



· 根据二期课改教材修订 ·

重点中学 高中英语导读

主 编 沈建华 高 萍

副主编 王雅芬

第四版

导读丛书

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上海科学技术文献出版社



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出版说明

导读丛书包括高中数学、语文、英语、物理、化学和初中数学、语文、英语、物理、化学等 10 种,自 1990 年 5 月出版以来,先后修订再版了 3 次,重印 10 多次,每一种累计印数达数十万册,深受上海市和其他省市广大读者的欢迎。

本丛书在原有基础上,根据教育部《基础教育课程改革纲要(试行)》和《上海市普通中小学课程方案》,结合现行二期课改中学(试行本)的内容修订而成。作者基本上是原导读丛书的作者,均是上海市重点中学的特级教师和资深教师,具有丰富的教学经验。本丛书保持了原有的风格,针对新课本的重点、难点和学生在 学习过程中容易产生的错误进行修订,是一套最新的中学生学习指导和复习提高的参考书。

导读丛书在内容上兼顾上海市和其他省市的教改要求,所以不仅适用于上海市中学生,也适用于全国各地的中学生。

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2005 年 9 月

前 言

《重点中学高中英语导读》(以下简称《导读》)借鉴重点中学教师的教学实践经验,对教材中的知识点分章节同步列出重点和难点,讲解简明扼要,练习针对性强,并予以语言学习方法的指导。因此,本书自出版以来,一直深受读者的欢迎,已陆续印刷多次。

应广大读者的要求,此次改版问世后的《导读》是依据高中版《牛津英语》重新编写的英语学习指导书。在编写过程中,编者以新教材课程改革的方针为主旨,对高一至高三6册书中的重要知识点进行了系统的提炼,并将在教学过程中总结的疑难问题进行重点解析,在每个章节后都有针对性强,并能培养语言综合运用能力的练习。本书每个章节均由以下两部分构成:

一、课文同步导读:

I. 短语归纳

II. 难句解析

III. 语法小结

二、一课一练:

I. Grammar and Vocabulary

II. Cloze

III. Reading Comprehension

IV. Translation

为方便读者学习,我们按照教材的程序,在每册书中都配备了内容完整、题型新颖的期中期末测试卷。

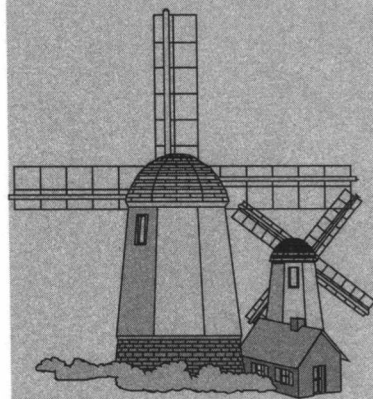
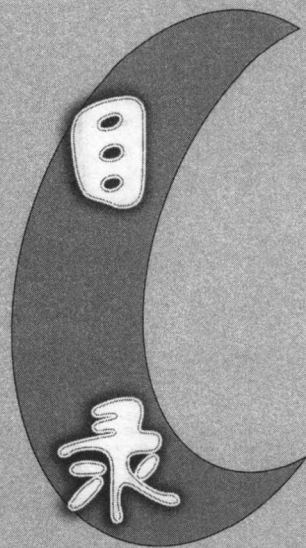
特别值得一提的是,本书编写组成员均为参与上海市首批新教材试点教学的人员。在进行本书的编写过程中,编者有意识地将各类教材的统一之处进行梳理,故此书不仅能为学习《牛津英语》者提供帮助,也同样能够成为使用其他教材者的良师益友。

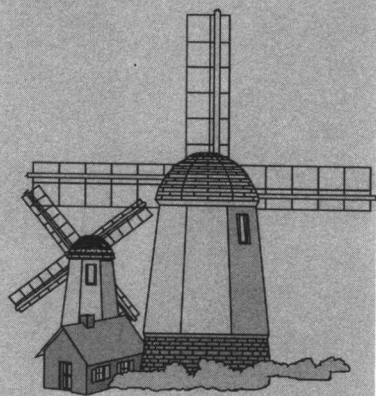
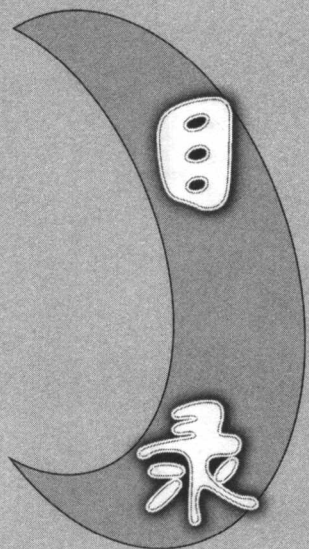
最后向所有对本书支持和关爱的读者表示衷心感谢,并恳请读者指点书中的疏漏或不当之处。

编 者

2005年8月

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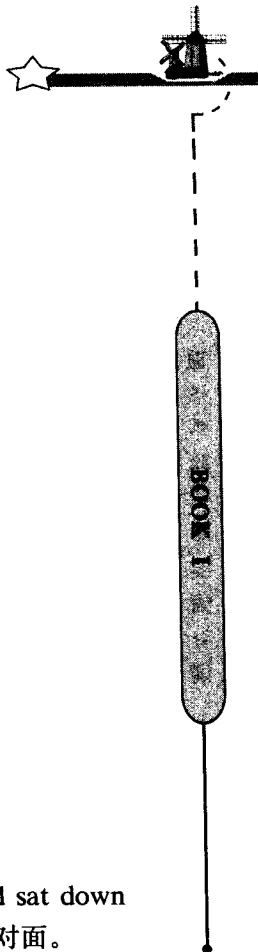
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BOOK I





Chapter One

一、课文同步导读

I. 短语归纳

- | | |
|---|------------|
| 1. a part time job | 兼职工作 |
| 2. What's up? | 发生(什么事了)? |
| 3. without hesitation | 毫不犹豫地 |
| 4. senior employees | 上司, 上级 |
| 5. a fax machine | 传真机 |
| 6. a well-dressed lady | 一位穿着考究的女士 |
| 7. a middle-aged lady | 一位中年妇女 |
| 8. eye contact | 眼神交流 |
| 9. lead to | 导致 |
| 10. make/ leave a good/ bad impression on sb. | 给……留下了……印象 |

II. 难句解析

1. She glanced at them both, hesitated a moment, then walked over and sat down opposite Debbie. 她瞥了他们俩一眼, 迟疑了片刻, 然后走向 Debbie, 坐在了她的对面。

★ 词义辨析 glance at, stare at, gaze at, glare at

(1) glance at 一瞥, 匆匆一看, 往往带有随便或暗暗看的意思, 有别于仔细看或正视。

e. g. The man glanced nervously at his watch as if he was waiting for a very important person.

那人焦虑地瞥了眼手表, 好像在等一个重要的人。

(2) stare at 由于(惊讶, 恐惧, 好奇)长时间地睁大眼睛盯着看。

e. g. She was staring at the distance. (looking for a long time for nothing)
她凝视着远方。

(3) gaze at 凝视, 注视(以惊讶或羡慕的心情), 后面还可接其他介词或副词。

e. g. He just sat gazing into space/gazing through the window.
他只是坐着, 凝视着太空/凝视着窗外。

(4) glare at 怒目而视

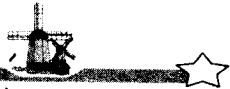
e. g. He didn't shout or swear, but just glared silently at his boss.
他并未喊叫或咒骂, 只是无声地怒视着他的老板。

2. Debbie greeted her cheerfully, and they got down to business. Debbie 愉快地向她问候, 然后他们就开始谈正事。

★ get down to business 着手办正事

get down to sth. /to doing sth. 着手做, 认真对待, 处理

e. g. ① I always found it hard to get down to revising.
我总是发现很难着手修改。



② It's time to get down to some serious work.

到了我该着手做正事的时候了。

3. They always prefer Debbie to me. 他们总是更喜欢 Debbie 而不是我。

★ prefer 的用法

(1) prefer A (to B) 喜欢 A 而非 B, prefer 后加名词。

e. g. The webworm prefers his imaginary world to reality.

网虫更喜欢虚拟世界而不是现实。

(2) prefer doing sth. (to doing sth.) 喜欢做……而非做……, prefer 后加动名词。

e. g. Some people prefer explaining the rules to obeying them.

有一些人更喜欢解释规则而非遵守规则。

(3) prefer to do sth. (rather than do sth.) 喜欢做……而非做……, prefer 后加不定式。

e. g. She prefers to read for relaxation rather than attend various parties.

她更喜欢看书来放松而不愿去参加各种聚会。

4. It's the way you communicate. 是你交流的方式(问题)。

5. Communicating is more than speaking and listening. 交流不仅仅是说和听。

III. 语法小结

动名词

(1) 动名词构成

以动词 make 为例:

式 \ 语 态	主 动 语 态	被 动 语 态
一 般 式	making	being made
完 成 式	having made	having been made

(2) 动名词用法

① 作主语

e. g. Keeping a house tidy is a tiring job.

保持房间整洁是一件累人的事。

it 可作形式主语代替动名词

在 It is no use/no good /useless/worthless + doing 结构中, it 是形式主语, 动名词是真正主语。

e. g. It is no good complaining all the time.

一直抱怨是没什么好处的。

② 作表语

e. g. His favorite sport is playing basketball.

他最喜欢的体育活动是打篮球。

③ 作宾语

e. g. I appreciated your taking care of my children while I was out.

我非常感激你在我不在时帮我照顾我的孩子。



常跟动名词的动词有: appreciate, enjoy, finish, consider, avoid, excuse, deny, mind, keep, suggest, dispute, postpone, prevent, pardon, risk, resist, forgive, dislike, delay, miss, practise, spend, admit, advise, recommend, confess, escape, quit, involve, mention, imagine, understand

④ 作定语

e. g. The old man climbed to the top of the tower with a **walking** stick.

老人拄着拐杖爬上了塔顶。

类似的动名词短语有:

a sleeping car 卧车

writing desk 写字台

operating table 手术台

waiting room 候车室

drinking water 饮用水

meeting hall 会议厅

reading room 阅览室

dining room 餐厅

smoking room 吸烟室

dancing teacher 舞蹈老师

二、一 课 一 练

I. Grammar & Vocabulary

- () 1. Mr. Smith as well as the other employees _____ by the chief personal officer.
A. was interviewed B. were interviewed
C. interviewed D. interview
- () 2. I was watching a programme on criminals _____ while I was _____ yesterday.
A. in prison; at the table B. in the prison; at table
C. in prison; at table D. in the prison; at the table
- () 3. I appreciated your _____ up all the different pieces of information.
A. to link B. linking C. being linked D. link
- () 4. Big ship prefers _____ with huge waves rather than stay in the calm harbor.
A. fighting B. fight C. to fight D. fights
- () 5. We are looking forward to _____ no difficulty _____ rights in our company.
A. having; maintaining B. have; maintain
C. to have; to maintain D. having; to maintain
- () 6. The way _____ you greet customers can leave a lasting impression on them.
A. by which B. which C. in that D. /
- () 7. He tried _____ the patient with a new medicine but was warned by the expert.
A. treating B. to treat C. having been tried D. try
- () 8. _____ by the film star and neglecting everything worried us.
A. His fascinating B. He fascinating
C. His being fascinated D. Fascinated



- () 9. Who is the girl _____ in red?
A. dressing B. wearing C. dressed D. worn
- () 10. He went into church, _____ down and began to pray
A. knelt B. knees C. kneeling D. was kneeling
- () 11. My mum always told me never to judge a person by his _____. It's true.
A. impression B. expression C. contradiction D. appearance
- () 12. Every morning if you _____ your arms and legs, you'll feel full of energy.
A. stress B. scale C. stretch D. ski
- () 13. I still remember that he _____ at me angrily without saying anything last time.
A. looks B. glanced C. stared D. glared
- () 14. The teen-agers are _____ to help the disabled in their spare time.
A. encouraged B. encouraging C. couraged D. discouraged
- () 15. His carelessness _____ the forest fire.
A. turned to B. got down to C. pointed to D. led to
- () 16. Eye contact is considered to be a _____ thing.
A. subtle B. society C. hostility D. frequent
- () 17. Did the coach _____ your reason for being absent the whole afternoon?
A. accepted B. received C. agreed D. admitted
- () 18. _____, John? Why are you so upset?
A. Come on B. How can that be
C. What's up D. Well done
- () 19. The tough guy was _____ an important robbery.
A. accused for B. accusing of C. charged for D. charged with
- () 20. The accident injured 100 passengers, _____ 5 children.
A. including B. included C. containing D. contained

II. Cloze

In order to be a success in the American business world, you must "get along" with people. You must learn to conduct yourself in such a way 21 you earn the affection and respect of others. As we have already pointed out, Americans mix business and pleasure. Therefore, learning how to 22 informally can be a help with your American business contacts. Americans like to talk about a 23 of different topics—sports, politics, cars, popular movies and television shows and personal interests. Many large American cities have sports teams. If you are 24 with Americans in the United States, it would be a good idea to 25 out about the local sports teams so that you can take part in the almost inevitable discussions about "how our business will do this year". Politics can be a sensitive topic unless everyone is of the same mind 26. Limit your discussions to asking questions of your friends. Most Americans are 27 owners and some are even obsessive about the subject. You can contribute by talking about cars you have owned or by collecting information you have read in automotive magazines. Americans watch television almost every night and attend movies regularly.



28 naturally television shows and the latest movies become topics for discussions. If you are unable to 29 American television or attend American movies, reading the entertainment section of such magazines as Time News week will keep you up to date on 30 is popular in America.

- | | | | |
|-----------------------|-----------------|-------------------|---------------|
| ()21. A. which | B. where | C. as | D. that |
| ()22. A. conduct | B. appear | C. behave | D. chat |
| ()23. A. bit | B. total | C. group | D. number |
| ()24. A. meeting | B. working | C. living | D. playing |
| ()25. A. find | B. learn | C. go | D. stay |
| ()26. A. politically | B. economically | C. professionally | D. personally |
| ()27. A. house | B. car | C. business | D. land |
| ()28. A. So | B. Therefore | C. Thus | D. Hence |
| ()29. A. witness | B. look | C. watch | D. glance |
| ()30. A. which | B. that | C. what | D. as |

III. Reading

Do you find getting up in the morning so difficult that it's painful? This might be called laziness, but Dr. Kleitman has a new explanation. He has proved that everyone has a daily energy cycle.

During the hours when you labour through your work you may say that you're "hot". That's true. The time of day when you feel most energetic is when your cycle of body temperature is at its peak (顶峰). For some people the peak comes during the forenoon. For others it comes in the afternoon or evening. No one has discovered why this is so, but it leads to such familiar words as: "Get up, John! You'll be late for work again!" The possible explanation to the trouble is that John is at his temperature and energy peak in the evening. Much family quarrelling ends when husbands and wives realize what these energy cycles mean, and which cycle each member of the family has.

You can't change your energy cycle, but you can learn to make your life fit it better. Habit can help, Dr. Kleitman believes. Maybe you're sleepy in the evening but feel you must stay up late anyway. Counteract (对抗) your cycle by staying up later than you want to. If your energy is low in the morning but you have an important job to do early in the day, rise before your usual hour. This won't change your cycle, but you'll get up steam (拿出干劲) and work better at your low point.

Get off to a slow start which saves your energy. Get up with a yawn (呵欠) and stretch (伸懒腰). Sit on the edge of the bed a minute before putting your feet on the floor. Whenever possible, do routine (常规的) work in the afternoon and save tasks requiring more energy for your sharper hours.

- ()31. If a person finds getting up early a problem, most probably _____.
A. he is a lazy person
B. he refuses to follow his own energy cycle
C. he is not sure when his energy is low
D. he is at his perk in the afternoon or evening



- () 32. Which of the following may lead to family quarrels according to the passage?
A. Having no knowledge of energy cycle.
B. A change in a family member's energy cycle.
C. Attempts to control the energy cycle of other family members.
D. The laziness of the family members.
- () 33. If one wants to work more efficiently (有效地) at his low point in the morning, he should _____.
A. change his energy cycle B. overcome his laziness
C. get up earlier than usual D. go to bed earlier
- () 34. You are advised to rise with a yawn and stretch because it will _____.
A. help to keep your energy for the day's work.
B. help you to control your temper early in the day
C. enable you to concentrate (专心) on your routine work
D. keep your energy cycle under control all day

IV. Translation

1. 这位穿着考究的女士瞥了一眼手表,叹了口气,很不情愿地开始谈正事。(hesitate)

2. 事实上,眼神交流是一种很重要与人交流的方式。(way)

3. 优美的芭蕾给他们留下了深刻的印象。(impression)

4. 老师鼓励我们要对自己有信心。(encourage)

5. 因为缺少时间,他尽量避免参加社交活动。(lack)

Chapter Two

一、课文同步导读

I. 短语归纳

- | | |
|------------------------|----------|
| 1. care for | 关心,照顾,喜欢 |
| 2. hair style | 发型 |
| 3. life style | 生活方式 |
| 4. on top of the world | 兴高采烈地 |
| 5. be right for sb. | 对……很合适 |
| 6. a balanced diet | 均衡的饮食 |
| 7. plenty of | 足够的,充足的 |



- | | |
|---------------------------|----------|
| 8. oily/ dry/ normal hair | 油/干/中性头发 |
| 9. electrical appliances | 小家电 |
| 10. rob sb. of sth. | 抢某人某物 |

II. 难句解析

1. Drop in at any time. 欢迎随时光临。

★ drop in 的用法

- (1) drop in 顺便拜访

e. g. I just dropped in to see how you were getting on.

我顺便来看看你们进展如何。

- (2) drop in (at some place) 顺便参观某地

e. g. Mary dropped in at my office this morning to tell me the unexpected news.

玛丽今早到我办公室来告诉我这意外的消息。

- (3) drop in (on sb.) 顺便拜访某人

e. g. Why don't you drop in on me for a drink one evening?

为什么不在那天晚上来我这儿喝一杯呢?

2. We guarantee they(these hair styles) will make you feel on top of the world.

我们相信这些发型会使你们兴高采烈。

★ guarantee 的用法

- (1) guarantee 担保, 保证

e. g. This food is guaranteed additive-free.

这食品保证不含食品添加剂。

3. That depends first on the shape of your face. 那首先取决于你的脸形。

★ depend 的用法

- (1) depend on sb. (to do sth. /for sth.) 依靠某人做某事

e. g. The country depends heavily on its tourist trade.

这个国家很大程度依赖于它的旅游贸易。

- (2) That depends. / It all depends. 看情况而定。

4. Short styles usually suit your round face. 短发适合圆脸。

★ 词义辨析 suit, fit, match

- (1) suit v. 指合乎需要, 口味, 性格, 地位等

e. g. No dish suits all tastes. 众口难调

- (2) fit v. 多指大小合适, 引申为“吻合, 协调”

e. g. The new coat fits me well. 新外衣我穿了大小很合适。

- (3) match v. 多指大小、色调、形状、性质等方面的搭配

e. g. The curtains and the carpets match perfectly.

窗帘和地毯的颜色非常般配。

5. Connie suggests my hair should be short enough to keep tidy. Connie 建议我的头发应该留短以便保持整洁。

★ suggest 的用法

- (1) suggest sth. /doing sth. 建议做某事, 加动名词做宾语。

e. g. It's cold outside. I suggest wearing something warm.



外面很冷,我建议穿得暖和点。

(2) suggest that 从句表示“建议”时,用虚拟语气,从句谓语用 should + 动词原形,should 可省略。

e. g. I suggest you (should) phone before you go around there.

我建议你去之前先打个电话。

(3) suggest that 从句,表示“暗示,表明”时,用直陈语气。

e. g. Public opinion suggests that 70% of the population trusts the food quality in the supermarkets.

民意调查表明 70% 的人相信超市食品的质量。

6. Here are some of the things you need for effective hair care at home. 这是一些你在家养护头发需要做的事情。

★ 词义辨析 effective, efficient

(1) effective 有效的,奏效的

e. g. The cheaper drugs are just as effective as the expensive ones in treating some diseases.

在治疗某些疾病时,便宜的药和贵的药同样有效。

(2) efficient (指人)能干的,有能力的;(指工具,机器,制度)有效率的

e. g. The efficient new filing system is widely used in the large companies.

这种新的高效率的档案管理制度被一些大公司广泛应用。

7. Apply it(shampoo) after wetting your hair with warm water. 用温水弄湿你的头发后,将洗发水涂在上面。

★ Apply 的用法

(1) apply 涂,敷

e. g. Apply the night cream evenly over your face before you go to bed.

睡觉前将晚霜均匀地涂在你的脸上。

(2) apply to sb. /for sth. 申请,请求

e. g. I applied to four universities and was accepted by all of them.

我向四所大学提出入学申请,都被录取了。

(3) apply 应用,运用

e. g. These ideas are often difficult to apply in practice.

这些想法很难应用于实践。

III. 语法小结

It is *adj.* for sb. to do sth. 和 It is *adj.* of sb. to do sth. 区别

(1) 在 it 作形式主语的结构中,通常用 for + 名词或代词作不定式的逻辑主语,表示不定式所表示的动作特征。

e. g. ① It is possible for him to master the art of speaking.

相当于 To master the art of speaking is possible.

他掌握演讲的艺术是可能的。

② It is not right for them to stop the test halfway.

相当于 To stop the test halfway is not right.

他们中途停止试验是不对的。