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# 实效课堂

SHIXIAO  
KETANG

## 学练优化方案

XUE LIAN YOU HUA FANG AN



《实效课堂》编委会 编写

# 英语

YINGYU

高一（下）

课时训练 五步设计  
凸显实效 轻巧夺冠

四川出版集团 四川民族出版社



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## Unit 13

## Healthy eating



## 1. 重点单词

stomach fever examine mineral digest  
sleepy gain balance tasty mixture  
chemical energy product fit spoonful  
ripe ought plenty soft diet pace  
mineral function digest peel mushroom

## 2. 词汇拓展

- (1) sleep(n.) \_\_\_\_\_ (adj.)
- (2) tasty(adj.) \_\_\_\_\_ (v.)
- (3) examine(v.) \_\_\_\_\_ (n.)
- (4) digest(v.) \_\_\_\_\_ (n.)
- (5) develop(v.) \_\_\_\_\_ (n.)
- (6) traditional(adj.) \_\_\_\_\_ (n.)

## 3. 重点短语

- (1) develop \_\_\_\_\_ habits 养成健康的饮食习惯
- (2) make a \_\_\_\_\_ of 列一个……的清单
- (3) have (get) a \_\_\_\_\_ in the... ……疼痛
- (4) have sth \_\_\_\_\_ breakfast / lunch / snacks... 早餐 / 午餐 / 快餐吃……
- (5) take it \_\_\_\_\_ that... 想当然地认为……
- (6) \_\_\_\_\_ sb (not) to do sth 建议某人(不)做某事
- (7) \_\_\_\_\_ the high / rapid pace of modern life 跟上现代生活的快节奏
- (8) make a \_\_\_\_\_ (about) 作出(有关……)选择
- (9) be good \_\_\_\_\_ / do good \_\_\_\_\_ 对……有利
- (10) be \_\_\_\_\_ for / do \_\_\_\_\_ to / be \_\_\_\_\_ to 对……有害
- (11) (be) \_\_\_\_\_ on 根据……
- (12) Keep \_\_\_\_\_, study well and work hard. 身体好,学习好,工作好。
- (13) the \_\_\_\_\_ in life 生活中的机遇和挑战

(14) \_\_\_\_\_ sth. just the way it is (自然地 / 不必加工地)做某事

(15) give sb a \_\_\_\_\_ to do sth 给某人做某事的机会

(16) \_\_\_\_\_ sth to sb 向某人推荐某物

(17) \_\_\_\_\_ (doing) sth 避免(做)某事

(18) lead an \_\_\_\_\_ life 过不健康的生活

(19) \_\_\_\_\_ way of life 现代生活方式

(20) be rich / high \_\_\_\_\_; be poor / low in 富含……; 缺乏……

(21) cannot be too \_\_\_\_\_ 越细心越好

(22) a man \_\_\_\_\_ energy 一个精力充沛的人

(23) under / in no \_\_\_\_\_ 决不 / 无论如何不

(24) stay \_\_\_\_\_ from 远离

(25) more often \_\_\_\_\_ not 往往 / 多半

## 4. 重点句型

- (1) Traditional diets often have too much fat and too many calories for the 21st century person.
- (2) Take this medicine three times a day. You'll be all right soon.
- (3) People become vegetarians either because they believe it is healthier not to eat meat or because they do not think we should kill animals for food.
- (4) If our body is short of any of its kind, we'll become sick.
- (5) I think that vegetables are good food because they contain lots of vitamins.

## 核心语法

情态动词——had better, should, ought to



## 词汇详解

## 1. pain

- (1) 身体某部位的疼[C]

She has a pain in her back. 她背痛。

Has the pain passed off yet? 不痛了吧?

(2) 损伤或疾病引起的疼痛、痛苦[U]

Her back causes her a lot of pain.

她背给她带来许多痛苦。

(3) 精神上的痛苦[U]

His harsh words caused her much pain.

他那苛刻的言语给她带来了许多痛苦。

His bad behaviour caused his parents a great deal of pain.

他的不良行为使他的父母感到非常痛苦。

(4) 努力; 辛苦; 操心; 只用复数形式

No pains no gains. (谚) 不劳则无获。

She takes great pains with her work.

她对工作很尽心。

(5) 常用搭配

be in pain 疼痛; 在痛苦中

at pains (at the pains) 用心; 尽力; 下苦功

知识拓展

ache, pain 与 hurt

(1) ache 是动词

His stomach began to ache.

他的胃开始痛了。

(2) pain 是动词和可数名词, 但抽象用法是用单数不加冠词

That man suffers a lot from a pain/pains in his back. 那人的背给他带来很多痛苦。

We are taking pains to learn English.

我们在用心学英语。

He cried with pain. 他痛苦地哭了。

(3) hurt 是指伤害、受伤, 多指受到外因而产生疼痛或感情受伤等。

His words hurt me badly.

他的话给我伤害极大。

hurt, harm 与 wound

(1) hurt 常指精神或肉体上的伤害, 含有强烈的疼痛感。

Does your leg still hurt? 你的腿还疼吗?

She's hurt because you haven't visited her.

她很伤心, 因为你没有去看她。

(2) harm 指对人或事物造成的危害, 这种危害不一定是直接的, 也不一定有痛苦。

Getting up early won't harm you!

早起对你没有坏处。

There was an unexpected explosion in our street, but our building wasn't harmed at all.

我们住的街道发生了一次意外的爆炸事故, 但我们的大楼却丝毫没有受损。

(3) wound 通常指外界暴力造成的创伤, 多指受的刀枪的伤害, 也可指感情上受的伤害。

The soldier was wounded in the arm.

这个士兵的胳膊受伤了。

a gun wound 枪伤

a wound to her pride 对她自尊心的伤害

典例赏析

( ) (1) My leg \_\_\_\_\_ after I fell off my bike.

A. took pains

B. hurt

C. hurted

D. ache

答案: B

分析: 本题需要选择谓语, 几个选项似乎都行; 但是有“我从自行车上滑下”, 因此是“受到外因而产生疼痛”。所以选 B。

2. fit

n. 适合; 合身(的衣服)

v. (使)适合; 符合; 适应; 配合

adj. 合适的; 健康的; 适合……的

These shoes are a perfect fit. 这双鞋子很合脚。

This jacket fits me well. 这件夹克很合我的身。

We meet next week. Do you know a fit place?

我们下星期要开会, 你知道有什么合适的场所吗?

知识拓展

(1) fit 用作名词时常与不定冠词连用; 用作动词时一般表示衣服的尺寸大小适合某人穿。如果表示衣服的款式或颜色适合某人, 一般用 suit。

(2) keep fit 保持健康

(3) be fit for sth 适合某事

(4) be fit to do sth 适合干某事

What kind of job is he fit for?

他适合干什么样的工作?

I have no dress fit to wear in public.

我没有适合公共场合穿的衣服。





It is not fit for you to talk like that.  
 =It is not fit that you(should)talk like that.  
 你那样说很不得当。  
 Exercise keeps you fit.  
 运动能使你保持健康。

**典例赏析**

- ( ) (2) This straw hat \_\_\_\_\_ me.  
 A. doesn't fit for      B. isn't fit  
 C. doesn't fit      D. fits to

答案:C

分析: 题干中的 me 作选项的宾语, 如果 fit 用作及物动词, 不需要接介词, 排除 AD 项; B 项中的 fit 是形容词, 其后缺少介词 for, 排除 B。故选 C。

3. brain *n.* 大脑; 头脑

He is nice, but hasn't got much brain.  
 他人不错, 但不大有头脑。  
 The man has a fine brain. 这人脑子很好用。  
 Some of the best brains in the province are here tonight.  
 今晚我们省内的一些智囊人物云集在这里。

**知识拓展**

brain, head 与 mind

(1) brain 智慧; 智力; 思考力

He's got brains. 他有头脑。  
 She's got a good brain. 她的头脑很管用。

(2) head 头; 头部; 顶部; 前端; 头脑; 脑筋; 首脑; 领袖; 校长

My head aches. 我头疼。  
 Better be the head of an ass than the tail of a horse. (谚) “宁为鸡首, 毋为凤尾。”  
 the head of a ladder 梯子的上端  
 The two trucks crashed head on.  
 这两辆卡车面对面地相撞了。  
 a poor head for mathematics 无数学头脑  
 Use your head! 你动动脑筋!  
 Don't lose your head. 别惊慌失措。  
 the head of the government 政府首脑

(3) mind 指主观意志、精神世界, 也指思维机能的强弱, 一般用作可数名词, 有时不可数。

He has a very sharp mind. 他头脑灵活。  
 He who has a mind to beat his dog will easily find his stick. (谚)

欲加之罪, 何患无辞。  
 Nothing was further from my mind.  
 我从来没这么想过。

**典例赏析**

- ( ) (3) Put your address at the \_\_\_\_\_ of the letter.  
 A. brain      B. head  
 C. mind      D. heads

答案:B

分析: 本句意思是“把你的地址写在信的上部”, 所以不是“智力、头脑、精神世界”而是“前端、上部”。故应该选 B。

4. plenty

(1) *n.* 丰富; 大量; 充足; 富裕

to live in plenty 生活富裕  
 We have plenty of time to catch the train.  
 我们有充分的时间赶火车。

(2) *adv.* 相当; 足够

plenty good enough 够好的了  
 There's plenty more paper. 纸还多得很。  
 That's plenty good. = That's good enough.

(3) plenty (常与 of 连用) 只用于陈述句, 修饰可数名词和不可数名词; 在疑问句或在否定句中一般用 enough, 如:

We have plenty of food for the holiday.  
 Have you enough food for the holiday?  
 We have not enough food for holiday.

**知识拓展**

(1) a lot of, lots of, plenty of, a good (deal) of, many, much, a good many, many a 这几个词和词组, 都有“许多、很多”的意思, 但用法有所不同。

a lot of, lots of, plenty of 用于肯定句, 而 many 和 much 则用于疑问句和否定句。  
 a lot of, lots of, plenty of, 修饰可数名词复数和不可数名词。  
 a good (deal) of, much, 修饰不可数名词。  
 many, a good many, 修饰可数名词复数。  
 many a 修饰可数名词单数。

There are a lot of (lots of, plenty of) students in the room. 屋里有很多学生。  
 How many students are there in your class?



你们班有多少学生?

There are not many mistakes in your exercises. 你的练习里没多少错误。

—Is there much water in the jar?

—缸里有很多水吗?

—There isn't much water left.

—没剩下多少水了。

(2)在 so, too, as 等词后面, many 和 much 也用于肯定句。

There is so much violence these days.

如今暴力事件太多了。

She talks too much. 她太爱说话。

You have bought too many tomatoes.

你买的西红柿太多了。

Try to get as many opinions as you can.

你要尽可能多地收集意见。

**典例赏析:**

( ) (4) There are \_\_\_\_\_ piles of money on the floor. Which of the following is wrong?

- A. a lot of                      B. plenty of
- C. a good many                D. a good many of

答案: D

分析: 本句意思是“地板上有许多堆钱。”修饰可数名词复数“piles”而不是“money”, “a good many 后没有 of”而是直接接可数名词复数。故应该选 D。

**短语例释**

1. now and then 时而; 不时; 偶尔 = every now and then

I go to see my teachers in the primary school now and then.

我偶尔去看望小学的老师。

**知识拓展**

- (1) now and again 偶尔; 有时
- (2) (every) now and again 时而; 有时
- (3) a little now and then/again 偶尔; 有时
- (4) at times 有时; 不时
- (5) from time to time 有时; 不时
- (6) once in a while 偶尔; 间或

**典例赏析**

( ) (5) In order to keep in touch with each other we all write \_\_\_\_\_, even when

there's not much to say.

- A. now and then            B. by and by
- C. step by step             D. more or less

答案: A

分析: 根据题干后半部分提供的信息, 此题应选 A 项, now and then 表示“不时地、每隔些时候就”, 其余三项都与题干后半部分相矛盾。

**2. instead(of) 代替**

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

不吃昂贵的食疗食品, 或者进行不健康的节食, 我们只须尽量少吃脂肪和糖, 多运动。

**知识拓展**

(1) instead *adv.* 代替; 而是

She never studies. Instead, she plays tennis all day.

她从不学习。相反地, 她整天打网球。

(2) take the place of/take one's place 代替; 取代; 顶替

Computers have taken the place of typewriters in most offices.

在大多数办公室, 电脑已经取代了打字机。

(3) instead of 后面可以跟名词、代词或动名词, 其同义词为 in place of.

He will attend the meeting instead of me.

他将代替我参加会议。

Instead of just complaining all the time, why don't you do something about it?

别老是发牢骚, 你怎么不干点事情呢?

**典例赏析**

( ) (6) Don't you believe it! Glass can \_\_\_\_\_ steel in many ways in life.

- A. take place of            B. take the place of
- C. in place of                D. instead of

答案: B

分析: in place of 和 instead of 意思相同, 它们都不能用作谓语, take the place of/take one's place(代替; 取代; 顶替)可以作谓语。故选 B 项。

**句式分析**

1. Take this medicine three times a day. You'll be all right soon.



每天吃三次这种药,你会马上康复的。

### 知识拓展

(1) three times a day 意思是“每天三次”。“每隔一天”可以翻译成“every two days/every other day/every second day”,“每隔三(四……)天”可以翻译成“every four (five...) days/every fourth(fifth) day”

He often goes shopping with his wife three times a week.

他常常每周三次陪他妻子购物。

(2) time 可以表示“次数”,用作可数名词。

I've read the poem five times.

这首诗我已读了五遍。

(3) 说“一次”,通常用 once,而不用 a time 或 one time,“两次”通常用 twice,而不用 two times。如果说“一两次”,可以用 once or twice,说“两三次”,常用 two or three times,也可用 twice or thrice。

(4) all right 在此句意思是“(健康状况)良好”。

(5) all right 还可以起加强语气作用,意思是“确实”。

You have read the book all right, but the point is that you haven't studied it critically.

不错,这本书你是读过了,但问题是没有用批判的眼光去分析。

### 典例赏析

( ) (7) I often visit my grandparents \_\_\_\_\_.

- A. once a year
- B. twice every three month
- C. once every other years
- D. three times every years

答案:A

分析:在 twice every three month / once every other years / three times every years 中的 month / years / years 应该为 months/year/year。故选 A 项。

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

像我们的生活方式一样,我们的饮食习惯已发生了变化,我们身体所需的燃料也不同了。

as 在句中引导的方式状语,此处采用了省略形

式,并且是倒装结构,若改为正常语序则为 as our way of life has changed.

### 知识拓展

as 引导的方式状语从句中一般采用正常语序,但在正式语体中,也可采用倒装语序。

He believed, as did his family, that the king was their supreme lord.

像他家人一样,他相信国王是他们的最高统治者。

They have finished their work, as has she.

像她一样,他们已完成他们的工作。

### 典例赏析

( ) (8) Please do it \_\_\_\_\_ I told you to just now.

- A. like
- B. as
- C. when
- D. until

答案:B

分析:此句的意思是“请象我刚刚告诉你的那样做。”“like”是介词,不可接句子。故选 B 项。

3. Traditional diets often have too much fat and too many calories for the 21<sup>st</sup> century person.  
对 21 世纪的人来说,传统的饮食往往含有太多的脂肪和卡路里。

### 知识拓展

diet 与 food 的区别:

diet 指的是习惯的食物或规定的食物,特指维持健康的定量或定质的食物,如病人的疗养饮食;特种饮食;保健食谱。food 是一般的词语,凡能吃喝的东西都可称为 food。

to go on a diet 节食;吃限定食物

People who are on a diet mustn't have chocolate.

正在节食的人不能吃巧克力。

The doctor has ordered me a special diet.

医生给我安排了特殊的饮食。

This diet only allows you to eat fresh fruit.

按照这份指定食谱,你只可以吃新鲜水果。

Rice is the main food for us.

大米是我们的主要食物。

### 典例赏析:

( ) (9) They gave us plenty of \_\_\_\_\_.

- A. food and drink



- B. diet and drink
- C. foods and drinks
- D. diets and drinks

答案: A

分析:“他们给了我们大量的食物和饮料。”本句是指凡“能吃喝的东西”。故选 A 项。

4. People become vegetarians either because they believe it is healthier not to eat meat or because they do not think we should kill animals for food.

人们成为素食主义者要么是因为他们认为不吃肉会更健康,要么是因为他们认为我们不应该捕杀动物作为食物。

句中 either... or... 是并列连词,意思是“要么……要么……”,“是……,还是……”,“不是……,就是……”,通常引导并列成分或并列分句。

Either you or he has to go there.

或者是你或者是他得去那儿。(并列主语)

#### 知识拓展

(1) either... or... 引导并列主语,谓语动词的数一般和最近的主语一致。

Do you speak either French or English?

你是讲法语还是英语?(并列宾语)

You either go or don't go.

你要么去要么不去。(并列谓语)

Either you come early or you stay here.

要么你来早点,要么你呆在这儿。(并列分句)

(2) 使用并列连词 not only... but also 时,如果 not only 置于句首引导一个分句,分句要用倒装语序;如果 not only... but also... 连接两个主语时,谓语动词采取就近原则。

Not only will help be given to people, but also medical treatment will be provided.

不但向人们提供救援,还要提供医疗救助。

(3) 使用并列连词 neither... nor 时,如果引导分句,分句要用倒装语序;如果连接两个主语时,谓语动词采取就近原则。

Neither will I go to your home, nor will you come to mine.

我既不去你家,你也不要来我家。

Neither you nor your sister is stupid.

你和你妹妹都不笨。

#### 典例赏析

- ( ) (10) Not only my boy-friend but also my mother and my sister \_\_\_\_\_ going to follow you, so please do as you like.  
A. is B. are C. be D. will

答案: B

分析: 谓语动词采取就近原则,主语是“my mother and my sister”。故选 B 项。

5. And I advise you not to eat fruit that isn't ripe.  
我劝你以后不要吃不成熟的水果。

常用句型: advise+n. /pron.

advise+doing sth

advise sb (not) to do sth

advise sb against (doing) sth

advise(sb)+clause

The doctor advised changing air.

医生建议换换空气。

The parents advised him against doing wrong.

父母建议他不要做坏事。

#### 知识拓展

advise 作“劝、建议”解时常用下面两种结构:

(1) 后面可以跟不定式构成的复合结构,即 advise sb (not) to do sth 意为劝某人干/不干某事。

The doctor advised me to take more exercise. 医生建议我多做运动。

He strongly advised me not to do so.

他坚决劝我不要那样做。

(2) 后面可以跟 that 引导的宾语从句,从句用虚拟语气 should do, should 可以省略,即 advise sb that sb (should) do sth.

I advised him that he should attend the meeting. 我劝他参加这次会议。

Many people advised that he not accept her help.

许多人建议他不要接受她的帮助。

advise 的名词是 advice, 为可数名词, 有下列常用词组:

give (some) advice on sth/how to do...

ask for (a piece of) advice;

follow/take one's advice 等。



## 典例赏析

( ) (11) She \_\_\_\_\_ the patient to a hospital without delay.

- A. suggested us to send  
B. advised we sending  
C. advised us send  
D. suggested our sending

答案:D

分析: suggest 与 advise 都可以接动名词作宾语, 但是 advise 常用 advise sb to do sth 结构, 其中动词不定式 to do 是作宾语补足语, 一般它不用动名词复合结构作宾语, 排除 BC。另外 suggest 不能接不定式做宾语补足语, 即: 不能使用 suggest sb to do sth, 故排除 A。答案 D 等于 suggest us sending。因为动名词复合结构作宾语时, 口语中也常使用代词的所有格取代其宾格, 故选 D 项。

6. Other snacks take a bit longer to prepare, but they can give us a chance to practise our cooking skills.

其他的小吃要花更长时间去准备, 但他们给我们提供了培训我们烹饪技术的机会。

(1) bit 用作名词, 意思是“一点、一些”。

Give him a bit of water. 给他一点水。

(2) a bit 放在形容词、副词前, 用作状语, 也可作宾语、表语, a bit of 放在名词前, 用作定语。

Your article is a bit long. 你的文章有点儿长。

He has a bit of money. 他有点钱。

注意: not a bit 相当于 not at all, 意思是“毫不、根本不”, not a little 相当于 very, 意思是“非常”。

He is not a bit tired. 他一点儿也不累。

He is not a little tired. 他非常累。

## 知识拓展

1. a bit, a little

(1) 在肯定句中作状语, 修饰动词、形容词、副词及其比较级时, 可以互换。

(2) 作定语时, 它们修饰不可数名词, 而 a little 直接跟名词, a bit 要加 of, 才能接名词。

(3) a bit 与 not 连用时, 意思是“一点也不”, 相当于 not at all; a little 与 not 连用时, 意思是“非常”, 相当于 very。

2. ( a ) little, ( a ) few

( a ) little 修饰不可数名词, ( a ) few 修饰可数名词。

## 即时练习

(1) In fact, this is \_\_\_\_\_ bigger than that one.

(2) We can go on with it or have a rest because I'm only \_\_\_\_\_ tired.

(3) I am not \_\_\_\_\_ tired, so we needn't have a rest.

(4) I am not \_\_\_\_\_ tired, and we must have a rest.

(5) There is only \_\_\_\_\_ food left for lunch.

(6) There is only \_\_\_\_\_ of food left for lunch.

答案: (1) a little (a bit) (2) a bit (a little)

(3) a bit (4) a little (5) a little (6) a bit

## 典例赏析:

( ) (12) I have done one hundred and \_\_\_\_\_ things recently.

- A. a little      B. a bit  
C. one little    D. a few

答案:C

分析: “one hundred and one little things” 意思是“一百零一件小事情”, 故选 C 项。

7. Calcium, which is found in eggs, milk and other dairy products, is good for our bones and teeth. 存在于鸡蛋、牛奶和其他日常食品里的钙对我们的骨骼和牙齿是有好处的。

(1) 句中 which is found in eggs, milk and other dairy products 是非限制性定语从句, 修饰先行词 calcium。非限制性定语从句对于它所修饰的那个先行词, 通常只是一个附加说明, 如果省略掉, 主句的意思依然完整。一般不能用关系代词 that 来引导非限制性定语从句。

Jack London, who was one of the famous American writers, lived a very adventurous life.

杰克·伦敦过着非常冒险的生活, 他是著名的美国作家之一。

上句中, 如果去掉 who was one of the famous American writers, 其意义仍然完整。

(2) be good for 意思是“对……有益”, 后面接表示人或事物的名词。







taller.

- A. mustn't                      B. may not  
C. can't                          D. needn't
- ( ) 4. These books \_\_\_\_\_ out of the reading room. You have to read them here.  
A. can't take  
B. must be taken  
C. can take  
D. mustn't be taken
- ( ) 5. —Could I borrow your dictionary?  
— Yes, of course you \_\_\_\_\_.  
A. might                      B. will  
C. can                          D. should
- ( ) 6. This pen looks like mine, yet it isn't. Whose \_\_\_\_\_ it be?  
A. must                      B. may  
C. would                      D. can
- ( ) 7. There \_\_\_\_\_ be any difficulty about passing the road test since you have practiced a lot in the driving school.  
A. mustn't                      B. shan't  
C. shouldn't                      D. needn't
- ( ) 8. Oh, I'm not feeling well in the stomach. I \_\_\_\_\_ so much fried chicken just now.  
A. shouldn't  
B. mustn't have eaten  
C. shouldn't have eaten  
D. mustn't eat
- ( ) 9. It's nearly seven o'clock. Jack \_\_\_\_\_ be here at any moment.  
A. must                      B. need  
C. should                      D. can
- ( ) 10. I was really anxious about you. You \_\_\_\_\_ home without a word.  
A. mustn't leave  
B. shouldn't have left  
C. couldn't have left  
D. needn't leave

**阅读时空**

阅读 We are what we eat, 选出最佳选项。

- ( ) 1. —What do traditional diets often have?  
—They have \_\_\_\_\_.

- A. too much water  
B. too much protein  
C. too much fat and too many calories  
D. nutrients we need

- ( ) 2. What can help our body fight disease and give us energy?  
A. Vitamins, fibre and minerals.  
B. Pork and fish.  
C. Water.  
D. Calcium.
- ( ) 3. What contains a lot of protein?  
A. Vegetables.  
B. Fruit.  
C. Vitamins.  
D. Fish, meat and beans.
- ( ) 4. Why do some people become vegetarians?  
A. Because they believe it is healthier not to eat meat or they think we should not kill animals for food.  
B. Because they think meat is not "ecofoods".  
C. Because they think meat will make them fat.  
D. Because they think meat will make them thin.
- ( ) 5. From the passage we can conclude that it is probably better, if \_\_\_\_\_.  
A. we eat less meat  
B. we have more fruit  
C. we have "ecofoods"  
D. we buy good food and keep a balanced diet



## 1. 本单元中心话题:

- (1) Talking about healthy food and junk food  
(2) Talking about eating habits and health

## 2. 本单元的语法: 情态动词—had better, should, ought to

- (1) 就某事向某人提出建议或发表自己的观点——使用 had better (not)  
(2) 劝说某人做某事或不要做某事, 向某人提出

忠告——使用 should(not), ought(not) to

3. When used to give advice or opinion about something, had better is less strong than should or ought to.

- (1) You'd better get some rest.
- (2) You'd better not eat fruit that isn't ripe.
- (3) You should/ought to be careful with fruit.
- (4) You should not/ought not to eat too much junk food.



**基础知识过关训练**

(一) 根据首字母或汉语提示,把下列句子中的单词补充完整

1. The whole book c \_\_\_\_\_ 12 units, i \_\_\_\_\_ 2 mainly revisions.
2. The stones each w \_\_\_\_\_ as much as 2 tons.
3. You can never imagine what great trouble I have had t \_\_\_\_\_ the seriously wounded patient.
4. Our eating h \_\_\_\_\_ have changed, as has our way of life, and the fuel we need for our bodied is also different.
5. But the \_\_\_\_\_ (选择) we made are not just about nutrition.
6. If we spend our time on buying good food and keeping a \_\_\_\_\_ (平衡) diet.
7. Organic vegetables are vegetables that are grown without chemicals that can be harmful to human beings and the \_\_\_\_\_ (环境).
8. And I \_\_\_\_\_ (建议) you not to eat fruit that isn't ripe in the future.

(二) 选用所给单词或短语的适当形式填空

three times a day; too many; for example; keep up with; or because; instead of; taste better; such as; consist; too much; instead; because of

1. I think that vegetables are good food because they \_\_\_\_\_ lots of vitamins.
2. Take this medicine \_\_\_\_\_. You'll be all right soon.
3. Traditional diets often have \_\_\_\_\_ fat and \_\_\_\_\_

\_\_\_\_\_ calories for the 21st century person.

4. If we want \_\_\_\_\_ the high pace of modern life, we had better learn to make the right choices about what and how we eat.
5. People become vegetarians either because they believe it is healthier not to eat meat \_\_\_\_\_ they do not think we should kill animals for food.
6. \_\_\_\_\_ eating expensive diet foods or going on unhealthy diets, we can simply try to eat less fat and sugar and exercise more.
7. It can keep us from feeling cold and it often helps make food \_\_\_\_\_.
8. They also give us vitamins, \_\_\_\_\_ vitamin C, vitamin A, and fibre.

(三) 根据提示补全下列各句(每空一调)

1. The teacher advised him \_\_\_\_\_ (不要在马路上玩).
2. \_\_\_\_\_ (培养健康的饮食习惯) is very important.
3. \_\_\_\_\_ (选择吃什么) is no longer as easy as it once was.
4. Because they think we \_\_\_\_\_ (不该杀动物来做食物).
5. \_\_\_\_\_ (代替) eating expensive foods, they did more exercises.

(四) 下列句子均有一处错误,请找出并加以改正

1. They made some Chinese friends in Beijing so as to improve their Chinese better.  
\_\_\_\_\_
2. He advised my giving up smoking.  
\_\_\_\_\_
3. They try to keep a balancing diet.  
\_\_\_\_\_
4. Only in this way we will be ready for the challenges in life.  
\_\_\_\_\_
5. If our diet including foods from all the food groups, we do not have to buy any supplements.  
\_\_\_\_\_



## Unit 14

## Festivals



## 1. 重点单词

theme symbol conflict argument major  
probably ancestor unity purpose faith  
salute celebration respect gift invitation  
occasion check destruction similar light

## 2. 词汇拓展

- (1) probably \_\_\_\_\_ (*adj.*)  
(2) unity \_\_\_\_\_ (*v.*)  
(3) nation \_\_\_\_\_ (*adj.*)  
(4) creativity \_\_\_\_\_ (*v.*) \_\_\_\_\_ (*adj.*)  
(5) commercial \_\_\_\_\_ (*n.*)  
(6) celebration \_\_\_\_\_ (*n.*)  
(7) respect \_\_\_\_\_ (*n.*) \_\_\_\_\_ (*adj.*)  
(8) invitation \_\_\_\_\_ (*v.*)

## 3. 重点短语

- (1) dress \_\_\_\_\_ 盛装, 打扮  
(2) \_\_\_\_\_ one's opinion 看法; 意见  
(3) \_\_\_\_\_ a trick \_\_\_\_\_ sb 开某人玩笑; 欺骗某人  
(4) take \_\_\_\_\_ 欺骗; 摄取  
(5) in \_\_\_\_\_ of 为了(纪念或表示敬意而举行活动)  
(6) have \_\_\_\_\_ in 对……信赖; 对……有信心  
(7) \_\_\_\_\_ ... with/to... 把……和……相比  
(8) \_\_\_\_\_ a decision 作决定  
(9) a \_\_\_\_\_ festival 一个七天的节日  
(10) believe \_\_\_\_\_ 信仰; 相信  
(11) give \_\_\_\_\_ 捐送; 捐献  
(12) \_\_\_\_\_ peace 讲和

## 4. 重点句型

- (1) In my opinion, we should...  
(2) I don't think it's necessary to...  
(3) It is a reminder that we need to care about...

(4) We must do as much as we can to make...

## 核心语法

情态动词 (2) must have to 和 have got to



## 词汇详解

## 1. honor

- (1) *v.* 纪念; 对……表示敬意; 使……感到荣幸  
Premier Zhou Enlai was honored by the whole world.  
周恩来总理受到全世界人民的敬仰。  
I'm honored to be asked to speak..  
受邀发言, 我深感荣幸。
- (2) *n.* 使感到光荣的人或物  
It's a great honor for me to receive the prize.  
对我来说, 获得这份奖品很荣幸。

## 知识拓展

in honor of... 为了(纪念或表示敬意而举行的活动)

There is a party tonight in honor of our new president.

为了表达对我们新总统的敬意, 今晚我们举办一个晚会。

honorable *adj.* 体面的; 荣誉的; 增光的; 可尊敬的

## 典例赏析

- ( ) (1) We gather here to \_\_\_\_\_ this great man.  
A. celebrate      B. congratulate  
C. honor            D. respect

答案: C

分析: celebrate 庆祝; congratulate 祝贺; honor 纪念; respect 尊敬。故 C 为最佳答案。

## 2. faith

*n.* 信心; 信赖; 信任

I have faith that he will help me.

我有信心他会帮助我。

We must have faith in the masses and have faith in the party.

我们应当相信群众,应当相信党。

**知识拓展**

have faith in 对……有信心;对……信赖

lose faith in 对……失去信心

in good faith 真诚地,诚恳地

break/keep faith with sb 对某人不守信/守信

faithful *adj.* 可靠的;忠诚的;负责任的

**典例赏析**

( ) (2) One must have \_\_\_\_\_ in himself in doing everything when he decides to do it.

- A. belief                      B. opportunity  
C. faith                         D. energy

答案:C

分析: belief 相信,信念; opportunity 机会; faith 信心,信赖; have faith in 为固定短语; energy 精力,能量。

**3. fighting *n.* 战争**

Fighting broke out between the North and the South in 1861.

南北双方的战争于1861年爆发。

At last the birds won the fighting.

最后鸟赢得了战斗。

**知识拓展**

fight *v.* 打架,斗争

In all his life, Martin Luther King fought for freedom and rights for all black people.

在他的一生中,马丁·路德·金先生为所有黑人的权利和自由而战。

(fight for... 为了……而战)

They had to fight with a force twice their numbers.

他们不得不和两倍于自己兵力的敌人作战。

(fight with... 和……作战;和……并肩战斗)

England fought with France against Germany in that war.

在那次战争中英国和法国一起同德国作战。

(fight against... 为反对/抵制……而战/斗争)

fight *n.* 打架,打斗(一般性用语)

The boy sat there, watching a fight between a dog and a cat.

男孩坐在那里,看一只狗和一只猫打架。

**典例赏析**

( ) (3) The two boxers put up a good \_\_\_\_\_ yesterday in New York in order to get the prize.

- A. fight                      B. fighting  
C. defeat                      D. beat

答案:A.

分析:A项指拳击中的“搏斗、打斗”; defeat “打败”; beat “击、揍、节拍”。

**4. purpose *n.* 目的;用途;意图;目标;计划**

What's your purpose in doing this?

你做这事的目的是什么?

What's the purpose of the key?

这个键的用途是什么?

If I go there in future, it will be for the purpose of seeing you.

如果我今后去那儿的话,就是为了见你。

**知识拓展**

on purpose 有意地,故意地,特意地

I've come on purpose to speak to you.

我是来特意和你谈谈。

She did it on purpose.

她是故意那样做的。

serve a purpose 起到某个作用

This discussion serves a purpose of communicating and understanding.

这个讨论能起到沟通理解的作用。

**典例赏析**

( ) (4) The teacher put a finger into the liquid and sucked another one \_\_\_\_\_ purpose.

- A. with                      B. on                      C. in                      D. at

答案:B

分析: on purpose 为固定短语,意为“故意地”。

**5. reminder 使想起……的人/物**

该词后面跟 of 或 about 或 that 从句

He hasn't paid the money yet, so I must send him a reminder.