



HUANGGANG

MINGSHIDIANBO

黄冈名师

点拨

主 编 · 洪鸣远

高一英语 (下)

 新蕾出版社

主 编：洪鸣远



# 黄冈名师 点拨

## 高一英语 (下)

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# 前 言

## 03 年畅销书与百万读者共贺修订!

“全国高考看黄冈”，黄冈之所以被誉为“高考状元之乡”，关键在于拥有一批年富力强、在教学第一线不断探索的优秀教师。他们广博的知识、丰富的课堂经验和先进的教学理念，是全国千百万学子共同期待的。为此，我们组织了数十名来自黄冈地区教学一线的骨干教师，潜心钻研，在充分吸收近一年教学、课改最新成果的基础上，重新修订了这套“点拨”丛书。本丛书依据教育部教改的最新精神，立足学科体系，着眼思维整合，充分体现了探索性学习的精神，具有鲜明的特色。

**学法导引**☞点拨学生，指导学生怎样学才能“事半功倍”!

**思维整合**☞梳理知识结构，讲清重点，解析难点。

**精典例题再现**☞精彩经典好题，帮你提高实战能力。

**能力升级平台**☞培养综合思维、应用思维，考高分不再难。

三层解读“解题思维”“解题依据”“答题要点”

**中(高)考链接**☞中(高)考在平时，培养中(高)考意识和应试技巧。

**练测精选**☞A卷：教材跟踪训练，夯实基础。

B卷：综合应用创新题，题题精彩，培养综合能力，体现“能力”和“素质”的统一。

**想一想**：精彩一笔，一题多变多解，启迪学生多向思维!

**答案点拨**☞更注重解题指导，在给出答案的同时，详尽的点拨体现了对学生的关心和呵护!

呕心沥血，始成《黄冈名师点拨》。我们衷心地希望此书能给同学们带来学习上的进步。不妥之处，敬请批评指正!

主编：洪鸣远

2004年10月·北京

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## Unit 13

## Healthy eating

## Warming up, Listening &amp; Speaking

## 学 法 导 引

1. 掌握单词 *recipe*, *junk*, *decision*, *vitamin*, *snack*, *list*, *patient*, *headache*, *peach*, *ripe*, *advise*, *examine* 等的用法。
2. 掌握词组 *have a fever*, *a bit*, *take the medicine* 等的用法。
3. 掌握看病时的交际用语:

Patient: (1) I've got a pain here. I don't feel well.

(2) This place hurts.

(3) There's something wrong with my...

Doctor: (1) What's the matter (with you)?

(2) Lie down and let me examine you.

(3) Where does it hurt?

## 知 识 要 点 精 讲

## I. 词汇

1. **recipe** ['resəpi] n [C] 食谱; 烹饪法 (direction for preparing for some food); (医疗) 处方; 秘诀 (direction for preparing for a medical remedy)  
a recipe for a fruit cake 水果饼制法  
Have you a recipe for happiness? 对于幸福快乐你有秘诀吗?
2. **junk** [dʒʌŋk] n [U] (木材、肉类) 大片, 厚块 (thick piece of wood or meat); 废弃的旧物, 破烂物 (old, discarded things of little value)  
junk food 厚肉食品  
junk shop 旧货店  
What will you pay me for all this old junk?

这些废物你要给我多少钱?

His latest book is junk.

他最新的一本书很差劲。

3. **decision** [di'si:ʒn] *n* [U, C] 决定; 判断 (deciding, judging); [U] 决断力 (ability to decide)

Have they made a decision yet? 他们是否已作了决定?

A man who lacks decision cannot hold a position of responsibility.

缺乏决断力的人不能担当重任。

[延伸拓展] reach/come to/arrive at/take/make a decision 作出决定

4. **vitamin** (e) ['vitəmin] *n* [C] 维他命; 维生素 (any of a number of organic substances which are essential to the health of man and other animals)

illnesses caused by lack of vitamin C 由于缺乏维生素 C 引起的疾病

vitamin tablets 维生素片

5. **snack** [snæk] *n* [C] 小吃; 点心; 快餐 (light usu. hurriedly eaten meal)

snack-bar/snack-counter 小吃店, 小吃柜台

go snacks 均分, 摊派 (= go Dutch)

6. **list** [list] *n* 名单; 目录; 一览表; 名册 (number of names of persons items, things, etc written or printed); *vt* 列表 (make a list of)

a shopping list 购物单

make a list of things one must do 将必须做的事情列一个表

put one's name on the list 将某人的姓名列入名单

list one's name 将某人的姓名列于表上

7. **patient** ['peɪʃənt] *n* [C] 病人; 患者 (person who has received or is receiving medical treatment, or on a doctor's list for medical treatment);

*adj* 有耐性的; 忍耐的; 容忍的 (having or showing patience)

The Smiths are patients of Dr. Zhang.

张大夫给史密斯全家人看病。

Be patient with a tired child.

对疲倦的小孩要有耐心。

[延伸拓展] be patient with sb. 对……有耐心; be patient of sth. 忍耐某事

8. **headache** ['hedeɪk] *n* [U, C] 头痛; 头痛的问题 (continuous pain in the head or troublesome problem)

He has a bad headache. 他头痛得厉害。

There are more headaches for the Department of the Agriculture.

有更多使农业部头痛的问题。

9. **ripe** [raɪp] *adj* 成熟的 (ready to be gathered and used); 发展完全的 (fully developed); 准备成熟的 (ready for)

ripe fruit 成熟的水果

a person of ripe age 成熟而富有经验的人

I must ask someone of ripe judgement than myself what to do.

我必须请教一位判断力比我好的人看看该怎么做。

She is not yet ripe for marriage.

她还不准备结婚。

**10. advise**[əd'vaiz] *vt & vi* 忠告; 建议; 劝告 (give advice to)

The doctor advised a complete rest.

医生劝告要完全休息。

What do you advise me to do?

你看我该怎么办?

We advised (their) starting early.

我们建议(他们)早点出发。

Her father advised her against marrying in haste.

她父亲劝告她不要匆忙结婚。

He advised me that I (should) accept the offer.

他建议我接受此项提议。

**11. examine**[ig'zæmin] *vt* 检查; 审查 (look at carefully in order to learn about or from)

考试; 询问 (put questions to in order to test knowledge or get information)

She needs to have her teeth examined.

她该去检查一下她的牙齿了。

Mr Ye will examine us in English.

叶老师将会测试我们的英语。

## II. 重点难点解析

**1. What's wrong with Mike?** 迈克怎么啦?

用以表示关怀和焦虑。在本单元对话中,当医生在诊所向病人询问病情时,可以译为:你哪儿不舒服?类似的表达还有:What's the trouble/problem with you? What's the matter(with you)?

特别注意的是 matter 和 trouble 前的“the”不可缺少。而 wrong 是形容词,故不可加“the”。如:

D: What's wrong with you? 你哪儿不舒服?

P: I coughed a great deal last night. 昨晚我咳嗽得很厉害。

D: What's the matter with you? 你哪儿不舒服?

P: I've got a stomachache. I feel terrible. 我胃疼得厉害。

**2. I've got a pain here.** 我这儿疼。

表示疼痛的词有三个: pain, ache, hurt。这三个词都可表示“疼痛”,有时可以互换,但略有区别。



(1) pain 常用作名词,作为可数名词是指身体某特定部位的疼痛或不适,一般以人为主语,疼痛部位用介词引出;作“精神上的痛苦”解时是不可数名词;作“努力”;“辛苦”讲时,只用复数形式。

(2) ache 一般用作动词表示疼痛。这时主语往往是身体的某一部位,而不是人;作名词时常出现在和身体部位名词构成的复合词中,很少单独使用。

(3) hurt 一般作动词,表示身体部位疼痛,和 ache 同义,可互换,同时它也可表示情感上的伤害。如:

I have a pain in my back. 我背疼。

He gave his mother much pain by hurting in such a foolish way.

他干这样的蠢事使他母亲很痛苦。

I have a bad headache. (= My head aches/hurts badly.) 我头疼得厉害。

### 3. And I advise you not to eat fruit that isn't ripe in future.

并且我建议你今后不要吃没有熟的水果。

in future = from now on 意为“从今以后”,“今后”。

in the future = in time yet to come 意为“将来某个时候”。如:

In the future, computers will become smaller and work faster.

计算机将来会变得更小,工作更快。

### 4. It was a bit green. 它颜色还有些绿。

这里 a bit = a little,二者修饰形容词原级或比较级的意思和用法完全相同,但当修饰名词时,a bit 后须跟上 of, a little 则不要。如: a bit of money = a little money. 特别注意的是: not a bit = not at all; not a little = very much.



## 精典例题再现

**例 1** (2003 年,北京春)—You don't look very \_\_\_\_\_. Are you ill?

—No, I'm just a bit tired.

A. good

B. well

C. strong

D. healthy

**[解析]** C、D 两项表明的是在较长时间里的身体状况,而此对话中显然是问当天的身体情况,good 不表“健康的”。

**[答案]** B

**例 2** —There was a fight in the street yesterday.

—Three people were seriously \_\_\_\_\_.

A. hurt

B. killed

C. broken

D. cut

**[解析]** 此题中 hurt 是“受伤”之意,可以用 injured 替换。

[答案] A



### 教材跟踪训练

从 A、B、C、D 四个选项中,选出可以填入空白处的最佳选项。

- ( ) 1. Tom, don't watch TV for more than two hours \_\_\_\_\_.
- A. in the future      B. in future      C. from then on      D. after that
- ( ) 2. What a (an) \_\_\_\_\_ Mr. Lee has given us!
- A. important advice      B. good advice  
C. good piece advice      D. good piece of advice
- ( ) 3. The doctor advised me \_\_\_\_\_ dirty water so that I wouldn't be ill.
- A. don't drink      B. to drink      C. didn't drink      D. not to drink
- ( ) 4. You'd better \_\_\_\_\_ instead of doing nothing.
- A. doing something      B. do something  
C. do anything      D. not to do anything
- ( ) 5. Mr Cheng advised \_\_\_\_\_ this afternoon.
- A. starting      B. to start      C. start      D. started
- ( ) 6. — \_\_\_\_\_?
- I've got a bad cough.
- A. How do you do      B. What do you feel like  
C. What does it matter      D. What's the matter
- ( ) 7. Doctor: Good morning. \_\_\_\_\_?
- Patient: I always feel weak, tired and hungry.
- A. May I help you      B. Can I offer some help  
C. What can I do for you      D. Anything I can do for you



### 参考答案与点拨

1. B 点拨: in future 是“以后,今后”之意; in the future 为“将来”。
2. D 点拨: advice 为不可数名词。
3. D 点拨: 不定式的否定式是在 to 前加 not。
4. B 点拨: had better 后接动词原形即无“to”的不定式。
5. A 点拨: advise 后接动词时只用 v-ing 或 advise sb. to do sth.。
6. D 点拨: 由回答可知上文应是询问身体情况。
7. C 点拨: 医生询问病人病情时应说“ What can I do for you?”

## Pre-reading, Reading &amp; Post-reading

## 学 法 导 引

1. 掌握单词 energy, bar, fuel, diet, pace, nutrient, protein, muscle, calcium, product, carbohydrate, function, fibre, mineral, vegetarian, vegan, chemical 等词用法。
2. 掌握词组 as... as, keep up with, make choices, be good for, keep... doing, base on, be harmful to, go for, make sure 等的用法。

## 知 识 要 点 精 讲

## I. 词汇

1. **energy** [ 'enədʒi ] *n* [ U ] 精力; 活力 (force, vigour); 能量; 能 (capacity for power of)  
He had so much energy that he did the work of three men.  
他们精力旺盛, 能做三个人的活儿。  
He is full of energy. 他的精力充沛。  
electrical energy 电能
2. **bar** [ bɑ: ] *n* 棒; 条 (long piece of hard, stiff material)  
a bar of metal 金属棒  
a bar of chocolate 一条巧克力棒
3. **fuel** [ fju:əl ] *n* [ U, C ] 燃料 (如木头、煤、油等) (material for producing heat or other forms of energy); *v* 加燃料 (supply with or obtain fuel)  
add fuel to the flames 火上加油  
a fuelling station 加油站; 燃料供应站
4. **diet** [ 'daɪət ] *n* [ C ] 通常所吃食物 (sort of food usually eaten by a person community); 某人 (因医疗等理由) 被限制食用的食物 (sort of food to which a person is limited); *vt & vi* 规定或限制某人饮食 (restrict oneself/sb. or be restricted to sort of food)  
Too rich a diet is not good for you.  
太油腻的食物对你不好。  
The doctor put her on a diet.  
医生限制她的饮食。  
No potatoes for me—I'm on a diet. 不要给我马铃薯——我在控制饮食。  
She became so fat that she had to diet herself.

她长得太胖,所以不得不节食。

5. **pace** [peɪs] *n* [C] 一步; 一步的距离 (distance covered by the foot in a single step); 走或跑的速度 (rate of walking or running)  
walk at a good pace 快速地行走  
keep pace with time 与时俱进  
off the pace 跑在第一名之后  
put sb. through his paces 检验某人的本领
6. **nutrient** ['nju:triənt] *adj* 营养的; 滋养的 (serving as or providing nourishment)  
nutriment ['nju:trɪmənt] 营养品; 营养的食物
7. **protein** ['prəʊti:n] *n* [U, C] 蛋白质 (body-building substance essential to good health, in such foods as milk, eggs, meat)  
Protein is good for our health.  
蛋白质对我们身体健康有好处。
8. **muscle** ['mʌsl] *n* [C, U] 肌肉  
muscle-man 肌肉发达的人, 力气大的人  
Physical exercises develop muscle. 运动锻炼肌肉。  
When you walk you exercise your leg muscles.  
你走路时就会使你脚上的肌肉得到锻炼。
9. **calcium** ['kælsiəm] *n* 钙 (a soft white metal found as a compound in bones, teeth and chalk)
10. **carbohydrate** ['kɑ:bəu'haidreit] 碳水化合物 (the chemical compound of water with carbon)
11. **vegetarian** [ˌvedʒi'teəriən] *n* 素食者 (person who eats no meat)  
a vegetarian diet 素菜  
vegetarian principles 素食戒条 (规则)
12. **vegan** ['vedʒən] *n* 严格的素食主义者   veganism 素食主义
13. **eco-foods** 生态食品
14. **challenge** ['tʃælɪndʒ] *n* 挑战; 要求决斗; 邀请比赛 (invitation or call to play a game, run a race, have a fight); *vt* 向……挑战; 质问; 提出异议 (give/send a challenge to; ask for facts to support a statement)  
a letter of challenge 挑战书  
give (accept) a challenge 挑(应)战  
challenge sb. to fight 向某人挑战  
Challenge her right to do it. 对她做这件事的权利提出异议。

## II. 重点难点解析

### 1. Choosing what to eat is no longer as easy as it once was.

如今挑什么食物吃不再像过去那么容易了。

(1) *v-ing* 短语作主语时谓动词用单数形式。如:

Walking on the moon is like flying on the earth.

在月球上步行就像在地球上飞行一样。

(2) *what to eat* = *what we should eat*, 作 *choosing* 的逻辑宾语。如:

I really don't know when and where to go.

我真的不知道什么时候走及到哪儿去。

(3) *no longer* (通常用在动词前), *not any longer*; *not any more* (用于非正式文体中) 都表示“(过去曾……)现在不再……”可如:

She no longer lives here. = She doesn't live here any longer/more.

她不在这儿住了。(过去她曾住在这儿)

*no more* 表示数量和程度上“没有更多”;“和……一样不”。如:

We have no more food at home. 我们家里没吃的东西了。

It's no more than a mile to the school. 去学校不过一英里。

A whale is no more a fish than an elephant. 鲸和大象一样都不是鱼。

## 2. Our eating habits have changed, as has our way of life.

我们的饮食习惯就像我们的生活方式一样已经改变了。

此处 *as* 用作连词相当于 *in the way that*, 引导一个省略的倒装句。如:

David is tall, as are my brothers.

大卫是高个儿, 就像我的兄弟们。

## 3. Traditional diets often have too much fat and too many calories for the 21st century person.

对于二十一世纪的人传统的饮食里含有太多的脂肪和热量。

近年的测试题中常有 *too much* 和 *much too* 出现, 单看两个词组的形式的变化, 很难作出选择, 实际上辨别它们的关键是看它们后面的被修饰词, 如此句中是 *fat* (名词: 脂肪) 只能用 *much* 修饰, *too* 则不可。如:

The shirt is much too large for me.

这件衬衫对我来说太大了。

(此外 *large* 为形容词, 由副词 *too* 修饰, *much* 则不可以, *much* 修饰 *too*)

## 4. If we want to keep up with the high pace of modern life, we had better learn to make the right choices about what and how we eat.

如果我要想跟上现实生活的快节奏, 我们最好要对自己吃什么, 怎么吃作出正确的选择。

(1) *keep up with sb./sth.* 跟上, 类似词组有 *catch up with sb./sth.* 赶上。

(2) *had better* 的意思是“最好, 还是……为好”, 表示劝告、建议或间接命令, 后接动词原形, 其否定式为 *had better not (do sth.)*。如:

You had better hurry up if you want to get home before dark.

如果你想在天黑前到家, 你最好快点。

You'd better not wake me up when you come in. 你进来时, 最好不要吵醒我。

(3) *learn to do* “学会做某事”, 有时用 *learn how to do*。

(4) 注意 make 的词组: make choices, make mistakes, make money, make sentences, make a speech/report, make faces, make notes, make noises.

**5. Many people today make choices about their eating habits based on what they believe.** 而今许多人是根据他们自己的了解来选择饮食习惯的。

base on 以……为基础。如:

This book is based on a true story. 这本书是取材于一个真实的故事。

**6. The same goes for “crash diets” that some companies say will make us lose weight fast.** 那些公司宣称可以使我们快速减肥的“速成饮食”也是如此(即不需要了)。

go for 也适用于(某人/某物)。如:

—Tell the men that they can knock off for an hour.

—Does that go for me, too?

——告诉那些人他们可以停工休息一小时。

——这也包括我吗?

I find this report badly done, and that goes for all the other work done in this office.

我发觉这份报告写得很差,这办公室里的其他工作也不好。

go for 还有“责备;追求;喜欢”等意义,都不用于被动语态。如:

My wife went for me because I was late for dinner.

我太太责备我,因为我吃饭迟到了。

When you offer him sweets, he goes for the biggest one.

你给他糖果时,他想得到最大的一颗。

I don't go for men of his type.

我不喜欢他那种男人。

**7. The best way to make sure that we will feel and look fine is to develop healthy eating habits.** 确保我们的身体从内到外健康的最好方法是养成健康的饮食习惯。

(1) “way”作“方法、办法”时的后置定语有两种形式:一是不定式,即 the way to do sth.; 二是短语,即 the way of doing sth.。

(2) 此句中不定式短语作表语。如:

Your task today is to finish reading this book. 你今天的任务是看完这本书。

(3) 不定式作表语和 *v-ing* 作表语略有不同。不定式表示的动作往往是“一次性”,或“未来性”(即“将要作”),如上一句;*v-ing* 作表语侧重指较长时间内反复做的事情。如:

My job is teaching English. 我的工作教授英语。

(4) make sure of (= make certain of)

make sure that clause (= make certain that clause) 确信, 确保。如:

make sure of (make certain of) the date of the meeting 把开会日期弄清楚

When you leave, make sure/certain that all the lights are turned off.

当你离开时, 要确保所有灯都关了。



### 经典例题再现

**例 1** (NMET, 2003) Allen had to call a taxi because the box was \_\_\_\_\_ to carry all the way home.

- A. much too heavy                      B. too much heavy  
C. heavy too much                      D. too heavy much

**[解析]** 此题动词“was”后的中心词为 heavy (*adj.*)。“too...to”(太……而不能) 句式中 too 修饰 heavy, much 又修饰 too, 以加强程度。

**[答案]** A

**例 2** (2001 年, 北京春) Would you slow down a bit, please? I can't \_\_\_\_\_ you.  
A. keep up with    B. put up with    C. make up to    D. hold on to

**[解析]** slow down 为“减速、放慢”之意, keep up with 是“跟得上”之意, 而 put up with 为“忍耐; 容忍”之意。

**[答案]** A



### 教材跟踪训练

从 A、B、C、D 四个选项中, 选出可以填入空白处的最佳选项。

- ( ) 1. —The girl \_\_\_\_\_ weight recently.  
—Yes, she \_\_\_\_\_ too much.  
A. has gained; is eating                      B. gains; will eat  
C. is gaining; ate                              D. is gaining; eats
- ( ) 2. In Britain today women \_\_\_\_\_ 44% of the workforce, and nearly half the mothers with children are paid work.  
A. build                      B. make up                      C. do up                      D. set up
- ( ) 3. The wind was so strong that we could hardly \_\_\_\_\_ our eyes open.  
A. make                      B. keep                      C. have                      D. leave
- ( ) 4. —I'd like to buy a short wave radio.  
—We've got several models \_\_\_\_\_.  
A. to choose                      B. chosen from  
C. to be chosen                      D. to be chosen from

- ( ) 5. I washed my hands and \_\_\_\_\_ my lessons while my mother was busy \_\_\_\_\_ supper.  
 A. prepared; preparing                      B. prepared for; preparing for  
 C. prepared for; preparing                  D. prepared; preparing for
- ( ) 6. —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
- ( ) 7. His suggestion \_\_\_\_\_ good and it will \_\_\_\_\_ at the meeting.  
 A. looks; be talked                              B. is; discussed  
 C. seems; discussion                            D. sounds; be discussed
- ( ) 8. I've got \_\_\_\_\_ work to do on a \_\_\_\_\_ cold day.  
 A. much too; much too                          B. too much; too much  
 C. too much; much too                          D. much too; too much
- ( ) 9. Swan Lake is a famous ballet in four acts \_\_\_\_\_ on a German fairy tale.  
 A. basing                          B. based                          C. bases                          D. to base
- ( ) 10. The stones each \_\_\_\_\_ as much as two tons.  
 A. weigh                          B. weighs                          C. are weighed                  D. is weighed



## 参考答案与点拨

1. D 点拨:“在发胖”用进行时态,第二空只能是一般现在时。
2. B 点拨:make up 此句为“占有”。
3. B 点拨:keep... *adj* 为“保持……怎么样”;make... *adj* 为“使……怎么样”。
4. D 点拨:不定式作定语,“从……里挑选”,须有“from”。
5. A 点拨:prepared 和 washed 并列;be busy doing 为“忙于……”。
6. A 点拨:be on a diet 意为“节食”;lose weight 意为“减肥”。
7. D 点拨:建议应该是“听起来”好,且应为“被讨论”。
8. C 点拨:too much + *n*;much too + *adj*。
9. B 点拨:base... on... “根据;基于”;based 为-ed 形式作定语。
10. A 点拨:主语为 stones;weigh 作及物动词,意为“重……”。



## Language study &amp; Integrating skills

## 学 法 导 引

1. 掌握单词: digest, nutritious, salad, mushroom, spoonful。
2. 掌握词组: be short of, keep sb. from doing, now and then, by doing sth., use sth. for sth.。
3. 学习并掌握情态动词 had better, should, ought to 的用法。

## 知 识 要 点 精 讲

## I. 词汇

1. **digest** [di'dʒest] *vt & vi* (食物) 消化 (change or be changed in the stomach and bowels, so that it can be used in the body); (知识) 吸收, 消化 (take into the mind and make part of one's knowledge)

[延伸拓展] **digest** [ˈdaɪdʒest] *n* [C] 摘要, 纲要 (summary)

Some foods digest/are digested more easily than others.

某些食物较其他的食物易于消化。

Have you digested everything that is important in the book?

你是否已将书中每一要点透彻了解?

2. **nutritious** [nju: 'trɪfəs] *adj* 有营养的; 多滋养的 (having high value as food)  
nutritious food 营养食品
3. **salad** [ˈsæləd] *n* [C, U] 生菜, 凉拌食品沙拉 (cold dish of sliced uncooked vegetables)  
prepare/mix a salad 调配(拌)沙拉  
a chicken salad 一道凉拌鸡肉  
fruit salad 什锦水果
4. **lettuce** [ˈletɪs] *n* [C] 莴苣; 生菜 (garden plant with crisp green leaves used in salads)
5. **mushroom** [ˈmʌʃrʊm] *n* [C] 菌; 蘑菇

## II. 重点难点解析

1. If our body is short of any of its kind, we'll become sick.

如果我们的身体内缺少它的任何一种, 我们就会生病。