

"十一五"中等职业教育实用创新教材文化基础课教学用书

ZHONGZHIJIAOCAI

英语练习删

第二册

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副主编 赵凤云

预 问 张志远

宋改娟

Mark Burnham[英]

New Fashion

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张志远 间

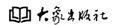
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本书是"十一五"中等职业教育实用创新教材——《英语》学生用书的同步练习册,该书秉承学生用书的编写理念和创意设计,精心选材,科学编排,以实现让读者轻松高效地学习英语的目标。为了帮助读者更好地使用学生用书,在本练习册后附有"学生用书答案及注释"。

本书呈现如下特点:

1. 紧扣教材,巩固拓展。

配合教材话题,涉及问候、人物介绍、学校描述、找工作和生活习惯等诸多话题,共12个单元。每个单元的内容都以阅读为主,设计时尚新颖、精短典型的文章2篇,每篇文章后面设计了7个相关的练习栏目,以提高学生的英语综合应用能力。

2. 实用高效,易学好用。

语言标准、精炼、时代感强、琅琅上口;兼顾知识性和趣味性,让学生在看故事、读新闻、讲幽默·····的轻松学习过程中学有所获;选材取之于生活,并用之于生活,让学生真正"学得懂,用得上"。

3. 由浅入深,阶梯训练。

在难易程度的设计上,本书遵循学生认知从易到难的阶梯式规律,每单元中的第一篇文章较为简单,而第二篇难度就有所增加。每个单元的每篇文章下面的练习栏目从句意判断、词汇练习、翻译短句到复述课文、短文写作,操练难度逐级加强,这些练习环环相扣,循序渐进,最终达到英语水平的全面提升。

4. 精置语境,拓宽视野。

比如在第1单元,就是"如何到英语国家的家庭去赴宴",包括什么时候去,带什么东西 合适,如何称呼认识的新朋友等等;第11单元讲述了美国的"乡村音乐"及其发展历史,让学 生更多的了解异域文化。

5. 及时辨析,举一反三。

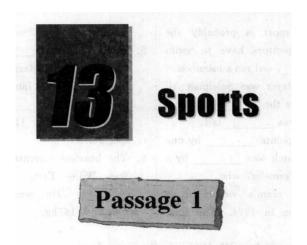
部分练习的最后一个栏目"Explanations of long or diffcult sentences"是专门为学生解释阅读中出现的长难句而设立的,该栏目不但为大家剖析这些句子的结构,还进行归纳总结,并举出常见的例句,帮助学生轻松掌握重难点。

本书虽经我们精心编撰,但百密难免一疏,恳请各位读者、专家提出宝贵意见。

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Strange Sports

The oldest *marathon* runner in the world was Dimitrion Yordanidis from Greece who completed the Athens marathon in 1976 in 7 hours 33 minutes aged 98.

The world's hardest sport is probably the *triathlon*, where *competitors* have to swim 3.8km, cycle 180km, and run a marathon (42, 195km).

The tallest basketball player was Suleiman Ali Nashnush who played for the Libyan national team in 1962. He was 2.45m tall. The highest number of points scored by one player in a basketball match was achieved by a Swedish player, Mats Wermelin, who scored all the points in his team's victory in a tournament in Stockholm in 1974. The final score was 272—nil.

The largest crowd at a football match was in the Maracana municipal stadium in Rio de Janeiro, Brazil on the 16th July 1950 for the match between Brazil and Uruguay. There were almost 200,000 spectators.

The heaviest international goalkeeper on record was Willie Fatty Foulke who played for England. He was 1.90m tall and weighed 165kg. He once stopped a game when he broke the bar of the goal.

marathon /mærə0ən/

n. 马拉松 triathlon /traiæ0lon/

n. 三项全能运动 competitor /kəmˈpetɪtə/

n. 竞争者
score /sko:/ n. & v. 得分
achieve /ətʃi:v/ vt. 完成
tournament /tuənəmənt/

n. 比赛, 锦标赛
nil /nɪl/ n. 零
municipal /mjʊnɪsɪpəl/

bar /ba:(r)/ n. 门柱

adj. 市政的
stadium /sterdrəm/ n. 运动场
spectator /spektertə/ n. 观众
goalkeeper /ˈgəʊlki:pə/
n. 守门员
goal /gəʊl/ n. 球门,进球

Step 1 Read and judge these sentences, write T for true or F for false.

 When Dimitrion Yordanidis from Greece was 98, he completed the Greek Marathon. The world's hardest sport is triathlon. 			5	 The highest number of points was 272. The largest number of football players were in one match. 		
3. The tallest basketball player was Ali. () Step 2 Read and complete sentences.			1		()
The oldest marathon runner was Yordanidis from who comp	Dimiti	rion	:	marathon in 1976 in	_ ho	 urs

2	ports		
	The world's hardest sport is probably the, where competitors have to swim, cycle, and run a marathon. The tallest basketball player was Suleiman Ali Nashnush who played for the national team in He was tall. The highest number of points by one player in a basketball match was by a Swedish player, Mats Wermelin, who all the points in his team's victory in a tournament in Stockholm in 1974. The final	6	score272—nil. The largest crowd a football match was the Maracana municipal stadium Rio de Janeiro, Brazil the 16th July 1950 the match Brazil and Uruguay. There were 200,000 spectators. The heaviest international on record was Willie Fatty Foulke who played for He was 1.90m and 165kg.
3	Match the words with their sin	nilar	r meanings .
2. 3. 4. 5. 6. 7.	marathon Hariathlon Competitor I Score Spectator Goalkeeper Competition I State of the second Spectator I Special I Spectator I Special I Sp	3. fi C. cc O. o E. a E. su G. o	nake as points in a game nish ontest consisting of three different events ne who watches a game football player who stops the ball from entering the goal access ne who takes part in a race ong-distance race on foot
	The oldest marathon runner The world's hardest sport The tallest basketball player	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	The highest number of points The largest crowd at a football match The heaviest international goalkeeper
	the, runner, 98, oldest, marathon, was	wit	h the given words or phrases.
2.	the, world's, is, sport, the, hardest, probably, triathlon	5.	almost, spectators, at, a, there were, football, 200,000, match
	the, player, tall, tallest, was, 2.45m, basketball	6.	the, goalkeeper, 1.90m, 165kg, tall, heaviest, was, weighed, and
	the, number, in, a, 272—nil, highest, of, match, was, points, basketball tep 6 Translation.		
	The oldest marathon runner in the world was Dimitrion Yordanidis from Greece who completed the Athens marathon in 1976 in 7		hours 33 minutes aged 98.

- 2. The tallest basketball player was Suleiman Ali Nashnush who played for the Libyan national team in 1962. He was 2, 45m tall.
- 3. The highest number of points scored by one player in a basketball match was achieved by a Swedish player, Mats Wermelin, who scored all the points in his team's victory in a tournament in Stockholm in 1974. The final score was 272nil.
- 4. The heaviest international goalkeeper on record was Willie Fatty Foulke who played for England. He was 1, 90m tall and weighed 165kg.
- 5. The largest number of football players were 200,000 in one match.

Step 7

Writing.

This is the brief introduction about Michael Jordan. Read it and then write something about Yao Ming.

Michael Jordan was born in 1963 in New York. When he was young, he didn't look like a future superstar. He was very shy and didn't like to talk to other people. He was also very short.

He brought an acrobatic style to the basketball. He used his quickness and strength to consistently score. He became famous for his powerful slam dunk. He was given the nickname "Air Jordan".

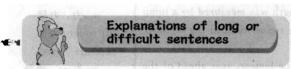
Yao Ming

Born: Sept. 12, 1980 in Shanghai, China Height: 2.26m Weight: 134kg

Position: Center

Club: the Houston Rockets

After college, Michael was chosen to play for
the Chicago Bulls. Since then he led the Chicago
Bulls to six NBA championships. He once set a
record by scoring 63 points in one game. In April
2003, when he was 40, he said goodbye to his
game.



1. The oldest marathon runner in the world was Dimitrion Yordanidis from Greece who completed the Athens marathon in 1976 in 7 hours 33 minutes aged 98.

who 引导的是定语从句,修饰先行词 Dimitrion Yordanidis。aged 过去分词修饰 runner 做定 语,表示已经达到98高龄。

净净净净净净净净净净净净净净净净净净净净净净净净净净净

2. The highest number of points scored by one player in a basketball match was achieved by a Swedish player, Mats Wermelin, who scored all the points in his team's victory in a tournament in Stockholm in 1974.

scored by ... match 是过去分词短语修饰 points, 做定语表示被动。who 引导的是非限定性定语从句,修饰先行词 Mats Wermelin。



When you walk into this room, you have to be careful you don't fall over the mountain bikes, sports bags and various pieces of sports equipment all over the hall. The house is occupied by five sports science students from the Chester College who eat, live and breathe sport. They work hard to keep fit. Karl, the canoeist, describes a typical day: In the mornings, we go for a run before breakfast, and then we have lectures at college. Then we go running again or swimming, and then a quick lunch. In the afternoons we do coaching to earn some extra money, and evenings are spent in the gym or playing football.

All five boys are obviously fit. But who is the fittest? We asked them to do a series of tests to find out the answer.

Body fat

The one with the most was the **shot putter**, and the one with the least was the tennis player.

Endurance

When they had to run at a **speed**, the first to get tired was the shot putter who lasted 10 minutes followed by the canoeist and the runner.

Flexibility

They had to do some *stretch* to *recover*. This gave the shot putter the chance to win some points and he was the most *flexible*, followed by runner.

Strength

Lifting weight is to test the strength of their arms. Of course, the shot putter was the strongest. The leg strength was measured by a jump test, All five boys are obviously fit. But the runner jumped the highest.

Speed

The tennis player was measured to be the fastest, just ahead of the footballer, and the shot putter was last.

Abdominal muscles

Doing sit-ups tests their muscles. The footballer only managed two minutes, and after five minutes the only left was the tennis player who lasted eight minutes.

fall over 撞倒 mountain bike 山地车 equipment /rkwrpmənt/

n. 装备
occupy /ˈɒkjupaɪ/

vt. 占,占用 breathe /briːð/ v. 呼吸 canoeist /kəˈnuːɪst/

n. 划艇运动员 coach /kəutʃ/

n. & v. 教练, 训练 gym /dʒɪm/ n. 体育馆 body fat 体脂肪 shot putter 铅球运动员 endurance /ɪnˈdjurəns/

n. 忍耐 speed /spi:d/n. & v. 速度 flexibility /,fleksə'bilitz/

n. 柔韧 stretch /stretʃ/ v. 伸展 recover /rikʌvə/ v. 恢复 flexible / fleksəbl/

adj. 柔韧性 strength /strenθ/

n. 力,力量 lift weight 举重 measure / meʒə/

n. & vt. 测量
abdominal /æb'dɒmɪnl/
adj. 腹部的
muscle /ˈmʌsl/ n. 肌肉

sit-up n. 仰卧起坐 last /lost/vi. 持续

Step 1 R	ead and answer	the questions.				
1. What do the bo	. What do the boys study?			running for t	he longest time?	
2. What's their ho	What's their house like?			nost flexible on	e?	
3. How do they ea	. How do they earn extra money?			istest player?		
4. How often do t	hey do sport a day	?	10. Who jumped t	he highest?		
5. Who do you thi	ink is the fittest?		11. Who was the	slowest one?		
6. Who had the le	ast body fat?		12. Who could do	the most sit-u	ps?	
Step 2 Re	ad and complete	e the sentences				
1. The house _	by five	sports science	lunch. In the	afternoons we	to earn	
students from	the Chester Colleg	е.	some extra mor	ney, and evening	ngs in the	
2. In the mornings	s, we be	fore breakfast,	gym or playing	football.		
	at college.	1	3. We asked th	em	a series of tests	
4. Fill in the bland	ks according to the	test. Tennis Player	Canoeist	Runner	footballer	
Body fat	The most	The least				
Endurance						
Flexibility						
Strength					¢	
Speed						
Muscle					<u> </u>	
Step 3 M	atch the words	with their simi	lar meanings .			
1. various		A. ability	to put up with			
2. equipment		B. easily	bent without break	ing		
3. fall over		C. a num	ber of things or eve	nts which are	related in some way	
4. a series of			needed for a purpo	se		
5. last		E. drop o				
6. recover			ent, several			
7. point		G. get ba				
8. endurance			or measuring scores	_	es and sports	
9. flexible			to find out the size, amount etc.			
10. measure	measure I. go o					

Step 4 Retelling.

In the mornings, they go for a run before breakfast \cdots

Body fat

The shot putter, the tennis player ...

Endurance

When they had to run at a speed, the first to get tired ...

Flexibility

They had to do some stretch to recover ...

Strength

Lifting weight ...

A jump test ...

Speed

Doing sit-ups ...

Step 5 Make up meaningful sentences with the given words or phrases.

- 1. five sports, science students, the house, by, is occupied
- we, extra, money, some, in the afternoons, to earn, do coaching
- 3. the answer, a series of, asked them, we, to find out, to do, tests
- 4. was, get tired, the first, to, the shot putter

- 5. some points, to win, the chance, the shot putter, this, gave
- 6. the strength, their arms, to test, is, of, lifting weight
- 7. sit-ups, doing, their muscles, tests
- 8. the tennis player, the only left, eight minutes, who, was, lasted

Step 6 Translation.

- 1. In the mornings, we go for a run before breakfast, and then we have lectures at college. Then we go running again or swimming, and then a quick lunch. In the afternoons we do coaching to earn some extra money, and evenings are spent in the gym or playing football.

2. We asked them to do a series of tests to find out

- This gave the shot putter the chance to win some points and he was the most flexible, followed by runner,
- Lifting weight is to test the strength of their arms.
- Doing sit-ups tests their muscles. The footballer only managed two minutes, and after five minutes the only left was the tennis player who lasted eight minutes.

the answer.

	•
Step 7 Writing.	
Describe a sport activity you often do with your	
friends or your classmates.	
	·



Explanations of long or difficult sentences

1. The house is occupied by five sports science students from the Chester College who eat, live and breathe sport.

occupy 表示占领,占用。is occupied by ... 表示由……占用; who 引导的是定语从句,修饰先行词 students。Breathe 本意是呼吸,在此表示共同参与体育活动。

- 2. In the afternoons we do coaching to earn some extra money. coaching 是动名词的用法。如 go shopping, do boating 等等。
- 3. We asked them to do a series of tests to find out the answer.

 ask sb. to do sth. 表示要求某人做某事; a series of 表示一系列; find out 表示找出。
- 4. When they had to run at a speed, the first to get tired was the shot putter who lasted 10 minutes followed by the canoeist and the runner.

at a speed 表示以某种速度干; get tired 表示累了,等于 be tired,不定式 to get tired 修饰 the first 做定语。who 引导的是定语从句,修饰先行词 the shot putter。followed 是过去分词,修饰 the shot putter 表示被动,意思是他被划艇的运动员和跑步运动员所跟着。

- 5. Lifting weight is to test the strength of their arms.
 - 动名词短语 lifting weight 做主语。不定式短语 to test the strength of their arms 做表语。
- 6. Doing sit-ups tests their muscles. The footballer only managed two minutes, and after five minutes the only left was the tennis player who lasted eight minutes.
 - 1)动名词短语 doing sit-ups 做主语;
 - 2) manage 常用词组 manage to do sth. 表示设法干成某事;
 - 3) the only left 表示剩下的人。"the + 形容词"表示名词,left 在这里是过去分词,起形容词的作用,表示剩下的;
 - 4)who 引导的是定语从句,修饰先行词 the tennis player.



Are You III?



When I Was Ill

A week ago, I had a bad cold with a high *temperature*. The doctor told me to stay in hospital. I was very lonely these days because I stayed in the sick bed and looked at the white *ward* every day. I couldn't help thinking of my teachers and classmates.

When I felt a little better, I wanted to leave hospital at once. One afternoon the doctor agreed that I could leave. It meant that I could see my friends again the next day! On my way home, I noticed the air *outside* was nice and fresh.

As soon as I arrived at home, I was busy going over my lessons. When suddenly, there was a knock at the door. "Who is it?" I thought. When I opened the door I shouted, "Wang Mei!" She was my best friend. Behind her were my head teacher Mr. LI and some of my classmates. "Come in!" I said with a big smile. How surprised and happy I was! Wang Mei said, "We went to the hospital just now, but you were already gone." Mr. Li said, "We all hope you will get well soon and we welcome you back to school." I was so excited that I didn't know what to say or what to do. I only said, "Thank you for coming to see me. Thanks a lot." They also asked about my illness and told me to have a good rest and not to worry about the lessons. Then they said good-bye to me.

I looked at the food they brought for me. "They are so kind!" I said to myself, "I must make up for the lessons I've missed. I will try my best and study harder."

temperature

/tempritfə(r)/

n. 温度

ward /wo:d/

n. 监护,病房

outside /'aut'said/

adv. 在外面

suddenly /'sʌdənlɪ/

adv. 突然地

knock /npk/

n. 敲,敲打,敲门

worry about 担心

make up for 补偿,弥补

Step 1 Read and answer the questions.

- 1. When did the author catch a bad cold?
- 2. Why did the author want to leave the hospital at once?
- 3. What made the author so excited?

Step 2 Read and complete the sentence	s
1. These days I was very, I stayed in the sick bed and looked at the white every day. I couldn't help of my teachers and classmates.	
Step 3 Match the words with their sim	ilar meanings .
Link the English words or phrases on the left with th	eir appropriate meanings on the right.
1. lonely A. lac	king companions or companionship
2. ward B. ho	ld a review
3. at once C. ha	ppening unexpectedly
4. go over D. blo	ock forming a division of a hospital shared by patients
5. suddenly E. wit	thout delay or hesitation
Step 4 Retelling.	
Example: like, I, very, reading, much → I like reading very much. 1. doctor, me, told, stay, in, to, the, hospital →	2. air, I, outside, fresh, nice, noticed, was, the, and →
Step 6 Translation	
1. 一星期以前,我得了重感冒并伴有高烧。	2. 我激动得不知该说什么和做什么了。
Step 7 Writing.	
Have you been to the hospital or to the clinic to	You:
see a doctor? Suppose you have caught a cold, you	Doctor:
go to see a doctor and have a dialogue with him.	You:
You can start with this:	Doctor:
Doctor: What's the trouble?	You:
You: Well. I don't feel well.	Doctor:
Doctor:	You:



Explanations of long or difficult sentences

I was so excited that I didn't know what to say or what to do.

这句话用了 so … that … 句型,意思是"如此……,以致于……",但在译成汉语时,许多情况下,并不一定要译成"如此……以致于……",而是变通表达其含义。并且要注意 so 后一般用形容词和副词。

e.g. He ran so fast that nobody could catch him up. 他跑得如此之快以致于没人能够赶上他。



Smoking and Health

Today, smoking is a widespread habit all over the world. Not only the old, the youth, but also middle school students have been engaged in smoking. Many of them think that smoking is a smart symbol.

However, smoking is harmful to one's health. It contributes a lot of lung cancer, from which many people have died in the past years. It can also be the cause of many other diseases. In a word, if you smoke, you do have a much greater chance of losing your health. Furthermore, scientific research shows that smoking is not only harmful to smokers themselves, but also a threat to public health, especially to women and children. Therefore, many countries have made laws forbidding smokers to smoke in public places such as cinemas, stations, hospitals, and so on.

Give up smoking for the sake of your health, for the sake of your family, and for the sake of the whole world.

widespread /ˈwaɪdspred/ adj. 分布广的,普遍的 engage /ɪnˈɡeɪdʒ/

- v. 预定,使忙碌,订婚 symbol/simbal/
- n. 符号,标志,象征 contribute/kənˈtrɪbjuːt/
- v. 有助于,捐助,贡献 furthermore /fs.ŏemo:(r)/ adv. 而且,此外

Step 1	Read and judge	$these\ sentences\ ,$	write T	for	true or	F for false	€.

1. Many of the old smokers thin	k that smoking is a	health.	()
smart symbol.	() ;	3. The author advised young people	to give	up
2. In a word, if you smoke,	you do lose your	smoking.	()
Step 2 Read and comp	olete the sentences.			
1. Not only the, the	, but also	such as cinemas, stations, hospitals	s, and so o	n.
school students ha	ve been engaged in	3. Give up smoking for the sake of you	ır	_,
smoking.	•	for the sake of your, and	for the sa	ıke
2. Therefore, many countries	have made laws	of the world.		
				

Step 3 Match the words with their sin	milar meanings .
4. furthermore	their appropriate meanings on the right. A. be involved in B. in addition, moreover C. distributed over a considerable extent D. abandon, stop E. in short, to sum up
Step 4 Retelling.	
Today smoking is a widespread habit all over the world. Not only but also However, smoking is harmful to one's health. It	i i
Step 5 Make up meaningful sentences	with the given words or phrases.
Example: smoking, harmful, to, health, one's, is →Smoking is harmful to one's health. 1. smoking, habit, widespread, today, is, a, all over the world →	2. smoking, for the sake of, give up, health, your
Step 6 Translation.	
1. 科学研究显示,吸烟不仅危害吸烟者本人,而且 对公共健康来说,也是一个凶兆,尤其是对妇女 和孩子。	
Step 7 Writing.	
某中学生染上了吸烟的坏习惯,后因没钱买烟而偷窃,直到因抢劫入狱。请据此写一篇 120 个词左右的议论文,谈谈你对吸烟危害性的认识。要点如下: 1. 此事给我们上了很好的一课。 2. 吸烟有损于健康,也有害于思想。	

3. 作为祖国未来的建设者,我们要努力学习,

戒除恶习。