

普通高中课程标准实验教科书（冀教版）

英语

基础训练

（选修6）

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(冀教版)英语基础训练》(选修 6)可配合冀教版《普通高中课程标准实验教科书英语(选修 6)》使用。本册由高洪德主编,马锋华、王彦海、胡彦君、陈磊、何西华、李国华、李咸中、高莹、张媛媛、杨园副主编。

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Unit 1 Achieving Your Best

单元目标锁定

话题	Growing pains & Advice	
词汇	单词	endless uncertainty conflict depth lack seek maturity attain faith stress acquaintance precious assist tease affect ignore conscience aggressive civil authority professional astronomer explorer poster curiosity origin distribute motivation inspiration awesome expanse relevant impress remarkable dot alphabet rarely eager assignment donate volunteer talented mess
	词组	far from stay up late seek out stand by as long as get along out of hand get things out in the open team up with flying colours
句型	1. find oneself + <i>prep./adj./adv.</i> 2. 强调句型 It be... that/who... 3. the same... that/as... 4. with + <i>n.</i> + 分词/ <i>prep./adj./adv.</i> 5. so... that...	
语法	Attributive clauses(定语从句)	

求知全程设计

课文理解

SECTION 1

★ 主旨归纳

1. It can be concluded from the text that _____.
 A. youth is a carefree and simple time
 B. teenagers nowadays have more cares and troubles than adults
 C. teenagers have various growing pains and they should seek guidance
 D. it is hard to identify a problem and find help in dealing with it

★ 细节理解

2. We can turn to _____ for help in dealing with personal problems.
 A. all elders B. only teachers C. all betters D. trusted adults

3. Ms. Wilson advised Confused in Ottawa _____.
 A. to work even harder B. to set higher goals
 C. to develop more skills D. to seek better study methods
4. Which of the following is NOT the advice the grandfather advised Jacob to do?
 A. To ask someone in power to scold him.
 B. Not to ignore the problem and hope it goes away.
 C. Not to be aggressive but be kind and civil.
 D. To see if he is behaving well.

★ 推理判断

5. Confused in Ottawa and Alone in London are so-called because _____.
 A. Confused and Alone are their real names
 B. they want to show their present situations and feelings
 C. there are many more who are suffering from the same troubles
 D. it is easier to identify them in Ottawa and London

SECTION 4

★ 主旨归纳

1. Harish Khandrika and Madison are both students who are _____.
 A. talented and have made remarkable progress
 B. disabled and have won several awards
 C. motivated and have begun their new projects
 D. well-rounded and have received lots of support and encouragement

★ 细节理解

2. Khandrika got the chance to team up with Dr. Rothschild via _____.
 A. the Intel Fair B. the San Diego Science Fair
 C. Dr. Smith D. posters of stars and planets
3. Madison's Braille skills are now so advanced _____.
 A. her teachers find it hard to continue teaching her
 B. while her parents are still practicing their letters
 C. she has begun to learn the shortened form of Braille
 D. she promises to win the National Braille Competition
4. Khandrika sought _____ from Dr. Rothschild while Madison received _____ from her aunt.
 A. assistance; guidance B. guidance; financial support
 C. encouragement; motivation D. motivation; inspiration

★ 推理判断

5. It can be inferred from the two passages that _____.

- A. Khandrika had no interest in the universe before he met Dr. Rothschild
- B. Madison was born to a very rich family
- C. Khandrika won't go to university so as to cooperate a second project with Dr. Rothschild
- D. Madison has never traveled by air

知识探索

★ 词汇学习

A. 重点单词

1. lack

【观察思考】

- 1) *vt.* Lacking this experience, it is difficult to know where to turn for guidance. 由于缺乏这种经验,我们不知道到哪里去寻求指导。

Alex's real problem is that he lacks confidence. 阿里克斯的真正困难是他缺乏自信。

They lacked the money to send him to university. 他们没钱送他上大学。

- 2) *n.* The project had to be abandoned for lack of funds. 工程因资金匮乏只得放弃。
Lack of vitamin B can produce a variety of symptoms. 缺乏维生素 B 会引起各种症状。

【归纳用法】

lack 可用作动词和名词,意为“缺少,缺乏,不足”。

用作动词时,不用于被动语态。常见搭配:lack for nothing(无需求); be lacking in sth. (不足,不够)

用作名词时,常与 of 搭配使用。

【特别提示】

be lacking in, 缺乏某种品质/特点,如: She is lacking in courage.

lack + 所缺乏的东西,一般用于肯定句,如: I lack the courage to do it.

lack for + 所缺乏的东西,一般用于否定句,如: They did not lack for money.

【巩固运用】

介词填空

- (1) As he is very rich he lacks _____ nothing.
- (2) We cannot discuss the details now _____ lack _____ time.
- (3) She suffered _____ a severe lack _____ sleep.
- (4) The film is lacking _____ pace. It's so dull.

2. seek (sought; sought) *v.*

【观察思考】

- 1) You are encouraged to seek the guidance of family, teachers, counselors and trusted adults. 鼓励你去寻求家人, 老师, 辅导员和值得信赖的成年人的指教。
He sought her forgiveness. 他请求得到她的原谅。
You must seek permission from the manager. 你必须请求经理批准。
- 2) We're seeking a new house. 我们在找新房子。
He is seeking after wealth, power and position. 他追求财富, 权势和地位。
She sought for a solution to the problem. 她寻求解决该问题的办法。
Our mission is to seek out the terrorists and destroy them. 我们的目标是找出这些恐怖分子并将之消灭。
- 3) I sought to convince him, but in vain. 我试图说服他, 但白费心机。
Some advertisements are seeking to mislead us. 有些广告企图误导我们。

【归纳用法】

seek 用作动词, 义项有三: 请求(ask for); 寻求(look for); 试图(try)。

常用搭配为: + 名词; + 不定式; + after/for/out.

【巩固运用】

用 seek 的正确形式填空

- (1) Every year, there are many new graduates _____ employment.
- (2) The explanation is not far _____.
- (3) She _____ along the shelf for the book, but in vain.
- (4) These stamps are much _____ after by collectors.

3. stress

【观察思考】

- 1) n. You might be putting so much pressure on yourself that you are experiencing study stress. 你或许对自己过于苛求以致于感受到学习的重压。
How much stress can this bridge bear? 这座桥能承受多少压力?
We suffer from the stresses and strains of modern life. 我们苦于现代生活的压力和紧张。
He feels that there is not enough stress on PE lessons at that school. 他觉得那所学校对体育课不够重视。
The teacher lays great stress on regular exercise. 老师特别强调要坚持锻炼。
Stress and rhythm are important in speaking English. 说英语时, 重音和节奏是很重要的。
You must learn where to place the stresses. 你必须掌握该在什么地方重读。
- 2) v. He stressed the importance of cooperation. 他强调了合作的重要性。
I must stress that what I say is confidential. 我要强调我说的话是保密的。
You stress the first syllable in "happiness". Happiness 一词的第一个音节要重读。

The word “machine” is stressed on the second syllable. Machine 一词重读在第二个音节。

【归纳用法】

stress 用作名词和动词,作名词时,义项有三:压力,重压;强调,重要性;重读,重音。常与 on 搭配;作“重要性”解时为不可数名词。

作动词时,义项有二:强调;重读。

其形容词为:stressful 充满紧张的。

【巩固运用】

完成句子

- (1) I don't know _____ (这个句子哪些地方重读).
- (2) I still remember _____ (战争前那些紧张的日子).
- (3) It's helpful _____ (考试前给自己适当的压力).

4. assist

【观察思考】

- 1) *v.* Often, even something as simple as assisting someone with a task can serve to deepen a friendship. 通常,即便某个简单的事情,如帮助对方完成作业,也有助于加深友谊。

Good glasses assist your eyes. 好眼镜对眼睛有帮助。

She assisted her husband in mending the house. 她帮助丈夫修房子。

She assisted her sister with her lessons. 她帮助妹妹做功课。

- 2) *n.* assistance

Can I be of any assistance? 我能有所帮助吗?

They gave economic assistance to the poor. 他们给穷人以经济援助。

【归纳用法】

assist 用作动词,意为“帮助,援助”,常用搭配:assist sb. + in doing sth. /with sth. /to do sth.

assistance *n.* 帮助,援助 assistant *n.* 助手。

【巩固运用】

用 assist 的正确形式填空

- (1) He came to my _____.
- (2) She is _____ to the professor.
- (3) He _____ the old man out of the bus.

5. affect *v.*

【观察思考】

- 1) It is affecting my school work and making me worry even after school. 这影响了我的在校学习,甚至让我放学后也忧心不安。

The change in climate may affect your health. 气候的变化会影响你的健康。

His opinion will not affect my decision. 他的看法不会影响到我的决定。

2) We were deeply affected by the news of his death. 他的死讯令我们深为感伤。

She was much affected by the familiar rhythm. 她深为那熟悉的旋律所感动。

3) Cancer has affected his lungs. 癌已侵及他的肺脏。

He is affected in the liver (by cancer). 他的肝脏受到(癌症的)侵袭。

She was affected with HIV. 她感染了艾滋病。

n. effect

I tried to persuade her, but without effect. 我试图劝她,但是无效。

This medicine has little side effect. 这种药几乎没有副作用。

The stage lighting gives the effect of a moonlight scene. 舞台灯光产生月夜景色的效果。

【归纳用法】

affect 用作动词,义项有三:影响;感动;感染,侵袭。

effect 为其名词,意为“作用,影响,效果”。

【特别提示】

affect 指给予足以产生反应的强烈刺激而引起的不良影响。如: Disease affects the heart.

influence 指影响他人的行为,思想,性情等,使其有所变化。如: They are influenced by new ideas.

【巩固运用】

转换表达

(1) A: What effect do you think the changes will have on you?

B: How do you think the changes _____?

(2) A: We warned them, but to no effect.

B: We warned them, but _____.

(3) A: His criticism does not touch me.

B: I'm not _____ his criticism.

6. ignore *v.*

【观察思考】

1) You might be tempted to simply ignore the problem and hope it goes away. 或许你被劝说不要去理会这个问题而希望其自行消失。

2) The boss has been ignoring his workers complaints. 该老板一向对下属的抱怨置若罔闻。

3) I can't ignore his rudeness any longer. 对他的粗暴无礼,我再也不能不闻不问了。

n. ignorance

His mistake was due to ignorance. 他的错误是由于无知所致。

We are in complete ignorance of your plans. 我们对你的计划一无所知。

adj. ignorant

To say you were ignorant of the law is no excuse. 说自己不知法并不能使你免罪。

He is not stupid, just ignorant. 他并不蠢笨,只不过是无知罢了。

【归纳用法】

ignore 用作及物动词,意为“忽视,无视,不理睬”。

ignorance 用作名词,意为“无知;不知,不熟悉”。

ignorant 用作形容词,常见搭配为:be ignorant of/about, be ignorant that.

【巩固运用】

用 ignore 的正确形式填空

- (1) He was fined for _____ a red light.
- (2) _____ of the law is no excuse.
- (3) I was quite _____ of when it happened.
- (4) I was in complete _____ of his death.
- (5) He was more _____ than stupid.

7. origin n.

【观察思考】

- 1) Star explosions are closely connected to our origin. 恒星爆炸与人类的起源密切相关。

The origins of the custom are unknown. 该风俗起源不详。

The patient caught a fever of unknown origin. 病人患上一种起因不明的发热。

- 2) He is a French by origin. 他是出生在法国的人。

He never forgot his humble origins. 他从未忘记过自己出身寒微。

adj. original

- 1) The Indians were the original inhabitants of North America. 印第安人是北美最早的居民。

I prefer your original plan to this one. 我认为你原来的计划比这个好。

- 2) His designs are highly original. 他的设计很有创意。

He is a poet of an original mind. 他是一个具有创新精神的诗人。

【归纳用法】

origin 用作名词,义项有二:开端,起源,起因;出身,来历。

original 用作形容词,义项有二:最初的,原始的;独创的,创新的。

【巩固运用】

汉译英

- (1) 那次探险活动的目的是寻找黄河的源头。

- (2) 英语中有许多源自法语的词汇。

- (3) 原稿(script)已失,这是副本。

8. motivation *n.*

【观察思考】

- 1) He provided a lot of motivation and inspiration for me. 他给了我很大的激励和鼓舞。
- 2) They lack the motivation to study. 他们缺乏学习的动力。
- 3) There's a political motivation for these actions. 在这些行动后面有政治动机。

v. motivate

The murder was motivated by hatred. 那件谋杀案是由仇恨促发的。

He is a teacher who can motivate his students to work harder. 他是一位能激发学生积极性的老师。

【归纳用法】

motivation 用作名词,意为“动机,欲望”。

motivate 用作动词,意为“激发,使……产生动机”,常用于被动式。

motivated 用作形容词,意为“有动力的,积极的”。

【特别提示】

motivation = motive, 指“动机,原因”。如:

Hunger was the motive for her stealing. 饥饿促使她偷窃。

【巩固运用】

汉译英

- (1) 警察必须查明他的杀人动机。

- (2) 什么动机使你辞职(resign)?

- (3) 受到贪欲(greed)的驱使,他接受了那笔钱。

- (4) 他不仅有天赋,而且积极主动。

9. impress *v.*

【观察思考】

I was very impressed with his level of understanding and his curiosity. 他的理解能力和好奇心给我留下深刻的印象。

We were most impressed with your efficiency. 你们的工作效率很高,我们深为钦佩。

Her words impressed themselves on my memory. 她的话铭刻在我的记忆里。

He impressed me with the necessity to study hard. 他使我深知努力学习的必要性。

n. impression

- 1) He gives the impression of being a hard worker. 他给人的印象是工作很努力。

My girlfriend made a good impression on my parents. 我女朋友给我父母留下很好印象。

2) My impression is that she is unwilling to help me. 我觉得她不愿意帮助我。

I had the distinct impression that I was being followed. 我清楚地感觉到有人在跟踪我。

【归纳用法】

impress 用作动词,意为“留下深刻印象,使铭记”。

impression 用作名词,义项有二:印象;感觉,想法。

【巩固运用】

单句改错

(1) She left a bad impression to him.

(2) That impressed me most was their enthusiasm.

(3) His words impressed himself on my memory.

(4) She impressed me on her honesty.

(5) I'm with the impression that he won't come.

10. **eager** *adj.*

【观察思考】

She's so eager to learn and she's a wonderful little girl. 她热心求学,是一个很了不起的女孩。

The child is eager to have the candy. 那小孩急切地要得到糖果。

They were eager for the ceremony to begin. 他们盼望典礼开始。

Her parents are eager that she should get married sooner. 父母盼望她早日嫁人。

【归纳用法】

eager 用作形容词,意为“热切的,渴望的”。

常用搭配: + for (about); + to do sth.; + that.

【特别提示】

eager 强调“对成功的期望”或“进取的热情”,含有积极向上的意思。如:

We're eager to know more about the universe.

anxious 强调“担心”或“焦急”,对结果感到不安。如: He is anxious to know the result of the exam.

【巩固运用】

完成句子

(1) It is natural that young people _____ (渴求知识,渴望成功)。

(2) She looked at me _____ (带着热切的目光)。

(3) People all over the world _____ (盼望“发现号”的宇航员们安全返回)。

B. 重点词组

1. far from

【观察思考】

1) Of course, nothing could be further from the truth. 当然,事实远非如此。

Their service is far from being satisfactory. 他们的服务一点儿也不令人满意。

The newspaper accounts are far from being true. 报纸的报道远非事实。

2) The bank is on the corner, not far from the church. 银行就在街角,离教堂不远。

The museum is not far from here. 博物馆离这儿不远。

【归纳拓展】

1) far from 义项有二:远离(某地);远远不,完全不。

2) so far 到目前为止;by far 大量,甚多,最……;far away/off/out/back 遥远,深远;
as/so far as 同样远,远至。

【巩固运用】

用 far 构成的短语填空

(1) _____, man has reached _____ the moon.

(2) That lake is _____ the deepest on land.

(3) _____ I know, he will go away for three months.

(4) People have known to use doves for sending message _____ in history.

2. stand by

【观察思考】

1) They are the ones willing to share their personal thoughts with you and who will stand by you in a crisis. 他们是那些愿意与你敞露心声并在危机时刻支持你的人。

I'll stand by you whatever happens. 无论发生什么事,我都会支持你。

Which side do you stand by in the debate? 你支持这场辩论的哪一方?

2) How can you stand by and see such cruelty? 你怎么能对这样残酷的行为袖手旁观呢?

Don't just stand by. Can't you lend a hand? 不要只是袖手旁观,不能帮一下吗?

3) Stand by in case of trouble. 做好准备以防出问题。

The troops are standing by. 部队随时待命行动。

【归纳拓展】

1) stand by 义项有三:支持;袖手旁观;做好准备。

2) stand for 代表,主张,拥护;stand out 突出;stand off 避开;stand aside 让路。

【巩固运用】

介词填空

(1) Every day, they stood _____ the roadside, begging.

(2) PO stands _____ Post Office.

(3) Does your work stand _____ from that of others?

(4) We all stand _____ you in the election.

(5) They stood _____ to let the man pass.

(6) Before we vote for him, we want to know what he stands _____.

3. as long as

【观察思考】

1) I believe that you'll build a good friendship with the people around you as long as you are willing. 我相信,只要你愿意,你就会和周围的人们建立起良好的友谊。

You may borrow the book as long as you keep it clean. 只要你不把它弄脏,你就可以借这本书。

As long as it doesn't rain we can go picnicking. 只要不下雨我们就可以去野餐。

2) I haven't known him as long as you. 我认识他不如你时间久。

He went on talking as long as three hours. 他一直谈了三个小时之久。

【归纳拓展】

1) as long as 有两个义项:与……同样长,长达;当……的时候,只要。

2) no longer 不再;before long 不久;long before 很久以前;for long 长久地

【特别提示】

表示“只要”时,as long as = so long as。

表示“(时间)长达”时,so long as 只能用于否定句。

【巩固运用】

用 long 构成的短语填空

(1) I'm just helping out here; I won't stay here _____.

(2) We shall see her again _____.

(3) You can stay here _____ you keep quiet.

(4) Nowadays, space travel is _____ a dream.

(5) He said he had seen that film _____.

4. stay up

【观察思考】

1) I miss a lot of sleep because I stay up late almost every night. 我失去好多睡眠的时间,因为几乎每夜我都熬到很晚。

They stayed up all night to make the Emperor's new clothes. 他们熬了个通宵来为皇帝赶制新衣。

I'll be late home, but please don't stay up for me. 我要晚一些回家,请不用等门。

2) Some strong houses stayed up in the earthquake. 一些坚固的房屋在地震中没有倒塌。

Your lifejacket will help you to stay up if you fall out of the boat. 如果从船上掉下去,你的救生衣可以使你不致沉入水中。

【归纳拓展】

1) stay up 义项有二:不睡觉,熬夜;不倒塌,不下沉。

2) stay in 留在家里,不出门;stay on 留任;stay out 留在外头;stay away 缺席。

【巩固运用】

汉译英

(1) 我读书一直到午夜才睡。

(2) 飓风过后,没有倒下的树所剩无几。

(3) 暴风雪使我两天不能出门。

5. get along

【观察思考】

1) No matter what I do, I can't seem to get along with him. 不管我怎样做,似乎总不能和他搞好关系。

He can't get along with his new desk-mate. 他和新同桌相处不来。

They and the local people get along well. 他们和当地人相处甚好。

2) How are you getting along? 你近来还好吧?

How is he getting along with his French? 他的法语学习的情况如何?

We can't get along without money. 没有钱我们生活难以为继。

【归纳拓展】

1) get along/on 义项有二:相处融洽(with);进展,过活。

2) get about 走动;get around 走动,传播,规避;get away 离开,否认;get down 下来,使疲倦;get down to 开始做,处理;get off 下来,避开;get over 越过,克服,使了解;get through 通过,接通(电话)。

【巩固运用】

1) 翻译句子

(1) 由于缺乏资金,工程进展不顺。

The project can't _____.

(2) 你和新来的上司关系如何?

How are you _____?

2) 副词填空

(3) I can't get _____ to this number.

(4) Let's get _____ to business.

(5) We can't get _____ from this fact.

(6) Bad news get _____ quickly.

(7) It began to rain as we got _____ the train.

(8) I couldn't get my meaning _____ to him.

(9) He was ill last week, but he is getting _____ now.

(10) Loneliness always gets her _____.