



高一英语 下

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学法导航

高中教学同步辅导

学生用书



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前言

PREFACE

全书以人民教育出版社出版的《全日制普通高级中学教科书（必修）·高一英语》为蓝本，按单元编写。每个单元由[知识导航]、[趣味导学]、[要点精讲]、[语法突破]和[巩固操练]五个栏目组成。为了能在巩固基础知识、培养基本技能的同时全方位地提高学生的学习能力，检测学生的学习效果，每两单元后配有一套单元检测卷，最后配有一套期末检测卷。

[知识导航] 目标性强。对各单元的重点单词、短语、句型和语法进行列表归类，把本单元的重点和难点展现在读者面前，便于学生构建知识框架，有的放矢。

[趣味导学] 引入课文，提高兴趣。精选与本单元内容相关的短小有趣的故事或背景知识，旨在提高学生的学习兴趣；学生可凭借此书，在教师的帮助下对国际音标进行系统训练，获得相关的口语理论指导，从而改变目前在高中生中普遍存在的“哑巴英语”现象。

[要点精讲] 重点突出，讲解精辟。重点难点按照 WARMING UP, LISTENING & SPEAKING, READING, LANGUAGE STUDY and INTEGRATING SKILLS 的顺序编排，对各单元出现的重点词句进行全面认知并重点讲练。给出了丰富、生动的例句，有利于学生在语境中学习语言；重要单词、词组后配有“知识运用”，有利于学生在运用中提高综合能力。重点单词和短语均有中、英文解释，既适合于成绩优秀的学生，也适合于水平一般的学生。重点难点按其在课文中出现的先后顺序讲解，以方便学生听课和学习。

[语法突破] 精讲精练，点石成金。对每单元的语法知识进行必要的归纳、总结、扩展与提升，并配有语法专项练习，旨在帮助学生切实掌握语法知识。

[巩固操练] 全面练习，夯实基础。该环节主要包括“单项填空”、“单词拼写”、“完形填空”、“阅读理解”、“短文改错”、“书面表达”等部分，旨在全面巩固本单元的重点难点以及对精讲部分进行必要的补充，同时为学生进一步巩固知识、提高能力作出铺垫。

书中不足之处，恳请各位读者批评指正！

编者



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目录

CONTENTS

Unit 13	Healthy eating	1
Unit 14	Festivals	11
Unit 15	The necklace	19
Unit 16	Scientists at work	31
Unit 17	Great women	41
Unit 18	New Zealand	49
Unit 19	Modern agriculture	57
Unit 20	Humour	65
Unit 21	Body language	74
Unit 22	A world of fun	83
附:		
单元检测卷(一)		93
单元检测卷(二)		101
单元检测卷(三)		109
单元检测卷(四)		117
单元检测卷(五)		125
期末检测卷		133

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Unit 13 Healthy eating

知识导航

重点单词	stomach <i>n.</i> 胃;肚子 ought <i>v. aux.</i> 应当;应该 plenty <i>n.</i> 充足;大量;富裕 soft <i>adj.</i> 不含酒精的 diet <i>n.</i> 日常饮食 fibre <i>n.</i> 纤维;纤维制品 function <i>vi.</i> 起作用;运转 <i>n.</i> 功能;作用 balance <i>vt. & vi. & n.</i> 平衡 digest <i>vt.</i> 消化(食物);领会 peel <i>vt.</i> 剥;削;剥落 <i>n.</i> 果皮;蔬菜皮 mixture <i>n.</i> 混合;混合物 slice <i>vt. & vi.</i> 将某物切成薄片; <i>n.</i> 片;薄片;切片	ripe <i>adj.</i> 熟的;成熟的 examine <i>vt.</i> 检查 energy <i>n.</i> 精力;能量 fuel <i>n.</i> 燃料;营养物 pace <i>n.</i> (一)步;速度;步调 mineral <i>n.</i> 矿物;矿石 chemical <i>n.</i> 化学制品;化学药品 fit <i>adj.</i> 健康的;适合的 gain <i>vt.</i> 增加;获得 mushroom <i>n.</i> 蘑菇 spoonful <i>n.</i> 一匙的量		
重点短语	junk food 垃圾食品 ought to 应当;应该 plenty of 许多;大量的 make a choice 做出选择 base...on... 把……建立在……基础上 choose from 从……中挑选 lose weight 减轻体重;减肥 spend...(in) doing... 花费……做某事 even if / even though 即使 roll up (使)成卷(或筒、球)形	healthy food 健康食品 be careful with 当心 keep up with 跟上;赶上 be good for 对……有好处 be harmful to 对……有危害 go for 适合 keep fit 保持健康 spend...on sth. 在某事上花费(时间/精力/金钱等) now and then 时而;不时;偶尔		
交际用语	1. 看病(Seeing the doctor) <table><tr><td>Patient 病人 I've got a pain here. 我这儿有点痛。 This place hurts. 这儿痛。 I don't feel well. 我感到不舒服。 There's something wrong with my back / my knee / my arm. 我的背部/膝盖/手臂有点毛病。</td><td>Doctor 医生 What's the matter? 怎么啦? 有什么病? Lie down and let me examine you. 躺下,让我给你检查一下。 Let me have a look. 让我看一看。 Where does it hurt? 哪儿痛? Drink plenty of water and get some rest. 多喝点水,并休息好。</td></tr></table>		Patient 病人 I've got a pain here. 我这儿有点痛。 This place hurts. 这儿痛。 I don't feel well. 我感到不舒服。 There's something wrong with my back / my knee / my arm. 我的背部/膝盖/手臂有点毛病。	Doctor 医生 What's the matter? 怎么啦? 有什么病? Lie down and let me examine you. 躺下,让我给你检查一下。 Let me have a look. 让我看一看。 Where does it hurt? 哪儿痛? Drink plenty of water and get some rest. 多喝点水,并休息好。
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	2. 提出建议和忠告(Giving advice and making suggestions) <table><tr><td>I advise you to... 我建议你…… I think you should... 我想你应该…… Why don't you...? 你为什么不……?</td><td>You'd better... 你最好…… Why not...? 为什么不……? I suggest you should... 我建议你……</td></tr></table>		I advise you to... 我建议你…… I think you should... 我想你应该…… Why don't you...? 你为什么不……?	You'd better... 你最好…… Why not...? 为什么不……? I suggest you should... 我建议你……
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语法	Modal Verbs (1) — had better 最好; should 应该; ought to 应该			

趣味导学

In the United States, 30 percent of the adult population have a weight problem. To many people, the cause is clear; they eat too much. But scientific evidence does little to agree with it. Going back to America of 1910, we found people were thinner than today, yet they ate more food. Because in those days people worked harder, walked more, used machines much less, and didn't watch television.

Several modern studies, however, have shown that fatter people do not eat more than thinner people. In fact, some investigations, such as a 1989 study of 3,545 London office workers show that fatter people eat less than thinner people. Studies show that thinner people are more active than fatter people. A study by a group at Stanford University found the following interesting fact: the more the man ran, the greater loss of body fat. Thus, those who run the most eat the most, yet lose the most of body fat. Yet 80 to 90 percent still don't get enough exercise. The situation is worse among children, who spend too much time watching TV, and too little time running around. In the USA, fitness is something you cannot get away from. You'll see special stores full of books and cassettes telling you how to get fit. You'll meet joggers in the park, and find at least one health club in every town. Americans know they have a fitness problem. Many people feel they are too fat. 80 percent of people say they try to improve their fitness, even if they soon give up.

要点精讲

1. WARMING UP, LISTENING & SPEAKING

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

我认为蔬菜是健康食物,因为它们含有大量的维生素

【词语辨析】

contain 和 include

contain 指某容器中“装有”、“含有”或某物品中“含有”某种组成成分

include 指“包罗并使之成为一部分”,强调“包含”、“包括”

The price includes both house and furniture.

这个价格包含房子和家具。

Whiskey contains a large percentage of alcohol.

威士忌含酒精的百分比很高

注:including 为介词,表示“包含……在内”

【知识运用】

() This kind of purified drinking water _____ many kinds of nutrient factors, _____ protein and calcium.

- A. includes; containing B. contains; including
C. including; contain D. containing; include

2. I must have eaten too much.

我一定是吃得太多了

1) must have + p. p. “一定……”,表示对过去已发生的事进行肯定推测

He knows so much about the lecture. He must have attended the lecture yesterday.

他对这个演讲如此了解,他昨天一定去听了演讲

He must have finished his work.

他一定已经完成了他的工作

2) too much; much. 在句中可修饰不可数名词(其相似词:too many / many 修饰可数名词的复数形式);充当状语或直接充当主语、宾语或表语

We've too much homework to do.

我们有太多的家庭作业要做。

He is always talking too much.

他总是话太多

Too much is as bad as too little.

过犹不及

注意区分:much too; (rather) too, 在句中修饰 adj. 或 adv., 表示“太”、“过于”

The work is much too difficult for him.

这工作对他来说太难了

3. Well, no wonder your stomach hurts.

哦,难怪你胃疼了

1) no wonder + cl. 难怪……

No wonder (that) you are so happy.

难怪你如此快乐!

No wonder (that) you were late.

难怪你迟到了

【知识运用】

() — He worked hard to prepare for the competition.

— _____ (that) he won it.

- A. No doubt B. No problem
C. No way D. No wonder

2) hurt 在本句中用作不及物动词,意为“疼”

My arm hurts. 我胳膊疼

Does your leg still hurt? 你的腿还疼吗?

hurt 还可作为及物动词

The wound still hurts him. 他仍然感到伤口疼

【词语辨析】

hurt, harm, wound 和 injure

hurt 常指精神上或肉体上的伤害,含有强烈的疼痛

harm 指对人或事物造成危害,这种危害不一定直接,也不一定有痛楚

wound 通常指外界暴力造成创伤,多指枪、刀伤,也可指感情上的伤害

injure 着重指健康、机能、外貌的伤害或损害,多指意外或事故造成的伤害

【知识运用】

(1)他的话伤了我/我的感情

His words _____ my feelings.

(2)他掉下来伤了腿 He fell and _____ his leg.

(3)吸烟严重损害了他的健康。

Smoking seriously _____ his health.

(4)他在战斗中受伤了。He got _____ in the battle.

(5)好几个孩子在那次事故中受伤。

Several children were _____ in the accident.

4. I've got a pain here. 我这儿疼。

pain 的用法:

①表示身体某部位的疼时,为可数名词。

She has a pain in her back/ leg/ head.

她背/腿/头疼。

②表示由损伤或疾病引起的痛苦、疼痛时,为不可数名词。

Her back causes her a lot of pain. 她的背使她很疼。

③表示精神上的痛苦时,为不可数名词。

His harsh words caused her much pain.

他尖酸的话使她很痛苦。

④表示“努力、辛苦、操心”时,只用复数形式。

She takes great pains with her work.

她在工作上煞费苦心。

【知识运用】

() The teacher often tells us, "No _____, no gains."

- A. pain B. paining
C. pains D. painful

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

我建议你以后不要吃那种没有熟的水果。

advise

advise — give advice to sb., recommend
vt. 劝告;建议;出主意
advice n. 劝告;建议(不可数名词)

a piece of advice 一则建议

give sb. advice on ... 就……给……提建议

turn to sb. for advice 向某人征询建议

take / follow one's advice 按某人的建议行事

refuse / turn down one's advice 不听某人的建议

①advise + 名词/代词/r. -ing

Tom advised taking a walk after supper.

汤姆建议晚餐后去散步。

②advise sb. (not) to do sth. 建议某人(不要)做某事

Mrs Li advised the young man not to smoke in her room.

李太太劝那个年轻人不要在她房里吸烟。

The teacher advises us to read English aloud in the morning.

老师建议我们早晨大声朗读英语。

③advise sb. against doing sth. = advise sb. not to do sth.

建议某人(不要)做某事

They advised her against marrying quickly. (= They advised her not to marry quickly.)

他们劝她不要太快结婚。

④advise + 宾语从句(从句中用虚拟语气,即 should + 动词原形,其中 should 可以省略)

We advised that steps be taken at once after the conference.

我们建议会后应马上采取措施。

suggest vt. 建议,出主意
suggestion n. 劝告,建议(可数名词)
make a suggestion 提出一条建议

suggest {doing ...
(that) sb. (should) do ...

【知识运用】

() My father made a suggestion that I _____ to the beach this summer vacation.

- A. had better go B. shall go
C. should go D. went

6. Lie down and let me examine you.

躺下,让我来给你检查一下。

examine vt.

①examine sth. / sb. — look at carefully in order to learn about ... 仔细观察;检查;调查;审查

— inspect carefully to check for disease 诊察;诊视

The detective examined the window frame for fingerprints.

侦探仔细查看窗框,寻找指纹。

The doctor examined her patient carefully.

那位女医生仔细诊察她的病人。

②examine sb. (in / on sth.) — test the ability or knowledge of sb. 考/测验某人

The teacher examined us in mathematics / on our knowledge of mathematics.

老师考了我们的数学。

③— question sb. formally in order to get information 询问;盘问;审问;讯问(某人)

examine a witness in a court of law

在法庭上讯问证人

【知识运用】

() The policemen _____ me about details of the accident.

- A. tested B. examined
C. quized D. checked

7. Drink plenty of water and get some rest.

多喝点水,并休息好。

plenty of / a lot of / lots of + 不可数名词或可数名词的复数,表示“大量的;许多的”

We have plenty of time to do this.

我们有充足的时间来做此事。

There are plenty of eggs in the fridge and we needn't buy any now.

冰箱里有很多鸡蛋,现在我们不必再买。

注意: a (large) number of } + 可数名词复数
a good / great many }
a great deal of } + 不可数名词
a large amount of }

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

选择吃什么东西不再像以前那么容易了。

what to do 是“疑问词+不定式”的结构,在句中作宾语,另外这一结构也可作主语、表语、定语等。

① What to do next hasn't been decided yet.

接下来做什么还没有决定。(主语)

② I don't know whether to answer it.

我不知道是否要回答。(宾语)

③ The question is how to put it into practice.

问题是如何把它付诸实践。(表语)

④ They exchanged views on the question of whom to elect.

关于应当选谁的问题,他们交换了意见。(介词短语)

⑤ The key with which to open the door has been lost.

开这扇门的钥匙不见了。(定语)

注意:这种结构含有情态意义,它相当于一个带“should”的从句。如②可改为“I don't know whether I should answer it.”

【知识运用】

() There are so many books. It is hard for us to decide _____ to choose.

A. which

B. what

C. where

D. how

II. READING

1. **Our eating habits have changed, as has our way of life, and the fuel we need for our body is also different.**

我们的饮食习惯正如我们的生活方式一样已经发生了变化,我们身体所需要的营养物也不一样了。

as

1) conj.

① 正如;像;按照。引导方式状语从句,一般采用陈述语序,但在正式文体中也可用倒装语序(如上例)。

Bob is as tall as Lin Tao.

鲍勃与林涛一样高。(第二个 as 为此种用法,第一个 as 则是副词,可修饰形容词或副词。)

② 在……期间;当……时候。引导时间状语从句。

As he grew older, he lost interest in everything except gardening.

他年纪越来越大,除了喜欢园艺以外,对一切都失去了兴趣。

③ 由于;因为。引导原因状语从句,常置于句首。

As you weren't there, I left a message.

由于你不在那里,我留了个信儿。

④ 尽管;即使;虽然。置于形容词、副词或名词之后,即倒装,引导让步状语从句。

Young as I am, I already know what career I want to follow.

(= Though I am young, I already know what career I want to follow.)

我虽然还小,可是对要从事的职业已胸有成竹了。

Child as he is, he knows a lot about computers. (= He knows a lot about computers though / although he is a child.)

尽管他还是个孩子,但他对电脑懂得多。

2) pron.

① as 可作关系代词,引导定语从句,在句中作主语、表语或宾语,它常和 the same 或 such 连用。

My parents have bought the same air-conditioner as the Browns have got.

我父母买了一台布朗家那样的空调。

② as 可以引导非限制性定语从句,其位置比较灵活,可以置于句首,也可置于句中或句末。

As is known to us all, China has set up good relations with all the neighbouring countries.

众所周知,中国已与邻国建立了良好的关系。

【知识运用】

() Any country, _____ we know, can't develop without science and technology.

A. as

B. which

C. because

D. although

2. **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.**

如果我们想要跟上现代生活的快节奏,我们最好学会对我们吃什么以及怎样吃做出正确的选择。

keep up 保持;继续

1) 区分 { keep up 与 跟上;不落手(并驾齐驱)

catch up with 赶上;追上(由落后赶上)

The snow storm kept up for four days.

那场暴风雪一直持续了四天。

She can always keep up with the changes in fashion.

她总能跟上时尚的变化。

He is working hard in order to catch up with others.

他正努力学习以便赶上他人。

【知识运用】

() Warm-blooded animals can even _____ their body temperatures in cold winter.

A. hold up

B. keep up

C. catch up

D. go up

2) make choices about ... 就……做出选择

make decisions about ... 就……做出决定

You'd better make a choice about whether to go or stay.

你最好就是去是留做出选择。

He made a decision about what to write about.

他就该写什么做出决定。

3. **Calcium, which is found in eggs, milk and other dairy products, is good for our bones and teeth.**

钙(元素)对我们的骨头和牙齿都有好处,它可以在鸡蛋、牛奶以及其他奶制品里找到。

{ be good for sth. / sb.

1) 对……有好处/有效/有用;胜任……

{ be good to sb. 对某人友好

2) { do good to sb.

{ do sb. good 对某人有好处

反义词组为: be harmful to ... / do harm to ... 对……有害

3) It is no good doing sth. 做……毫无益处

4. Many people today make choices about their eating habits based on what they believe.

今天许多人在饮食习惯方面所做出的选择往往建立在他们对某种东西的信念上。

1) "based on what they believe" 为过去分词短语作方式状语, 相当于 "according to what they believe", 表示 "依据他们的信念"。

2) base ... on ...; use ... as grounds or evidence for sth. 以……为……的依据; 把……建立在……的基础上

You should base your conclusion on careful research.

你应该以审慎的研究为基础而下结论。

【知识运用】

() The film _____ the disaster of Titanic has been popular for many years.

- A. accorded to B. was set in
C. was based on D. based on

5. Because we have so much to choose from, many companies and stores offer advice about what we should eat.

因为有这么多(食物)可供我们选择, 很多公司和商店给我们提供应该吃什么的建议。

1) choose — v. pick out or select 选择; 挑选

{ choose ... from / among / out of ... 从……中选出
{ choose sth. 选中……; 选出……

You may choose one from / among / out of these.

你可从这些中选择一个。

We have many models for you to choose from.

我们有很多型号可供你选择。

Mother took a long time in selecting a few hats for Mary, out of which Mary chose the one she liked best.

妈妈花了很长时间给玛丽选了几顶帽子, 玛丽在其中选了一顶她最喜欢的。

2) offer

{ offer — vt. put forward sth. to sb.

提出; 提供; 出(开)价

{ offer n. 提供; 建议

{ offer sb. sth. / offer sth. to sb.

{ offer to do sth.

The teacher offered us some good advice on how to learn English.

这位老师就怎样学习英语给我们提了一些很好的建议。

The Young Pioneer offered to carry the heavy box for the old granny.

那位少先队员主动提出帮老奶奶搬重箱子。

We often make an offer of help to the people in the poor countries.

我们经常给那些贫困国家的人民提供帮助。

【知识运用】

() The old man _____ me 100 yuan for the bicycle.

- A. offered B. gave
C. supplied D. provided

6. The same goes for "crash diets" that some

companies say will make us lose weight fast.

这同样也适合某些公司宣传的会使我们快速减肥的“速效饮食”。

go for

1) go for sb. / sth. — apply to sb. / sth. 适合于某人或某事也如此

What I said about Smith goes for you, too.

我说的关于史密斯的话也适用于你。

Britain has a high level of unemployment — but the same goes for many other countries.

英国失业率很高——但许多国家也是如此。

2) go for sb. 也表示“攻击某人”

The newspaper went for him over his defence of terrorism.

报纸对他偏袒恐怖主义的行为大肆批评。

3) go for sth. 也表示“选择某物”

I think I will go for the fruit salad.

我想我还是选水果色拉。

【知识运用】

() He has been _____ teaching ever since he was admitted to university.

- A. going for B. going in for
C. going into D. going by

7. Instead of eating expensive diet food or going on unhealthy diets, we can simply try to eat less fat and sugar and exercise more.

我们不要吃昂贵的食物或继续吃不健康的食品, 我们完全能够尽量少吃脂肪和糖, 而多进行运动。

exercise

①v. — perform some kind of physical exercise; train sb. / sth. (体能方面)锻炼; 运动; 使某人/某物得到锻炼; 训练某人/某物

②n. (尤指)锻炼运动(不可数名词); 练习; 训练(可数名词)

He exercises twice a day.

他每天锻炼两次。

Horses get fat and lazy if they are not exercised.

马不训练就会长膘, 变懒。

The doctor advised him to take more exercise.

医生建议他进行更多的锻炼。

The teacher set her class a mathematics exercise for homework.

那位老师给她班上的学生布置了一道数学题作为家庭作业。

8. We ought to learn more about our body and the fuel it needs to keep fit.

为了保持健康, 我们应该对我们的身体以及我们的身体所需要的营养进行更多了解。

1) "(that) it needs" 为定语从句, 修饰 "fuel"。

2) need

{ 行为动词 need + 名词/代词/to do sth.

{ 情态动词 常用于否定句或疑问句

{ n. 缺乏; 必须; 需要

We need (to buy) some more bread.

我们需要再买些面包。

— Need you go yet?

你一定得去吗?

— No, I needn't.

不,我不必去。

There's a great need for a new book on the subject.

非常需要有一本这方面的新书。

We're in great need of better materials.

我们急需更好的材料。

【知识运用】

() The little wooden house needs _____ before we move into it for the summer.

- A. repaired B. being repaired
C. to repair D. repairing

9. Only in that way will we be ready for the challenges and opportunities in life.

只有这样,我们才会对生活中的挑战和机遇有充分的准备。

1) 该句为倒装句,“Only + ...”置于句首时,引起部分倒装,其结构是:

Only + 介词短语/副词/状语从句 + 助动词/情态动词/be + 主语 + ...

Only then did he realize that he had done a good deed.

只有到那时,他才意识到他原来做了一件好事。

Only when one loses something does one know its value.

只有当一个人失去某样东西时,他才会知道它的价值。

注意:only 放在句首强调主语时,则不用倒装。

Only Tom could work out the problem.

只有汤姆才能算出这道题。

【知识运用】

() Only after the war was over _____ to their motherland.

- A. they could return B. could they return
C. they returned D. did they returned

2) opportunity — *n.* favourable time or occasion 机会,良机

the / an opportunity for / of doing ... } 做……的良机
the / an opportunity to do ... }

take the opportunity to do / of doing ... 趁此机会

The Chinese government is trying to take an (the) opportunity to provide a lot of work for the people.

中国政府正千方百计地为人民创造就业机会。

I take this opportunity of thanking you.

我趁此机会感谢你们。

【词语辨析】

opportunity 和 chance

chance 指侥幸或偶然的机,或无法解释“命运”所安排的时机。

opportunity 指符合人们意向或目的的机遇,或某一特定的时机,有利于做某事以实现某种抱负与愿望的“良机”。

I lost no opportunity of studying abroad.

我不放弃任何出国留学的机会。

Chance plays an important part in many card games.

运气在很多纸牌游戏中起着重要的作用。

III. LANGUAGE STUDY

1. ripe

- (of fruit, grain, etc.) ready to be gathered or used, esp. for eating (水果、谷物等)成熟的
- (of a person's age) advanced 成年的,成熟的
- fully developed or matured 已成熟的
- ripe judgement 成熟的判断力
be ripe for ... 准备就绪
The time is ripe. 时机已成熟。

2. fit

- in good health, esp. because of regular physical exercise 健康的
keep fit 保健
be fit for / to do sth. (因身体好)能做……
- be fit for sth. }
be fit to do sth. } be suitable for ... 适合……
- fit A to / on B } supply or fix ... into place 安置,安装
fit B with A }
- fit 适合(尤指大小、尺寸)
match 适合,匹配(尤指色彩、质地、款式)
suit 适合(尤指衣服、发型等适合某人的身份、气质等)

3. balance

- put or keep sth. in a state of balance 保持平衡
- n.* 均衡,均势
- keep / break the balance of nature 保持/破坏自然/生态平衡
a balanced diet 均衡的饮食

IV. INTEGRATING SKILLS

1. Even if we choose nutritious food for our main meals, we probably still need to refuel now and then.

即使我们在正餐时选择有营养的食品,也许还需要时不时地补充养分。

1) even if / even though 即使 引导让步状语从句

Even if / Even though we know it, we ought to keep modest.

即使我们知道,也应保持谦虚。

2) now and then from time to time, occasionally 时而;不时

2. Most fruits are naturally sweet and we can eat them just the way they are — all we have to do is clean or peel them.

大部分的水果是自然的甜,我们在吃水果时,只要将其洗净或剥去皮即可。

just the way they are 作状语,修饰谓语动词 eat, they are 则是定语从句,修饰 way. all we have to do is clean or peel them 为解说性成分。在 is clean or peel them 结构中, is 后面省去了 to, 因为前面有 to do, 且后面的不定式又作表语,故可省去不定式符号 to。



语法突破

Modal Verbs (1) — had better, should, ought to

本单元语法学习情态动词 *ought to*, *should* 和 *had better* 的用法, 它们所表示的意义及其否定式和疑问式, 请参看课本 P₁₅₀₋₁₅₁.

下面补充部分相关内容:

1. *ought to* 与 *should* 表推测时, 可互换。

They *ought to* / *should* be home by now.

他们现在该到家了。

2. *ought to* / *should* 与完成时连用所表示的意义

ought to / *should* have done...

表示过去应该做某事而事实上却没做

ought not to / *shouldn't* have done...

表示过去不应该做某事而事实上却做了

试比较下列三个句子中谓语动词的形式及其所表达的意义的不同:

You *should* go to the barber's to have your hair cut.

你应该去理发店把头发剪了。(表示现在或将来应该做某事)

You *should* / *ought to* have told me your failure earlier.

你该早点把你失败的事情告诉我的。(表示过去应该告诉我却没告诉我)

You *should not* / *ought not to* have told a lie to your mother.

你不应该向你妈妈撒谎的。(表示过去不该向妈妈撒谎而事实上却撒了谎)

专项练习

- () 1. You'd better _____ that. You will hurt her.
A. don't say B. not to say
C. not saying D. not say
- () 2. _____ take an umbrella? It looks like rain.
A. Did we better B. Hadn't we better
C. Had better we D. Didn't we have better
- () 3. _____ to tell you all about that?
A. Should he B. Ought he
C. Did he ought D. Does he ought
- () 4. He _____ right here, but I can't find him now.
A. can't be waiting B. should have waited
C. ought to be waiting D. ought to have waited
- () 5. — I'll tell Mary about her new job tomorrow.
— You _____ her last week.
A. ought to tell B. would have told
C. must tell D. should have told
- () 6. I often see lights in that empty house. Do you think I _____ report it to the police?
A. should B. may
C. will D. can
- () 7. If you are planning to spend your money having fun this week, better _____ it — you've got some big bills coming.
A. forget B. forgot

C. forgetting D. to forget

- () 8. I _____ pay Tracy a visit, but I'm not sure whether I'll have time this Sunday.
A. should B. might
C. would D. could
- () 9. It's strange that he _____ say so.
A. shall B. ought
C. should D. will
- () 10. — When can I come for my photos? I need them tomorrow afternoon.
— They _____ be ready by 12:00.
A. can B. should
C. might D. need



巩固操练

I. 单项填空

- () 1. It _____ me to think that she should be against me.
A. hurts B. pains
C. aches D. breaks
- () 2. They have decided to _____ 10,000 dollars repairing the old school building.
A. cost B. pay
C. take D. spend
- () 3. I saw a tiger in the forest _____.
A. by chance B. by opportunity
C. by choice D. by lucks
- () 4. The meeting hall is big enough to _____ four hundred people.
A. contain B. hold
C. keep D. fill
- () 5. The medicine is very bitter, but it is _____ your health.
A. good to B. good for
C. well to D. good at
- () 6. Though he is very busy, he helps the old woman _____.
A. hardly B. sooner or later
C. now and then D. from then on
- () 7. — _____?
— I would like to buy a pair of shoes.
A. How much is it B. What is the matter
C. Any help D. Can I help you
- () 8. — _____?
— I have a bad headache.
A. Good morning.
B. Where does it hurt?
C. What do you want?
D. What is the matter with you?
- () 9. I _____ you not to stay up every night.
A. suggest B. agree
C. advise D. speak

- () 10. All the students _____ the final examination.
A. get ready B. are well prepared for
C. are prepared against D. fight against
- () 11. She _____ to lend me her bike.
A. advised B. suggested
C. said D. offered
- () 12. The scientist did the work _____ we had never seen before.
A. in a way B. just the way
C. by the way D. in any way
- () 13. According to his illness, the doctor wrote a list of _____.
A. food B. diet
C. breakfast D. rice
- () 14. They have chosen a manager _____ the workers in the factory.
A. in B. among
C. on D. beside
- () 15. We should _____ our deeds _____ the interests of the people.
A. base; on B. put; into
C. give; to D. stop; from

II. 单词拼写

- Most people agree that fast food is i_____ food.
- Children are told not to eat fruits that are not r_____.
- I can't see it on the blackboard clearly. I'll have to have my eyes e_____.
- Man comes to know it is important to keep the b_____ of the nature.
- The d_____ of the panda includes young leaves and shoots.
- No p_____, no gains.
- We should do what we can to protect the e_____.
- Air is a _____ (混合物).
- The boiling kettle (壶) was giving off _____ (水蒸气).
- Everything you cooked is so _____ (可口的).

III. 句型转换:每空填一词,使该句与所给句子的意思相同

- The T-shirt is not worth the high price.
= The T-shirt's not good _____.
- The little girl likes eating candies, and the result is that she has bad teeth.
= The little girl likes eating candies, and _____ she has bad teeth.
- The doctor advised him not to smoke any more.
= The doctor suggested he _____ any more.
- The boy is not old enough to join the army.
= The boy is _____ the army.
- A quarter of the computers in the company will be sent abroad this year.
= _____ in the company will be sent abroad this year.

IV. 词语填空:用括号中所给词语的适当形式填空

- Jack is busy with his _____ duties. (office)

- They are in the _____ of a happy life. (enjoy)
- To my _____, he went home without saying anything. (astonish)
- Would you mind _____ me for a minute? (help)
- You'd better _____ yourself up well before you go out. (wrap)
- The young man was in deep _____. (think)
- I am a complete _____ to the place. (strange)
- The cough is quite _____. (trouble)
- It was _____ sitting under the apple tree. (please)
- It was very _____ of you to make all the necessary arrangements for us. (think)

V. 根据汉语意思完成句子(每空一词)

- 如果你听从我的劝告而努力学习,你考试就会及格。
If you _____ my _____ and study hard, you will pass the exam.
- 找工作已不像从前那么容易了。
Looking for a job is no longer _____ easy _____ it once _____.
- 让他改变他的生活方式是很难的。
It is difficult for him to change his _____.
- 德夫数学学得不好,他跟不上班上其他同学。
Dave is not good at maths and he couldn't _____ the rest of the class.
- 太多了,很难做出选择。
It is difficult to _____ among so many.
- 对不起,让你久等了。
Sorry to have _____ you _____ for so long a time.
- 吸烟可能对您的健康有害。
Smoking may _____ your health.
- 他不仅没有帮我们,反而嘲笑我们。
_____ leading us a hand, he laughed at us.
- 小弗朗士对老师的问题没有准备。
Little Franz _____ not _____ the teacher's question.
- 我们常常去看电影。
We go to the films _____.
- 一旦发胖就很难减肥。
_____ you've got fat, it's very _____ to _____.
- 今后你要更加小心。
You _____ more careful _____.
- 每个人都需要水和健康的食物。
_____ person _____ water and _____ healthy foods.
- 中国的饮食被认为是世界上最健康的饮食。
The Chinese diet _____ be the _____ in the world.
- 在火里加点燃,使它烧旺一些。
Put some wood on the fire and _____.

VI. 课文内容填空

When we choose what to buy in stores, we had better think whether the food will give us the 1. _____ we need. Some nutrients help 2. _____ our body, for example, protein is good for our 3. _____. Fish, meat and beans 4. _____ a lot of protein. 5. _____ is good for our bones and teeth, so we have to have some eggs, milk every day. Other nutrients, such as 6. _____ and 7. _____, help keep our body 8. _____ well. Vitamins, which we can get from vegetables, fruit, fish and milk, help our body fight 9. _____. So we had better make the right 10. _____ about what we eat.

VII. 完形填空

Even though we have more choice of what to eat than forty years ago, the average diet of the average British is 1. _____. In fact, according to recent research, British pets, eating 2. _____ tinned (罐装) food, have a healthier diet than most of their owners.

Health ministers were shocked (震惊) at recent figures (数字) which show that Britain has the third worst 3. _____ in Europe for heart disease. Cancer is also a 4. _____ cause of illness and death. This has 5. _____ the government a movement to encourage healthier eating habits. Health ministers believe we should 6. _____ a lesson from America, 7. _____ health rates (率) from heart disease have 8. _____.

The American public is now 9. _____ the link (联系) between diet and good health. The movement will encourage the 10. _____ of less animal fat, salt and sugar that are eaten 11. _____. It will show the 12. _____ of eating more fresh fruit and vegetables.

The Health Department is going to publish a book which will give help on what food to eat and what not to.

Discussions are being 13. _____ between the government and food makers. Following these talks, food will be labelled (标上) 14. _____ users can see 15. _____ how much fat, sugar there is in the food products they buy.

- | | |
|------------------------------|------------------------|
| () 1. A. healthier | B. more healthier |
| C. less healthy | D. less healthier |
| () 2. A. prepared specially | B. specially prepared |
| C. preparing specially | D. specially preparing |
| () 3. A. signal | B. show |
| C. record | D. sign |
| () 4. A. raise | B. raising |
| C. grown | D. growing |
| () 5. A. expected | B. made |
| C. helped | D. led |
| () 6. A. take | B. get |
| C. hold | D. make |
| () 7. A. on which | B. at which |
| C. where | D. there |
| () 8. A. raised | B. included |
| C. increased | D. fallen |

- | | |
|-----------------------|-----------------|
| () 9. A. knowing | B. recognizing |
| C. understanding | D. realizing |
| () 10. A. ate | B. eating |
| C. eat | D. eaten |
| () 11. A. on purpose | B. on situation |
| C. at present | D. at best |
| () 12. A. pleasure | B. goodness |
| C. habits | D. usefulness |
| () 13. A. held | B. considered |
| C. taken | D. made |
| () 14. A. even | B. so that |
| C. if | D. whether |
| () 15. A. preciously | B. quickly |
| C. finally | D. clearly |

VIII. 阅读理解

Many years ago, when I was fresh out of school and working in Denver, I was driving to my parents' home in Missouri for Christmas. I stopped at a gas station (加油站) about 50 miles from Oklahoma City, where I was planning to stop and visit a friend. While I was standing in line at the cash register (收款台), I said hello to an older couple who were also paying for gas.

I took off, but had gone only a few miles when black smoke poured from the back of my car. I stopped and wondered what I should do. A car pulled up behind me. It was the couple I had spoken to at the gas station. They said they would take me to my friend's. We chatted on the way into the city, and when I got out of the car, the husband gave me his business card.

I wrote him and his wife a thank-you note for helping me. Soon afterward, I received a Christmas present from them. Their note that came with it said that helping me had made their holidays meaningful.

Years later, I drove to a meeting in a nearby town in the morning. In late afternoon I returned to my car and found that I'd left the lights on all day, and the battery (电池) was dead. Then I noticed that the Friendly Ford dealership — a shop selling cars — was right next door. I walked over and found two salesmen in the showroom.

"Just how friendly is Friendly Ford?" I asked and explained my trouble. They quickly drove a pickup truck to my car and started it. They would accept no payment, so when I got home, I wrote them a note to say thanks. I received a letter back from one of the salesmen. No one had ever taken the time to write him and say thank you, and it meant a lot, he said.

"Thank you" — two powerful words. They're easy to say and mean so much.

- () 1. The author planned to stop at Oklahoma City _____.
 A. to visit a friend
 B. to see his parents
 C. to pay at the cash register
 D. to have more gas for his car

- () 2. The words "took off" underlined in Paragraph 2 mean "_____".
A. turned off B. moved off
C. put up D. set up
- () 3. What happened when the author found smoke coming out of his car?
A. He had it pulled back to the gas station.
B. The couple sent him a business card.
C. The couple offered to help him.
D. He called his friend for help.
- () 4. The battery of the author's car was dead because _____.
A. something went wrong with the lights
B. the meeting lasted a whole day
C. he forgot to turn off the lights
D. he drove too long a distance
- () 5. By telling his own experiences, the author tries to show _____.
A. how to write a thank-you letter
B. how to deal with car problems
C. the kind-heartedness of older people
D. the importance of expressing thanks

IX. 短文改错

此题要求改正所给短文中的错误。对标有题号的每一行作出判断:如无错误,在该行右边横线上画一个勾(√);如有错误(每行只有一个错误),则按下列情况改正:

此行多一个词:把多余的词用斜线(\)划掉,在该行右边横线上写出该词,也用斜线划掉。

此行缺一个词:在缺词处加一个漏字符号(Λ)。在该行右边横线上写出该加的词。

此行错一个词:在错的词下划一横线,在该行右边横线上写出改正后的词。

注意:原行没有错的不要改。

After I finished school, I began to look for a work.

1. _____

Now several months have passed, but I haven't found the

2. _____

job I'm interested. Last Sunday morning, I received a

3. _____

phone call from a man called Mr. Wang. He said on

4. _____

the phone, "I hear you do well on your studies. I may

5. _____

offer you a job." I entered into his office with a beating heart.

6. _____

How I wished I will go through the job-hunting talk

7. _____

and that she would take on me as an assistant.

8. _____

But to my surprised, what he said disappointed me.

9. _____

That he needed was only a model.

10. _____

X. 书面表达

保持身体健康很重要。请根据下面四幅图的内容,以 How Li Ming Keeps Fit 为题写一篇 80 词左右的短文。短文的题目和开头已给出。



How Li Ming Keeps Fit

It's important for us to keep healthy. Li Ming gives us a good example. He _____

Unit 14 Festivals

知识导航

重点单词	<p>theme <i>n.</i> 主题</p> <p>parade <i>n.</i> 游行; 行进</p> <p>holy <i>adj.</i> 神圣的; 神的</p> <p>symbol <i>n.</i> 象征; 符号; 记号</p> <p>fighting <i>n.</i> 战斗; 打仗</p> <p>conflict <i>n.</i> 斗争; 战斗; 冲突</p> <p>argument <i>n.</i> 争论; 辩论</p> <p>opinion <i>n.</i> 意见; 看法</p> <p>major <i>adj.</i> 重大的; 主要的</p> <p>probably <i>adv.</i> 大概; 很可能</p> <p>similar <i>adj.</i> 相似的</p> <p>generation <i>n.</i> 一代(人)</p> <p>salute <i>vt.</i> 行礼致敬; 敬礼</p> <p>kiss <i>vt. & n.</i> 吻</p> <p>cheek <i>n.</i> 面颊; 脸蛋</p> <p>cycle <i>n.</i> 周期; 循环 <i>vi.</i> 骑自行车</p>	<p>honour <i>vt.</i> 尊敬; 给以荣誉</p> <p>ancestor <i>n.</i> 祖先; 祖宗</p> <p>principle <i>n.</i> 法则; 原则</p> <p>nation <i>n.</i> 国家; 民族</p> <p>purpose <i>n.</i> 目的; 意图</p> <p>creativity <i>n.</i> 创造性(力)</p> <p>faith <i>n.</i> 信任; 忠实</p> <p>commercial <i>adj.</i> 商业的; 贸易的</p> <p>joy <i>n.</i> 欢乐; 乐趣</p> <p>light <i>vt.</i> 点燃; 照亮</p> <p>nod <i>vt. & n.</i> 点头</p> <p>celebration <i>n.</i> 庆祝; 庆典</p> <p>respect <i>vt.</i> 尊敬; 尊重</p> <p>gift <i>n.</i> 礼物; 天赋</p> <p>invitation <i>n.</i> 邀请; 邀请信</p> <p>fool <i>n.</i> 愚人; 白痴 <i>vt.</i> 愚弄; 欺骗</p>
重点短语	<p>dress up 盛装; 打扮</p> <p>play a trick on sb. 开某人玩笑; 欺骗某人</p> <p>hear about 听说</p> <p>believe in 信仰; 信奉</p> <p>care about 关心; 关注</p>	<p>in one's opinion 按照……的看法</p> <p>take in 欺骗; 摄取</p> <p>in common 公有; 共有</p> <p>build one's future 建设……的未来</p>
交际用语	<p>1. 责任与义务:</p> <p>① We must remember our past and build our future.</p> <p>② We have to build our own lives...</p> <p>③ I'm afraid I've got to go.</p> <p>④ You must say sorry to her.</p>	<p>2. 有关节日的问句及回答:</p> <p>① Do you know which countries the festivals come from?</p> <p>② When is the festival celebrated?</p> <p>③ Who celebrates the festival?</p> <p>④ How and why do people celebrate the festival?</p> <p>⑤ How old is the festival?</p>
语法	Modal Verbs (2) — must; have to; have got to	

趣味导学

Many festivals originated as people found creative ways of celebrating their culture. Their creativity has earned some of these unusual festivals worldwide attention. So what are the most unusual and exciting festivals in the world? Studio Classroom highlights five festivals that are a guaranteed good time.

La Tomatina

In 1945, a tomato fight broke out among young people attending a parade in Bunol, Spain. Today, this town hosts the world's largest tomato fight—La Tomatina. This festival occurs on the last Wednesday of August. It uses about 40,000 kg of tomatoes, the surplus from the year's harvest.

As tomato trucks enter the town square, people onboard the trucks start throwing tomatoes at the crowd. Soon, anyone who runs, ducks or has a heartbeat becomes a target. Don't worry; these ripe fruits must first be crushed. They won't hurt anyone.

Mardi Gras

Mardi Gras is a two-week-long celebration that ends on the Tuesday before Lent. Although widely celebrated, the biggest Mardi Gras festivities occur in New Orleans.

To celebrate, New Orleans style, everyone dresses in outlandish costumes. Jester hats and royal costumes abound. Various organizations host parades and balls. During the parades, people on floats throw necklaces and colorful coins into the crowd. At night, many dress up in fancy costumes and attend balls. If you go, bring a colorful and crazy outfit to wear.

Songkran Festival

The Thais celebrate their lunar New Year, known as Songkran, in mid-April. Historically, water was sprinkled everywhere to pay respect to family elders and give blessings for the New Year. Nowadays, however, the city of Chiang Mai celebrates Songkran with the world's largest water fight.

People arm themselves with water guns, buckets, hoses, bowls or anything else that holds water. Also, beware of pickup trucks carrying barrels of water. Their passengers are ready to wish everyone they pass a happy, and wet, New Year.

Running of the Bulls

The week-long festival of San Fermin is renowned for its exciting bull runs. Each morning, six bulls are released from their pens. They charge through the streets of Pamplona, Spain, until they reach the bullring.

Along this 800m stretch, many people run ahead of the bulls, helping lead them to the bullring. But with the bulls charging at 60 km per hour, the runners don't stand a chance of staying ahead. Some of them get hurt. Most people, however, choose to watch the action from a safe spot.

Up-Helly-Aa

Witnesses to this Viking fire festival claim it lights up the skies of Lerwick, Scotland. On the last Tuesday of January, a full-size replica of a Viking ship is paraded through the town. About 900 men join the parade, carrying torches and wearing traditional Viking costumes. As the men march along the streets, they sing Viking songs to celebrate their heritage.

The spectacle ends when 800 flaming torches are tossed onto the ship. Within minutes, the wooden ship that took four months to build and paint is completely engulfed in flames.



要点精讲

I. WARMING UP, LISTENING & SPEAKING

1. Compare a Chinese festival with one from another country.

把中国的一个节日同另一个国家的节日进行比较。

1) compare...with... 把……与……相比

It is necessary to compare English with Chinese in English study.

学英语时有必要把英语和汉语进行比较。

2) compare A to B 除表达“把 A 和 B 做比较”外,更常表达“把 A 比作 B;把 A 比喻成 B”。

Shakespeare compared the world to a stage.

莎士比亚把世界比作一个大舞台。

注意:compared to 和 compared with 通常可以通用,用作句子状语,可以放在句首,也可放在句末,意为“与……相比;与……比起来”。

It was a small place then compared to/with what it is now.
和现在比起来,那时它还是一个小地方。

【知识运用】

() _____ many people, she was indeed lucky.

- A. Comparing to B. Compared to
C. Compare with D. Compared

2. People celebrate Mardi Gras by dressing up and watching parades.

人们精心打扮后游行来庆祝狂欢节

1) by doing ... 以……的方式做……

The little boy made a living by selling newspapers.

小男孩以卖报纸谋生。

【知识运用】

() With the development of Internet, we can stay in touch with friends far away _____.

- A. with E-mail B. by E-mails
C. through E-mail D. by E-mail

2) dress up — put on fancy dress 打扮,化妆

Children love dressing up.

孩子们都喜欢打扮。

dress sb. / oneself 给……着装,穿衣

be dressed in sth. 穿着……

【知识运用】

() The workers of the park are mostly _____ Victorian clothes.

- A. dressing up in B. dressed up
C. dressed up in D. dressing

3. No fighting or conflicts are allowed.

不允许有打架和冲突出现

常用句型 { allow doing sth.
allow sb. to do sth.
be allowed to do

Teachers allow discussing in class.

课堂上老师允许讨论。

Please allow me to say “thanks” to you here.

请允许我在此向大家道谢。

Tourists are not allowed to enter this area.

游客不允许进入此地。

类似用法的词还有:

advise { sb. to do ...
doing ...

permit / forbid { doing ...
sb. to do ...

【知识运用】

() No records that are dangerous to the person who is trying it or to others are allowed _____.

- A. printing B. being printed
C. to be printed D. to print

II. READING

1. Kwanzaa is a seven-day festival celebrating the culture and history of African Americans.

宽扎节是一个为期七天的节日,人们以此庆祝“非裔美国人”的文化和历史。

1) African Americans 指的是“来自非洲的美国人”。美国民族是众多民族的大融合,最初它包含亚洲人、欧洲人、非洲人、土著印第安人,其中许多非洲黑人是从他们家园被捉到美国来的并作为奴隶贩卖。celebrating the culture and history...是现在分词短语作定语。

The man wanting to see you is our English teacher.

想见你的那个人是我们英语老师。

2) a seven-day festival 一个7天的节日

数量词+名词(单数)+(形容词)构成复合形容词

a 500-word article 一篇500字的文章

a 5-year-old boy 一个5岁的男孩

【知识运用】

() The two young men _____ building are both from the countryside.

- A. to clean the 10 storeys
- B. cleaning the 10th storeyed
- C. cleaning the 10-storey
- D. will clean the 10-storey

2. ... many African-American families get together to greet the new year and think about the past.

许多非裔美国家庭欢聚一堂,回顾过去的一年,迎接新的一年。

1) get together — assemble or collect 聚集一起。它作名词用时表示“联欢会”。

The teachers and the students had a great get-together to celebrate the new year.

师生举行了一个盛大联欢会庆祝新年。

2) greet — give a sign or word of welcome or pleasure 表示“迎接,欢迎,向……致意”。

Let's greet the heroes with loud applause.

让我们以热烈的掌声欢迎英雄。

3. The African first-fruit festivals had many things in common.

非洲人最初的收获节有许多共同之处。

in common 意为“共有的;共同的”,通常用于构成以下短语:

have...in common (with...) 和……有……共同之处

in common with... 和……一样

They found they had a lot in common and got on well.

他们两人发现有很多共同之处,相处得很好。

注意:在 have...in common with... 结构中,have 之后可用表程度的代词 something, nothing, a lot, a little, little 等。

I have nothing in common with you.

我与你没有一点共同之处。

【知识运用】

() _____ many other boys, he is into computer games.

- A. Common with

B. In common with

C. In common

D. Having common with

4. ... they used to honour their ancestors ...

他们过去常常纪念他们的祖先……

1) used to do ... 过去常常做……

He used to swim in winter when he was young.

他年轻时常常冬泳。

used to do ... would do ..., 表示过去经常发生的行为;当位于句末时,“do ...”可省。

used to be ... 表示过去的状态。

She doesn't go swimming in winter as she used to.

她不再像过去一样冬泳了。

China is not what she used to be.

中国不再是过去的样子了。

used to do / be ... 的否定与疑问,既可借助“did”,也可直接用“usedn't”或提前 used。

He didn't use to speak much.

他过去话语不多。

There used to be a school, usedn't there / didn't there?

这里过去有一所学校的,不是吗?

※ $\begin{cases} \text{be used to do ... 被用来做……} \\ \text{be / become / get used to (doing) ... 习惯于……} \end{cases}$

【知识运用】

() The plant _____ paper can't be found in this area now.

- A. is used to make
- B. used to make
- C. is used to making
- D. used to making

2) honour

① 荣誉,光荣

All honours go to the Party.

一切荣誉归于党。

② n. 荣幸(用于客套话中)

I have the honour to inform you that you are accepted by our company.

我非常荣幸地通知您,您已被我公司录用。

③ vt. 给……以荣誉;怀念……

We would be honoured if you would visit us.

倘蒙光临寒舍实不胜荣幸之至。

The firemen who lost their lives in “Hengyang Fire” have been honoured with the title of “Revolutionary Martyrs”.

在这次衡阳火灾事故中献身的消防官兵被授予“烈士”称号。

【知识运用】

() We gather here to _____ this great man.

- A. celebrate
- B. congratulate
- C. honour
- D. respect

5. We have to build our own lives, think for ourselves and speak for ourselves.

我们必须建设自己的生活,为自己思考,为自己说话。

speak for oneself 为自己说话,为自己辩护

You have right to speak for yourself.

你有权为自己辩护

do ... for oneself 为自己做……,亲自……

do ... (all) by oneself 独自地;靠自己

by itself { automatically 自动地
alone 独自地

6. We must do as much as we can to make our community better and more beautiful.

使我们这个社会(社区)更好,更美丽,我们要竭尽所能。

1) as much as we can 后面省去了 do, 它的意思是“尽……之所能”。它的同义表达有 do everything (all) that one can (could), do what one can (could), do as much as possible.

The Chinese people will do as much as we can to hold the 2008 Olympic Games successfully.

中国人民将竭尽全力承办好 2008 年奥运会。

as ... as one can = as ... as possible

as fast as one can, as soon as possible, as clean as possible, etc.

2) to make our community better and more beautiful 是目的状语,相当于 in order to/so as to make our...

I'll do what I can to help you. 我将尽我所能帮你。

【知识运用】

() _____ can be done has been done to prepare for the celebration.

- A. What B. That what
C. Everything D. All

7. This way, people who celebrate Kwanzaa can enjoy the spirit of the holidays without all the commercial activities of Christmas.

这样的话,欢庆宽扎节就可以摆脱圣诞节的商业活动,尽情享受节日气氛。

this way 作状语,它相当于 in this way.

This way they managed to solve the problem.

他们就这样解决了难题。

III. LANGUAGE STUDY

1. **purpose** *n.* thing that one intends to do, get, be, etc. intention 目的

What's the / your purpose (of ...)? 目的是什么?

with the purpose of ... 带着……目的

do ... on purpose 故意……

2. **faith** *n.* trust, strong belief 信任,信仰

have faith in ... 信任/信仰……

in good faith 诚心地

break / keep faith with sb. 对某人不守信/守信

3. **determination** *n.* quality of being firm, resoluteness 决心,坚定性

a man with determination 果敢的人

the determination to do ... 做……的决心

4. **nation** *n.* large community of people, usu. sharing a common culture, history or language 民族,全国人民

比较 { nation 民族,全国人民
state 政府,国家
country 国家,国土

5. **birth** *n.* being born 出生,生育

coming into existence 起源,开始

give birth to ... 生孩子,产仔

the birth of an idea 一种思想的起源

6. **joy** *n.* feeling of great happiness 快乐

full of the joys of spring 活泼快乐

sb's pride and joy 某人的快乐和骄傲

7. **treat** *v.*

1) act in a certain way toward sb. 对待某人

2) consider ... in a certain way 把……视为……

3) give medical care to ... 医治……

4) give sb. sth. enjoyable 款待某人

treat ... as / like ... 把……当……对待

treat ... as ... 把……看做/视为……

treat sb. to sth. 以……款待某人

8. **peace** *n.* a state of freedom from war or violence, a state of friendship or harmony with sb. 和平,太平,和谐

be at peace with ... 与……和谐相处

keep the peace 维护治安

make peace 讲和,和解

IV. INTEGRATING SKILLS

1. It is a reminder that we need to care about the world we live in and that we should learn to respect life and nature.

它提醒我们要爱护我们自己所居住的星球,学会尊重生命,尊重自然

1) 在这个句子中, it 是代词,代替“Earth Day”,由“that”引导的是一个同位语从句,说明“reminder”的具体内容

Over and over again, he told us the story that he and his friends were once caught in a storm.

一次又一次,他给我们讲述他和他的朋友们遇上暴风雨这一故事。

2) reminder *n.* thing that reminds sb. of a fact or person 使想起……的人/事

The statue is a lasting reminder of Churchill's greatness.

这塑像让人永远缅怀丘吉尔的伟大功绩

注意: remind sb. of / about sth. 使……想起……

remind sb. + cl. 使想起,提醒某人……

2. If a person is taken in, he or she is called “April fool!”

只要一个人被骗住了,他或她便被称为“四月愚人”

be taken in; be fooled 被骗,被欺

They were completely taken in by his story.