

国家级骨干教师通解

中学教材

创新

红本



讲解

主编 洪鸣远

高一英语 (下)

吉林人民出版社

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中学教材

创新 红本 讲解

高一英语 (下)

执行主编：陈 鹏
本册主编：杨 楠
本册编者：赵 奎 徐学才

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责任编辑 关铁宁

封面设计 孙明晓

责任校对 陈洁美

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再版前言

《中学教材创新讲解》又重新修订、出版了。

感谢全国各地广大师生一年来对本丛书的关注和厚爱。大量的读者来信使我们充满信心，许多极富创意的良言善策也是我们改进、提高本书的有效捷径。2004年《中学教材创新讲解》在秉承讲深、讲细，以全面解读教材的基础上，加入了适量的分层递进式配套练习题，便于学生边学边练，随时巩固。修订后的丛书具有以下特点：

同步 以课(节)为单位编写，严格依照课本的章节顺序，逐字、逐句、逐图、逐表、逐题地全面透视和深度解析教材。着力体现对教材的辅导与教师的授课进度同步、与学生的学习节奏同步、与中学测验考试同步，充分体现了对学生全程学习的关爱、帮助与精心呵护。

全面 通过对教材面的聚焦、点的展开，全面实现教材知识间的左右贯通，前后纵横，既高屋建瓴，又细致入微。其重点是：对教材线索脉络的梳理，对知识概念的阐释与运用，对知识间内涵本质的挖掘与联系，对各学科、各知识点学习方法的培养和引导。确保学生能关注的各知识点无遗漏。

创新 以人为本，以学为本，以学生的发展为本；充分体现新一轮中、高考改革精神，注重学生学科综合能力的培养与提高。依据新教材、提供新材料、开启新视野、引发新思路，激活学生的灵感，开发学生的潜能。思路新、栏目新、材料新。

权威 丛书各科均由国家级、省级骨干教师领衔主笔，强强联合，精英聚会。名师对教材内在精神

领会深,重点、难点摸得准,讲解有奇招、指导针对性强。他们的讲解直指学生学习的疑问点、易忘点、错解点,颇有独到之处,令教师、学生心领神会、心到神知。

本丛书在修订过程中,得到全国各地诸多教研室、学校及广大师生的帮助,在此一并致谢。尽管我们从策划到编写极尽努力,但书中可能仍有一些不足之处,望广大读者继续批评指正。

主编:洪鸣远



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Unit 13 Healthy eating

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创新讲解

Goals

1. goal 的用法

用作名词,可以用于表示:

(1)(足球、曲棍球等的)球门

He headed the ball into an open goal. 他把球顶入了空门。

Who is keeping goal for Arsenal? 谁给阿森纳队守球门?

(2)进球的得分

In the football game last Friday, our team won by three goals to one.

在上周五的足球比赛中,我们队以三比一获胜。

He kicked the last goal for his team in the game.

在比赛中他为自己的球队得了最后一分。

goal area 球门区 goalkeeper 守门员

(3)努力的对象;目标

Our teacher often tells us, "If you want to reach your goal in life, you should work hard in your study."

老师经常告诫我们:"如果你想实现个人的人生目标,就必须努力学习。"

The goal is to build another hospital for people in this area.

目标是给这个地区的人们再修建一家医院。

2. Talk about eating habit and health. 讨论一下饮食习惯和健康。

eating habit 饮食习惯,其中 eating 是动名词作定语,修饰 habit。动名词作定语,表示该名词的性质、用途等;而现在分词作定语表示该名词是动作的执行者。

She is studying in the reading room. 她在阅览室学习。(动名词)

I have two pairs of running shoes. 我有两双跑鞋。(动名词)

I bought an ironing board yesterday. 我昨天买了一块熨衣板。(动名词)

Did you see the crying girl over there?

你看到那边正在哭泣的女孩了吗?(现在分词)

Who is the man standing by the door? 站在门口的那个人是谁?(现在分词)

◎相关试题链接

(2004年,北京)_____ in the queue for half an hour, Tom suddenly realized that he had left his wallet at home.

A. To wait B. Have waited C. Having waited D. To have waited

答案:选 C 现在分词的完成式作状语表主动和完成。

3. Practise giving advice and making suggestions. 练习如何给出意见和提出建议。

(1)①practise 是及物动词,意为“练习,实习”。用法为:

a. practise doing sth.

They are practising performing the play. 他们在练习表演戏剧。

We should practise reading English every day. 我们应当每天都练习朗读英语。

b. practise sth. (on sth.)

I need to practise my Italian before my business trip.

我出差以前需要练习一下意大利语。

She is practising a new piece on the piano. 她在练习弹奏一支新曲子。

②practise 的名词为 practice, 其可以用于表示:

a. 实践, 实际

We should put theories into practice. 我们应该把理论付诸于实践。

The idea would never work in practice. 那种设想永远也实现不了。

b. (经常反复的)练习

Practice makes perfect. 熟能生巧。

Playing the piano well requires a lot of practice. 要弹好钢琴就得多练习。

c. 惯例, 常规

It is the practice in Britain to drive on the left. 车辆靠左行驶是英国的制度。

(2)suggestion 作“提议或建议的内容”讲时是可数名词。

I want suggestions about what to do today. 今天做什么, 我想听听有何建议。

Janet was my first suggestion as chairperson. 珍妮特是我推荐可任主席的第一人选。

(3)advice 作“忠告, 劝告”讲时是不可数名词。

If I had followed the doctor's advice, I would be all right now.

如果我听从医生的劝告, 我现在已经好了。

If you take my advice, you will never give up. 如果你听我的话, 你就决不要放弃。

提醒 advice 和 suggestion 后的名词性从句中要使用虚拟语气, 其结构为:

should + 动词原形, 或者省略 should.

My suggestion is that we (should) do it right now. 我的建议是我们应当立即就做。

The advice that everyone (should) hand in a composition was a good one.

我们每人都要交一篇作文的建议很好。

(4)advice 和 suggestion 的动词形式为 advise 和 suggest, 两者在句中的结构不同。

①advise 的用法:

a. advise sb. to do / advise sb. not to do 建议, 劝说某人(不)做某事

The doctor advised me to take more exercise in order to lose weight.

医生建议我多锻炼以减肥。

b. advise sb. against sth.

They advised her against marrying so early. 他们劝她不要结婚太早。

c. advise sb. on sth.

She advised the government on economic affairs. 她向政府提出经济方面的建议。

②suggest 的用法:

a. 提议, 建议

I suggest a tour of the museum. 我提议去参观博物馆。

Whom would you suggest for the job? 你建议由谁来做这项工作?

He suggested taking the children to the zoo. 他提议带孩子们去动物园。

What did you suggest to the manager? 你向经理提出了什么建议?

b. 间接表明;暗示;意味着

His pale face suggests that he is ill. 他苍白的脸色意味着他生病了。

Are you suggesting that I am not telling the truth? 你的意思是不是说我没说实话?

提醒 advise, suggest 引导的宾语从句中要使用虚拟语气,其结构为:should + 动词原形或省略 should。

I suggest that we (should) deal with the problem in another way.

我建议我们应该用另一种方法处理这个问题。

My parents advised that I (should) start early. 我父母建议我应该早点开始。

但是当表示“暗示;意味着”这一意思的时候,宾语从句中不用虚拟语气。

◎相关试题链接

- He suggested _____ to a car factory for a visit.
A. to go B. going C. went D. should go
- The half smile on his face suggested that he _____ happy to have given his life for his country.
A. should be B. was C. would be D. had been
- My advice to you as a friend was that you _____ her well.
A. treated B. treat C. should be treated D. would treat

答案:1. 选 B suggest 后不跟不定式。 2. 选 B 本句中 suggest 表示“暗示”。
3. 选 B advise 后的表语从句中用虚拟语气,省略了 should。

Warming up

1. Decide if it is junk food or healthy food.

判断它是不利于健康的食品还是有利于健康的食品。

(1)junk 用作不可数名词,常用于口语中,表示“无用的或者无价值的东西”,“廉价出售的废旧杂物”。

He put all that junk in the boot of the car.

他把所有的废弃杂物都放在汽车的行李箱中。

She likes picking up some interesting junk in the shop.

她喜欢在这家店买些有趣的旧货

(2)healthy 是形容词,意为“健康的”,该词由名词 health 加后缀-y 构成的,这种由名词加-y 构成的形容词还有:

wind + -y → windy sun + -y → sunny cloud + -y → cloudy
rain + -y → rainy dirt + -y → dirty

2. I think that vegetables are healthy food because they contain lots of vitamins.

我认为蔬菜是很健康的食物,因为其中富含维他命。

(1) contain 及物动词,不用于进行时态。可以用于表示:

①包含,含有

The book contains fifty stories which are popular with young people.

这本书包含五十个年轻人喜欢的故事。

Whisky contains a large percentage of alcohol. 威士忌所含酒精的百分比很高。

辨析: contain 和 include

contain/include 两者均有“包含,含有”之意,但 contain 指包含物体的全部,而 include 则指所包含物体的一部分。

The bottle contains five balls, including three red ones.

这个瓶子里有5个球,其中包括3个红球。

②可容纳(某事物)

This barrel contains 60 liters. 这个桶的容量为60升。

③控制,抑制,克制

I was so angry that I couldn't contain myself. 我太生气了,以致于无法克制自己。

(2) container 是名词,意为“容器”。

The radioactive matter is stored in a special container.

放射性材料储存在特殊的容器里。

3. Make a list of the foods and decide if what they eat is junk food.

列出一个食品清单,判断一下他们所吃的是不是不利于健康的食品。

(1) list 用作名词时意为“一览表,清单”。

Don't forget to put "bread" on the shopping list.

别忘了在购物单上加上“面包”这一项。

You should make a list of things you must. 你应当把要做的事列出清单。

on the danger list 病危,病入膏肓

She was on the danger list, but now is much better. 她曾一度病危,现在好多了。

(2) list 还可用作动词,表示“将(事物)列于表上;列单子;编目录”。

The teacher asked the monitor to list the names of those who will perform at the evening party. 老师让班长把将要在晚会上表演的人的名单列成表格。

The books are listed alphabetically. 这些书是按字母顺序编入目录的。

Listening

Which side of Mike's stomach hurts? 迈克的胃哪边疼?

辨析: hurt, wound 和 injure

(1) hurt 是一般用语, 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。

He hurt his leg when he fell from the ladder. 他从梯子上摔下来, 伤了腿。
作不及物动词时, 是“痛”的意思。

My leg hurts. 我腿痛。

(2) wound 一般指外伤, 如枪伤、刀伤, 尤指战争、战斗中受伤。

He got wounded in the fighting. 他在战斗中受了伤。

He went on fighting though he was wounded. 他虽然受了伤, 但还是继续战斗。

(3) injure 一般指由于意外或事故造成的损伤。

He was badly injured in the car accident. 他在那次车祸中受了重伤。

The injured were taken to hospital at once. 受伤的人被立即送往医院。

Speaking

1. Choose one of these situations and make up a dialogue. 选择一个情景, 编一个对话。

make up 的用法

动词短语 make up 可以用于表示:

(1) “组成”, “构成”, 常可用于被动结构 be made up of, 意为“由……组成”、“由……构成”。

These stories make up the whole book.

= The whole book is made up of these stories.

这本书是由这些故事构成的。

Society is made up of people of different abilities. 社会是由能力不同的人组成的。

有关“生产、制作、组成”的几种表达方式:

① be made of (make... of) 由……制成(从制成的物体上可看出原材料)

The bridge is made of wood. 这座桥是由木头制成的。

② be made from (make... from) 由……制成(从制成的物体上看不出原材料)

Steel is made from iron. 钢是由铁炼成的。

③ be made out of (make... out of) 用……制成; ……是由……而制成的

She made the dress out of some old curtains. 她用旧窗帘做了这件衣服。

④ be made into (make... into) 把……做成某产品(加工制成的产品)

Bamboo can be made into good walking sticks and fishing poles.

竹子可以制成很好的拐杖和钓鱼竿

⑤be made in 某物生产于某地

The TV set is made in Japan. 这台电视机产于日本。

(2) 化妆

She spent an hour making (herself) up before the party.

她在聚会前用了一个小时化妆

I don't like girls who are always very heavily made up.

我不喜欢总是浓妆艳抹的女孩。

(3) 编造, 虚构某事

I think he is making up an excuse. 我认为他在编造借口。

The father couldn't remember a story to tell the children, so he made one up.

这位父亲想不出有什么故事可以给孩子讲了, 所以他编了一个

(4) make up for sth. (用其他方式) 补偿、赔偿、弥补或抵消某事物

Hard work can make up for a lack of intelligence. 勤能补拙

(5) make up sth. 补上, 补做(误了的事情)

Because you were ill, you will have to make up the final exam.

因为你在期末考试时生病了, 所以你得参加补考。

(6) make up to sb. 讨好或巴结某人

He is always making up to his boss. 他总是巴结老板。

(7) make up one's mind 下定决心

The boy made up his mind to go to the front. 那个男孩决心要去前线。

2. patient 的用法

(1) patient 作名词意为“病人”

I have been a patient of Dr Smith for many years.

多年来我一生病就请 Smith 先生为我看病。

(2) patient 还可以作形容词, 意为“有耐心的, 忍耐的, 容忍的”, 常用 be patient with sb./sth. 这一结构。

You'll have to be patient with your mother—she is going rather deaf.

你对你母亲要有耐心——她的耳朵越来越聋了。

She is a patient worker. 她是一个有耐心的工人。

(3) patience 是名词, 表示“耐心; 毅力”。

I warn you, I'm beginning to lose my patience with you.

我警告你, 我对你已经渐渐失去耐心了。

Patience is a virtue. 忍耐是一种美德。

3. I've got a pain here. 我这儿疼。

辨析: pain 和 ache

ache 指人身体的疼痛,往往用于指持续的疼痛,或因一些小病引起的感觉,常常是局部的;可以和表示疼痛的部位的词连用,如: headache, toothache, stomachache 等。而 pain 不这样用。

pain 是一般用语,指人身或心的都可以,一般用于比 ache 更为严重的情况。

I have a pain in my head. 我头疼。

He had a headache last night. 他昨晚头疼。

She has had toothache for a week. 她牙疼已经一周了。

4. You ought to be careful with fruit. 你吃水果应该小心些。

(1) careful 表示“小心,当心,警惕”,其用法如下:

① be careful about / with / of sth.

② be careful about / in doing sth.

Be careful with the glasses. 小心玻璃。

Be careful of the dog. It sometimes bites people. 留心那条狗,它有时咬人。

(2) carefully 是副词。

I always drive carefully at night. 我夜晚开车总是更加小心。

(3) care 的常用词组

① care about 关心,在乎;只表示认为某事重要并产生兴趣或忧虑,常用于疑问句和否定句;后接从句时 about 要省略。

I don't care about your opinion. 我不在乎你的意见。

I don't care whether it rains. 我不在乎是否下雨。

② care for

a. 喜欢(常用于疑问句或否定句)

I don't really care for tea. 其实我不大喜欢喝茶。

b. 照顾

The mother cared for the sick child day and night. 母亲日夜照顾生病的孩子。

③ take care + to-v. / that 从句 = be careful “小心;当心”

Take care not to touch it. 小心,别碰它。

④ take care of = look after “照顾;爱护”

Children are taken good care of. 孩子们受到很好的照料。

5. It was a bit green. 它还不太熟。

辨析: a bit 和 a little

(1) a bit 可以用来表示“小块,少量”;“稍微,有一点”。

Could you give me a bit of advice? 你能给我一点建议吗?

These trousers are a bit tight. 这条裤子有点紧。

(2) ① a little 与不可数名词连用表示“少量, 些许”。

Could you add a little sugar to my coffee? It's a bit bitter.

你能给我的咖啡加点糖吗? 它有点苦

Can you give a little more attention to spelling? 你能稍微多注意一下拼写吗?

I need a little more help to move these books. 我需要人来帮点忙搬这些书

② a little 也可以单独使用, 表示“少量, 些许, 稍微”。

There was a lot of food, but I only ate a little. 食物很多, 但我只吃了一点点。

③ a little 还可以相当于一个副词, 表示“有些; 有几分”。

She seemed a little afraid of going inside. 她好像有一点怕往里走。

④ not a little 非常……; not a bit 一点也不……

She was not a little worried about the expense. 她对于那笔开支相当苦恼、

—Are you tired? 你累吗?

—Not a bit. Instead I want to go out for a drink with you.

一点也不累。相反我想和你一起出去喝一杯。

6. It's nothing serious. 没什么严重的

nothing, anything, something 等不定代词, 其修饰语应放在这些不定代词之后。

This is something important. 这是一件重要的事情。

I'd like something cheaper. 我想买比较便宜的东西。

7. 常考句型——医生和病人之间的交流

医生询问病人的常用句型有:

(1) What's the matter with you? = What's the trouble with you?

= What's wrong with you? 你怎么了?

(2) Do you have a fever? 你发烧吗?

(3) What seems to be the trouble? 你哪里不舒服?

(4) How long have you felt like this? 你感觉这样多久了?

(5) Is anything wrong? You look ill. 怎么了? 你脸色不好。

病人叙述病情的常用句型有:

(1) I have a headache/cough/fever. 我头痛/咳嗽/发烧

(2) I feel terrible/bad. 我感到很不好受

(3) I don't feel well. 我不舒服

(4) I've got a pain here. 我这里感到疼痛。

(5) I don't feel like eating. 我不想吃东西

(6) I can't sleep well. 我睡不好觉

医生评论病人的病或告诉病人怎样服药的常用句型:

(1) It's nothing serious. 不要紧(病情不严重)。

(2) Take this medicine three times a day. 这药一天吃三次

(3) You will be all right/well soon. 你很快就会好的

(4) Give up smoking and keep on taking more exercise.

停止吸烟,多锻炼身体。

(5) Let me have a look. 让我检查一下。

(6) Take it easy. 别紧张。

(7) Lie down and have a good rest. 躺下好好休息一下。

Reading

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

选择吃什么已经不像以前那样简单了。

(1) choosing what to eat 是动名词短语,在句子中作主语。

Seeing is believing. 眼见为实。

Collecting information is very important. 收集信息是非常重要的。

Talking like that is not polite. 那样谈话不礼貌。

提 动名词在句中作主语时,其谓语动词要用第三人称单数。

(2) 另外,动名词在句中还可以作宾语、定语、表语。

He considered studying abroad at that time. 他曾考虑过出国留学。(作宾语)

We should use efficient working methods to improve our work.

我们应该使用有效的工作方法来改善我们的工作。(作定语)

My job is repairing different kinds of cars.

我的工作就是修理各种各样的汽车。(作表语)

2. Traditional diets often have too much fat and too many calories for the 21st century persons. 传统的饮食对于二十一世纪的人来说含有太多的脂肪和太多的热量。

辨析: food 和 diet

food 和 diet 都可以作“食物”解。但是 food 是一般用语,指具体的食物,通常用作不可数名词。但是在表示食物种类时,也可以用复数。

diet 是抽象名词,指“饮食”,指为特殊需要而规定的食物。

Healthy foods include fruits, eggs, vegetables and some soft drinks.

健康的食物包括水果、蛋类、蔬菜和一些软饮料。

There is a shortage of food in some African countries.

在某些非洲国家食物短缺。

The food-chain relates animals of one kind to another.

食物链把一种动物同另一种动物联系起来。

His illness is caused by poor diet. 他的病是由饮食欠佳导致的。

go on a diet 节食

The doctor says that I should go on a diet. 医生说我应该节食。

辨析: too much 和 much too

too much 形容词词组, 在句中作定语, 后接不可数名词, “过于, 太多”; 还可单独使用作主语、表语、状语等。

He drank too much beer last night. (作定语)

昨晚他喝啤酒过量了。

That is too much. (状语) 那太过分了

much too 副词词组, “极其, 非常”, 后接形容词或副词。

The problem is much too difficult for me to work out.

这道题太难, 我解不出来。

◎相关试题链接

(2003年, 全国) 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

答案: 选 A much too 后接形容词; too much 后接不可数名词。系动词 was 后接形容词。

3. 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.

如果我们想跟上现代生活的快节奏的话, 那么我们最好学习如何作出正确的选择, 关于吃什么和怎么吃。

(1) ① keep up with 表示“跟上某人或某事物; 同步前进”。

Slow down. I can't keep up with you. 慢点儿, 我跟不上你了。

She likes to keep up with the latest fashions. 她喜欢穿戴时髦。

② 动词短语 keep up 可以用来表示:

a. (指雨、雪、好天气等) 持续不停。

Let's hope the sunny weather keeps up for Saturday's football match.

但愿星期六足球比赛时还是这样好的天气。

b. keep sb. up 表示“使某人不能睡觉”。

I hope we're not keeping you up. 我希望我们没有耽误你睡觉。

c. keep sth. up 表示“使某物处于高水平”。

The high cost of raw materials is keeping prices up.

原料费用昂贵使得产品价格居高不下

③ 总结含有 keep 的短语:

a. keep away from 使某人或某物不靠近……

Police warned people to keep away from the burning building.

警察告诫人们不要靠近燃烧着的建筑。

b. keep sth. back 使某事物不能移动; 阻止某事物