

普通高中课程标准实验教科书(人教版)

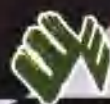
英语

基础训练

(选修10)

山东省教学研究室 编

ENGLISH
WORKBOOK



山东教育出版社

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出版说明

根据教育部“为了丰富学生的课外活动,拓宽知识视野、开发智力、提高学生的思想道德素质和指导学生掌握正确的学习方法,社会有关单位和各界人士、各级教育部门、出版单位应积极编写和出版健康有益的课外读物”的精神,山东省教学研究室、山东教育出版社结合我省 2004 年全面进入普通高中新课程改革的实际需要,组织一批教育理念先进、教学经验丰富的骨干教师和教研人员编写了供广大师生使用的普通高中课程标准各科基础训练。

这套基础训练是依据教育部 2003 年颁布的《普通高中新课程方案(实验)》和普通高中各科课程标准以及不同版本的实验教科书编写的,旨在引导同学们对学科基本内容、知识体系进行归纳、梳理、巩固、提高,并进行探究性、创新性的自主学习,从而达到提高同学们的科学精神和学科素养,为同学们的终身发展奠定基础的目的。在编写过程中,充分体现了课程改革的理念,遵循教育和学习的规律,与高中教学同步;注重科学性、创新性、实用性的统一,正确处理获取知识和培养能力的关系,在学科知识得以巩固的前提下,加大能力培养的力度,兼顾学科知识的综合和跨学科综合能力的培养;同时,注意为同学们的学习和终身发展奠定坚实的基础。

《普通高中课程标准实验教科书(人教版)英语基础训练》(选修 10)可配合人教版《普通高中课程标准实验教科书英语(选修 10)》使用。本册由高洪德主编,潘世冉、樊玉国、王月峰、李彦如、马倩、朱明新副主编。

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Unit 1 Nothing ventured, nothing gained

单元目标锁定

| | | |
|----|---|---|
| 话题 | Human qualities; perseverance, team-spirit, optimism... | |
| 词汇 | 单词 | venture suffering strengthen endurance unbearable cosy breathless rotten blacken circumstance blast hoarse bless selfish hook aboard anyhow seasickness crush mourn urgent bedding vital cheerful perseverance faith framework rank morale select booming swear advocate freezing stool gratitude punishment loyal tactful odd stout optimism delay discourage dynamic regular grasp board liver chef changeable caution admirable commitment proverb |
| | 词组 | block out give way to give off fix thread teach sb a lesson remind sb of sth have sth in common be about to as usual hold on suffer from set out be honest with die down above all set out |
| 句型 | 1. What do you think sb do sth...? 2. It is considered ... to do sth... 3. be about to do... when... 4. it is/was + 被强调部分 + that/who 5. ..., so that... 6. There is/was nothing like... to do sth... 7. once... | |
| 语法 | 复习现在分词、过去分词及定语从句在句中的定语用法 | |

求知全程设计

课文理解

Text A

★ 主旨归纳

1. What does the passage mainly tell us?

- A. Perce managed to get aboard the ship.
- B. The Endurance became stuck in pack ice.
- C. The Endurance ship reached Elephant Island successfully.
- D. Endurance became stuck in pack ice and we managed to land on Elephant Island under the leadership of Sir Ernest Shackleton.

★ 细节理解

2. Why did Perce find everything was grey?
 - A. Everything was grey indeed.
 - B. There was something wrong with Perce's eye.
 - C. The light was so dark that he could see nothing clearly.
 - D. Perce was in a very low mood.
3. Which of the following statements is **not** true?
 - A. In 1916, Perce was only 22 years old.
 - B. When the crew found Perce in the ship, Sir Ernest Shackleton wasn't angry.
 - C. Once we were settled on Elephant Island, five persons left for South Georgia to bring help, including Shackleton.
 - D. Altogether there were twenty-eight persons in the ship.
4. What's the right order of the things mentioned in the passage?
 - ① My toes became blackened from frost-bite.
 - ② I read the advertisement made by Shackleton.
 - ③ The Endurance became stuck in pack ice.
 - ④ We were settled on Elephant Island.

A. ②③①④ B. ②③④① C. ③④①② D. ③②④①

★ 推理判断

5. What kinds of qualities made us land on the island safely?
 - A. Shackleton's honesty.
 - B. Only Shackleton's perseverance.
 - C. The team spirit.
 - D. Shackleton's determination and perseverance and our team spirit.

Text B

★ 主旨归纳

1. What do you think was their greatest worry?
 - A. Fresh water.
 - B. Fuel.
 - C. Food.
 - D. Optimism and faith.

★ 细节理解

2. How many people were left on Elephant Island?

- ### ★ 推理判断

- ### 知识探索

★ 词汇学习

1. **venture**

【观察思考】

- ### 【归纳用法】

venture 用做动词时,既可做及物动词也可做不及物动词,意为“冒险;使……可能遭

英语基础训练

受损失;敢于”。

venture 用做名词时,可做可数名词,也可做不可数名词,意为“冒险;冒险事业;投机”。

【巩固运用】

完成句子

- 1) I think he _____ (在冒险从事危险的旅行)。
- 2) I _____ (冒昧地建议) that we should give it up.
- 3) He climbed the mountain alone _____ (冒险地)。

2. suffering

【观察思考】

- 1) He slept on fire wood and straw to remind him of his sufferings. 他睡在稻草上时刻提醒自己的痛苦。
- 2) How much suffering is there in the world? 世界上有多少苦难?
- 3) They laughed at the prisoner's sufferings. 他们嘲笑囚犯所受的折磨。

【归纳用法】

suffering 用作名词,既可做不可数名词,也可做可数名词,意为“苦难;痛苦;不幸的感觉;苦恼;折磨”。

【巩固运用】

用 suffering 的适当形式填空。

- 1) The patient kept complaining of his _____ at night.
- 2) We went through all the _____ during the war time.

3. bless

【观察思考】

- 1) Bless Frank Wild, the kindest man... 保佑弗兰克·威尔德,心肠最好的人……
- 2) They brought the children to Jesus and he blessed them. 他们把孩子带到耶稣面前,求神赐福他们。
- 3) May you always be blessed with good health. 愿你永远享有健康之福。

【归纳拓展】

bless 作为动词,一般做及物动词用,意为“祝福,保佑,颂扬”。

Bless me! / Bless my soul! 哎呀!(表示惊讶)

be blessed with... 在……方面有福气

The Blessed 天堂中的圣徒们

【巩固运用】

用 bless 的正确形式填空。

- 1) _____ you, my boy!

2) I'm not greatly _____ with worldly goods.

3) _____! Look at the figure in the dark.

4) I've broken the whole _____ lot.

4. aboard

【观察思考】

1) I secretly hid aboard the ship in a small cupboard. 我悄悄藏在船上的一个小柜子里。

2) It's time to go aboard. 是上船(机,车)的时候了。

3) "All aboard!" the sailor said. "请各位上船!"那水手说。

【归纳用法】

aboard 用作副词(有时候可作介绍)意为“上(车、船、飞机)”。

【巩固运用】

完成句子

1) He _____ (登上飞机) for ten minutes.

2) "_____ (欢迎登机)!" the stewardess on the aircraft smiled at us.

5. hook

【观察思考】

1) v. ① An expedition with the great Sir Ernest Shackleton to the South Pole—I was hooked. 跟着伟大的欧内斯特·沙克尔顿爵士去南极探险——我被迷住了。

② The dress was hooked at the back. 那女服背后被钩子钩住了。

③ The boy got hooked on heroin. 那男孩吸海洛因成瘾。

2) n. ① Now, we badly needed a fish-hook. 现在,我们急需一个钓鱼钩。

② At last, we came to get off the hook. 最后,我们终于摆脱困境。

③ He hit his enemy with a left hook. 他用左钩拳重击了他的敌人。

【归纳用法】

hook 作动词,意为“用钩钩住;使成钩形;着迷于”。

hook 作名词,意为“钩,困境,镰刀”。

【巩固运用】

完成句子

1) My aunt _____ (着迷于) package holidays in Spain.

2) Please _____ (钩住那包裹) and lift up.

3) We need some _____ (领钩和钩扣).

6. faith

【观察思考】

1) His perseverance won our complete faith in him. 他的坚持不懈完全赢得我们的信任。

2) Have you had any faith in what he says? 你相信他的话吗?

3) I haven't much faith in this medicine. 对这种药,我没有多大信心。

【归纳拓展】

faith 用作名词,一般作不可数名词,意为“信仰、信任、信心”。

faith cure 信仰疗法

keep faith with sb 对某人守信用

give one's faith to sb 保证拥护某人

in bad/good faith 欺诈地/诚实地

【巩固运用】

翻译句子

1) 我不再信任那家伙。

2) 我信仰上帝。

3) 他对人不守信用,朋友都离开了他。

7. rank

【观察思考】

1) n. ① There were no differences in rank or in social status. 这里没有等级与地位的差别。

② Qi Baishi was a painter of the first rank. 齐白石是一位一流的画家。

③ Taxis stood in a rank in front of the station. 出租车在车站前排成一列。

2) v. ① She ranks high in her class. 她在班上名列前茅。

② He ranks among the greatest pianists of our day. 他是当代最伟大的钢琴家之一。

③ Critics rank him as a first-class painter. 评论家把他评价为一流画家。

【归纳拓展】

rank 用作名词,意为“阶层;等级;地位;行列”。

rank 用作动词,意为“位居……;被分类;被评价”。

break ranks 出列;落后

fall into ranks 加入行列;排队

keep ranks 保持队形;维持秩序

【巩固运用】

完成句子

1) The soldier was promoted to _____ (上尉军衔)。

2) People from _____ (各阶层、各阶级) are equal here.

3) How do you _____ (将汤姆列为……级) as a chess player?

4) Does he _____ (居某地位) the failures?

8. select

【观察思考】

1) v. ① ... he would select five others to go... 他将选出其他五人去……

② He selected one of his favorite books and read to his children. 他挑选一本心爱的书念给孩子们听。

③ They selected him to make a speech at the opening ceremony. 他们推选他在开幕式上致词。

2) *adj.* ① I just bought an *A Select Collection of Poetry From Cotemporary Authors*. 我刚买了一本《当代作家诗歌选集》。

② This area is very select. 这地方住的人很有来头。

【归纳用法】

select 用作动词, 意为“挑选, 选择”。

select 用作形容词, 意为“精选的; 选择成员严格的”。

【巩固运用】

用 *select* 的适当形式填空。

1) Who has been _____ (挑选) to take part in the project?

2) The film is shown to a _____ (内部的) audience.

3) I'm delighted about my _____ (选中) as leader.

9. *delay*

【观察思考】

1) *n.* ① We might never know their fate and possible delays. 我们可能从来不知道他们的命运及还需要耽搁多久。

② We must leave without delay. 我们必须立即离开。

③ There was a delay of two hours before the plane took off. 飞机起飞推迟了两个小时。

2) *v.* ① Don't delay! Book your holiday today! 别拖延! 今天就定下你休假的日子。

② She delayed (for) two hours and missed the plane. 她耽搁两小时, 没赶上飞机。

③ Why have they delayed opening the school? 他们为什么延期开学?

【归纳用法】

delay 作为名词, 意为“耽搁; 延误; 被耽搁或推迟的时间”。

delay 作为动词, 意为“延误; 耽搁; 延期; 推迟”。

【巩固运用】

完成句子

1) The train _____ (延误一小时) by the accident.

2) I arrived there _____ (毫无耽搁).

3) They decided to _____ (推迟出国).

10. *grasp*

【观察思考】

1) *v.* ① We had to gather fresh water by grasping and then melting sea ice. 我们不得不通过捞一些浮冰再融化得到一些淡水。

② She grasped the rope and pulled herself up. 她抓住绳子攀上去。

③ I don't think you're quite grasped the seriousness of the situation. 我认为你对情况的严重性理解还不透彻。

2) *n.* ① Take a firm grasp of the handle and pull. 抓住把手用力拉。

- ② They had fled to America, and were beyond the grasp of their enemies. 他们逃到美洲,摆脱了敌人的控制。

【归纳用法】

grasp 用作动词时,意为“抓住,咬住;抓紧;全面领会”。

grasp 用作名词时,意为“抓住,把握;理解,领会”。

【巩固运用】

翻译句子

- 1) 他热情地跟我握手。

- 2) 你最好抓住这一机会。

- 3) 她始终不明白该怎样做。

- 4) 她对该学科有深刻的了解。

B. 重点短语

1. hold on

【观察思考】

Hold on now, Perce. Don't you go turning into another Tom? 坚持下去,珀西,不要变成另一个汤姆。

Hold on a minute while I get my breath back. 停一停,让我喘口气。

He held on (to the rock) to stop himself slipping. 她紧紧抓住岩石以免自己往下滑。

You should hold on to your oil shares. 你应该继续保留自己的石油股份。

【归纳拓展】

- 1) hold on 等一下;停住;坚持住;固定住;抓住;保留

- 2) hold on to sth 保留某物

【巩固运用】

完成句子

- 1) They managed to _____ (坚持住) until help arrived.

- 2) He had to _____ (按住自己帽子) on a windy day.

- 3) I would _____ (保留) the house for the time being.

2. give way (to)

【观察思考】

He was always with us and never gave way to disappointment, even when the ship sank. 他对我们总是很坦诚,他从不灰心丧气,即便是在船沉的时候。

If he is given way to, he will only make farther demands. 要是我们向他妥协,那他就会提出更多要求。

The storm gave way to bright sunshine. 暴风雨过后出现了灿烂的阳光。

Her legs suddenly gave way and she fell to the floor. 她两腿突然支持不住摔倒在地板上。

【归纳拓展】

give way (to sb/sth) 妥协、屈服; 让位; 转为; 被……代替

【巩固运用】

翻译句子

1) 让右方驶来的车辆先行。

2) 那女孩陷于绝望。

3) 冬天过后, 春天来了。

3. give off

【观察思考】

This gave off oily, black smoke but had the advantage of burning strongly in fierce winds. 海豹油烧起来会释放出黑色油烟, 但它有在强风中能烧旺的好处。

The cooker is giving off a junky smell. 锅里冒出一股怪味。

The fire doesn't seem to be giving off much heat. 这炉火好像不太热。

【归纳拓展】

1) give off 散发出; 发出; 放出(烟、气味)

2) give out 放出; 发出(声音、气味); 发出; 公布; 用完, 耗尽; 分发

【巩固运用】

用 give off/give out 的适当形式填空。

1) These wild flowers _____ a nice smell.

2) This device _____ flashes of light in the fog.

3) The engine _____ smoke and steam.

4) Both my strength and money _____.

5) The principal will _____ diplomas.

4. suffer from

【观察思考】

I was suffering badly from sea sickness. 我患了严重的晕船症。

The village is suffering from depopulation. 那村庄正为人口减少而深感苦恼。

He is suffering from a bad cold. 他在患重感冒。

【归纳拓展】

suffer from 苦于……; 患……病

1) suffer 可单独用, 作及物或不及物动词。

2) suffering *n.* (身体上, 精神上) 痛苦, 苦恼; 苦难, 困难

【巩固运用】

完成句子

- 1) His health _____ (严重受损) heavy smoking.
- 2) She is _____ (患有) loss of memory.
- 3) We _____ (损失惨重) in the financial crisis.
- 4) The patient kept complaining of his _____ (痛苦).
5. be about to do sth

【观察思考】

Just as I am about to become self-pitying, the door to our shelter opens... 正当我在自我怜悯的时候,我们住所的门开了……

I'm not about to admit defeat. 我还不想认输。

I was about to say when you interrupted me. 我正要说话时,你插嘴了。

【归纳拓展】

- 1) be about to do sth 即将;就要
- 2) 常与 when 引导的时间状语从句连用。一般不与具体时间点连用。
- 3) be not about to do sth 不打算;不愿意……

【巩固运用】

翻译句子

- 1) 太阳正要西下。

- 2) 我正要上床睡觉,他打电话来了。

- 3) 她不打算结婚。

★ 句型研究

A. 固定句型

1. What do you think sb do...?

【观察思考】

What do you think helped them to achieve success in life? 你认为是什么帮助他们在生活中取得成功?

Who do you think will be sent here to take charge of the company? 你认为谁会被派到这儿来管理这公司?

Where do you suppose he has gone? 你认为他去哪儿呢?

【归纳规则】

- 1) do you think/believe/suppose/expect 放在 wh-引导的疑问句中做插入语。
- 2) 注意 do you think 等插入语后要用陈述语气。

【巩固运用】

翻译句子

- 1) 你认为他出什么事了?

2) 你觉得汤姆为什么离开我们?

3) 你认为我们怎样才能按时完成作业?

2. It is/was... that/who...

【观察思考】

It was with great excitement one morning in July 1914 that I read this advertisement. 是在1914年7月的一天早晨,我兴奋地看到了这则广告。

It is Tom who helps us through the woods. 是汤姆带我们通过这片树林。

It is because he was late that the teacher punished him. 正是因为他迟到了才受到老师惩罚。

It was in 1980 that he was born. 他是1980年出生的。

It was in the hotel where he stayed that he was caught. 他是在所住的宾馆被抓获的。

【归纳规则】

- 1) 强调句型强调某个句子成份,而不是某个词。
- 2) 强调句型中连接词指人时,可用 that 或 who(whom),其他情况,只用 that。
- 3) 如果强调主语时,注意从句中的谓语与前面被强调主语保持一致。

【巩固运用】

用强调句型改写下列句子(强调划线部分)。

1) When he was about to go out it began to rain.

2) The people in the country were friendly to us.

3) I first met Mr Smith in Shanghai.

4) I went to college in 1992.

5) Mr Zhang teaches us physics.

3. be considered (to be)

【观察思考】

It was considered a great honor to be part of any of his expeditions. 能成为他的探险队里的成员被认为是一种荣幸。

He will be considered a weak leader. 他会被认为是一个无能的领导人。

He's generally considered to have the finest tenor voice in the country. 现在公认他是该国最佳男高音歌唱家。

【归纳规则】

- 1) consider sb/sth as/to be... 认为某人/某物是……

- 2) 当 as/to be 后跟形容词或名词时, as/to be 可省略。
 3) 该结构用于被动语态时, 要变成 sb/sth be considered as/to be。

【巩固运用】

翻译句子

- 1) 我们认为非常重要。

 2) 她认为边吃边说话是不礼貌的。

 3) 林肯被认为是美国最伟大的总统之一。

 4) 大家认为学好英语很重要。

4. ... so that...

【观察思考】

The ice and snow reflected dangerous rays from the sun so that if we didn't wear sun glasses we would suffer from sun-blindness. 冰雪反射强烈的阳光, 如果不戴上太阳镜, 我们会患上光盲症的。

Everybody lent a hand, so that the sowing was done in time. 大家都来帮忙, 结果播种及时地完成了。

The Emperor gave a lot of money to the swindlers in advance, so that they might begin their work without any loss of time. 那位皇帝提前给这两个骗子很多钱, 目的是让他们可以立即开始工作。

【归纳规则】

- 1) so that 可以引导目的或结果状语从句。
 2) so that 引导目的状语从句时, 从句中常用 can/might/should 等情态动词。

【巩固运用】

用 so that 用法改写下列句子。

- 1) I came round to the window in order to see you.

 2) I got up early and then I caught the first bus.

 3) I didn't go early, so I didn't get a good seat.

 4) Jim didn't answer back lest his mother should be angry with him.

5. with + n. / pron. / doing / to do / adj. / p. p. ...

【观察思考】

With no trees growing on Antarctica and no oil, the only fuel we could use was seal