bodies is also different. 2. Only in that way will we be ready for the challenges and opportunities in life. 3. Even if we choose nutritious food for our main meals, we probably still need to refuel now and then. 4. 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.
语法知识	情态动词(I)—had better, should, ought to 1. 就某事向某人提出建议或发表自己的观点——使用 had better(not): You had better get some rest. or You'd better get some rest. You had better not eat fruit that isn't ripe. or You'd better not eat fruit that isn't ripe. 2. 劝说某人做某事或不要做某事,向某人提出忠告——使用 should(not)或 ought(not)to: You should/ought to be careful with fruit. You should not /ought not to eat so much junk food. or You shouldn't/oughtn't to eat so much junk food.

课堂名师授课

(互动课堂,教学相长,典例精析,举一反三!)



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No. 1 单词 点击

1 advise vt. 建议

(1)advise sb. (not) to do sth. 建议某人(不要)做某事。

I advise you to take the chance.

我建议你抓住这次机会。

I advise you not to smoke any more.

我建议你别再抽烟了。

- (2)advise + n. / pron. 建议某人做某事
- I advise you an early start.
我建议你早一点出发。
- (3)advise doing sth.
I advise holding a meeting to discuss the plan.
我建议开会讨论这个计划。
- (4)advise + 从句(从句为虚拟语气,即“should + 动词原形”,其中 should 可省略)
I advise you that you (should) take your teacher's advice.
我建议你采取老师的建议。
- (5)advise + 疑问代词或疑问副词 + 动词不定式
The boss advised us what to do next.
老板建议我们下一步该怎么办。

思维拓展

advice [U] 忠告, 劝告, 建议

a piece of advice 一条建议

follow/take one's advice 接受……的建议

ask for advice 征求建议

give sb some advice on sth 关于某事给某提出建议

He has given me some good advice on how to learn English grammar. 他就如何学好英语语法提了些好建议。

即境活用

1. As the boy was weak in health, his doctor _____ him to take more exercise.

- A. hoped B. suggested
C. thought D. advised

2 examine vt.

(1) 检查, 审查

The doctor examined her carefully.

医生给她作了仔细的检查。

We had our suitcases examined at the airport.

在机场我们的行李箱受到了检查。

My suitcases were examined at the Customs when I entered the country.

入境时, 我的提包在海关受到了检查。

(2) 考试, 考核

From time to time I'll examine your work you have done.

我会不时对你们的功课进行考查。

The teacher examined the students in chemistry.

那位老师对学生的化学课进行了考试。

比较网站

辨析: examine 与 check

(1) examine 强调对身体或某物的检查, 看是否有毛病; 也指对物品的检查, 看是否有违禁的东西。

I'll go to the hospital to have my eyes examined.

我要去医院检查一下我的眼睛。

(2) check 意为“查证, 核实”, 看是否正确、属实。

When I checked my shopping list I found I'd forgotten to buy eggs. 我核对了购物单, 发现忘记买鸡蛋了。

You'd better check your answers before you hand your paper in. 交卷前你最好再检查一遍答案。

即境活用

2. —I can't see the words on the black-board clearly.

—Perhaps you'd better have your eyes _____.

- A. checked B. examined
C. tested D. inspected

3 energy n.

(1) [U] 精力, 活力, 能量

Young people usually have more energy than the old.

年轻人通常比老年人有活力。

The sun's energy will last for millions of years.

太阳能将维持数亿年。

(2) [pl] 工作能力, 活动力

I'll devote all my energies to the work.

我要全力以赴做好这项工作。

比较网站

辨析: energy, power 与 strength

(1) energy 指生理上的“精力”, 物理学定义中的“能”。

He is full of energy. 他精力充沛。

His work seemed to lack energy. 他工作似乎缺少干劲。

In the future, we will make full use of nuclear energy.

在将来, 我们会充分利用核能。

(2) power 指能力、权力, 着重行动所根据的能力、本领或职权; 还指人开发出的动力, 如“电源; 推力”。

Sorry, I can't do that for you because it's beyond my power. 对不起, 我为你办不了那事因为它超出了我的能力。

It is said that a power station will be built in the city.

据说将在这个城市里建立一个发电站。

(3) strength 指人或物所固有的力量和能量, 侧重于表示人的“气力; 意志; 毅力”。

After your illness, you must keep up your strength.

病愈之后, 你一定要休养。

He has regained his strength after an illness.

他病后已恢复了体力。

即境活用

3. Many countries are increasing their use of natural gas, wind and other forms of _____.

- A. power B. strength
C. energy D. courage

4 diet

(1) [C] 日常饮食[食物]

A balanced diet and regular exercise are both important for health. 均衡的饮食和有规律的运动对健康都是很重要的。

Every person needs water and (a) diet of healthy foods.

人人都需要水和健康的食品。

The poor people in Ireland used to live on a diet of potatoes.

爱尔兰的穷人过去以马铃薯为主食。

(2) vt. 实行节食

No sugar in my coffee, please, I'm dieting.

请不要给我的咖啡放糖, 我在节食。

比较网站

辨析: diet 与 food

(1) diet 指的是习惯性的食物或规定的食物, 特指维持健康的定量或定质的食物。

He's on a diet in order to reduce his weight.

他正在节食以减轻体重。

The doctor ordered him a diet without sugar.

医生要他吃不含糖的食物。

(2) food 是一般用语, 凡能吃喝的, 具有营养的东西都称 food。

Have you got enough food and drink for the weekend?

你们有没有足够的食物和饮料供周末食用?

diet 还可构成如下短语:

思维拓展

- put sb. on a diet 限制某人的饮食
- be on a diet 在节食,吃规定的食物
- go on a diet 节食,吃规定的食物
- a balanced diet 均衡饮食

The doctor advised him to go on a diet to lose weight. 医生建议他节食减肥。

即境活用

4. —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

5 balance

(1)n. 平衡, 均衡

She kept her balance and rode the bicycle.

她保持平衡, 平稳地骑着自行车。

She lost her balance and fell over. 她失去平衡摔倒了。

There is a nice balance between work and play in his life.
生活中他很好地平衡了工作与玩的关系。

(2)v. 保持平衡, 使均衡, 平衡

He can balance a ball on his finger. 他能把球稳放在手指上。

(3)vt. 比较, 权衡

You have to balance the advantages of living in a big city against the disadvantages. 你必须权衡住在大城市的利与弊。

思维拓展

balanced *adj.* 平衡的, 稳定的

A balanced diet is good for our health.

均衡饮食有利于身体健康。

即境活用

5. A _____ diet should contain some fat, some fibre, a little salt and so on.

- A. balance B. balanced
C. balancing D. balance of

6 function

(1)vi. 起作用, 运转

The machine will not function properly if it is not kept well-oiled. 机器如果没有上好油, 就不会顺利地运转。

This chair can also function as a bed. 这把椅子可以作床用。

(2)n. 功能, 职能, 作用, 重大聚会

The brain performs a very important function, and it controls the nervous system of the body.

大脑起一种非常重要的作用, 它控制着身体的神经系统。

The function of a chairman is to lead and control meetings.
主席的职责是主持会议。

The room may be hired for wedding and other functions.
这个房间可以被租用举行婚礼和其他聚会。

思维拓展

fulfill/perform/serve a function 尽到职责(功能)

the function of education 教育的功能

the function of a judge 法官的职责

social functions 社会功能

即境活用

6. —You look as if you're dressed for some _____ or other.

—Yes, I'm going to a friend's wedding.

- A. function B. meeting
C. match D. dinner

7 fit

(1)*adj.* 健康的

Proper exercise every day keeps us fit.

每天适当的运动使我们保持健康。

(2)*adj.* 合适的

be fit for sth. 适合某事

be fit to do sth. 适合干某事

The weather is not fit to go out. 这种天气不宜外出。

Is he fit for the job? 他适合干这个工作吗?

(3)*vt.* 适合

This pair of shoes doesn't fit me. 这双鞋我穿不合脚。

比较网站

辨析: fit 与 suit

(1)fit *vt.* (做……)合适(多指衣服尺寸, 大小合适)

This coat doesn't fit me—it's so big.

这件上衣不适合我穿——太大了。

Your clothes fit well. 你的衣服很合身。

(2)suit *vt.* (发式, 衣服款式等)相配; 适合(职业; 年龄等)

The new dress suited her very well. 那套新服装和她很相配。

The climate here suits me very well. 这里的气候非常适合我。

即境活用

7. This dress _____ you very well but it is _____ me.

- A. fits for, not fit for B. fits, not fit for
C. fits, not fit D. fits for, not fit

8 gain

(1)得到, 获得

He has gained the respect of his friends. 他得到朋友们的尊敬。

I have gained a lot of friends since I arrived here.

我到这里以后结识了很多朋友。

(2)*vt.* (因……)得到利益, 获利

I gained a lot by/from my former experiences.

我从以前的经历中学到很多东西。

(3)*vt. vi.* 增加(速度, 重量等)

He had gained weight and looked much better.

他体重增加了, 脸色也好看多了。

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

(4)*vt.* (钟, 表)走快

This clock gains a minute a day. 这个钟每天快1分钟。

思维拓展

gain[pl] 利益, 收益

No pains, no gains. 不劳无获。

Women and Civilization 女人创造了文明 (1) Men sometimes say, "We are better and cleverer than women. Women never invent things that we can." It's true that men have invented a lot of useful things; the first letter for writing, machines, guns and so on.

But scientists now agree that women invented one very important thing. It has changed history. They invented agriculture.

即境活用

8. You will have nothing to _____ if you refuse to listen to our advice.

- A. gain B. earn
C. catch D. seize

9 contain

(1) *vt.* 包含……(在内); 包括; 含有

Sea water contains salt. 海水含有盐分。

The box contains the child's toys. 那个盒子里装着孩子的玩具。

(2) *vt.* 容纳; 能装入……

The hall can contain 3000 people. 这座大厅可以容纳 3000 人。

How much does this bottle contain? 这个瓶子容量是多少?

(3) *vt.* 抑制(自己、感情等)

She could hardly contain herself/her anger when the boy kicked her dog. 当那个男孩子踢她的狗时, 她几乎不能抑制住自己/自己的怒火。

比较网站

辨析: include 与 contain

二者都表示“包含”, include 指作为整体的一部分或其要素之一而包括在内。contain 除有 include 的意义外, 还常指较大的东西里容纳比它小的东西, 或另一种物质。

This book includes 10 short stories. 这本书包含十篇小故事。

Thirty passengers were hurt in the accident, including 5 children. 在这次事故中, 有 30 名乘客受伤, 其中包括 5 名小孩。

The basket contains a variety of fruits.

这篮子装有各种水果。

即境活用

9. Everybody had something to say, me _____.

- A. containing B. contained
C. including D. included

No. 2 短语精析

1 plenty of 许多的, 大量的

We still have plenty of time. 我们还有很多时间。

There are plenty of good books to read. 有很多好书可以读。

We have plenty of rooms for the party in my house.

我家有足够的房间供聚会时使用。

There is plenty of room in my bag. 我包里有空。

(1) plenty of 常用作定语, 且多用于肯定句中, 既可修饰可数名词, 又可修饰不可数名词, 在疑问及否定句中常用 enough。

We have plenty of food for the holiday.

Have you enough food for the holiday?

We have not enough food for the holiday.

(2) in plenty “许多, 丰富”, 一般用作状语。

This area has oil in plenty. 该地区有丰富的石油。

面对高考

(2006 年高考浙江卷) We always keep _____ spare paper, in case we run out.

- A. too much B. a number of
C. plenty of D. a good many

解析: 本题考查表数量的短语的用法。too much 意为“太多的……”, 修饰不可数名词; a number of “许多, 大量”, 修饰可数名词; plenty of “丰富的, 大量的”, 修饰可数与不可数名词; a good many “许多”, 修饰可数名词。句意为: “我们总是存有大量的备用纸, 以防用完了”。

答案: C

2 too much

(1) *adj.* 太多的, 过多的; 用于修饰不可数名词。

I drank too much beer last night. 昨天晚上我啤酒喝得太多了。

(2) *adv.* 非常地, 太多地

You talk too much. 你话说得太多了。

(3) *pron.* 过于, 太多

I have too much to tell you and don't know what to begin with. 我有许多话要告诉你, 但不知从何说起。

Too much was happening all at once. 同时发生的事情太多了。

(1) much/far too *adv.* 很, 非常, 极其; 用于修饰形容词或副词。

The problem is much too difficult for me to work

out. 这道题非常难, 我算不出。

The room is far too hot. 这个房间太热了。

(2) too many 相当于形容词, 做定语, 修饰可数名词复数; 也可作主语、宾语, 指代可数名词复数。

I made too many mistakes in this exam.

这次考试中我犯的错误太多了。

I need no more novels; I have too many.

我不需要更多的小说, 我已经有太多的小说了。

即境活用

10. —Let's take a walk before we start work.

—Oh, I think it's _____ for walking.

- A. much too hot B. very much hot
C. too much hot D. much very hot

3 keep up with

(1) 跟上, 不落在……后面

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

要想跟上同学们, 约翰必须努力学习。

The girl tries to keep up with the changes in fashion.

那个女孩努力跟上时尚的变化。

However fast I ran, I couldn't keep up with him.

无论我跑得有多快, 我无法跟上他。

(2) 保持联系, 和……来往

Do you still keep up with Tom and John?

你还与汤姆和约翰来往吗?

He kept up with a number of his old workmates after his retirement. 他退休后仍与很多老战友保持联系。

Women and Civilization 女人创造了文明 (2) Before the invention of agriculture men were hunters. They went out every day. Sometimes they killed themselves. Life was difficult and dangerous. Women had to go out every day, too. They collected roots, fruit and grass. Then one day, more than 10,000 years ago, a woman in the Middle East dropped some grass seeds. She dropped them near her home. They grew, and the first wheat was born.

思维拓展

- (1)相似词组 catch up with 意为“赶上”。
You go on ahead, I'll catch up with you later.
你先走,等会儿我赶上来。
- (2)keep up 可作不及物短语动词。意为“跟上”。
I had to run to keep up. 我要跑步才跟得上。
- (3)keep up 还可意为“(使)……继续下去”。
Keep it up, don't stop now! 干下去,别停下来!

面对高考

(NMET2001 年春招) Would you slow down a bit? I can't _____ you.

- A. keep up with B. put up with
C. make up to D. hold on to

解析:第一句的意思是“请你慢点儿好吗?”A项 I can't keep up with you, 表达“我不能与你保持同步”。B项 put up with 的意思是“忍受”,D项 hold on to 的意思是“坚持不放手”。

答案:A

4 be short of 短缺……

I'm short of money this week, can you lend me some?
我这个星期缺钱,你能借我一点吗?
They are short of experienced workers.
他们非常缺有经验的工人。

思维拓展

- go short of food 缺乏食物
fall short of 不足,达不到(预计,需要等)
run short of water 水不够用

即境活用

11. We had to ask for help from the local people because we _____ stores.
A. were short of B. went short of
C. were running short of D. all of the above

5 make a choice(=make choices)做出选择

Making a choice about what to be in the future is not easy.
选择将来干什么不是件容易的事。
You should make a right choice in/(about)what to learn.
就“学习什么”你应该做出正确的选择。

思维拓展

- 除做……外别无选择
There is no choice but to do sth
have nothing to do but do sth
do nothing but do sth

There is no choice left for me but to wait.

除了等待之外,我没有选择余地。

He has no choice but to work harder. = He can do nothing but work harder. 除了努力工作外,他别无选择。

即境活用

12. In my opinion, I had no choice but _____.
A. to wait B. wait
C. waiting D. waited

6 go for

(1)适用于,应用于

What he said about you goes for me, too.
他关于你的一席话对我也适用。
She thinks it's expensive, and that goes for me too.
她认为它很贵,我也有同感。

Your brother is a clever boy. And the same goes for you.
你弟弟是个聪明的孩子,你也是。

(2)喜欢,偏爱;向……攻击

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。

即境活用

13. Good bodies depends on healthy diet and exercise, the same _____ good minds.
A. goes to B. goes in for
C. goes for D. goes over

7 lose weight 减肥

Now more and more girls hope to lose weight and become slim.
目前越来越多的女孩希望减肥变得苗条。
The doctor told him to give up sweets in order to lose weight. 医生告诉他为了减肥不要吃甜食。

思维拓展

- lose weight 减肥
put on weight 增加体重
by weight 按重量
gain weight 发胖
watch your weight 注意节食
have a weight problem 有肥胖病

Some sorts of fruits are sold by weight.
一些水果是按重量卖的。

Old man puts on weight easily. 老年人容易发胖。

即境活用

14. To eat less sugar and fat is a good idea for you _____.
A. to lose weight B. losing weight
C. to put on weight D. putting on

8 now and then 时而,不时,偶尔

We go to the cinema every now and then. 我们有时去看电影。
Although he is busy, he e-mails to me now and then.
虽然他很忙,但他偶尔还是会给我发邮件。
I don't think about my hometown very much, only now and then. 我不是很想我的老家,只是偶尔想想。

(1) now and then
now and again
sometimes
at times
from time to time

时常, 不时地

(2) a little now and a little then
occasionally
once in a while

偶尔, 千用整(1)

(3) by chance
by accident

偶然间, 无意中

即境活用

15. We all write _____, even when there's not much to say.

- A. now and then B. by and by
C. step by step D. more or less

be good for 对……有益

be good to 对……好

be harmful to 对……有害

be bad for 对……有害

do good to = be good for 对……有益

Walking is good for our health. 散步有益于身体健康。

Our English teacher is very good to us.

我们的英语老师对我们非常好。

Your smoking can be harmful to the health of your children.

你吸烟会危害到你孩子的健康。

Pollution is especially harmful to animals.

污染对动物特别具有危害。

即境活用

16. When the boy realized who was good _____ him, what was good _____ his study and what was harmful _____ his health, he began to study hard and get rid of the bad habits.

- A. for; for; for B. to; to; to
C. for; to; for D. to; for; to

No. 3 句型归纳

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

正如我们的生活发生了变化一样, 我们的饮食习惯也已发生变化, 而且我们需要的养料也不同了。

as 表示承接前句之义, 其后应倒装, 此时 as = and so.

She plays the piano, as does her mother. 她弹钢琴, 她妈也是。

David works hard, as do my brothers.

戴维工作认真, 我的弟弟们也是。

They have all finished their work, as has she.

他们都像她一样完成了工作。

as 可引导定语从句, 位置比较灵活, 可放在句首、句末、句中, 意为“正如, 正像”。

As all his friends agree, he was a warm-hearted, and honest man. 正如他所有的朋友都认为的那样, 他是一位非常热心、诚实的人。

As a man lives, so he dies. 正如人会生一样, 人也会死的。

As was expected, he had been admitted to Beijing university. 正如预料的一样, 他被北京大学录取了。

面对高考

(2005 年高考浙江卷) _____ I explained on the phone, your request will be considered at the next meeting.

- A. When B. After
C. As D. Since

解析: as 在这里引导方式状语从句。“正如我在电话里所解释的, 你的要求会在下次会议上考虑。”A、B 两项指时间, D 项“既然, 表原因, 都不合题意”。

答案: C

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

只有用那种办法我们才对生活中的挑战和机遇有所准备。

(1) only 引导的介词短语或状语从句放在句首时, 句子需倒装。

Only in this way are you able to do it well.

你只有用这种方法才能把它做好。

Only when he returned home did he realize what had happened. 当他回到家时, 才知道出了什么事。

Only when school was over could he get back home.

直到放学时, 他才能够回家。

Only after my friend came was the computer repaired.

直到我朋友回来, 这台计算机才能被修好。

面对高考

(2006 年高考陕西卷) Only then _____ how much damage had been caused.

- A. she realized B. she had realized
C. had she realized D. did she realize

解析: 该句意为: 仅仅在那个时候她才意识到所造成的危害是多么的严重。当“only+状语”放于句首时, 主句要用倒装句型; then 是过去的时间, 故主句应用一般过去时。

答案: D

(2) opportunity n. 机会, 良机

The Chinese government is trying to make an (the) opportunity to provide a lot of work for the people.

中国政府正千方百计地为人民创造就业机会。

I take this opportunity of thanking you.

我借此机会感谢你们。

I took a good opportunity to give my opinion on it.

我抓住对那件事提出意见的好机会。

Companionship of Books 以书为友 (1) A good book may be among the best friends. It is the same today that always was, and it will never change. It is the most patient and cheerful of companions. It does not turn back upon us in times of adversity or distress. It always receives us with the same kindness, amusing and instructing us in youth, and comforting and consoling us in age.

思维拓展

give/offer an opportunity 提供机会
catch/seize/take an opportunity 抓住机会
miss/lose an opportunity 错失机会

即境活用

17. You shouldn't _____ the opportunity to see the play—it's rarely put on.
A. miss B. lost C. offer D. make

- 3 Even if we choose nutritious food for our main meals, we probably still need to refuel now and then. 即使我们选择有营养的食品作为我们的主餐,也还要时不时地补充能量。
even if/even though 即使,尽管,引导让步状语从句。
Even though he is very nice, I don't really trust him. 尽管他很好,可我也不相信他。
Even if you are not fond of flowers, you shouldn't miss the flower exhibition. 即使不喜欢花,你也不应该错过这场花展。
He won't leave the television set, even though his mother is waiting for him to have supper. 他不愿离开电视机,尽管他的妈妈在等他吃晚饭。
Even if we could afford it, we wouldn't go abroad for holidays. 即使我们有能力,我们也不会出国度假。
Even if you lose the match, you shouldn't lose heart. 即使输了比赛,你也不该丧失斗志。

面对高考

(2005年 高考湖南卷) Allow children the space to voice their opinions, _____ they are different from your own.

- A. until B. even if
C. unless D. as though

解析: 本题考查状语从句。until“直到……”; even if“即使”; unless“除非”; as though“似乎,好像”。句意为:即使孩子的观点与我们的不同,也要给他们发表意见的机会。根据句意,故B项正确。

答案: B

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

大多数水果是甜的,我们拿来就可以吃。我们唯一所做的就是把它们洗干净、去皮。

(1) just the way they are 是 just in the way in which they are 的省略。way 常与介词 in 连用,有时 in 可省略; way 后接定语从句时,常用 in which 或 that 引导,且引导词可省略。

They didn't do it (in) the way (that) we do now.

他们以前做这事不用我们现在的方式。

He doesn't speak the way I do. 他讲话的方式与我不同。

I don't like the way (that/in which) you laugh at her.

我不喜欢你捉弄她的方式。

People liked the way he wrote and so he went on writing.

人们喜欢他的写作方式,于是他继续写了下去。

the way 引导定语从句,且在从句中作主语或宾语时,应用 which 或 that 引导定语从句。

思维拓展

The way he thought of to solve the problem was very good. 他想出解决问题的方法非常好。

He called on people to solve the problem in a way which was peaceful. 他号召人们用和平的方法解决问题。

面对高考

(2004年 高考题) What surprised me was not what he said but _____ he said it.

- A. the way B. in the way that
C. in the way D. the way which

解析: 本题考查对句子结构的识别及名词 way 后面定语从句的用法。题意是:“使我吃惊的不是他说的话,而是他说此话的方式。”but 是连词,应连接两个相同词性的词或短语;but 前是一个名词性从句,故 but 后要接一个名词短语,排除 B、C 两项。way 后是一个定语从句,因 way 在定语从句中明显作状语,故引导词要用 in which 或 that,此时引导词还常常省略。

答案: A

(2) clean 前省略了 to。当主语是 all sb. does 或 what sb. does 或 everything sb. does 等一类的短语作主语时,作表语用的不定式常省略 to。

All we can do is wait with patience.

我们所能做的就是耐心地等待。

What she did after the game was go up to her trainer and thank her for all her help.

比赛完后她所做的就是走到教练那里向她表示感谢,感谢她给予的帮助。

即境活用

18. The first thing she did _____ up to her teacher and thank her for all her help.

- A. to go B. had gone
C. was go D. was going

No. 4 疑难解读

- 1 What's wrong with Mike? 迈克怎么了?

怎么了/出了什么差错? $\begin{cases} \text{What's wrong with...?} \\ \text{What's the matter with...?} \\ \text{What's the trouble with...?} \end{cases}$

【注意】 What's wrong...?, What's the matter...? 本身是主系表结构,在用作主语从句,宾语从句时语序不变。

The doctor asked Sharon what was wrong/ the matter with the stomach.

医生问莎伦她肚子怎么了。