

高级中学教科书(必修)

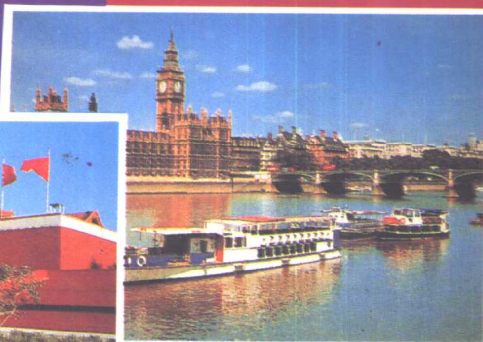
# 英 语

第一册(下)

(供高中一年级第二学期使用)

## Senior English for China

Students' Book 1B



人民教育出版社出版

PEP

(中国) 人民教育出版社

LONGMAN

(英国) 朗文出版集团有限公司

合编

高级中学教科书(必修)

# 英 语

第一册(下)

(供高中一年级第二学期使用)

# Senior English for China

Students' Book 1B

(中国) 人民教育出版社  
(英国) 朗文出版集团有限公司 合编

人民教育出版社

1996·北京

高级中学教科书(必修)

英 语

第一册(下)

(中国)人 民 教 育 出 版 社  
(英国)朗文出版集团有限公司 合编

版权归人民教育出版社所有

\*

人民教育出版社出版  
(100009 北京沙滩后街 55 号)

北 京 出 版 社 重 印

北京市新华书店发行

北 京 胶 印 厂 印 刷

\*

开本 787×1092 1/16 印张 11.25 插页 1 字数 250 000

1996 年 4 月第 1 版 2001 年 1 月第 5 次印刷

印数 1—92 200

ISBN 7-107-11722-X  
G·4832(课) 定价:11.30 元

如发现印装质量问题影响阅读请与北京出版社联系

电话:62012334

顾问	N·J·H·格兰特 (N. J. H. Grant)
	邓炎昌 张志公 丁往道
主编	C·杰克斯 (C. Jacques)
	刘道义
责任编辑	魏国栋 (参加编写工作) 余德和 (参加编写和修订工作)
	张献臣 (参加编写和修订练习)
绘图	姜吉维 (课文部分) 庄侠 (练习部分)
设计	魏国栋 余德和 张献臣
封面设计	张蓓
美术编辑	陈出新

11213/08

# 说 明

根据我国政府与联合国开发计划署达成的协议，由联合国开发计划署提供资助，人民教育出版社与英国朗文出版集团有限公司合作编写与九年制义务教育初中英语教材衔接的高级中学英语教材。本书由人民教育出版社教科书编辑人员、设计人员与英方作者、顾问合作编制而成，由人民教育出版社出版。遵照协议规定，本书版权归人民教育出版社所有。

本册课本供高中一年级第二学期使用。

本册课本课文注释部分由岳汝梅编写。

司延亭、郑旺全参加了本册练习的编写。

张明高参加了本册课文部分的修订。

本书由盖尔·波秋歌 (Gayle Portugal) 审阅。

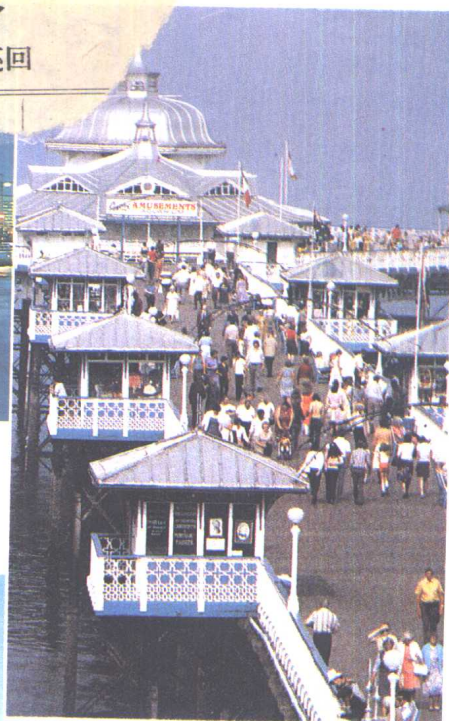


限 表

期前将书还回



England



Wales



Scotland



Northern Ireland

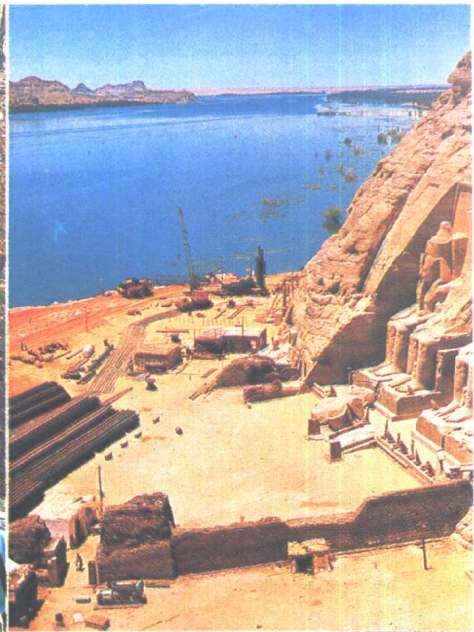


Republic of Ireland





Karl Marx



Abu Simbel



Words on  
animal bones



A metal pot



Words on  
the pot

## CONTENTS 目录

Unit	Page
15 Healthy eating	1
16 Fire!	5
17 Nature	9
18 The necklace	13
19 Jobs	17
20 Mainly revision	21
21 Karl Marx	25
22 Britain and Ireland	29
23 Rescuing the temple	33
24 The science of farming	37
25 At the conference	41
26 Mainly revision	45
Exercises	49
Listening practice	121
Notes to the texts	133
Grammar	148
Words and expressions in each unit	152
Vocabulary	158
Four-skill words in Senior Book IB	165
Three-skill words in Senior Book IB	166
Four-skill words in Junior Books I-III	167



# Unit 15 Healthy eating

## Lesson 57

### 1 Dialogue AT THE DOCTOR'S

*Sharon is visiting a doctor, Dr Yang.*

DR YANG: What can I do for you, Sharon?

SHARON: Well, I couldn't sleep last night.

DR YANG: What was the matter?

SHARON: I've got a pain here. Just here. Ouch!

DR YANG: Right. Let me examine you. Does it hurt here? Here? Here?

SHARON: Ouch!

DR YANG: What did you eat yesterday?

SHARON: For lunch I had noodles, salad and later a peach. I didn't have any supper, except a piece of bread, because I didn't feel very well.

DR YANG: Was the peach ripe or green?

SHARON: It was a bit green.

DR YANG: I think that may be the problem. It's nothing serious. You'd better have a good rest. Take this medicine three times a day. You'll be all right soon. And I advise you not to eat fruit that isn't ripe in future.

SHARON: OK. Thank you. Goodbye.



### 2 Practice What does the doctor say for each illness?

THE PATIENT SAYS	THE DOCTOR SAYS
<p>I've got a pain here. This place hurts.</p> <p>There's something wrong with my back.</p> <p>I've got a cough.</p> <p>I feel terrible.</p> <p>I don't feel well.</p> <p>I've got a headache.</p>	<p>Lie down and let me examine you.</p> <p>I suggest that you drink plenty of water and have a good rest.</p> <p>Take this medicine three times a day.</p> <p>It's nothing serious. You'll be well soon.</p> <p>Take two pills now and two more in four hours' time.</p> <p>Go to bed and don't get up until you feel better.</p>

## Lesson 58



### Reading WHAT IS A HEALTHY DIET?

Every person needs water and a diet of healthy foods. These foods should contain some fat, some fibre, a little salt and so on.

People need energy to live. They eat different kinds of food which change into energy. The energy is measured in calories. Even when you are asleep, you are using energy — about 65 calories an hour. While you are at school, or walking home, your body is burning up 100 calories an hour. When playing football or basketball, you might be using 400 calories an hour. On Sports Day, during the relay race, you will use most of all, perhaps as much as 650 calories an hour.

The Chinese diet is considered to be the healthiest in the world. It contains a lot of fruit and green vegetables. It is rich in fibre and low in sugar and fat. The Chinese eat less sugar than the people in many other countries in the world. That is why lots of people in China have healthy white teeth.

People in the Western world do not eat such healthy foods. They eat too much fat and sugar and don't take enough exercise. Because of this, they put on weight very easily. Their diet contains a lot of fat in the form of potato crisps, potato chips, butter, cream and chocolate. They eat a lot of sugar in the form of cakes, soft drinks, sweets and so on. The result is that many of them become fat. And some have bad teeth. In some parts of Britain, one person in ten, by the age of thirty, has no teeth left!

### GENERAL KNOWLEDGE QUIZ

- 1 Which of the following foods contain the most energy?  
Put them in order from 1 (most energy) to 9 (least energy).  
rice ice cream butter cream eggs chicken peaches duck chocolate
- 2 Which of these foods contains more
  - a) sugar: chocolate or grapes? \_\_\_\_\_  
cakes or bananas? \_\_\_\_\_
  - b) fat: cream or rice? \_\_\_\_\_  
chocolate or chicken? \_\_\_\_\_
  - c) fibre: peas or cabbage? \_\_\_\_\_  
pork or nuts? \_\_\_\_\_
  - d) salt : potato crisps or hamburger? \_\_\_\_\_  
butter or cream? \_\_\_\_\_

Turn to page 50 and do the exercises.

## Lesson 59

### 1 Reading

In 1992 a new hamburger restaurant opened on Wang Fuming Street in Beijing. Scores of people went there in the first few days after its opening. Some people enjoyed it; others found it too expensive. "Not good value for money," one person said. A doctor told the newspaper: "I advise people not to have hamburger. The foods that you buy in hamburger restaurants are high in fat, sugar and salt. All these things are eaten a lot in the West. They are not a healthy diet. As a result, many Westerners die at an early age from heart illnesses. Many of them have weight problems. They also have bad teeth, because of the sugar which they are always eating. Look at this cup of Coca Cola. There is as much sugar in it as eight pieces of sugar. Sugar is not a necessary part of a healthy diet."

### 2 Practice

Which food do you think is healthy and which is unhealthy?

hamburger / fruit / Coca Cola / chocolate / peas / cakes / cream / cabbage / nuts / fried cakes

Read the two texts again. Then work in pairs like this:

**A:** What about hamburger?

**B:** I think it's *unhealthy*.

**A:** Why?

**B:** *It has too much* fat and salt in it.

healthy
It has a lot of ....

### 3 Discussion

Work in pairs. Which of the answers do you think is the best one?

At the end, discuss your answers with the rest of the class.

1 Why do people go to hamburger restaurants?

You can eat something quickly. / It is a place to meet friends.

2 Why is it a bad idea to eat too much sugar?

It can make you fat. / It is bad for your teeth.

3 Why is it a bad idea to eat too much cream and butter?

They can cause heart illnesses. / They are expensive.

4 Why is it a bad idea to eat a lot of chocolate?

It's expensive. / It can make you fat. / Once you start to eat chocolate, you want to eat more of it.



## Lesson 60

1  **Listening** Turn to page 121.

2 **Language study** Advice and suggestions

I advise you to do something. / I advise you not to do something.

You'd better do something. / You'd better not do something.

I suggest (that) you do ....

Why not do ...?

Why don't you do ...?

3 **Practice** Have dialogues in pairs.

A is a patient who is too fat. B is the doctor. B is giving A the following advice:

lose some weight / take more exercise / drink less beer / eat more fruit / eat less butter, cream and chocolate / play games like basketball

Start like this:

A: I don't feel very well, Doctor.

B: I'm not surprised. I advise you to lose some weight.

A: Really? What's the best way of doing that?

B: ....

4 **Writing**

Write a letter to a friend who is ill. Give him / her some advice while he / she is ill. Suggest some things for him / her to do when he / she feels better.

### CHECKPOINT 15

**Grammar** Making suggestions and giving advice

I advise you to do something. / I advise you not to do something.

You'd better do something. / You'd better not do something.

I suggest (that) you do .... Why not do ...? Why don't you do ...?

**Useful expressions**

in (the) future   be rich in   put on / lose weight   scores of  
at the end (of)



# Unit 16 Fire!

## Lesson 61

### 1 Dialogue

*Jenny and Yang Pei are cooking in the kitchen. Suddenly a pan of oil catches fire.*

YANG PEI: Look out! The pan's on fire.

JENNY: Quick, turn the gas off. Cover the pan. Be careful!

YANG PEI: There!

JENNY: Take care. The pan's very hot.

YANG PEI: Is the fire out?

JENNY: Yes, it's out.

YANG PEI: What a lot of smoke!

JENNY: Never mind. So now you know what you should do. First turn the gas off and cover the pan. Then wait until the fire is out. Never try to carry the pan out of the kitchen. You might get burnt and you might drop the pan of burning oil. In that case, you wouldn't have a pan on fire. You'd have a house on fire!



### 2 Reading If you stay in a hotel, you will find a notice like this:

#### FIRE NOTICE

If you discover a fire:

Break the glass to sound the fire alarm. Telephone the operator; say where the fire is. Leave the hotel by the nearest exit.

If you hear the fire alarm:

**Don't** go to your room to collect your things or you may be trapped by the fire.

**Don't** take the lift, as the lift may become trapped between floors. Use the stairs.

Leave the building at once.

Consider every fire alarm to be a real fire.

Take your room key with you. If you are trapped by fire in the building, you may have to return to your room.

Find out where the nearest fire exit is as soon as you arrive at your hotel.

## Lesson 62



### Reading

Read the passage to answer this question: Why were so many people killed in this fire?

#### SAO PAULO FIRE



More than 220 people were killed in the fire which destroyed the Capital Building on February 4th, 1974. The building was finished only a few months before the fire; it was Sao Paulo's newest building. All 25 floors of the office building were completely destroyed. The fire also destroyed cars which belonged to people who worked in the building.

Over 500 people were working in the building when the fire broke out on the 11th floor. No one knows how the fire started. Perhaps it was started by an electrical fire in the ceiling of one of the offices. Office workers tried to put out the fire, but it was impossible to control it. Soon the whole floor was on fire and it was impossible for people on the floors above to escape.

Below the 11th floor people were able to escape into the street. However, more than 300 people were trapped above the fire. The building was built without any fire escapes.

Many of the people who were trapped climbed up the stairs to the flat roof of the office building. Helicopters were sent to rescue them, but it was impossible for them to get close enough. The smoke from the fire was too thick for them to be able to land on the roof. However, after about two hours, they were able to get close enough and about 70 people escaped from the fire in the helicopters.

In the streets below, there were other problems. There were so many people in the street watching the fire that firefighters could not get close to the building. When they reached the burning building they found that their ladders were not long enough to reach the people who were trapped.

The fire lasted about four hours before the firefighters could control it. But it was too late. The whole building was destroyed and over 220 people lost their lives in the fire.

Turn to page 55 and do the exercises.



## Lesson 63

### 1 Practice

These people are talking about the Sao Paulo fire. Complete their words with the correct verb forms.

- 1 I \_\_\_\_ (be) lucky. I \_\_\_\_ (have) a meeting on the 10th floor, so I \_\_\_\_ (be able to) escape.
- 2 I \_\_\_\_ (hear) a shout in the next office so I \_\_\_\_ (run) in. Smoke \_\_\_\_ (come) out of the ceiling so I \_\_\_\_ (go) to sound the fire alarm.
- 3 I \_\_\_\_ (have) tea with a friend on the fifth floor. Suddenly a lot of people \_\_\_\_ (run) through the tea room. I \_\_\_\_ (wonder) what was happening.
- 4 The car in which I \_\_\_\_ (drive) to work \_\_\_\_ (destroy) in the fire. The problem is, it \_\_\_\_ (not belong) to me; it \_\_\_\_ (belong) to a friend.
- 5 We \_\_\_\_ (trap) on the 24th floor. I \_\_\_\_ (put) a piece of wet cloth around my face and \_\_\_\_ (lie) on the floor for about two hours.
- 6 It \_\_\_\_ (become) very hot while we \_\_\_\_ (wait) on the roof. There \_\_\_\_ (be) a lot of smoke too.
- 7 While the firefighters \_\_\_\_ (try) to control the fire, helicopters \_\_\_\_ (fly) to the burning building.

### 2 Game

Try to guess what your friend was doing when the fire started. Ask questions using the words given to you.

EXAMPLE: A: Were you writing a letter?      B: No.  
                  A: Were you ... ?                      B: ....

(write) a letter / (work) in your office / (have) a meeting /  
(discuss) the new hospital project / (have) lunch /  
(talk) on the telephone / (listen) to a radio programme

### 3 Practice

A is a newspaper reporter. B is a person who escaped from the fire. A is asking B questions about the fire. Here are some questions to help you:

- 1 Where were you when the fire started?
- 2 What were you doing?
- 3 What happened next?
- 4 What was it like?
- 5 What was everyone else doing?

Now turn to page 56 and write a newspaper report.

## Lesson 64

1  **Listening** Turn to page 122.

2 **Writing** Put the verbs into the correct tense. Read the whole passage before you start.

One evening some boys of a senior middle school \_\_\_\_\_ (hold) a meeting in the students' room at school. They \_\_\_\_\_ (discuss) something very interesting. In fact, they \_\_\_\_\_ (be) so interested in their discussion that they \_\_\_\_\_ (not notice) that a chair \_\_\_\_\_ (stand) too close to the fire and \_\_\_\_\_ (start) to burn. Suddenly it \_\_\_\_\_ (catch) fire. The boys quickly \_\_\_\_\_ (put out) the fire with water and an old coat. However, the chair \_\_\_\_\_ (be) black and there \_\_\_\_\_ (be) a hole in its side. When they \_\_\_\_\_ (finish) their meeting, they \_\_\_\_\_ (write) a message to the headmaster of the school. They \_\_\_\_\_ (explain) what \_\_\_\_\_ (happen). They also \_\_\_\_\_ (offer) to pay for a new chair.

3 **Writing**

Put these sentences in the best order to make a story about a fire. Add any other words which you need, like *next/after that/then/luckily/however/sadly*.

- 1 Last year we went to stay in a small house in the country.
- 2 All the bedclothes had been destroyed in the fire.
- 3 When we got near the house, we saw that the smoke was coming from a window.
- 4 We went into the village to buy some food from the village shop.
- 5 The bedclothes that were drying in front of the fire had caught fire.
- 6 When we arrived at the house, it was raining.
- 7 We put the bedclothes in front of the fire to dry them.
- 8 As we were walking home, we saw smoke coming over the hill.
- 9 The floor was made of stone, so the house hadn't burnt down.
- 10 The house was cold and the bedclothes were not dry.
- 11 We thought that the smoke was coming from the chimney.
- 12 We collected some firewood from the wood and lit a large fire.

### CHECKPOINT 16

#### Grammar

#### The Past Indefinite and Past Continuous Tenses

Over 500 people **were working** in the building when the fire **broke out**.  
Were you **working** in your office?

#### Useful expressions

catch fire	look out	on fire	in that case
belong to	put out	close to	lose one's life



# Unit 17 Nature

## Lesson 65

### 1 Dialogue



*Four people are planning a bicycle trip. A newspaper reporter (N.R.) speaks to one of them.*

N.R.: Where are you travelling to, Gary?

GARY: To London.

N.R.: How are you getting there?

GARY: By bicycle.

N.R.: By bicycle? From Beijing? That's a long trip.

GARY: It's about 20,000 kilometres.

N.R.: How long will it take you to complete the trip?

GARY: Perhaps about more than half a year.

N.R.: How many of you are making the trip?

GARY: There are four of us. Sun Huilin is Chinese, Peter is Australian, Lynn is from Greece and I'm from Britain.

N.R.: Why are you making this journey?

GARY: We are trying to collect money for a wildlife project.

N.R.: What will the money be used for?

GARY: There's a very important Chinese deer called the *milu* deer. We want to give some money to this project so that the number of these deer in China can be increased.

N.R.: That sounds a great idea. Good luck with your trip!

GARY: Thanks a lot.

### 2 Practice

You have a similar project to collect money for a new science lab. In pairs, practise a similar dialogue. Start like this:

REPORTER: What is the purpose of your new project?

STUDENTS: We want to build ....

**Purpose of Project:** Build a new science lab and buy more equipment

**How to collect money:** Put on performances **Where:** ....

**Money needed:** 5,000 yuan **Time needed:** 2 months