

Hot Materials of English Compositions  
for Senior High School Students

# 高中英语作文 热点素材

张美凤 / 主编



金盾出版社

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for Senior High School Students

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## 内容提要

我们根据教育部制定的2011版《国家英语课程标准》的要求,以英语教材为基础,聘请英语教学一线的高中特、高级英语教师,编写了这本《高中英语作文热点素材》。

本书分为六部分。依据最近三年全国各地高考书面表达真题中所涉及的话题和最新的2011版《国家英语课程标准》划分的功能意念项和话题,将具有代表性和实用性的词汇、短语、句型、段落和短文进行归纳、整理、分类,按照高考书面表达真题所涉及的话题出现的频率从高到低依次呈现,并精选了此类作文中内容新颖、语言地道、趣味性强的短文,旨在为广大高中学生提供英语书面表达各类题材的词、句、段、文的经典写作素材。让同学们在研习和运用联想记忆的方法来背诵的同时,还可以复习词汇和各类句型,有助于同学们快速提升写作水平。

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我们根据教育部制定的最新的2011版《国家英语课程标准》的要求，以英语教材为基础，聘请英语教学一线的高中特、高级英语教师，编写了这本《高中英语作文热点素材》。

本书分为六部分：

第一部分是作文热点素材部分。依据最近三年全国各地高考书面表达真题中所涉及的话题和《国家英语课程标准》划分的功能意念项和话题，将具有代表性和实用性的词汇、短语、句型、段落和短文进行归纳整理后分类，并按照近三年高考英语书面表达真题所涉及的话题出现的频率从高到低依次呈现，旨在为广大高中学生提供英语书面表达的各类题材的词、句、段、文的经典的写作素材。

各栏目功能：

### 1. 经典范文背诵

精选近三年高考书面表达此类话题中内容新颖、语言地道、趣味性强的短文。在每篇短文后详列短文中出现的重要的词汇和短语；附中文译文；精讲短文中出现的长句或难句。这样既能让同学们对学习外语产生浓厚的兴趣，开阔视野，又能帮助同学们较快地提升阅读速度和阅读理解能力。让同学们在研习和背诵的同时，还可以复习词汇和学到各类新颖的句型，有助于快速提升写作水平。

### 2. 必备经典名句

列出与该类作文有关的英汉对照的名言、警句、谚语，引起读者的兴趣，加深记忆。

### 3. 素材展示看台

(1) 好句：将该类作文中具有典型性、代表性和实用性的句型按照开头句、中间句、结尾句的顺序进行归纳整理后分类呈现给同学们，供同学们进行写作素材的积累和即学即用。

(2) 好段：呈献该类作文中优秀习作的精彩段落，供同学们扩大阅读量，增加

积累，学会写出一段中心突出、语言规范的段落。

第二、三、四、五、六部分是词汇、短语、句型部分。列出在高考书面表达中所用的关键词汇、常用词组和常用句型。

第二、三部分是词汇部分：囊括了中学阶段英语的关键的代词和副词用法的所有知识点，知识归纳系统全面，讲解脉络清晰，层次分明，便于读者从整体上把握。例句经典、恰当，充分体现该代词或副词的用法。从一个全新的层面梳理所学知识，从而达到巩固提高的目的。

第四部分是常用过渡语：英语是一门逻辑性很强的语言，其句子很注重句子表达之间的逻辑关系，这在很大程度上依赖于过渡性词语。连词运用得当，可承上启下，能有效地使许多句子组成一篇文章。我们把高中阶段常用的过渡语按照其用法进行归纳整理后，分类呈现给同学们，让同学们运用联想记忆的方法高效地记忆单词并能正确地运用它们。

第五部分是短语部分：以人教版新目标英语教材中的词汇为基础，并参照其他高中英语教材适当扩充，收集了高中英语主流教材中出现的短语约 160 个，按照字母表顺序排列，供广大备考学生背诵和应用。

第六部分是句型部分：为了帮助广大考生在写作时能正确运用各种句式，避免句式单一，我们总结了高考书面表达试题中涉及的句型，供广大备考学生背诵和应用。

本书在所收的词组和短语、句子、段落及设计风格上自始至终都充分考虑了广大高中学生的认知规律及阅读和使用英语工具书的习惯和特点，是一本专门为高中学生的英语写作“量身定做”的书。对于采用任何一种版本的教材的各省市高中学生，本书都适用。

# 目录

## Contents

<b>Unit 1 热点素材</b> .....	1
Part 1 学习教育 .....	1
Part 2 日常生活 .....	26
Part 3 新闻与社会 .....	44
Part 4 情感与感想 .....	63
Part 5 自然与环境 .....	82
Part 6 节假日活动 .....	105
Part 7 家人与朋友 .....	118
Part 8 师生与名人 .....	130
Part 9 兴趣与休闲 .....	153
Part 10 科技与合作 .....	165
Part 11 信件、博客、电子邮件等 .....	176
Part 12 梦想与方法 .....	200
<b>Unit 2 巧用代词</b> .....	217
Part 1 that 和 which .....	217
Part 2 who, whom 和 whose .....	222
Part 3 what, whichever, whoever, whomever 和 whosever .....	223
<b>Unit 3 巧用副词</b> .....	226
Part 1 when 和 where .....	226
Part 2 why 和 how .....	227
<b>Unit 4 巧用过渡语</b> .....	228
Part 1 连词 .....	228

Part 2 插入语 .....	235
<b>Unit 5 常用短语</b> .....	238
<b>Unit 6 常用句型</b> .....	245
Part 1 不定式句型 .....	245
Part 2 状语从句句型 .....	246
Part 3 主语从句句型 .....	249
Part 4 宾语从句句型 .....	249
Part 5 定语从句 .....	250
Part 6 There be 句型 .....	250
Part 7 比较级、最高级常用句型 .....	251
Part 8 陈述句 .....	254
Part 9 疑问句 .....	254
Part 10 感叹句 .....	255
Part 11 祈使句 .....	256
Part 12 倒装句 .....	256
Part 13 强调句 .....	256
Part 14 其他句型 .....	256

## Unit 1 热点素材

### Part 1 学习教育



#### 经典范文背诵

#### How Learning Habits Influence Learning Results

It's useful and necessary to discuss learning habits. There is a famous saying "Good habits lead to good endings.", which shows the importance of habits. "An apple a day keeps the doctor away." also shows how a healthy habit helps build up our body. Thus, good learning habits can help us gain great learning results including high scores and abundant knowledge. At first, learning habits form our ways of thinking and attitudes towards the content we are learning. Obviously, a good habit can help us speed up to reach our destinations. As we can see, cultivating a good habit is so important that I would like to introduce a good learning habit—keep a learning diary every day. We can start the habit by writing learning summary, and remember to record something impressive and meaningful. Keep it in mind, and gradually we can gain this good learning habit and benefit from it.

What's more, I find out that I still have some bad learning habits as well. I can just concentrate on reading for a short time and I will conquer this problem by devoting more effort to concentration practice. I believe that through my efforts, I can gain good learning results from good habits.

炫词

abundant 大量的, 丰富的  
cultivate 耕种, 教养  
impressive 令人印象深刻的  
concentrate on 专心于

destination 目标  
summary 概要, 总结  
benefit 利益, 有益于  
conquer 征服, 得胜



## 酷句



As we can see, cultivating a good habit is so important that I would like to introduce a good learning habit—keep a learning diary every day. 正如我们所知,养成好的学习习惯是非常重要的,因此我想介绍一个好的学习习惯——每天坚持记学习日记。

(As we can see 是非限制性定语从句, as 表示“正如”之意。还有 so...that 引导的目的状语从句。)

## 译文



## 学习习惯怎样影响学习效果

讨论学习习惯是有用和必要的。有一句名言说“好习惯通向好结局。”这显示出习惯的重要性。“每天一苹果,医生远离我。”也显示出一个健康的习惯是怎样有助于我们增强体质的。因此,好的学习习惯同样能帮助我们取得良好的学习成果,包括获得高分和丰富的知识。首先,学习习惯形成我们思考的方法和对于学习内容的态度。很明显,一个好的学习习惯能帮助我们加速达到我们的目的。正如我们所知,养成好的学习习惯是非常重要的,因此我想介绍一个好的学习习惯——每天坚持记学习日记。我们可以从学习写总结和记录有感触而又有意义的事情开始。记住这一点,我们就能逐渐养成好的学习习惯并从中获益。

另外,我发现我也有一些坏的学习习惯。我只能在短时间内专心阅读,因此我会在训练集中注意力方面付出更多努力以攻克这个难题。我相信,通过努力,我能从好的学习习惯中获得好的学习效果。

## Talking about the Ways of My After-class English Learning

I'm glad I have won the first prize in the English contest, which is the result of my after-class English learning. From my experience, I'd like to talk about the ways of my after-class English learning.

Firstly, every Sunday morning, I come to our English Corner. In this corner we practice English with each other. We talk in English about everything we're interested in. Also, we learn English songs, play all kinds

of English games and so on. We feel that we have learned a lot that can't be done in English classes.

Secondly, I keep writing diaries in English though I make mistakes now and then. My English teacher always corrects them patiently, and tells me some methods. And with her help, I've made rapid progress in English.

Thirdly, I often read English articles on an English reading website called Enjoy Reading. I choose something I feel important or interesting to read. I begin with those written in simple English. Step by step I read those which prove difficult for me. While reading, I don't read too slowly or look up every new word I meet with. After reading a passage and having its main idea in mind, I turn back and read it again. This time I read it slowly and look up some new words if necessary. Keep on reading like this, I make progress little by little.

Above are my three main methods of learning English after class. They are helpful and convenient to me. I hope they are also beneficial to you.

### 炫词

after-class 课外的

keep doing sth. 坚持

make progress 取得进步

necessary 必要的

convenient 方便的

experience 经验

now and then 时而

website 网站

keep on 坚持

beneficial 有益的

### 酷句

We feel that we have learned a lot that can't be done in English classes. 我们觉得在英语角能学到许多在英语课上学不到的东西。

(that we have learned a lot that can't be done in English classes 是宾语从句, 作 feel 的宾语, 其中 that can't be done in English classes 是定语从句, 修饰 a lot。)

译文



### 谈谈课外学习英语的方法

我很高兴在英语竞赛中获得一等奖。这是我课外学习英语的成果。从我的经验出发，我想谈谈课外学习英语的方法。

首先，每个星期天上午，我都去参加英语角。在那里，我们共同练习英语。我们用英语谈我们感兴趣的事情。我们也学英语歌，做各种英语游戏等等。我们觉得在英语角能学到许多在英语课堂上学不到的东西。

其次，尽管会不时犯各种错误，但是我坚持用英语写日记。我的英语老师总是耐心地给我纠正，并传授给我正确的方法。在她的帮助下，我的英语成绩有了很大提高。

第三，我经常在一个名叫 Enjoy Reading 的英文网站上阅读英语文章。我会挑选一些我觉得重要或感兴趣的内容读。我从简易的读物开始，逐渐地读对我来说很难懂的文章。在阅读过程中，我不会读得太慢，也不会一碰到生词就查词典。在迅速读完一个章节，对全文有一个大致了解后，我再回过头来重读，这时我慢慢读并查一些有必要查的新词。就这样坚持下去，我渐渐取得进步。

以上是我课外学习英语的三个主要方法。它们对我来说既有用又方便。我希望它们对你也有益。

### A Speech about a Choice Between Arts and Science

Good afternoon, everyone. Welcome to our school! High school students are faced with a choice between arts and science. It was not an easy choice for me to make. After careful consideration, I decided to choose science as my main subject of study. The reasons are as follows.

First, science graduates are in greater demand than students of arts in China.

Second, the science major can help me achieve my childhood dream of becoming a scientist.

Third, my parents wish me to study science at college because they believe I will have a brighter future as a science student.

Last but not least, my physics teacher is my role model, whose influence on me has a lot to do with my decision.

It is for these reasons that I finally made my choice.

Thanks!

### 炫词

consideration 考虑, 关心

graduate 毕业生

achieve 实现

have sth. to do with 与……有

### 关系

### 酷句

Last but not least, my physics teacher is my role model, whose influence on me has a lot to do with my decision. 最后但同样重要的是, 我的物理老师是我的偶像, 他对我的影响和我的决定有很大关系。

(whose influence on me has a lot to do with my decision 是非限制性定语从句。)

### 译文

#### 关于文、理科选择的发言稿

大家下午好! 欢迎来到我们学校! 高中生面临文、理科的选择。这对我来说不是一个容易的选择。经过认真的考虑, 我还是决定把理科作为我的主要学习科目。理由如下:

首先, 在中国理科毕业生比文科生有更大的需求量。

其次, 理科能帮助我实现儿时的成为一名科学家的梦想。

第三, 我的父母亲希望我在大学学理科, 因为他们相信我作为一个理科学生会有一个更加光明的前途。

最后但同样重要的是, 我的物理老师是我的偶像, 他对我的影响和我的决定有很大关系。

就是这些原因最终促成了我的选择。

谢谢!

#### A Letter to Ms Li

Dear Ms Li,

I am very happy to have you as our English teacher.

As the world is becoming a global village, English is getting more and more important, so mastering English means we can see the world through a new window.

My English is just OK and the two main problems in my study are that I feel it difficult to learn words by heart, and that I often feel nervous when speaking English. I really hope that you can give me good advice on how to memorize new words. Another suggestion is to give us more chances to practice speaking English. I believe we can make great progress in English with your help.

Thank you!

Your sincerely,

Li Hua

炫词



global 全球的

practice 练习

memorize 记住

learn...by heart 记住

酷句



My English is just OK and the two main problems in my study are that I feel it difficult to learn words by heart, and that I often feel nervous when speaking English. 我的英语学得还不错，但在我学习中还有两个主要问题：一是我感到记单词有困难，二是我说英语时经常感到紧张。

(that I feel it difficult to learn words by heart 和 and that I often feel nervous when speaking English 都是表语从句。)

译文



给李老师的一封信

敬爱的李老师：

您来当我们的英语老师，我感到很高兴。

由于世界正在变成一个地球村，英语正变得越来越重要，所以掌握英语意味着我们能通过一扇全新的窗来看世界。

我的英语学得还不错，但在我学习中还有两个主要问题：一是我感到记单词有困难，二是我说英语时经常感到紧张。我确实希望

您能在记单词方面给我好的建议。另外一个建议是给我们更多练习口语的机会。我相信在您的帮助下我们在英语方面能取得长足的进步。

谢谢您!

李华

### I Like Reading

Reading is my favorite hobby. I can never stop my love for reading because books are like wise teachers as well as good friends in my life. As we know, books are the source of knowledge. I benefit a great deal from reading.

There are a variety of books for us to choose from, like history, science, literary books and so on. But what interests me most is literary books, especially those written by famous writers. For one thing, they help improve my writing skills and broaden my horizons. For another, they can enrich my life and bring me great fun. Isn't it a pleasure to have great calm in mind while you are reading?

#### 炫词

benefit 利益, 有益于

a great deal 许多

a variety of 多种的, 种种

and so on 等等

broaden 扩展

horizon 地平线, 眼界

#### 酷句

But what interests me most is literary books, especially those written by famous writers. 但是最使我感兴趣的是文学书, 尤其是那些由著名作家写的书。

(what interests me most 是主语从句。)

#### 译文

#### 我喜欢阅读

阅读是我的最爱。我永远不能停止对阅读的热爱, 因为书本就像我生命中的良师益友一般。众所周知, 书是知识的源泉。我从阅读中受益良多。

对我们来说有多种书可以选择，如历史书、科学书、文学书，等等。但是我最感兴趣的是文学书，尤其是那些著名作家的作品。一方面，它们能提高我的写作技巧，开阔我的眼界。另一方面，它们也能丰富我的生活并带给我很多乐趣。在阅读时心情平静，这难道不是一种快乐吗？



### 必背经典名句

Of the stars you are the one leading my life through the unknown darkness. 在群星之中，您就是那颗星，指导着我的生命通过那不可知的黑暗。

Experience is not what happens to a man; it is what a man does with what happens to him. 经验不会从天而降；它只能通过实践才能获取。

All the blessings we enjoy are the fruits of labor, toil, self-denial and study. 我们得到的一切幸福都是劳动、辛苦、自我克制和学习的成果。



### 素材展示看台

好句



#### \* 开头式 \*

1. It is known to us all the saying—no pains, no gains. 我们都知道有句谚语叫“不劳无获”。

2. People often say that practice makes perfect. 人们常说熟能生巧。

3. English has now become an international language because it is used by most of the countries in the world. 英语之所以成为世界性语言，是因为英语被世界上大多数国家广泛地使用。

4. As we all know, there are three stages in study: preview, study in class and review, among which review is the most important. 我们都知道，学习有三个环节：预习、课堂学习和复习，三者中复习是最重要的。

5. As we all hear, “Failure is the mother of success.” But few people can really understand what the saying means.

我们都听人说过：“失败是成功之母。”可是很少有人真正理解这句格言的真谛。

6. As it is described that... 正如大家描述的那样……

7. No one can deny the fact that... 没有人能够否认这一事实……

8. We may face the undeniable fact that... 我们必须面对这个不可否认的事实……

9. A recent investigation indicates that... 最近的调查显示……

10. According to the statistics provided... 据统计数字显示……

11. Going abroad is popular with middle school students in recent years. People have different ideas about it. 近年来，越来越多的中学生热衷于出国学习。人们对此有不同的看法。

\* 中间句 \*

1. It has been illustrated that... 举例证明了……

2. It provides a good example of... 它为我们提供了一个很好的关于……的示例。

3. We may cite another instance of... 我们可以再引用一个例子来证明……

4. History may provide us with the examples of... 历史为我们提供了……的事例。

5. A number of further facts may be added... 我们还可以增加大量的进一步的事例。

6. The situation is not unique; it is typical of dozens similar situations I have heard.

这种情况不是唯一的，它是我所听说过的很多类似情况中具有典型性的。

7. According to a latest study, it can be predicted... 根据最新研究，可以预测……

8. There is no sufficient evidence to show that... 没有足够的证据证明……

9. All available evidence points to the fact that... 所有手头的证据都显示……



10. Education is vital to the development of a person. 教育对一个人的发展至关重要。

11. If you don't stand for something, what do you win? 倘若你没有信念,你又能赢得什么呢?

12. It is not the genius that makes the difference between success and failure but education. 不是天分而是教育在成功与失败之间发挥了重大作用。

13. Besides, through reading, we will have the opportunities to acquire important tips as well as guidance from the first-class learned scholars. 除此之外,通过阅读,我们还有机会获得一流学者的启示与指导。

14. What's more, with the help of good books, we can cultivate pleasant personality and develop good characters, the most valuable virtues of human beings. 更重要的是,好的书籍有助于我们培养良好的气质和品性,这是人最宝贵的品质。

15. They may attribute their failures to lack of good chances. 他们可能会把自己的失败归罪于缺乏良好的机遇。

16. Clever men know that the more effort they make, the bigger chance they will have to succeed. 聪明人知道,越是努力去做,成功的概率会越大。

17. Education has for its object the formation of character. 教育的目的在于品德的形成。

18. The one real object of education is to have a man in the condition of continually asking questions. 教育唯一真正的目的是让一个人进入不断提出问题的状态。

19. To be able to be caught up into the world of thought—that is to be educated. 如果您想走入思想世界,那么请接受教育。

20. Nothing will divide this nation more than ignorance, and nothing can bring us together better than an educated population. 只有无知才能使这个国家分裂,只有受教育的人民才能将我们紧紧团结起来。

\* 结尾句 \*

1. I have learnt a lot of new words and useful expressions. Besides, I