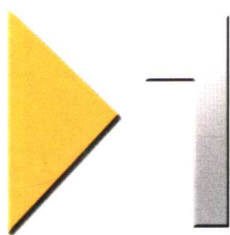


学 生 成 长 系 列 丛 书

# 伴你学

普通高中课程标准实验教科书

# 英语



## [必修 模块]

# BANNI XUE YINGYU

北京师范大学出版社基础  
教 育 教 材 分 社  
英语编辑室 组稿



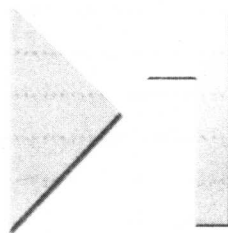
北京師範大學出版社

学生英语系列用书

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# 英语



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北京师范大学出版社基础教  
育教材分社  
英语编辑室 组稿

本册主编 梁恒元  
副主编 杨美丽  
编委 魏万里 郝振芬  
鲍文 杜萍

北京师范大学出版社

· 北京 ·

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# Unit 1

## Lifestyles

### 名言名言

*Ordinary people merely think how they shall spend their time; a man of talent tries to use it.* 普通人只想到如何度过时间,有才能的人设法利用时间。

### 学海导航

### ★ 语言输入 Language Input

Unit/lesson	Warm-up Lesson 1 A Perfect Day Lesson 2 Relaxing Lesson 3 A Volunteer Teacher Lesson 4 City and Country Communication Workshop
Function	Preferences—I like/prefer/enjoy... —I hate/I don't like... —I can't stand...
Grammar	Present tense —Present Simple —Present Continuous Future tense —Arrangements —Intentions
Vocabulary	Lifestyle adjectives Jobs Life description
Pronunciation	Hesitation Questions

## ★ 技能培养 Skills Development

Reading	Listening	Speaking	Writing
A couch potato A workaholic City and country <b>Strategies</b> Prediction	Monologues Radio programmes Interviews <b>Strategies</b> Prediction	Likes/dislikes A class survey  <b>Strategies</b> Group work	A personal letter   <b>Strategies</b> Writing an informal letter



### Warm-up

#### Lesson 1 A Perfect Day?



### 核心内容提要

I. 词汇大盘点 (请根据以下汉语提示写出本课的单词和词组)

#### Section A

1 生活方式 2 和平的, 平静的 3 轻松的, 放松的 4 充满压力的, 紧张的 5 认为, 猜想 6 卡通片, 动画片 7 抱怨, 投诉 8 转换, 转变 9 轻便的, 手提式的 10 遥远的 11 警报, 警告器 12 紧迫的, 紧急的 13 私人的, 个人的 14 公文, 文件 15 午夜, 半夜 16 厌烦的, 不感兴趣的	1 2 3 4 5 6	7 8 9 10 11 12	13 14 15 16
1 电视连续剧 2 谈话节目, 现场访谈 3 终日懒散在家里的人 4 把开关打开, 接通 5 把……关掉, 关上 6 转换频道, 转变 7 遥控 8 闹钟 9 (爆竹, 铃等)响 10 占据 11 充满着	1 2 3 4	5 6 7 8	9 10 11

#### Section B

1 牧羊人 2 连续, 系列, 丛书 3 (文学)床, 睡椅 4 工作第一的人	1 2	3 4
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#### Section C

1 英国广播公司	1
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## II. 核心句型

1. Then I get up, go downstairs and switch on the TV in the living room.
2. Meetings and phone calls take up a large part of the day.
3. Every minute of the day is filled with urgent matters.
4. When I get home at about ten, I look at some documents that I bring back from the office so that I can be ready for the next day's work.
5. I normally wake up about five minutes before my alarm clock goes off.
6. It takes me less than fifteen minutes to wash, get dressed, have breakfast, leave home and get on a bus.

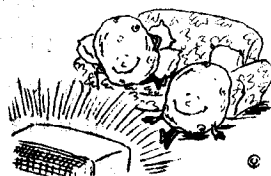
### 二

### 背景知识



A couch potato is based on a real person from Edinburgh.

There are two BBC (British Broadcasting Corporation) television channels (BBC1 and BBC2) and three commercial TV channels in the UK (ITV, Channel4 and Channel5). Many families also watch cable and satellite TV.



### 三

### 课文解读

## ★ 难句解疑

1. In the afternoon I often watch another old film—they're showing some good ones at the moment. 下午,我常看部老影片——眼下电视里正播放非常好看的老电影。

[注解] 句中 ones 是代词,代替前面的名词 film。one 作代词使用时,可以指代某个人,某物或任何人。

[典型例句] 1) I haven't a book. Can you lend me one? 我没有书,你能借我一本吗?

2) I heard the news from one Smith. 我从一个叫史密斯的人那儿听到了这个消息。

3) One should do one's duty. 人人应该尽责。

[巩固练习] 把下面的句子译成英语:

1) 任何人都必须尽力而为。\_\_\_\_\_

2) 她是一位好老师,一位受学生爱戴的好老师。\_\_\_\_\_

3) 妈妈买了十个苹果,汤姆想要大的。\_\_\_\_\_

[参考答案]

1) One must do his/her best. 2) She is a good teacher, one loved by her students.

3) Mum bought ten apples but Tom wanted the big ones.

[用法拓展] 代词 one 的用法:



1) one/ones 代替或避免重复某个名词。

The new designs are much better than the old ones. 这些新的设计比旧的好多了。

one/ones 前面可以用冠词,但前面要有形容词来修饰。

I'd like a big one with cream on. 我要一个带奶油的大个的。

2) one 只能代替可数名词,不用 one 代替 milk, energy, happiness 等词。

3) 我们通常不说 my one(s), your one(s) 等等,而是说 mine, yours 等等。

Your car isn't fast enough. Let's take mine. 你的汽车不够快,用我的吧。

2. At nine thirty, if there is a good play on BBC 2, I switch over and watch it. 九点半,如果英国广播公司二频道有好看的电视剧,我会调过去看看电视剧。

[注解] 句中 over 是副词,switch over 意为“转换,转变”。

[典型例句] 1) You can switch over from one circuit to another without any difficulty. 你可以毫无困难地从一个电路转换到另一个电路。

2) We are switching over to a new technique next year. 我们将在明年改用一项新技术。

[巩固练习] 把下面的句子译成英语:

1) 你能把电流(current)从一个电路转移到另一个电路吗? \_\_\_\_\_

2) 他可以很流利地从讲英语转到讲德语。 \_\_\_\_\_

[参考答案]

1) Can you switch the current over from one circuit to another?

2) He switches over from English to German without hesitation.

3. I always take my portable TV and I sit on the stone wall while the dog walks round in a circle. 我总是随身携带手提电视,坐在石墙上看,小狗则在我身旁绕圈。

[注解] round 是副词,意思是“在周围”。in a circle 的意思为“围成一圈,在圆圈内”。

[典型例句] 1) They were rushing round in all directions. 他们向四面八方乱跑。

2) They are playing a game in a circle. 他们围成一圈做游戏。

[巩固练习] 把下面的句子译成英语:

1) 她想到各处去看看。 \_\_\_\_\_

2) 他们高兴地围成一圈跳舞。 \_\_\_\_\_

[参考答案]

1) She wanted to have a look round. 2) They are dancing happily in a circle.

4. You've got the world at your feet. 世界就在你脚下!

[注解] 这句话很幽默。It means you are in a position where you have the chance to become successful and this person feels he has a successful life because he can watch anything he likes in the telly.

5. Thirty-six-year-old Bob Black is sitting at his desk and working his way through his paperwork. 36岁的鲍勃·布莱克正坐在写字台前忙着他的案头工作。

[注解] work one's way 在句中的意思为“be busy doing/with something all the time”。在英语中 way 可以和许多动词组成词组,如:go out of one's way 尽力;feel one's way 谨慎小心地进行;fight one's way 奋斗前进,打开一条道路;lose/miss one's way 迷路,迷失方向,误

入歧途; force/push/shoulder/elbow/thread/work one's way 挤(出去), 冲(出去)。

[典型例句] 1) He lost his way in the forest. 他在森林里迷了路。

2) He pushed his way through the crowd. 他从人群中挤了出去。

[巩固练习] 把下面的句子译成英语:

1) 他忙着处理那一堆文件。\_\_\_\_\_

2) 他在黑暗中摸索着向前走。\_\_\_\_\_

[参考答案]

1) He worked his way through the pile of documents.

2) He felt his way in the dark.

6. I normally wake up about five minutes before my alarm clock goes off. 我一般在闹钟响前 5 分钟就醒来。

[注解] go off 在句中的意思为“响起”。请注意 go off 的其他含义。

[典型例句] 1) The milk has gone off because of the hot weather. 牛奶因为天热而变质了。

2) Everything went off according to plan. 一切都按计划进行。

[巩固练习] 把下面的句子译成英语:

1) 闹钟响得太早了。\_\_\_\_\_

2) 我头痛得很厉害, 但休息一下大概会好起来。\_\_\_\_\_

[参考答案]

1) The alarm clock went off too early.

2) I've got a bad headache, but it will probably go off when I've had a rest.

[联想记忆]

go around 满足需求或需求; 四处走动

We have just enough food to go around. 我们有足够食物来满足需求。

go down 落到地平线以下; 下落; 坠落

The sun went down. 太阳落山了。

The helicopter went down in a ball of fire. 直升机在一团火球中坠落。

go for 爱好, 对……特别喜欢;

I really go for progressive jazz. 我十分爱好渐进式爵士乐。

go on 发生; 恰巧发生; 继续

I didn't know what was going on. 我不知道发生了什么事。

go out 灭掉, 熄灭; 出门; 外出; 倒塌

He went out at seven. 他在七点钟出门了。

The bridge went out. 这座桥断了。

go over 仔细检查

The teacher went through the students' papers. 老师仔细地检查学生的论文。

go through 经历

We went through hell while working on this project. 执行这一计划时我们经历了许多困难。

7. It takes me less than fifteen minutes to wash, get dressed, have breakfast, leave home and get on a bus. 我用 15 分钟洗漱、穿衣、吃早饭、离家、坐上公共汽车。

[注解] 句中 get dressed 的意思为“穿衣”。在英语中 get 常常和过去分词连用,表示一种状态或突然发生的情况。

[典型例句] 1) They plan to get married in the summer. 他们打算夏天结婚。

[巩固练习] 把下面的句子译成英语:

1) 我的汽车周末被偷了。\_\_\_\_\_

2) 昨天做饭时,我的手指被烫伤了。\_\_\_\_\_

[参考答案]

1) My car got stolen at the weekend.

2) My fingers got burnt yesterday when I was cooking.

8. I am always the first person to get to the office. 我总是第一个到办公室。

[注解] 句中的动词不定式短语作定语,修饰前面的名词 person,和前面的名词构成主谓关系。

[典型例句] 1) He is the last person to leave the village. 他是最后一个离开村庄的人。

2) It was a war to end all wars. 这是一场结束一切战争的战争。

[巩固练习] 把下面的句子译成英语:

1) 你有开这扇门的钥匙吗? \_\_\_\_\_

2) 我需要点东西治牙痛。\_\_\_\_\_

[参考答案]

1) Have you got the key to open the door? 2) I'd like something to stop my toothache.

## ☆ 语法

汉语的时态大多是通过副词来表达的,而英语的时态是靠动词的变化和时间状语来表达。英语中的时态共有 16 种,但是较常用的只有 9 种。要掌握英语的时态和语态,必须掌握好英语中的助动词(do, be, have)和时间状语这两个核心问题。

### 1. 一般现在时

主要用来表示人、事物的现在状况和特点;表示经常或习惯性的动作,句子中常有 often, always, from time to time 等时间状语;表示客观规律和永恒真理等。

He usually goes to work at 7 o'clock every morning. 他通常每天早晨 7 点钟去上班。

The earth goes around the sun. 地球围绕太阳转。

重点一:表示永恒的真理,即使出现在过去的语境中,仍用一般现在时。如:

I learned that the earth goes around the sun when I was in primary school. 我在小学就知道地球围绕太阳转。

重点二:在时间、条件和让步状语从句中,一般现在时可以代替一般将来时。

If he accepts the job, he will get more money soon. 如果他接受了这份工作,不久就会赚更多的钱。

重点三:在 make sure (certain), see to it, mind, care, matter + 宾语从句中,从句用一

般现在时代替一般将来时。

So long as he works hard, I don't mind when he finishes the experiment. 只要他努力工作, 我不介意他什么时候做完试验。

重点四: 在 the more... the more... (越……越……) 句型中, 若主句是一般将来时, 从句通常用一般现在时。

The harder you study, the better results you will get. 你学习越用功, 成绩就越好。

## 2. 现在进行时

表示说话时或目前一段时间内正在进行的活动, 或与频率副词, 如 always, constantly, continually, again 等连用表示说话人的某种感情色彩(赞叹、厌烦、埋怨等)。

We are having English class. 我们在上英语课。

The little boy is always making trouble. 这个小男孩总是惹麻烦。

重点一: 现在进行时在时间状语或条件状语从句中表示将来正在进行的动作。

Look out when you are crossing the street. 过马路时要小心。

重点二: 表示在最近按计划或安排要进行的动作(这时多有表示将来的时间状语)。

Wang Li is leaving on Friday. 王立星期五走。

## 四

## 阅读训练

The British are very polite and have good manners—they are never tired of saying “Thank you”, “I am sorry”, or “Excuse me.” They like spending their leisure time at home with the family and pets. They have good table manners. They enjoy their breakfasts and most of all the traditional tea around 4 or 5 o'clock.

The normal working week has five days. Factory workers usually start at 8 am and offices, shops and schools open at 9 am. Workers have 3 weeks' holidays and professional workers (people with higher education) have usually longer holidays (a month or more). Except these holidays they have public holidays: e. g. New Year's Day, Good Friday, Easter Monday, Christmas Day and Boxing Day.

An average Englishman likes to live in his own house. Houses are made of red bricks, stone and wood. The house usually has from 4 to 6 rooms, two floors, small front and back gardens. On the ground floor there is a hall, a kitchen, a living room with a fireplace and on the first floor there are parents' and children's bedrooms and a bathroom. The prices of houses depend on the area—the most expensive are the houses in London and South England (about 200,000 pounds); smaller houses in other areas may cost about 50,000 pounds.

Social Welfare—The National Health Service gives largely free treatment for everyone living in Britain. People can choose their family doctors. In case of emergency you can call the ambulance by dialing 999 from everywhere. Health centres are run by local authorities. About 7 per cent of hospitals, dentists and family doctors work as private.

There are about 130 daily and Sunday newspapers and a lot of weekly papers and maga-

zines. The oldest newspaper is *The Times*. Other famous newspapers are *Daily Mirror*, *Daily Mail*, *Financial Times*, etc.

根据文章,选择最佳答案。

1. If you are a student in Britain, when do you begin to go to school?  
A. At 6 am.      B. At 9 am.      C. At 8:00 am.      D. At 9:30 am.
2. Which of the following about the British is false according to the passage?  
A. They have good manners when at table.  
B. They always have the traditional tea around 4 or 5 am.  
C. They love families and pets.  
D. They feel very tired when they say "Thank you", "Sorry" or "Excuse me."
3. Who has the longest holiday?  
A. A shop assistant.      B. A doctor.  
C. A factory worker.      D. A nurse.
4. If you find someone seriously ill in Britain, what is the best thing you should do?  
A. Phone his family doctor.      B. Take him to hospital.  
C. Dial 999.      D. Find a doctor for him.
5. The author writes this passage to \_\_\_\_\_.  
A. tell you something about the British  
B. give you some information about Britain  
C. give you some information about British Social Welfare  
D. tell you that Britain is a wealthy country

#### [词汇]

leisure 空闲,闲暇; professional 专业的,职业的; average 一般的,平均的; welfare 福利事业,福利; local authorities 地方当局,当地权力机构

#### [答案详解]

1. 本题为细节推理判断题。根据文章第二段中 shops and schools open at 9 am, 我们知道学校每天早上 9:00 开始上课。题干问的是什么时候开始去上学,所以首先排除 B 和 D。在英国,中小学生上学一般乘校车或巴士,而且学校离学生住地不太远,因此一个小时足够了。此题答案为 C。

2. 本题为细节理解判断题。根据文章第一段,排除 A、B、C。D 选项的意思为“当他们说“谢谢”,“对不起”和“请原谅”时,非常厌烦。针对选项内容,文章讲的是“英国人总是不厌其烦地说“谢谢”,“对不起”和“请原谅”。此题答案为 D。

3. 本题为细节理解判断题。根据文章第二段中 Workers have 3 weeks' holidays and professional workers (people with higher education) have usually longer holidays (a month or more). 我们可以知道答案为 B, 因为医生受到的教育相对较高。

4. 本题为细节理解判断题。根据文章第四段中 In case of emergency you can call the ambulance by dialing 999 from everywhere. 我们可知道答案为 C, 因为得了重病属于紧急情况。

5. 本题为判断题,考察作者写这篇短文的目的。通读这篇短文,我们可知道,作者讲了英国的方方面面,其目的就是想让读者了解英国的一些情况。A、C、D 答案不完全。此题答案为 B。



## Lesson 2 Relaxing

### 一

### 核心内容提要

I. 词汇大盘点(请根据以下汉语提示写出本课的单词和词组)

#### Section A

1 重力,压力 2 工作室,演播室 3 专家 4 感到疼痛,遭受 (痛苦) 5 压力 6 爱交际的,社交的 7 减少,降低 8 组织	1	5	9
9 饮食,节食 10 忍耐,忍受 11 更喜欢,宁愿	2	6	10
	3	7	11
	4	8	
1 忍受,遭受	1		

#### II. 核心句型

1. I find painting or drawing very relaxing.
2. But it's very stressful to wait for exam results.

### 二

### 背景知识



The quote is said by Ingrid Bergman, a famous Hollywood actress. She was born in Sweden in 1913 but later moved to the USA and made her Hollywood debut(初次登台,初次露面)in 1939. During her long film career she won three Oscars (for the films *Gaslight*, *Anastasia* and *Murder on the Orient Express*)



### 三

### 课文解读

### ★ 难句解疑

1. I find painting or drawing very relaxing. 我发现画画使人放松。

[注解] 句中 relaxing 在句中作宾语补足语。动词 find 后经常跟形容词、动词的-ing 形式、过去分词以及介词短语作宾补。



**[典型例句]** 1) I found the book very interesting. 我发现这本书很有趣。

2) She found herself in a different world. 她发现她来到了一个不同的世界。

3) When I came back, I found the dishes on the table untouched. 当我回来时,我发现桌上的菜没动。

**[巩固练习]** 把下面的句子译成英语:

1) 当我到达机场时,我发现她已走了。\_\_\_\_\_

2) 我发现高中生活很紧张。\_\_\_\_\_

**[参考答案]**

1) When I arrived at the airport, I found her gone already.

2) I find the life at senior high school very stressful.

**[辨析]** drawing 多指用线条及阴影所作的画,是各种图的总称,也可以指技术图纸,如 engineering drawing 工程制图;painting 指绘画,常指油画和水彩画。

2. But it's very stressful to wait for exam results. 等考试结果很令人紧张。

**[注解]** 不定式短语在句子中作主语。当不定式短语作主语时, it 在句首作形式主语。

**[典型例句]** 1) It is easy to make mistakes. 犯错误是容易的。

2) It is very important to learn a foreign language well. 学好一门外语很重要。

**[巩固练习]** 把下面的句子译成英语:

1) 等候迟到的人使他很生气。\_\_\_\_\_

2) 为人民服务是我们的职责。\_\_\_\_\_

**[参考答案]**

1) It made him angry to wait for people who were late.

2) It is our duty to serve the people.

3. I really love playing the piano, but I can't stand singing in front of the class. 我确实喜欢弹钢琴,但是我不喜欢在全班同学面前唱歌。

**[注解]** 句中 can't stand 的意思为“不喜欢;不能忍受”。

**[典型例句]** 1) I can't stand the heat. 我忍受不了高温。

2) I cannot stand waiting any longer. 再等下去我可受不了啦。

**[巩固练习]** 把下面的句子译成英语:

1) 他弟弟让我受不了。\_\_\_\_\_

2) 你那么做,我受不了。\_\_\_\_\_

3) 她老在这儿,你怎么受得了呢? \_\_\_\_\_

**[参考答案]**

1) I can't stand his brother. 2) I can't stand it when you do that.

3) How do you stand her being here all the time?



## Lesson 3 A Volunteer Teacher

### 一

### 核心内容提要

I. 词汇大盘点(请根据以下汉语提示写出本课的单词和词组)

#### Section A

1 志愿者	2 大学毕业	3 挑战	4 支持, 支撑	5 戏剧, 短剧	1	4	7
6 设计	7 广告	8 表演, 展示	9 解决, 解答		2	5	8
					3	6	9

#### Section B

1 辞别, 再见	1
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#### II. 核心句型

1. What do her parents think of her decision?

### 二

### 背景知识



The interview is based on a real story. Wang Shu grew up in Hangzhou, Zhejiang Province. Upon graduation from the English Department of Beijing Normal University, she left Beijing for Inner Mongolia working as a volunteer teacher. She is still there now.

### 三

### 课文解读

### ★ 难句解疑

1. What do her parents think of her decision? 她的父母怎样看待她的决定?

[注解] 句中 think of 的意思为“对……有想法或看法”。think of 还可以表示“思考; 想起; 想到; 想象; 设想; 打算; 出主意; 记得”等。

[典型例句] 1) What are you thinking of? 你在想什么?

2) I thought of Yan'an as soon as I saw the pagoda. 一看到宝塔, 我就想起了延安。

3) He couldn't think of such a thing. 他绝不会想到这种事情。

[巩固练习] 把下面的句子译成英语:

1) 对不起, 此刻我记不起你的名字了。\_\_\_\_\_

2)他总是把自己看作一名普通士兵。

**[参考答案]**

1) I'm sorry that I couldn't think of your name at this moment.

2) He often thinks of himself as a common soldier.

**[用法拓展]** think, reflect, reason 这组词作为不及物动词都含有“思考”的意思。

1) think(名词为 thinking 或 thought)是通用词,此“思考”的目的是为了得出某种结论,但是在“思考”时未必思想集中,所形成的概念未必清晰,所得出的结论未必正确。

Think carefully before you answer. 仔细想一想再回答。

You can think about it and let me know your decision later. 你可以考虑一下这事,然后再告诉我你的决定。

2) reflect(名词为 reflection)所表示的“思考”含有以下意思:被思考的事物是过去发生过的,或者是现在存在的;严肃认真地、静悄悄地考虑问题。

Take your time to reflect before doing important things. 做重大的事情之前要从容不迫地思考一下。

I want time for reflection. 我需要思考的时间。

3) reason(名词为 reasoning)所表示的“思考”或“推论”具有一种逻辑思维的过程,开始于某种假设或某种前提,甚至某种迹象,经过推理,从而形成概念。

Man's ability to reason makes him different from the animal. 人类的思考力使自己不同于动物。

## 语法

### 一般将来时

表示在将来某个时间会发生的动作或情况。常和 tomorrow, next year, in 等表示将来的时间状语连用。

Beijing will host the 29th Olympic Games in 2008. 2008年北京将举办第29届奥运会。

1) 一般将来时总是用在一些时间状语从句或条件状语从句的主句中。

We will begin our class as soon as the teacher comes. 老师一到,我们就上课。

(主句用一般将来时,从句中一定要用一般现在时替代一般将来时。)

2) 某些表示短暂性动作的动词如 arrive, come, go, leave, start 等,用现在进行时形式表示将来。

I am leaving for Beijing tomorrow. 明天我去北京。

3) “祈使句 + and/or + 句子”,结构中 and 后面的句子谓语用一般将来时。

Use your head and you will find a way. 动动脑筋,你就会有办法。

4) “am (is, are) going to + 动词原形”,表示打算要做的事或可能要发生的事。

I'm going to wash the dishes in the afternoon. 我打算下午洗碗。

“am (is, are) about to + 动词原形”表示按照预定计划或打算准备着手进行的动作。

I'm about to go out when the telephone ring. 我正要出去的时候电话铃响了。

“am (is, are) to + 动词原形”表示必须、必然或计划将要做的事。