

中学英语学习新思维丛书

Upgrading your reading & writing skills

新目标

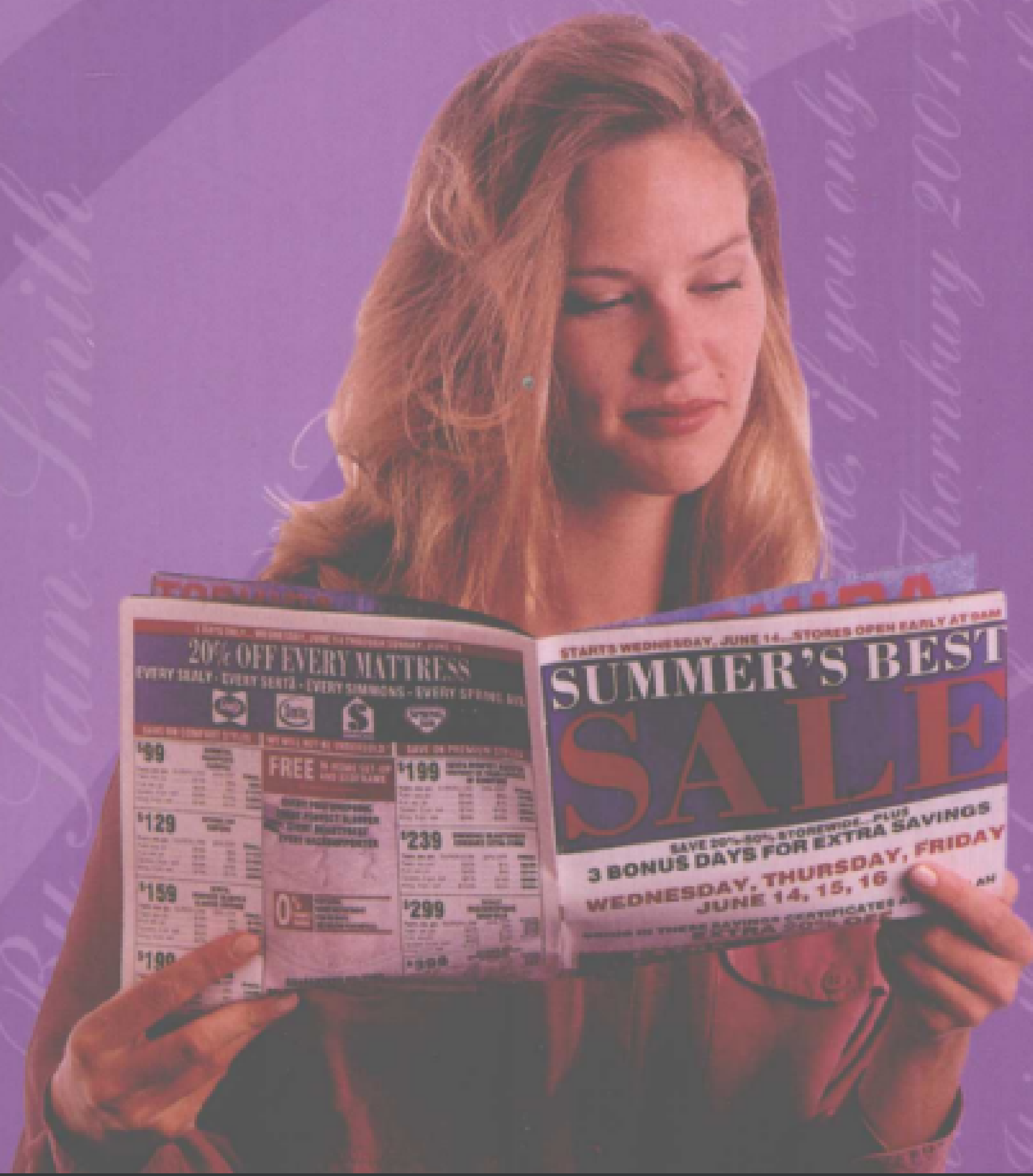
义务教育课程标准实验教材

屈小武 主编

英语

读写强化训练

九年级



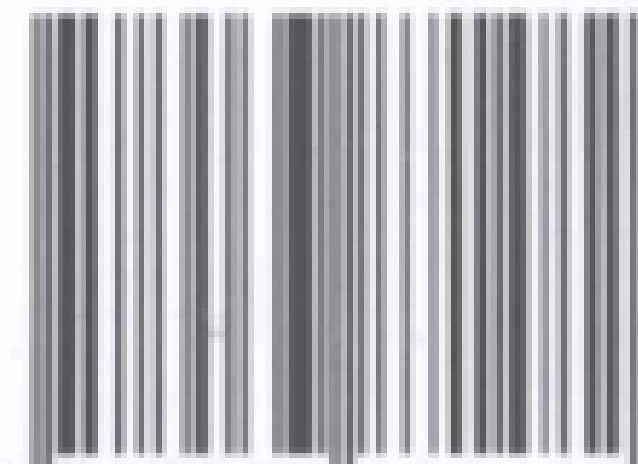
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编写说明

《全日制义务教育英语课程标准》对七至九年级学生阅读目标有了具体、明确的规定：七年级要求“教材之外，课外阅读量达到4万词”；八年级要求“能根据上下文猜测生词的意思”、“能使用英汉词典等工具书帮助阅读理解”，完成“10万词的课外阅读量”；九年级要求“能根据不同的阅读目的运用简单的阅读策略来获取信息”、“完成15万词的课外阅读量”。本套书就是根据这些目标要求而设计的学生阅读与写作训练用书。

全套书共分5册，分别供七年级至九年级各年级师生使用。其基本特点如下：

1. 每一分册在单元设置、选材难易程度上与相应的现行人教版《义务教育课程标准实验教科书·英语(新目标)》各册同步，便于师生在课堂内外使用。

2. 选文力求切合七至九年级学生的认知能力和兴趣特点，紧扣教科书的话题，若即若离地拓展课文内容，再现重点词汇，融思想性、科学性、知识性、趣味性于一体，并着力体现生活性与创新性的结合；内容编排上体现一定的难易梯度，便于不同层次的学生使用。

3. 阅读训练题型多样，力求从多角度、多方位培养学生的阅读能力与创新思维，使学生练在其中、乐在其中。

4. 写作训练以选文内容为铺垫，结合本单元的重点句型、知识目标及文章体裁，并在词、句、篇上层层递进，使学生学以致用，循序渐进地提高写作能力。

本书由屈小武老师担任主编。参与编写的老师有：陈哲(第1、2单元)、姚建平(第3、6单元)、朱腊嫔(第4、5单元)、陈刚(第7单元)、陈朝君(第8单元)、应丽(第9、10单元)、吴桦(第11、12单元)、杨丽(第13、14单元)、林伟(第15单元)。


编者

2007年7月



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Unit 1 How do you study for a test?

1 能否有效地利用时间是学习的关键,它决定你在学习上还是事半功倍还是事倍功半。让我们一起来读读这首集哲理性和趣味性于一体的小诗,体会一下时间的宝贵吧。

Time

To realize the value of ONE YEAR,
Ask the student who has failed a class.

To realize the value of ONE MONTH,
Ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK,
Ask the editor of a weekly newspaper.

To realize the value of ONE DAY,
Ask a daily wage laborer who has ten kids to feed.

To realize the value of ONE HOUR,
Ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE,
Ask a person who missed the train.

To realize the value of ONE SECOND,
Ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND,
Ask the person who won a silver medal in the Olympics.

Treasure every moment that you have!
Yesterday is history. Tomorrow is mystery.
Only today is a gift.
That's why it's called the present!

欣赏完这首诗歌后，一起来完成下面的题目吧！

(1) To realize the value of THREE YEARS, _____.

(2) How will you treasure the time? (use "by doing")

2 我们不管面对什么样的压力和困难都不要退缩，要相信一切总会过去的。作为年轻人，我们需要勇气去直面生活中的困境。

A man was really worried about his son, who was sixteen years old but had no courage at all. (1) the father decided to call (2) a Buddhist monk to train his child.

The Buddhist monk said to the boy's father, "You should leave your son alone here. I'll make him into a real man within three (3). However, you can't come to see (4) during this period."

Three months later, the boy's father (5). The Buddhist monk arranged a boxing match between the child and an experienced boxer.

Each time the fighter struck the boy, he fell down, but at once stood up; and each time a punch (6) him down again, then the boy stood up again. Several (7) later, the Buddhist monk asked, "What do you think of your child?"

"What a shame!" the boy's father said. "I never thought he would be so easily knocked down. I needn't have him (8) here any longer."

"I'm sorry about what you see. Don't you see that each time he falls down, he stands up again instead of (9)? That's the kind of courage you wanted him to have."

If each time you are knocked down you have the (10) to stand up again, that is the real courage.

(1) A. Because

B. But

C. So

D. And

- | | | | |
|-----------------|-----------|-------------|----------------|
| (2) A. up | B. on | C. at | D. to |
| (3) A. days | B. weeks | C. months | D. years |
| (4) A. it | B. him | C. her | D. them |
| (5) A. arrived | B. left | C. returned | D. disappeared |
| (6) A. knocked | B. kicked | C. pushed | D. hit |
| (7) A. days | B. times | C. seconds | D. hours |
| (8) A. leave | B. left | C. come | D. stayed |
| (9) A. laughing | B. joking | C. crying | D. shouting |
| (10) A. change | B. time | C. energy | D. courage |

3 面对伤痛，有时需要的不仅仅是忍耐。适当的宣泄也是必不可少的。让我们来看看下面这篇文章的主人公是怎么面对伤痛的吧。

I believe in grief. Almost every day when I walk into the hospital where I work as a nurse, I hear crying, moaning or willing. A young woman has miscarried, a man is holding his wife's belongings, a mother stands guard over her badly burnt child. Once I would have rushed to these people with my cheer. I'd hug the lady and tell her to try to get pregnant next time. I'd tell the sad man with the words "Your wife had a long life." And I'd enter the burnt child's room with a smile rather than encouraging the mother to weep in my arms.

When my own mother died, I was scared and confused about how I could act. After her last breath, I ran for the nurse. She waved goodbye to my mother and said "Bye, mom" in the cheery voice I practiced all my life. I didn't know that I could have climbed into bed and held her when she was gone.

It wasn't until I had finally stayed with my dying father, that I allowed myself to grieve for my parents, for those lost patients, for all their loved ones who as I once did hold back their tears. At my father's death I cried like a child.

Now I no longer comfort others with force cheer. Grief must be given its time.

I believe that both the caregivers and the cared-for should be free to scream and cry and fall to the floor, if not actually then at least in the heart. I believe that grief completely expressed will offer us a new understanding, a kind of double vision both the beauty and fragility of life.

When I grieve, when I stand by others as they grieve, grief becomes a way to honor life. 根据短文内容，判断下列句子正误 (T / F)。

(1) Everything in the hospital is sad.

()

- (2) The sad man's wife had died. ()
- (3) The writer always comforts those sad people by smiling happily. ()
- (4) It is also a good way to grieve for others by crying like a child. ()
- (5) Grief is not the only way to honor life. ()

4 梦想是希望，也是动力！只有找到适合自己的方法，才能实现梦想。读读下面这篇文章，看看作者是怎样成为一名作家的吧。

When I was fifteen, I announced to my English class that I was going to write my own books. Half of the students sneered. The rest nearly fell out of their chairs laughing. "Don't be silly, only geniuses can become writers," the English teacher said smugly, "and you are getting a D this semester." I was humiliated and burst into tears.

That night I wrote a short sad poem about broken dreams and mailed it to the *Capri's Weekly* newspaper. To my surprise, they published it and sent me two dollars. I showed it to my teacher and fellow students. They laughed. "Just plain dumb luck," the teacher said. I tasted success. I'd sold the first thing I'd ever written. That was more than any of them had done and if it was just dumb luck, that was fine with me.

During the next two years, I sold dozens of poems, jokes and so on. However, I graduated from high school, with a C minus.

I had four children at the time, and the oldest was only four. I never attended a college. I hadn't got a degree or qualifications. I just write. I am not a genius. I am not gifted and I don't write right. I am lazy and spend more time with my children and friends than I do writing. I do all the cooking, cleaning and laundry for a family of six. I write everything while sitting on the sofa with my four kids eating pizza and watching TV. When the book is finished, I type it and mail it to the publisher. I've written eight books. To all those who dream of writing, I'm shouting at you: "Yes, you can. Don't listen to them." I don't write right but I've beaten odds. Writing is easy, it's fun and anyone can do it. Of course, a little dumb luck doesn't hurt.

根据短文内容，选择最佳答案。

- (1) The meaning of "sneered" in the first paragraph is "_____".
- A. 嘲笑 B. 生气 C. 同意 D. 抗议
- (2) When the writer was at school, _____.
- A. she did well in her courses B. she got well with her classmates
- C. she was good at writing D. she was just very lucky

- (3) When the writer's first poem was sold, _____.
 A. all the students and the teacher were happy to know that
 B. none of the others believed it
 C. the others still didn't believe she could become a writer
 D. she didn't believe it herself
- (4) The writer became successful, because _____.
 A. she had got a degree in a college B. she did all the housework
 C. she was a mother of four children D. she kept writing what she wanted to write
- (5) The title of this passage might be _____.
 A. *A Successful Mother* B. *Never Write Right*
 C. *My Life* D. *My Books*

B 借鉴别人的学习秘诀，是学习的捷径之一。下面列举了全美优秀学生的经验总结和相关例子。让我们一起来分享他们的学习秘诀吧！

Secrets of Straight-A Students

Example One “If I don't understand what my teacher is explaining in the science, I ask him to repeat it,” says Christopher Campbell. Class participation goes beyond merely asking questions, though.

(1) _____

Example Two When a teacher assigns a lot of homework, Domenica Roman draws up a timetable, dividing the assignment into small parts so it isn't so overwhelming. “It's like eating a steak,” she says. “You chew it one bite at a time.”

(2) _____

Example Three One student posted a vocabulary list by the cabinet in the bathroom. He learned a new word every day while brushing his teeth. Another student used the time to remember biology terms while practicing cross-country running.

(3) _____

Example Four In high school, McCray ran track, played football and was in the band and orchestra. “I was so busy that I couldn't waste time looking for a pencil or missing paper. I kept everything right where I could put my hands on it,” he says.

(4) _____

Example Five In an international class, Asian-Americans, on average, scored higher than other students who have similar academic backgrounds. The teacher found that the Asian-

Americans discussed homework problems together, tried different ways to work out the problems and explained their solutions to one another.

(5) _____

Example Six Christi is an excellent student at the University of California. If her math teacher assigns five problems, she does ten. If the history teacher assigns eight pages of reading, she reads twelve. "Part of learning is practicing," she says. "And the more you practice, the more you learn."

(6) _____

Example Seven Once the books are open or the computer is on, phone calls go unanswered, TV shows are unwatched, snacks got ignored. Study is business; business comes before recreation.

(7) _____

A. 请把下面的学习秘诀和上面的例子对上号。

- | | |
|--------------------------------|------------------------------------|
| A. Set priorities. | B. Study anywhere — or everywhere. |
| C. Get your things in order. | D. Learn how to read. |
| E. Schedule your time. | F. Test yourself. |
| G. Speak up. | H. Study together. |
| I. Do more than you are asked. | |

B. 请简要回答下列问题。

(1) Which two secrets have no example? _____

(2) Please give your examples for these two secrets.

- a. _____

- b. _____

6 在美国，人们树立了终身学习的观念。学习是人生命的一部分，也是人的精神食粮。

Older Americans who are either retired or reaching retirement age are concerned about keeping active when they leave their jobs. They know that staying physically and mentally active is necessary for good health.

It is easy for a person to get exercise by walking, swimming or bicycling. But keeping

mentally active is easier in a group. So, many programs have been created for aging Americans where they can continue to learn and experience new things and it also provides travel and learning experiences. Some programs for people over fifty-five are called Osher Lifelong Learning Institutes. The Bernard Osher Foundation gives money to the Osher Lifelong Learning Institutes to support them.

Bernard Osher was a very successful businessman. He became i_____ in supporting educational programs for older people when he visited his hometown in Maine. He found his friends live d_____. Some were f_____ and depressed. Others were lively and happy. They were e_____ at attending Senior College at the University of Southern Maine. Mr Osher was surprised that people could gain so much by learning new things every day. He r_____ the important issue is not how long we live but how many exciting, productive years we have ahead of us.

Taking part in Osher Lifelong Learning Institutes gives people energy and i_____ people's life. It is important for the old to have continued personal d_____. It lets older people feel that they still can learn something new e_____ and that will open doors to a new life. Life needs a c_____. All the learners are looking to the future and not living in the past. One example is a 93-year-old member who talks about how e_____ she is to be learning about Afghanistan. This woman forgets about the t_____ she has climbing the stairs to the classroom.

Teachers there are not paid. They teach because they are interested in sharing their knowledge and learning from other members. Some of the teachers are members of the group. Courses taught by retired scientists about the universe, and the history of science are always popular. Other popular courses include "Understanding the Information Age" taught by a retired telecommunications engineer. Mr Steinitz, who teaches a course on "Great Books", a subject he loves, was a lawyer for the Federal Trade Commission before he retired. A doctor leads a study group on "Human Nature". A woman who worked at the United States Treasury teaches a course on "Ballet: Star Performers and Performances".

Almost all of the members say they enjoy the intellectual activity. They also enjoy the new friends they make, and the community spirit they experience. Ms Wallace says the members are what make the Lifelong Learning Institute so special.

A. 建议用第 1 单元所学的生词将文中第 3、4 段内容补充完整。

B. 第 5 段中介绍不同的人物采用了不同的句式，请你抄写出来。



Tips

在写作中，我们应该学会用多样化的句式来表达，使文章不致枯燥乏味。

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____

C. 老年人退休后应该如何使自己保持年轻的心态？根据短文内容，在下列正确的选项旁打钩。

- | | |
|---|---|
| A. By attending different courses. | B. By teaching others in the school. |
| C. By taking part in different activities. | D. By making new friends. |
| E. By staying at home and having a good rest. | F. By keeping active when they leave their job. |
| G. By staying physically and mentally active. | H. By forgetting their ages. |
| I. By learning and experiencing new things. | J. By living in the past. |
| K. By climbing stairs to the classroom. | L. By working hard at the new job. |

7

下面两篇都是 Helen 写的文章。一起来欣赏一下她那优美的文笔吧。

Story One _____

One beautiful spring morning I was alone in my room, reading. Suddenly, a wonderful smell in the air made me get up and put out my hands. The spirit of spring seemed to be passing in my room. "What is it?" I asked. The next minute I knew it was coming from the mimosa tree outside.

I walked outside to the edge of the garden, toward the tree. There it was, shaking in the warm sunshine. Its long branches, so heavy with flowers, almost touched the ground. I walked through the flowers to the tree itself and then just stood silent. Then I put my foot on the tree and pulled myself up into it. I climbed higher and higher until I reached a little seat. Long ago someone had put it there. I sat for a long time... Nothing in all the world was like this.

Story Two _____

One day my teacher and I were returning from a long walk. It was a fine morning. But it started to get warm and heavy. We stopped to rest two or three times. Our last stop was under a cherry tree a short way from the house.

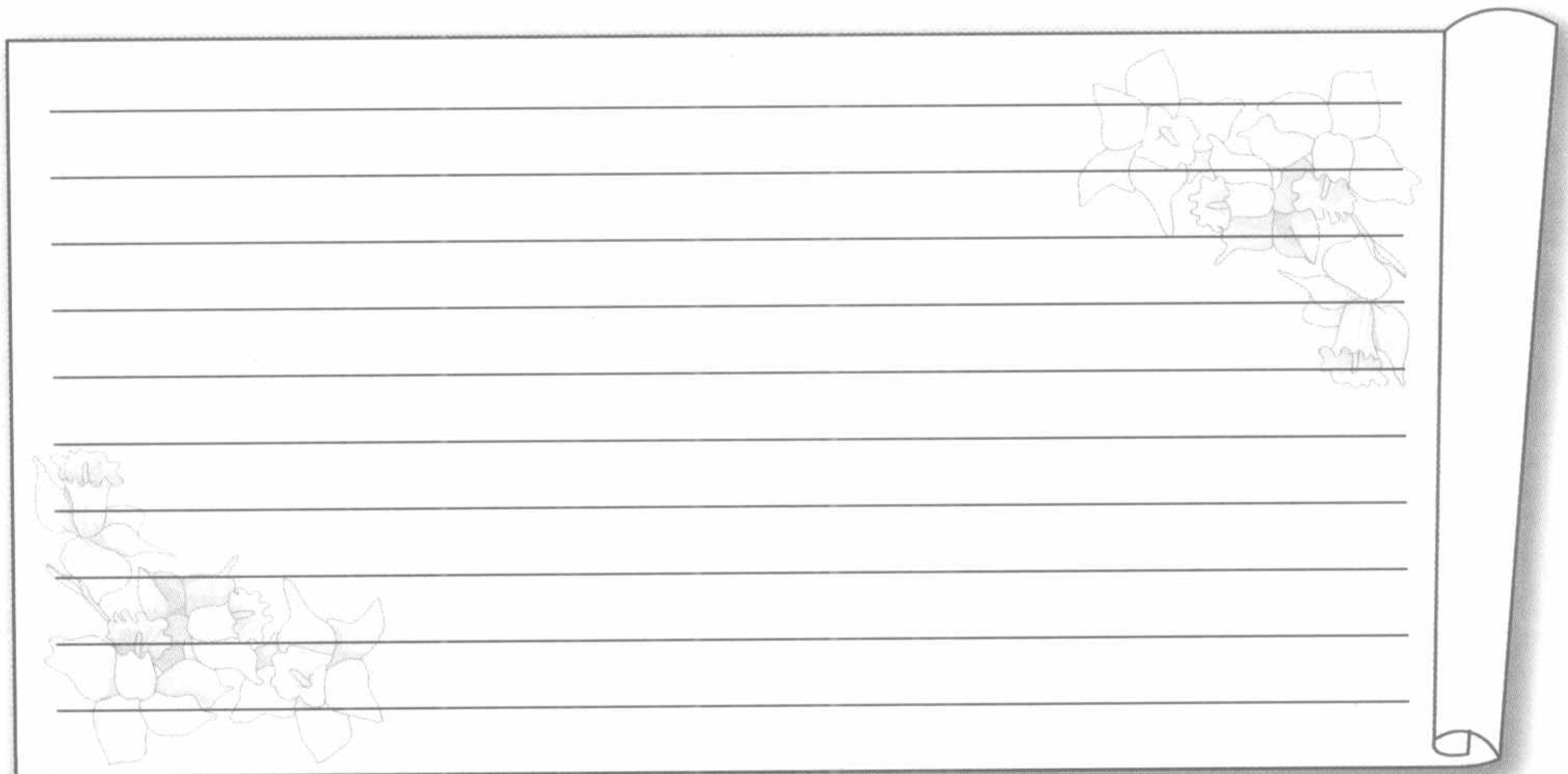
The shade was nice and the tree was easy to climb. Miss Sullivan climbed with me. It was so cool up in the tree that we decided to have lunch there. I promised to sit still until she went to the house for some food. Suddenly a change came over the tree. I knew the sky was black because all the heat, which meant light to me, had died out of the air. A strange odor came up to me from the earth. I knew it — it was the odor which always comes before a thunderstorm.

I felt alone, cut off from friends, high above the firm earth. I was frightened, and wanted my teacher. I wanted to get down from that tree quickly. But I was no help to myself. There was a moment of terrible silence.

Then a sudden and violent wind began to shake the tree and its leaves kept coming down all around me. I almost fell. I wanted to jump, but was afraid to do so. I tried to make myself small in the tree, as the branches rubbed against me. Just as I thought that both the tree and I were going to fall, a hand touched me. It was my teacher. I held her with all my strength then shook with joy to feel the solid earth under my feet.

A. 请根据这两篇文章内容，分别拟两个适当的题目。

B. 画出文中你认为描写优美的语句，并试着用它们写一篇关于大自然的文章。



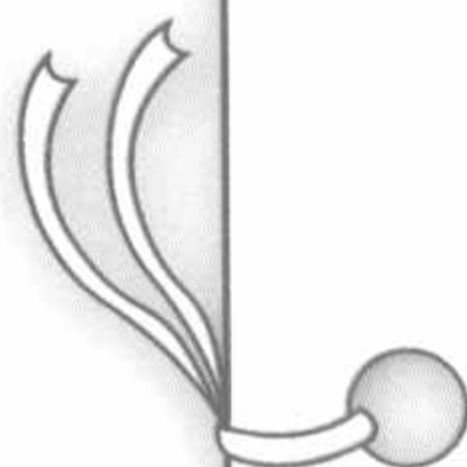
如何学好英语呢？有人认为最重要的是学好语法，也有人认为最重要的是尽可能多地记住单词和短语。可是，这两种观点都有失偏颇，请写一篇短文，谈谈你的看法，词数 100 左右。



Tips

拟用短语和句型：learn...well; in one's opinion; be good at...; learn by heart;
You'd better do sth.

How to Learn English Well?



小词典

arrange 安排

grief 悲伤

moan 呻吟

pregnant 怀孕的

smugly 装腔作势

weep 哭泣

be humiliated 感到耻辱的

intellectual 智力的

mystery 神秘

premature 未成熟的

treasure 珍惜

commission 委员会

miscarry 流产

participation 分享；参与

priority 优先权

value 价值

Unit 2 I used to be afraid of the dark.

1 你能翻译下面这些谚语吗？注意句中“used”的不同意思。

- (1) The used key is always bright. _____
- (2) I am not what I used to be. _____
- (3) The more the well is used, the more water it gives. _____
- (4) Life is not fair, get used to it. _____
- (5) What youth is used to, age remembers. _____

2 2008 年奥运会将在北京举行。或许你对现代奥运会的比赛项目了如指掌，但是你是否了解古代奥运会的比赛项目及相关规则呢？



What Did the Olympic Games Use to Be Like?

The ancient Olympic Games, part of a major religious festival honoring Zeus, the chief Greek god, were the biggest event in their world. The ancient Olympics were rather different from the modern Games. There were fewer events, and only free men who spoke Greek could take part in, instead of athletes from any country. Also, the Games were always held at Olympia instead of moving around to different sites every time.

For the first 13 Olympics there was only one event, the stadion race, which was a running race up one length of the stade. Winning athletes were heroes who put their home towns on the map. One young Athenian nobleman defended his political reputation by mentioning how he entered seven chariots in the Olympic chariot-race.

In 724 BC a longer, there-and-back race, the *diaulos*, was introduced, followed 4 years later by the long-distance race, the *dolichos*, a race of perhaps 12 laps. The emphasis on

running in the early years of the Olympics may reflect the basic requirements for a fit soldier. Boxing, wrestling, and the *Pancratiun* (the “all-power” race, combining all types of physical attack) soon followed, along with the pentathlon including discus, jump, running, javelin and wrestling, and horse-and-chariot racing. A race while wearing armor was introduced in 520 BC, and even a mule race (in 500 BC, but it was not generally popular). So the changing shape of the modern Olympic program is not without precedent.

Not only were women not permitted to compete personally, married women were also barred from attending the Games, under penalty of death. (Maidens were allowed to attend.) Athletic competitions for women did exist in ancient Greece. The most famous was a maidens’ footrace in honor of the goddess Hera, which was held at the Olympic stadium. There were 3 separate races for girls, teenagers, and young women. The length of their racecourse was shorter than the men’s track; 5 / 6 of a stade (about 160 m) instead of a full stade (about 192 m). The winners received olive crowns just like Olympic victors.



A. 根据短文内容，比较古代奥运会和现代奥运会的差异并填写表格。

Ancient Olympics	Modern Olympics

B. 根据提示，写出古代奥运会比赛项目的演变过程。

the stadion race → _____ → _____ → _____
_____ → _____