

普通高中课程标准实验教科书(冀教版)

英语学习

根据冀教社新教材编写

手册

(选修7)



山东教育出版社

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英语学习手册

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前 言

为了贯彻教育部关于普通高中课程总体改革的精神和要求,根据教育部《普通高中英语课程标准(实验)》关于“高中阶段的外语教育是培养公民外语素质的重要过程,它既要满足学生心智和情感态度的发展要求,以及高中毕业生就业、升学和未来生存发展的需要,同时还要满足国家的经济建设和科技发展对人才培养的需求”的精神,结合 2005 年新教材,我们编写了本册《高中英语学习手册》。

“重视基础,适应个性需求,提高自主学习能力,促进学生不断发展”是本书的指导思想和主要目的。

本书紧密配合教材,分单元编排,本着“实用”、“精当”的原则,结合中学生的实际,对教材中的重点、难点做了解析,对词汇、句型、语法做了必要的补充和归纳。

本书对语法知识的讲解密切联系语境,让学生准确学会语言知识在实际交际中的应用。

本书注重培养学生的自学能力。在“疑难知识解惑”部分,通过对比、归纳、举一反三、融会贯通,培养学生的可持续学习能力,促进学生不断发展。

本书提供了教材中各部分练习题答案。书后附有各单元练习题答案,并对答案进行了解析,学生通过阅读答案解析,对各个练习题考查的知识点便一目了然,同时能够明确题目答案的来龙去脉,达到无师自通的效果。

本学习手册可配合河北教育出版社出版的《普通高中课程标准实验教科书英语(选修 7)》使用。

2006 年 1 月

编 者

Contents

Unit 1	Health Matters	(1)
Unit 2	Global Warming	(32)
Unit 3	Qi Baishi and Chinese Painting	(70)
Unit 4	Self Control	(100)
Unit 5	Literature for Self-understanding	(130)
Unit 6	Exploring Chinatown	(152)
Unit 7	Sherlock Holmes	(172)
Unit 8	Rules Are Rules	(198)
Answer Keys		(222)



Unit 1

Health Matters

学习目标展示

重点单词	<p>reveal <i>v.</i> 展现;揭示</p> <p>manifest <i>v.</i> 表明;显示</p> <p>strength <i>n.</i> 力量;力气</p> <p>leading <i>adj.</i> 领导的;第一位的</p> <p>identify <i>v.</i> 认出;鉴定</p> <p>virus <i>n.</i> 病毒</p> <p>specific <i>adj.</i> 特有的;具体的</p> <p>poverty <i>n.</i> 贫穷</p> <p>adequate <i>adj.</i> 足够的</p> <p>thrive <i>v.</i> 兴旺;繁荣</p> <p>wipe <i>v.</i> 消灭;擦</p> <p>mission <i>n.</i> 任务;使命</p> <p>bacteria <i>n.</i> 细菌</p> <p>sneeze <i>v.</i> 打喷嚏</p> <p>complicated <i>adj.</i> 复杂的</p> <p>severe <i>adj.</i> 严重的;严肃的</p> <p>acute <i>adj.</i> 急性的;敏锐的</p> <p>appoint <i>v.</i> 任命;指定</p> <p>fitness <i>n.</i> 健康</p> <p>elevate <i>v.</i> 提高;抬高</p> <p>infect <i>v.</i> 传染;感染</p>	<p>deny <i>v.</i> 否认;拒绝</p> <p>voluntary <i>adj.</i> 自愿的</p> <p>decline <i>v.</i> 下降</p> <p>acquire <i>v.</i> 取得;获得</p> <p>range <i>v.</i> 排列;变动</p> <p>pinch <i>v.</i> 挤痛;夹痛</p> <p>ending <i>n.</i> 结尾;终止</p> <p>long-term <i>adj.</i> 长期的</p> <p>assess <i>v.</i> 确定;评估</p> <p>overweight <i>adj.</i> 超重的</p> <p>adulthood <i>n.</i> 成人期</p> <p>estimate <i>v./n.</i> 估计;评价</p> <p>adolescence <i>n.</i> 青春期</p> <p>mysterious <i>adj.</i> 神秘的</p> <p>worthy <i>adj.</i> 有价值的</p> <p>sneaker <i>n.</i> 运动鞋</p> <p>dumb <i>adj.</i> 愚蠢的;哑的</p> <p>priceless <i>adj.</i> 无价的</p> <p>current <i>adj.</i> 目前的</p> <p>excessive <i>adj.</i> 过多的</p> <p>nerve <i>n.</i> 神经</p>
重点短语	<p>in general 大体上</p> <p>stand for 代表</p> <p>in one breath 一口气</p>	<p>in contrast 相反;相比之下</p> <p>be attributed to 归结于</p> <p>be worthy of 值得……</p>



重点短语	in place 放回原处 be related to 涉及; 把……联系起来 a cure for ……的治疗方法 brag about 炫耀 reply to 回答 prevent... from... 阻止……干某事 have effect on 对……有影响	be (just) the ticket 正好合适; 正是理想(需要的)东西 be worth noting 值得注意的是 describe... as... 把……描写成…… as well as 和; 还有 in ancient times 在古代 point out 指出
日常交际用语	What can I do for you, Danny? I don't feel well, doctor. No, I don't think so. Do you think I need to take antibiotics? What do you mean, all over?	Do you have got a fever? That depends on the X-ray. You should feel better in a few days. I have a bad cough, especially at night. And my chest hurts. Ouch! That hurts, too.
语法	介词及介词短语的用法	
技能目标	通过本单元的学习,使学生理解身体健康的重要性、了解药物的作用;学会关爱、呵护身体,加强锻炼;同时掌握介词以及介词短语的用法。	



国际视野拓展

Coffee May Lower Breast Cancer Risk for Some Women

NEW YORK (Reuters Health)—Women with BRCA1 gene mutations (变体), which confer a high risk of developing breast cancer, might decrease their risk by drinking a lot of coffee, according to a multi-center team of investigators.

Dr. Steven A. Narod, of the University of Toronto, Ontario, and colleagues examined the association between coffee consumption



(消费) and the risk of breast cancer among 1690 high-risk women with BRCA1 or BRCA2 mutations.

The study included women from 40 clinical centers in four countries. A self-administered questionnaire (问卷) was used to assess the average lifetime coffee consumption.

The likelihood of developing breast cancer among BRCA mutation carriers who drank 1 to 3 cups of coffee daily, 4 to 5 cups, or 6 or more cups was reduced by 10 percent, 25 percent and 69 percent, respectively, compared to those who drank no coffee, according to the report in the *International Journal of Cancer*.

When the investigators classified the women by mutation status, they found significant protection from coffee for women with a BRCA1 mutation, but not for carriers of a BRCA2 mutation.

The investigators note that coffee is an important source of phytoestrogens, which may have protective effects.

"The mechanism by which phytoestrogens may beneficially influence the risk of breast cancer has predominantly (主要地) been attributed to their structural similarity to endogenous estrogens (内生的雌激素) and their ability to bind to estrogen receptors," Narod and colleagues explain.



第三部分

疑难知识解疑

(一) 生词突破

1. **strength** *n.* 力量, 力气; 实力; 强项, 优势; 人力, 兵力。例如:

He does weight-training to build his (physical) strength.

他练习举重以增强体力。

Her strength as a novelist lies in her perceptiveness and



compassion.

她作为小说家的实力在于她的洞察力和同情心。

The great strength of my plan is that it's so cheap compared to the others.

我这个计划的最大优势是比其他计划耗资要少。

【联想】

strengthen *vt.* 变强;使坚固。例如:

They strengthened the wall with metal supports.

他们用金属支架加固了墙。

If you could find some eyewitnesses it would greatly strengthen your case.

如果你能找到一些目击证人,此案对你会更加有力。

类似由后缀-en 构成的动词还有:

wooden, darken, sharpen, widen, deepen, ripen, blacken, cheapen, tighten, lessen, fatten 等等。

2. leading *adj.* 领导的;第一位的;扮演主角的。例如:

He was one of the leading composers of his time.

他是他那个时代主要的作曲家之一。

It is said that the famous actress, Gong Li will be the leading actress of the film.

据说著名影星巩丽将主演这部影片。

【联想】

1) lead *vt. / n.* 领导,带路;通向;引诱;领先;率领;过(某种生活)。例如:

She led the blind man down to the street.

她领着那个盲人到街上。

The distant light led me to the village.

远处的灯光指引我走进村子。

All roads lead to Rome.

条条大路通罗马。



The English team was leading 1-0 at half time.

上半场,英国队 1:0 领先。

He led a hard life.

他生活得很艰辛。

- 2) lead *adj.* 最主要的;领先的;领头的。例如:

Zhang Ziyi acted a lead part nearly in every movie.

章子怡几乎在所有的影片中都担当主演。

- 3) leader *n.* 领导者

- 4) leadership *n.* 领导;率领。例如:

under one's leadership 在某人的领导下

3. appoint *vt.* 任命;指定;约定。例如:

We have decided to appoint a new teacher.

我们已决定委派一名新教师。

They finally appointed him chairman of the meeting.

他们最终任命他为本次会议主席。

I've been appointed to run the overseas section.

我已经被指派经营海外部。

The committee has appointed a day in July for your case to be heard.

委员会已指定七月的某一天审理你的案子。

【联想】

appointment *n.* 预约;约会;任命,委派。例如:

The director won't see you unless you have an appointment.

除非你事先约好,否则董事不会见你。

Can I make an appointment to see the manager?

我可以约见经理吗?

He will only see you by appointment.

要事先约定,他才会见你。

We were all pleased at the appointment of John as chairman/to be chairman.



约翰被任命为主席，我们都很高兴。

4. **decline** *vi. /n.* 下降；减少；婉言拒绝。例如：

His influence declined as he grew older.

随着年龄的增长，他的影响力下降了。

Do you think the standards of morality have declined in recent years?

你认为近几年道德水准下降了吗？

We asked them to come to the party but they declined (the invitation).

我们邀请他们来参加晚会，但是他们婉言拒绝了。

There has been a sharp decline in profits this year.

今年的利润大幅度下降。

【同义词】decrease

【反义词】increase

5. **acquire** *vt.* (常指通过个人的工作、技艺行动而) 取得，获得，学得。例如：

I managed to acquire two tickets for the concert.

我设法弄到了两张音乐会的票。

The company has recently acquired new offices in central London.

公司最近在伦敦市中心弄到了新的办公室。

【同义词】

get, obtain, receive, gain, win

6. **worthy** *adj.* 值得尊敬的；值得重视的；值得……的；配得上……的；应……的(后面跟 of + *n.* /being done 或 to be done)。例如：

We all thought Mr. Lee was a worthy opponent after the game.

比赛之后我们都认为李先生是个值得尊重的对手。

I'll never forget the performance worthy to be remembered/of being remembered.

我将永远不会忘记那场值得怀念的演出。



Xiao Ming's action is worthy of admiration.

小明的行为值得赞赏。

【同义词】

1) worth *adj.* / *n.* 值; 值得; 尽力地; 不论如何; 价值。例如:

It's worth much more than I paid for it.

这东西的价值远比我付的价钱要高。

We may not succeed, but it's worth a try.

我们可能不会成功,但这很值得一试。

He tried and tried for all he was worth, but it still wouldn't work.

他竭尽全力试了又试,但还是收不到成效。

After his unkindness, I know the true worth of his friendship.

自从他那次对我无情无义之后,我才知道他的友情的真正价值。

2) worthwhile *adj.* 值得花精力(时间、钱)的。例如:

a worthwhile charity to contribute to 值得捐助的慈善机构

We had a long wait but it was worthwhile because we got the tickets for the concert.

我们等了很长时间,但这是值得的,因为我们总算买到了音乐会的票。

(二) 课文详解

1. It described you as a hero in a lab coat.

他们把你描述成一个实验室英雄。

describe... as... 把……描述(描写)成……。例如:

Don't describe me as an expert. I'm not so excellent.

不要把我描述成一个专家,我没有那么好。

That professor is described as an dishonest person in the report.

在这个报告中,那个教授被描写成一个不诚实的人。



【归纳拓展】

表示“把……看作或当作……”的类似搭配有：

regard... as...

consider... as...

treat... as...

look... as...

have... as...

respect... as...

admire... as...

2. That is what I want to be, Dr. Wang, and that is why I am writing to you.

王博士,那就是我想做的事和我给你写信的原因。

在这个句子中,Dr. Wang 是插入语,what 和 why 分别引导表语从句。表语从句和主语从句、宾语从句以及同位语从句都属于名词性从句。名词性从句中的引导词不可以省略,即使引导词在从句中不做任何成分。例如:

What I want to do now is that I can go home and have a good sleep.

我现在想的就是能回家美美睡上一觉。

I'll be very busy next month except when there are basketball matches.

我下个月将会很忙,除了有篮球赛时。

I can't believe the fact that Jack told a lie to you.

我很难相信杰克向你撒谎的事实。

3. For example, could I catch the SARS virus or the AIDS virus if I were to work in a lab?

例如,我要去实验室工作的话,能否感染上非典病毒或爱滋病病毒?

该句使用虚拟语气,表示与将来事实相反的假设。if 引导的状态从句使用虚拟语气时,根据其对不同的时间的假设,主、从句中使



用不同的谓语形式来表示。例如：

If I were you, I wouldn't tell him the truth. (对当前情况虚拟)
如果我是你的话,我不会告诉他真相的。

If you had found Mr. Green yesterday, you would have got the book. (对过去情况虚拟)

你如果昨天找到了格林先生,你就会得到那本书的。

If he were to/went/should go to Beijing tomorrow, he would go to see her. (对未来情况虚拟)

如果他明天去北京的话,他会去看她的。

与 if 从句所用虚拟语气用法类似的还有 as if 和 wish 引导的从句。例如：

I felt so cold as if we were in Harbin.

我感觉非常冷,好像我们在哈尔滨一样。

He speaks as if he had not met me before.

他说话的语气好像他以前没见过我一样。

How I wish I were you. If that, I could have more time to read.
我多么希望我是你。那样的话,我就能有更多的时间去读书了。

Jack wished that he had gone to see the movie. But he was too busy.

杰克很希望昨天能去看电影,但是他太忙了。

4. I remember a time, many years ago, when I had the same questions as you do.

我还记得很多年前,我有着和你一样的问题。

1) a time=a period of time “一度;一段时间”,其前可加修饰语。

例如：

I still remember the many times when I enjoyed myself in the country.

我现在仍然记得我在乡下度过的那些美好时光。

That was a long time when I was living with Grandma.

我和奶奶生活了很长时间。



2) do 在本句中为动词替代词,替代前文中的动词。补充完整后应该是:..., when I had the same questions as you have. 又如:

I want to help the disabled as you do.

我想向你那样帮助残疾人。

He said that he could pass the exam and finally he did.

他说他会考试及格的,最终他真的及格了。

5. Molly, if you decide to become a scientist, you should get used to long and complicated names.

Molly, 如果你决定成为一名科学家,你应该习惯那些长而复杂的名称。

get/be used to + n. “习惯于”,后面跟名词和动词的-ing 形式。例如:

I have been used to the life in the countryside.

我已经习惯于乡下的生活了。

I'm still not used to being called Mr. Green.

我还不习惯被人叫作格林先生。

【归纳拓展】

get/be used to do “被用作……”; used to do “过去常常;过去曾经(而现在已经不这样了)”;例如:

Bamboo can be used to build houses.

竹子可以用来修房子。

We used to go to swim in the river behind the village.

我们过去常到村子后面的小河里去游泳。

6. If you understand that, you'll know how to protect yourself and prevent AIDS from spreading.

如果你理解了那些,你就知道了如何保护自己,如何防止爱滋病扩散了。

protect... from/against + n. “保护……不受……的侵害”。例如:

Put on your sun-glasses to protect your eyes from/against the



strong sunshine.

戴上你的墨镜,别让强烈的阳光刺伤眼睛。

We covered the young shoots to protect them from/against the freezing cold.

我们给幼苗盖上了些东西,以防他们被严寒冻伤。

prevent... (from)+doing... “阻止……做某事”。例如:

No one can prevent the wheel of the history (from) advancing.

没人可以阻止历史前进的车轮。

Can you prevent Tom (from) going out in such a cold night?

你能阻止汤姆别让他在这么冷的晚上出去吗?

【同义词】

stop... (from)...; keep... from...

7. **Some patients say it hurts a little when the needles go in, while other patients say it doesn't hurt at all.**

有些病人说当针扎进来时有点疼,而其他病人却说根本不疼。

句中的 while 为表示对比性转折的并列连词,意为“然而,但是”。

例如:

He thought I referred to his daughter, while I spoke of my own daughter.

他认为我指的是他女儿,而实际上,我在说自己的女儿。

Mr. Green is very fat, while his brother is fairly thin.

格林先生很胖而他弟弟却很瘦。

I like football, while my wife prefers skating.

我喜欢足球,而我妻子更喜欢滑冰。

8. **Before he goes home, Mr. Li makes an appointment to see Dr. Zhao in a week.**

在他回家之前,李先生约好一周后去看赵医生。

1) make an appointment with someone “和某人约会(预约)”。

例如:

It is the practice in the West to make an appointment with



the doctor before you go to see him (her).

在西方,去看医生之前先预约是一种习惯。

I nearly forgot the appointment I made with Jack to play football together.

我差点忘了和杰克一起打篮球的约定。

- 2) in a week 在本句中的意思为“一周之后”,表示将来时间。例如:

My birthday is in three weeks but my parents are planning how to celebrate it.

我的生日是在三周后,但是我父母已经开始计划如何庆祝的事了。

It is said that Mr. Lee will go abroad in five days.

据说李先生五天后就出国了。

9. Scientists point out that the acupuncture points have many more nerve endings than other places on the skin.

科学家们指出穴位处的神经末梢比皮肤任何其他地方都多。

- 1) point out “指出”。例如:

Can you point out my shortcomings?

你能指出我的不足吗?

Mr. Gao pointed out that the true reason for my mistakes was carelessness.

高老师指出,我出错的真正原因是粗心。

【归纳拓展】

point at “指着(近处的东西或人)”；point to “指着(较远的东西或人)”。例如:

His mother scolded him for his breaking the glass, pointing at his nose.

他妈妈因为他打破了杯子而指着他的鼻子大骂。

The old man pointed to the hill in the distance and told us an interesting story.