



XUEHAIDAOHANG

丛书主编 ● 李瑞坤  
学海导航新课标必修系列丛书

学生用书

# 学海导航

## 高中新课标同步攻略

G A O Z H O N G X I N K E B I A O T O N G B U G O N G L U E

配套译林出版社实验教科书



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必修1  
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• XUE HAI DAO HANG •

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GAO ZHONG XIN KE BIAO TONG BU GONG LUE

### 英语

YING YU



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XUEHAIDAOHANG

学生用书 前言

PREFACE

《学海导航·高中新课标同步攻略·英语(译林版必修1)》一书,是依据新课程标准和最新译林版教材编写的。

本书在编写过程中遵循了如下三个原则:基础性原则、科学性原则以及新颖性原则。体例结构设置简单,每单元由【学海导航】、【趣味导学】和【学习互动】三个栏目组成,且每单元配有一套单元检测卷,具有很强的实用性。

**【学海导航】** 把本单元重点单词、短语、句型以及语法进行列表归纳,使学生一目了然,便于时常温习。

**【趣味导学】** 提供每单元必备知识背景,相关学习资料,以激发学生兴趣。

**【学习互动】** 把每单元的7个板块分为三大部分进行系统、详细地讲解。每部分分为[课前导练]、[要点精讲]、[课后巩固]和[同步测评]4个小栏目,另外,第二部分中设置了[语法突破]栏目。

**课前导练:** 以阅读理解、判断正误题型出现,引导学生对课文大体内容的掌握。

**要点精讲:** 重点词汇、短语、句子等都有比较通俗易懂的中英文解释,有利于培养学生的英语思维;亦有重点词汇、短语的同义辨析,以帮助学生切实掌握单词的具体用法;同时有对重点词汇、短语的拓展,有利于培养学生的发散性思维。

**课后巩固:** 以课文摘要题型形式出现,加深对课文内容的理解。

**语法突破:** 对本单元的语法知识进行必要的归纳、总结、扩展与提升,并配有专项练习,使学生现学现用,加深印象进行巩固。

**同步测评:** 为检测本节学习效果而设计,突出同步性,实效性和导向性,可随教学进度逐节落实。

本书分为教师用书和学生用书。教师用书中有答案和详细的解析,能最大限度地节省老师们的时间和精力,方便在课堂上操作;学生用书配有活页试卷,便于老师灵活安排。

“好书伴君侧,居高声自远。”愿刚刚跨入高中门槛的莘莘学子,在本书的指引和陪伴下,更上一层楼。

编者



XUEHAIDAOHANG

# 学生用书 目录

CONTENTS

Unit 1 School life .....	1
Unit 2 Growing pains .....	29
Unit 3 Looking good, feeling good .....	57

附:

单元检测卷(一) .....	85
单元检测卷(二) .....	93
单元检测卷(三) .....	101
模块检测卷 .....	109
参考答案 .....	117

## Unit 1 School life

## 学海导航

重点单词	earn <i>vt.</i>	获得;赚,挣得	photograph <i>n.</i>	照片,相片
	respect <i>n. &amp; vt.</i>	尊敬,敬重	donate <i>vt.</i>	捐赠,捐献;赠予
	literature <i>n.</i>	文学	display <i>vt.</i>	陈列,展览
	challenging <i>adj.</i>	具有挑战性的	guest <i>n.</i>	客人,来宾
	prepare <i>vt. &amp; vi.</i>	准备	please <i>vt.</i>	使满意,取悦
	drop <i>vt.</i>	放弃	professor <i>n.</i>	教授
	regret <i>vt. &amp; vi.</i>	遗憾,抱歉;后悔,惋惜	experience <i>vt.</i>	经历,体验
	inform <i>vt.</i>	通知,告知	introduce <i>vt.</i>	介绍
	approve <i>vt. &amp; vi.</i>	批准,通过;赞成	immediately <i>adv.</i>	立即,马上
	broadcast <i>vt. &amp; n.</i>	广播;播放	former <i>adj.</i>	从前的,以前的
	close <i>adj.</i>	亲密的;靠近的	recent <i>adj.</i>	新近的,最近的
	continue <i>vi. &amp; vt.</i>	继续,持续	culture <i>n.</i>	文化
	require <i>vt.</i>	要求;需要	develop <i>vt.</i>	培养,养成
	achieve <i>vt.</i>	赢得;实现	generation <i>n.</i>	一代,一代人
select <i>vt.</i>	选择,挑选	scary <i>adj.</i>	让人恐慌的	
重点短语	at ease	轻松,自在,舒适,不拘束	attend assembly	参加会议
	on average	平均	for free	免费
	leave out	省略,忽略掉;删掉,漏掉	relate to	把……与……联系起来
	pay attention to	注意	refer to	指的是,谈的是,涉及
	make comparisons	作比较	compare... with	把……与……比较
	take turns	轮流(做)……	be responsible for	对……负责
	come up with	提出,走出	be based on	以……为基础
	work out	锻炼,算出;产生好结果,带来好处	sign up	签约,受雇
consist of	组成	be confident about	对……有把握	
重点句型	1. The best way to do sth. is... 做某事最好的方法是……			
	2. sth. sound like ... 某东西听起来像……			
	3. sb. spend some time (in) doing sth. 做某事花某人多少时间			
	4. the more... the more... 越……越……			
语法	1. Introduction to attributive clauses			
	2. Relative pronouns: <i>that, which, who, whom</i> and <i>whose</i>			



**趣味异学**

*Now it's the beginning of a new term. You've just finished your junior school life and are about to enter a new period in your studies. I can see that some of you are eager to know what life at senior high will be like.*

*Will senior high be different from junior high in China?*

*What are the differences do you think between the school life in the junior high and senior high? Have you found some?*

*What is your dream school life like?*

*Are schools all over the world the same?*

*Do you want to know the school life in the America?*

**American School Life**

In America, after middle school comes high school, which includes grades 9 through 12. Students are required to take certain subjects like English, Social Studies, Math, Science, and Physical Education. In addition, they choose among elective subjects to complete their high school education. Electives include subjects in technology, music, art, and foreign languages.

Each student in the school has their own locker for books and personal items. This convenience saves students from carrying textbooks, and allows students a small space they can decorate with posters and favorite objects.

Cheating in any form is strictly forbidden in American schools. And in fact, high school students usually don't cheat. A student caught in plagiarism(剽窃, 抄袭), forgery(伪造, 伪造品), or copying another student faces severe discipline, even expulsion(逐出, 开除).

**School Activities**

Each school holds certain yearly activities for the entire school body, such as homecoming<sup>①</sup>, prom night<sup>②</sup>, holiday celebrations, etc.

Homecoming is celebrated each fall, usually on a weekend, and events leading up to it may last all week. While homecoming is celebrated differently at each school, it usually includes a parade and the crowning of the Homecoming King and Queen, and ends with a football game and school dance.

The prom night is a formal dance for students in grades

11 and 12, and is generally anticipated as the most important social event of the school year. It can also be a time of anxiety, as boys have to work up the courage to ask a date to the prom, and girls hope the right boy invites them. These couples dress in formal clothes -- girls in long gowns, boys in suits. Some students even arrange a limousine(豪华轿车) and driver for their group of friends to arrive in style! At the prom, students dance, have snacks and drinks, and chat. Prom usually ends with a Prom King and Queen being announced and crowned on stage before an envious audience.

**Sports**

Most high schools have at least one sports team that competes in local events, and all students are encouraged to be involved in athletics. Schools often offer football, baseball and softball, basketball, volleyball, tennis, and soccer. Some may even have sports like golf, swimming, gymnastics and cross-country skiing.

**Jobs**

Many high school students have part-time jobs by the age of 15 or 16, some even earlier. Their first jobs are often babysitting or cutting lawns, but later they will likely get a job at a fast food restaurant, video store, or clothing shop.

**Driving**

Sixteen years old is legal driving age in most states, and students usually want to own a car as soon as they can. Some parents allow their children to drive a family vehicle, and may even buy a car as a graduation present. Others prefer that their sons and daughters earn enough to purchase a used vehicle. Regardless, many teenagers feel it's a necessity to own a car, and will do whatever it takes to be able to drive.

**【注释】**

①homecoming 返校节

②prom night 学年舞会(高中或大学在学年末举办的正式舞会)

**Questions:**

1. What school activities are mentioned in the passage?

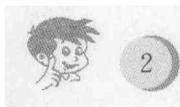
\_\_\_\_\_

\_\_\_\_\_

2. Is there any difference between the school activities in China and those in America?

\_\_\_\_\_

\_\_\_\_\_




**学习互动**

## Parts 1—3

Welcome to the unit

## ☆ 要点精讲 ☆

## 1. Discuss the following questions with a partner.

与搭档讨论下列问题。

discuss sth. with sb. = talk about sth. with sb. 与某人

讨论某事

Jack was still discussing the game (with his friends)

when I got there.

我到那里的时候,杰克还在(跟朋友们)谈论那场比赛。

discussion *n.* 讨论

## 【对位练笔】

( ) We're here \_\_\_\_\_ Ann's \_\_\_\_\_ the club.

A. to discuss; join      B. to discuss; joining

C. discussing; to join    D. discussion; joining

## 2. At ease with our teacher

无拘无束地和我们老师在一起

(be / feel) at ease; (be / feel) completely relaxed (感到)

完全放松; (be / feel) comfortable and unworried 感到舒适而

无忧无虑

He never feels at ease in that factory.

他在那个工厂里总是感到不自在。

Finish the work at your ease, in your own time.

在你方便时,你可以从容地把这项工作做完。

Our team won the game with ease.

我们队毫不费劲地赢得了这场比赛。

stand at ease 稍息

ease *vt.* { make or become less severe 缓解,减轻  
become less difficult or troublesome 放松,变缓

The relationship between the two countries has eased.

两国关系已趋缓和。

I gave him some medicine to ease the pain.

我给他一些药以减轻疼痛。

答案:

要点精讲: 1. B

## Reading

## ☆ 课前导练 ☆

## 课文理解

- ( ) 1. Which of the following statements is TRUE according to the passage?
- A. She used to get up at 8 am in China.  
B. What the headmaster told them sounded like what she used to hear in her school in China.  
C. She was such a good cook that she liked cooking British food.  
D. She didn't like History or Art, so she chose Woodwork.
- ( ) 2. What is the main idea of the passage?
- A. Her English improved a lot as she used English every day.  
B. School life in the UK is busy and bitter.  
C. She had a wonderful experience in a British school.  
D. She was happy with the British school hours.
- ( ) 3. Which of the following has the closest meaning to "I could e-mail my family and friends back home for free"?
- A. I could e-mail my family and friends back home without paying money.  
B. I could e-mail my family and friends back home freely.  
C. I could e-mail my family and friends in my free time.  
D. I could be free to e-mail my family and friends back home.
- ( ) 4. The writer's purpose of writing the passage is to \_\_\_\_\_.
- A. tell us that she doesn't like school life in Britain  
B. excite more students to study abroad  
C. improve her English  
D. introduce her exciting and happy life in Britain
- ( ) 5. She felt lucky because \_\_\_\_\_.
- A. she could get up an hour later than usual  
B. the headmaster told them to earn respect by working hard and achieving high grades  
C. she had been given a golden opportunity to study in Britain and met helpful and friendly teachers and students  
D. she improved her English



☆ 要点精讲 ☆

1. **Going to a British high school for one year was a very enjoyable and exciting experience for me.**

我在英国上了一年的中学,那是一段令我非常开心、非常兴奋的经历。

experience

*n.* [U] 经验; [C] 经历

He is a teacher with ten years' experience.

他是一个有 10 年教学经验的老师。

Our journey by camel was quite an unusual experience.

我们骑骆驼旅行是一次不寻常的经历。

*vt.* to feel, suffer or know, as an experience 经历

experience joy / difficulties / defeat 经历欢乐/困难/失败

experienced *adj.* 有经验的

an experienced doctor 一个有经验的医生

【对位练笔】

( ) He is a man of \_\_\_\_\_ and he had a lot of interesting \_\_\_\_\_ in his life.

A. much experience; experiences

B. many experiences; experience

C. much experience; experience

D. many experiences; experiences

2. **On the first day, all students went to attend assembly.**

(开学)第一天,所有的学生参加了集会。

(1) attend *v.* { to be present at; go to 出席,参加  
to give one's attention; listen 注意;倾听  
to look after; serve 照顾;护理;侍候

I shall be attending the meeting.

我将出席这次会议。

Are you attending (to what is being said)?

你是不是在注意听(正在讲的话)?

He has a good doctor attending him.

他有一个好医生在照顾他。

【词汇拓展】

attendance *n.* 照顾;护理;出席;到场;出席的人数

attendant *n.* 服务员,侍者,管理员

The doctor is in attendance on the sick man.

医生在照顾病人。

(2) assembly; *n.* [C]&[U] (the meeting of) a group of people, *esp.* one gathered together for a special purpose 集合;集会,会议;与会者,会众

School assembly will begin at eight o'clock.

学校 8 点钟举行大会。

attend assembly=attend a meeting 参加会议,参加集会

【对位练笔】

( ) Most of the students \_\_\_\_\_ the lecture found it rather boring and it was a waste of time to come to it.

A. taking part in B. joining

C. attending D. joining in

3. **He also told us that the best way to earn respect from the school was to work hard and achieve high grades.**

他(校长)也告诉我们获得学校重视的最好方法就是努力学习取得高分。

(1) the best way to do sth. is... 做某事的最佳办法是……

The best way to get high marks in the examination is to study hard.

考试中得高分的最佳办法是努力学习。

The best way to improve your ability for English reading is to do more reading.

提高英语阅读能力的最佳办法就是多阅读。

(2) earn *v.* { to get something that one deserves because  
of one's qualities or actions 博得,赢得  
to get money by working 赚得

He earns £4000 a year by writing stories.

他靠写小说每年赚得 4 千英镑。

She earned her place in the team by training hard.

她由于刻苦训练而在队里取得了地位。

【词语辨析】

earn, win 与 gain

earn 指为钱(或任何其他报酬)而工作,含有报酬是应得的含义。

win 指在竞争、战争、比赛中获胜,可能由此得到奖赏。

gain 指获得有用和需要的东西,常用于与钱没关系的场合。

【对位练笔】用 earn, gain, win 的正确形式填空:

①他通过做兼职已经挣了很多钱。

He has \_\_\_\_\_ a lot of money by doing a part-time job.

②他想在那场比赛中得到一个去欧洲的旅游奖,但是如果他能得到一辆新自行车,他也会非常高兴。

He wants to \_\_\_\_\_ a trip to Europe in that competition, but he will also be happy if he gets a new bicycle.

③她在为那家报社工作期间取得了足够的经验。

She \_\_\_\_\_ enough experience while working for the newspaper.



(3) respect

v. 尊敬, 敬重

The teacher feels that his students don't respect him.  
老师觉得学生们不尊敬他。

n. [U] admiration; feeling of honour 尊敬, 敬重, 尊重

He is held in the greatest respect by all his students.  
他受到他所有学生的高度尊敬。

I have the greatest respect for you.

= I hold you in the greatest respect.

我非常敬重您。

show respect for 重视, 关心, 考虑

feel respect for 尊敬, 尊重, 敬重

## 【对位练笔】

( ) I'm sure she will do as she promised; I've got great  
\_\_\_\_\_ her.

- A. respect for                      B. respects of  
C. honor of                         D. faith in

(4) achieve v.  $\left\{ \begin{array}{l} \text{to gain (an aim, etc.) as the result of action} \\ \text{达到(目的等), 取得, 实现} \\ \text{to finish successfully 完成, 做到} \end{array} \right.$

He will never achieve anything if he doesn't work.

他如果不工作, 就永远不会有成就。

As a result of advertising, they've achieved a big increase  
in sales this year.

由于登了广告, 他们今年的销售量大大地增加了。

## 【词汇拓展】

achievement n.  $\left\{ \begin{array}{l} \text{[U] 完成, 取得, 达到} \\ \text{[C] 成就, 业绩} \end{array} \right.$

## 【对位练笔】

( ) ① You can \_\_\_\_\_ high score only by full devotion to  
your studies.

- A. cause                              B. lead to  
C. achieve                             D. make

( ) ② Lucy has \_\_\_\_\_ all of the goals she set for herself  
in high school and is ready for new challenges at  
university.

- A. acquired                         B. finished  
C. concluded                        D. achieved

4. This sounded like my school in China.

这听上去倒是像我在国内就读的中学。

sound like; to seem when heard 听起来像

Your idea sounds (like) a good one.

你的想法听起来很不错。

sound

n. 声音

strange sounds from the next room

隔壁房里传来奇怪的声音

adj. in good condition 健全的, 健康的

in sound health 身体非常健康

5. I found the homework was not as heavy as what I used to  
get in my old school, but it was a bit challenging for me...

我发现作业负担不像我原来的学校那么重, 但对我来说  
也是一个大的挑战……

(1) used to 过去常常(现在不再……)

There used to be a kindergarten in the factory.

工厂里曾经有一个幼儿园。

used to do 过去常常做

be / get / become used to do 被用来做

be / get / become used to doing 习惯于做

be used for sth. 被用作……

【对位练笔】用以上短语填空:

① 他习惯于早起床。

He \_\_\_\_\_ getting up early.

② 他过去常在花园里种花, 是吗?

He \_\_\_\_\_ grow flowers in the garden, didn't he?

③ 竹子被用来做筷子。

Bamboo \_\_\_\_\_ chopsticks.

④ 塑料被用来做许多东西。

Plastics \_\_\_\_\_ make many things.

( ) ⑤ — Are you a football player?

— \_\_\_\_\_.

- A. Yes, I was                        B. No, but I used to be  
C. Yes, I used to                    D. No, but I am

(2) challenge

v. to call sb. to compete against one, esp. in a fight,  
match, etc. 向某人挑战; 邀某人比赛

I challenged him to a game of tennis.

我邀他跟我进行网球比赛。

n. 挑战

He accepted his friend's challenge to swim across the  
river.

他接受了朋友的挑战游过这条河。

## 【词汇拓展】

challenger n. 挑战者

challenging adj. 具有挑战性的



a challenging(=difficult) problem (喻)难题

6. ... I could e-mail my family and friends back home for free.

……我可以免费地向我的家人和朋友发邮件。

for free { free of charge  
without payment } 免费的  
for no money }

I got this ticket for free. 我免费得到了这张票。

Meals will be provided free of charge (for no money).

膳食将免费供应。

【对位练笔】

( ) These tickets are \_\_\_\_\_. The film company gave them away to us \_\_\_\_\_.

- A. for free; free      B. free; freely  
C. free; for free      D. free of charge; free

7. Cooking was really fun as I learned how to buy, prepare and cook food.

当我学会如何买菜,配菜和做菜的时候,我发现烹饪真是一种乐趣。

prepare: vt. to get ready; make ready 准备,预备,筹备

John is preparing a meal for us.

约翰正为我们张罗饭菜。

①prepare sb. sth. 为某人准备某事

John is preparing us a meal.

约翰正在为我们准备饭菜。

②prepare to do sth. 准备做某事

They are busy preparing to go on holiday.

他们在忙于度假前的各项准备工作。

③prepare for sth. 为……作准备

Will you help me prepare for the party?

帮我筹备这次聚会好吗?

④be prepared { for 准备好  
to do 愿意做…… } 表状态

They were prepared for the worst.

他们已准备好应付最坏的情况。

I'm not prepared to listen to all your weak excuses.

我不愿意听你说这些站不住脚的借口。

8. ... but can drop some subjects if they don't like them...

……但是,如果他们不喜欢某些科目是可以不学的……

drop { to fall or let fall 落下,滴下;使落下,使滴下;  
放下,投下  
to leave out 省略,遗漏  
to stop seeing, talking about, using or practising  
中断(做……)

The fruit dropped (down) from the tree.

果子从树上落下。

The wind has dropped.

=The wind has become less strong.

风势变小了。

Let's drop the subject.

=Let's talk about something else.

我们丢开这个话题(谈点别的)吧!

drop in on sb. 顺便拜访某人

drop in at sp. 顺便拜访某地

drop sb. a line 写信给某人

【对位练笔】

①校长让我去他办公室。

The headmaster asked me to \_\_\_\_\_ him at his office.

②有空时写封信给我。

\_\_\_\_\_ when you have time.

③我不想上数学课,它对我来说太难了。

I want to \_\_\_\_\_ out of math class, which is too hard for me.

9. for example 与 such as

(1)for example 例如;可放句首、句中、句尾。

take... for example 以……为例

In 1924, for example, the average wage was 450 yuan a year.

例如,在1924年,平均工资是每年450元。

A lot of people here, for example, John, would rather have coffee.

这里的很多人,如约翰,宁可喝咖啡。

(2)such as 例如,像……这样的;诸如……之类。such as 列举,放于总说词之后。

A man such as he will surely succeed.

像他这样的人将来肯定成功。

Boys such as John and James are very friendly.

像约翰和詹姆斯这样的男孩是很友好的。

We've planted lots of different flowers, such as roses, carnations and poppies.

我们种植了许多种花卉,例如玫瑰、康乃馨和罂粟花等。

10. ... we scan the text for key words and phrases...

……我们细读课文寻找关键词和短语……

scan v. { to examine closely, esp. in search  
细看,审视,搜索  
to look at sth. quickly without careful reading  
浏览,扫视



He was scanning the sky for planes.

他仔细搜索着天空寻找飞机。

I scanned the list of names.

我浏览了一下名单。

11. **We do not need to read the whole text word by word.**

我们不需要逐字逐句地读整篇文章。

word by word 一字不差地,逐字逐句地,一个字对一个字地(翻译)

It's often a mistake to try to translate word by / for word.

逐字翻译常常是错误的。

He told me what happened, word by word.

他把发生的事情一五一十地讲给我听。

12. **On average, how many students are there in a class in the UK?**

在英国,一个班平均有多少个学生?

on average 平均

On average we receive six letters each day.

我们平均每天收到 6 封信。

average *v.* 平均为,平均得到,求平均数; *n.* 平均,平均数; *adj.* 平均的

What is the average rainfall for July?

7 月份的平均降雨量是多少?

13. **First of all, let me introduce myself to you.**

首先,让我向你作自我介绍。

(1) first of all; at the first thing 首先,第一

(2) introduce *v.*

① make known by name for the first time to each other or someone else 介绍

introduce sb. to sb. 把某人介绍给某人

I introduced John to Smith last year.

去年我把约翰介绍给史密斯认识。

② bring in for the first time 引进

Potatoes were introduced into Europe from South America.

土豆是从南美传入欧洲的。

③ 作为某事物的开头

This song introduces the most important of the play.

这首歌引出了这出话剧最重要的部分。

**【词汇拓展】**

introduction *n.*

Mary made the introductions and we all shook hands.

玛丽作了介绍,我们都彼此握手致意。

14. **immediately**

*adv.* at once 立即

I came immediately after I'd eaten.

我吃完后立即来了。

*conj.* as soon as .....就.....

He came immediately he heard the news.

他一听到那个消息马上就来了。

**答案:**

课前导练: 1-5 BCADC

要点精讲:

1. A 2. C

3. earned; win; gained; A; C; D

5. is used to; used to; is used for; is used to; B

6. C

8. drop in on; Drop me a line; drop

**【参考译文】**

**英国中学生生活印象**

我在英国上了一年的中学。回想起来,那是一段令我非常开心,非常兴奋的经历。我很喜欢英国中学的作息时间表,因为学校每天上午大约 9 点上课,下午 3 点半放学。这意味着我每天可以比以往晚一个小时起床,因为在中国学校每天上午 8 点之前就开始上课了。

开学的第一天,所有的学生要去参加晨会。我当时坐在一个名叫黛安娜的女孩旁。我们很快成了最好的朋友。在晨会上校长向我们宣布了校纪校规。他还告诉我们,赢得全体师生尊敬的最佳途径就是努力学习,取得高分。这听起来倒是像我在国内就读的中学。

过去的一年里我有过许多老师,每位老师只教一门功课。海伍德先生是我们的班主任。我最喜欢的老师是教我们英国文学的伯克小姐。我们班上一共有 29 个学生。英国中学的班级差不多就这么大。我们上不同的课得去不同的教室。上某些课的时候,我们班上的同学也不一样,所以很难记住每个人的长相和名字。

我发现这里布置的家庭作业不像我以前在原来学校时那么繁重,可一开始我还是觉得有些挑战性,因为所有的作业都是英语的。让我感到幸运的是,所有的老师都非常热心地帮助我,因此,我也喜欢我所学的每一门功课:英语,历史,英国文学,计算机,数学,科学,体育,艺术,烹调 and 法语。

我每天都在使用英语,每天还花一个小时在图书馆里阅



读英文书籍,因此,我的英语有了很大进步。午饭时间我常去电脑俱乐部,这样我可以免费给国内的家人和朋友发电子邮件。我还额外选了一门功课——每个星期二晚上去听法语。当我学会如何买菜,配菜和做菜的时候,我发现烹饪真是一种乐趣。学期末,我们班开了个派对,我们每人都为派对做一份食品。我们班上所有的同学都喜欢我做的蛋糕,这可真让我高兴。

数学,英语和科学是该校的必修课,但是,如果不喜欢某些科目是可以不学的,如历史,法语和艺术。学生可以选修其他的科目。如木工,计算机或者是西班牙语,德语之类的语言课。在木工课上我做了一张小桌子。尽管完工之后它看上去并不像什么桌子,但我仍然非常喜欢它。

每到吃午饭时我都非常想念中国菜。英国的饮食大不一样,英国人在正餐后要吃很多的甜食。午后我们通常去学校操场上玩耍。有时我和男生在一起踢足球,有时我干脆在树下休息或是在草地上坐一坐。

我很幸运能体会到这样一种不同的生活方式,我真希望有朝一日能够重返曼彻斯特,在那里读书学习。

Word power

☆ 要点精讲 ☆

1. CMHS has much more than you expect.

CMHS有比你所期望的更多的(东西)。

more than +  $\left\{ \begin{array}{l} \text{数} = \text{over} \dots\dots \text{以上, 超过} \\ \text{adj. / adv. / v.} = \text{very/much 非常, 很, 简直} \\ \text{n.} = \text{not only 不仅仅, 不只是} \end{array} \right.$

He is more than twenty years old.

他20多岁了。

She said that she was more than surprised to see him.

她说她见到了他非常吃惊。

A science is more than a large amount of information on some subject.

一门科学不只是有关某门学科的大量资料。

比较: more... than... 比……要, 与其说……倒不如说

This book seems to be more a dictionary than a grammar.

这本书看起来与其说是本语法书, 还不如说是本词典。

2. available adj. able to be got, obtained, used, seen, etc. 可得到的, 可达到的, 会用的, 可使用的, 可见到的, 有空的

The doctor is (not) available now.

医生现在有(没)空。

Tickets are available at the box office.

售票点有票。

be available for 适用于……, 用作……

He is not available for comment.

他无暇作出评论。

The man is not available for the job; he has other work.

那个人不能做那份工作, 他有别的工作。

3. far away 作表语或状语, 意为“远, 遥远地”, 常可用 far 取代

far away from 一般只表示距离“离……很远”, away 可省去不用。

The factory is far (away) from our university.

该厂离我们大学很远。

They don't live far (away).

他们住的地方不远。

4. We make sure that we take good care of students on campus.

我们确保我们可以照顾好校园内的学生。

make sure that / of sth.; find out whether sth. is definitely so 把某事物弄清楚, 核实或查明某事物

make sure to do 一定

I'll just make sure (that) the car's locked.

我要弄清汽车是否锁好了。

He looked behind him to make sure he was not being followed.

他看了看他身后确保他没被人跟踪。

Have you made sure of the time of the trains?

你能确定火车的时间吗?

be sure of oneself 有信心, 很自信

He seems very sure of himself, but he isn't really.

他似乎对自己很有信心, 但实际并非如此。

be sure to do 千万, 一定(要)

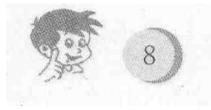
Be sure to write to me as soon as you get there.

你一到那里就要记得写信给我。

【对位练笔】

( ) \_\_\_\_\_ that all the lights are turned off before you leave the office.

- A. Make sure of
- B. Be sure of
- C. Makes sure
- D. Make sure



## ☆ 课后巩固 ☆

根据课文内容完成表格

Wei Hua's feelings in general	Going to a British high school for a year was a very 1. _____ and exciting experience.
Some detailed information	The first day: The students attended 2. _____ and the headmaster told them the best way to earn 3. _____ is to work hard and achieve high grades.
	Her teachers and the class: Mr Heywood was her class teacher and her 4. _____ teacher was Miss Burke. Their class was about the 5. _____ size for British schools.
	Homework and lessons: The homework was a bit 6. _____ for her at first, but later her English 7. _____ a lot. She found that if the students don't like some subjects, they can 8. _____ them.
	Eating habits in the UK: British food is quite different. British people often have desserts after their 9. _____.
Her conclusion	She felt lucky to 10. _____ this different way of life.

答案:

要点精讲: 4. D

课后巩固: 1. enjoyable 2. assembly 3. respect

4. favorite 5. average 6. challenging 7. improved

8. drop 9. main meal 10. experience

## ☆ 同步测评 ☆

## I. 单词拼写

- About 100 people \_\_\_\_\_ (出席) the meeting yesterday.
- Children need to \_\_\_\_\_ (经历) things for themselves in order to learn from them.
- In our class, our \_\_\_\_\_ (平均的) age is about 16.
- She eventually \_\_\_\_\_ (实现) her goal of becoming a professor.
- Teaching young children is a \_\_\_\_\_ (挑战性的) and rewarding job.
- Most of the students liked and \_\_\_\_\_ (尊敬) their teacher, Mrs Moline.
- Please allow me to i\_\_\_\_\_ myself. I'm John Fetty, the head of business development.
- It was great living in Italy, but I really m\_\_\_\_\_ all my friends.

9. When we got home, Mom was busy p\_\_\_\_\_ dinner.

10. If your baby has a fever you should call the doctor i\_\_\_\_\_.

## II. 单项填空

- All the pupils in the primary school are \_\_\_\_\_ teachers.  
A. at ease with            B. easy with  
C. at ease to                D. easy to
- As regards health, I have nothing \_\_\_\_\_ to say since I have \_\_\_\_\_ of illness.  
A. useful; few experiences  
B. use; little experience  
C. to use; some experience  
D. useless; little experience
- Did you \_\_\_\_\_ professor Smith's lecture?  
— No, I was ill then, so I missed it.  
A. join                        B. join in  
C. attend                     D. take part
- The farmers thought of ways \_\_\_\_\_ their trees.  
A. of protect                B. protecting  
C. to protect                 D. to protecting
- What he said \_\_\_\_\_.  
A. is sounded pleasant  
B. sounds friendly  
C. was sounded nicely  
D. sounded wonderfully



- ( ) 6. I \_\_\_\_\_ very late during the summer vacation, but now I \_\_\_\_\_ up very early.  
 A. am used to rise; am used to getting  
 B. am used to rise; used to getting  
 C. used to rise; am used to getting  
 D. used to rise; used to get
- ( ) 7. My niece told me that she would spend as much money as she could save \_\_\_\_\_ a laptop.  
 A. to buy                      B. buying  
 C. bought                      D. to operate
- ( ) 8. Now in China, more and more poor children in the mountain areas can receive education \_\_\_\_\_.  
 A. with free                      B. with freedom  
 C. for freedom                      D. for free
- ( ) 9. At that time, all the graduating students were sitting in the classroom \_\_\_\_\_ the coming tests.  
 A. prepared  
 B. made preparations for  
 C. preparing for  
 D. getting ready for
- ( ) 10. To our surprise, he \_\_\_\_\_ his job in America and returned to China. Now, he is working as a volunteer for the public affairs.  
 A. earned                      B. got  
 C. won                      D. dropped

III. 句型转换(每空一词)

- First of all, I want to make a self-introduction to you.  
 First of all, let me \_\_\_\_\_ myself \_\_\_\_\_ you.
- I sat next to a girl called Diane.  
 I sat next to a girl \_\_\_\_\_ is Diane.
- Upon finishing his studies, he started traveling in China.  
 As \_\_\_\_\_ he \_\_\_\_\_ his studies, he started traveling in China.
- She seems to be a person who can't put her heart into one thing for long.  
 She seems to be a person who can't \_\_\_\_\_ to one thing for long.
- Cooking was really fun as I learned how to buy, prepare and cook food.  
 \_\_\_\_\_ fun it is \_\_\_\_\_ some

cooking as I learned how to buy, prepare and cook food!

6. Our club not only broadcast music but also the weather, news and special messages.  
 Our club is much \_\_\_\_\_ just music. We also tell students the weather, news and special messages.

IV. 完形填空

Ann Jones is one of the most   1   people I have met; she is only twenty-five, but she has traveled to over fifty different   2  . Five years ago, she was a typist in Birmingham, but she decided to give up her   3   and see the world. Since then, her   4   had changed completely.

The first time she went   5   was seven years ago,   6   she was just 18. She took a boat to France and then hitchhiked around   7   for five weeks. She has visited Europe many times since that first trip,   8  , but this holiday was the one which made her start traveling. She never forgets the   9   of those five weeks although it was not all enjoyable. When she was on a train, somebody   10   her purse. So she lost all her   11   and had to work in a restaurant for two weeks. She made some good friends there, however, and has   12   several times since then.

How did she find money for her   13  ? After her first trip abroad, she went home and worked for two years,   14   all the time. Now she travels   15  , finding work when her money was low. She made a lot of   16  , she says, and has learned quite a few   17  . Although she has had occasional   18   and has often been sick, she never thought about   19   her travels. "My first trip abroad changed my life," she says, "and I have   20   to travel ever since."

- ( ) 1. A. beautiful                      B. nice  
 C. helpful                      D. interesting
- ( ) 2. A. cities                      B. countries  
 C. continents                      D. villages
- ( ) 3. A. habit                      B. study  
 C. interest                      D. job
- ( ) 4. A. decision                      B. life  
 C. appearance                      D. opinion
- ( ) 5. A. abroad                      B. out  
 C. through                      D. home



- ( ) 6. A. even if  
C. although  
B. when  
D. since
- ( ) 7. A. Europe  
C. Asia  
B. America  
D. Africa
- ( ) 8. A. of course  
C. in fact  
B. therefore  
D. meanwhile
- ( ) 9. A. hard work  
C. travel  
B. cost  
D. excitement
- ( ) 10. A. found  
C. caught  
B. stole  
D. missing
- ( ) 11. A. possessions  
C. money  
B. luggage  
D. courage
- ( ) 12. A. telephoned  
C. returned  
B. reminded  
D. missed
- ( ) 13. A. travels  
C. holidays  
B. friends  
D. tickets
- ( ) 14. A. travelling  
C. saving  
B. increasing  
D. working
- ( ) 15. A. continually  
C. happily  
B. fortunately  
D. unwillingly
- ( ) 16. A. money  
C. trips  
B. friends  
D. diary
- ( ) 17. A. textbook  
C. skills  
B. languages  
D. subjects
- ( ) 18. A. happiness  
C. difficulties  
B. pleasures  
D. enjoyments
- ( ) 19. A. keeping  
C. sharing  
B. continuing  
D. giving up
- ( ) 20. A. prepared  
C. wanted  
B. learned  
D. trained

## V. 阅读理解

LONDON --- Manchester is Britain's fattest city, a survey for "Men's Health" has found, beating Glasgow for the first time since the magazine started examining the issue three years ago.

Editor Pete Muir said the survey had looked at a variety of factors (因素) from gym membership to heart disease rates to find the fattest city. "Manchester has more fast food restaurants than anywhere else in the UK," he told Reuters. "People are taking the easy choice — eating and then just sitting in front of the TV."

Manchester's problem is part of a wider trend (趋势).

On Thursday, the Office of National Statistics (ONS) blamed (责备) a lack of exercise and poor diet for a fifth of adult Britons being obese (过度肥胖的). "Obesity is a major risky factor related to heart disease, diabetes and premature death (糖尿病和早亡)," said an ONS survey. "None of the 108 young men in the survey reported eating five portions of fruit or vegetables on average each day."

In Manchester, the head of the city's public health programs said he did not believe that they were necessarily the fattest city, but that they did have problems and were aiming to address them. Social deprivation (贫困) was a major factor. "One of the myths is that the stressed-out (压力大的) rich businessman is the one who is overweight," David Regan told Reuters. "In fact, it is the poor areas that have the most problems. We aim not to be the fattest but the fittest city but we have a long way to go."

Second in the survey is Stoke-on-Trent, followed by Liverpool, Swansea and Leicester. Glasgow is sixth.

- ( ) 1. Manchester took the place of \_\_\_\_\_ and became Britain's fattest city.  
A. Liverpool  
B. London  
C. Stoke-on-Trent  
D. Glasgow
- ( ) 2. Obesity may lead to the following EXCEPT \_\_\_\_\_.  
A. heart disease  
B. diabetes  
C. premature death  
D. a lack of exercise
- ( ) 3. David Regan is most probably \_\_\_\_\_.  
A. the reporter from Reuters  
B. an official of ONS  
C. the head of Manchester's public health programs  
D. a rich businessman who is overweight
- ( ) 4. This article is most probably taken from \_\_\_\_\_.  
A. a newspaper  
B. a science book  
C. a novel  
D. a biography (传记)

