



新教材

① XINJIAOCAI WANQUANJIEDU ②

完全解读

新课标·外研



与最新教材完全同步
重点难点详尽解读

英语

高中（必修2）

主 编：蔡一凡 陈 铎

吉林人民出版社

全新改版
含教材习题解答



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新教材完全解读

编写宗旨

1. 本书是一套与教材同步的讲解类图书。在编写中本着“精、细、透、全、新”的宗旨，首先落实知识点—连成知识线—形成知识面—结成知识网，对重点、难点详尽解读，同时还有兼知识性与趣味性于一体的辅助性知识，是一本可以代替教材的教辅书。

2. 完整的学习体系。通过基础全面解读、重难点层层突破等环节形成完整的能力培养体系，让学生在学习知识的过程中形成能力。

3. 平时训练考试化。通过讲评最新高考真题、模拟题，练方法、练技巧、练速度、练准确度、练准确率。

4. 教材习题全面解答。本书全面解析教材课内和课后习题，注重解题思路的点拨，是您学习的好帮手。

栏目使用说明

本书栏目

栏目内容概览

栏目功能

单元导学

以表格的形式总结本单元学习的重难点，同时配有背景导读，以增强学生对本单元的学习兴趣。

提纲挈领

课前预习

根据课标要求，总结知识要点，并以填空的形式进行预习效果的检测，减少预习的盲目性和随意性，提高课堂学习效率。

积累整合

解读教材

实录课文原文，并给出精准翻译，言简意赅，语言流畅，并且对教材知识点进行细致梳理，在突出重难点的同时锁定高考，讲解深入，清晰易懂。

知识全解

教材习题解答

详细解答教材习题，答案准确规范，方便检索。

详解精析

单元总结

系统总结本单元重点语法并根据单元话题归纳写作内容，帮助学生更好地掌握语法知识，提升语言运用能力。

归纳整合

体验高考

根据本单元重难点，以释例的形式详尽分析最新高考真题和模拟题，让学习有的放矢。

典题精析

同样的教材，不一样的解读

NO.1 | 闭环的学习环节，知识体系完整无缺

本书从宏观的计划学习开始，贯串了学习过程中的课前预习、课堂学习、课后练习、总结复习所有环节，形成一个完整的闭环，学习知识的整个体系没有任何缺失。

NO.2 | 讲解分层重点突出，知识讲解全面系统

本书将基础知识、拓展知识进行分层讲解，梯度性大大加强，照顾到各个层面学生的不同需要，360°逐点扫描，让知识没有盲点。

NO.3 | 精选例题“点”“评”结合，名师伴你解典题

本书在精选例题时更加注重典型性，从知识点的覆盖面和难度上真正适合学生的需要，注重思路的“点”拨，并且增加了名师对最新高考真题的“评”析，解密高考题背后隐藏的命题立意和出题角度，通过评一题帮学生解一类题。

NO.4 | 易错易混点重点讲解，全面贯彻“零”失误

针对学生在学习过程中对知识理解和掌握上的易错点和易混点，通过〔图解助记〕、〔巧学妙用〕等小栏目以图文并茂的形式进行阐释，消灭各种容易丢分的可能因素，防患于未然。

NO.5 | 贴近高考紧扣考点，解读考势得高分

本书在讲解知识的同时，贯串了“高考能力培养在平时”的理念，即在平时的学习中时刻与高考对接，熟悉考点分布，从而有效地减少考试中的失误。

选择本书你会发现无限的惊喜和收获

本书详尽的知识点讲解，助你夯实基础

本书实用的方法技巧总结，助你拓展提高

本书完整的学习体系，助你成就卓越

梓耕寄语

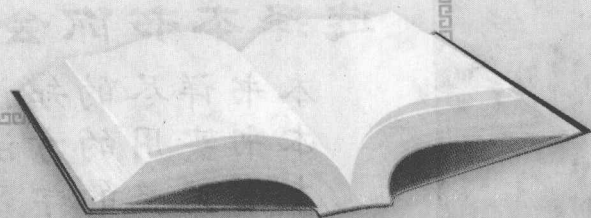
爱读书，善读书

读书是一种乐趣。“闲来无事常读书”，能够静静地、不受惊扰地沉入到书的世界，是一种快乐的享受。事实上，也只有书，才能让人游离出现实的烦恼和羁绊，天马行空，神游八方，纵跨古今，横跃东西。

古人就有“博百家所长，为我所用”的读书情怀。只要忙里偷闲，拥卷在手，就可以给心灵放假。凭着一腔怡然和恬淡的情怀，开始精神的遨游，实在是生活中十分惬意和快乐的事情。

读书更要善于选择。读书说起来简单，但要善于选择、善于思考、明辨是非、知所适从。读一本好书，让我们得以明净如水，开阔视野，丰富阅历，益于人生；读一本好书，可以给身心以滋补和调养，缓解思想的困顿和迷茫，洗去久居世事的尘埃和污垢，让心境超然物外，从而忘却诸多的纠缠和烦扰，心灵便有了一份宁静的依托、归属和安慰。

读书其实也是在读人，读人品、读情趣，是一个人在同另一个人、另一些人的思想和情趣进行沟通和交流，就像条条小溪汇成大海，让书中的点点滴滴、丝丝缕缕，如同涓涓细流，流淌到自己的心底，弥漫和浸染心扉。所以，读书不但是生活的一种享受，也是生命的一种安慰，更是心灵的一种需要！



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Module 1 Our Body and Healthy Habits

模块导学

提纲挈领

『模块要点预览』

话 题		Talking about our body and healthy habits	
知 识 目 标	重 点 单 词	diet <i>n.</i> & <i>vi.</i> 饮食; 日常食物; 照医生的规定饮食 fat <i>n.</i> 脂肪 fit <i>adj.</i> 健康的; 强健的 rare <i>adj.</i> 稀少的; 罕有的 unhealthy <i>adj.</i> 不健康的; 有碍健康的 wealthy <i>adj.</i> 富裕的; 有钱的 anxious <i>adj.</i> 焦虑的; 不安的; 渴望的 injure <i>vt.</i> 伤害 painful <i>adj.</i> 疼痛的 normal <i>adj.</i> 正常的; 一般的 symptom <i>n.</i> 症状 lifestyle <i>n.</i> 生活方式	head <i>vi.</i> 朝……方向前进 eye <i>vt.</i> 注视; 观看 overweight <i>adj.</i> (人) 太胖的; 超重的 breathe <i>vi.</i> 呼吸 prescription <i>n.</i> 处方 awful <i>adj.</i> 可怕的; 吓人的 insurance <i>n.</i> 保险 questionnaire <i>n.</i> 问卷; 问卷调查; 调查表 pneumonia <i>n.</i> 肺炎 injury <i>n.</i> 伤害; 损伤; 受伤处 proverb <i>n.</i> 谚语 toothache <i>n.</i> 牙痛
	重 点 短 语	be connected with 与……有联系 be crazy about 迷恋 lie down 躺下 put ... into ... 将……投入…… take exercise 锻炼 have a temperature 发烧 begin with 以……开始 become ill 生病	too much 太多 at least 至少 in order to 为了 as a result 结果 in my opinion 以我的观点来看 would rather 宁愿 catch/get a cold 得感冒 be worried about 担忧
	重 点 句 型	1. When Zhou Kai's mother saw him heading towards the front door without a jacket on, she eyed him anxiously. 当周凯的妈妈看见周凯没有穿夹克衫就朝前门走去的时候, 她担心地注视着他。 2. Zhou Kai went and did as he was told. 周凯去了, 并且像他被告知的那样做了。 3. Britain was the first country in the world to have a free health care system paid for by the government. 英国是世界上第一个由政府支付费用的免费的医疗保障体系的国家。 4. Health care is free for everyone living in Britain. 生活在英国的每一个人的医疗保障都是免费的。	
	难 点	“make+宾语+宾语补足语”结构; pick up 的用法	
	易 错 点	think of, think over 的用法区别; fit, suit, match 的用法区别; common, ordinary, usual, normal 的用法区别	
	语 法	名词用作动词和 will/be going to 表示将来的动作	
技 能 目 标	听	听懂有关身体健康、疾病、保健的谈话并获取信息	
	说	熟练运用将来时表达打算或决定做某事	
	读	能读懂介绍身体状况、疾病、保健的文章	
	写	说明文的写法	

『背景导读』

Healthy Diet Means Better School Performance

Kids who eat better perform better in school, a new study of Nova Scotia fifth-graders confirms.

Students who ate an adequate amount of fruit, vegetables, protein, fiber and other components of a healthy diet were obviously less likely to fail a written test, Dr Paul J. Veugelers of the University of Alberta in Edmonton and colleagues found.

While a healthy diet is generally considered to be important for good school performance, there has actually been little research on this topic, Veugelers and his colleagues note. To find out, they looked at 4,589 fifth-graders taking part in the Children's Lifestyle and School-performance Study, 875 (19.1 percent) of whom had failed an elementary written assessment.

The better a student's eating habits based on several measures of diet quality, including adequacy and variety, the less likely he or she was to have failed the test, the researchers found, even after they adjusted the data for the effects of parental income and education, school and sex. Eating plenty of fruit and vegetables, and getting fewer calories from fat, was also connected with a lower risk of failing the test.

To date, Veugelers and his team say, most research on diet and school performance has focused on the importance of eating breakfast, as well as the ill effects of hunger and malnutrition.

"This study extends current knowledge in this area by proving the independent importance of overall diet quality to academic performance," the researchers concluded.

参考词汇: confirm *v.* 表明 adequate *adj.* 充足的 protein *n.* 蛋白质 fiber *n.* 纤维 component *n.* 成分



Part I

INTRODUCTION & VOCABULARY AND
READING

课前预习

积累整合

I. 重点单词

1. *n.* 节食
2. *n.* 脂肪 → *adj.* 肥胖的 → *n.* 肥胖
3. *adj.* 适宜的 → *vt.* 适合; 安装 → *n.* 适合
4. *vi.* 出发; 驶往

II. 重点短语

5. *sure* 确信
6. be crazy *对……着迷*
7. at *至少*
8. keep ... away *使……远离*
9. *a cold* 得感冒

答案速查

1. diet
2. fat, fat, fatness
3. fit, fit, fitness
4. head
5. make
6. about
7. least
8. from
9. catch/get

解读教材

知识全解

『重点课文翻译』

Zhou Kai(1)

When Zhou Kai's mother saw him heading towards the front door without a jacket on, she eyed him anxiously.

"Zhou Kai, where are you going?" she asked.

"To the park. I'm going to play football," said Zhou Kai.

"But it's raining! You'll catch a bad cold," said his mother.

周凯(1)

当周凯的妈妈看到他没穿夹克衫就朝前门走去的时候,她担心地看着他。

她问道:“周凯,你要去哪儿?”

周凯说:“去公园。我要去踢足球。”

“但现在在下雨啊!你会得重感冒的,”他妈妈说。

"No, I won't. I'll be fine," said Zhou Kai, as he opened the door.

"Zhou Kai, you'll get ill. You know you will. You can at least go and get your jacket."

"OK, OK." Zhou Kai went and did as he was told.

Zhou Kai(2)

My mother has always made sure we eat very healthily, and fresh fruit and vegetables are a very important part of our diet. We live near the sea and we have fish about four times a week. We don't eat much fat or sugar. A lot of my school friends eat sweets every day but I'm lucky because I don't have a sweet tooth—I'd rather eat a nice piece of fruit. And I'm not too heavy, so I never have to diet, or anything like that.

I'm quite healthy. I very rarely get colds, although, unusually for me, I had a bad cold and a bit of a fever last week. But that's because I was stupid enough to play football in the rain. I don't often get things like flu either. Last winter almost all my classmates got flu—but I didn't.

I think I don't get these things because I take a lot of exercise and am very fit. Two years ago I broke my arm playing football. The injury was quite painful and I couldn't move my arm for a month—I hated that.

So as you can see from what I've said, I'm a normal kind of person. But there's one thing I really love—I'm crazy about football. I'm captain of the class team at school and I'm also a member of the Senior High team. Because of this, I make sure that I have a good diet, and as I've said, this isn't a problem because my mother feeds us so well.

周凯边开门边说：“不，我不会的。我将会很好的。”

“周凯，你会生病的。你知道你会。你至少也得带着你的夹克衫去。”

“好的，好的。”周凯去了并且像他妈妈告诉他的那样做了。

周凯(2)

我妈妈总是要确保我们健康地进食，新鲜的水果和蔬菜是我们的饮食中一个非常重要的部分。我们住得离海不远，大约每周要吃四次鱼。我们不吃很多脂肪或糖。我的许多学校的朋友每天都吃甜食，但我很幸运，因为我不爱吃甜食——我宁愿吃点儿好吃的水果。而且我也不太重，因此我从来不用节食，或做任何像那样的事。

我相当健康。我很少感冒，尽管，对我来讲不寻常的是，我上周得了重感冒，而且还有点儿发烧。但那是因为我愚蠢到在雨里踢足球。我也不常得像流感那样的病。去年冬天，几乎我所有的同学都得了流感——但我没得。我想我不得这些病是因为我进行大量的锻炼并且非常健康。两年前，我踢足球时胳膊骨折了。伤很疼，我的手臂一个月不能动——我讨厌那样。

因此正如你从我所说的话所能看到的那样，我是很平常的那种人。但有一件我真的喜爱的事——我对足球非常着迷。我在学校是班级足球队的队长，也是高中球队的一员。就因为这个，我一定要有一个好的饮食，并且正如我说的，这不是一个问题，因为我的妈妈给我们吃得那么好。

『知识要点全解』

① Which of them are connected with illness? 它们中哪个与疾病有关? (P1)

connect *vt. & vi.* 连接; 连通; 衔接。用法如下:

(1) *vt.* 相当于 join, 如果要表示“与……连接”, 则要用 connect...with...结构。

The new railway connects the two cities. 这条新铁路把这两个城市连接起来。

(2) *vi.* 常与 with 连用。

This room connects with the dining hall. 这个房间与餐厅相连。

(3) be connected with 与……有联系; 与……是相连的。

The new road is connected with the bridge. 这条新公路与桥是连在一起的。

【知识拓展】(1) connect 的名词形式为 connection, 意为“联系; 关联”。

How did you know the connection? 你是怎么知道这种联系的?

(2) in connection with sb/sth 与某人/某物有关/相关。

A man has been arrested in connection with the murder of the teenager. 一名男子因与该谋杀少年案有关而被捕。

例1 He is connected _____ the Browns by marriage.

A. to B. by C. with D. from

【点拨】C be connected with 与……有联系; 与……有关系。句意为“他与布朗家有姻亲关系”。

② I sometimes get colds and flu. 我偶尔会患上感冒。(P1)

sometimes *adv.* 有时, 偶尔。

He sometimes writes to me. 他偶尔给我写信。

get 此处意为“患上, 感染上”。get 还可意为“使, 让, 使(某事)发生”。

【注意】“get+过去分词”可以表示被动, 也可表示自己做的事情。

get stolen 被偷

get robbed 被抢劫

get dressed 穿好衣服

get married 结婚

get changed 换衣服

get lost 迷路

例2 —How are the teams playing?

—They're playing well, but one of them _____ hurt.

A. got B. gets C. all D. were

【点拨】 A got 与过去分词连用构成被动语态, got hurt 同 was hurt, 故选 A.

3 You are what you eat. 你的粮食决定你的身体状况。(P1)

what you eat 为 what 引导的表语从句, what 在从句中作动词 eat 的宾语。

【注意】 表语从句可以由 whether, that, what, where, why, because, as if 或 as though 等引导。

That is where Lu Xun used to live. 那就是鲁迅曾经住过的地方。

【知识拓展】 what 和 that 都可引导表语从句, 但 what 在表语从句中作表语、主语或宾语, 而 that 通常只起连接作用, 不作句子成分。

The trouble is that he has never done the work before. 麻烦在于他以前从未做过这个工作。

例3 根据汉语提示完成句子

_____ (这是因为) each year millions of smokers die from the habit.

【点拨】 This is because

4 Early to bed, early to rise makes a man healthy, wealthy and wise. 早睡早起, 使人健康、富有和聪明。(P1)

✓ makes a man healthy, wealthy and wise 属于“make+宾语+宾语补足语”结构。make 复合结构的常见形式:

make+宾语+n./pron.

make+宾语+adj.

make+宾语+动词原形

make+宾语+v.-ed

make+宾语+介词短语

make it+n./adj.+ $\begin{cases} \text{to do sth} \\ \text{从句} \end{cases}$

【注意】 make sb do 的被动形式为 sb be made to do.

The boss made him work all day long.

被动形式为: He was made to work all day long by the boss.

✓ wealthy adj. 富裕的; 丰富的。

He was the eldest son of a wealthy family. 他是有钱人家的长子。

【短语拓展】 be wealthy in 富于……

This area is wealthy in fruits and flowers. 这个地区盛产水果和鲜花。

【知识拓展】 wealth n. 财富; 财产。

Success and wealth transformed his character. 成功和财富改变了他的性格。

例4 The country's _____ is based on trade.

A. wealthy B. wealth
C. possession D. possessor

【点拨】 B 本题由前面的所有格提示可知, 应选名词在

句中作主语, 排除 A 项。根据句意“这个国家的财富是以贸易为基础的”, 排除 D 项。possession 作为“所有物, 财产”之意时应用复数形式, 而 wealth 作为“财产, 财富”之意时通常作不可数名词。

5 An apple a day keeps the doctor away. 一天一个苹果让你不用看医生。(P1)

keep...away (from) 使……远离; 使……不靠近。

Children should be kept away from the river. 应该让孩子们远离河边。

【知识拓展】 keep off (使) 让开, (使) 不接近; keep on (使) 继续下去; keep out (使) 留在外面, (使) 不进入; keep up (使) 继续下去, (使) 不落后, (使) 保持良好状态; keep in touch with 与……保持联系; keep fit 保持健康。

例5 Police warn bystanders to keep _____ from the blazing building.

A. out B. away C. on D. down

【点拨】 B 句意为“警察告诫旁观者不要靠近燃烧的建筑物”。keep away from 是固定短语, 表示“远离……”。

6 Can you think of any Chinese proverbs connected with health? 你能想出任何和健康有关的谚语吗?(P1)

think of 想起。

I couldn't think of the name of that man anyhow. 我怎么也想不出那人的名字来了。

【知识拓展】 (1) think of 还有下面的意思:

① 考虑; 认为, 相当于 think about.

② 认为……是……, 常用于 think of...as...。

③ 想到(某人或某事)。

(2) think about 考虑; think much/highly of 重视/高度赞扬; think again 重新考虑; think over 仔细考虑。

【注意】 I think 经常在句中作插入语, 表示“我想; 我认为”。

例6 —What fruit is in season now?

—Pears, _____.

A. I know B. I think C. I see D. I feel

【点拨】 B 本题考查 I think 作插入语的用法。I think 用来表达自己的观点, 意为“我认为”。

7 Can you translate them into English? 你能把它们翻译成英语吗?(P1)

translate...into...把……翻译为……(语言)。

Can you translate the book into Japanese? 你能把这本书译成日语吗?

【知识拓展】 translate 还有下列用法:

(1) translate+n.+from+n.+into+n.: 把……从……(语言)译成……(语言)。

We translate the novel from Chinese into English. 我们把这部小说从汉语译成英语。

(2) translate+n.: 解释/说明……。

I translated her smile as friendship. 我把她的微笑视为友谊。

(3) translate+n.+into+n.: 把……转化成……。

They are trying their best to translate their dreams into reality. 他们正竭尽全力把他们的梦想变成现实。

例7 Who are you going to the text into Chinese?

- A. have translated B. have been translated
C. have translate D. have been translating

【点拨】 C 句意为“你打算让谁把这篇文章翻译成汉语?”应用短语 have sb do sth.

8 Which word means leader? 哪个词的意思是“领导”? (P2)

mean *v.* 意味着……,有……的意思,指……而言。

(1) mean + *n.*

The red light means “stop”. 红灯表示“停止”的意思。

(2) mean + that 从句。

The sign means (that) we can't park cars here. 这个标志表示我们不能在这里停车。

【辨析】 mean to do, mean doing

mean to do 打算做……; mean doing 意味着做……。

I didn't mean to start an argument. 我并不要开始争论。

Accepting the job means living abroad. 接受这个工作意味着在国外居住。

【短语拓展】

mean sb sth = mean sth to sb 打算给某人某物

I mean 就是说,我的意思是……

mean business 认真的

mean well 没有恶意,出于好意

例8 The bad weather means the rocket launch for 48 hours.

- A. delaying B. to delay
C. having delayed D. to have delayed

【点拨】 A delay 耽搁、延迟; mean doing sth 意味着做某事; mean to do sth 打算做某事; mean to have done 本来打算做某事,但没成功。

9 Which word means worried about something that may happen? 哪个单词的意思是“担心有可能发生的事情”? (P2)

✓ worry *v.* 使担心; 忧虑。

Don't worry. 别担心。

【短语拓展】 be worried about 担心

She is too worried about her health. 她太担心她的健康了。

✓ happen *vi.* 发生。

An accident happened on the street yesterday. 昨天街上发生了一起事故。

【知识拓展】 happen *vi.* 碰巧。

I happened to be out when he telephoned me. 他给我打电话时我碰巧在外面。

【辨析】 take place, break out, come about, happen

这四个词(组)都可意为“发生”,且均无进行时态,无被动语态。但它们也有区别,区别如下:

(1) take place 按计划发生。

The May 4th Movement took place in 1919. 五·四运动发生于1919年。

(2) break out 突然发生; 爆发, 其主语常为 war, fire, quarrel, earthquake 等。

The Anti-Japanese War broke out in 1937. 抗日战争爆发于1937年。

(3) come about 和 happen 意思相同, 表示“偶尔发生”, 多指普通事件的发生。

How did the accident come about/happen? 这个事故是怎样发生的?

例9 The festival in July every year.

- A. happens B. takes place
C. comes about D. occurs

【点拨】 B 节日每年都过, 所以应是安排好的, take place 常指按计划发生。

10 Why is Zhou Kai's mother anxious? 周凯的妈妈为什么担心? (P2)

anxious *adj.* 焦虑的; 不安的; 渴望的。

I'm anxious about her safety. 我对她的安全担心。

I'm really anxious to see him. 我急于见他。

【短语拓展】

be anxious about 为……担心/焦虑

be anxious for 渴望……

be anxious to do 渴望/急于做

be anxious for sb to do sth 渴望某人做某事

【辨析】 anxious, eager

anxious	表示“渴望的”等意思时, 含有未知结果如何, 有些为之担心的意味。
eager	意思是“渴望的、热切的”, 着重指渴望什么或渴望做什么的热情或迫切心情。

例10 My mother always gets a bit if we don't arrive when we say we will.

- A. anxious B. ashamed C. weak D. patient

【点拨】 A 考查词义辨析。anxious 意为“焦急的”; ashamed 意为“惭愧的、羞愧的”; weak 意为“虚弱的”; patient 意为“耐心的”。

11 When Zhou Kai's mother saw him heading towards the front door without a jacket on, she eyed him anxiously. 当周凯的妈妈看见周凯没有穿夹克衫就朝前门走去的时候, 她担心地注视着他。 (P2)

此句中的 without 复合结构作状语, “with/without + 名词 + 补足语”构成复合结构, 补足语可以是介词、形容词、副词、分词等。

He went away with the light on. 他没关灯走了。

He left the classroom with the windows open. 他敞着窗户离开了教室。

例11 —Come on, please give me some ideas about the project.

—Sorry. With so much work my mind, I almost break down.

- A. filled B. filling

C. to fill D. being filled

【点拨】 B 本题考查 with 的复合结构。根据句意, 故选 B。

12 You can at least go and get your jacket. 你至少也得带你的夹克衫去。(P2)
at least 至少。

He should at least have come to say good-bye. 他至少也该来道个别。

【知识拓展】 (not) in the least 一点儿(也不); least of all 最不, 尤其不; not least 相当地; to say the least (of it) 至少可以说, 说得再轻些。

例12 I didn't know the accident at all. You should _____ tell me.

- A. for the least B. for most
C. at most D. at least

【点拨】 D 考查固定短语的用法。at most 至多; at least 至少。根据前面提到“我根本不知道这场事故。”可知应该是“你至少应该告诉我”, 因此选 D 项。

13 Zhou Kai went and did as he was told. 周凯去了, 并且像他被告知的那样做了。(P2)

句中的 as 表示“依照; 按照”。

You ought to do as Paul tells you. 你应按照保罗告诉你的做。

【知识拓展】 as 的用法:

(1) 作介词, 表示“作为; 当做”。

As a party member, I must be strict with myself. 作为一个党员, 我必须严格要求自己。

(2) 作连词, 引导时间状语从句, 意为“当……的时候, 一面……一面……”。

She sings as she walks. 她边走边唱。

(3) 作连词, 引导原因状语从句, 意为“因为”。

You must hurry up as there is little time left. 你必须快些, 因为没剩多少时间了。

(4) 引导让步状语从句, 常用于倒装结构。

Child as he is, he knows a lot. 尽管他是一个孩子, 但是 he 知道的很多。

【短语拓展】

as ... as ... 像……一样……

as if/as though 似乎; 好像

as well as 同(一样也); 和; 还

such ... as 像……这样的

as for 至于

as to 关于; 提到

so as to ... 以便, 为了

as a matter of fact 其实; 实际上

as a result 结果

as long as 只要

例13 Let's learn to use the problem we are facing _____ a stepping-stone to future success.

- A. to B. for C. as D. by

【点拨】 C 本题考查考查介词。use ... as ... 把……当做……。

句意为“让我们学着把我们正面临的问题当做通向成功的踏脚石”, 故选 C。

14 Does Zhou Kai have a healthy lifestyle, in your opinion? 你认为周凯有一个健康的生活方式吗?(P2)

opinion n. 意见, 看法, 主张。

What's your opinion of this wine? 你认为这酒怎么样?

【短语拓展】 in one's opinion 依某人看来; 依某人的看法

In my opinion, he will win the game. 依我看来, 他将赢得这场比赛。

例14 Although _____ my opinion, the old professor didn't come up with his own.

- A. against B. on C. for D. in

【点拨】 A 介词 against 表示“反对”, 前面省略了 he was。

15 My mother has always made sure we eat very healthily, and fresh fruit and vegetables are a very important part of our diet. 我的妈妈总是确保我们吃得非常健康, 新鲜的水果和蔬菜是我们饮食中非常重要的一部分。(P3)

make sure 确保; 弄明白。

Make sure the central heating is off. 集中供暖设备一定要关掉。

【知识拓展】 be sure of (doing) sth 表示“对(做)某事有把握”; make sure 后面一般接从句; be sure to do sth 表示“一定做某事”。

Make sure that you put down every word she says. 切实要记下她说的每一个字。

diet n. & vi. 饮食; 日常食物; 按医生的规定饮食。

She is dieting to lose weight. 她在节食以减肥。

【短语拓展】 go/be on a diet 节食

【辨析】 diet, food

diet	习惯的食物或规定的食物, 特指维持健康的定量或定质的食物, 如病人的疗养饮食。
food	是一般用法, 凡能吃喝的具有营养的东西都称为 food。

例15 _____ get the work finished before six o'clock.

- A. Be sure to B. Be sure of
C. Make sure of D. Make sure to

【点拨】 A 句意为“一定在六点以前完成工作”。be sure to 一定……。

例16 The girl is on a special _____ to lose weight and I hope she can succeed.

- A. diet, / B. food, /
C. diet, her D. food, her

【点拨】 A 句意为“这个女孩正在进行一个特殊的节食来减肥, 我希望她能成功”。be on a diet 节食; lose weight 减肥。

16 I'd rather eat a nice piece of fruit. 我宁愿吃点好吃

的水果。(P3)

would rather 的用法如下:

(1) 后面直接接动词原形,否定式在 rather 后加 not。表示“宁愿;宁可”。

He'd rather work in the countryside. 他宁可到农村工作。

(2) would rather...than...或 would...rather than...表示“宁可(愿)……(而)不要(愿)……”或“与其……不如……”。

I'd rather play tennis than swim.

=I'd play tennis rather than swim. 我宁愿打网球而不愿游泳。

(3) 后接从句时,从句谓语动词要用过去时,即表示现在或将来要做的事,用一般过去时;表示过去要做的事用过去完成时。

I would rather you came tomorrow. 我宁愿你明天来。

(4) would rather 接动词的完成式,表示主语要做某事,而结果事与愿违。

I'd rather have left a note on her desk. 我本想留张字条在她书桌上的。

例17 (2010·江苏高考) George is going to talk about the geography of his country, but I'd rather he _____ more on its culture.

A. focus

B. focused

C. would focus

D. had focused

【点拨】 B would rather 后应用虚拟语气,表示与现在事实相反,用动词的过去式。

17 I very rarely get colds, although, unusually for me, I had a bad cold and a bit of a fever last week. 我很少得感冒,尽管对我来说不寻常的是,上周我得了重感冒并且有点发烧。(P3)

☑ 这是一个复合句。主句是 I very rarely get colds. I had a bad cold and a bit of a fever last week 是 although 引导的让步状语从句。

☑ rarely adv. 稀少地;极少地。

The leader rarely shows herself in public. 这位领导她很少在公众场合露面。

【知识拓展】 (1) rare adj. 稀少的;罕见的。

These flowers are very rare in this country. 这些花在该国很少见。

(2) rarely 是否定副词,如果放在句首,句子用部分倒装。

Rarely did he fail to keep his promise. 他真的很难得失信。

☑ although 表示“尽管……;虽然……”,常用来引导让步状语从句,其近义词是 though。although 引导的句子通常放在句首。although 不能与 but 连用。

Although (he is) doing his best in maths these days, he has still got no good marks. 尽管近来他一直在努力学数学,但仍然没有取得好成绩。

【辨析】 although, though

(1) 两者都可以用作从属连词,引导让步状语从句,作“虽然……但是……”解;但 although 较为正式。although 从句常置于主句前,though 从句置于主句前后均可。它们都不能与

but 连用,但能与副词 yet 连用,以加强让步的语气。

Although/Though he worked hard, yet he failed in the exam. 他虽然学习很努力,但考试还是不及格。

(2) 通常情况下二者可相互替换,但在下面情况下 although 不能替代 though。

① 用在主句前,though 从句使用倒装语序时。

Child though he was, he did quite well. 他虽然是个孩子,但做得很好。

② 和 even 组合表示强调,even though=even if,意为“即使”。

Even though we could afford it, we wouldn't go abroad for our vacation. 即使我们付得起这笔钱,我们也不出国度假。

③ though 独立用作副词,置于句末,作“但是,不过”解。

She said she would come, she didn't though. 她说要来,可没来。

☑ a bit 稍微,有点。

That's a bit too expensive. 那是有点太贵了。

【注意】 a bit 不能直接用来修饰名词。

I want to eat another bit of bread. 我想再吃一点面包。

【知识拓展】 a bit of=a little(接不可数名词)一点,一些;a bit of a/an 稍微,颇有几分,有点;bit by bit=a bit at a time 逐渐地,缓缓地;every bit 完全,由任何一点看;not a bit 一点也不。

【辨析】 not a bit; not a little

not a bit	意为“一点也不”。
not a little	意为“很,非常”。

例18 He's devoted his whole life to the protection of the _____ animals.

A. commonly B. rare C. much D. little

【点拨】 B 句意为“他终生献身于保护珍稀动物”。commonly 表示“常见地”;rare 表示“稀有的”;much 表示“许多”;little 表示“少许”。

例19 He can't have been _____ hungry because he didn't touch the bread on the plate.

A. a little B. a bit C. a bit of D. a little of

【点拨】 B 句意为“他一定一点儿也不饿,因为他没有动盘子里面的面包”。not a bit=not at all 一点也不;not a little=very 非常;a bit 和 a little 修饰形容词或副词,不能接 of,如接 of 只能用来修饰名词。

18 But that's because I was stupid enough to play football in the rain. 但那是因为我傻得要在雨中踢足球。(P3)

that/this is because...结构中,连词 because 连接的是一个表语从句,意思是“那是/这是因为……”;但是 that/this is why...表示“那是/这是……的原因”,后面接的是表示结果的表语从句。

That is because I am saving up to go to college. 那是因为我存钱为了上大学。

例20 He was caught in the rain. That is _____ he was late for school again.

A. because B. why C. for D. reason

【点拨】 B 句意为“他被雨淋了。那就是他为什么上学又迟到的原因”。That is why...表示“那就是……的原因”。

19 I think I don't get these things because I take a lot of exercise and am very fit. 我想我不得这些病是因为我进行了大量的锻炼并且非常健康。(P3)

☑ take exercise 表示“参加体育锻炼”。

—How much time do you spend in taking exercise every day? 你每天花多少时间参加体育锻炼?

—About two hours. 大约两个小时。

【短语拓展】

take along 随身携带

take off 脱下,起飞

take place 发生

take care 留心

take it easy 别紧张

take one's time 别着急,慢慢来

take a new look 呈现新面貌

take office 就职

take care of 照料

take part in 参加

take pride in 以……而自豪

take the place of 代替

☑ fit 的用法:

(1) *adj.* 健康的,强健的。

These days he looks fitter than I've ever seen him. 这些天他看上去比任何时候都健康。

(2) *adj.* 合适的,适宜的。

He is not a fit person to decide what should be done. 他不是一个决定应该做什么事情的合适人选。

【辨析】 fit, suitable

fit 为常用词,一般指“适合某些条件或环境的要求”,有“吻合的”含义; suitable 一般指“符合某时或某一环境下的要求或需要”。

I do think she is fit to look after the children. 我确实认为她是适合照顾这些孩子的。

This kind of food is not suitable for the patients. 这种食物对病人是不适宜的。

(3) *v.* 使合适,使(大小等)合身。

The dress fit her perfectly. 那衣服穿在她身上合适极了。

例21 I don't think this jacket fits you and that your hat suits this jacket perfectly.

A. suits, fits

B. fits, matches

C. matches, suits

D. meets, fits

【点拨】 B 句意为“我认为这件夹克不太适合你,并且和你的帽子也不太搭配”。fit 表示大小尺寸的适合,物作主语; match 表示相匹配。

20 The injury was quite painful and I couldn't move my arm for a month—I hated that. 伤很痛,我的手臂一个月不能动——我讨厌那样。(P3)

☑ injury *n.* 损伤;损坏;受伤处。

He escaped from the train wreck without injury. 他在这次

火车事故中没有受伤。

【知识拓展】 (1) injure *vt.* 损伤;伤害。

(2) injured *adj.* 受伤的。

(3) the injured 受伤者。

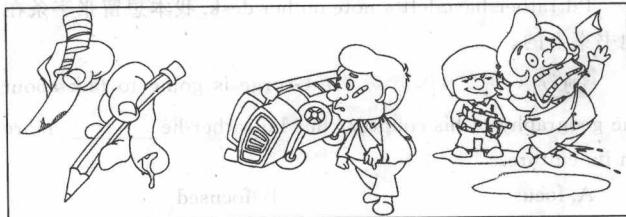
I hope I didn't injure her feelings. 我希望我没有伤害她的感情。

The injured were sent to the hospital immediately. 伤者马上被送往医院。

【辨析】 wound, injure, hurt

wound	一般指外伤,如枪伤、刀伤,尤指在战争中受伤。
injure	一般指由于意外或事故造成的损伤。
hurt	可以指肉体上的伤害,也可以指精神上的伤害,特指伴有疼痛的肉体上的伤害。

【图解助记】



☑ painful *adj.* 疼痛的;痛苦的;令人不愉快的。

It was painful to admit that I was wrong. 承认我自己错了是件很痛苦的事。

【知识拓展】 (1) pain *n.* 疼痛;痛苦。

(2) in pain 在痛苦中。

(3) take pains to do sth 努力做某事。

Although in pain, she blinked back her tears. 她虽然很疼痛,但还是把眼泪抑制住了。

巧学妙用

The little boy was in pain because he had a painful cut in his finger. 那个小男孩感到很疼痛,因为他手指上有一个让他疼痛的伤口。

例22 She took great efforts to keep her house clean.

A. efforts

B. pains

C. attempts

D. endeavors

【点拨】 B take pains to do sth 努力做某事。

21 So as you can see from what I've said, I'm a normal kind of person. 因此正如你从我说的话所能看到的那样,我是很平常的那种人。(P3)

normal *adj.* 正常的;一般的。

The doctor said the child's temperature was normal. 医生说孩子体温正常。

Everything is absolutely normal. 一切完全正常。

【辨析】 common, ordinary, usual, normal

common	常见的,普通的,不足为奇的,有时引申为“平凡的”,强调事物的共同性。另外,它还有“公共的,共同的”之意。
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ordinary	普通的,平凡的,强调等级和类属方面的平常或普通。
usual	通常的,惯常的,惯例的,是依照某一个人物或某一类人物的常例来判断,有“遵循常规”之意。
normal	正常的,正规的,常态的。

例23 Drunk driving, which was once a _____ occurrence, is now under control.

- A. general B. frequent
C. normal D. particular

【点拨】 C general 表示“普遍的;全面的”;frequent 表示“时常发生的”;normal 表示“正常的”;particular 表示“特别的”。句意为“酒后驾车,是过去常常发生的事,但现在已经得到控制”。

『知能提升训练』

1. (2010·东北师大附中月考) Stop gossiping! Let's make _____ a rule to say nothing about another unless it is something good.

- A. that B. this C. one D. it

2. (2010·余姚联考) Many notices are placed in the park warning people to _____ the grass.

- A. keep off B. keep away C. keep out D. keep out of

3. (2010·杨浦一中月考) For me, living a low-carbon life means _____ public transportation to school.

- A. to take B. taking C. take D. taken

4. (2010·安庆模拟) With the world population _____ to increase, our demand for energy is also growing.

- A. to continue B. continue C. continuing D. continued

5. (2010·浙江五校联考) David has won the first prize in singing; he is still very excited now and feels _____ desire to go to bed.

- A. the most B. more C. worse D. the least

6. (2010·潍坊三月模拟) —Why do you eat all the vegetables but leave _____ meat untouched?
—I'm on _____ diet.

- A. a, the B. the, / C. /, a D. the, a

7. (2010·山东师大附中模拟) It is the test system, _____ the teachers, that is to blame for the heavy burden of middle school students nowadays.

- A. other than B. or rather C. rather than D. more than

8. (2010·浦东联考) —How was the televised concert last night?

—Terrific! Rarely _____ such a large audience.

- A. a concert attracted B. did a concert attract
C. a concert did attract D. attracted a concert

9. (2010·济南五校联考) The age of the students ranged from 17 to 21 with a(n) _____ of 19.

22. But there's one thing I really love—I'm crazy about football. 但是有一件我真正喜欢的事——我对足球很着迷。(P3)

be crazy about 对……狂热,迷恋。

She is crazy about rock and roll. 她迷恋摇滚乐。

【知识拓展】 It is crazy of sb to do... 相当于 Sb be crazy to do... 表示“某人做……疯狂”。

It is crazy of you to love such a man.

= You are crazy to love such a man. 你爱上这样一个人,真是疯了。

例24 I used to be crazy _____ the hunting season.

- A. to B. with
C. for D. about

【点拨】 C 句意为“过去,打猎的季节总使我着迷”。be crazy about 表示“对……着迷”。

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