

普通高中课程标准实验教科书(冀教版)

# 英语学习

根据冀教社新教材编写

# 手册

6 (选修 I)



山东教育出版社

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# 英语学习手册

6(选修 I)

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# 前 言

为了贯彻教育部关于普通高中课程总体改革的精神和要求,根据教育部《普通高中英语课程标准(实验)》关于“高中阶段的外语教育是培养公民外语素质的重要过程,它既要满足学生心智和情感态度的发展要求,以及高中毕业生就业、升学和未来生存发展的需要,同时还要满足国家的经济建设和科技发展对人才培养的需求”的精神,结合 2005 年新教材,我们编写了本册《高中英语学习手册》。

“重视基础,适应个性需求,提高自主学习能力,促进学生不断发展”是本书的指导思想和主要目的。

本书紧密配合教材,分单元编排,本着“实用”、“精当”的原则,结合中学生的实际,对教材中的难点做了解析,对词汇、句型、语法做了必要的补充和归纳。

本书对语法知识的讲解密切联系语境,让学生准确学会语言知识在实际交际中的应用。

本书注重培养学生的自学能力。在“疑难知识解惑”部分,通过对比、归纳、举一反三、融会贯通,培养学生的可持续学习能力,促进学生不断发展。

本书提供了教材中各部分练习题答案,并在书后附有各单元练习题答案及解析,便于学生检查、评估学习效果。

本学习手册可配合河北教育出版社出版的《普通高中课程标准实验教科书英语 6(选修 I)》使用。

2005 年 8 月

编 者

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## Unit 1

## Achieving Your Best



## 学习目标展示

重点单词	<p>endless <i>adj.</i> 永无休止的; 无穷尽的</p> <p>uncertainty <i>n.</i> 变化无常; 不确定</p> <p>conflict <i>n.</i> 斗争; 冲突</p> <p>lack <i>v.</i> 缺乏; 不足</p> <p>seek <i>v.</i> 寻找; 寻求</p> <p>goal <i>n.</i> 目的; 目标</p> <p>attain <i>v.</i> 获得; 达到</p> <p>assistance <i>n.</i> 协助; 援助</p> <p>stress <i>n.</i> 重压; 压力</p> <p>precious <i>adj.</i> 宝贵的; 珍贵的</p> <p>assist <i>v.</i> 援助; 帮助</p> <p>tease <i>v.</i> 取笑; 戏弄; 拿……开玩笑</p> <p>affect <i>v.</i> 影响</p> <p>ignore <i>v.</i> 忽视; 不理睬</p> <p>civil <i>adj.</i> 有礼貌的; 文明的</p> <p>treat <i>v.</i> 对待; 看待</p> <p>authority <i>n.</i> 权威; 威信</p> <p>professional <i>adj.</i> 专业的; 职业的</p>	<p>curiosity <i>n.</i> 好奇心</p> <p>origin <i>n.</i> 起源; 开端</p> <p>distribute <i>v.</i> 散开; 散布</p> <p>motivation <i>n.</i> 动机</p> <p>awesome <i>adj.</i> 令人敬畏的; 令人惊悚的</p> <p>expanse <i>n.</i> 宽阔的区域; 天空</p> <p>gather <i>v.</i> 集合; 聚集</p> <p>relevant <i>adj.</i> 有关的; 切题的</p> <p>impress <i>v.</i> 留下深刻印象</p> <p>rarely <i>adv.</i> 很少地; 罕有地</p> <p>eager <i>adj.</i> 热切的; 渴望的</p> <p>attend <i>v.</i> 参加; 出席</p> <p>assignment <i>n.</i> 指定的任务; 作业</p> <p>donate <i>v.</i> 捐赠; 赠予</p> <p>prejudiced <i>adj.</i> 有偏见的</p> <p>mess <i>v.</i> 粗暴地对待</p>
重点短语	<p>stay up late 深夜不睡; 熬夜</p> <p>seek out 寻求</p> <p>stand by 支持</p> <p>as long as 只要; 如果</p> <p>get along 融洽相处</p>	<p>get things out in the open 公开</p> <p>out of hand 无法控制</p> <p>team up with 与……合作; 配合</p> <p>flying colours 大胜利</p>



日常交 际用语	Can I ask you for some advice? What can you suggest? I wonder if...	You'd better not... You should/ought to... You need to...
语法	定语从句	
技能目标	1. 通过本单元的学习,了解学生学习、生活中遇到的问题,提供相应的建议,帮助学生成功地解决成长的烦恼; 2. 进一步学习定语从句; 3. 学习征求意见、提供建议的方法。	



### 国际视野拓展

#### Words to the Students

Imagine life as a game in which you are playing some five balls in the air. You name them—work, family, health, friends and spirit, and you're keeping all these balls in the air.

You understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls are made of glass. If you drop one of these, it will be irrevocably (不可逆转地) scuffed (磨损), marked, damaged or even broken into pieces. They will never be the same. You must understand that and try for balance in your life. How?

Don't undermine (逐渐损害) your worth by comparing yourself with others. It is because we are different and each of us is special. Don't set your goals by what other people consider important. Only you know what is the best for you. Don't take for granted the things closest to your heart. Hold on to them as you would to life, for without them, it's meaningless. Don't let life slip through your fingers by living in the past or in the future. By living your life one day at a time, you live all the days of your life. Don't run through life so fast that you forget not



only where you've been, but also where you are going. Don't use time or words carelessly. Life is not a race, but a journey to be enjoyed slowly each step of the way. Yesterday is history, tomorrow is a mystery, and today is a gift. That's why we call it—the present.



疑难知识解惑

(一) 生词突破

1. **conflict** *n. & v.* 斗争; 冲突。例如:

The conflict between China and Japan lasted more than eight years.  
中日战争持续了 8 年之久。

What he said conflicted with what he did.  
他所说的和他所做的冲突。

**conflicting** *adj.* 冲突的; 矛盾的; 抵触的

【反义词】

compromise 和解; 妥协    make peace with 和解; 妥协

【归纳拓展】

in conflict with 和……冲突; come into conflict with 和……发生冲突

2. **lack** *v. & n.* 缺乏; 不足。例如:

He showed a lack of humour.  
他缺少幽默。

The project failed for lack of money.  
那个项目因缺钱而失败。

They're so rich that they lack for nothing.  
他们非常富有, 什么也不缺。

Your statement lacks detail.  
你的叙述不够详尽。

【同义词】be short of; shortage (*n.*)

【反义词】be rich in





3. **seek** *v.* 寻找;寻求(常与 for, after 连用)。例如:

He sought an answer to the question, but couldn't find one.

他们寻求这个问题的答案,可是没找到。

He sought to make peace, but she refused.

他企图讲和,但她拒绝了。

**【归纳拓展】**

seek after (for) 寻求;探索;寻找

seek out 找出;搜出;挑出

**【同义词】**

explore *vt.* 探究;探险

hunt *vt.* 猎取;搜索;搜寻

pursue *vt.* 追求;追赶

search *vt.* 搜索;搜查

4. **stay up late** 深夜不睡;熬夜。例如:

I'm going to stay up late to watch the football match.

我打算熬夜看足球赛。

5. **stand by** 支持;袖手旁观。例如:

I'll stand by you anytime.

我随时支持你。

How can you stand by and let them threat animals like that?

你怎么能袖手旁观让他们那样对待动物?

**【同义词】**

be for, be in favor of, support

**【归纳拓展】**

stand up 站起来

stand aside 站到一边

stand for 代表

stand in (for sb.) 暂时替代

stand out 显眼,引人注目

6. **precious** *adj.* 宝贵的;珍贵的。例如:



Water is as precious as gold in many places.

在很多地方,水像金子一样珍贵。

Your friendship is most precious to me.

你的友谊对我很宝贵。

**【联想】**

curious 好奇的    spacious 宽敞的    anxious 担心的    ambitious 充满野心的

**【同义词】** valuable *adj.* 有价值的;重要的

**【反义词】** valueless *adj.* 没有价值的

**7. assist v. 援助;帮助。例如:**

He's assisting the police with their inquiries.

他正协助警方调查。

She assists her mother with a lot of things.

她帮助妈妈干很多事。

**【构词】**

assistance *n.* 援助;帮助

assistant *n.* 助手;助理;店员 *adj.* 助理的

**【同义词】**

aid *v.* 帮助;资助;协助    help *v.* 帮助;帮忙

**【归纳拓展】**

assist (sb.) in/with sth. 帮助某人某事

assist (sb.) in doing sth. 帮助某人做某事

assist sb. to do sth. 帮助某人做某事

**8. as long as (= so long as) 只要;如果。例如:**

We're sure to succeed as/so long as we are closely united.

只要我们紧密团结,我们一定会成功。

**比较:**

The project took as long as five years.

那个项目花了长达五年的时间。

This rope is as long as that one.



这根绳子和那根一样长。

9. **affect** *vt.* 影响;(使)感动;(使)感染;患(病);假装;冒充;爱好;爱穿。例如:

Smoking affects health.

吸烟影响健康。

We were deeply affected by the news.

我们深深被这消息所感动。

She affected not to hear me.

她假装没听到我的话。

Some girls affect European-style dress.

有些女孩喜爱欧式服装。

**【辨析】** affect, effect, influence

affect, effect, influence 作为动词, 都含“影响”的意思。affect 指“产生的影响之大足以引起反应”, 着重“影响”的动作, 有时含有“对……产生不利影响”的意思; effect 指“实现; 达成”, 着重“造成”一种特殊的效果; influence 指“通过说服、举例等对行动、思想、性格等产生不易觉察到的, 潜移默化的影响”。例如:

This article will affect my thinking.

这篇文章将会影响我的思想。

This book effected a change in my opinion.

这本书使我的看法起了变化。

Influenced by a high-school biology teacher, he took up the study of medicine.

在一位中学生物教师的影响下, 他从事医学研究。

**【构词】**

**affectation** *n.* 假装; 虚饰; 做作

**affected** *adj.* 假装的; 做作的

**affecting** *adj.* 感人的; 动人的

**affection** *n.* 友爱; 爱情; 影响; 疾病; 倾向

**affectional** *adj.* 情感上的; 爱情的



**affectionate** *adj.* 亲爱的; 挚爱的

10. **ignore** *v.* 忽视; 不理睬; 对……装作不知道。例如:

They ignored my advice.

他们忽视我的忠告。

【构词】 **ignorance** *n.* 无知 **ignorant** *adj.* 无知的

【同义词】

**neglect** *v.* 忽视; 忽略; 疏忽 **overlook** *v.* 遗漏; 忽略; 忽视

11. **treat** *v.*

(1) 对待某人。例如:

They treat their children very badly.

他们对待子女很不好。

(2) 把某事物看作; 视某事物为……。例如:

I decided to treat his remark as a joke.

我把他的话当作玩笑话。

(3) 探讨; 讨论问题。例如:

The problem has been better! treated in other books.

这问题在其它书里说得更明确。

(4) 医治(人或疾病)。例如:

She was treated for sunstroke.

她因中暑接受治疗。

(5) 款待; 招待; 请客。例如:

The boss treated me to lunch.

老板请我吃午饭。

12. **out of hand** 失去控制; 立即。例如:

The situation there is out of hand.

那里的局势失控。

The police will look into the case out of hand.

警察会立即调查这个案子。

【归纳拓展】

at hand 在手边; 在附近; 即将到来



by hand 手工制作

in hand 在手头上; (工作) 在进行

on hand 在手头上可用

on one hand... on the other hand 一方面……, 另一方面……

shake hands with 与……握手

hand in hand 手牵手; 共同

Hands off! 请勿动手! 不许碰!

have one's hands full 手头工作很忙

give sb. a hand 帮助某人

hand in 交上

hand down 流传; 传递

hand out 分发

lend a hand 帮忙

### 13. gather v.

(1) 集合; 聚集。例如:

The clouds are gathering; it's going to rain.

云在集结, 天要下雨了。

(2) 采集(花等); 收集。例如:

Please gather some flowers for me. (- Please gather me some flowers.)

请为我采些花。

(3) 逐渐获得; 渐增。例如:

The train gathered speed as it left the station.

火车离站时速度渐增

(4) 了解; 推断。例如:

What did you gather from his statement?

你推想他的声明是什么意思?

**【构词】** gathering n. 【C】 聚集; 集会; 集合

We usually have a small family gathering at weekends.

我们通常在周末有个家庭小聚会。



【同义词】

collect *v.* 收集; 聚集 collection *n.* 收集物; 收藏品

【反义词】

hand out 分发 distribute 分发 give away 分发

14. **impress** *v.* 留下深刻印象; 使感动。例如:

I hoped to impress my new boss with my diligence.

我希望给新老板留下勤奋的印象。

We were deeply impressed by his deeds.

我们被他的行为深深感动。

【构词】

**impressive** *adj.* 感人的; 给人留下深刻印象的

**impression** *n.* 印象; 印记

【归纳拓展】

impress sb. with sth. (= impress sth. on sb.) 使某人牢记

be impressed with/by... 被……所感动

be impressed on one's mind/memory 被印在脑海里; 留下深刻印象

15. **rarely** *adv.* 很少; 难得。例如:

He rarely turns to others for help.

他很少向别人求助。

【同义词】

hardly *adv.* 几乎没有; 简直不 scarcely *adv.* 几乎不; 简直不

16. **eager** *adj.* “热切的; 渴望的”, 常用于 be eager for sth. 和 be eager to do sth. 结构。例如:

Everyone is eager for success. (= Everyone is eager to succeed.)

每个人都渴望成功。

【构词】**eagerly** *adv.* 渴望地; 急切地 **eagerness** *n.* 渴望

【同义词】**anxious** *adj.* 渴望的; 急切的

17. **attend** *vt.* 参加; 出席; 服侍 *vi.* 处理(to); 照料; 护理(to); 伴随; 伺候(on/upon)。例如:



He attended the medical conference.

他参加了医疗会议。

Students attend school happily.

学生们高高兴兴地上学。

Please attend to this matter immediately.

请立即处理这件事。

Nurses attend to the wounded day and night.

护士日夜护理受伤的人。

### 【构词】

**attendance** *n.* 出席人数; 出席参加

**attendant** *adj.* 出席的; 到场的 *n.* 服务员; 出席人; 参加者

### 【同义词】

take part in 参加; 参与    participate in 参与; 参加

join in 加入; 参加

## (二) 课文详解

### 1. It is often said that youth is a carefree and simple time.

据说, 青春是愉快而简单的时期。

It is said that (= People say that...) 据说。类似的结构有: It is thought/believed/supposed/hoped/reported that... 例如:

It's said that the new building will be open to people next week.

据说, 这座新建筑将在下周对外开放。

It's reported that the new president will visit China soon.

据报道, 这位新上任总统不久将访华。

### 2. Nothing could be further from the truth.

任何事物都不能远离真相。

be far from 远远不; 完全不。例如:

The problem is far from being solved.

这个问题远远没有解决。

### 3. Many young people have trouble making friends.



许多年轻人交友有困难。

have trouble (in) doing sth. 或 have trouble with sth. 做某事有困难, 近似于 have difficulty in doing sth.。例如:

At first, the government had great trouble in persuading people to leave Rio and to settle in Barsilia.

开始时, 政府很难说服人们离开里约热内卢去巴西利亚落户。

**4. They are the ones willing to share their personal thoughts with you and who will stand by you in a crisis.**

他们是这样一种人: 愿意与你分享他们的想法, 在危急时刻支持你。

willing *adj.* 乐意的, 此处做定语。另外, 它还可做表语, 常用于 be willing to do 结构中。例如:

He's willing to help his friends.

他乐意帮助他的朋友。

I am willing to overlook your mistakes.

我愿意忽略你的错误。

**5. No matter what I do, I can't seem to get along with him.**

无论我做什么, 我似乎都不能与他相处。

(1) no matter 引导让步状语从句, 表示“无论……”。例如:

She didn't change her mind no matter what I said.

无论我说什么, 她也不改变主意。

I'll find you no matter where you are.

无论你在哪里, 我都要找到你。

(2) get along/on with 表示“情况如何; 进展如何; 相处”。例如:

How is your work getting along? (= How are you getting along with your work? )

你的工作进展如何?

He gets along well/badly with us.

他和我们相处得很好/不好。

**6. It is he who is not treating you with respect.**





是他对你不尊敬。

It is/was + 被强调部分 + who/that... 是强调结构, 强调人时用 who 或 that; 强调物时用 that。系动词只用 is 或 was, 不用 are 或 were。例如:

It was in the hospital that Tom was born.

汤姆是在那家医院出生的。

It was him and me that Mary asked to do it.

玛丽是要求他和我做那件事的。

判断强调结构的方法: 去掉 it is/was 和 that/who 后, 如果句子仍是一个完整的句子, 可判断为强调句, 而定语从句中 it is/was 不可省。例如:

It was in 2000 that he moved here. 省略后成为 In 2000 he moved here. 仍然成立, 因而是强调句。

It was 2000 when he moved here. 不可省略 it was, 是定语从句。

### (三) 语法精析

#### 定语从句

在复合句中, 用来修饰名词或代词的从句叫定语从句。它具有形容词的修饰功能, 对前而的词语进行描绘, 提供更多的信息。被定语从句修饰的成分叫先行词, 先行词除名词、代词外, 也可以是名词词组, 有时也可以是整个句子。定语从句通常须紧跟在先行词之后。定语从句由关系代词或关系副词引导。常用的关系代词有: who, whom, whose, which, that, as, 关系副词有: when, where, why。关系代词和关系副词既联系定语从句和它的先行词, 他们在意义上代表先行词, 同时又充当定语从句中的一个成分(主语、宾语、定语、状语或表语)。关系词的选择主要取决于三个因素: 1. 先行词指人或指物; 2. 定语从句的限制与非限制性; 3. 关系词的句法功能。

#### 一、关系代词的用法

1. **who** 指人, 在从句中做主语。