

长春市教育局教育教学研究室组编



# 全程绿色学习

系列丛书

教师用书

(与学生用书配套使用)

高一英语(下册)



华龄出版社

全程绿色学习

权威性

实用性

操作性

系列丛书

# 高一英语 (下册)

教师用书

(与学生用书配套使用)

长春市教育局教育教学研究室 组编

背景知识

词汇、句型

语法重难点点拨

华龄出版社

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### 图书在版编目 (CIP) 数据

《中国历史》编写组. 中国历史. 高中. 北京: 人民教育出版社, 2007. 12. (普通高中教科书) ISBN 978-7-107-21436-8

# 前 言

由北京大视野教科文化发展有限公司策划，长春市教育局教育教学研究室组织编写的《全程绿色学习系列丛书》和大家见面了。它作为师生的良师益友，将伴随师生度过高中一年级宝贵的学习时光。

本丛书以人教社最新修订的高中教科书为蓝本，以最新《考试大纲》、《新课程教学大纲》和《英语课程标准为依据》，集国内最先进的教学理念，精选近五年全国高考试题和近三年各省市的优秀试题，并根据教学实际，精心创作了40%左右的原创题，使每一道试题尽可能符合《教学大纲》精神和学生的实际学习需要。本丛书采用“一拖一”的编写模式，即一本教师用书，一本学生用书（学生用书包括同步训练和单元同步测试），两本书互为补充。学生用书“同步训练”的内容主要是练习本单元的词汇、语言点和语法项目。习题意在培养学生的学科思想与悟性，使其对每个知识点的掌握落到实处，从而达到活用知识，提升能力的目的，并单独装订成册，可作为学生课堂练习本，也可作为学生课后作业本，便于师生灵活使用；学生用书“单元同步测试”是对本单元教与学的总结和验收，既可供教师考试之用，也可供学生自我检测之用。教师用书的编写体例为“背景材料”、“要求掌握的词汇及句型”、“语法重难点点拨”、“同步训练与同步测试参考答案”等部分。教师用书既是教师教学的教案，也是学生学习的学案，书中对学生用书中的所有习题进行了全析全解，大大方便了教师教学和学生自学。

《全程绿色学习系列丛书·高一英语（下册）教师用书》由长春市教育局教育教学研究室特级教师刘玉琦任主编，长春市十二中外语组长王瑞雪任副主编。编者有：长春市十一高中刘福、长春市六中张玉凤。全书由长春市教育局教育教学研究室刘玉琦统稿并审定。

长春市教育局教育教学研究室

2005年12月

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# “高一英语(下册)教师用书”读者反馈表

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# 同步测试 1 高一上册摸底测试

## 第一部分

### 第一节 单词辨音

1. A.
2. B.
3. D.
4. C.
5. D.

### 第二节 单项选择

6. B. 两人同时做一件事, 应用句型 So + 助动词/系动词/情态动词 + 主语。mine 指的是 my brother。

7. C. 本句意思是“我在遇到她时, 她和我打了招呼”, 是过去某一时刻发生了的动作。

8. C. take 指“拿走, 动作方向远离说话者”; bring 指“带来, 动作方向靠近说话者”; fetch 指 go and get “去拿来”; lift 指借助体力把某物(尤指重物)从平面向上举起。

9. C. 固定搭配。have difficulty (in) doing sth.; 如果宾语是名词, 应表达成 have difficulty with sth.。

10. C. 考查句型“认为做某事如何”; think/feel/find it adj./n. to do sth.。

11. D. With pleasure = I'd love to 是“是的, 我愿意”, 符合题意。

12. D. against 表示逆风前行; 第二空考查定语从句, the village 做先行词, 还原于句中是 they spent two nights in the village, 充当状语成分, 所以用连接副词 where。

13. C. mean 加不定式的省略, 表示“企图, 想要”; didn't mean to 意思是“不是故意地”。

14. A. fools 是“傻瓜”, 所以前面要选同质的可以指人的 None。

15. A. as ... as possible = as ... as sb. can 指“尽可能做某事”; soon 指在较短时间内完成某事, fast 指运动中的事物本身的快, 所以本题中应用 soon。

16. D. 应理解成“只有玛丽挨留了”, 所以用被动语态。

17. A. lonely 是“孤独的; 荒凉的”, 可以用作表语或前置定语; alone 是“独自, 一个人地”, 多作表语, 补语和状语。

18. D. take part in 相当于 join in, 多指“参加活动”; join 指“参加党派、团体和组织”; attend 指“出席或参加”, 多接会议、婚礼、葬礼、课堂、学校和仪式等名词。

19. A. 这是一道词意辨析题。disturb 指“搅乱, 扰乱”; interrupt “打断, 使停止”; destroy 指“破坏”; throw away “把某物扔掉”, 代词作宾语, 语序应为“throw sth. away”。

20. D. whom 是 of 的宾语, 表示所属关系, 引导一个

定语从句。

### 第三节 完形填空

21. D. 本句表示“在他的学生当中”。

22. C. 非限定性定语从句, “指某人的”时, 要用 whose。

23. B. 双重否定的用法加强句子的表现力, 指“这位老师一定会被记住”。

24. A. 考查习语搭配“help ... out”指“使某人脱离困境”。

25. C. 表转折; 译成“负债累累的家负担不起她的学业”, 所以下文选 schooling。

26. B.

27. B. “眼泪滚落下来”应该用 roll down。

28. B. right then 强调时间被提前, 后面是一个全部倒装句, 正常语序是 The timely help came from Yang right then。

29. A. as long as 是连词, 相当于 if, 是“只要”, 符合句意。

30. C. 句子中需要的动词是“安慰”, 即 comfort。

31. B. far from + adj. 是一种常见结构, 指“远远不够……”, 本句是“远远说不上富足”, 即“穷困”。

32. D. 本句的意思是“家里人把三分之一的收入积攒起来供孙劲上学”。

33. C. all 与 whole 多指众多个体组成的“整个, 全部”; total 在这里是“总数”。

34. B. provide sb. with sth. 给某人提供某物。

35. A. 随着文章的叙述, 能够读出孙劲是个非常争气的孩子, 她攻读了人大的研究生, 所以这里说“她没有让人失望”。

36. A.

37. A. 这两道选题都可以依据上文做出判断。

38. B. 取得学位, 用 win, take 和 receive 这三个词。

39. A. 这里是拟人的用法, 使句子更生动, see 有“见证”的意思。

40. B. further studies/education 指“进修”。

## 第二部分

### 第一节 阅读理解

#### A

41. B. 由第一段第一句话得知。

42. D.

43. A.

44. B. 由最后一段倒数第二句得知。

#### B

45. D. 第一段第四句及第二段第一句提示可知。



46. A. 第三段第二句提示可知。

47. D. 第四段第二句提示。

48. B. 路是导致交通事故的主要原因, 路的问题的解决意味着交通事故的解决。

### C

本文向我们介绍了水对人类的健康所起的重要作用。

49. C. 从第二段第一句可以得出答案。

50. A. 从第二段最后一句话可以得到此答案。

51. D. 文章中没有说到水可以提供蛋白质。

52. C. 从该文章的第一句话 "Water is necessary for life and good health." 可以得出答案。

### D

53. C.

54. B.

55. D.

56. C.

57. D.

### E

58. A. 由文章第一句得知, 作者对此感到吃惊。

59. C. 由第三段可知。

60. D. 由第五段得知。

### 第二节 补全对话

两人在谈论一个街头艺人的境遇。

61. B.

62. F.

63. G.

64. A.

65. C.

### 第三部分 写作

#### 第一节 单词填空

66. survived

67. protect

68. safety

69. Check

70. impression

71. portrait

72. opportunity

73. calendar

74. measures

75. emotions

### 第二节 短文改错

76. In—On

77. It --they

78. but—and

79. of it .

80. bag of

81. was 去掉

82. ✓

83. went to

84. How—What

85. for—as

### 第三节 书面表达

One possible version

Dear Li Wei,

I've just received your letter and I am very pleased with it.

I enjoyed my stay in China very much. And I am very happy to have made so many Chinese friends when I visited your great country last month.

Thank you for your wonderful stamps. I like them very much, especially the "monkey stamp".

Now I'll tell you something about myself. I study in a middle school near my house. I go there on foot. I have many subjects to study, such as English, mathematics, etc. I have three lessons in the morning and two in the afternoon. In my spare time I play basketball or table-tennis. I also like skating and dancing.

I hope to visit your country again. I am beginning to miss you so badly. Chinese is really difficult to study. Would you please help me? I wish to learn it well.

Remember me to your parents and brother.

Yours forever,

John

## Unit 13 Healthy eating

### I. 背景知识

A. BREAKFAST: The first chance to fill your tank

Regardless of your activity level, breakfast is an essential part of a healthful lifestyle and is also important for maintaining energy all day long. The motto here is ANYTHING for breakfast is better than NOTHING at all. Think of your body as a car and food as gas. Without gas, your car cannot get from one place to another. The rate at which your body uses calories for energy is known as metabolism. Think of metabolism as the motor of your car. Metabolism is directly related to energy levels, so the higher your metabolism, the more energy you have throughout the day. When you are sleeping, your body naturally decreases its metabolism. When you wake up, there is an increase in metabolism, which peaks by noon. How much energy you have during this time is contingent on how much food calories your body has to use for energy. Breakfast becomes the first stop to the gas station before your road trip. So basically, eating breakfast actually helps maintain high energy levels throughout the day. In fact, the more hearty a breakfast you have, the more your metabolism motor will roar! You do have to stick to some guidelines, of course, to promote optimal energy.

#### Calories

The best range of calories for breakfast is between 350-500. Below 350, your body will not fulfill the requirements for morning energy usage; above 500, your body may store unneeded calories as fat.

#### Balance

Plan and eat a balanced breakfast meal including complex carbohydrate, protein, fat, and a fruit or vegetable.

#### Quantity-Aim for:

1-2 servings of complex carbohydrates

One serving equals 1 piece of bread, 1 cup of cooked oatmeal, 1 cup of dry cereal, 1 English muffin, 1 bagel, 1 cup of granola, 1 small muffin.

1 serving of protein

1 cup of yogurt, 1 cup of cottage cheese, 1 ounce of cheese, 1 large egg, 2 ounces of smoked salmon, 1 cup of milk or soy milk, 2 tablespoons (T) of peanut butter, or 1 cup of nuts or seeds

1 serving of fat

1 teaspoon (t) of butter, 1 t of oil, 1 T of cream cheese

Count the fat in your protein serving as the fat in the meal (i. e., 2-4 percent fat milk or cottage cheese, 1 ounce

of cheese, 2 T of peanut butter, 1 cup of nuts or seeds, 1 egg. In addition, count the fat that comes in a carbohydrate serving (i. e., 2 cup of granola, 1 small muffin).

1 serving of a fruit or vegetable

1 medium piece of fruit, 1 cup of cut fruit, 1 cup dried fruit, 6 ounces of fruit juice, 1 cup of raw

or 1 cup of cooked vegetables, 1 cup of vegetable juice

Some examples of energizing breakfast meals include:

1. 2 pieces of toast (2 servings of complex carbohydrate), 2 T of peanut butter (1 serving of protein, 1 serving of fat), and 1 medium banana (1 serving of fruit)

2. 1 bagel (1 serving of complex carbohydrate), 1 T of cream cheese (1 serving of fat), 2 ounces of smoked salmon (1 serving of protein), and 1 cup of sliced tomatoes (1 serving of vegetable)

3. 1 cup of cooked oatmeal (2 servings of complex carbohydrate) made with 1 cup of 2 percent fat milk (1 serving of protein, 1 serving of fat), and 1 cup of raisins (1 serving of fruit)

4. 1 small muffin (1 serving of complex carbohydrate, 1 serving of fat), 1 cup of plain low fat yogurt (1 serving of protein), 1 cup of orange juice (1 serving of fruit)

As you see, there are many delicious ways to get from point A to point B every morning. Imagine your surprise when you see the results with more energy!

### B. HOW TO LOWER FAT INTAKE

Nowadays, people's requirements for "eating" are increasing following with the improving of people's standards of living. This increasing leads to two results.

On one hand, the foods on people's tables are richer [1] and richer; on the other hand, the amount of fatties is larger and larger.

Fatness not only brings many inconveniences to people's daily life, but also affects people's health, so "weight loss" become a big hotspot [2]. The following is some steps to reduce the fat intake.

1. Choose low-fat dairy products like skim or 1% milk, low-fat cheese and yogurts, and reduced fat ice cream.

2. Prepare foods by roasting [3], boiling, steaming, and light stir-frying.

3. Remove the skin from poultry and trim the visible fat from meats before eating.

4. Try to avoid or limit high-fat luncheon meats like bologna, salami, sausage, bacon, and hot-dogs.

5. Buy reduced-fat of butter, mayonnaise, cream cheese, and salad dressings.

6. Try to flavour [4] your foods with herbs, spices, lemon juice, mustard or vinegar.

7. Try to snack on low-fat alternatives such as pretzel, fresh fruit, and frozen yogurt to chips and cookies.

#### 1. rich

富有，那么除了表达“有钱的”的意思之外，我们还可以说：rich color (色彩鲜艳的)；a rich bone smell (一股肉骨头香喷喷的味道)；说到食物——我们可以将它理解成“丰盛的、油腻的”等意思，例如：a rich banquet (盛宴)，具体应该怎么理解就得结合上下文来分析了。

2. hotspot 热点。一般指讨论或注意的焦点事物，但森林里火灾多发的地区也被称之为 hotspot，那可真的是名副其实的“热点”。

#### 3. roast

烤，烘。Roast meat on a spit. (用铁叉烤肉)。有时人们喜欢用夸张的说法来强调天气太热了，例如：Can't we open a window? I'm roasting. (可不可以开扇窗？我快热死了。)

#### 4. flavour

味道。双味冰激凌——ice cream of two flavours. 我们看看说到嗅觉上的味道是否可以用这个词来表达：The flavour of onion. (洋葱的气味)。所以现在我们知道 flavour 可以表达“味觉、嗅觉上的味道”。用作动词的时候，这个词还可以表达“给……调味”的意思——use pepper, salt and spices to flavour food. (用胡椒、盐以及香料给事物调味。)

### ALCOHOL HAS HEALTH BENEFITS

Appealing headlines: "Alcohol [1] Has Health Benefits" and "Moderate Drinking cuts [2] Risk of Heart Disease". But do the benefits of drinking alcohol outweigh the risks? If so, does it matter whether you drink wine, beer, or liquor and how much you drink?

The good news Drinking moderate amounts of alcohol probably helps to prevent heart disease. Scientists used to think that only red wine offered this positive effect, but recent studies have shown that beer, liquor, and white wine also increase HDL [3] cholesterol.

If you are worried about your waistline, wine is the drink of choice. People who drink more than six glasses of wine a week have smaller waistlines [4] than people whom drink more than six other alcohols drink a week (beer or liquor). Abstainers have waistlines between the other two groups.

Most of the reported benefits of wine compared with other types of alcohol may have more to do with the people who drink wine. Wine drinkers are more likely to be non-

smokers, to drink only moderate amounts, and to be better educated. In France, people drink their wine mostly with meals, which contain plenty of vegetables and fruits. The French culture also espouses a low-stress lifestyle. In other words, wine drinkers may have a lower risk of heart disease.

#### 1. alcohol

酒精、酒。它是所有酒类的统称。常见的包括有 beer (啤酒)、wine (葡萄酒)、liquor (白酒)、bubbly wine (香槟酒) etc.

#### 2. cut

最初为我们所熟悉的意思是“切、割、砍”，我们会常用到它来表示“切蛋糕”(cut the cake)。但是文中的词义却很明显不是上面提到的意思，我们还是先来补充一个用法吧——When the millennium is at the corner, all the department stores are cutting their prices to attract the customers. (当千禧年快到的时候，所有的商场都在打折削价以吸引顾客。) 所以，cut 还有“削减、减少”的意思。

#### 3. HDL

high-density lipoprotein (高密度脂蛋白)

#### 4. waistline

腰围。有大肚腩的男人都被称之为“啤酒肚”(beer belly)。

### C. daily expressions

#### 1. 一般病情

He feels headache, nausea and vomiting.

他觉得头痛、恶心想吐。

He is under the weather.

他不舒服，生病了。

He began to feel unusually tired.

他感到反常的疲倦？

He feels light-headed.

他觉得头晕。

She has been shut-in for a few days.

她生病在家几天了。

Her head is pounding.

她头痛。

His symptoms include loss of appetite, weight loss, excessive fatigue, fever and chills.

他的症状有食欲和体重减轻、非常疲倦、发烧和发冷。

He feels exhausted or fatigued most of the time.

他大部分时间都觉得非常疲倦。

He has been lacking in energy for some time.

他感到虚弱有段时间了。

He feels drowsy, dizzy and nauseated.

他觉得昏昏欲睡，头晕目眩和想吐。

He feels as though everything around him is spinning.

他感到周围的东西都在打转。

He has noticed some loss of hearing.

他发觉听力差些。

She has some pains and itching around her eyes.

她眼睛四周又痛又痒。

## 2. 伤风感冒

He has been coughing up rusty or greenish-yellow phlegm.

他咳嗽带有绿黄色的痰。

His eyes feel itchy and he has been sneezing.

他眼睛发痒，而且一直在打喷嚏。

He has a fever, aching muscles and hacking cough. hacking = constant

他有发烧，筋骨酸痛和常常咳嗽。

He coughed with sputum and feeling of malaise. malaise = debility

他咳嗽有浓痰，而且觉得很虚弱。

He gets a cold with a deep hacking cough.

他伤风咳嗽。

He has a headache, aching bones and joints.

他头痛，骨头、关节也痛。

He has a persistent cough.

他不停地在咳。

He has bouts of uncontrollable coughing.

他一阵阵的咳嗽，难以控制。

He has hoarse and has lost his voice sometimes.

他声音嘶哑，有时失声。

He has a sore throat and a stuffy nose.

他嗓子疼痛而且鼻子不通。

His breathing is harsh and wheezy.

他呼吸时，有气喘似的呼哧呼哧作响。

He has a stabbing pain that comes on suddenly in one or both temples. 有时突然间太阳穴刺痛。

He has a runny nose, sneezing or a scratchy throat.

他流鼻水，打喷嚏和喉咙沙哑。

## 3. 手脚毛病

His both hands and feet ache all over.

他两手两脚都很酸痛。

He has pain on the sole of his feet.

他脚底很痛。

His ankles look puffy and they pit when he presses them with his finger.

他的足踝好象肿了，用手按，就有小坑痕。

The pain in his left foot is accompanied by redness and swelling.

左脚酸痛，并有红肿。

The joints near his fingernails and knuckles look swollen.

指头和指节旁边的关节，似乎有肿大。

He has numbness and tingling in his hands and fingers.

他的手和指头感到麻木和刺痛。

His legs become painful following strenuous exercise.

激烈运动后，他的腿就痛。

His knee is misshapen or unable to move.

他的膝盖有点畸形，也不能动。

He is troubled with painful muscles and joints.

他的筋骨和关节都痛。

She is troubled by the pains in the back and shoulders.

她的后背和肩膀都痛。

His knee has been bothering him for some time.

他的膝盖不舒服，已有一段时间了。

## 4. 睡眠不好

He is sleeping poorly.

他睡不好。

He has difficulty in sleeping, inability to concentrate.

他不易入睡，也难集中精神。

It is usually hard for her to fall asleep when she goes to bed at night.

她晚上就寝，很难入睡。

He wakes during the night or early morning and finds it difficult to fall asleep again.

他晚间或清早醒来后，再也不能入睡。

He has nightmares occasionally.

他有时做噩梦。

## 5. 呼吸方面

His breathing has become increasingly difficult.

他呼吸越来越困难。

He has to breathe through his mouth.

他要用口呼吸。

He is short of breath, even when he has not been exercising, he is breathless.

他气短，即使不运动，他也是上气不接下气。

His cough is more like wheezing.

他的咳嗽有呼哧呼哧的响声。

His cough is dry, producing no phlegm.

他是干咳，没有痰。

He has coughed up blood.

他咳嗽有血。

His nose stuffed up when he had a cold.

他感冒时鼻子就不通。

He coughs up a lot of phlegm thick spit on most days.

他多半时间咳出浓浓的痰。

He has a feeling of tightness in the chest or a feeling that he is suffocating.

他胸部觉得闷闷的，好象透不过气来。

## 6. 肠胃毛病

He has a bloated, uncomfortable feeling after meal.

他饭后肚子觉得胀胀的，很不舒服。或 He feels bloated after eating.

He has bouts of abdominal pain.

他有一阵阵的肚痛。

He feels bloated in his abdominal area.

他感到肚子胀胀的。注：胀胀的，像 (puff up)，但不是真正的肿 (swell up)。

He has nausea and vomiting.

他有恶心和呕吐。

It is difficult or painful for him to swallow.

他吞下食物时会痛。

He has passed more gas than usual.

他放…比平常多。

He has been constipated for a few days.

他便秘了好几天。

He suffers pains when he moves his bowels.

他大便时很痛。

He has trouble with diarrhea.

他拉肚子。

7. 血压等等

His blood pressure is really up.

他的血压很高。

It is a chest pain that gets worse when he bends over or lies down.

他弯腰或躺下时，胸部更痛。

He has noticed excessive sweating and unexplained tiredness.

他体会到过度的出汗和难以解释的疲倦。

He has a sharp pain in one area of his spine.

他的脊椎某部位刺痛。

He has pain in other joints including hip, knee and ankle.

其它关节疼痛包括臀部、膝盖和脚踝。

His eyes seem to be bulging.

他的眼睛觉得有点肿胀。

He has double vision.

他的视线有双重影子。

He feels there is a film over his eyes.

他觉得眼里有种薄膜似的东西，挡住视线。

His vision in the right eye blurred.

他右眼视线模糊不清。

He has had some earaches lately.

他近来耳朵有点痛。

He has a repeated buzzing or other noises in his ears.

他耳朵常有嗡嗡的声音。

## II. 要求掌握词汇及句型

重点应用 词汇	energy examine diet function balance fit digest gain offer simply
重要句型	I've got a pain... Our eating habits have changed, as has our way of life, Only in that way will we be ready for You had better do/not do You should/ought to do You shouldn't/oughtn't to do I wonder if Most fruits are naturally sweet and we can eat them just the way they are Preparing a delicious snack does not have to be too difficult.

## III. 语法重难点点拨

1. 在日常对话中，向对方提出建议和忠告有这些较常用的说法：

should

You should try to practise English.

You shouldn't eat too much.

Why don't you 不如...

Why don't you join an English club?

ought to 应该

You ought to read more.

If I were you, I'd

If I were you, I'd watch more television.

suggest and recommend 提议与推荐用动词分词

I suggest visiting the Eiffel Tower. (连自己在内全部都去) 或用从句 I suggest that you visit the Eiffel Tower. (你们大家去我不去，只是提议) 或用名词 I recommend the lobster. advise 建议 (动词) I advise you to buy a good dictionary. advice 建议 (不可数名词) 所以要用 some advice 或 a piece of advice. Let me give you some advice.

She gave me a very useful piece of advice: to buy a good dictionary.

很多人不喜欢不请自来的建议和意见，所以为了避免表错情给人以多事的印象，你可以用以下说法：You could always... 你其实可以... Have you considered... 你考虑过... Perhaps we could... 也许我们可以... Do you think it's a good idea to... 你觉得... 好不好呢？

2. should 可以蕴含不同的感情色彩，体现不同的态度、看法，表示不同的含义。

(1) 表示委婉、谦逊的语气，通常用于提出建议或请求时，有时相当于汉语的“可，倒是，想”等。如：I should think so.

(2) 用于表示惊奇、遗憾等的从句中，作“竟然”解。

I'm surprised that this should have happened.

(3) 在 advise, demand, decide, suggest, order, request, require 等动词的宾语从句中, 谓语动词常常使用 should+动词原形的形式或直接使用动词原形。We decided that Tom should meet them.

(4) 有些形容词, 如 necessary, important, right, essential 等, 具有情态意味, 所以, 当它们在 it is/was... that 句型中作表语时, 形式同上。

It is necessary that he should speak.

(5) 有些名词, 如 suggestion, plan, wish, order, decision, request 等, 在连接表语从句和同位语从句谓语同上。Our decision is that the school remain closed.

(6) 在 in case, for fear that 引起的从句中, 有时也要求使用一个推定性的情态动词 should 或 might。should 在这里的词义相当于 might, 不要理解成“应当”, 如: I dare not tell you what he did, for fear that he should be angry with me.

#### IV. 同步训练 1 Unit 13 参考答案

##### I. 词汇强化闯关

###### 1. 听辨单词

1. I go to work on foot every day because it is good exercise.
2. He now holds important position in a large chemical works.
3. Biscuits have flour as the main ingredient.
4. A breeze rippled the surface of the pond.
5. we may dislike the taste of broccoli or other green vegetables. However, we must eat them to obtain necessary nutrients.

1. B.
2. C.
3. C.
4. D.
5. A.

###### 2. 汉译英

1. snack 2. stomach 3. product 4. function
5. vegetarian 6. balance 7. fever 8. energy 9. dairy
10. chemical 11. ripe 12. nutritious 13. tasty 14. soft
15. digest 16. keep up with 17. make a choice 18. now and then 19. plenty of 20. ought not to 21. take medicine
22. build one's body 23. environmentally friendly food
24. in the right amounts 25. keep a balanced diet 26. go on diets/a diet 27. keep fit 28. invite sb. to dinner 29. give sb. advice 30. too much

###### 3. 用所给单词的最佳形式填空

1. advice 2. health 3. choices 4. environmentally
5. Traditional 6. eating 7. mainly 8. product 9. weight
10. tasty

##### 4. 介词、副词填空

1. up 2. in 3. for 4. up with 5. without 6. from
7. in 8. for 9. of 10. for

##### II. 重点语法精练

###### 1. 英译汉

略 (本题旨在引导学生通过具体的语言情境对 had better, should 和 ought to 的语法功能归类)。

###### 2. 用动词的正确形式填空

1. not to eat 2. learn to make 3. take 4. to learn
5. to have been careful

###### 3. 单项填空

1. B. “我可以知道你的名字吗?” may 用语第一人称, 表示请求允许。答案是 B。

2. C. must 指“必须”, 表示母亲对孩子自上而下的要求, 多用这种口吻。答案是 C。

3. D. 本题中 can 表示“能力”, 句子译为“计算机能够通过程序快速处理难题”。选 D。

4. B. can't 表“不可能”, needn't 是“没必要”, mustn't 表“禁止”, may not 是“或许不, 大概不会”。依据题意, 可知答案是 B。

5. D. 指客观条件 (妈妈有病。无人照顾妹妹) 下, 不得不做的事用 have to。

6. C. 本题考查情态动词猜测语气的用法。疑问句中语气从强到弱的排列顺序是: can, could, may, might, 在否定句中是 can't, couldn't, may not 和 might not, must 既不能用于疑问句, 也不能用于否定句表示猜测。本题在答语中提示说“我不太确定”, 这个空应选用语气较弱的 may, 从而选择答案 C。

7. C. 答案选 C。意思是“你不可能每次都赢”。

8. D. 依据所给条件能判断出“你肯定是很渴”。本题也是测试情态动词的猜测语气用法, 答案是 D。

9. B. 答案选 B。表示“能力”。

10. A. 对于 must 的否定回答应为: needn't 或 don't have to。本题答案是 A。

11. A. 对于 may 的否定回答一般是“mustn't”。本句译为“不, 绝对不行。你必须先完成作业”。

12. B. 本句考查情态动词的被动语态, 答案是 B。

13~15. 用“情态动词+have+done”结构表示对过去动作的推测, 这是高考的一个高频考点。高考试题中常用过去时态或过去的时间状语给以暗示。情态动词的这一用法可以用“对立统一”来概括。(1) 当试题的前句和后句在动作和意义上相互补充说明, 且整个句意在动作和时间上是一个整体时, 我们可用“统一”关系来解决这样的试题。常见的结构有: must have done; 表示对过去动作的肯定推测, 常译作“一定做了……”, 只能用于肯定句中。其否定形式为 can't/couldn't have done; 疑问式为 Can/Could... have done?。could/might have done; 表示对过去发生的动作的可能性推测, 常译作“可能做了……”。

(2) 当试题的前后句在动作和意义上构成转折关系时, 常借助“but, however, instead”等词来表示过去的动作与客观事实不符, 这时我们就可以用“对立”关系来解决这样的试题。这种结构常见的有: should have done/ ought to have done: 表示过去本应该做某事而实际上没有做。should not have done/ ought not to have done: 表示过去本不应该做某事但事实上却做了。need have done: 表示过去本来有必要去做某事, 但事实上没有做。need not have done: 表示过去本来没有必要做某事, 但事实上却做了。13 题译为“不可能出席过”, 答案是 A;

14 题译为“不可能已经到了”, 答案是 C; 15 题译为“本不应该离家出走却走了”, 本题选 B。

### III. 读写技能提高

#### 1. 排序

BADEC

本段文字是单元阅读文章 We are what we eat 的开篇段落, 顺着“提出问题—简要剖析—强化问题”的脉络轻而易举地吸引了读者注意, 激发了阅读兴趣, 是一个不错的 Opening Paragraph, 应要求学生背诵进而达到模仿成文的目的。例如: 练习写写 We are what we wear, We are what we study 这样的小段落。

#### 2. 完形填空

1. fuel 2. right 3. care 4. groups 5. vegetable  
6. least 7. will 8. habit 9. hurry 10. weaker

#### 3. 阅读理解

A. 本文作者首先提出了好胃口是身体健康的表现这一观点, 然后就日常饮食提出了一些他个人的看法与建议。

1. D. 从文章第一段可得出正确答案。

2. A. 从第三段第一句话 until 从句可得出本答案。

3. C. 该答案偷换了概念, 将 every day 变成了 during the day。

B. 本文介绍了人们种植水稻的历史, 水稻的习性等一些农业知识。

1. T。

2. F. 由第三段, 第一句话可知。

3. T。

4. F. 由有最后一段的最后一句话可知“农民会用药毒死害虫”, 而具体“农药”(insecticide) 这个字是什么并没有交代。fertilizer 指的是“化肥”。

5. T。

#### 4. 书面表达

Dear Sharon,

I'm sorry to learn that you are putting on weight day by day and this makes you very sad. I think you'd better go to the doctor and ask for some advice. And I also suggest that in the future you should eat less food rich in fat, such as cream, chocolate and so on. You should eat more fruit and take more exercise. In this way, I'm sure you will lose

weight and change back into the same healthy and beautiful girl as you used to be.

Yours ever,

Jane

### V. 同步测试 2 Unit 13 参考答案

#### I. 单项填空

1. B. exercise 作不可数名词用时, 表示“体育锻炼”, 答案是 B。

2. C. by and by 指“逐渐地, 渐渐地”; more or less 指“或多或少地”; now and then 意思是“时而地”; at the same time 指“同时”。题意为“如果你能时而不时地告诉我大家的近况, 我将不胜感激”, 所以答案选 C。

3. D. what 在句子中引导表语从句, 意思是“使太众烦恼的事”, 正如 We are what we eat 这种表达方法。

4. D. 句子的谓语部分是 is worth, rich in 是形容词短语在句中充当 area 的后置定语。

5. B. in future 指“从今以后, 今后”, 相当于 from now on; in the future 着重表示“将来某个时候”, 相当于 in the time yet to come。

6. A. 固定搭配。

7. C. 表示“太……”, much too 的中心词是 too, 是副词的性质, 多修饰其他的副词或形容词; too much 的中心词是 much, 是形容词、代词的性质, 很少用作副词。too 和 very 不能连用; far 作副词只修饰比较级。

8. D. Why not + 动词原形, 用于表示建议。Try doing 表示“试着做某事”。

9. C. prepare 可作及物或不及物动词使用, prepare sth. 表示“直接准备……”; prepare for 表示“为……做一些准备性的工作”。

10. C. not a little = very 表“非常, 十分”; not a bit = not

at all 表“一点也不”。

11. A. 系表结构。系动词 + 形容词, 常见的感官动词转换成系动词的还有: look, seem, appear, sound, smell, feel 等。

12. D. contain 意思是“含有”, 没有进行时态, 强调“内部拥有”, 侧重内容; including 为介词, 常位于句尾, 表示“包括”, 经常指示包括“局部”。

13. D. as many as 强调人和物的数目; as much as 与之意思相同, 但它后面多接表时间、重量和其他用来表示计量单位的名词。

14. D. hope/suggest/make 都不能带不定式作宾语补足语。而 advise sb. (not) to do sth. 表示“建议某(不要)做某事”。

15. A. education 为不可数名词, 只能用 little 修饰, 当名词前面有“little, few, much, many”这些表示“量”的词出现时, 只能用副词 so。

#### II. 完形填空

大部分孩子总是愿意有什么吃什么, 他们之所以有偏

食的习惯都因为他们的父母在他们面前说了些不该说的话，这是个值得思考的问题。

16. D. 除非食物烹调得很差。

17. C. a meal is cooked or served 是修饰 the way 的定语从句。

18. B. 强调饭菜要有吸引力。

19. A. 不要问孩子喜欢还是不喜欢什么食物。

20. C. 不要在孩子面前讨论喜欢什么不喜欢什么。

21. B. 不允许任何人这样做。

22. C. likely 主语可以是人，而 possible, probable 的主语通常是 it。

23. D. 要教育小孩喜欢一切食物。

24. C. 你这样教育了，他很可能就会喜欢一切食物。will 表示意愿。

25. A. supposed 意思是“假定的”，在这里用作定语。

26. C. It is a good idea to... 常用来表示建议。

27. D. 这里 share 是名词“一份”的意思。

28. B. “let him come back for a second helping”让他自己动手再去取一份。

29. A. 与 27 空前的 small 遥相呼应。

30. D. 在吃饭时用 during meal time。

31. B. 不允许他离开桌子。英语中不可说 “agree sb. to do sth.”。

32. B. 否则他会很快养成吞食的不良习惯。

33. A. so that 表示目的。

34. D. on no conditions 是固定搭配，意为“决不”。

35. A. 既不能哄骗也不能强迫他吃。否定句中常用 or 表示“和”。

### III. 阅读理解

A. 本文介绍了美国旧金山一个叫 Juliano 的人开设了一家餐厅，提倡人们食用生的食品。

36. B. 文章主要介绍了 Juliano 餐厅的特点和他的办店理念。

37. B. 文章第二段介绍了生食制作方法。

38. D. 第三段提到 “Juliano's restaurant doesn't serve meat”。

B. 本文介绍了 hamburger 这种食物的流行、特点和前景。

39. D. 从第三段可知，汉堡包大大节省了就餐时间。

40. A. 从第二段 “From then on, the hamburger became a kind of popular American fast food.”，可算出它有一百多年的历史了。

41. C. 从第三段 “There have been cries of anger from Italy and Spain about the shortening of the usual four-hour

lunch break.” 得知欧洲人在这方面的好恶。

42. B. 从文章的最后一句可以得知。

### IV. 单词填空

43. energy 44. tested/tests 45. amount 46. balance

47. fit 48. soft 49. examined 50. functioning 51. mixture

52. gained

### V. 改错

A

53. 去掉第二个 to。

54. take 改为 taking。

55. don't 改为 not to。

56. as many as 改为 as much as。

57. 句式改为 Why don't you ask... 或 Why not ask...。

58. for 改为 to, be harmful to “对……有害”。

59. smart 改为 smarter, 本句是一个比较级的排比结构。

60. 删除 them。

61. 去掉第一个 to。

62. 改 for 为 of, be short for 意思是“缩写”，be short of 是“短缺”。

B

63. In 改为 For。

64. chocolates 改为 chocolate。

65. 正确。

66. a 改为 an。

67. But 改为 And。

68. still 改为 even。

69. not 改为 no。

70. was 改为 is。

71. examine 改为 examined。

72. couldn't 改为 could。

### VI. 书面表达

A possible version

Can you imagine that in China many people like to eat snakes? And the food is becoming more popular, especially in southern cities.

Should we eat them though they shoot poison when they bite you or animals? The answer is NO! We know any animal in the world has its own position. And by playing its unique function they help to keep the balance of nature. Only in this way can human beings live harmoniously with nature. So we should not do harm to them in any way. Instead, it is our responsibility to protect them.



# Unit 14 Festivals

## I. 背景知识

### A. American festivals

#### \* Labor Day

—the 1st Monday in September— a day that celebrates all the many kinds of working people and their various occupations. \* Columbus Day— October 12th ( or 2nd Monday in October) —the day named for the famed explorer, Christopher Columbus, Admiral of the Ocean Sea.

#### \* Halloween

—October 31st

—the day coming from ancient pagan religious practices, many of which have lost their original meaning.

#### \* Thanksgiving Day

—the 4th Thursday in November

—a holiday specifically set aside for the purpose of thanking God for his provisions and blessing.

#### \* Christmas

—December 25th

—the holiday celebrating the birth of Jesus Christ

#### \* New Year's Day

—January 1st

— a universal holiday celebrating the year's first day \* Martin Luther King Day

—January 15th

—the most recent addition of federally paid national day, the birthday of slain civil rights leader—Martin Luther King.

#### \* Valentine's Day

—February 14th

— a one-day celebration of romance and love

#### \* St. Patrick's Day

—March 17th

—a day of remembrance and honor for the second bishop (after Palladius) of Ireland, Saint Patrick \* Easter

—the 1st Sunday after full moon after March 21st

—the annual Christian celebration of the resurrection of Jesus Christ

#### \* Independence Day

—July 4th

—a day celebrating July 4th, 1776 that the thirteen struggling American Colonies collectively decided to declare their independence from the most powerful country on earth

#### \* Mother's Day

—the 2nd Sunday in May

#### \* Father's Day

—the 3rd Sunday in June

#### \* April Fool's Day

—April 1st

#### B. New Year's Day

January 1

10...9...8... The lighted ball in New York's Times Square (时代广场) starts picking up speed (加快速度). 7...6...5... It's almost time. 4...3...2... Everyone holds their breath for the last few seconds. We're about to jump that seemingly large but invisible gap that separates the years. 1...0... Happy New Year!

We made it. The old year, for better or worse, is gone for good. The new year has begun with fresh promise. Here's our chance to start again, to do it right this time, to have another shot at success...at glory...at just accomplishing what we resolve to. It's time to shed that baggage from the year long gone and celebrate what can be in the 365 untouched days to come. Happy New Year!

We can trace the origins of a new year's celebration back to the ancient Egyptians and Babylonians, at least 4,000 years ago. In Egypt, the Nile river signaled a new beginning for the farmers of the Nile as it flooded their land and enriched it with the silt (淤泥) needed to grow crops for the next year. This happened near the end of September.

The Babylonians held their festival in the spring, on March 23, to kick off the next cycle of planting and harvest. Symbolically, the king was stripped of his robes and sent away for a few days while the people whooped it up (庆祝). He then returned in all his finery (华丽的服饰) for a grand parade, and the normal activities of life would return for the new year.

So how did we get to January 1 as the start of the year? That date was picked by the Roman Emperor Julius Caesar when he established his own calendar in 46 BC. The Roman Senate had actually tried to make January 1 New Year's Day in 153 BC, but it wasn't until Caesar stretched out 47 BC for 445 days that the date we're familiar with was synchronized (同步) with the sun. We've been on the Julian calendar ever since.

There must be something inside of us that needs to unload the accumulated results of fate and our own decisions and start anew. The Romans knew this. The month of January was named for their god, Janus, who is pictured with two heads. One looks forward, the other back, symbolizing