# GAOXIAO KETANG ZUANSHI XUEAN



《高效课堂·钻石学案》编写组编



# 高中英语模块八

《高效课堂·钻石学案》编写组 编

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# 前言

随着新课程改革的不断推进与深入,课堂教学领域的改革备受关注。从根本上变革教师的教学方式与学生的学习方式是现阶段课程改革的重点。新课程改革的落脚点最终在课堂,主阵地是课堂,主体是学生,关键是教师。形成自主、合作、探究的课堂氛围,建立高效的课堂是学校必须优先考虑解决的重点问题。

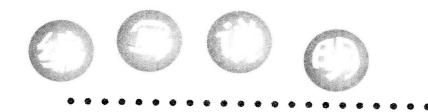
让我们的课堂高效而充满活力,让我们的课堂成为教师和学生共同经营知识、能力、情感、价值观的交流平台,是我们执著的追求。课堂是教师和学生共同的家园,"教学相长"正是对这一追求的最好注脚。于是,我们投身课程改革实践,发现问题,分析问题,并解决问题。发现和创造已成为教师职业生涯的重要内容。我们一直在探索,努力让课堂有知识、有能力、有生机、有生命的质感。

致力于构建"高效课堂"的"朴实教学",是以学案为载体,以导学、助学、督学为方式,以学生的自主性、合作性、探究性学习为主体,以教师为主导,师生合作共同完成教学目标的一种教学方式。这种教学方式使教学过程由"教"变为"导",由"要我学"变为"我要学",真正实现"减负增效"、建立良好的师生关系和形成和谐的课堂气氛。学案教学作为高效课堂的重要抓手与实现途径,正受到越来越多的关注,学案教学的研究方兴未艾。我们在多年实践和研究探索的基础上,遴选教学一线优秀的特、高级教师,优化设计理念,强化责任意识,精心组织策划,将这套《高效课堂·钻石学案》丛书奉献给广大师生。

这套《高效课堂·钻石学案》丛书遵照"朴实"课堂"先学后讲、现讲现练、即批即补"的教学思想,按照学生的学习全程进行设计,将学习的重心前移,充分体现课前、课堂、课后的发展与联系,依据"课前导学—课堂互动—巩固拓展—检测评估"四大环节,结合具体学科课程特征编撰而成。

愿我们的努力让广大师生在素质教育的康庄大道上幸福前行,迈向成功!

丛书编写组



学案是课堂教学的总抓手,学案的质量直接影响教学的各个环节和学生的学习兴趣、学习习惯及学习能力。好的学案应该遵循学生的认知规律,坚持把学生放在主体地位,注重"整体性、启发性、参与性、方法性、层次性、探究性、实用性"原则。高中英语"钻石学案"在编写过程中充分征求了广大师生的意见和建议,由教学一线的优秀教师精心编写而成,旨在充分开发"四星级"重点中学的优质资源,为高中师生提供一套高质量、重实效的英语学案,最大限度地提高课堂教学质量。本学案有以下几个方面的特点:

- 1. 科学编排,面向全体,关注个性发展 学案力求做到知识问题化,问题层次化。知识储备、课文重点解析、典型例题、巩固练习等内容考虑到了各个层次学生的学习需要;按照由易到难的顺序编写,使不同层次的学生在每一节课都有明确的学习目标;通过设疑、质疑、解疑,激发学生主动学习、积极思考,做到"提优扶弱";创造人人参与的机会,使学生享受学习的乐趣。
- 2. 模块引领,与课堂同步,教学一体化 学案侧重课堂同步讲解和训练。按单元编写,每单元分为五大板块:Welcome/Reading, Word power, Grammar and usage, Task, Project。各板块分为"课前导学"、"课文对译"、"重点讲解"、"典型例题"、"词汇学习"、"巩固拓展"等栏目。讲解精当,拓展适度,归纳完整,难度适中,题量适当。既方便教师组织同步教学,也便于学生自学和温习。
- 3. 训练题型多样,重视知识巩固和能力迁移 学案训练题设计主客观相结合,分层次设置了"巩固练习"和"拓展练习",便于不同层次的学生通过训练及时掌握和巩固知识,提高语言能力。习题和试题的解析透彻、全面,着重对解题思路的总结和解题能力的培养,促进学生融会贯通。
- 4. 切合教学实际,与时代同步 学案按照板块和单元,对知识点、能力要求进行梳理、总结和检测,并配备了周末作业和单元检测,让学生在学习过程中能对所学知识做到及时反馈,促进巩固和提高。学案关注最新高考动态,结合名校教学备考经验,立意高远,相信一定能够为构建高效课堂、提高教学效率提供很好的帮助。

丛书的编写人员均为来自名校的一线教师,在此,对参加编写和出版工作的全体人员致以衷心的感谢,同时也期待广大师生在使用本套学案的过程中提出宝贵的意见和建议,帮助我们进一步改进,把本学案打造成精品。

编者

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# Unit 1

# The written world

# **Welcome/Reading**

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1	145 PH S	
	课前导	

# I. 根据课文内容,完成下面的短文

In my opinion, there are many 1 between poetry and science fiction. To begin with, poetry uses much more
concise language and special techniques like rhythm and rhyme. Next, poets often 2 their thoughts and feelings
in poems, while science fiction writers often tell what may be possible in the future 3 on developments in
science. Lastly, poems usually 4 life or society at specific times, while the main topics of science fiction books
range scientific discoveries, space travel, life on other planets to environmental changes.

# Ⅱ. 根据首字母提示,补全短文

There are novels, plays and poems that were written a long time ago and they are so well <u>n\_6</u> that people still read them today. So they are called the <u>a\_7</u> of the literary world. However, some people think classics are old-fashioned and they don't read them any more. But some hold the <u>o\_8</u> opinion. Without classics, there wouldn't be so many films <u>b\_9</u> on classics, so classics still have <u>m\_10</u> to do with our life today.

Great Expectations is one of Charles Dickens' best-known works. The story is set in England, whose m 11 role is Pip. Pip gets out of his poverty with a big f 12 given by a generous stranger. With the money, Pip is b 13 on becoming a gentleman and winning a girl's love. Thus Pip's life has changed a lot. The change in Pip is called c 14 development, which is an important part of any novel. You will have to read it yourself.

# Ⅲ. 根据课文内容,选择正确答案

15.	We	can	learn	about	Charles	Dickens	from	the	text	<b>EXCEPT</b>	that	
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- A. he lived in the 19th century
- B. he was one of England's greatest writers
- C. he published many novels one chapter at a time in newspapers
- D. his stories were performed on TV at that time
- 16. Why did Pip abruptly decide to move from Kent to London?
  - A. London is his favorite place where he can earn much money.
  - B. Kent always reminds him of his shabby beginnings.
  - C. He dislikes his sister and Joe.
  - D. He wants to be a gentleman and run after Estella.
- 17. The main purpose of the text is to
  - A. praise the greatness of Charles Dickens
  - B. introduce Charles Dickens' novel Great Expectations
  - C. convince that classics are still worth reading
  - D. tell us many films are based on these classics

# 课文对译

#### **Appreciating literature**

What is classic literature? Classics are the antiques of the literary world. They are novels, plays and poems that were written a long time ago and were so well written and well received that people still read them today. They are examples of great writing and wisdom, and even those written centuries ago can still be found in bookshops and libraries today.

Because a lot of classics were written so long ago, the language used in them is quite different from the language used today. This makes them difficult for some people to read, and often, the classics are left to gather dust on shelves. Many people do not read them because they think that they are old-fashioned and boring, and have nothing to do with life today.

However, if this is true, why do we still find classics in bookshops and libraries? They have not disappeared and still have a place in the world today. Why else would many films based on them be successful? In 1995, Clueless, the award-winning film based on Jane Austin's novel Emma, was released. Three years later, in 1998, a modern adaptation of Charles Dickens's novel Great Expectations appeared in cinemas. I do not think that these classic novels would be made into films if they had nothing to do with life today.

# Charles Dickens: 'England's greatest writer'

Charles Dickens was born in Portsmouth, England in 1812. He wrote many novels. Olive Twist, David Copperfield and Great Expectations are probably his best-known works. He first published many novels one chapter at a time in newspapers, and some were later performed on stage. For people at that time, his stories were like the soap operas we see on TV today.

He died in 1870 and his tomb reads, 'By his death, one of England's greatest writers is lost to the world.'.

# **Great Expectations**

Great Expectations is set in England in the early 1800s. Dickens uses Pip, the main character, to tell the story. Pip is not only a character, he also tells the

# 文学欣赏

什么是经典文学? 经典文学作品是文学世界的珍贵遗产。它们是很久以前创作的小说、戏剧和诗歌,写得很好,很受欢迎,直至今日人们依然在阅读这些作品。经典文学是杰出的创作及智慧的典范,即使是几百年前写的那些作品,现在依然可以在书店和图书馆里找到。

因为许多经典文学作品是在很久以前创作的,它们使用的语言和今天所使用的语言有相当大的区别。这使得一些人阅读起来有些困难,经典文学作品常常被遗忘在书架上尘封。许多人不读经典文学作品是因为觉得它们过时了,枯燥无味,与今天的生活没有任何关系。

但是,如果这是真的,为什么我们今天仍然可以在书店里和图书馆里找到经典文学作品呢?它们其实并没有消失,在当今世界仍占有一席之地,要不然为什么许多根据经典文学作品改编的电影可以成功呢?1995年,《无影无踪》公映,这部获奖影片就是根据简·奥斯丁的小说《爱玛》改编的。三年后的1998年,根据查尔斯·狄更斯的小说《远大前程》改编的现代版影片在电影院上映。我想这些经典小说如果与现代生活没有任何关系的话,是不会被改编成电影的。

# 查尔斯・狄更斯:"英国最伟大的作家"

查尔斯·狄更斯于 1812 年出生在英国的朴次 茅斯。他创作了多部小说。《雾都孤儿》、《大卫·科波菲尔》、《远大前程》可能是他最广为人知的作品。狄更斯的许多小说起先是在报纸上连载,每次一章,有一些作品后来被搬上了舞台。对于那时候的人来说,他的故事就如同我们今天在电视上看到的肥皂剧。

狄更斯于 1870 年去世,墓碑上这样写着:"他 的去世令世界失去了一位最伟大的英国作家。"

# 《远大前程》

《远大前程》以19世纪初的英格兰为背景。狄 更斯通过他的小说的主角皮普来讲述整个故事。 皮普不仅是一个角色,而且讲述了《远大前程》的整 story of *Great Expectations*. Pip lives with his older sister and her husband Joe. Pip's sister seldom has a kind word to say, but Joe is a kind and simple man, who would rather die than see any harm come to Pip.

Pip, who is seven years old when the story begins, is in a misty field of tombs when a man appears and frightens him. Mist is a symbol of danger and uncertainty in *Great Expectations*. Classic novels often have symbols which add interest, tension or deeper meaning to the text. Readers may not be able to see the danger, so they need a symbol like the mist to make it clearer to them.

There is a twist in the plot when a very generous stranger gives Pip a lot of money. Pip is about 18 years old when this happens, and the fortune sets him free from the financial worries. Pip makes the abrupt decision to move from Kent, which is a constant remainder of his shabby beginnings, to the bright lights of London.

Excited by his move to London, Pip can hardly wait to begin his new life. Money and education have changed him, and before long he develops the shortcomings of being shallow and having prejudice, even against his old companions. Pip dislikes it when Joe comes to visit him in London. He has rigid ideas of what it means to be civil and to be a gentleman, and is embarrassed by Joe he does not fit these.

Pip is bent on becoming a gentleman and winning Estella's love. Estella is a beautiful girl, and for Pip, she is a symbol of education and money. What it really means to be a gentleman is an important theme in *Great Expectations*. Is an educated person with a lot of money a gentleman? Or is a gentleman somebody who is kind and good to his friends?

By the end of the novel, Pip has changed a lot. He learns that wealth does not buy happiness and that friends are more important than a fancy education. This change in Pip is called character development and is an important part of any novel. Does Joe forgive Pip? Does Pip get the girl of his dreams? You will just have to read it yourself to find out!

个故事。皮普与姐姐及姐夫乔一起生活。皮普的姐姐几乎没有什么善言好语,但乔却是一个淳朴善良的人,他宁愿死也不愿看到皮普受到任何伤害。

故事开始时,7岁的皮普正在薄雾笼罩的坟场上,这时一个人冒了出来,把他吓坏了。在《远大前程》中雾是危险和不确定性的象征。经典小说中往往有一些象征,这些象征为原文增添了趣味、紧张的气氛或者更深层次的含义。读者可能看不到危险,因此需要一些特征,例如雾,使危险更清楚地展示在读者面前。

当一位非常慷慨的陌生人给了皮普一大笔钱的时候,故事情节发生了曲折变化。当时皮普大约18岁,这笔钱使他不用为经济问题担忧。皮普作了一个突然决定,要离开肯特,前往伦敦。肯特总是让他想到自己的贫寒出身,而伦敦则华灯耀眼。

搬到伦敦让皮普兴奋不已,他迫不及待地开始了他的新生活。金钱和教育改变了他,不久他养成了浅薄、偏见的缺点,甚至歧视昔日的同伴。当乔来伦敦看他时,皮普并不喜欢。他对文明和绅士有着刻板的观念,而乔让他感到尴尬,因为乔和这些观念不匹配。

皮普一心要成为一名绅士,赢得埃斯特拉的芳心。埃斯特拉是一个漂亮的女孩,对皮普而言,她就是教育和金钱的象征。《远大前程》中一个重要的主题是:做一名绅士真正意味着什么?一个受过教育,有很多钱的人是不是就是一名绅士?或者绅士就是那种对朋友很善良很友好的人?

小说结尾时,皮普有了很大的变化。他认识到财富买不到幸福,朋友比华而不实的教育更重要。皮普的这一转变被称为人物的性格发展,是任何一部小说的重要部分。乔有没有原谅皮普呢?皮普有没有得到他的梦中女孩呢?你还得自己读小说,去书中找到答案!

# 重点讲解

# I. 难句分析

1. They are novels, plays and poems that were written a long time ago and were so well written and well received that people still read them today. 它们是很久以前创作的小说、戏剧和诗歌,写得很好,很受欢迎,直至今日人们仍然在阅读这些作品。

【难句分析】 这是一个主从复合句。They are novels, plays and poems 为主句; that were written ... today 为定语从句,修饰 novels, plays and poems, 其中包含一个 so ... that ... 结构, that people still read them today 为结果状语从句。

2. I do not think that these classic novels would be made into films if they had nothing to do with life today. 我想这些经典小说如果与现代生活没有任何关系的话,是不会被改编成电影的。

【难句分析】 I do not think 为主句; that 引导宾语从句,其中 if they had nothing to do with life today 为条件状语从句。

3. Pip, who is seven years old when the story begins, is in a misty field of tombs when a man appears and frightens him. 故事开始时,7岁的皮普正在薄雾笼罩的坟场上,这时一个人冒了出来,把他吓坏了。

【难句分析】 在这个复合句中, Pip is in a misty field of tombs 为主句, when a man appears and frightens him 为时间状语从句; who is ... begins 为非限制性定语从句,修饰 Pip, 其中 when the story begins 为时间状语从句。

#### Ⅱ. 词语辨析

#### 1. fortune

#### 【例题】

(D) In the past 20 years quite a lot of ambitious young people have gone abroad to seek their \_\_\_\_\_

A. help

B. equals

C. lives

D. fortune

【讲解】 fortune 意为"机会,运气,命运(可数),遭遇(可数),钱财,财产"。

Fortune knocks once at least at every man's gate.

每个人都有交好运的时候。

He is ready to do anything on earth to better his fortunes.

他准备竭尽全力来改善自己的境遇。

He received a large fortune when his uncle died.

他在叔父去世时得到了一大笔财产。

# 【拓展】 常用搭配有:

make a fortune 发财

seek one's fortune 外出找出路

try one's fortune 碰运气

【联想】 misfortune n. 不幸,灾祸

fortunate adj. 幸运的,侥幸的,带来幸运的

unfortunate adj. 不幸的

fortunately adv. 幸运地

unfortunately adv. 不幸地

# 【练习】 英译汉。

- (1) He had the fortune to work with the famous movie star.
- (2) A car like that costs a large fortune.

#### 2. settle

【例题】 请说出下列句子中 settle 的含义。

- (1) We've settled to go to Wales, where we are to settle. (决定,定居)
- (2) A bird settled on the branch. (落在)
- (3) After the excitement I tried to settle myself. (使平静下来)

【讲解】 settle vt. & vi.

(1) 解决,处理,决定

They settled their quarrel in a friendly way.

他们友好地解决了他们的争端。

We've settled that we'll stay here for three days.

我们已经决定在这里住3天。

(2) 结账,付账

At last he settled all his bills.

最后他付清了所有账单。

(3) 定居

They have decided to settle in America.

他们已决定在美国定居

(4) (尤指从高处等)降落,停留于,落在,沉淀

The butterfly settled on the flower.

这只蝴蝶落停在花朵上。

Bust settled on everything.

到处都落满了灰尘。

(5) 稳定下来,(使)平静下来

The weather has settled at last.

天气终于稳定下来了。

We won't know what's really happened until the noise and excitement have settled.

直到嘈杂声和激动情绪平静下来,我们才知道到底发生了什么事情。

(6) 把……安顿好,使处于舒适的位置

He settled back in his chair and closed his eyes.

他舒服地靠着椅背坐下,闭目养神。

【拓展】 settle down 安稳地坐下来,定居下来,(使)平静下来,(对新环境或新工作等)适应起来 She settled down to read her book.

她坐下来读书。

They have settled down very happily in their new home.

他们在新家高兴地定居下来。

The teacher told the students to settle down and study the lesson.

老师叫学生静下心来学习功课。

I'm sure the kid will settle down in his new school.

我肯定这小孩会适应他的新学校的。

# 【练习】 汉泽英。

- (1) 史密斯一家最后决定在中国定居。
- (2) 孩子们刚才很吵闹,不过现在已经安静下来了。
- (3) 我决定等我到旅馆房间安顿下来后,再告诉她我进城了。
- (4) 这个问题必须在今晚解决。
- (5) 约翰拉了把椅子,坐下来等她。

# Ⅲ. 考点点拨

1. would rather ... than ...

【原句展示】 ... but Joe is a kind and simple man, who would rather die than see any harm come to Pip. .....但乔却是一个淳朴善良的人,他宁愿死也不愿看到皮普受到任何伤害。

【点拨】 would rather do ... than do ... 宁愿做……也不愿做……。

I'd rather stay at home than go swimming.

我宁愿在家待着也不愿去游泳。

#### 【联想】

would rather 后如果是从句,从句谓语多用过去式构成虚拟语气,表示现在或将来的情况。

I'd rather you knew that now than afterwards.

我宁愿你现在知道而不是将来知道。

rather ... than ... 意为"是……而不是……,应……而不应……"。

This is rather for father to decide than for you.

这应该是父亲去决定的,而不应该是你。

rather than 意为"而不是,与其……宁愿……"。

Rather than cause trouble, he went away.

他宁可走开也不愿惹麻烦。

She preferred to go to Beijing in August rather than in July.

她宁愿8月份去北京,而不是7月份去。

# 【练习】 单项选择。

(1)	Young adults old people are more likely to prefer pop songs.					
	A. other than	B. more than	C. less than	D. rather than		
(2) Rather than money through dishonest means, I pre			est means, I prefer	er a poor but peaceful life		
	A. make; to live	B. to make; living	C. make; living	D. to make; to live		

# 2. dislike it + when/if 从句

【原句展示】 Pip dislikes it when Joe comes to visit him in London. 当乔来伦敦看他时,皮普并不喜欢。

【联想】 适用于这种结构的常见动词还有 like, hate, appreciate 等。

I disliked it when he stayed at home, because he did nothing.

我不喜欢他待在家里,因为他什么事也不做。

She won't like it if you arrive late.

她不喜欢你迟到。

I hate it if you say such things in public.

我讨厌你在大庭广众之下说这样的话。

I would appreciate it if you would do me a favour.

如果你能帮我一下,我会十分感激。

# 【仿写】

(如果您能提前告诉我您是否会来,我将不胜感激。)

3. What it really means to be a gentleman is an important theme in Great Expectations.

【考点】 what 引导名词性从句,可在从句中作主语、宾语或表语。本句的 what 在从句中充当 means 的宾语。

# 【例1】

The companies are working together to create \_\_\_\_\_ they hope will be the best means of transport in the 21st century. (北京 2008)

A.	A. which B. that C. w	hat D.	who
I.	【点拨】 选 C。该句中 they hope 是插入语,故"	_ will be the best means	of transport in the 21st
century	ry"实际上是 create 的宾语,宾语从句缺少连接词,并且该	<b>这连接词要指物且在从</b> 句	中作主语,由于没有明
确的范	范围,故选 what。		
[4	【例 2】		
	As his best friend, I can make accurate guesses about	he will do or think.	(上海 2008)
	A. what B. which C. w		that
_	【点拨】 选 A。about 后跟的应该是宾语从句。由于 do		
	句,又要在从句中作宾语,故可排除 that;由于没有明确的		
man service of	人,故可排除 whom。	ARTE HY THEN WINCH,	八可思有以及应用物间
_	[例3]		
-	When askedthey needed most, the kids said they	wanted to feel important	and loved (細南 2009)
	A. what B. why C. wh		which
	【点拨】 选 A。句意为:当被问到他们最需要什么时, ?		
		<b>《1 川龙旭川波龙特旭</b>	川定里安的, 开布 玺恢
及。Wil	what 引导宾语从句且在从句中作 needed 的宾语。		
	巩固拓展		
	Network (Action		
基	基础训练		
T	<b>一田任旦田氏公台河的活业取予基本</b>		
	[ . 用括号里所给单词的适当形式填空 	1. 1. 1	
	Young as he is, he shows great (wise) in male		
۷.	<ol> <li>His later works were not as well (receive) as suffering in life.</li> </ol>	s the early ones, as they	mainly focused on the
3.	3. The quiet boy prefers (literature) magazines a	and novels to the comics t	hat most boys enjoy.
4.	. The play, an (adapt) of Shakespeare's works,	, will be put on this week	send.
5.	. The changeable weather and unfamiliar road condition abo	ead added ( ur	ncertain) to their rescue
	work.		
6.	. The political (tense) in this area has made it	impossible for both gove	ernments to cooperate to
	protect the environment.		
7.	. I sent him a photo of our school as a visual (	remind) of those preciou	is school days we spent
	together.		
8.	. An (educate) person would be open-minded to	any different culture and	respect people following
	different religions.	·	
9.	. He left as a poor, working class boy and returned as an e	extremely ( wea	alth) man.
	0. The recovery of the stock market largely benefits from a		•
	根据汉语或首字母提示,写出合适的单词		
	1. Our Chinese teacher recommended a c novel	l written by a famous R	ussian writer. War and
	Peace.	•	,
12.	2. The newspaper says that the newly r album is	s popular among the you	ng and has become the
	best-seller of the month.	1 -F Jour	O WILL THE POSONIC LINE
13.	3. Before the test, we were expected to review the first c	of the history boo	ok and learn the historic
	events by heart.		
14.	4. The t of this poem is love and peace, which ex	xplains why it remains no	nular over centuries

<ul> <li>16. It's always of the second secon</li></ul>	eat out all the time. It ended up costing a f dangerous for a 7-year-old boy to play in a lake, whether it's deep or(浅的)(突然的) change of schedule caused us a lot of trouble, but the travel agency refused to only Chinese(同伴) during my seasonal stay in Australia last summer(解决) all the affairs in Paris before he could leave for home. s a rented one-bedroom flat in a(破旧的) part of town.  Reading),在空格处填上适当的词语,每空1词			
Classic literature	Classics are the antiques of the literary world, including novels, plays and poems 21 a long time ago.  People still read them today because they were well written and well 22, and they are examples of great writing and wisdom.  However, there are also many people who don't read them because of the different language used in them from that used now, and their 23 nothing to do with life doday.  In fact, the classics still have a(n) 24 in the world today, and many films 25 from them have proved successful.			
Charles Dickens  Great Expectations	He wrote lots of novels with Oliver Twist, David Copperfield and Great Expectations being the			
N. 翻译词组 31. 增添 32. 累计 34. 宁愿做而不愿做 35. 迫不及待做某事 36. 受过良好教育的人 37. 给某人施压做某事 38. 对有偏见 39. 和相识 40. 对某人表示同情 41. The goal of TV-Turnoff Week is to let people leave their TV sets 44 and participate in activities 43 drawing to biking. The event was founded by TV-Turnoff Network, a non-profit organization which started the event in 1995. In the 45 , only a few thousand people took part. Last year more than 7. 6 million people participated, 46 people in every state in America and in more than 12 other countries! This is the 11th year in which 47 are asking people to "turn off the TV and turn on 48 ".  According to the TV-Turnoff Network, the average 49 in the US spend 50 time in front of the TV (about 1,023 hours per year) than they do in school (about 900 hours per year). Too much TV 51 has made many kids grow fat. 52 , in 2001's TV-Turnoff Week, US Surgeon General David Satcher said, "We are raising the most 53 generation of youngsters in American history. This week is about saving lives."				

Over the years, studies have shown that watching a lot of TV <u>54</u> poor eating habits, too little exercise, and violence. Frank Vespe of the TV-Turnoff Network said that turning off the TV "is or <u>55</u>, part of a healthy lifestyle".

"One of the great lessons of <u>56</u> TV-Turnoff Week is the realization that <u>57</u> I turn on the TV, I'm deciding not to do something else," Vespe said.

TV-Turnoff Week seems to be making a <u>58</u>. Recent US Census(人口普查) data <u>59</u> that about 72 percent of kids under 12 have a limit on their TV time. That's 60 about 63 percent ten years ago.

41. A. drinking	B. sleeping	C. washing	D. playing outside
42. A. find out	B. go out	C. look out	D. keep out
43. A. away	B. alone	C. on	D. beside
44. A. like	B. as	C. from	D. such as
45. A. end	B. event	C. beginning	D. total
46. A. besides	B. except for	C. including	D. except
47. A. governments	B. parents	C. organizers	D. businessmen
48. A. the light	B. the radio	C. life	D. the Internet
49. A. grown-ups	B. kids	C. clerks	D. parents
50. A. less	B. enough	C. little	D. more
51. A. programmes	B. screen	C. hours	D. watching
52. A. However	B. On the contrary	C. In fact	D. As a result
53. A. overweight	B. overeaten	C. overgrown	D. overseeing
54. A. leads to	B. results from	C. develops	D. keeps away
55. A. will be	B. should be	C. may be	D. could be
56. A. organizing	B. taking part in	C. participating	D. asking for
57. A. wherever	B. every day	C. every time	D. this time
58. A. living	B. choice	C. difference	D. sense
59. A. shows	B. says	C. reads	D. writes
60. A. rising	B. down from	C. up to	D. up from

If you're trying to figure out the healthiest way to eat, you may be feeling confused by the conflicting messages you've been hearing. Should you avoid fat and fill up on carbohydrates(碳水化合物) like bread, rice, and pasta (面制品), as the existing food pyramid advises? should you avoid carbohydrates and eat mostly protein foods like meat, eggs, and cheese—no need to worry about fats—as some popular weight-loss diets recommend?

The US Department of Agriculture (USDA) introduced its Food Guide Pyramid a dozen years ago to teach the public about nutrition. Its low-fat, high-carbohydrate message has done nothing to slow the steady increase in fatness in the United States that has so alarmed public health officials.

- 1. Bread, Cereal, Rice & Pasta Group: 6-11 Servings
- 2. Vegetable Group: 3-5 Servings
- 3. Fruit Group: 2-4 Servings

VI. 阅读理解

- 4. Milk, Yogurt & Cheese Group: 2-3 Servings
- 5. Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group: 2-3 Servings.
- 6. Fats, Oils, & Sweets: Use them as few as possible

At the Harvard School of Public Health, researchers say that the USDA's Food Guide Pyramid is outdated and

fails to give us enough information to help us make wise choices. The researchers have taken apart the pyramid, block by block, and have built a new one in its place.

Harvard's Healthy Eating Pyramid reflects recent research into human nutrition and its effect on health. The Harvard structure rests on a base of daily exercise and weight control. Exercise is a key element of health. Another essential factor of health is staying at the right weight for your height. Consult your doctor or school nurse to find out what your healthy weight range is.

- 61. What is the best title for the passage?
  - A. Different opinions about healthy eating.
  - B. Vegetables are the best choice.
  - C. Confused by what to eat.
  - D. Food that is the most nutritious.
- 62. Why are the public health officials alarmed?
  - A. The number of people who are fat stays the same.
  - B. The rate of fatness is still increasing.
  - C. The Food Pyramid is so accurate.
  - D. People who are fat are fewer than before.
- 63. The USDA introduced its Food Guided Pyramid in order to \_\_\_\_\_
  - A. tell people the situation in the past
  - B. tell people not to eat fat any more
  - C. tell people people's health should be highly paid attention to
  - D. tell people the healthy way to eat
- 64. According to the passage, if people want to keep healthy, they should .
  - A. lose weight and avoid eating food including fat
  - B. keep a normal weight and exercise regularly
  - C. keep their food varied and themselves slim
  - D. exercise as much as possible and eat less food

# 🥌 Word power 🥌

# 重点词汇

1. pale

adj.

(1) 苍白的,灰白的

She was pale with fear.

她吓得脸色发白。

(2) (颜色)淡的

He wore a pale blue tie.

他戴一条浅蓝色的领带。

(3)(光)微弱的,暗淡的

the cold pale light of dawn 破晓时分的鱼白寒光

vi. 变苍白,变黯淡

The clouds paled and pulled apart.