

经全国中小学教材审定委员会  
2003年审查通过

全日制普通高级中学教科书(必修)

# 英语

第一册 (下)

(供高中一年级第二学期使用)

Senior English for China  
Student's Book 1B



人民教育出版社



全日制普通高级中学教科书（必修）

# 英语

第一册（下）

（供高中一年级第二学期使用）

Senior English for China  
Student's Book 1B



全日制普通高级中学教科书（必修）

英 语

第一册（下）

人民教育出版社英语室 编著

\*

人民教育出版社 出版

（北京沙滩后街 55 号 邮编：100009）

网址：<http://www.pep.com.cn>

北 京 出 版 社 重 印

北 京 市 新 华 书 店 发 行

中央民族大学印刷厂印刷

\*

890×1194 1/16 印张 11.75 字数 290 000

2003 年 12 月第 1 版 2004 年 1 月第 1 次印刷

印数 1—86 600

ISBN 7-107-17180-1 定价：14.25 元  
G·10270(课)

如发现印装质量问题影响阅读请与北京出版社书店联系

电话：62050948

## 说明

《全日制普通高级中学教科书英语》(必修)第一册(下)是根据《全日制普通高级中学英语教学大纲》和《全日制义务教育普通高级中学英语课程标准(实验稿)》的精神,在1996年中英合编的高中英语(Senior English for China: 英方编者 C. Jacques; 英方顾问 N. J. H. Grant)的基础上修订而成的。本书由中外专家与教科书编辑和设计人员合作编制而成,由人民教育出版社出版,版权归人民教育出版社所有。

本册课本供高中一年级第二学期使用。

本书由董蔚君老师审阅。

顾 问: 邓炎昌  
主 编: 刘道义  
副 主 编: 罗少茜 龚亚夫  
编 者: Nils Olov Fors Edwin Baak  
田 娟 陈 鸽 李葆重 孙宇娟  
责 任 编 辑: 曹 洁 生 平(参加编写)  
绘 画: 王国栋  
设 计: 刘 昀  
美 术 编 辑: 林荣桓  
封 面 设 计: 林荣桓

The following pictures are provided by *Colphoto*.

- 1 page 10 picture (Kwanzaa)
- 2 page 23 picture (Maglev train)
- 3 page 34 picture (Oprah Winfrey)
- 4 page 45 pictures ① ② ③ ⑤ ⑦
- 5 page 52 picture ④
- 6 page 82 pictures ① ② ③ ④
- 7 page 111 picture ②



# CONTENTS

UNIT	TOPIC	FUNCTIONAL ITEMS
<b>13</b> Healthy eating P1	Healthy eating	Seeing the doctor Giving advice and making suggestions
<b>14</b> Festivals P8	Festivals	Expressing and supporting an opinion
<b>15</b> The necklace P15	A play	Asking for permission Talking about possibilities
<b>16</b> Scientists at work P22	Science and scientists	Giving instructions Discussing and evaluating pros and cons
<b>17</b> Great women P29	Great women	Describing people
<b>18</b> New Zealand P36	New Zealand	Talking about location and direction
<b>19</b> Modern agriculture P43	The science of farming	Giving advice and making decisions
<b>20</b> Humour P50	Humour	Expressing intentions and plans
<b>21</b> Body language P57	Body language	Making offers and requests
<b>22</b> A world of fun P64	Leisure and entertainment	Asking and giving directions
<b>APPENDICES</b>	Notes to the texts Grammar Words and expressions in each unit	P131 P151 P162



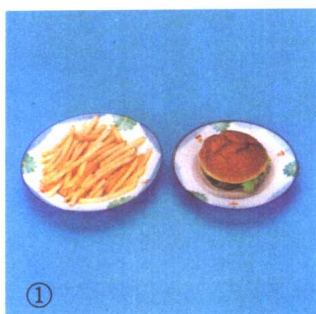
STRUCTURE	READING	WRITING	WORKBOOK
Modal Verbs (1) ( <i>had better, should, ought to</i> )	We are what we eat Snacks	A recipe	P71
Modal Verbs (2) ( <i>must, have to, have got to</i> )	The birth of a festival	An invitation for a festival	P77
Modal Verbs (3) ( <i>must, can / could, may / might</i> )	The necklace	A short play	P83
Word Formation: Compounds	Franklin's famous kite experiment Animal experiments	An argumen- tative essay	P89
Subject-Verb Agreement	Alone in Antarctica Oprah Winfrey	A fan letter	P95
The Use of "It" (1) as Subject	New Zealand Life in New Zealand	A description of a country or a region	P101
The Use of "It" (2) for Emphasis	Modern agriculture Farming and gardening	A plan	P107
The -ing Form (1) as Attribute and Object Complement	Laughing matter We've already met, haven't we?	A funny story	P113
The -ing Form (2) as Subject, Object and Predicative	Body talk	An imaginary story	P119
The -ing Form (3) as Adverbial	Theme parks Live to ride	A description of a park	P125
Vocabulary	P170		
Irregular verbs	P179		
Changes in international phonetic symbols for English	P182		



## Goals

- ⑤ Talk about eating habits and health
- ⑤ Practise seeing the doctor
- ⑤ Practise giving advice and making suggestions
- ⑤ Use the modal verbs *had better, should, ought to*
- ⑤ Learn some useful cooking terms
- ⑤ Read and write recipes

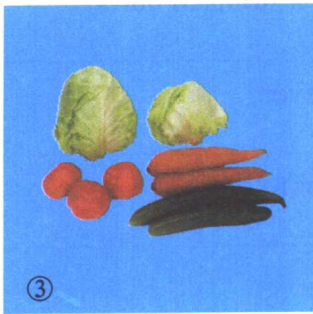
## WARMING UP



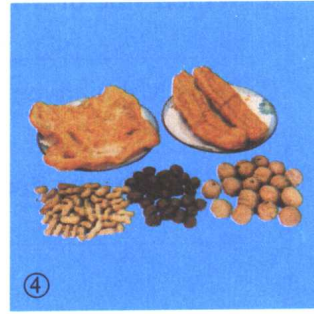
①



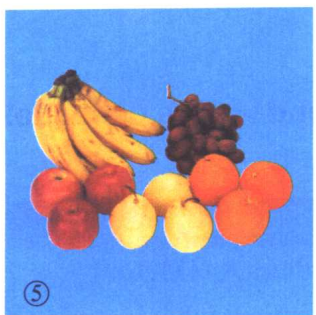
②



③



④



⑤



⑥



⑦



⑧

1 Look at the photos above. Decide if the food shown in the photos is junk food or healthy food. Give reasons for your decisions.

**EXAMPLES:** *I think that ice cream is junk food because it has a lot of fat and sugar.*

*I think that vegetables are healthy food because they contain lots of vitamins.*



- 2 Ask your classmates what they like to eat. Make a list of the food and decide whether what they eat is junk food or not.

Name	Breakfast	Snacks	Lunch	Dinner
------	-----------	--------	-------	--------



## LISTENING

- 1 Listen to what happened to Mike and answer the questions below.

1 What's wrong with Mike?

\_\_\_\_\_.

2 What did Mike have for breakfast?

\_\_\_\_\_.

3 Can you give Mike some advice? What should he eat less of?

\_\_\_\_\_.

- 2 Now listen to what Mike did next, and then answer the questions below.

1 Which side of Mike's stomach hurts?

\_\_\_\_\_.

2 Does Mike have a fever?

\_\_\_\_\_.

3 What does the doctor tell Mike to do?

\_\_\_\_\_.



## SPEAKING



Work together with your partner. Choose one of these situations and write a dialogue. Then act it out.

Situation 1	Situation 2	Situation 3
<b>Student A (Doctor)</b> Ask the patient what is wrong and give him or her some advice.	<b>Student A (Patient)</b> My left arm is broken. It really hurts.	<b>Student A (Doctor)</b> Ask the patient what is wrong and give him or her some advice.
<b>Student B (Patient)</b> I am coughing all the time. I have a fever and a headache.	<b>Student B (Doctor)</b> Ask the patient what is wrong and give him or her some advice.	<b>Student B (Patient)</b> I can't sleep at night, so I am always very tired.

**EXAMPLE: DR YANG:** *What can I do for you, Sharon?*

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

**DR YANG:** *What's the matter?*

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

**DR YANG:** *What did you eat yesterday?*

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

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

**SHARON:** *It was a bit green.*

**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 you not to eat fruit that isn't ripe in the future.*

**SHARON:** *OK. Thank you. Goodbye.*

### Useful expressions

#### Patient

I've got a pain here. This place hurts.

There's something wrong with my back / my knee / my arm.

I don't feel well.

#### Doctor

Lie down and let me examine you.

Let me have a look.

Where does it hurt?

Drink plenty of water and get some rest.

## PRE-READING

**Discuss the following questions with your partner.**

- 1 Which of the following gives you the most energy: a banana, a soft drink or a bar of chocolate?
- 2 How many meals do you have every day? Which meal do you think is the most important? Why?
- 3 How much water do you drink every day?
- 4 What kind of snacks do you take?

## READING

### WE ARE WHAT WE EAT

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

Stores offer 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 our body and make it stronger. Protein, for example, is good for our muscles. Fish, meat and beans contain a lot 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.

But the choices we make are not just about nutrition. Many people today make choices about their eating habits based on what they believe. Eating habits become part 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 food, 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 food and pills we should buy to become smarter, healthier and more beautiful. It is probably better, however, if we spend our time and money on buying good food and keeping a balanced 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 foods or going on unhealthy diets, we can simply try to eat less fat and sugar and exercise more.

The best way to make sure that we will feel and look fine is to develop 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.

## **POST-READING**

- 1 What does the word “fuel” mean in the text above? What about the word “green”? Can you find any other words used in the same way?**
- 2 The text gives examples of how people make choices about what they eat. List the examples and the reasons why people eat or don’t eat certain kinds of food.**
- 3 How have our eating habits changed? Why? Try to think of as many examples and reasons as possible.**
- 4 Work in pairs. Discuss the questions below. When you have finished, discuss your answers with the rest of the class.**
  - ❁ Why do people go to fast food restaurants?
  - ❁ Why is it not good for you to eat too much sugar and fat?
  - ❁ Why are crash diets and supplements so popular?
  - ❁ What can we do to keep a balanced diet?



## Word study

From the reading passage, find the words that fit the following descriptions.

- 1 \_\_\_\_\_ Found in food and necessary for good health.
- 2 \_\_\_\_\_ The kind of food that someone eats each day.
- 3 \_\_\_\_\_ Parts of plants that you eat but cannot digest, which help food to move quickly through your body.
- 4 \_\_\_\_\_ Found in food and are important for good health. They help to build our bones, teeth and blood.
- 5 \_\_\_\_\_ Found under the skin. Our body needs it for energy. It can keep us from feeling cold.
- 6 \_\_\_\_\_ Bad for your teeth and can make you gain weight.
- 7 \_\_\_\_\_ Found in milk and meat. Our body needs it to grow and keep healthy.
- 8 \_\_\_\_\_ Unit for measuring how much energy the food can give us.

## Grammar

### Modal Verbs (1) — had better, should, ought to

- When you give advice or your opinion about something, you can use **had better** or **had better not**.

You **had better** get some rest. (=You'd **better** get some rest.)

You **had better not** eat fruit that isn't ripe. (=You'd **better not** eat fruit that isn't ripe.)

- When you are trying to advise someone about what to do or what not to do, you can use **should** / **ought to** or **should not** / **ought not to**.

You **should** / **ought to** be careful with fruit.

You **should not** / **ought not to** eat too much junk food. (=You **shouldn't** / **oughtn't to** eat too much junk food.)

- 1 The doctor is giving advice. Complete the following sentences, using **should**, **ought to**, **had better** or their negative forms to give advice.

EXAMPLE: You have got a bad cold.

You had better take some medicine.

- 1 You have a bit of a fever. You \_\_\_\_\_.
- 2 You \_\_\_\_\_ if you want to be healthy.
- 3 If you are sick, you \_\_\_\_\_.
- 4 Before you eat an apple, you \_\_\_\_\_.
- 5 You don't look well. You \_\_\_\_\_.
- 6 You have a bad cough. You \_\_\_\_\_.
- 7 This medicine will make you sleepy. You \_\_\_\_\_.
- 8 There is nothing seriously wrong with your knee, but you \_\_\_\_\_.



**2 Most newspapers have an advice column. People can write about their problems and ask for advice. Read the letters below and write down four pieces of advice for each letter. Use *had better (not)*, *ought (not) to* or *should (not)*. Here is an example:**

Dear Annie,

I am a middle school student from Guangxi. English is my favourite subject and I want to study English in college. I am trying to learn how to give advice in English, so I wonder if you could tell me how to do it.

Yours truly,

Li Xiaofei

### ***Advice from Annie***

- 1 First, you had better think carefully about the problem so that you can give good advice.
- 2 Second, you ought to use words and phrases such as *should*, *should not*, *ought to*, and *maybe you could try*.
- 3 You had better be honest.
- 4 You ought to give advice that will help the person solve his or her problem.

### **Now you try it.**

Dear Annie,

My name is Xiao Lin and I am a student from Qingdao. My Canadian friend has invited me to dinner with her family. I am a little bit nervous about it, because I am not sure how I should behave at the dinner table. Could you please give me some advice about Western table manners?

Yours,

Xiao Lin

### ***Advice from Annie***

- 1 First, you ought to \_\_\_\_\_.
- 2 \_\_\_\_\_.
- 3 \_\_\_\_\_.
- 4 \_\_\_\_\_.



## **INTEGRATING SKILLS**



### ***Reading and writing***

## **SNACKS**

Even if we choose nutritious food for our main meals, we probably still need to refuel now and then. We can give our body and brain more energy by eating snacks. Good snacks should not have too much fat or sugar. That means that an apple, a banana, or an orange is a good choice, but a bar of chocolate or a bag of potato chips is not. Fruit gives us carbohydrates, which our body and brain use for energy. They also give us fibre and Vitamin C. Most fruits are naturally sweet and we can eat them just the way they are — all we have to do is clean or peel them.

Fruit is not the only healthy snack. There are many recipes for simple and healthy snacks that taste great and keep us going. Preparing a delicious snack does not have to be too difficult. Most snacks can be made

in a short time. Other snacks take a bit longer to prepare, but they can give us a chance to practise our cooking skills. Dumplings and roll-ups are tasty snacks that can be prepared in about 15-20 minutes. Here are two recipes you can try.

### SHAOMAI

Ingredients:

Pork, Black mushrooms, Chopped green onions,  
Green beans, Shaomai skins

Cut the pork and the black mushrooms into pieces. Mix the pork, mushrooms, beans and the chopped onions in a bowl. Fill and fold the skins. Steam the shaomai over boiling water for 7 or 8 minutes.

### CHICKEN ROLL-UPS

Ingredients:

Soft bread, Chicken, Bacon, 1 Tomato,  
Lettuce, Cheese

Cook the chicken and cut it into small pieces. Fry the bacon and cut it into small pieces. Chop the tomato small, and add some lettuce and the cheese. Mix them all together in a bowl. Spoon some of the mixture onto the bread and roll it up.

**Work together with your partner and write the recipe for your favourite dish.**

### TIPS

#### How to write a recipe

*When you write a recipe, you need to explain what ingredients will be needed and how they will be used. You must explain each step carefully and in the right order.*

- 1 *Start by making a list of all the ingredients. Also list how much is needed — a spoonful, a cup, a pound, etc.*
- 2 *Explain what should be done with each ingredient. Use verbs such as **chop**, **peel**, **slice** and **dice**.*
- 3 *Explain which ingredients should be mixed together and how. Use verbs such as **stir**, **mix** and **add**.*
- 4 *Explain how the ingredients should be cooked. Use verbs such as **boil**, **steam** and **fry**.*

### Checkpoint 13

#### Grammar Modal Verbs (1) — *had better, should, ought to*

*When used to give advice or opinion about something, **had better** is less strong than **should** or **ought to**.*

- ⑤ You'd **better** get some rest.      You'd **better not** eat fruit that isn't ripe.
- ⑤ You **should** / **ought to** be careful with fruit.
- ⑤ You **should not** / **ought not to** eat too much junk food.

**Have you learnt any useful expressions in this unit? What are they?**



**Goals**

- ⑤ Talk about festivals and customs
- ⑤ Practise expressing and supporting an opinion
- ⑤ Use the modal verbs *must*, *have*
- ⑤ Write an invitation for a festival
- ⑤ *to*, *have got to*

**WARMING UP**

①



②



③

**1 Look at the pictures of these festivals and discuss the following questions with your partner.**

- 1 Do you know the names of the festivals?
- 2 Do you know which countries the festivals come from?
- 3 What are the people in the pictures doing? Why are they doing this?

**2 Work in pairs. Compare a Chinese festival with one from another country. If you don't know of any festivals from other countries, you can ask your teacher for ideas.**

<b>Festival</b>		
<b>When is the festival celebrated?</b>		
<b>Who celebrates the festival?</b>		
<b>How do people celebrate it?</b>		
<b>Why do people celebrate it?</b>		
<b>What are some important themes, for example "family" and "peace"?</b>		
<b>How old is the festival?</b>		



## LISTENING

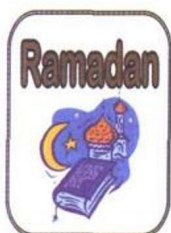
### 1 Listen to the tape and choose the correct answers.

#### Mardi Gras

- Mardi Gras is celebrated on a Tuesday in the month of \_\_\_\_\_.  
A April or May      B February or March      C March or April
- People celebrate Mardi Gras by dressing up and watching \_\_\_\_\_.  
A parades      B games      C plays
- The colours of Mardi Gras are \_\_\_\_\_.  
A purple, gold and green      B purple, red and blue      C purple, gold and red



#### Ramadan



- Ramadan is celebrated in the \_\_\_\_\_ month of the Arabic calendar.  
A eighth      B ninth      C tenth
- The word *Ramadan* is the name of \_\_\_\_\_.  
A a month      B a town      C a holy book
- During Ramadan, people do not \_\_\_\_\_ during the day.  
A eat      B sleep      C talk

#### Easter

- Easter is usually celebrated in \_\_\_\_\_.  
A February or March      B March or April      C April or May
- In some countries, children will go on \_\_\_\_\_ during Easter.  
A picnics      B egg hunts      C trips
- The two main popular symbols of Easter are the \_\_\_\_\_ and the \_\_\_\_\_.  
A Easter Man, Easter egg      B Easter Bunny, Easter tree      C Easter Bunny, Easter egg



### \*2 Work together with your partner and describe one of your favourite festivals.



## SPEAKING

Work in groups of four. Your group has been asked to decide what a new holiday should be about. Prepare a role card and tell the other group members why your holiday is the best one.

Peace Day	Happiness Day	Friendship Day	Nature Day
No fighting or conflicts are allowed. People learn and talk about peace.	People must only do things that will make others happy. People learn about happiness.	No arguments or fights are allowed. People learn about friendship.	No pollution or destruction of nature is allowed. People learn and talk about nature.



**EXAMPLE:**

**STUDENT A:** *I think that the new holiday should be a Peace Day. On this day, **no fighting or conflicts are allowed**. People will **learn and talk about peace**. The holiday will be celebrated on \_\_\_\_\_ and people will celebrate it by \_\_\_\_\_. I think this is the best idea because \_\_\_\_\_.*

**Useful expressions**

In my opinion, we should ...

I don't think it is necessary to ...

I hope we can make a decision.

I believe we should ...

We must decide ...

If we do this, we can ...

**PRE-READING**

**Discuss the following questions with your partner.**

- 1 How does your family celebrate the Spring Festival?
- 2 Why do we celebrate the Spring Festival and other festivals?
- 3 Do festivals help us understand our history and culture?
- 4 What kinds of gifts and things do people buy during major festivals like Christmas and the Spring Festival?

**READING**

**THE BIRTH OF A FESTIVAL**

You probably know that Christmas, the Spring Festival and Ramadan are important holidays in the world. But have you heard about Kwanzaa? Kwanzaa is a seven-day festival celebrating the culture and history of African Americans. The week following Christmas Day, many African-American families get together to greet the new year and think about the past.

African Americans have a long history and a rich culture, but Kwanzaa is a young holiday. Kwanzaa was born in 1966, when people created a new festival so that African Americans would be able to celebrate their history and culture. The people who created Kwanzaa used the word for "first fruit" in Swahili, one of the largest languages in Africa. They chose the word because there are many festivals in Africa called "first-fruit" festivals. The African first-fruit festivals had many things in common: people would get together to celebrate their harvest;

