



侯伟红 周霓侠·主编

匹配教材 同步指导
知识联网 提升能力

高一年级 X版

英语强化训练 直通车



上海社会科学院出版社

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前 言

为了帮助高一学生有效地学好 X 版英语教材,成功地提高英语水平和学习成绩,由著名的上海市示范性高中具有丰富的 X 版英语教材教授经验和高三辅导经验的教师精心编写了这本《高一英语强化训练直通车(X 版)》。这本书为高一学生提供了一条通向学好 X 版英语的成功捷径。

本书从高一年级学生的实际出发,按 X 版英语教材的顺序编排,对每一单元的知识点都进行了梳理。在高考链接部分将历年高考中曾考核过本课的试题全部列出,并附以答案和详尽的解释,课文链接部分将本课课文和补充阅读中的重点词汇和结构进行了细致地讲解,力求突出考核重点和学习难点。考试链接部分,作者精心选题,检测学生对这一单元知识点的掌握程度。生活链接部分,是为学有余力的同学和对本课话题感兴趣的同学提供了拓展的空间。本书的听力部分都配有著名英语专家朗读的光盘。

高一学生通过对本书的学习,能有效地提高英语学习和对英语的兴趣。本书不仅是一本供高一年级学生学习的英语参考书,也完全可以作为英语教师在教授 X 版英语时的参考用书。

由于时间匆促,书中难免差错和不妥之处,敬请读者不吝指正。

编 者

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听力文字与参考答案(另附)

高一年级第一学期

Unit 1 Occupations



高考链接 十年高考真题

1. (1999 上海) The manager has _____ to improve the working conditions in the company.

A. accepted B. allowed C. permitted D. agreed

D

解析: accept 意为“接受, 认可”; allow doing sth. “同意做某事” allow sb. to do sth. “同意某人做某事”; permit 的用法等同于 allow; agree to do sth. 意为“答应做某事”。本句表达的语意是经理已经答应改善公司的工作条件。

2. (2001 上海春) I would be very _____ if you could give me an early reply.

A. pleasant B. grateful C. satisfied D. helpful

B

解析: pleasant “令人愉快的, 舒适的”; grateful “感激的, 感谢的”; satisfied “感到满意的”; helpful “有帮助的, 有用的, 有益的”。本句表达的语意是如果你能早点给我答复, 我将不胜感激。

3. (2001 全国) We didn't plan our art exhibition like that but it _____ very well.

A. worked out B. tried out C. went on D. carried on

A

解析: work out “解决, 设计出, 作出, 计算出; 带来好结果; 有预期的结果”; try out “试验, 考验, 提炼”; go on “继续下去”; carry on “继续开展, 坚持”。本句表达的语意是我们并没有像这样规划我们的艺术展但结果却不错。

4. (2004 上海) To keep healthy, Professor Johnson _____ cycling as a regular form of exercise after he retired.

A. took up B. caught on C. carried out D. made for

A

解析: take up “拿起, 开始从事, 继续”; catch on “抓牢, 理解, 流行”; carry out “完成, 实现, 贯彻, 执行”; make for “(尤指匆匆地)走向”。本句表达的语意是为了保持健康, 约翰逊教授在他退休后开始跑步, 把它作为一种常规的锻炼方式。

5. (1998 上海) 我们非常感谢老师为我们提供许多好书。(grateful)

We are most grateful to our teacher for providing us with many good books.

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解析: grateful 的常用结构是 be grateful to sb. for sth./doing sth. “因某事或做某事而感激某人”。provide sb. with sth. “提供给某人某物”。

6. (2000 上海春) 集邮几乎占据了他所有的业余时间。(occupy)

答案: Collecting stamps occupies almost all of his spare time.

解析: occupy “占, 占用, 占领, 占据”; occupy one's spare time “占用某人的业余时间”。collecting stamps “收集邮票”, 动名词做主语。

7. (2000 上海) 假如你想从事这项工作, 你必须先接受三个月的训练。(take up)

答案: If you want to take up this job, you should first be trained for three months.

解析: take up “开始从事” take up this job “从事这一工作”。“接受训练” be trained; have the training. If 引导条件状语从句, 用一般现在时。

8. (2003 上海春) 我觉得很难解出这道数学题。(work out)

答案: I find it hard/difficult to work out this maths problem.

解析: work out “解决, 设计出, 作出, 计算出”, work out the problem “解决问题”。find/think/feel it hard/difficult to do sth. “觉得做某事困难”。

9. (2006 上海春) 是否在黄浦江上再建一座大桥, 委员们意见不一。(agree)

答案: The members of the committee/The committee can not agree on whether to build another bridge over/across the Huangpu River.

解析: agree on “对……达成协议; 对……取得一致意见”; committee “委员会”; whether to do sth. 做宾语从句; “在黄浦江上” over/across the Huangpu River, across 强调横跨江面。



课文链接 课文内容精讲

Part A Text

1. all walks of life 各行各业

Our volunteers include people from all walks of life. 我们的志愿者包括来自各行各业的人们。

2. grow up

What do you want to be when you grow up? 你长大后想当什么?

This is the neighborhood where my father grew up. 这是我父亲成长的地方。

3. take up

(1) 再次开始; 重新开始

Let's take up where we left off. 让我们接着我们停下来的地方重新开始。

(2) 开始从事(一项职业或行当)

He took up engineering at the age of 20. 二十岁时他干起了工程设计这一行。

(3) 用尽, 耗掉或占用

The extra duties took up most of my time. 额外工作耗费了我绝大部分时间。

(4) 喜欢, 钟爱; 对……产生了兴趣或钟爱

More and more people take up mountain climbing. 越来越多的人喜欢上登山运动。

4. **occupation** *n.* [C,U]

(1) 职业;工作,行业

a poorly paid occupation 薪水少得可怜的工作。

He is a merchant by occupation. 他的职业是经商。

(2) (军事)占领;占据

Much of the territory is still under occupation. 还有大片领土被占领。

occupy *vt.*

(1) 占用:占用(时间或空间)

a lecture that occupied three hours 长达三个小时的讲座

Is the seat occupied? 这座位有人吗?

(2) 忙于:从事、雇佣或(自己)忙于

He occupied himself with sculpting. 他自己忙于雕刻。

Many cares and anxieties occupied his mind. 他满腹心事,忧虑重重。

(3) 占领;占据

the enemy-occupied area 敌占区

(4) 占有:占有或位居(办公室或职位)

He occupied an important position in the government. 他在政府中担任要职。

5. **various** *adj.*

(1) 各种各样的

There are various colors to choose from. 有各种各样的颜色可供选择。

(2) 许多的

a person of various skills 具有多方面才能的人

variety *n.*

(1) 变化;多样性

I don't like to always eat the same food. I like variety. 我不喜欢老是吃同一种食品,我喜欢换换花样。

(2) 种种;各类

The shopping-centre sells a variety of goods. 这个购物中心出售许多种商品。

The college library has a wide variety of books. 学校图书馆拥有各类图书。

vary *vi., vt.* 改变;变化

The weather varies from day to day. 天气一天天变化。

6. **be made up of** 由……组成

类似的词组: be composed of, consist of

The committee is made up of representatives from every state. 委员会由来自各州的代表组成。

make up 组成

Women make up only a small proportion of the prison population. 妇女只占狱人数很少的一部分。

7. **introduction** *n.* [C,U]

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(1) 介绍;倡导;引导

The introduction of new advanced techniques in the factory is under discussion today. 在工厂采用新的先进技术的问题是今天的议题。

(2) 介绍互相认识

The hostess made brief introductions as the guests arrived. 客人来时,女主人一一作了简短的介绍。

(3) 引言;序言;开场白;初步;入门

An introduction to Elementary English Grammar 英语基础语法入门

introduce *vt.*

(1) (与 to 连用)介绍

He introduced his friend to me. 他把朋友介绍给我。

(2) 倡导;提倡;引进

to introduce a new subject in a school 在学校开设一门新课程

8. professional

adj.

(1) 从事专门职业的

A lawyer is a professional man. 律师是从事专门职业的人。

(2) 专门职业的

professional standards 专业标准

(3) 以……为职业的

a professional painter 职业画家

For professional footballers, injuries are an occupational hazard. 对于职业足球运动员来说,受伤是职业本身带来的危险。

n. [C] 专业人员;经验丰富又有职业水准的人;内行

The band consists of a profession and three amateurs. 乐队由一名职业乐师和三名业余人员组成。

profession *n.* 专业,职业(尤指受过专门训练的,如法律、教学等)

He is a lawyer by profession. 他是职业律师。

9. gain

vt., vi.

(1) 获得,得到

He quickly gained experience. 他很快就有经验了。

(2) 获益,增加

He gained weight after his illness. 病后他的体重增加了。

(3) (钟、表)走快

This clock gains five minutes a day. 这只钟每天快5分钟。

n. [C, U]

(1) 营利,获利;收益

He did it for financial gain. 他是为经济利益而做此事的。

No gains without pains. 不劳则无获。

(2) 增加, 增进

The company has made notable gains in productivity. 该公司在生产能力方面已经有了明显的提高。

10. **involve** *vt.*

(1) (常与 in 连用) 牵涉; 拖累

Don't involve other people in your trouble. 别把别人牵涉进你的麻烦中去。

(2) 包括, 涉及

This lesson involves a lot of work. 这一课需要做的有很多。

11. **impact** *n.* [C, U]

(1) 影响, 作用

The event has made a significant impact on government policy. 这次事件对政府政策产生重大的影响。

(2) 冲击; 撞击

The car hit the stone wall with great impact. 那辆卒猛撞石墙。

12. **all through one's life** 某人的一生, 终身

The impact of his works on the readers will stay all through their lives. 他的作品对读者的影响将会是终身的。

13. **special** *adj.* 特殊的, 特别的; 专门的; 专用的

He has a special car because he cannot walk. 他有一辆专车, 因为他不能走路。

This is a special day in the history of our country. 今天是我国历史上一个特殊的日子。

specialty *n.* [C, U]

(1) 专业; 专门研究

His specialty is biology, mine is physiology. 他的专业是生物学, 我的专业是生理学。

(2) 特制品; 特产; 特级品

Wood carving are a specialty of this village. 雕刻木器是这个村子的特产。

14. **patient**

n. [C] 病人; 患者

The doctor visited his patients in hospital. 医生在医院里看视他的病人。

adj. 忍耐的; 容忍的

I know your leg hurts, just be patient until the doctor arrives. 我知道你的腿受伤了, 耐心点等医生来。

15. **link** *n.* 环节; 联系; 关系

Researchers have detected a link between smoking and heart disease. 研究人员发现了吸烟和心脏病之间的关系。

vt., vi. (常与 together, to, with 连用) 连接

The two towns are linked by a railway. 这两个城镇由一条铁路连接起来。

Wages are linked to prices in a number of countries. 在不少国家, 工资和物价是挂钩的。

Their names have been linked together in newspaper reports. 在报纸的报道中, 他们的名

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字已经被联系在一起了。

16. traditional *adj.*

(1) 传统的

There are also people who come to take such courses as Chinese traditional medicine, painting, calligraphy and photography. 还有一些人到学校里来是为了学习诸如中医、绘画、书法、摄影等课程。

(2) 惯例的

the traditional handshake 惯例性的握手

tradition *n.* 惯例; 传统

It is a tradition that the young look after the old in their family. 在他们家, 年轻的照顾年长的是一个传统。

17. fashion *n.*

(1) 时髦, 时尚

out of fashion 过时 in fashion 在流行

Is it the fashion to wear short skirts? Yes, short skirts are in fashion. 现在是不是时兴穿短裙? 是的, 短裙很流行。

Loose trousers are the latest fashion. 宽大的裤子是最新的时髦服装。

(2) 姿态; 方式

He behaves in a very strange fashion. 他的举止很奇怪。

fashionable *adj.* 时髦的; 流行的

Short skirts are fashionable now. 现在短裙很时髦。

18. style *n.*

(1) 文体; 风格; 遣词造句的形式

a style of speech and writing 演讲与写作的风格

(2) 式样

a hair style 发型

a building in European style 欧式建筑

(3) (服装的) 时尚, 流行样式

That dress is in the latest style. 那套衣服是最新式样的。

(4) (商品的) 种类, 式样

a new style of car 新型小汽车

19. trend *n.*

(1) 趋势, 趋向

an upward trend of prices 物价上涨的趋势

Can anything be done to reverse the trend? 有什么办法扭转这种倾向?

(2) 时新款式; 时髦, 时尚

the new trend in women's apparel 妇女衣着的最新款式

20. admire *vt.* 赞美; 赞赏; 钦佩

I admire her for her bravery. 我钦佩她的勇气。

We all admired her for the way she saved the children from the fire. 她把孩子们从大火中救出来,我们都钦佩不已。

Everybody admires him for his fine sense of humour. 人人都钦佩他那绝妙的幽默感。

admiration *n.* 赞美;钦佩;赞赏

Maria looked at the skirt with admiration. 玛丽亚怀着羡慕的心情看着这条裙子。

Part B Additional Reading

1. **graduate** *vt., vi.* 毕业;获得学位

She graduated from an American college. 她毕业于一所美国的学院。

He graduated in history. 他毕业于历史专业。

n.

(1) 大学毕业生

a graduate of a college 大学毕业生

(2) 研究生

a graduate student 研究生

graduation *n.* 毕业;毕业典礼

2. **course** *n.* [C]

(1) 过程;经过;进程

in the course of discussion 在讨论期间

(2) 道路;路线;方向

The ship was blown off course. 那船被吹离航线。

(3) 课程;疗程

a course of medical treatments 医学治疗的一个疗程

a French course 法文课程

(4) 一道菜

We had three courses: soup, meat and vegetables, and fruit. 我们有三道菜:汤、肉和蔬菜,还有水果。

3. **career** *n.* [C]

(1) 事业;职业

My grandfather was a career teacher; it's the only job he'd ever done. 我祖父教了一辈子书,教书是他所干过的唯一的工作。

(2) 经历;生涯

Washington's career as a soldier 华盛顿的军人生涯

4. **attitude** *n.* [C]

(1) 态度

People's attitude towards the skyscrapers varies widely. 人们对这些摩天大楼的态度很不相同。

(2) 看法;意见

What is the Municipal Authority's attitude to the proposal of a tunnel across the river? 市府当局对这过江隧道的提案有什么看法?

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What's the authorities' attitude towards this discord? 当局对这次争端有什么看法?

5. grateful *adj.* 感激的;表示谢意的

I am grateful to you for helping me. 感谢你的帮助。

gratitude *n.* 感激;感恩;谢意

I am full of gratitude to you for helping me. 我非常感激你对我的帮助。

Part C Useful Structure

1. What kind of person do you want to be in the future? 你将来想成为怎样一种人?
kind “种、类”, kind 可置于名词前和后,且名词前用零冠词 people of many kinds = many kinds of people 多种类型的人; Try to find out what kind of people have the most need of help. 研究一下看看哪种人最需要帮助。谓语动词的单复数取决于 of 之前的名词。

This kind of men is dangerous. Men of this kind are dangerous.

2. As a special group of doctors, surgeons operate on sick people and repair the organ that no longer work properly. 作为一群特殊的医生,外科医生为患者动手术并且修复那些不再正常工作的器官。

句中 that no longer work properly 是定语从句,用来修饰先行词 the organ, 定语从句中的 that 替代先行词,且做句子的主语。no longer “不再”要放置在谓语动词前,助动词之后。

The extra workers won't be needed any longer. 不再需要其他的工人了。

It's no longer a secret. 这不再是个秘密。

3. After an operation, a surgeon takes care of the patient's medical treatment until he gets well. 手术后,医生负责病人的治疗直到病人痊愈。

until (till) 表示“一直到……时”,主句和从句都用肯定式;表示“直到……才”主句用否定,从句用肯定。

He worked until it was dark. 他一直工作到天黑。

He did not get up until his mother came in. 母亲进来他才起床。

4. The clothes and hairstyles of fashion models may seem strange to the elderly, but a large number of young people enjoy following trends and want to be dressed like the models. 时装模特的服饰和发型对于年长者来说可能似乎很奇怪,但是许多年轻人喜欢跟潮流,想穿得像那些模特。

seem “似乎,仿佛”,后跟形容词、名词、不定式和从句。

The man seemed ill. 这个人好像病了。

It seems a foolish decision now. 现在这似乎是一个很傻的决定。

When his wife's pet cat died Alan didn't seem to care at all. 艾伦妻子的宠物猫死了,他好像一点也不在乎。

At that time, it seemed as if I couldn't think of the right word anyhow. 当时,我似乎怎么也想不出一个恰当的字眼来。

It seems to me that there is something funny about the case. 在我看来这案子有点奇怪。

5. Even though he wants his son also to become a doctor, he doesn't insist that Jack study medicine when he finishes high school. 尽管他想让他的儿子也成为医生,他并不坚持让

杰克在高中毕业后学医。

insist 表示坚持,坚持要求,后接介词 on,从句用虚拟 should + 动词原型,should 可省略。

We insist on / upon self-reliance. 我们坚持自力更生。

I insist on your being there. 我坚持要你在那里。

We all insist that we will not rest until we finish the work. 大家都坚决要求不完工就不休息。

表示“主张”,宾语从句不用虚拟语气。

Mike insisted that he was right. 麦克坚持认为自己是正确的。

His friends insisted he had no connection with drugs. 他的朋友们坚持认为他与毒品无关。



考试链接 课文同步自测 (100 分)

I. Listening Comprehension (20%)

Section A

Directions: In Section A, you will hear ten short conversations between two speakers. At the end of each conversation, a question will be asked about what was said. The conversations and the questions will be spoken only once. After you hear a conversation and the question about it, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.

- () 1. A. The woman was doing her work attentively.
B. The woman thinks there is too much noise.
C. The woman likes talking with powerful people.
D. The woman was amazed that the man didn't hear her.
- () 2. A. Three floors down. B. On the right floor.
C. On the floor above. D. Next to the stairs.
- () 3. A. Mary came to the party. B. Mary planned the party.
C. Mary hasn't appeared yet. D. Mary hasn't any imagination.
- () 4. A. Put his book away. B. Finish his work elsewhere.
C. Stop what he is doing. D. Help the woman a little later.
- () 5. A. Hang on tightly to the telephone.
B. Wait while she looks for the book he wants.
C. Find out for himself about the library's hours.
D. Wait while she gets the information he wants.
- () 6. A. Italian is not his native language. B. He's from Italy.
C. He speaks poor Italian. D. Italians think that he is a native.
- () 7. A. On a high way. B. At a managers' conference.
C. In a supermarket. D. At a track meet.
- () 8. A. He was sick.
B. His wife was sick.
C. His wife gave birth to a baby.

- D. He was visiting his friend in the hospital.
- () 9. A. The radio batteries have been replaced.
B. The radio should be turned up a bit.
C. They don't really need to hear the radio.
D. They should get a new radio.
- () 10. A. He was unable to plant his garden.
B. His flowers were ruined by the rainstorm.
C. He didn't see the flowers he needed.
D. His watch was destroyed yesterday.

Section B

Directions: In Section B, you will hear two short passages, and you will be asked three questions on each of the passages. The passages will be read twice, but the questions will be spoken only once. When you hear a question, read the four possible answers on your paper and decide which one would be the best answer to the question you have heard.

Questions 11 through 13 are based on the following passage.

- () 11. A. A farmer. B. A young man.
C. A modern artist. D. A picture-seller.
- () 12. A. The hard time in the mountain area was over.
B. The farmer treated him well.
C. His pictures were all of the first-class.
D. He believed that his host appreciated his oil-paintings.
- () 13. A. He had enough money.
B. He wanted to discourage his son.
C. There was no need of money in the mountain area.
D. He knew that the artist didn't have enough money to pay him.

Questions 14 through 16 are based on the following passages.

- () 14. A. It is wise of you to leap two times.
B. It is necessary to be very careful before you take action.
C. You are too wise to think two times.
D. You are thinking about something when you leap.
- () 15. A. He's always wasting time.
B. He has a bad habit of making decisions slowly.
C. He can't make up his mind about anything.
D. He is careful and seldom changes his decisions.
- () 16. A. He reads newspapers and storybooks.
B. He guesses what will happen in the future.
C. He tries to get as much information as possible.
D. He wants his parents and friends to make decisions for him.

Section C

Directions: In Section C, you will hear two longer conversations. The conversations will be read twice. After you hear each conversation, you are required to fill in the numbered blanks with the information you have heard.

Blanks 17 through 20 are based on the following conversation.

What does the man think of the school?	It's a 17. _____ school.
What about the students?	They work hard and 18. _____ school rules well.
What is the problem?	Students seldom learn anything 19. _____.
What is the man's suggestion?	Students should understand 20. _____ speakers.

Complete the form and write **ONE WORD** for each answer.

II. Grammar and Vocabulary (25%)

Section A

Directions: Beneath each of the following sentences there are four choices marked A, B, C and D. Choose the one answer that best completes the sentence.

- () 21. Chinese married couple _____ red packets to children and the unmarried during the Chinese New year.
A. give B. have been giving
C. are giving D. have given
- () 22. Once you _____ the knack of it, you will have no further difficulty.
A. shall have B. had had
C. are having D. have
- () 23. The school authority and the teachers _____ over the advantages of the demerit system.
A. were always argued B. were always arguing
C. had always had argued D. had always been argued
- () 24. They _____ more enthusiastic about their work since their teacher's return.
A. were B. had been C. have been D. would be
- () 25. I _____ for my firm for ten years and up till now I _____ no serious mistakes.
A. have been working; have made B. am working; have been making
C. will have worked; made D. was working; will have made
- () 26. I heard a scream behind me; one of the students _____ on a snake.
A. stepped B. has been stepping
C. had stepped D. would step
- () 27. I started my teaching career at the school. That was more than twenty years ago, and I _____ there ever since.
A. was B. had been C. will be D. have been