

配合普通高中课程标准实验教科书

# 自主学习评价

丛书主编 凯歌

## 英语

高中必修

1

适用于北师大版

责任编辑 张萌



星球地图出版社





# 课标

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# 导学与评价

# 高中必修 1

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1. 高中英语必修一教学参考用书

国家基础教育课程改革已经全面启动,它给学科教材带来了实质性变革。自主、合作、探究、创新等新理念得到积极提倡和实行,教育、教学、考试也发生了重大变化,这引起全社会、特别是教师和学生的广泛关注。为了帮助广大师生适应全新的课改理念,提高教育教学质量,我们由专家引领、一线教师执笔,特编写这套集新理念和新课标为一体、熔科学性与实用性为一炉的教辅丛书《导学与评价》。该丛书有以下特点:

1. 最新的课改理念。丛书充分融入课改新理念和新课标要求,广泛汲取教育专家对课改的思想认识;着眼三维目标,注重人文、情感态度与价值观的渗透和融合;体现知识、能力、素质合一,方法、实践、创新一体。
2. 全新的作者队伍。我们精心组织的所有作者全都来自新课标教材实验区,均为各地学科带头人,多为一线特高级教师;他们既有对新课标理念深刻的认识又有丰富的实际教育教学经验,他们用自己选择教辅、评判教辅的标准严格要求自己的写作。
3. 科学的编排体例。丛书在体例设计时,充分遵循课改理念和吸收专家的教育智慧,充分考虑课堂教学的实际需要,注重学生自主学习和教师精要导学相结合,注重知识构建与能力提升相结合,注重素质培养、思维训练和考试能力相结合,从而达到科学性和实用性的完美统一。

#### 【构筑知识桥梁】

设置启智名言、话题导入、背景搜索,激发学生兴趣,启迪学习动力,拓展文化视野,激情导入,蓄势待发。

#### 【突破难点,轻松闯关】

自主学习重点单词、短语、句型,思考课文重点语法现象,自觉了解单元学习目标,从而培养学生动手动脑的良好习惯;精要导学,名师解读,语法聚焦,突出重点,精析教材重难点,突破疑难易错点,引领成功之路;互动练习,课后强化,精编习题,循序渐进,夯实基础,彰显学生主体性,以达到知识和能力的自然转化、过程和方法的有机统一、思维和素质的综合提升。

#### 【无限提升,冲刺终点】

回眸高考,对近三年高考真题详尽解读,把握考查重点,明确能力发展方向;科学准确的策略整合,提升学生技能技巧;精选最新高考题或各地模拟题,沙场练兵训练,使能力达到有效提升,为冲刺终点积蓄无限力量。

4. 新颖的成书模式。我们充分遵循一线广大师生的需求,丛书各学科的“学生用书”将单元测试卷、综合测试卷独立成册,夹放在学科教辅书中,并提供“教师用书”,补充丰富的教学参考资料,方便老师们在教学过程中灵活使用。

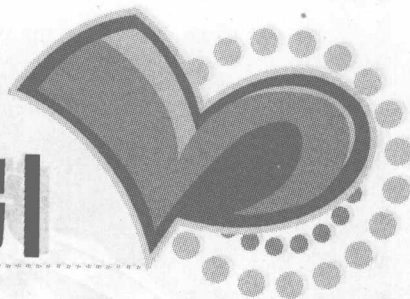
编写一套师生满意的教辅资料是我们最大的心愿,为实现这个心愿,我们一直孜孜以求,精益求精。“精诚所至,金石为开”,我们这套教辅丛书,希望得到您的关注和厚爱!

《导学与评价》丛书编委会

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二〇〇八年七月





英语必修①(北师大版)

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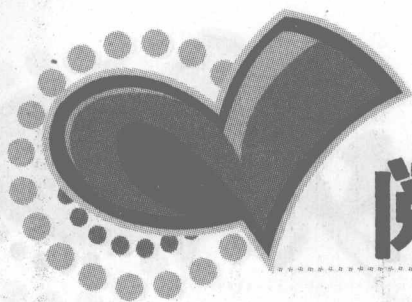
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● 背景知识 ●●●●

城市与乡村生活

## City and Country Life

Life in the cities is very different from life in the villages and on the farms. People in large cities are much more careful to respect the privacy of the individual. Sometimes this feeling seems to be one of indifference, but it is a convention of city life to limit one's curiosity about the personal affairs of strangers. Villagers and farmers are likely to show a great deal of interest in all their neighbors. Opportunities for bright young people are greater in the cities, and there has been a steady stream of hopeful job-seekers from the villages and towns to the large cities.



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二〇〇八年七月

## Unit 1 Lifestyles



## 构筑知识桥梁

GOUZHUZHISHIQIAOLIANG

## ● 启智名言 ●●●●

## QIZHIMINGYAN

1. Early to bed and early to rise, makes a man healthy, wealthy and wise.

——Benjamin Franklin, American president

早睡早起会使人健康、富有和聪明。

——美国总统 富兰克林. B.

2. The first wealth is health.

——Ralph Waldo Emerson, American thinker

健康是人生第一财富。

——美国思想家 爱默生. R. W.

3. Life is great if you don't weaken.

有坚强的意志,才有伟大的生活。

4. Life is made up of little things.

生活是由繁琐的事情组成的。

## ● 话题导入 ●●●●

## HUATIDAORU

Different people enjoy different lifestyles. Some people bury themselves in their work, which seems to mean everything to them. They have fun keeping themselves busy. We call them workaholics. Some people spend their time enjoying their hobbies. Some have a hard time making enough money to support their families. Others are plunged into charity work, devoting themselves to struggling for better living conditions for other people. You may choose any lifestyle, but you can't choose one that is only for the good of yourself.

## ● 背景搜索 ●●●●

## BEIJINGSOUSUO

## City and Country Life

Life in the cities is very different from life in the villages and on the farms. People in large cities are much more careful to respect the privacy of the individual. Sometimes this feeling seems to be one of indifference, but it is a convention of city life to limit one's curiosity about the personal affairs of strangers. Villagers and farmers are likely to show a great deal of interest in all their neighbors. Chances for bright young people are greater in the cities and there has been a steady stream of hopeful jobseekers from the villages and farms to the large cities.



# 突破难点 轻松闯关

## 自主学习

### I. 单词 (Words)

- \_\_\_\_\_ *n.* 生活方式
- \_\_\_\_\_ *adj.* 和平的, 平静的
- \_\_\_\_\_ *adj.* 轻松的, 放松的
- \_\_\_\_\_ *adj.* 充满压力的, 紧张的
- \_\_\_\_\_ *vt.* 认为, 猜想
- \_\_\_\_\_ *vi.* 抱怨, 投诉
- \_\_\_\_\_ *vt.* 转换, 转变
- \_\_\_\_\_ *adj.* 轻便的, 手提(式)的
- \_\_\_\_\_ *adj.* 急迫的, 紧急的
- \_\_\_\_\_ *adj.* 私人的, 个人的
- \_\_\_\_\_ *vi.* 感到疼痛, 遭受(痛苦)
- \_\_\_\_\_ *n.* 压力
- \_\_\_\_\_ *v.* 减少, 降低
- \_\_\_\_\_ *vt.* 更喜欢, 宁愿
- \_\_\_\_\_ *n.* 挑战
- \_\_\_\_\_ *vt. & n.* 支持, 支撑
- \_\_\_\_\_ *vt. & vt.* 设计
- \_\_\_\_\_ *n.* 广告
- \_\_\_\_\_ *adv.* 否则, 另外
- \_\_\_\_\_ *n.* 预测; 预报

### II. 短语 (Phrases)

- \_\_\_\_\_ 把开关打开, 接通
- \_\_\_\_\_ 占据
- \_\_\_\_\_ 充满着
- \_\_\_\_\_ 忍受, 遭受
- \_\_\_\_\_ 此刻, 目前
- \_\_\_\_\_ 锻炼身体
- \_\_\_\_\_ 变得厌烦
- \_\_\_\_\_ 轮流地
- \_\_\_\_\_ 盼望; 期待
- \_\_\_\_\_ 减轻体重

### III. 句式 (Sentence Patterns)

- It \_\_\_\_\_ me less than fifteen minutes to wash, get \_\_\_\_\_, have breakfast, leave home and get on bus.
- I can't \_\_\_\_\_ in front of the class.
- As a teacher, I feel \_\_\_\_\_ something \_\_\_\_\_ for students in poor areas.

### IV. 语法 (Grammar)

- 一般现在时和现在进行时
- 一般将来时 will, be going to 及一般现在时表将来

## Warming-up & Lesson 1 A Perfect Day?

### 精要导学

- I think a shepherd's life is peaceful and relaxing—but maybe it's boring sometimes.

我认为牧羊人的生活是平静而轻松的, 但是或许有时会令人厌烦。

### 名师解读

relaxing *adj.* 轻松的, 放松的

He is always busy; what a relaxing day he is starving for!

他总是很忙; 他多么渴望有轻松的一天啊!

I had a relaxing drink when I got home from work.

下班回家后我喝了一杯令人放松的饮料。

联想: relax *v.* (使)放松, (使)轻松

relaxed *adj.* 放松的, 镇定的

relaxation *n.* 消遣, 娱乐, 放松

辨析: relaxing 与 relaxed

(1)relaxing 有“令人放松的”之意, 多用来说明物;

(2)relaxed 有“放松的, 镇定的”之意, 多用来说明人。

Yesterday I saw a relaxing movie with my friend.

昨天我和我的朋友看了一部令人放松的电影。

He appeared relaxed and confident before the match.

比赛前, 他显得轻松自信。

### 互动练习

#### 选词填空 (relaxing, relaxed, relaxation)

- It is \_\_\_\_\_ to take a shower after hours of hard work.
- Bill came back from his holiday looking \_\_\_\_\_.
- First prize is three days of \_\_\_\_\_ in a top health spa(温泉).

#### 单项填空

- ( ) (4) A holiday will help you \_\_\_\_\_ after your exams.  
A. relaxed B. relaxing  
C. relax D. relaxation

### 2. Mmmm and my life is very stressful, I suppose.

嗯, 而且我认为我的生活充满了压力。

### 名师解读

suppose

(1)*vt.* 认为, 猜想

She had supposed him to be very rich.

她原认为他很有钱。

I don't suppose that he'll agree.

我认为他不会同意。

You are not supposed to smoke in this building.

你不可以在这幢楼里吸烟。

(2)suppose 可以引导条件状语从句, 相当于 if 的作用

Suppose he is out of work, what will his children do?

假如他失业了, 他的孩子们怎么办?

拓展: suppose sb. /sth. to be. 认为某人/某物是……

suppose+that 从句 认为……

be supposed to do sth. 应该做某事

### 互动练习

#### 完成句子

- 你最晚在周五付清这笔帐。

You \_\_\_\_\_ pay the bill by Friday.

- 他们猜想他是死了。

They \_\_\_\_\_ him \_\_\_\_\_ dead.

(3)假如她不来,我们还是要去。

\_\_\_\_\_ she doesn't come, we will still go.

### 3. What do you do at weekends?

周末你做什么?

#### 名师解读

weekend *n.* 周末

weekend 包括 Saturday 和 Sunday,“在周末”,常用介词 at; at the weekend; at weekends

The library is closed at weekends.

图书馆周末不开放。

拓展: weekday(s) 工作日

on weekdays 在工作日

You can do some reading in the reading room on weekdays.

你可以在工作日去阅览室看书。

#### 互动练习

单项填空

( ) (1) We'll go to have a barbecue \_\_\_\_\_ this weekend.

A. on B. at C. / D. in

( ) (2) They will have finished the work \_\_\_\_\_ next weekend.

A. on B. at C. / D. by

### 4. I often watch another old film—they are showing some good ones at the moment.

我常看另一部老影片——眼下电视里正播放非常好看的老电影。

#### 名师解读

at the moment 这一刻,那一刻

John arrived at the railway station at noon, but I was too busy to pick him up at the moment.

约翰正午时分到达火车站,但是那时我太忙不能去接他。

拓展: for the moment 暂时,目前

for a moment 一会儿

in a moment 立刻,马上

They are living in a one-room house for the moment.

他们暂时住在只有一个房间房子里。

The operation is running. Please wait for a moment.

正在进行操作,请稍候。

Hurry up! The bus will leave in a moment.

快点,公共汽车马上要开啦。

#### 互动练习

单项填空

( ) (1) —Are you free this morning?

—Yes, but I'm having a talk with Mother \_\_\_\_\_.

A. the moment B. at the moment  
C. in a moment D. for a moment

( ) (2) Please keep quiet. The meeting will begin \_\_\_\_\_.

A. for the moment B. at the moment  
C. in a moment D. for a moment

### 5. In the evenings, I often watch TV series or sports and the news again.

晚上,我经常看电视连续剧或体育节目,接着再看新闻。

#### 名师解读

in the evenings 在晚上(用复数,常隐含“大部分晚上”的含义)

In the evenings, I watch sports programs more often than talk shows.

(大多数)晚上,我更多的是看体育节目而不是访谈节目。

联想: in the evening 在晚上

In the evening, I seldom go out to drink.

晚上我很少外出喝酒。

拓展: at night 在晚上

#### 互动练习

介词填空

(1) Bats come out \_\_\_\_\_ night.

(2) The meeting will be held \_\_\_\_\_ Wednesday evening.

### 6. ... if there is a good play on BBC2, I switch over and watch it.

Then at night, I watch more films and I usually switch off the TV at about two o'clock.

假如英国广播公司二频道中有好的电视剧,我就转台过去看。

到了晚上,我看更多的电影节目,通常看到凌晨2点才关电视。

#### 名师解读

switch over(to) 把频道调到……

Please switch over to CCTV-5.

请把频道调到中央五套。

switch off 关掉(电视,收音机……)

Please switch off your walkman when you are at work.

上班时请关掉随身听。

拓展: switch on (= turn on) 打开(电视,收音机……)

turn off (= switch off) 关掉(电视,收音机……)

turn up 开大音量,调亮灯光;露面,出现

turn down 关小音量,调暗灯光

turn in 上交

turn out 结果(是),证明(是)

turn... over 把……弄翻,翻过来

#### 互动练习

单项填空

( ) (1) \_\_\_\_\_ down the radio; the baby's asleep in the next room.

A. Turning B. Turn  
C. Turned D. To turn

( ) (2) What he said has \_\_\_\_\_ true.

A. turned out B. turned over  
C. turned in D. been turned out

### 7. I also do some exercise every day.

我也每天进行体育锻炼。

#### 名师解读

exercise

(1) *n.* [U] 锻炼, 运动

do (some) exercise = take (some) exercise 进行锻炼

但如果表示一系列的操练或各种各样的锻炼时,可用复数形式,如: do eye exercises 做眼保健操

He is so fat that everyone advises him to take more exercise.

他太胖了,所以大家都劝他多锻炼身体。

(2)n. [C]练习,作业

We have a lot of exercises to do every day.

我们每天做很多练习题。

### 互动练习

用 exercise 的适当形式填空

(1)Doing morning \_\_\_\_\_ is good for your health.

(2)You should be more careful when you are doing your \_\_\_\_\_.

8. Of course, I couldn't live this lifestyle without a good wife.

当然,没有一个好妻子我过不上这种生活。

### 名师解读

live

(1)vi. 生活,过活

There lived a strange old man in our village years ago.

几年前我们村里住着一位古怪的老头。

(2)vt. 过着……的生活(后面常有固定宾语 life/lifestyle)

live a happy life 过着幸福的生活

live a dog's life 过着牛马不如的生活

live a hard life 过着艰苦的生活

(3)adj. 现场直播的,真实的

This is a live football match.

这是一场现场直播的足球赛。

The apples in the window are not live ones but plastic ones.

橱窗中的苹果不是真的,是塑料做的。

联想:life n. 生活,生命

lively adj. 活泼的,生动的

living adj. 活着的,在世的

alive adj. 活着的,在世的(作表语或后置定语)

拓展:lead a... life 过着……的生活

### 互动练习

单项填空

( ) (1) My English teacher always gives us \_\_\_\_\_ and interesting lessons.

- A. alive B. live  
C. living D. lively

( ) (2) We are told that \_\_\_\_\_ life is not easy and that we should work hard to \_\_\_\_\_ happy life.

- A. /; live B. /; live a  
C. the; lead D. the; lead a

9. Thirty-six-year-old Bob Black is sitting at his desk and working his way through his paperwork.

36岁的鲍勃·布莱克正在写字台前忙他的案头工作。

### 名师解读

at one's desk=at desk 在办公,在伏案工作

拓展:at a table(坐)在桌子旁边

at table 在就餐,吃饭

in prison 在坐牢

in the prison 在监狱里(工作)

in bed 在睡觉

in the bed 在床上

go to school 去上学

go to the school 到学校去

注意:在上述表达中,名词前有冠词一般表示“处所”含义,名词前无冠词一般表示与该名词有关的活动。

### 互动练习

单项填空

( ) (1) John couldn't hear me because he was in \_\_\_\_\_ bed.

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

( ) (2) His father works in \_\_\_\_\_ prison. He is very happy to work for the prison.

- A. a B. the C. his D. 不填

10. I normally wake up about five minutes before my alarm clock goes off.

我一般在闹钟响前5分钟就醒了。

### 名师解读

go off

(1)(爆竹、铃等)响

The alarm went off when the thief broke into the bank.

小偷闯入银行时警报器响了。

(2)离开;消失

She went off to get a drink.

她拿饮料去了。

The pain went off.

疼痛消失了。

### 互动练习

完成句子

(1)信号枪呼的一声响了。

The signal gun \_\_\_\_\_ with a bang.

(2)他一点钟去食堂吃的饭。

He \_\_\_\_\_ to have lunch in the canteen at one o'clock.

(3)戴夫动身去法国南部过夏天。

Dave's \_\_\_\_\_ to the south of France for the summer.

11. It takes me less than fifteen minutes to wash, get changed, have breakfast, leave home and get on a bus.

从洗漱,穿衣服,吃早餐,出门到上公共车,我只花不到15分钟的时间。

### 名师解读

It takes sb. some time to do sth. 某人做某事花了多长时间

It took us Chinese people 8 years to defeat(打败)Japanese invaders(侵略者) in the Second World War.

第二次世界大战中,我们中国人花了8年时间打败了日本侵略者。

拓展:sth. takes sth. 某事很花(时间/钱/精力/耐心)

此时宾语 sth. 通常是单独的 money/time/patience/energy 这些词,表示事物的属性,可译为“……很花钱/很花时间/很需要耐心/很消耗体力或精力。

Playing football takes energy.

踢足球很耗体力。



也可用于某事花费多少时间,不用形式主语 it。  
The home-improvements have taken what little there is of my spare time.  
装修房子花费了我仅有的一点空闲时间。

## 互动练习

## 单项填空

- ( ) (1) Being a babysitter \_\_\_\_\_ patience(耐心).  
A. costs B. takes C. spends D. pays

## 名师解读

get changed 换衣服

The small room is for buyers to get changed.

这个小房间是供买衣服的顾客换衣服用的。

拓展: get + done 结构:

get hurt 受伤

get injured 受伤

get educated 受教育

get lost 迷路

Don't leave when it's dark—you could easily get lost.  
天黑时别出门——很容易迷路。

## 互动练习

## 单项填空

- ( ) (2) Cleaning women in big cities usually get \_\_\_\_\_ by the hour.  
A. pay B. paying C. paid D. to pay

## 12. Meetings and phone calls take up a large part of the day.

开会和接电话占了我一天的大部分时间。

## 名师解读

take up

(1) 占(时间/空间)

Checking her students' homework takes up all her spare time.  
批改学生的作业占了她所有的空余时间。

This large table takes up too much space.  
这张大桌子占了太多地方。

(2) 从事

At college, Father took up engineering.

父亲上大学时学工程学。

(3) 加入……一道做

Almost all her classmates were discussing the problem, so she took up the discussion.

她的同学差不多都在讨论那个问题,所以她也加入到讨论之中。

(4) 拿起

Brothers, take up your guns and fight against the enemies!

兄弟们,拿起你们的枪去与敌人战斗!

拓展: (1) take down 记下,取下,拆除

Take down the old picture and put up the new one.

取下那张旧画,贴上这张新的。

Take down some notes while you are listening to the teacher.

听老师讲课时要做些笔记。

Many old houses have been taken down and a lot of new buildings have been built in our hometown in the last 5 years.

最近5年来,我的家乡拆除了许多旧房子建了许多新房子。

(2) take in 吸收,消化,理解,欺骗

She was taken in when she bought a so-called gold watch from a stranger.

当她从那个陌生人手中买下那块所谓的金表时,她上当受骗了。

This test is to see how much you have taken in after you attended Mr. Li's lecture.

这次测验要看看你们对李老师的课理解了多少。

(3) take off (飞机)起飞,脱掉(衣服)

This flight(航班) takes off at a quarter to eight in the morning.

此次航班早上7点45分起飞。

Take off your wet clothes or you'll get a cold.

脱掉湿衣服否则你会着凉的。

(4) take on 雇佣,呈现出(面目/面貌),承担

We'd like to take on 20 workers more to finish the work on time.

为了准时完成工作,我们想再招聘20个人。

The Great Wall has taken on a new look since liberation.

解放以来,长城呈现出了新的面貌。

Who will take on such a task?

谁会承担这样一项任务?

## 互动练习

## 单项填空

- ( ) (1) Mr. Smith, can you have a word with me? I won't take \_\_\_\_\_ too much of your time.  
A. off B. away C. down D. up

## 完成句子

(2) 谁能帮我把窗帘取下来?

Who could help me to \_\_\_\_\_ the curtains?

(3) 她眼里流露出受委屈的神情。

Her eyes \_\_\_\_\_ a hurt expression.

## 13. Every minute of the day is filled with urgent matters.

几乎每一分钟都充斥着亟待处理的事情。

## 名师解读

be filled with 充满着

The glass is filled with water.

杯子里装满了水。

My eyes are filled with tears.

我的眼里充满了泪水。

注意: be filled with = be full of.

## 互动练习

## 完成句子

(1) 空气中弥漫着玫瑰花香。

The air \_\_\_\_\_ the scent of roses.

(2) 她给碗里倒满温水。

She \_\_\_\_\_ the bowl \_\_\_\_\_ warm water.

14. I seldom have time for fun and other activities with my family.

My family complains about it.

我很少与家人一起玩或进行其他的活动。家人抱怨这种情况。

名师解读

complain vi. 抱怨, 投诉

常用于 complain to sb. about sth. 结构, 意为“向某人抱怨某事”。

The teacher complained to his parents about Armstrong's careless mistakes in his exam.

老师向阿姆斯特朗的父母抱怨他在考试中因粗心而出错。

联想: complaint n. 抱怨

互动练习

完成句子

(1) 她总是向父母抱怨学校的饭食。

She always \_\_\_\_\_ her parents \_\_\_\_\_ the school meals.

(2) 对他们的服务我们有些怨言。

We have a number of \_\_\_\_\_ about their service.

课后强化

I. 单词拼写

- The l \_\_\_\_\_ of business managers are busy and exciting.
- He is living a p \_\_\_\_\_ life in the countryside.
- Yesterday, we had a r \_\_\_\_\_ walk near the river after supper.
- Children all over the world like Walt Disney c \_\_\_\_\_.
- She s \_\_\_\_\_ the conversation to a different topic.
- He left in a hurry because he had an \_\_\_\_\_ (紧急的) meeting to attend.
- She is always \_\_\_\_\_ (抱怨) that she has too much work to do.
- I'm \_\_\_\_\_ (烦闷的). Let's go to the cinema.
- I have a \_\_\_\_\_ (手提的) computer.
- He lives in a house \_\_\_\_\_ (遥远的) from any town or village.

II. 单项填空

- The spare bed \_\_\_\_\_ too much room and should be removed.  
A. takes off B. takes up C. takes in D. takes out
- He \_\_\_\_\_ on the TV and began to watch it.  
A. switched B. switches C. was switching D. has switched
- Do you think villagers' life is \_\_\_\_\_ and \_\_\_\_\_?  
A. peaceful; relaxed B. peacefully; relaxing C. peaceful; relaxing D. peacefully; relaxed
- The long \_\_\_\_\_ speech made me \_\_\_\_\_.  
A. bored; boring B. boring; bored C. bored; bored D. boring; boring
- The old teacher \_\_\_\_\_ gave us \_\_\_\_\_ and interesting history lessons.

- living; live B. alive; lively
- lively; living D. living; lively

- He spends hours \_\_\_\_\_ TV every night.  
A. to watch B. watch C. watches D. watching
- She \_\_\_\_\_ to me about his rudeness.  
A. complained B. told C. called D. laughed
- The famous scientist was born in a \_\_\_\_\_ village, which is beyond our imagination.  
A. rich B. remote C. old D. American
- Some students only care about \_\_\_\_\_ business while sometimes hurt others.  
A. their B. commercial C. personal D. person
- After class, I can always see the blank space of his books \_\_\_\_\_ notes.  
A. filled of B. fill with C. fill of D. filled with

III. 补全对话

从方框中选择合适的选项补全对话, 其中有两项多余。

K=Kate M=Mary

K: Tomorrow is fine.

M: 1. \_\_\_\_\_

K: What are you going to do?

M: I want to go to have a picnic. Would you like to go there with me?

K: 2. \_\_\_\_\_ What food will we take?

M: What about meat?

K: 3. \_\_\_\_\_

M: Then what about bread and fish?

K: 4. \_\_\_\_\_

M: What's your opinion?

K: 5. \_\_\_\_\_

M: OK. It depends on you.

A. Yes. I think so.

B. Sure. I enjoy having a picnic.

C. I prefer vegetables and fruit to meat and fish.

D. I'm sorry, I hate eating meat.

E. What about eight o'clock in the morning?

F. I like eating bread, but I don't like eating fish.

G. It's great.

IV. 阅读理解

British men are couch potatoes. They spend nearly half of their free time watching TV, EU study has shown. They watch more TV than women and do less housework and less childcare, but spend more time shopping, the study suggests. Researchers from Eurostat, the EU's statistical office, interviewed working men and women in 10 countries.

Britain, where men spent 49% of their free time on the box, came second to the Hungarians with 51%. German and Norwegian men watched the least TV—just over one third of their spare time.

The researchers took the average(平均数) of the figures for the

whole year including holidays and weekends. They broke down the "average day" into seven parts—free time, sleep, meals, personal care, travel, domestic chores(家务事) and work or study.

The study shows that British men have four hours and 41 minutes free time each day—20 minutes more than women, but women spend nearly double the amount of time on domestic chores than men. Almost three and a half hours of a woman's day is taken up with domestic work compared to less than two hours for men. Food preparation makes up the most part of the chores, with cleaning and shopping the next. They further broke down the free time and showed that men spend 137 minutes each day in front of TV, compared to women's 114 minutes.

Women spend slightly more time socializing, resting and reading than men, but slightly less time on hobbies, sport and exercise. Universally unpopular with both sexes is culture—making up just 2% of both men and women's leisure(休闲) time.

- ( ) 1. What both men and women don't like in their spare time is \_\_\_\_\_.
- A. taking part in cultural activities  
B. shopping  
C. enjoying their hobbies  
D. doing domestic chores
- ( ) 2. According to the passage, couch potatoes refer to \_\_\_\_\_.
- A. a kind of potatoes produced in Britain  
B. people spending much time sitting and watching television  
C. a kind of food offered by the English people  
D. people who like doing housework instead of watching TV
- ( ) 3. Which of the following statements is NOT true according to the passage?
- A. British men do more shopping than women.  
B. German and Hungarian men watch TV the least.  
C. British women have 4 hours and 21 minutes free time every day.  
D. Most British women's housework is food preparation.
- ( ) 4. The best title for this passage would be \_\_\_\_\_.
- A. British Men and Women  
B. Domestic Chores—Only Women's Right  
C. British Men—Couch Potatoes  
D. Lazy British Men

## Lesson 2 Relaxing

### 精要导学

#### 1. I find painting or drawing very relaxing.

我觉得绘画很轻松。

#### 名师解读

S(主语) + V(谓语动词)(find / feel / call / think...) + O(宾语) + Oc(宾语补足语)

这是一个很重要的句式,宾补是用来补充说明宾语的性质、状态或动作的一种句子成分。

本句主语是 I,谓语是 find,宾语是 painting or drawing,宾补是分词形式的形容词 relaxing.

Nobody thinks it important.

没有人认为那件事很重要。

上述句式都是形容词作宾补。

拓展:充当宾补的成分除形容词外,还有:

(1)名词:

We all call him Mr. Smith.

我们都叫他史密斯先生。

(2)现在分词:

When I passed the window, I saw Mary dancing with a boy.

当我经过窗边的时候,我看到玛丽在和一个男孩跳舞。

(3)过去分词:

Last week, I had one teeth pulled out.

上周,我让医生拔了一颗牙。

(4)副词:

When we came to his house, luckily, we found him in.

幸运的是,我们赶到他家时,发现他在家。

(5)动词不定式:

I'd like to ask you to give me a hand.

我想要你帮个忙。

(6)介词短语:

Please keep your bag outside the shop.

请把袋子放在店外面。

注意:有时由于宾语过长,为了平衡句子,避免头重脚轻,往往借助形式宾语 it。如:

We think it important to learn English well.

我们认为学好英语是重要的。

句中 it 是形式宾语,不定式短语 to learn English well 是真正宾语。

#### 互动练习

##### 单项填空

- ( ) (1) Nobody thinks \_\_\_\_\_ disgraceful to be a cleaner.
- A. this B. that  
C. it D. all of them
- ( ) (2) All of us found Jack \_\_\_\_\_.
- A. is friendly B. was kindly  
C. friendly D. kindly

#### 2. Stress can cause headaches and other illness.

压力会引起头痛和其他的疾病。

#### 名师解读

stress

(1)n. 压力,强调

He is under great stress because of his new job.

新工作使他感受到沉重的压力。

Continued stress causes illness.

持续的压力会引起疾病。

The government lays stress on welfare work.

政府着重于福利事业。

(2)vt. 着重于,强调

He stressed that this would be a temporary appointment.

他强调说这将是临时的任命。

#### 互动练习

##### 完成句子

(1)你得原谅他,他最近压力很大。

You'll have to excuse him; he's been \_\_\_\_\_ a lot of \_\_\_\_\_ lately.



(2)首相已反复强调了控制通货膨胀的重要性。

The Prime Minister has repeatedly            the importance of controlling inflation.

### 3. The interview took place in a studio.

面试在工作室中进行。

#### 名师解读

take place 发生(可用于按计划发生的事情)

Great changes have taken place in our hometown in the last 10 years.

近十年来,我们家乡发生了巨大变化。

拓展:happen 发生(常用于偶然发生的事情)

break out 发生(常用于激烈事件或大的自然灾害的发生)

There was a hit-and-run after the accident happened.

事故发生后,发生了一起肇事逃逸事件。

Do you have any idea when the Second World War broke out?

你知道二战什么时候爆发的吗?

注意:take place,happen,break out 均不用于被动语态。

#### 互动练习

##### 单项填空

( ) Great changes            in the city, and a lot of factories have been set up.

- A. have been taken place B. have taken place  
C. were taken place D. took place

### 4. Breathing exercises can help reduce stress.

呼吸练习可以帮助缓解压力。

#### 名师解读

reduce *vt. & vi.* 减少,降低

She managed to reduce her weight from 58 to 50 kilos.

她设法把体重从 58 公斤减到 50 公斤。

She managed to reduce her weight by 8 kilos.

她设法把体重减少了 8 公斤。

拓展:reduce...to... 减少(降低,缩小)到.....

reduce...by... 减少(降低,缩小)了.....

#### 互动练习

##### 完成句子

(1)现在所有童鞋降价为每双 10 美元。

All children's shoes            now  
\$ 10 a pair.

(2)要尽量减少饮食中的脂肪。

Try to            the amount of fat in your diet.

### 5. Someone must organise this year's Christmas party.

一定有人来组织今年的圣诞聚会。

#### 名师解读

organise *vt.* 组织

Jane asked people to come and bought the food and drinks. So the party was organised by Jane.

简邀请人们并买了食物和饮料。所以这个聚会是由简组织的。

He organised three groups into a club.

他把三个团体组成了一个俱乐部。

联想:organised *adj.* 有组织的

organization *n.* 组织,机构

#### 互动练习

##### 完成句子

(1)玛丽在讲话之前组织了一下思路。

Mary            her thoughts before speaking.

(2)非法软件交易组织得非常严密。

The illegal software trade            highly           .

### 6. Dr. Smith is an expert on losing weight.

史密斯博士在减肥方面是一个专家。

#### 名师解读

expert

(1)*n.* 专家

His wife is an expert in/on/at psychology.

他的妻子是心理学专家。

I'm an expert on repairing computers.

我是修理电脑的专家。

(2)*adj.* 熟练的,内行的

拓展:an expert at/in/on (doing) sth. ... (方面的)专家

be expert at/in/on (doing) sth. 在.....(方面)熟练,内行

#### 互动练习

##### 完成句子

(1)对如何在拥挤的酒吧里及时受到招待,他是行家。

He is an expert            served in a crowd bar.

(2)这几年来我们在这些问题的处理上变得得心应手。

Over the years we've            quite             
dealing with these sorts of problems.

### 7. Which of these people can suffer from a lot of stress?

这些人中哪些人会觉得有压力?

#### 名师解读

suffer

(1)*vt.* “忍受,遭受”,直接接宾语,常指遭受痛苦、不幸、失败。

Napoleon suffered a deadly defeat(失败)in Waterloo.

拿破仑在滑铁卢遭受了致命的打击。

(2)*vi.* “忍受,遭受”,常与介词 from 连用,常指患某种疾病。

Jack suffers from a stomachache.

杰克患了胃病。

Mary suffers from loss of memory because of the terrible traffic accident.

由于那场可怕的交通事故,玛丽患上了遗忘症。

联想:suffering(s)*n.* 苦难

#### 互动练习

##### 单项填空

( ) Our head teacher didn't attend the school opening ceremony(仪式)because he            a bad cold.

- A. had B. suffered  
C. suffered from D. both A and C

### 8. I can't stand talking in front of the class.

我受不了在班上同学面前讲话。

#### 名师解读

stand

(1)*vi.* 站立;屹立;挺立

Please stand up when you're called.

点到名时,请站起来。

There stands a big tree in front of my house.

我家房子前有一棵大树。

(2) *vt.* 忍受,常用于疑问句、否定句中,常与 *can, could* 连用,不用于进行时态。

There is so much noise in the workshop that I can't stand it any longer.

车间噪音太大,我实在受不了。

注意:如接动词,常用动名词形式

can't stand doing sth. 意为“无法忍受做某事”

I can't stand your being a thief.

我不能忍受你做小偷。

拓展: *bear vt.* 忍受

put up with 忍受

### 互动练习

#### 完成句子

(1) 那些不能忍受冬冷夏热的动物不能生存下来。

Animals that \_\_\_\_\_ the heat in summer and the cold in winter are unable to survive(生存).

(2) 那个女生忍受不了同桌的嘲笑转到另一个班去了。

The girl student moved to another class, for she \_\_\_\_\_ by her desk-mate.

#### 9. I prefer meeting people in small groups.

我喜欢会见小群的人。

### 名师解读

prefer(preferred, preferred) *vt.* 喜欢, 偏爱

(1) prefer A to B 喜欢 A 而不喜欢 B

I prefer tea to coffee.

我喜欢喝茶而不喜欢喝咖啡。

(2) prefer doing A to doing B 喜欢做 A 不喜欢做 B

My younger sister prefers watching football matches to playing football.

我妹妹喜欢看足球赛而不喜欢踢足球。

(3) prefer to do A (rather) than do B 喜欢做 A 不喜欢做 B

Liu Hulan preferred to die than give in.

刘胡兰宁死不屈。

联想: preference *n.* 偏爱, 喜爱, 宁愿

have a preference for sth. 喜爱……

拓展: would rather do sth. than do sth. 宁愿做……而不做……

### 互动练习

#### 单句改错

Old people prefer to go out for a walk to stay at home watching TV for a long time.

#### 10. Take turns to talk about activities you like and don't like.

轮流谈谈你们喜欢和不喜欢的活动。

### 名师解读

take turns to do sth. 轮流做某事

The workers in the zoo took turns to look after the sick panda.

动物园的工作人员轮流照看那只生病的熊猫。

拓展: take turns at doing sth 轮流做某事

do sth. in turn 依次做某事

do sth. by turns 轮流做某事

It's one's turn to do sth. 轮到某人做某事

辨析: in turn 与 by turns

(1) in turn 依次做某事, 往往做一次

(2) by turns 轮流做某事, 有反复做某事的意味

We got on the bus in turn.

我们依次上车(一次性动作)。

We clean the classroom by turns.

我们轮流打扫教室(反复性动作)。

### 互动练习

#### 单项填空

( ) It's polite to buy tickets \_\_\_\_\_.

A. in turn

B. by turns

C. out of turn

D. by turn

### 课后强化

#### I. 单词拼写

1. Yuan Longping, an agricultural e \_\_\_\_\_, works on the land to do his research.

2. Do you s \_\_\_\_\_ from a fever?

3. He couldn't s \_\_\_\_\_ to be told what to do.

4. I prefer a busy s \_\_\_\_\_ life to a quiet country life.

5. People in the city work at high p \_\_\_\_\_.

#### II. 选词填空

expert, social, reduce, stand, prefer, suffer, organise, diet

1. She is an \_\_\_\_\_ in teaching small children.

2. The workers were \_\_\_\_\_ into a union.

3. I'd like to attend a \_\_\_\_\_ gathering.

4. Which do you \_\_\_\_\_, bananas or apples?

5. I must \_\_\_\_\_ your pocket money.

6. Every person needs a \_\_\_\_\_ of healthy foods.

7. I won't \_\_\_\_\_ your talking to me like that.

8. In the south of China, a lot of people are \_\_\_\_\_ from the flood.

#### III. 单项填空

( ) 1. He's an \_\_\_\_\_ on making machines.

A. teacher

B. expert

C. student

D. engineer

( ) 2. —I didn't see Peter yesterday. What's wrong with him?

—He \_\_\_\_\_ heart trouble.

A. is suffering

B. is suffering from

C. suffers

D. suffers from

( ) 3. Don't \_\_\_\_\_ him, for he won't work well under \_\_\_\_\_.

A. pressing; press

B. press; press

C. pressure; press

D. press; pressure

( ) 4. We are sure to have a lot of \_\_\_\_\_ activities as we live in \_\_\_\_\_ society.

A. social; the

B. society; a

C. social; a

D. social; 不填

- ( ) 5. How can you \_\_\_\_\_ her bad temper? Which of the following can NOT be filled in the blank?
- A. have      B. bear  
C. stand      D. tolerate
- ( ) 6. Rather than \_\_\_\_\_, I prefer \_\_\_\_\_.
- A. going camping; stay at home  
B. go camping; stay at home  
C. go camping; to stay at home  
D. to go camping; stay at home
- ( ) 7. Although there are so many delicious cakes here, I can't eat. Because I am \_\_\_\_\_ to look thinner.
- A. on a diet      B. on sickness  
C. in bad mood      D. ill
- ( ) 8. Such a great party was \_\_\_\_\_ by him. That is, he was the \_\_\_\_\_.
- A. organised; organisation  
B. organising; organiser  
C. organiser; organising  
D. organised; organiser
- ( ) 9. They couldn't stand \_\_\_\_\_ like that.
- A. to treated      B. to treat  
C. treating      D. being treated
- ( ) 10. —The cars give off a great deal of waste gas in the streets.  
—Yes, but I am sure something will be done to \_\_\_\_\_ air pollution.
- A. warn      B. move  
C. collect      D. reduce

#### IV. 完形填空

It was my first day as a newcomer to Hargrove's School. Past "newcomer" experience had been difficult, so I was very 1 to fit in.

At lunchtime all the girls 2 around my table. It wasn't long before Mary Louise was pointed out to me, who was 3 by them.

After school, the girls invited me to 4 them in front of the school. I didn't know why, but I had a 5 to learn.

When Mary Louise came down the school steps, the girls began to 6 her. I paused, then joined right in. Unkind words fell from my lips. No one could tell I'd never done this 7. As I moved towards her, 8 girls stepped back and became my cheerleaders(喝彩者). 9 I was bold(大胆的) enough to push her to the ground. Everyone was laughing and praising 10. I fit in. However, I was not proud. Something inside me hurt.

Mary Louise 11; she went off without a tear 12 a word. She held her 13 high as a small trickle(一滴) of blood 14 down from her injured knee.

Just then I noticed her father standing beside his car. Respectful (尊重的) of her proud spirit, he stayed 15. Only his eyes—shining with both grief(忧伤) and 16—followed her. 17 I passed, he looked at me in 18 with burning tears, which made me feel 19 and guilty(自知有错的). He didn't speak a word.

From then on, I never joined the 20 girls again. I never hurt someone again.

- ( ) 1. A. glad      B. worried  
C. excited      D. eager
- ( ) 2. A. crowded      B. looked  
C. turned      D. left
- ( ) 3. A. disliked      B. found  
C. liked      D. lost
- ( ) 4. A. play      B. teach  
C. catch      D. join
- ( ) 5. A. way      B. story  
C. lesson      D. mistake
- ( ) 6. A. smile at      B. look at  
C. knock at      D. laugh at
- ( ) 7. A. later      B. ago  
C. before      D. after
- ( ) 8. A. all      B. another  
C. the other      D. each
- ( ) 9. A. So      B. But  
C. Even though      D. As though
- ( ) 10. A. her      B. us  
C. me      D. them
- ( ) 11. A. looked up      B. got up  
C. set up      D. brought up
- ( ) 12. A. but      B. yet  
C. and      D. or
- ( ) 13. A. arms      B. head  
C. face      D. eyes
- ( ) 14. A. ran      B. walked  
C. jumped      D. raced
- ( ) 15. A. angry      B. sad  
C. blind      D. still
- ( ) 16. A. confidence      B. happiness  
C. pleasure      D. pride
- ( ) 17. A. As      B. As soon as  
C. Since      D. If
- ( ) 18. A. surprise      B. trouble  
C. silence      D. peace
- ( ) 19. A. shy      B. fortunate  
C. embarrassed      D. anxious
- ( ) 20. A. unkind      B. friendly  
C. nice      D. ordinary

### Lesson 3 A Volunteer Teacher



1. I'm going to work as a volunteer teacher in a small country town in Inner Mongolia.

我打算去内蒙古小镇做一名支教教师。

#### 名师解读

work as (= act as...) 干……职业

Working as a writer is my dream.

当作家是我的梦想。

拓展: work for 为……工作