

# 学习指导

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大象出版社

# 高中英语 新课程 学习指导

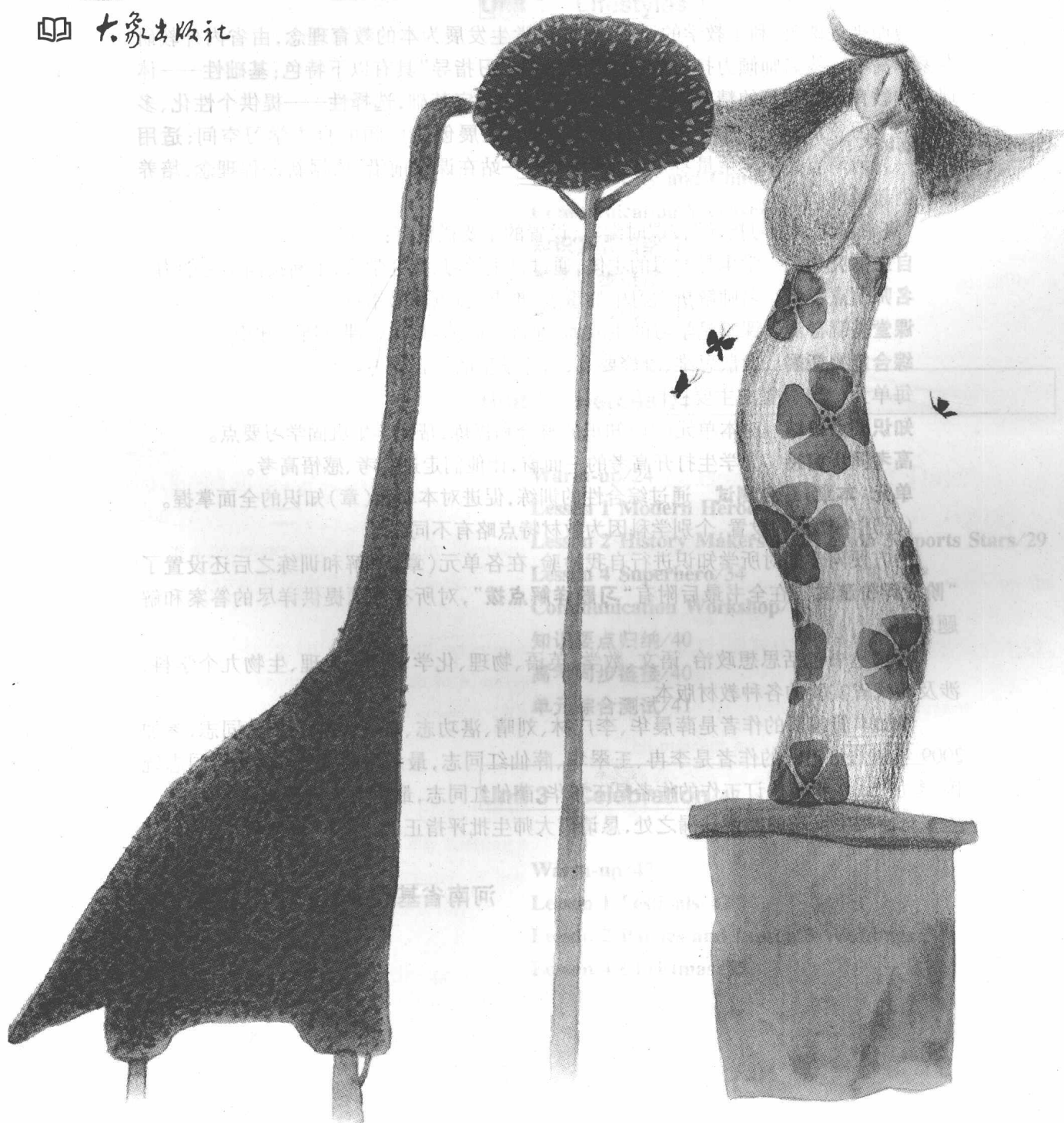
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# Unit 1 Lifestyles

## Warm-up

### 自主探究学习

If you are like millions of other people in the world, you probably want to live a healthy life. While many people are able to achieve (达到) this lifestyle, there are even more that are looking for ways to improve their health. Here are five tips to help you.

#### Healthy diet

The food you eat plays an important role in what type of lifestyle you live. You should eat vegetables, fruit, bread as well as meat and fish, and even some snack foods once in a while.

#### Water

Drink plenty of water every day and usually you need to drink 8—10 glasses of water a day.

#### Exercise

Exercise is a necessary part of a healthy lifestyle. You should exercise for at least 2 hours a week.

#### Have fun

Getting out and having fun is important because it helps ease off mental pressure. You can go to a movie with your friends or go to the park and enjoy a nice sunny day.

#### Sleep

Without enough sleep, our immune system (免疫系统) will be difficult to get through the day. Getting a good night's sleep can make much difference in how you feel and how much you can do the next day.

Answer the following questions:

1. What would be the best title for the passage?

2. Who is the passage most probably intended for?

3. For a person who is suffering from many stresses, what advice would you give to him or her?

4. What lifestyle do you think can be called a healthy one? Add your own opinions.

## Lesson 1 A Perfect Day?

### 名师要点解析

1. Then I get up, go downstairs and switch on the TV in the living room.

译文:然后,我起床、下楼并打开起居室的电视。

词语解析:

switch *vt. /vi.* 打开(或关掉)开关;转换

The moment he got home, he switched on TV and watched the live broadcast of the football match. 他一回家就打开电视,观看足球比赛现场直播。

They switched the talk to a more interesting subject. 他们把谈话转到比较有趣的题目上去了。

词语拓展:

switch on 接通;开(电器、机器等,相当于 turn on)

switch off 切断;关掉(电器、机器等,相当于 turn off)

switch over 换台,转换频道;转变

即讲即练:

填空

① The moment he got home, he switched \_\_\_\_\_ the TV and watched the live broadcast of the football match.

② There is a good play on BBC2; you may as well switch \_\_\_\_\_ and watch it.

③ Switch \_\_\_\_\_ the electricity before you repair the electric equipment.

答案:①on ②over ③off

2. I normally wake up about five minutes before my alarm clock goes off.

译文:我一般在闹钟响前大约五分钟就醒了。

短语解析:

go off 爆炸;发出声响;(与 well, badly 等副词连用,表示事情顺利或不顺利)进行

The bomb went off at 6:30 this morning. 炸弹今天早上六点半爆炸了。

The thieves ran away when the alarm went off. 警铃响起的时候小偷们逃跑了。

Everything went off very well. 一切进行得很好。

短语拓展:

go ahead 开始;前进;领先

go away 走开;离开

go down 下降;下跌

go on 发生;继续

go out 出去;(灯、火等)熄灭

go through 仔细检查;经历;完成

go up 上升;上涨

即讲即练:

填空

① We studied the map carefully and then went \_\_\_\_\_ in different directions.

② Look! There are a crowd of people over there. What's going \_\_\_\_\_?

③ —May I use your dictionary?

—Certainly. Go \_\_\_\_\_.

答案:①off ②on ③ahead

3. It takes me less than fifteen minutes to wash, get changed, have breakfast, leave home and get on a bus.

译文:我用不到15分钟的时间洗漱、穿衣、吃早

饭、离家、坐上公共汽车。

句子解析:

It takes sb. + some time + to do something. 做某事花了某人多少时间。其中 It 为形式主语,真正的主语为动词不定式, take 意为“花费”。如:

It usually takes him twenty minutes to get school by bike. 他通常花20分钟骑自行车到学校。

短语解析:

get changed 换衣服

Sarah, hurry up. I'm afraid you can't have time to get changed before the party. 萨拉,快点。恐怕你没有时间在晚会之前换衣服了。

“get + 过去分词”可表示下列意思:

(1) 表进入或变为某种状态。如:

—How are the team playing? 这支队伍打得怎么样?

—They're playing well, but one of them got hurt. 他们打得不错,但有一个人受伤了。

类似用法的词组还有: get started 行动起来; get engaged 订婚; get married 结婚等。

(2) 表引起心理和情感上的变化。如:

I got surprised at the result. 结果令我吃惊。

(3) get 与少数形容词化的过去分词连用,用在祈使句中,着重表达过去分词的内容,用来表示命令、请求、忠告等语气。如:

Don't get caught in the rain! 别淋雨!

即讲即练:

单项选择

Tom knew he would certainly get \_\_\_\_\_ if he was late home.

A. shout at

B. to shout at

C. shouted at

D. to be shouted at

答案:C

4. I am always the first person to get to the office.

译文:我总是第一个到办公室的人。

句子解析:

句中不定式 to get to the office 作定语修饰名词 person。当名词或代词前有 first, second 等序数词以及 last 或形容词最高级时,其后常用不定式作后置定语。

This company was the first to produce portable radios as well as cassette tape recorders in the world. 这家公司是世界上第一个生产手提收音机和盒式磁带

录音机的公司。

**即讲即练:**

翻译

她总是第一个来,最后一个走的学生。

答案:She is always the first student to come and the last one to leave.

5. Meetings and phone calls take up a large part of the day.

译文:会议和电话占据了一天中很大一部分时间。

**短语解析:**

take up 占据(时间、空间);开始从事某事;拿起

The table takes up too much room. 这张桌子太占地方。

Housework takes up most of her spare time. 家务活占据了她的大部分的空闲时间。

When did you take up teaching? 你是什么时候开始教学的?

We took up arms and fought against the enemy. 我们拿起武器与敌人作斗争。

**短语拓展:**

take away 拿走

take back 收回

take down 拿下;拆毁;记下

take in 接受;吸收;欺骗

take on 呈现;承担;雇佣

take off 脱下;起飞

take over 接管;在……上花费;带,领……到另一地

**即讲即练:**

单项选择

Meetings and appointments \_\_\_\_\_ a large part of the day.

A. take over B. take on

C. take up D. take away

答案:C

6. 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.

译文:晚上10点我才能到家。到家后还要浏览从办公室带回的文件,为第二天的工作做准备。

**句子解析:**

本句是复合句,首先是 when 引导的时间状语从句;其次是 that 引导的定语从句,修饰 documents,并代替 documents 在从句中作 bring back 的宾语;最后是 so that 引导的目的状语从句。so that 可以引导目的状语从句,常与 can, may, will 等连用,意为“以便于……;为的是……”。如:

I got up very early this morning so that I could catch the early train. 我今天早晨起来得很早以便能够赶上早班火车。

I finished my homework quickly so that I could go to bed earlier. 我很快地完成了作业以便我能够早点睡觉。

**短语解析:**

bring back 带回;使回忆

I started to do the homework that I brought back from school as soon as I got home. 我一到家就开始做我从学校带回的家庭作业。

The photos brought back memories of my childhood. 照片使我回忆起了我的童年。

**即讲即练:**

单项选择

① John shut everybody out of the kitchen \_\_\_\_\_ he could prepare his grand surprise for the party.

A. which B. when C. so that D. as if

② Roses need special care \_\_\_\_\_ they can live through winter.

A. because B. so that C. even if D. as

答案:①C ②B

7. My family complains about it.

译文:我的家人抱怨这件事。

**词语解析:**

complain vi. 抱怨;埋怨;投诉

They are always complaining. 他们总是在抱怨。

She always complains to her parents about the school meals. 她总是向父母抱怨学校的饭食。

People complained that they couldn't fall asleep because of the loud noise. 人们抱怨由于吵闹的噪音,他们无法入睡。

**词语拓展:**

complaint n. 抱怨,投诉

complainer n. 投诉者,抱怨者

complain (to sb.) about sth. (对某人)抱怨某事  
complain + that 从句

即讲即练:

完成句子

①你没有什么可抱怨的。

You've got nothing to \_\_\_\_\_.

②我们决定向校长投诉这个学生考试作弊之事。

We decided to \_\_\_\_\_.

答案: ① complain about ② complain to the headmaster about the students' cheating in the exam

### 单元语法点拨

内容分析:

一般现在时和现在进行时的主要区别

(一)构成

1. 一般现在时有以下几种结构(以肯定句为标准,下同):

(1)be 动词型。谓语动词只有 am, is 或 are。be 动词作连系动词。如:

They are in the same class. 他们在同一个班。

(2)实义(行为)动词型。谓语动词由实义动词的原形或第三人称单数形式构成。如:

He works in a TV station. 他在一家电视台工作。

(3)情态动词型。谓语动词由“情态动词 can/may/must + 动词原形”构成。如:

I can take it to the classroom. 我可以把它拿到班里。

(4)祈使句型。祈使句开头的动词一律用动词原形。如:

Be careful, please. 请小心一点。

2. 现在进行时由“be 动词 am/is/are + v.-ing”构成。如:

I am writing. 我正在写东西呢。

We are cleaning the room. 我们正在打扫房间。

(二)时间状语

1. 与一般现在时连用的时间状语有: often, usually, sometimes, always, at eight (o'clock) in the morning/evening, on Sunday(s), every day/week/month/year/..., 等等。如:

We always walk to school. 我们总是步行上学。

The shop closes at seven in the evening. 商店在晚上7点关门。

She washes her clothes on Saturdays. 她每周六洗衣服。

2. 与现在进行时连用的时间状语有: now, these days, this week, 等等。如:

She is studying English now. 她正学英语呢。

These days they are flying kites. 这些日子他们在放风筝玩儿。

要点提示:

1. 在时间、条件和让步状语从句中用一般现在时表将来,但在名词性从句中表示将来要用将来时。

2. 一般现在时表示的是经常性或习惯性的动作或状态,而现在进行时表示的是现在(指说话人说话时)正在发生的事情或现阶段经常性发生的事情,注意区分清楚。

3. 现在进行时既可以表示现在(指说话人说话时)正在发生的事情,也可以表示现阶段经常性发生的事情,而并非一定现在正在发生。

### 课堂基础自测

一、单词拼写

根据句意和单词首字母或括号内汉语意思,写出单词的正确形式。

1. There are still a lot of children who are out of school in r\_\_\_\_\_ areas of China.

2. Suddenly he received an \_\_\_\_\_ (紧急的) call from his parents.

3. When I came back home at \_\_\_\_\_ (午夜), I found my children asleep.

4. I don't like watching TV s\_\_\_\_\_. They took me too much time.

5. —I s\_\_\_\_\_ she is 30 years of age.

—You guessed it!

二、单项选择

( ) 1. Jimmy \_\_\_\_\_ the TV and \_\_\_\_\_ the radio to listen to the sports news.

A. switched on; switched off

B. switched off; switched on

C. switched over; switched off

D. switched off; switched over

( ) 2. —Oh, my wallet? Maybe I left it in the car.

—My goodness! You \_\_\_\_\_ things behind.

A. are always leaving

- B. were not leaving  
C. have left  
D. haven't left
- ( ) 3. I think I'll \_\_\_\_\_ oil painting in my spare time.  
A. take up                      B. take away  
C. take in                      D. take out
- ( ) 4. Sarah, hurry up. I'm afraid you don't have time to \_\_\_\_\_ before the party.  
A. get changed                B. get change  
C. get changing               D. get to change
- ( ) 5. Some passengers complain it usually \_\_\_\_\_ so long to fill in the travel insurance documents.  
A. costs                        B. takes  
C. spends                      D. spares
- ( ) 6. —When will you come to see me, Dad?  
—I will go to see you when you \_\_\_\_\_ the training course.  
A. will have finished  
B. will finish  
C. are finishing  
D. finish
- ( ) 7. —The last one \_\_\_\_\_ pays the meal.  
—Agreed!  
A. arrived                      B. arrives  
C. to arrive                    D. arriving
- ( ) 8. John shut everybody out of the kitchen \_\_\_\_\_ he could prepare his grand surprise for the party.  
A. which                        B. when  
C. so that                        D. as if

### 三、短文填空

根据首字母提示用课文所学词语的正确形式完成短文。(每空仅填一词)

My father works in a trade company. Every morning he s \_\_\_\_\_ on TV at 7 o'clock and watches *Daily Business* for about half an hour. After having breakfast, he takes his p \_\_\_\_\_ computer and goes to work. He often has a lot of p \_\_\_\_\_ to do, which sometimes t \_\_\_\_\_ up his p \_\_\_\_\_ time at home. Perhaps because of that, I often hear he is c \_\_\_\_\_ about his too much work. I think that he is so

b \_\_\_\_\_ with his work life which is f \_\_\_\_\_ with pressure.

### 综合能力拓展

#### 四、完形填空

"I can't survive without music," says fifteen-year-old Steve. In the morning, Steve wakes up to his favorite 1 radio station. He listens to rock on the radio while he eats his 2. He puts on his personal stereo before he leaves the house and 3 an MP3 player on the bus to school.

"Last week I put my headphones on in math 4," admits Steve. "The teacher was really 5. She took my headphones away and I couldn't use them for a week. It was 6." At home Steve does his homework to music—loud music.

"My mother 7 shouts to me, 'Turn it down!'" says Steve. "She can't 8 how I can work with music on, but music 9 me to fix my attention upon my studies." Steve would like to make music himself. "I'm learning to play the guitar. 10, it doesn't sound too good at the 11. But I will keep 12!"

For 13 like Steve, music is a very important part of 14. Music is social; it brings people together at discos, parties and concerts. Fast, 15 music is full of energy. It helps people to 16 their problems and have 17. Music talks about love, freedom and imagination. There are always new songs and new styles.

18 Steve's mother agrees that music brings some problems. "Steve is a sensible boy," she says. "I don't think he would ever take drugs hearing rock. But I 19 worry about his hearing with all that loud music. And it 20 me crazy!"

- ( ) 1. A. English                      B. news  
C. information                      D. music
- ( ) 2. A. breakfast                      B. lunch  
C. supper                              D. dinner
- ( ) 3. A. carries                              B. looks at  
C. listens to                              D. borrows
- ( ) 4. A. text                                      B. class  
C. lab    D. experiment

- ( ) 5. A. excited B. worried  
C. angry D. tired
- ( ) 6. A. terrible B. hopeless  
C. poor D. surprising
- ( ) 7. A. usually B. seldom  
C. frequently D. always
- ( ) 8. A. expect B. bear  
C. understand D. believe
- ( ) 9. A. helps B. forbids  
C. teaches D. forces
- ( ) 10. A. Unluckily B. Indeed  
C. Disappointingly D. Necessarily
- ( ) 11. A. beginning B. end  
C. moment D. time
- ( ) 12. A. listening B. practicing  
C. shouting D. singing
- ( ) 13. A. grown-ups B. parents  
C. friends D. teenagers
- ( ) 14. A. study B. life  
C. family D. school
- ( ) 15. A. classical B. country  
C. light D. loud
- ( ) 16. A. forget B. settle  
C. remove D. leave
- ( ) 17. A. smile B. future  
C. fun D. sense
- ( ) 18. A. And B. Therefore  
C. Meanwhile D. But
- ( ) 19. A. can B. do  
C. will D. should
- ( ) 20. A. causes B. results  
C. drives D. leaves

### 五、阅读理解

Ali is from a Middle Eastern country. He now stays in the U. S. A. . He smokes a lot of cigarettes (香烟) every day. He has smoked for nine years. Ali says, "I tried to give up smoking in my hometown, but it was impossible. My brothers smoke. All my friends smoke. At parties and at meetings, almost all the men smoke. Here in the United States, not as many people smoke. It will be easier to change my habit here."

Many smokers are like Ali; they want to stop smoking. The smokers know that smoking is bad for

their health. They know it can cause cancer and heart disease. But it is difficult for them to give up smoking because cigarettes have a drug in them. The drug is nicotine (尼古丁). People who smoke a lot need nicotine.

When a person first begins to smoke, he usually feels terrible. The nicotine makes him sick. In a few days, the smoker's body is used to the nicotine, and he feels fine. Later, the smoker needs nicotine to keep feeling fine. Without nicotine, he feels bad.

It is very hard to quit smoking, and many people who quit will soon smoke again. At a party or at work they will decide to smoke "just one" cigarette. Then they will smoke another cigarette, and another. Soon they become smokers again. Maybe there is only one easy way to quit smoking: never start.

- ( ) 1. How do the smokers feel without nicotine?  
A. Fine. B. Happy.  
C. Worried. D. Bad.
- ( ) 2. Many smokers want to stop smoking because they \_\_\_\_\_.  
A. want to go to parties  
B. can't smoke at work  
C. may suffer from cancer  
D. need nicotine and drugs
- ( ) 3. The underlined word "quit" in the last paragraph probably means "\_\_\_\_\_".  
A. give in B. give up  
C. take up D. go on
- ( ) 4. By writing this text, the writer hopes that people will \_\_\_\_\_.  
A. stay in their hometown  
B. never start smoking  
C. eat less and smoke more  
D. not live in the United States

## Lesson 2 Relaxing and Lesson 3 A Volunteer Teacher



### 名师要点解析

1. I find painting or drawing very relaxing.  
译文:我发现绘画很令人放松。

## 句子解析:

此句使用的是 find + 宾语 + 宾补结构,句中 find 后的宾语为 painting 和 drawing,relaxing 为宾语补足语。此外,find 后可以跟多种形式的宾语补足语:v-ing,v.-ed,adj.,adv.,介词短语等。如:

I found him smoking in the kitchen. 我发现他在厨房吸烟。

The boy found himself locked in the bedroom. 那个男孩发现自己被锁在卧室了。

The police found the man dead on the floor. 警察发现那人在地上死了。

The day I got back,I found a note on my desk. 我回家的那天发现书桌上有张字条。

## 即讲即练:

完成句子

①I find it \_\_\_\_\_ (学好英语很容易)。

②When I got home,I found \_\_\_\_\_ (他躺在地板上)。

答案:①very easy to learn English well ②him lying on the ground

2. Which of these people can suffer from a lot of stress?

译文:以下哪些人会承受许多压力?

## 词语解析:

suffer *vt.* 遭受(损失、失败、惩罚、苦难等)

*vi.* 受苦;患病(常与 from 连用)

This area suffered great loss in the earthquake. 这个地区在地震中遭受了重大损失。

The enemy has suffered a heavy defeat. 敌人遭受了重创。

My father suffers from high blood pressure. 我父亲有高血压。

I suffered most from lack of rest. 我饱受休息不足之苦。

## 词语拓展:

suffering *n.* 痛苦;苦难

## 即讲即练:

单项选择

He would \_\_\_\_\_ death rather than let out the secret.

A. suffer

B. suffer from

C. be suffered

D. be suffering

答案:A

3. I can't stand talking in front of the class.

译文:我无法忍受在全班同学面前讲话。

## 词语解析:

stand *vt.* 忍耐;忍受

作此义讲时 stand 通常与情态动词连用于否定句或疑问句中,常用形式为 stand sb./sth. 容忍某人某事,或 stand doing sth. 容忍做某事。如:

I just couldn't stand this life any more. 我再也不能忍受这种生活了。

I can't stand waiting here all the time. 我无法忍受一直在这里等。

Can you stand that hot weather? 你能忍受那么热的天气吗?

## 即讲即练:

单项选择

I can't stand \_\_\_\_\_ with Jane in the same office. She just refused \_\_\_\_\_ talking while she works.

A. working;stopping

B. to work;stopping

C. working;to stop

D. to work;to stop

答案:C

4. I prefer meeting people in small groups.

译文:我更喜欢与几个人见面。

## 词语解析:

prefer *vt.* 更喜欢;宁愿

I prefer staying at home alone to going out with you. 我宁愿一人在家,也不愿与你出去。

I prefer to wear clothes made of cotton. 我更喜欢穿棉质的衣服。

She prefers her coffee black. 她更喜欢喝不加牛奶的咖啡。

Would you prefer me to stay? 你想要我留下来吗?

## 词语拓展:

prefer + 名词/代词 更喜欢……

prefer A to B 同 B 相比,更喜欢 A

prefer doing A to doing B 同做 B 相比,更喜欢做 A

prefer to do/doing... 更喜欢做……

prefer sb. to do... 更愿意某人做……

prefer to do A rather than do B 宁愿做 A 而不愿做 B

preference *n.* 偏爱;喜爱

即讲即练:

单项选择

On a cold day he prefers \_\_\_\_\_ out to play football \_\_\_\_\_ at home.

- A. going; rather stay  
B. going; to staying  
C. to go; rather than staying  
D. to go; rather than to stay

答案: B

5. So, teaching in Inner Mongolia is going to be a great challenge for me.

译文: 所以, 在内蒙古教学对我来说是一个挑战。

词语解析:

challenge *n.* 挑战; 艰巨的事  
*vt.* 挑战; 向……挑战

The company is ready to meet the challenges of the next few years. 这个公司已经准备好迎接接下来几年的挑战。

This kind of work challenges your patience. 这种工作挑战你的耐心。

He challenged me to a game of tennis. 他向我挑战要赛一场网球。

词语拓展:

accept a challenge 应战  
beyond challenge 无与伦比  
challenger *n.* 挑战者  
challenging *adj.* 有挑战性的

即讲即练:

完成句子

①我接受了赛跑挑战。

I \_\_\_\_\_ to run a race.

②这是一项具有挑战性的工作。

This is \_\_\_\_\_.

答案: ①accepted the challenge ②a challenging job

6. But we had a long talk, and I finally won their support.

译文: 但我们进行了一次长谈, 我最终赢得了他们的支持。

词语解析:

support *vt.* 支持; 支撑; 养活  
*n.* 支持; 支撑物

I will support you whatever happens. 无论发生什么, 我都支持你。

The chair won't support his weight. 这把椅子支撑不住他的重量。

The suggestion got much support. 这个建议得到很多支持。

Put a support under it. 在它下面放一个支撑物。

词语拓展:

get/win support from sb. 得到某人的支持

offer support 提供支持

in support of 支持

supporter *n.* 支持者; 拥护者

即讲即练:

单项选择

① I had planned to travel around the country alone, but neither of my parents \_\_\_\_\_ this idea.

A. interested B. agreed

C. supported D. promised

② \_\_\_\_\_ by his fellow player, Tom left the football field.

A. Supported B. Supporting

C. Having supported D. To be supported

答案: ①C ②A

## 单元语法点拨

内容分析:

表示将来的安排与打算有以下几种形式

1. be going to + 动词原形

表示事先经过考虑或事先做好安排, 打算去做某事, 主语通常为人。例如:

They are going to get married next May. 他们打算明年五月结婚。

What are you going to do when you grow up? 你长大了想干什么?

2. be + doing

表示将来的安排与打算, 多用于 arrive, come, go, leave, return, start 等表示位置移动的词。例如:

I'm sure he is coming back soon. 我肯定他一会儿就回来。

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

3. be about + to do

表示正要做某事, 正打算做某事, 不和具体的时

间连用。例如:

I was about to leave when the telephone rang. 我正要离开,这时电话铃响了。

The meeting is about to begin. 会议马上开始。

4. be + to do

表示必然、注定、计划将要做的事。例如:

You are to be back by 11 o'clock. 你必须 11 点之前回来。

The football match is not to be played today. 今天不能举行足球比赛了。

5. 一般现在时表将来

(1) 动词 come, go, arrive, leave, start, begin, return 的一般现在时可以表示将来,主要用来表示在时间上已确定或安排好的事情。例如:

The train leaves at six tomorrow morning. 火车明天上午 6 点开。

—When does the bus start? 汽车什么时候开?

—It starts in ten minutes. 十分钟后。

(2) 在时间状语从句或条件句中,用一般现在时表示将来时的概念。例如:

When Bill comes (不是 will come), ask him to wait for me. 比尔来后,让他等我。

I'll write to you as soon as I arrive there. 我一到那里就写信给你。

(3) 在 hope that, take care that, make sure that 等宾语从句中。例如:

I hope they have a nice time next week. 我希望他们下星期玩得开心。

Make sure that the windows are closed before you leave the room. 离开房间前,务必把窗户关了。

要点提示:

以上几种形式都可以表示将来的安排和打算,在具体使用时,不进行过细区分,但要记得:be going to 的主语通常为人;be + doing 多用于表示位置移动的词;be about + to do 不和具体的时间状语连用;一般现在时表将来多用于按规定或时间表将要发生、不可轻易更改的事。

即时小练:

( ) ① The meeting \_\_\_\_\_ at 2:00 in the afternoon and \_\_\_\_\_ at 5:00.

A. begins; ends

B. is beginning; ends

C. is beginning; is ending

D. begins; is ending

( ) ② I \_\_\_\_\_ a book this year.

A. publish

B. am publishing

C. am going to be publishing

D. am to be publishing

( ) ③ I really hope that they \_\_\_\_\_ a good time when they \_\_\_\_\_ in Sichuan.

A. have; will be

B. are having; will be

C. have; be

D. will have; are

答案: ① A

② B

③ D

### 课堂基础自测

#### 一、单词拼写

根据句意和单词首字母或括号内汉语意思,写出单词的正确形式。

1. Nowadays we can see a \_\_\_\_\_ everywhere, on the walls, in the newspapers and on TV.

2. More and more v \_\_\_\_\_ will serve the education in remote areas.

3. This kind of desk is \_\_\_\_\_ (设计) for the children who are shortsighted.

4. Having experienced many failures, I have the courage to meet all kinds of c \_\_\_\_\_.

5. It is necessary for graduates to learn how to s \_\_\_\_\_ problems in life and work.

6. There are two \_\_\_\_\_ (表演) of the musical show each night.

#### 二、用所给单词的正确形式填空

1. The president had lots of \_\_\_\_\_ (support).

2. A holiday will help you \_\_\_\_\_ (relaxing) after your exams.

3. I have heard too much of your \_\_\_\_\_ (complain).

4. I can't stand the \_\_\_\_\_ (stressful) of modern life.

5. He told me all his \_\_\_\_\_ (suffer).

#### 三、单项选择

( ) 1. I can't stand \_\_\_\_\_ loudly before a crowd of people.

A. talk

B. talking

- C. to be talked      D. talked
- ( ) 2. I \_\_\_\_\_ for Beijing tonight for there is \_\_\_\_\_ an important meeting.
- A. am leaving; to be  
B. leave; to be  
C. am leaving; to have  
D. will leave; to have
- ( ) 3. Finding information in today's world is easy. The \_\_\_\_\_ is how you can tell if the information you get is useful or not.
- A. ability      B. competition  
C. challenge      D. knowledge
- ( ) 4. John prefers \_\_\_\_\_ to \_\_\_\_\_ computer games in his spare time.
- A. read; play      B. reading; playing  
C. to read; play      D. reading; play
- ( ) 5. —Are you still busy?  
—Yes, I \_\_\_\_\_ my work, and it won't take long.
- A. just finish  
B. am just finishing  
C. have just finished  
D. am just going to finish
- ( ) 6. When the financial crisis(金融危机) comes, many people in the country find it hard to earn enough money to \_\_\_\_\_ their families.
- A. solve      B. graduate  
C. support      D. design

#### 四、翻译句子

- 她的计划最终赢得了我们的支持。
- 下星期他们将迁入新居。
- 我宁愿去睡觉也不愿意去看电视。
- 我发现唱歌让人放松。
- 如果发生火灾,尽快拨打 119。

#### 五、语法练习

- ( ) 1. —I'm going to the States.  
—How long \_\_\_\_\_ you \_\_\_\_\_ in the States?

- A. are; stayed      B. are; staying  
C. have; stayed      D. did; stay
- ( ) 2. I have won a holiday for two weeks to Florida. I \_\_\_\_\_ my mum.
- A. am taking      B. have taken  
C. take      D. will have taken
- ( ) 3. Selecting mobile phone for personal use is no easy task because technology \_\_\_\_\_ so rapidly.
- A. will change      B. has changed  
C. will have changed      D. is changing
- ( ) 4. The girl even won't have her lunch before she \_\_\_\_\_ her homework.
- A. will finish      B. finishes  
C. had finished      D. finished

#### 综合能力拓展

##### 六、阅读表达

阅读下面的短文,并根据短文后的要求答题。(请注意问题后的词数要求)

If you are worried about things and are under a lot of stress at work or school, then you are probably not sleeping well. Worry can keep you awake and turning in bed until the early hours of the morning when you finally fall asleep. When you wake up, you don't feel refreshed(精力充沛的), but tired out and unable to face a new day.

Dr. Henry Winkle, in a recent newspaper article *Stress and Sleep*, says that \_\_\_\_\_. Dr. Winkle says, "The more we worry, the less we sleep, the more we are unable to deal with stress." "If we can find a way to get a good night's sleep," he adds, "We can often find the energy to deal with what's worrying us."

So, what is a good night's sleep? Research shows that the amount of sleep which people need in order to keep healthy is quite different. Seven hours is about the average amount, though strangely enough, sleeping longer often gives you a headache instead of making you feel more refreshed.

Dr. Winkle believes that preparing for sleeping is important. People who work late should try to give themselves a short break and do something restful before going to bed. This could be watching TV or lis-

tening to music. Doing some exercise earlier in the day should help you to feel physically as well as mentally relaxed. A bedtime drink can also help, but don't drink coffee or tea as they contain caffeine (咖啡因) and will keep you awake. "When you put the light out," Dr. Winkle says, "concentrate on relaxing your muscles, working slowly up from your feet, and you'll be asleep before you know it."

1. What is the best title of the passage? (Please answer within 10 words.)

2. Which sentence in the passage has the same meaning as the following one?

People shouldn't go to sleep immediately but should take a break after working late in the night.

3. Please fill in the blank in the second paragraph with proper words or phrases to complete the sentence. (Please answer within 10 words.)

4. Someone says that the longer you sleep, the better you feel. Try to find some arguments (论据) from the passage against the idea. (Please answer within 30 words.)

5. Translate the underlined sentence in the first paragraph into Chinese.

### 七、单句改错

1. Every minute of the day is full with urgent matters.

2. He prefers white than red.

3. I sometimes suffer headache.

4. How relaxed it is to take a walk after supper!

5. It only took me 10 minutes to get changing.

6. He always complains it to me.

7. She decided to be a volunteer after graduate.

8. John graduates Oxford University.

9. I can't stand be laughed at.

10. She won't have her lunch until she will finish her homework.

## Lesson 4 City and Country

### 名师要点解析

1. I travel to work on "the tube". That's what people call the underground in London.

译文:我乘地铁上班。那就是人们通常所称的伦敦地下铁路系统。

句子解析:

句中 that 是代词,指代前文提到的 the tube。what 引导的是表语从句,并在从句中作 call 的宾语,而 the underground in London 是从句中 call 后的宾语补足语。what 除了可以引导表语从句,还可以引导主语从句、宾语从句等,相当于 the thing (things) that。如:

That's just what I want. (表语从句)那正是我想要的。

What surprised me most was his way of speaking. (主语从句)最让我吃惊的是他的说话方式。

He didn't know what he should say about the accident. (宾语从句)关于那起事故,他不知道应该说些什么。

即讲即练:

单项选择

① He is no longer \_\_\_\_\_ he used to be.

A. what B. that C. which D. where

② My brother drove his car down the street at

\_\_\_\_\_ I thought was a dangerous speed.

A. as B. when C. what D. that

答案:①A ②C

2. We like to visit nice, quiet places far away from the city and go walking where there are no shops, crowds or the tube.

译文:我们喜欢去那些幽静、风光秀丽、远离城市的地方,在没有商店、人群、地铁的地方漫步。

句子解析:

这是一个复合句,句中 where 引导的是地点状语从句,相当于 in the places where,意为“在……的地方”。如:

Stay where you are. 待在原地。

Many of the tourists are busy taking photos where Big Ben stands. 许多游客忙着在大本钟矗立的地方拍照。

I'll meet him where I first met you. 我将在初次见你的地方与他会面。

即讲即练:

翻译

①有水的地方就有生命。

②有志者,事竟成。

答案:①Where there is water, there is life.

②Where there is a will, there is a way.

3. We don't have the same work hours that office workers in the city have.

译文:我们的工作时间和在城市办公室工作的人们不同。

句子解析:

句中 that 为关系代词,引导一个定语从句,修饰先行词 work hours,在从句中作 have 的宾语。在“...the same + n. + that 从句”中,that 引导的从句表示的内容与主句所讲的事物是相同的。

This is the same man that asked me for money yesterday. 这个人就是昨天向我要钱的人。

另外,在“...the same + n. + as + 从句”中,as 引导的从句表示它的内容与主句内容“相似”。

This is the same book as I bought last week. 这本书与我上周买的那本一模一样。

但是,实际上这两个格式并非分工如此明确。我们发现,“the same...as...”除了用于表示相似的事物之外,还可以用于表示同一事物。

I live in the same house as he lives in. 我和他住

在同一所房子里。

即讲即练:

单项选择

①—John! Is this bag yours?

—Yes. It is the same bag \_\_\_\_\_ I lost yesterday. Where did you find it?

A. which B. as C. that D. so

② Look at the watch. Don't you see it is \_\_\_\_\_ watch \_\_\_\_\_ Mary lost the other day?

A. the same; which B. the same; that

C. the same; as D. the same; what

答案:①C ②C

4. We do jobs when they need to be done and that could be early in the morning or late at night.

译文:我们的工作时间依需要而定,可能在一大早,也可能是在半夜。

词语解析:

need 可作实义动词,情态动词和名词。

(1) need 作实义动词,意为“需要”。need 作实义动词时后接不定式的被动语态,相当于接 v. -ing 形式,表示被动的含义,即 need to be done = need doing 某事需要被做。如:

My watch needs to be cleaned. = My watch needs cleaning. 我的手表需要清洗了。

The garden needs watering. = The garden needs to be watered. 花园该浇水了。

(2) need 作情态动词,意为“需要,必须”。后接动词原形,多用于疑问句与否定句中。如:

He needn't come at once. 他不必马上来。

(3) need 作名词,意为“需要,需求”。如:

We have no need to be afraid of them. 我们不必怕他们。

即讲即练:

单项选择

—What sort of house do you want to have? Something big?

—Well, it \_\_\_\_\_ be big—that's not important.

A. musn't

B. needn't

C. can't

D. won't

答案:B

## 句子解析:

句中 that 是代词, 替代前面 We do jobs when they need to be done. that 替代前面提到的事情或说的情况。如:

He once killed a man and that was why he had to leave here. 他以前杀了个人, 这是他不得不离开的原因。

## 即讲即练:

## 单项选择

—Could you tell me how to get to Victoria Street?

—Victoria Street? \_\_\_\_\_ is where the Grand Theatre is.

A. Such B. There C. That D. This

答案: C

## 词语拓展:

want to be done = want doing 某事需要被做

require to be done = require doing 某事需要被做

5. I have to make sure they are free of sickness.

译文: 我得确保它们不得病。

## 句子解析:

此句为 make sure 引导的宾语从句。make sure 表示“务必; 确信; 弄明白”, 后接 of/about sth. 或 that 引导的宾语从句。如:

He said he had done it, but we couldn't make sure of it. 他说他已经做了, 可我们没人能确定。

Make sure (that) you will arrive there on time. 你务必准时到那里。

## 短语解析:

be free of 无……; 免除……

The job was free of difficulties. 这个工作不难。

The booklet is free of charge. 这小册子是免费的。

The lake is free of pollution. 这个湖没有被污染。

## 短语拓展:

be free from 免除; 摆脱

be free to do sth. 自由做某事

for free 免费地

set...free 释放

## 即讲即练:

## 完成句子

① \_\_\_\_\_ (确保关掉煤气) before you leave home.

② I'm glad to \_\_\_\_\_ (摆脱了她)。

③ It is \_\_\_\_\_ (无风的日子)。

答案: ① Make sure the gas is turned off ② be free from her ③ free of wind



## 课堂基础自测

## 一、单词拼写

根据句意和单词首字母提示, 写出单词的正确形式。

1. The buses are always c \_\_\_\_\_ with passengers on holidays.

2. I live n \_\_\_\_\_. It only takes three minutes to get home from here.

3. As we know, we should study hard from now on. O \_\_\_\_\_ we will fail in the final exam.

4. According to the weather f \_\_\_\_\_, it is going to rain tomorrow.

5. We all know that the moon is d \_\_\_\_\_ from the earth.

6. The boy didn't come to school because of his s \_\_\_\_\_. He had to go to see the doctor.

## 二、用所给介词填空(单词可重复使用)

of, from, by, under, with, to, on, for, at

1. Many city people like to live in the country which is free \_\_\_\_\_ pollution.

2. \_\_\_\_\_ Saturday afternoon, we'll hold a school sports meeting.

3. No one is fond \_\_\_\_\_ being laughed \_\_\_\_\_.

4. He goes to work \_\_\_\_\_ tube.

5. He is \_\_\_\_\_ stress because he has a large family to support.

6. The key \_\_\_\_\_ solving the problem is to meet the workers' needs.

7. Mr. Henry is an expert \_\_\_\_\_ losing weight.

8. His idea to have a party has won support \_\_\_\_\_ his friends.

9. The room was crowded \_\_\_\_\_ guests.

10. I often drive to the countryside \_\_\_\_\_ a weekend break.

## 三、单项选择

( ) 1. He is sometimes easy to get angry, but \_\_\_\_\_ he is kind and popular with us.