

Peculiar Explanation

宋伯涛 总主编

人教统编版

北京朗曼教学与研究中心教研成果



讲解

非常



高一英语
教材全解全析 (下)

天津人民出版社

非常讲解



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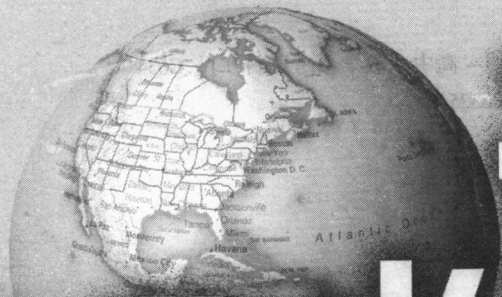
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宋伯涛

刘菊萍

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再 版 前 言

国家基础教育课程改革启动至今已有多年的,义务教育《课程标准》的实施范围正在逐步扩大,新的教育理念被越来越多的教育工作者和社会人士所接受,我国基础教育事业正经历着一次深刻的变革。这个变革的核心,对于教师来说,就是改变角色定位;对于学生来说,就是变革学习方式。本着这样的精神,同时为了适应课程改革深入发展的需要,今年再版时,我们在广泛征求专家、教师、学生和家長意见的基础上,对本书作了较大程度的修改。

本书每单元设置如下几个栏目:

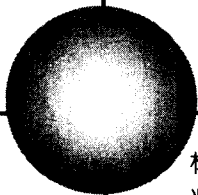
【单元内容详解】按照源于教材又高于教材的原则编写,力求对各单元的各知识点逐个进行讲解,分析和指导,根据知识点的重要程度和疑难程度在讲解上有所侧重,详略分明,并经常提出值得注意的情况,以帮助学生在使用英语时避免错误。本书根据相同知识点在不同语言环境中出现的不同地方,在讲解的侧重和处理的方式上不尽相同,这有利于读者全面了解和掌握。本书提供了较为丰富的例句,注重多种表达和联想思维,旨在帮助学生丰富语言知识和提高表述能力。

【典题欣赏】提供一定数量的典型例题和题解,以指导学生学会对题的理解和分析,弄通弄懂为什么对,为什么错,怎样才对,从而提高解题能力。

【同步测试】所编试题以中档及中高档题为主,具有一定的思维性,理解性,分析性,综合性强,尽量多地反映单元所学内容,知识覆盖面广,信息量大。

【答案与提示】提供参考答案并给予必要的提示和点拨,以指导对较难题的理解和分析,帮助学生解决问题。

本书旨在帮助全国广大中学师生把握新教材体系,深刻理解并掌握新教材内容,培养并提高实践及运用能力。本书讲解细致,分析透彻,层次分明,条理清晰,内容丰富,对掌握教



材重点、难点、疑点以及各知识点,对培养并提高理解、分析、判断、领悟、思考以及解决问题的能力具有极强的实用性和指导性,是朗曼中心继《中学英语 1+1》系列丛书后又一成功力作,两者堪称姊妹篇。其侧重点各不相同,前者偏重于对教材的全面讲解与分析,后者偏重于对重点及疑难问题的讲解与测试,它们既是一个整体,又互为补充,相得益彰。

作者在编写过程中,力求讲解教材全部内容,信息量大,知识覆盖面广,做到精讲精析,讲解透彻且具有深度,辨析清晰细致,讲解分析方法新颖独到,与众不同,别具一格,不落窠臼。

学习《课程标准》,更新教育观念,有一个不断深入的过程;课程改革的实施,也需要不断地探索和积累。本书此次修订正是学习《课程标准》,改革教学内容和方法的一个具体的落实。希望我们的努力能给老师和同学们的教学活动带来切实而有效的帮助,虽然我们兢兢业业,勉力为之,但因水平有限,难免有错漏之处,诚望批评指正,以利再版时修改和完善。

宋伯涛

2005 年 12 月于北师大

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Healthy eating 健康饮食

Unit 13 第十三单元



Part 1 Text Explanation 单元内容详解

DR YANG: What can I do for you, Sharon?^①

莎伦,你哪里不舒服?

SHARON: Well, I couldn't sleep last night.

唉,我昨晚睡不着。

DR YANG: What's the matter?

哪儿不舒服?

SHARON: I've got a pain^② here. Just here. Ouch!

我这儿疼。就这儿,哎哟!

DR YANG: What did you eat yesterday?

你昨天吃什么了?

SHARON: For lunch I had noodles, salad, and later a peach. I didn't have any supper because I didn't feel very well.

午饭吃的是面条和色拉,后来又吃了一个桃子。晚饭什么东西也没吃,因为我感到不太舒服。

DR YANG: Was the peach ripe or green? You ought to be careful^③ with fruit.

桃子是熟的还是生的?吃水果可得当心。

SHARON: It was a bit^④ green.

桃子有点儿生。

DR YANG: I think that may be the problem. It's nothing serious. You'd better get some rest. Take this medicine three times a day. You'll be all right soon.

And I advise^⑤ you not to eat fruit that isn't ripe in the future^⑥.

我认为这就是问题所在。不过,没多大问题。你最好休息一下。吃这种药,每天三次。你很快就会好的。另外,我劝你今后别再吃没熟的水果了。

SHARON: OK. Thank you. Goodbye.

记住了。谢谢你。再见。

①英语中表示提供帮助时,在不同的情景中用不同的句型来表示。如:

a. 医生和病人间常用 What can I do for you? 你哪里不舒服?

What can I do for you?

你哪里不舒服?

I have a bad headache.

我头疼得厉害。

- b. 店主和顾客间常用 Can/May I help you? 您要买什么? /您要点什么菜? /要住宿吗?

Can I help you?

您想买什么?

I'd like to buy a pair of trainers.

我想买双运动鞋。

- c. 朋友之间、同学之间、师生之间等常用下列表达:

Shall I do... for you?

Would you like me to do...?

Let me do... .

Is there anything I can do for you?

Shall I help you with the box?

我帮你搬箱子好吗?

Would you like me to carry the box for you?

你要我帮你搬箱子吗?

Let me carry the box for you.

让我帮你搬箱子吧。

May I carry the box for you?

我可以帮你搬箱子吗?

- d. 接受帮助时的回答常用的有:

Yes, please. 行。/可以。

Thanks./Thanks a lot/very much. 谢谢。/多谢。

Thank you very much for your help.

非常感谢你的帮助。

That's very kind. 太好了。/太谢谢了。

That's very kind/nice of you. 你真是太好了。

【注】接受帮助时不能说 Yes, you can/Yes, you may 等。

- e. 拒绝帮助时的回答常用的有:

No, thanks. 不用了,谢谢。

It's all right, thank you. 我能行,谢谢你。

No, it's OK, thank you. 不用了,我能行,谢谢你。

That's very kind of you, but I can manage it myself.

你太好了,但是我自己能应付。

【注】拒绝帮助时不能说 No, you can't, 以免显得没有礼貌。

② pain, ache, hurt 都表示“疼”“痛”,但用法不尽相同。

a. pain 作“(肉体上)的痛、疼痛、痛苦”解时是可数名词,可以使用其复数形式,也

可以加不定冠词; pain 作“(精神上的)痛苦、苦痛”解时为不可数名词。如:

To my great relief, the pain is gone.

令我感到十分轻松的是,疼痛消失了。

She was crying bitterly because of the pain in her stomach.

胃痛难耐,她失声痛哭。

The old man suffers greatly from a pain/pains in the back.

背疼使得那个老人备受折磨。

You will forgive me if I have given you pain.

如果我给你带来了痛苦,请原谅我。

His behavior caused his parents a great deal of pain.

他的行为给他的父母带来了极大的痛苦。

b. pain 在作“辛劳”“努力”“下苦工夫”等解时,用其复数形式。如:

Thank you very much for taking pains to show me how to do it.

十分感谢您不辞劳苦地教我做那项工作。

We are at pains to learn English well.

我们正在努力学好英语。

We must share pains and pleasure in the face of the enemy.

大敌当前,我们必须同甘苦、共患难。

With great pains and much patience, I got the information at last.

凭着巨大的努力和耐心,我最终得到了那条信息。

【注】in pain 和 with pain 都是固定短语,都表示“痛苦”“疼痛”,但它们的用法不同: in pain 通常充当表语,而 with pain 则一般用作状语。如:

Is your leg constantly in pain?

你的腿老是疼吗?

He cut his finger and was in great pain.

他切伤了手指,疼得很。

The boy was crying with pain, after he broke his arm.

摔伤了胳膊,那个孩子疼得哭了起来。

He was almost mad with pain.

他疼得几乎要发疯了。

c. pain 也可作动词使用,意思是“使(某人)心疼/痛苦”“使苦恼”等。如:

It pains me to have to disobey you, but I must.

不得不违抗你使我也不好受,然辄我必须这么做。

My foot is still paining me.

我的脚还痛。

d. ache 一般用作动词,主要指身体某部位(隐隐地、持续地)作痛。作名词用时,常常出现于复合词中。如:

His head aches badly sometimes.

= He has a bad headache sometimes.

有时候,他头疼得厉害。

His stomach begins to ache after drinking some alcohol.

= He has a stomachache after drinking some alcohol.

他一喝酒,胃就疼。

- e. hurt 用作及物动词时,意思是“伤害”“使受伤害”;既可指身体所受的伤,也可指感情上所受的伤害。如:

What will you do if someone falls off a bicycle and hurts himself badly?

如果有人从自行车上摔下来,伤得很厉害,你会怎么办?

What he said hurt me, so I said, "Don't judge a person by what he wears, my friend."

他的话使我受到了伤害,因此我告诉他:“朋友,请别总是以貌取人。”

Their misunderstanding has hurt me deeply.

他们的误解令我非常伤心。

- f. hurt 也经常用作不及物动词,这时,它相当于 ache。如:

My leg hurts and my arm hurts, too.

我腿疼,胳膊也疼。

My shoes are too tight, so my feet hurt.

我的鞋太小,挤得脚疼。

- ③a. be careful 和 take care 的意思都是“小心”“当心”“留神”,两短语都可单独使用,以提醒对方注意。如:

Cover the pan. Be careful! /Take care!

盖上锅盖,当心!

- b. be careful 和 take care 都可接不定式的否定形式。如:

Do be careful/take care not to break the jar.

千万小心不要打破这个罐子。

- c. 这两个短语后也都可接一个句子。如:

Take care/Be careful how you start the machine.

怎样开动这部机器须加注意。

Be careful/Take care there is no mistake.

当心不要出错。

- 【注】be careful with sth. 意思是“细心做某事”,也可以说 be careful in doing sth., 注意 with 后面接名词, in 后面接动词-ing 形式。而 take care 后面一般不接 with 或 in 短语。如:

Please be careful with my glasses.

请当心别打碎我的眼镜。

You should be careful with your money/in spending your money.

你花钱要慎重一些。

- d. look out 也意为“注意”“留神”。如:

Look out! There is a car coming!

小心点儿! 一辆汽车开过来了!

Look out for your aunt at the station.

留心在车站迎候你的姑妈。

【注】look out 意为“当心外来的危险”时可与 watch out 替换使用。如：

Look/Watch out for the coming car.

当心有车过来了。

- ④ a. a bit 和 a little 在肯定句中修饰动词、形容词、副词及形容词、副词的比较级时，可以互换，都意为“一点儿”，相当于副词，用来表示形容词、副词的程度。如：

“I felt a bit (= a little) hungry.” “Why don't you have some bread?”

“我有点儿饿了。”“为什么不吃些面包呢？”

The speaker spoke up a bit (= a little) so as to make himself heard more clearly.

演讲者把嗓门儿提高了一点儿，以便使别人听得更清楚。

In fact, the earth is actually a bit (= a little) nearer to the sun during the winter.

事实上，冬天地球离太阳稍近一点儿。

- b. a bit 和 a little 在否定句中意思恰恰相反，not a bit 相当于 not at all/not in the least(一点儿都不)，not a little 相当于 very (much)/extremely(非常)。如：

He wasn't a bit tired. (= He wasn't tired at all.)

他一点儿都不累。

He wasn't a little tired. (= He was very tired.)

他累极了。

- c. a little 可直接作名词的定语，而 a bit 要在其后加 of 构成短语才能作定语，二者都只能修饰不可数名词。如：

There's only a little (= a bit of) food left for lunch.

午餐只剩一点儿食品了。

The boy gave us not a little trouble (= too much trouble).

那男孩儿给我们添了不少麻烦。

The boy didn't give us a bit of trouble.

= The boy gave us no trouble at all.

那男孩儿没给我们添一点儿麻烦。

- d. bit 作名词时表示“碎片”“各种碎片状的小东西”，常用复数形式，在具体语境中可有不同的翻译。如：

Besides this, he used part of an old army wireless set, and some bits of wood.

除此之外，他还利用了一部旧的军用无线电发报机的部件和一些木片。

He made a supper from the bits.

他用吃剩下的食物做了一顿晚饭。

Bits of glass were all over the floor.

玻璃碎片满地都是。

- e. a little 可用在 bit 前作程度状语。如：

This cup is a little bit bigger than that one.

这只杯子比那只杯子稍大一点儿。

The fork and knife that is closest to the plate is a little bit bigger.

离盘子最近的那副刀叉要稍大一些。

- ⑤ a. advise 表示“忠告”“劝告”“建议”，可直接接名词作宾语。如：

The headteacher advised an early start.

班主任建议早些出发。

The kind man advised a change in the plan.

这位好心人建议将计划做一点儿改动。

b. advise sb. to do sth. 建议某人做某事; advise doing sth. 建议做某事; advise sb. not to do/against doing sth. 劝某人不要做某事(但不一定成功); advise 还可接从句。
如:

The African advised taking a walk after supper.

这位非洲人建议晚饭后散散步。

The doctor advised the patient to give up smoking.

这位医生建议病人戒烟。

I'd advise you not to tell her.

我劝你别告诉她。

The lawyers have advised against signing the contract.

律师建议不要签订这个合同。

The teacher advised that we (should) overcome the fear of making mistakes.

老师建议我们克服怕犯错误的心理。

Please advise me whether I should go to help him.

我是否该去帮助他,请提点儿建议。

【注】advise 表示“劝告”“建议”,侧重点在劝告、建议本身,不涉及劝说的结果;
persuade 表示“说服”,强调劝说的结果。如:

I advised him to stay in bed for a few days but he wouldn't listen to me.

我建议他在床上躺几天,但他不听。

Jack persuaded his brother to take him to Guilin.

杰克说服了他哥哥带他去桂林。

【注】advise 和 suggest 的异同:

①两者都可接名词、动词-ing 形式、that 引导的宾语从句以及疑问词加动词不定式作宾语。如:

They advised/suggested an early start.

他们建议早点儿出发。

They advised/suggested starting early.

他们建议早点儿出发。

They advised/suggested that we start early.

他们建议我们早点儿出发。

They advised/suggested what to do next.

他们建议下一步做什么。

②advise 可接动词不定式作宾补, suggest 无此用法。如:

The doctor advised me to give up smoking/not to smoke.

医生建议我戒烟/不要抽烟。

③advise 可接双宾语, suggest 无此用法。如:

They advised us what to do.

他们建议我们该怎么办。

【注】suggest sth. to sb. 相当于 suggest to sb. sth.。如：

We suggest a holiday abroad to them.

= We suggest to them a holiday abroad.

我们建议他们去国外度假。

【注】advice 是不可数名词，作“建议”“劝告”“忠告”解，而 suggestion 作“提议”“建议”解时是可数名词。如：

They gave a piece of advice.

他们提了一个建议。

They made a suggestion.

他们提出了一个建议。

⑥a. in the future 的意思是“将来”“未来”“今后的时期”，但不一定就是指从现在开始，而是指将来的时间，= in time yet to come。如：

Such would be our home in the future.

我们未来的家可能就是这个样子的。

No one can know what will happen in the future.

没有人知道将来会发生什么事。

In the future, people may live on the moon.

在将来，人们可能会生活在月球上。

b. in future 的意思是“从今以后”，= from now on。如：

In future, you must be more careful with your work.

从今以后，你必须对你的工作更加细心。

Such a bad habit should be got rid of in future.

今后必须改掉这样的坏习惯。

In future, make sure you get here on time.

今后，要保证准时来这里。

c. for the future 的意思是“就未来而论”“今后”，作“今后”解时，可与 in future 替换使用。如：

What are your plans for the future when you grow up?

你长大以后，对未来有什么打算？

For the future (= In future), we shall have to rely on ourselves.

今后，我们必须靠自己。

Try to be more careful with your spelling for the future (= in future).

今后你要更加注意拼写。

【注】for the future 还可意为“为将来”。如：

They put away some of their money for the future.

他们为将来积蓄了一些钱。

WE ARE WHAT WE EAT

Choosing what to eat is no longer as easy as it once was. Our eating habits^① have changed, as has our way of life, and the fuel^② we need^③ for our body is also different. Traditional diets often have too much^④ fat and too many calories for the 21st-century person. If we want to keep up with^⑤ the high pace^⑥ of modern life, we had better learn to make the right choices about what and how we eat.

Stores offer^⑦ all kinds of food and snacks and we have to make many choices. When we choose what to buy and eat, we had better think whether the food will give us the nutrients we need. Some nutrients help build^⑧ our body and make it stronger. Protein, for example^⑨, is good for our muscles. Fish, meat and beans contain^⑩ lots of protein. Calcium, which is found in eggs, milk and other dairy products, is good for our bones and teeth. We should also eat carbohydrates, the main fuel for our body, which we can get from bread, rice and noodles. Other nutrients, such as fibre and minerals, help keep our body functioning well. Vitamins, which we can get from eating vegetables, fruit, fish and drinking milk, help our body fight disease^⑪.

But the choices we make are not just about nutrition. Many people today make choices about their eating habits based^⑫ on what they believe^⑬. Eating habits become part^⑭ of who we are. Some people become vegetarians because they believe it is healthier not to eat meat or because they think we should not kill animals for food. Others become vegans and will not eat any animal products at all, not even yoghurt or eggs. We also make choices based on how the products are grown or made: environmentally friendly good, or "eco-food", is produced by companies who have tried to use green and clean ways to grow it. Organic vegetables are those that are grown without chemicals that can be harmful to human beings or the environment.

Because we have so much to choose from, many companies and stores offer advice about what we should eat. Books, magazines, and television shows tell us about foods and pills we should buy to become smarter, healthier and more beautiful. It is probably better, however, if we spend our time and money in buying good food and keeping a balanced^⑮ diet. If we eat healthy food in the right amounts, we do not have to buy any supplements. The same goes for "crash diets" that some companies say will make us lose weight fast. Instead of eating expensive diet food or going on unhealthy diets, we can simply try to eat less fat and sugar and exercise^⑯ more.

The best way to make sure^⑰ that we will feel and look fine is to develop^⑱ healthy eating habits. We ought to learn more about our body and the fuel it needs to keep fit. Only in that way will we be ready for the challenges and opportunities in life.^⑲

吃什么,是什么

选择吃什么,已经不像以前那么简单了。我们的饮食习惯已经变了,因为生活方式改变了,而身体需要的养料也不同了。对于 21 世纪的人来说,传统饮食往往