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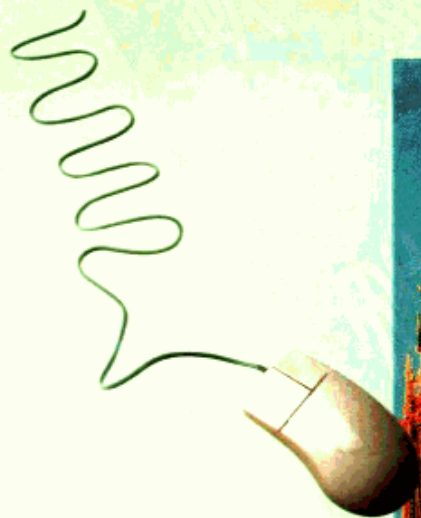
顶尖高中 英语

课时训练 一年级下学期

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顶尖高中英语课时训练

DINGJIAN GAOZHONG YINGYU KESHI XUNLIAN

(一年级下学期)

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编写说明

“中学各科课时训练”自1998年出版以来，受到广大读者的欢迎。随着素质教育的不断推进，新课程改革计划呼之欲出，新的大纲的颁布实行，新的教材的逐步试用，原来的“中学各科课时训练”存在不适应形势发展需要的问题。为了使丛书在保持原有优长的基础上，以新的面貌出现在读者面前，我们经过广泛调查研究，新编这套“顶尖中学各科课时训练”丛书。

“顶尖中学各科课时训练”按照教育部新颁布的九年义务教育全日制初级中学、全日制普通高级中学各科教学大纲精神，根据人民教育出版社新编教材重新进行编写。丛书保留了以课时为训练单位、以单元为测试单位的编写结构，保持了丛书原有优长，符合教学规律。训练、测试少而精，内容优化，题型多样，题目新颖。训练题、测试题注重对学生能力和素质的训练、考查，增加了应用型、能力型的题目所占的比重。丛书关注每一个学生，注意学生个体差异，体现层次性差别；关怀学生发展每个方面，全面提高学生综合素质和学习能力。丛书注意培养口语交际能力、语文实践能力、创造性阅读和有创意表述能力；注意培养从数学角度发现和提出问题，并能综合运用数学知识分析问题和解决问题的能力，注重数学思想与方法；注意培养运用已学知识，联系生产、生活实际和科学技术实际分析、解决问题的能力，以及实验能力；注意培养正确的政治、历史、地理观念和运用已学知识分析、解决问题的能力，注意渗透可持续发展观念。丛书以学生为主体，重视学生自主学习，通过导学提出自主学习的方法，让学生独立获取新知识，培养学生质疑能力，提高预习质量，并在学习新知识的过程中及时“内化”知识，发展学习能力，提高学习效果。丛书注意对学生创造兴趣、创造思维、创造技能、创造人格的培养，注意设计具有探索性、开放性的题目，使学生的创新能力得到发展。丛书注意联系生活、生产实际和科学技术成果，设置新情境，以世界和平与发展的重大事件、热点问题，关乎我国国计民生的大事，诸如经济建设重大成就、

科技新成果、人口资源环境等问题为重要内容，体现对世界、对国家、对民族、对社会、对人生的关注，体现科学精神和人文精神，培养人与自然、社会协调发展的观念。丛书注意培养学生的实际参与能力，重视让学生将已学知识在实践中进行运用，使学生学活知识、用活知识，为创新做好准备。同时，丛书还注意体现中考、高考改革精神，顺应课程改革综合化的趋势，在提高学生的学科学习能力的同时，注意培养学生的跨学科学习能力。

“顶尖中学各科课时训练”中的“顶尖中学英语课时训练”按单元进行编写，每一个单元含单元名、自主学习提示、训练。“自主学习提示”参照教学大纲、教材、教参的要求，针对每一个单元特定内容确定明确学习任务，提供预习方案，指导学生超前进行自主学习，培养学生理解、分析能力，培养学生发现问题、解决问题能力，特别注意培养学生的质疑能力。每一单元的具体授课数由老师们控制和调整。“训练”按照每一单元的内容编排一定数量的课时训练。经过系统的课时训练后，期中和期末各编排一套测试卷。丛书附有“听力材料”和“部分参考答案”，提供了有一定难度的课时训练的答案和全部的期中（末）测试答案。

“顶尖中学各科课时训练”具有自主学习、课时训练、测试、自我评价四大功能，突出了科学、系统、实效、好用四大特点。丛书同时编排了课时训练和测试，吸收了我国传统教学一课一练和美国著名教育心理学家布卢姆形成性测试的成功经验。这样，它既是快速高效提高中学生学习成绩的有力工具，又是提高中学教师教学质量的理想参考书。

编 者

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征文活动截稿后，大赛组委会将组织有关专家对所有来稿进行评奖，小学组、初中组、高中组将分别评出一、二、三等奖及优秀奖若干名。所有获奖者都将获得证书和丰厚的奖品。

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目 录

Unit 13	Healthy eating	(1)
Unit 14	Festivals	(9)
Unit 15	The necklace	(17)
Unit 16	Scientists at work	(25)
Unit 17	Great women	(32)
Test Paper for Mid-term Exam		(40)
Unit 18	New Zealand	(49)
Unit 19	Modern agriculture	(56)
Unit 20	Humour	(63)
Unit 21	Body language	(70)
Unit 22	A world of fun	(79)
Test Paper for Final Exam		(88)
听力材料.....		(97)
参考答案.....		(101)

Unit 13 Healthy eating

【自主学习提示】

I. 词语的用法与辨析

1. diet 与 food

diet 与 food 意思都是“食物”，但 diet 是可数名词，常与不定冠词 a 连用，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，如病人的饮食。food 是不可数名词，是一般用法，但在表示食品的种类时，可用复数。

The doctor has ordered my father a special **diet**. 医生给我父亲安排了特殊的饮食。

Children depend on their parents for **food** and clothing. 儿童衣食靠父母。

2. contain 与 include

contain *vt.* 包含，含有（侧重整体包含的内容或成分）

include *vt.* 包括，包含（侧重包含的只是整体中的一部分）

It **contains** a lot of fruit and green vegetables. 它里面含有大量的水果和蔬菜。

Our ten-day tour **includes** a visit to London. 我们的十日游包括参观伦敦。

3. advice 与 advise

advice *n.* 建议 是不可数名词，常用于 a piece of advice, give sb. advice 等短语之中。

advise *vt.* 忠告，劝告，向……提建议 常用于 advise + *n.* / *pron.* / *doing*（相当于 suggest + *doing*），advise sb. (not) to do sth. 等短语之中。

If you take my **advice** and study hard, you'll pass the exam. 如果你听从我的劝告而努力学习，你考试就会及格。

I **advised** him to give up the foolish idea. 我劝他放弃那愚蠢的念头。

4. a bit 与 a little

a bit 与 a little 作程度副词时，都是表示“有点”，可互换使用。作形容词修饰名词，a little 可直接修饰不可数名词，而 a bit 须与 of 连用。用于否定句中，not a bit = not at all 一点也不，not a little = very 很，非常。

My foot hurts **a bit/a little**. 我的脚有点痛。

The dish needs **a bit of salt/a little salt**. 这个菜需要加点盐。

After the long journey, her father was not **a little** tired while she was **not a bit** tired. 长途旅行后，他父亲非常疲倦，而她一点也不累。

5. in the future 与 in future

in the future = in time yet to come, 表示“将来”，指较长时间的将来。in future = from now on, 表示“今后”，强调与过去相对照的今后情况。

Who can tell what will happen **in the future**? 谁能知道将来会发生什么？

Be more careful with your spelling **in future**. 今后你多注意拼写。

6. plenty of

plenty of 许多的, 大量的 用于肯定句。在否定句和疑问句中用 many/much, enough 代替。

There are **plenty of** eggs in the basket. 篮子里有许多鸡蛋。

We haven't **much/enough** time. 我们没有很多时间。

Do you have **enough** food? 你有足够的食物吗?

7. keep up with 与 keep up

keep up with 赶上, 跟上 与 catch up with 意义相同。

keep up 保持

He works hard so that he can **keep up with** his classmates. 他努力学习以便赶上其他同学。

The good news **keeps** our spirits **up**. 好消息使我们情绪高涨。

8. healthy, well 与 fit

healthy, well 与 fit 用作形容词, 都有“健康”的意思。healthy 指身体一向健康, well 指身体一时、目前的健康状况, fit 常用于短语 keep fit 中, 指用一定手段达到特定的健康。

My parents are always strong and **healthy**. 我父母亲一向强壮而健康。

She didn't feel **well** this morning. 今天早晨她感觉不舒服。

Every morning I take a long run to lose weight and **keep fit**. 每天早晨我都长跑来减肥和保持健康。

II. 语法点

情态动词 had better, should, ought to 的用法。

1. had better 意思是“最好……”, 后接动词原形, 主语多为第一人称或第二人称。
例如:

If you want to finish the work quickly and perfectly, you'd **better** ask the teacher for some advice. 如果你想把这项工作做得又快又好, 你最好让老师给你提些建议。

We'd **better** not touch the vase. It's very valuable. 我们最好别碰那花瓶, 它很贵重。

2. should 与 ought to 意思都是“应该”, 表示责任、义务或可能性, 常可互换用。但 should 后接动词原形, 指主观上感到有责任或义务做某事, 语气较婉转。ought 后接带 to 的动词不定式, 比 should 具有更强烈的道义、责任、法律或原则等意味, 但语气比 must 弱。例如:

You **should** apologize to him. 你应该向他道歉。

You **ought not to** drink too much. 你不该喝太多的酒。

训 练 1

I. Multiple choice.

- () 1. What a _____ Mr Lin gave you!

A. important advice

B. good advice

body you have; whatever you eat seems to turn straight into fat. Or perhaps you aren't 11 enough exercise to burn up the calories in your food.

But the most likely reason is that you only eat too much of the wrong kinds of food, 12, too many fatty and sugary 13. There are many calories in 14. Do you know that 6 grams (克) of butter contain more calories 15 half a kilo of potatoes? And two spoons of sugar contain nearly 16 a hundred grams of vegetables.

So the 17 way to 18 your weight down is to 19 on the fat and sugar in your 20 diet.

- | | | | |
|--------------------------------|------------------------|------------------------|------------------------|
| () 1. A. have | B. is | C. are | D. be |
| () 2. A. ate | B. eating | C. eat | D. do |
| () 3. A. unimportant | B. easy | C. difficult | D. important |
| () 4. A. hearts | B. heart | C. mind | D. head |
| () 5. A. also | B. very much | C. too much | D. too |
| () 6. A. have eaten | B. eating | C. ate | D. eaten |
| () 7. A. too much | B. too many | C. much too | D. many too |
| () 8. A. the most | B. most | C. all | D. most of |
| () 9. A. in | B. off | C. up | D. on |
| () 10. A. is because | B. is because of | C. be because of | D. be because |
| () 11. A. taking | B. take | C. taken | D. took |
| () 12. A. in other way | B. in other ways | C. in other word | D. in other words |
| () 13. A. food | B. foods | C. calories | D. calory |
| () 14. A. it | B. food | C. them | D. they |
| () 15. A. much than | B. as | C. then | D. than |
| () 16. A. as many calories as | B. as much calories as | C. so many calories as | D. so much calories as |
| () 17. A. good | B. well | C. best | D. bad |
| () 18. A. have | B. put | C. take | D. keep |
| () 19. A. cut down | B. cut off | C. cut in | D. cut up |
| () 20. A. day | B. daily | C. special | D. liquid |

训 练 2

I. Complete the following sentences.

1. 今后你应当更加小心。

You _____ be _____ careful _____.

2. 我劝她别再想那件事了。

I advised her _____ about it _____.

3. 我们应该跟上现代生活的快节奏。

We should _____ the high pace of _____ life.

4. 一旦发胖, 你很难减肥。

- _____ you've got fat, it's very hard _____.
5. 汤姆的脸看上去很苍白, 因此格林先生问他怎么了。
Tom's face looked pale, so Mr Green asked what _____ him.
6. 医生建议她多吃水果和蔬菜。
The doctor _____ that she _____ more fruit and green vegetables.
7. 昨天多达五百人出席了会议。
_____ 500 people _____ the meeting yesterday.
8. 天气足够冷的时候, 水就成了冰。
Water will _____ ice when it is _____.
9. 我希望你们时常到我们镇上来并玩得开心。
I expect you'll enjoy coming into our town _____.
10. 妈妈正在厨房里做晚饭, 爸爸在一边为晚饭做准备。
Mother is _____ supper in the kitchen _____ father is _____ supper.
11. 2002 年中国成为 WTO 的一员了。
In 2002 China _____ WTO.
12. 专家所说的也适用于我们。
_____ the expert said _____ too.
13. 我们无法借盐给你, 我们自己也缺盐。
We can't _____ you any salt, we _____ it ourselves.
14. 她把屋子里的东西按原样摆放。
She left everything in the room _____ the way _____.
15. 只有靠艰苦的工作, 你才会取得进步。
_____ hard working _____ make progress.

II. Reading comprehension.

A

A poor boy felt hungry and sat down to eat what he had brought with him. A few metres away there was a small shop by the side of the road where a woman was frying fish and selling it to travellers who were able to pay for it. This woman watched the poor boy carefully, and when he finished his food and began to go, she shouted impolitely: "You have not paid me for the fried fish!"

"But I have not had any fried fish!" he said.

"But everyone can see that you enjoyed the smell of my fish while eating your rice and vegetable," argued the woman. "You have smelled the fish."

Soon a crowd collected, and although they supported the poor boy, they had to admit that the wind was blowing from the shop to where he had eaten, and that it had carried the smell of the fried fish to him.

Finally the woman took the poor boy to a judge, who said, "The woman says that the boy ate his meal with the smell of her fried fish. The boy agrees that the wind was blowing from the woman's shop to the place where he ate his rice and vegetable and that it carried the

smell of her fried fish to his nose while he was eating, so he must pay for it." "What does your fried fish cost?" he asked the woman. "Twenty-five cents a plate," she answered happily.

"Then go outside together," said the judge. "There the boy must hold up a twenty-five-cent piece so that its shadow falls on the woman's hand. The value of the smell of a plate of fried fish is the shadow of twenty-five cents."

- () 1. The poor boy ate his food _____.
A. in the woman's shop
B. on the road near the woman's shop
C. when the woman began to fry fish
D. while the woman didn't find him
- () 2. From the passage, we know that _____.
A. the boy was a traveller
B. the wind blowing smell of the fried fish to the boy only
C. the boy didn't like smell of the fried fish and began to go
D. the poor boy admitted he smelled the fried fish
- () 3. Lots of people supported the boy, but _____.
A. they were afraid of the woman
B. they were interested in it
C. they didn't know what to do
D. they didn't believe the judge
- () 4. Which of the following is true according to the passage?
A. The judge supported the woman.
B. The judge knew that the boy didn't eat fried fish and the woman did.
C. The judge paid up what the boy owed.
D. The judge was a wiseman.
- () 5. After the judge asked, the woman felt happy, because _____.
A. she was familiar with the judge
B. she knew she would get many than twenty-five cents
C. she knew the boy was a richman's son
D. she thought the judge supported her

B

If a man has a good appetite (食欲), it is thought that he is healthy. When we hear a boy say, "I am as hungry as a tiger", we are quite sure that he is well.

It is a good sign to feel hungry. In fact, that is the way the body rings the bell to tell us that it needs food.

If a boy did not eat, he would grow thinner and weaker every day until he was unable even to walk and at last he would stop living entirely. That is what happens when people starve (饿) to death.

You should know the following things about eating.

One of them is that you should eat enough vegetables which have many leaves and some fruit every day and drink four glasses of water between meals during the day. Next, eat three times a day, and be regular if you are well. Don't eat between meals. And eat slowly and chew (嚼) the food until it is soft. Never drink during the chewing.

If you are healthy and chew slowly and carefully, eat until you are about to stop feeling hungry, never eat too much. It is also important to us.

- () 6. How many instructions does the passage tell us about eating?
A. Two. B. Three. C. Four. D. Five.
- () 7. A sick man will _____ every day if he is unable to eat anything.
A. get better B. feel well C. become fatter D. get worse
- () 8. Which of the following is not right according to the passage?
A. The healthier one is, the better his appetite is.
B. Feeling hungry means that the body needs food.
C. If one didn't eat for a day, he would stop living entirely.
D. A person should stop eating when he feels enough.
- () 9. "Eat three times a day and be regular" means _____.
A. having your breakfast, lunch and supper at the same time every day
B. having your meals in different time every day
C. having the same food at the same time every day
D. having different food three times every day
- () 10. It is good _____ while chewing.
A. to talk loudly B. to do some reading
C. not to drink D. to stop to drink

训 练 3

I. Word spelling.

- The food should c _____ some fat, some fibre, also a little salt.
- A p _____ is a person who has received or is receiving medical treatment.
- I have a toothache. I'll have my teeth e _____.
- Jim's s _____ is that we should hold the meeting tomorrow.
- There are p _____ of people who want to see you.
- A new r _____ opened yesterday, where many people were eating.
- We o _____ not to eat too much junk food.
- Smoking is h _____ to your health.
- They should make the right c _____ about how they finish the work on time.
- She w _____ 150 jin. She is too heavy.
- Fruit and green vegetables are rich in fibre and low in s _____ and fat.
- She lost her b _____ and fell over.
- Light, heat and electricity are different form of e _____.

14. Air is a m _____ of gases.

15. Energy is measured in c _____.

II. Correct the mistakes.

Lots of people went to the hamburger restaurant on the first few days 1. _____
after its opening. Some people enjoyed it; the others did not find it good 2. _____
value to money. As a doctor, I advice you not to have hamburger. 3. _____
The foods that are sold in hamburger restaurants are high fat, sugar 4. _____
and salt. All these things are eaten a lot in the West. They are not healthy 5. _____
diet at all, I think. As a result, many Westerners died at an early 6. _____
age from heart illnesses. Many of them have weights problems, and they 7. _____
should lose weight. They also have bad teeth because of the sugar which 8. _____
they're always eating. Look at this cup of Coca Cola. There's so 9. _____
much sugar as eight pieces of sugar. Sugar is no a necessary 10. _____
part of a healthy-diet.

III. Writing.

今天一早你感到身体不舒服，头痛得厉害。于是8点乘坐5路公共汽车去离你家不远的
一家医院看病。张医生给你作了仔细检查，结果发现你得了重感冒。他给了你一些药并嘱咐
你一天吃三次，还建议你在家休息一两天。

假定你是林涛，请以上面汉语提示为依据，编写一段你与张医生之间的对话。

Unit 14 Festivals

【自主学习提示】

I. 词语的用法与辨析

1. dress up 与 dress up as

dress up 盛装, 打扮, 修饰 dress up as 装扮成……, 打扮成……

Children often enjoy **dressing up** in their parents' clothes. 孩子们经常喜欢穿父母的衣服。

She **dressed her child up** for the party. 她把孩子打扮起来去参加聚会。

He **dressed up as** a policeman. 他装扮成一个警察。

2. in one's opinion

in one's opinion = in the opinion of one 依照某人的看法

In my opinion, you waste too much time in playing electronic games. 依我看, 你浪费了太多的时间打电子游戏。

3. as well as 与 as well

as well as 为比较结构, 意思是“和……一样好”; 作连词词组, 意思是“不但……, 而且”, “既……, 又……”, 如果连接两个名词作主语, 谓语和前面的名词一致。as well 为副词词组, 相当于 too, 意思是“也”、“还”, 通常放在句末。

He can write English **as well as** his brother now. 现在他能把英语写得和他哥哥一样好。

Tom **as well as** his parents likes music very much. 不但汤姆的父母亲, 而且汤姆都喜欢音乐。

Are you coming **as well**? 你也来吗?

4. do as much as one can to do sth.

表示“尽最大努力做某事”的常用句型, 除了用 do as much as one can to do sth, 还可以用 do all one can to do sth. 和 do what one can to do sth. 等。

We have **done as much as we could to finish the work** earlier. 我们已经尽了全力把工作做得早一点。

5. lighted 与 lit

动词 light 的过去式和过去分词有两种, 即 lighted 与 lit, 其拼写不同, 含义和用法也不同。lighted 在句中常用作定语, 意思是“点燃的, 点亮的”。lit 在句中常用作谓语, 意思是“照亮, 照耀”。

The **lighted** candle is still lying on the table. 点着了的蜡烛仍在桌子上。

The room suddenly **lit up**. 房间突然亮了起来。

6. treat...to 与 treat...as

treat...to 款待(某人) treat...as 把……看做是……(类似的表达还有 re-

gard... as, think of... as, consider... as 等。)

Peter **treated** me to lunch. 彼得请我吃午饭。

We **treat** him **as** our closest friend. 我们把他看做是我们最亲密的朋友。

7. care about 与 care for

care about 关心, 在乎 care for 喜欢, 照顾

He was interested only in research and he didn't **care about** his friends. 他只对研究感兴趣, 他不关心朋友。

She will **care for** the children while I am away. 我不在时, 她会照顾那些孩子。

8. take in

take in ①把……拿进来或带进来 ②摄取, 了解 ③欺骗 (常用被动语态)

Please **take** the washing **in** if it rains. 如果下雨, 请把洗好的衣物收进来。

They didn't **take in** what I said. 他们没了解我所说的话。

The boy was not easily **taken in**. 这个男孩不容易受骗。

II. 语法点

情态动词 must, have to, have got to 表示“必要”的用法。

1. must 表示说话人的主观看法, 意思是“必须”、“应该”。否定式 must not/mustn't 表示“不应该”、“不许可”、“不准”、“禁止”等。否定回答用 need not/needn't 或者 don't have to, 表示“不必要”。例如:

Your papers **must** be handed in before the class is over. 你们的试卷必须下课前交来。

You **mustn't** speak like that to older people. 你不应该像那样对年纪大的人说话。

Must I attend the meeting? No, you **needn't**. 我必须参加会议吗? 不, 你不必。

2. have to 表示客观需要做某事, 意思是“必须”、“不得不”, 后接动词原形; have to 有多种时态, 否定形式是“没有必要”的意思, 相当于 needn't, 可以回答 must 的问句。例如:

We will **have to** get up earlier tomorrow, or we can't catch the first bus. 明天我们得早起床, 否则就赶不上早班车。

3. have got to 和 have to 的意思差不多, 也是“不得不”, 但疑问句和否定句要借助 have/has 构成。例如:

I **have got to** be off now. 我现在得走了。

Has the boy **got to** have an operation? 这孩子得动手术吗?

训 练 1

I. Multiple choice.

- () 1. The aim of the library service is to bring _____ to the people.
A. a culture B. the culture C. cultures D. culture
- () 2. Will you please compare _____ the sentences and tell me the difference there is?
A. to B. with C. in D. /
- () 3. He plays the violin _____, if not better than, his sister.
A. as good as B. as well C. as good D. as well as