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全国著名特级高级教师联合编写

高一英语 下

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刘强 总主编

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Unit 13 Healthy eating

Unit 13

Healthy eating



英汉对照翻译

对对话和课文进行严谨、准确的汉语翻译, 有助于更清晰、精确地把握语言基础知识及领会语言的活学活用。



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Unit 13

Healthy eating



阅读提示

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| 二、课文完全解读 | (4) | 29. 分数、百分数表达法 | (9) |
| 1. practise | (4) | 30. a coffee | (9) |
| 2. habit, custom | (4) | 31. scores of, a score (of) | (9) |
| 3. see the doctor, see to a fever | (4) | 32. burn up | (9) |
| 4. advise, advice | (4) | 33. try to do, manage to do | (9) |
| 5. healthy, well, fit | (5) | 34. but snacks are easy to make | (9) |
| 6. examine, check | (5) | 35. in this same way | (10) |
| 7. contain, include | (5) | 36. take a bit longer to prepare | (10) |
| 8. pain, hurt, ache | (5) | 37. fish, fishes | (10) |
| 9. a bit, a little, not a bit, not a little | (5) | 38. do with, deal with | (10) |
| 10. green | (6) | 39. so that, so... that... such... that... | (10) |
| 11. fruit | (6) | 40. not... at all, in all, above all, after all | (11) |
| 12. too much, much too, too many | (6) | 41. prepare | (11) |
| 13. in future, in the future | (6) | 42. instead of, instead | (11) |
| 14. reason, cause, excuse | (6) | 43. go on | (11) |
| 15. What's wrong/the trouble/the matter/
the problem with...? | (6) | 44. keep | (11) |
| 16. all the time, by the time, for a time, on
time, in time, in no time, at a time, at
one time | (7) | 45. base | (12) |
| 17. tire, tired, tiring, tire out | (7) | 46. worth | (12) |
| 18. diet, food | (7) | 47. in the form of | (12) |
| 19. as many as, as much as | (7) | 48. go | (12) |
| 20. be rich in | (7) | 49. make sure | (12) |
| 21. put on weight, lose weight | (7) | 50. every day, everyday | (13) |
| 22. why not do...? why do...? | (8) | 51. by + doing | (13) |
| 23. Which meal do you think is the most
important? | (8) | 52. part of, a part of | (13) |
| 24. besides, except, but | (8) | 53. no longer, no more, not any longer,
not any more | (13) |
| 25. make suggestions, suggest | (8) | 54. make a list of | (13) |
| 26. by the age, by the time (of) | (8) | 55. share | (13) |
| 27. as well as | (9) | 三、课后习题全解 | (14) |
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英汉对照翻译

GOALS

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

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 fuel 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 foods and snacks and we have to make many choices. When we choose what to buy and eat, we had better think about if 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 lots 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 help keep our body functioning well. Vitamins, fibre and minerals, which we can get from eating vegetables and fruits, help our body fight disease and give us energy.

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; people become vegetarians either because they believe it is healthier not to eat meat or because they do not think we should 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 foods, 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 foods 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

学习目标

- 谈论饮食习惯与健康
- 谈论看医生
- 练习提建议
- 使用情态动词 had better, should 和 ought to
- 学习一些有用的烹饪术语
- 读写菜谱

阅读

我们的身体是由我们所吃的东西组成的 吃出健康

挑选食物已不如从前那么容易。就像我们生活方式的改变一样,我们的饮食习惯也已发生了变化,而我们身体所需的营养也已迥然不同。对于 21 世纪的人而言,传统的饮食中脂肪和热量过多。如果我们想与现代生活的快节奏保持同步,我们就应该学习如何正确选择饮食,如何正确选择饮食方法。

商场中提供各种各样的食物和快餐,我们必须做出多种选择。我们在选择要买要吃的东西时,最好想一想,这些食物能否给予我们所需的营养。有些营养能帮助我们增强体质,比如,蛋白质就对我们的肌肉有好处。鱼、肉和豆类食品含有大量蛋白质。鸡蛋、牛奶和其他乳制品中所含的钙,对我们的骨骼和牙齿有好处。我们还应该摄入我们身体所需的主要养料——碳水化合物,我们可以从馒头、米饭和面条中得到。其他营养物质能帮助我们的身体顺利运转。我们从蔬菜和水果中能够得到的维他命、纤维和矿物质,能帮助我们抗击疾病并为我们提供能量。

但是,我们所做的选择并非仅仅是营养方面的。如今许多人选择他们赖以相信的饮食习惯。饮食习惯已成了我们信仰的一部分;有些人成为素食者,或者因为他们相信不吃肉是健康的,或者因为他们认为我们不应该杀生取食。另外一些人成为纯素食主义者,根本不吃动物制品,就连牛奶和鸡蛋也一口不吃。我们还选择食物的加工制作方式,选择由那些尽量用绿色、卫生的方式制作食物的公司生产的环保食物或者“生态食物”。有机蔬菜是指生长过程中没有使用过对人体或环境有害的化学药品的蔬菜。

因为我们要做出的选择很多,于是许多公司和商场就有关我们的饮食问题提出建议。书籍、报刊、电视节目纷纷对我们的食品和药丸献计献策,告诉我们应该购买什么才更聪明、更健康,我们的生活才更美好。然而,与其我们花费时间和金钱去购买合适的食物,倒不如保持平衡饮食。如果我们的饮

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 so that we can make sure that we are well prepared for the challenges and opportunities in life.

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 come from different food groups and should not have too much fat or sugar. That means that a sandwich or a salad is a good choice, but a chocolate bar or a bag of potato chips is not. Fruits and vegetables are the best snacks. An apple, a banana or an orange will give us carbohydrates, which our body and brain use for energy. They also give us vitamins, such as Vitamin C and Vitamin A, and fibre. Best of all, they taste great! 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.

Preparing a delicious snack doesn't have to be too difficult. We need time, skill, and equipment to cook a big meal, but snacks are usually easy to make. We can make a salad or a sandwich in a few minutes. Other snacks take a bit longer to prepare, but they can give us a chance to practise our cooking skills. Dumplings and rollups 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, and the chopped onions in a bowl. Fill and fold the skins. Steam the shaomai over boiling water for 7 or 8 minutes.

Chicken Rollups 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 up.

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

TIPS

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

食中包含了各种食物种类,保持适当的数量,我们就不必再去购买滋补品。同样,我们再也不必去购买有些公司宣称的能让我们很快减肥的“速效饮食”。不用吃贵重的食品或不健康的食品,我们只要少吃脂肪少吃糖,多做些运动就足够了。

能够确实让我们感觉良好、气色健康的最好办法是养成健康的饮食习惯。我们应该更多的了解我们的身体以及身体所需的养分,以便让我们确信自己能够做好充分准备迎接生活中的机遇和挑战。

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阅读与写作

小吃

即使我们选择有营养的食物作为我们的主餐,或许我们仍然需要时不时地补充营养。通过吃零食,我们可以给我们的身体和大脑补给更多的能量。好的零食应该出自不同的食物,并且应该不含有太多的脂肪和糖。也就是说一块三明治或一份色拉就是一个好的选择,但是一块巧克力或一袋油炸土豆片就不是好的选择。水果和蔬菜是最好的零食。一个苹果,一根香蕉或一只橘子都会给我们提供碳水化合物,这正是我们的身体和大脑用作能量的东西。它们还可给我们提供维生素,比如维生素C和维生素A及纤维素。最重要的是它们味道鲜美。大多数水果都天然并甘甜美口,我们只需生吃即可——我们全部要做的只是把它们洗净削皮。

准备一份美味可口的快餐并不困难。而要做一顿大餐则需要时间、技巧和设备。我们可以在几分钟之内做一份色拉或一份三明治。其他快餐则需要稍长时间去准备,但它们可为我们提供练习厨艺的机会。水饺和春卷都可以在15–20分钟内准备就绪的快餐。下面是两份菜谱,你可尝试一下。

烧卖原料:猪肉、黑木耳、切好的洋葱、绿豆角、烧卖皮子。把猪肉和木耳切成馅状。在碗里拌好猪肉、木耳、洋葱。填满馅并捏实,上锅蒸7–8分钟。

鸡肉春卷原料:软面包、鸡肉、熏猪肉、一个西红柿、茼蒿、奶酪。烧熟鸡肉切碎,熏肉炸后切碎,西红柿切成小块加点茼蒿和奶酪。在碗里拌好。把拌好的馅摊在面包上,卷好即可。

和你的搭档合作,制出你最喜欢的食谱。

建议

当你制定食谱时,你需要注明需要什么样的原料,这些原料如何使用。你必须仔细解释每一步,并且顺序不能乱。



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 words like chop, peel, slice and dice.
3. Explain which ingredients should be mixed together and how. Use words like stir, mix, add.
4. Explain how the ingredients should be cooked. Use words like boil, steam and fry.



课文完全解读

1 Practise giving advice. 练习提建议。

practise vt. “练习, 实践”。后跟动名词作宾语。如:

- ① He practises speaking English every day.
他每天都练习说英语。
- ② They are practising playing basketball on the playground.
他们正在操场上练习打篮球。

【注意】只能跟动名词作宾语的动词或动词短语有: allow, permit, forbid, keep, imagine, mind, enjoy, finish, practise, suggest, insist on, give up, can't help, feel like, advise, avoid, consider (考虑), dislike, excuse, put off 等。如:

- ① He enjoys playing table tennis.
他喜欢打乒乓球。
- ② We have finished learning Lesson 5.
我们已经学完了第五课。
- ③ She is considering going abroad.
她正在考虑出国。

【联想】既能跟动名词又能跟动词不定式作宾语的动词有: begin, start, continue, forget, hate, like, mean, remember, regret 等, 但有时跟动名词和动词不定式的意义略有不同。如:

- ① He likes reading.
他喜欢读书。(指经常性, 习惯性)
- ② He likes to do some reading this afternoon.
他今天下午想读书。(指具体的某一次行动)
- ③ I regret to tell you that you fail again.
我遗憾地告诉你, 这次你又没有及格。(先遗憾再告诉)
- ④ I regretted telling him that he failed again.
我后悔告诉了他这次他又没有及格。(告诉在先, 后悔在后)
- ⑤ Remember to lock the door when you leave.
你走的时候记得锁上门。(记着去做, 将要锁门)
- ⑥ I remember having locked the door when I left.
我记得我走的时候已经锁上门了。(已锁上)

【联想】practise n. “练习, 实践”。如:

- ① It takes a lot of practice to become a good swimmer.
要成为一个优秀的游泳家, 需要进行大量的训练。
- ② The purpose of this book is to provide you with practice in spelling English. 本书的目的在于向你提供英语拼法练习。

1. 开始列出所用的所有原料。并且注明使用量, 比如一匙, 一杯, 一磅等。
2. 说明每种材料如何使用。使用这些词, 如切, 削, 切片, 切块等。
3. 说明哪几种原料可以混合及如何混合。使用这些词, 如搅拌, 搅匀, 添加。
4. 说明每种原料如何烧制, 使用这些词, 如煮, 蒸, 炸(煎)。

③ Practice makes perfect. 熟能生巧。

④ We have made our plans, and we must put them into practice.
我们已经制定了计划, 现在我们必须把它们付诸实践。

2 habit, custom

① habit n. “习惯, 习性”。主要指个人的习惯, 常见的短语搭配有: be in the/a habit of = have the/a habit of 有……的习惯; fall/get into the/a habit of 沾染……的习惯。

② custom n. “风俗, 习性”, 主要指社会、团体的风俗、习惯。如:
① Habit is second nature.
(谚语) 习惯成自然。

② He has been in the habit of going to bed early and getting up early. 他已养成早睡早起的习惯。

③ Going to the seaside for summer vacation is a custom for the people in this area.

到海滨度暑假是这个地区的人们的风俗。

3 see the doctor, see to a fever

see the doctor 直译是“看医生”, 实际上在英语中即是“去看病”; see to a fever/cough “看发烧/咳嗽”。如:

- ① I have a bad cold. I have to see the doctor.
我患了重感冒, 得去看医生。
- ② You had better have the best doctor see to your headache.
你最好找个最好的医生治你的头痛。

4 advise, advice

advise vt. 告诉, 劝告, 建议。

① 接名词或代词

① He will advise you about the right thing to do.
他会帮你出主意该怎么办。

② 接由“宾语 + 不定式”构成的复合宾语

① She advised her husband to give up smoking, but she failed.
她劝她的丈夫把烟戒掉, 但没有成功。

② The doctor advised me not to take more exercise.
医生建议我不要做太多的锻炼。

③ 接动名词-ing 形式

① I advise waiting till a proper time.
我建议等到适当的时候。

②They advised our starting at once.

他们建议我们立刻出发。

【联想】像 2 和 3 用法的动词还有: permit/allow/encourage/forbid.

4 接由“宾语+疑问词+不定式”构成的双宾语

①I will advise you what to do next.

我会建议你们下一步做什么。

②He advised us how to do it.

他建议我们如何来做这件事。

5 接宾语从句, 从句的谓语动词用 should + do 形式, should 可省略。

①My parents always advise that I be careful with my study.

我父母总是建议我注意我的学习。

②I advise that he (should) start at once.

我建议他立刻出发。

advise *n.* 劝告, 建议。不可数名词, 一条建议应说 a piece of advice. 和 advice 连用的常见短语还有: give advice on... 在哪方面提出建议; follow/take one's advice 接受某人的建议。如:

①Our teacher gave us some good advice on how to learn English well. 我们的老师在如何学好英语方面给我们提出了很好的建议。

②You should follow his advice if you want to finish the job on time. 你如果想准时完成这项工作, 你应该听从他的建议。

5 healthy, well, fit

healthy, well, fit 用作形容词, 都有“健康”的含义。healthy 指身体一向健康; well 指身体一时、目前的健康状况; fit 常用于短语 keep fit 中, 指用一定手段达到特定目的的健康。如:

①My father is always strong and healthy, so he could work until very old. 我父亲一向强壮而健康, 因此直到很老了还能工作。

②I didn't feel well this morning, but now I am quite myself.

今天早晨我感觉不舒服, 但现在好多了。

③Every morning she takes a long run to lose weight and keep fit. 每天早晨她都长跑来减肥和保持健康。

6 examine, check

examine *v.* 检查, 考试。其名词是 examination 或 exam, medical examination 意思是“体检”; check *v.* 核实, 查证。如:

①At the airport, the officials examined my luggage carefully.

在机场, 官员们仔细检查我的行李。

②I have a toothache. I will have my teeth examined.

我牙疼, 得去检查一下牙齿。

③Check your answers before you hand in your paper.

在你交卷之前, 检查一下答案。

④Is the baby asleep? I'll go and check.

婴儿睡着了吗? 我去看一看。

7 contain, include

contain *v.* 包含, 含有。侧重包含的“内容”或“成分”。

include *v.* 包含。侧重“范围”或“整体”。如:

①It contains a lot of fruit and green vegetables.

它里面盛有大量的水果和蔬菜。

②This kind of fruit contains Vitamin A and Vitamin C.

这种水果含有维生素 A 和维生素 C。

③The book contains forty maps, including three of Great Britain.

这本书有四十张地图, 包括三张英国的。

④Our ten-day tour includes a visit to London.

我们的十日游包括参观伦敦。

8 pain, hurt, ache

这三个词都可用来表示“疼痛”, pain 常用作名词, 既可用作可数名词, 也可用作不可数名词, 间或也可用作动词, 通常指暂时的“剧疼”; ache 一般用作动词, 作为名词常出现在复合词中, 很少单独使用, 如 toothache, headache, stomachache 等, 常指持续的、隐隐作痛; hurt 只能用作动词, 可指人体某一部位由于外界原因而感到疼痛, 也可表示某一物体给人体某一部位带来疼痛, 另外还可指使某人精神痛苦; 伤某人的心; 伤感情。如:

①I have pain (a pain/pains) in my left arm.

我左手臂疼。

②I feel much pain in the head.

我头疼得厉害。

③My shoes are so tight that my feet hurt.

我的鞋有点小, 脚都疼了。

④He hurt his bag when he fell.

他跌倒时背部受了伤。

⑤These criticisms have hurt him deeply.

这些批评使他很伤心。

9 a bit, a little, not a bit, not a little

a bit 意思是“有点, 一些”, 修饰名词时应用 a bit of; a little 可直接修饰名词。a bit/little 可用来修饰形容词或副词; not a bit = not at all, 意思是“一点也不”; not a little = very, 意思是“很, 非常”。如:

①The dish needs a bit of salt/a little salt.

这个菜需要加一点盐。

②Although I listened to him carefully, I learned only a little/bit from his lesson.

虽然我认真地听, 但我从他的课上只学到了一点点。

③I think the question is a little/bit easy for the boy. After all, he is over 15. 我认为这个问题对这个男孩有点太容易了, 毕竟, 他已 15 岁多了。

④After the long journey, my mother was not a little tired while I was not a bit tired.

长途旅行后, 我妈妈非常疲劳, 而我一点也不累。



10 green

green *adj.* 原意是“绿,绿色的”或“青的,未熟的”,可引申为“没有经验的,幼稚的”,其反义词是 *ripe*。如:

① The tomatoes which are on the table are green.
桌上的西红柿还没熟。

② Green wood doesn't burn well.
未干的柴禾不好烧。

③ The boy is still green at the job.
这个男孩对这工作尚无经验。

11 fruit

fruit 指“水果”时,为集体名词,只有单数形式。如果指不同种类的水果时,则用复数 *fruits*,也可引申为“成果,产物”。如:

① I'd like to do some shopping and buy some fruit in the shop this afternoon. 今天下午我想去购物买点水果。

② I like to eat bananas, apples, pears and other fruits.
我喜欢吃香蕉、苹果、梨和其他水果。

③ Now it's time for us to enjoy the fruits of our hard work.
现在我们享受劳动成果的时候了。

④ The fruits in this mountain are very rich.
这座大山物产丰富。

12 too much, much too, too many

too much 可单独使用,也可修饰一个不可数名词,意思是“太多的,过分的”,*much* 为中心词,*too* 用来加强 *much* 的语气。*much too* 通常用来修饰形容词或副词,*too* 为中心词,*much* 用来加强 *too* 的语气。*too many* 用来修饰可数名词。如:

① The trip might be too much for your grandmother.
你奶奶可能经不起这次旅行。

② I'm afraid I've put you too much trouble.
我怕是太麻烦你了。

③ He studies English much too hard.
他学英语实在是太刻苦了。

④ There are too many people in the station so that I can't find out my sister in the crowd.
车站里人太多了,我无法在人群中找到我姐姐。

13 in future, in the future

in future = **from now on**, 表示“今后”,强调与过去相对照,过去是什么情况,今后是什么情况。**in the future** = **in time yet to come**, 表示“将来”,指较长时间的将来。**in the near future** 指“在不久的将来”。如:

① Be more careful with your spelling in future.
今后你应多注意拼写。

② Who can tell what will happen in the future?
谁能知道将来会发生什么?

③ I'm sure he will come to understand this in the near future.

我相信在不久的将来他会慢慢明白这一点的。

【注意】*in future* 常指将来某一时间,*in the future* 常指全部的将来。在日常生活中,有时这两个短语的区别并不十分明显。

14 reason, cause, excuse

① **reason** *n.* 理由,原因。指决定做某一件事情或采取某一行动的理由。其形容词是 *reasonable*, 意思是“合情合理的,通情达理的”;另外 *reason* 还可用作动词,意思是“推理,劝说,辩论”;*the reason for* 表示“……原因”;常用句型还有 *The reason why... is that...* 意思是“……的原因是……”;*reason with somebody*, 意思是“与……争辩”;*reason somebody into doing something*, 意思是“劝……做某事”。

② **cause** *n./v.* 起因,指引起某种后果的原因。*cause sb./sth. to do* 意思是“使得某人做某事;使某事发生”。

③ **excuse** *n.* 借口,辩解。指为某一行为所做的解释。*the excuse for...* 意思是“……的借口”。*excuse v.* 意思是“原谅或宽恕(过失等)”;*excuse somebody for something/doing something* 意思是“因……而原谅某人”。

如:

① The reason for his mistake sounds unreasonable.
他犯错误的理由讲不通。

② The reason why I was late is that my bike broke down on the way. 我迟到的原因是由于我的车在路上坏了。

③ The cause of the fire is that he smoked in the forest that evening. 火灾的原因是他当天晚上在森林里吸烟。

④ Too much rain caused many rivers to flood this summer.
今年夏天雨量太大许多河水泛滥。

⑤ Too much work is no excuse for not studying.
工作太忙不能成为不学习的借口。

⑥ We'll try every means to reason him into accepting it.
我们想尽办法说服他接受这件事。

⑦ Excuse me for being late.
请原谅我迟到了。

15 What's wrong/the trouble/the matter/the problem with...?

若表示询问“某人/物有什么毛病或出了什么事”;医生询问病人有什么毛病,常用此类句型。如:

① Oh! You went to school on foot. What's wrong with your new bike? 你步行上的学,你的新车出了什么毛病?

② Doctor: What's wrong with you?

Patient: There is something wrong/the matter/the trouble/the problem with my head.

医生:你怎么了?

病人:我头不舒服。

【注意】这些句型中 *What's wrong/the matter with...* 既是疑问语序,也是陈述语序。如:

I don't know what is the matter with the new teacher.
我不知道这个新老师出了什么事。

16 all the time, by the time, for a time, on time, in time, in no time, at a time, at one time

all the time 一直, 始终。

She took care of the sick boy all the time in the hospital before his parents came.

在小男孩的父母来医院之前,她一直照顾着他。

by the time 到某一时间之前,常与过去完成时或现在完成时连用。

He had finished most of the work by the time we got there.

在我们到达那儿之前,他已经完成大部分的工作。

for a time 一度,暂时。常与延续性动词或表示状态的词语连用。

They were good friends for a time, but now they aren't.

他们一度是好朋友,但现在不是了。

on time 准时。

They arrived at the station according to the timetable on time.

根据时间表,他们准时到达了火车站。

in time 及时;迟早。

① They caught the bus in time, though they were a little late.

虽然有点晚,但他们及时赶上了火车。

② You'll learn how to do it in time.

你早晚能学会做这件事的。

in no time 立刻,马上。

As soon as he heard a knock, he answered it in no time.

一听到敲门声,他马上去开门。

at a time 一次,每次。

Don't speak all together. Each at a time.

不要一起说,每次一个。

at one time 曾经,一度。

We were classmates at one time, but we haven't seen each other for a long time.

我们曾经是同学,但很长时间没有见面了。

17 tire, tired, tiring, tire out

tire *vt.* 使疲倦,使劳累。tired *adj.* 疲劳的,累的。常用于短语 be tired of... 对……厌倦; be tired from/with... 因……而疲乏。tiring *adj.* 使人厌倦的,使人厌烦的。tire out 使十分疲劳;此短语常用于系表结构中, be tired out = be worn out 精疲力竭。如:

① The long walk tired (out) the students.

长途步行使学生累了。

② After the hard work, there is a tired look on his face.

艰苦劳动后,他脸上有疲惫的神情。

③ Some students really become tired of too much homework.

有些学生实际上已厌倦了太多的作业。

④ Let him have a rest. He is tired from/with the long journey.

让他休息一会吧。长途跋涉后,他累了。

⑤ The tiring job almost makes me mad.

那令人厌倦的工作几乎使我发疯。

⑥ We were tired out after working all the day.

在劳动一整天后,我们十分疲劳。

18 diet, food

diet and food 都可作“食物”解。但 diet 指的是习惯性的食物或规定的食物,特指维持健康的定量或定质的食物,如病人的饮食。food 是一般用法。如:

① The doctor has ordered my mother a special diet.

医生给我母亲安排了特殊的饮食。

② The sick man go without food, but he must have a diet without sugar. 这个病人不可不吃东西,但只能吃不含糖的食物。

【注意】diet 是可数名词,常与不定冠词 a 连用; food 是不可数名词,但在表示食品的种类时,可以用复数。如:

① My deskmate is on a special diet to lose weight.

我的同桌为了减肥而吃特别规定的食物。

② Too many sweet foods will make you fat.

太多的甜食会使你发胖。

19 as many as, as much as

as many/much as 这个结构意为“多达,到达……程度”,如果所涉及的名词是可数的,则用 as many as; 如果是不可数的,则用 as much as。类似的表达方式还有: as long as 长达; as far as 远达; as heavy as 重达,等等。如:

① When working there, he could earn as much as 300 dollars a week. 他在那里工作时,每周能挣 300 美元。

② I can only go with you as far as the station.

我只能陪你走到车站。

③ We have already walked as long as five kilometres.

我们已走了五公里。

【注意】英语中这种比喻性的说法非常形象生动,其构成是: as + *adj.* + as + *n.*。如: as black as coal 像煤一样黑; as busy as a bee 像蜜蜂一样忙碌; as poor as a church mouse 一贫如洗; as cold as ice 像冰一样凉; as easy as ABC 极其容易。

20 be rich in

be rich/high in 的意思是“在……方面丰富”;其反义词组为 be poor/low in, 意思是“在……方面缺乏”。介词 in 表示“(范围、领域、方面)在……之内,在……方面”。如:

① The expert is a person who is rich in knowledge and experience. 专家是一个拥有丰富知识和经验的人。

② Beijing is a city rich in ancient buildings.

北京是一座古建筑丰富的城市。

③ This machine is small in size and low in coal consumption.

这台机器体积小,耗煤量低。

21 put on weight, lose weight

gain/put on weight 增加体重,发胖之意,其反义词组为 lose/reduce weight 降低体重,减肥。如:

① He has put on weight since he gave up smoking.

自从他戒烟后,体重开始增加。



- ② In order to lose weight, he does morning exercises every day.
为了减肥,他每天都做早操锻炼身体。
- ③ Don't eat too much fat, or you'll gain weight.
不要吃太多脂肪,否则你会长胖的。

22 why not do...? why do...?

Why not do something? / Why don't you do something? 是提出某种建议的交际用语,意思是“为什么不干某事呢?”形式上是否定,意义上是“应该干某事”;Why do something? 形式上是肯定,意义上是“不应该干某事”。如:

- ① You are badly hurt. Why don't you take some medicine?

(I suggest you take some medicine.)

你伤得很厉害。为什么不不服些药呢?

(我建议你服些药。)

- ② You are in my way. Why stand in the middle of the way?

你挡住了我的路,为什么站在路中央呢?

【注意】表示提出建议的句型还有 How/What about + n./ (sb.) doing sth. 干……事怎么样; You'd better (not) do sth. 你最好(不)干某事。如:

- ① What about playing basketball after school?

放学后打篮球怎么样?

- ② You'd better give up smoking at once to keep you healthy.

为了你的健康,你最好马上戒烟。

23 Which meal do you think is the most important?

插入语疑问句的句型是:疑问词 + do you think/believe/suppose/guess + 陈述语序。如:

- ① When do you believe we should start out this afternoon?

你认为我们今天下午应该什么时候出发?

- ② Where do you guess she has gone?

你认为她到哪儿去了?

24 besides, except, but

besides 当介词用,意为“除了……之外还有”,后跟名词、代词或相当于名词的词。besides 还可用作副词,意为“而且,此外”;except 意为“除了,除去”,用于同类事物的排除,一般不用于句首,后跟名词、代词、介词短语、从句;except for 意为“除了有……之外”,表示除去整体中的一部分,用于非同类事物的排除,可用于句首,后跟名词或名词短语,except 后亦可跟从句,有 except that, except when 的搭配;but 用作介词,放在 nobody, nothing 等词后,相当于 except。如:

- ① What languages do you know besides English and French?

除了英语和法语,你还懂什么语言?

- ② Tom knows much Japanese; besides, he speaks Russian very well. 汤姆精通法语,而且俄语也说的很好。

- ③ The composition is very good except for a few spelling mistakes.
(= The composition is very good except that there are a few spelling mistakes.)

除了几处拼写错误外,这篇作文很好。

- ④ She had nothing but a piece of bread this morning.

今天早晨她只吃了一块面包。

【注意】but 亦可跟不定式。若 but 前有实义动词 do 的某种形式时,其后须跟不带 to 的不定式;否则,应加 to。如:

- ① She had nothing to do but wait day after day.

她无事可做,只好日复一日地等待。

- ② I have no choice but to follow his advice.

我别无选择,只好听从他的建议。

25 make suggestions, suggest

make suggestions = suggest 建议。后跟从句时,则用虚拟语气,should 可省。suggest 做“暗示,表明”时,用陈述语气;如:

- ① He suggested that we (should) start out at once.

他建议我们立刻出发。

- ② He made some suggestions to us that we (should) pay more attention to our spoken English. 他向我们建议多注意口语。

- ③ Her pale face suggests that she is ill.

她苍白的脸色表明她生病了。

【注意】中学英语中类似本单元出现的 suggest, advise 接从句用虚拟语气的动词还有很多。用口诀表示如下:一坚持 insist;二命令 order, command;三建议 advise, suggest, propose;四要求 require, request, demand, urge。如:

- ① I suggested to him that he (should) start the work at once.

我建议他立刻开始那件工作。

- ② His order is that the work (should) be finished before ten.

他的命令是十点钟之前必须完成那件工作。

- ③ It is required that everyone (should) finish his own job by the end of this week.

据要求每个人都应在周末之前完成各自的工作。

- ④ He demands that he (should) be told everything.

他要求将一切都告诉他。

26 by the age, by the time (of)

by the age of... = before the age, 意为“到……岁时”,该短语在句子中作状语,谓动词用完成时态。而 at the age of 意为“在……岁时”,句子谓语通常用一般过去时。如:

- ① At the age of ten he had to leave school.

10岁时他不得不辍学。

- ② By the age of 15, Edison had built a lab of his own.

爱迪生 15 岁时,就已建立了自己的实验室。

【注意】by the age of 跟已过去的时间时,应用过去完成时;跟即将到来的时间时,应用将来完成时。相近的短语还有 by the end of “到……时候为止,在……时候之前”;by the time “到……时”,其后直接加句子。例如:

- ① By the age of 22, my sister will have finished her college study.

到她 22 岁时,我姐姐就要完成她的大学学业了。

- ② By the end of this term, we'll have learned 1,200 English words.

到这学期末为止,我们将要学习 1 200 个单词。

- ③ By the time he was seven years old, the poor boy had lost his father. 在他 7 岁时,这个可怜的小男孩就已失去父亲。

27 as well as

as well as 的本意为“除……之外，还……”“既……又……”“不仅……而且……”，连接两个对等的成分。可与 not only... but also... 换用，但侧重点不同。as well as 强调的是前者，not only... but also... 侧重的是后者。当 as well as 连接两个主语时，谓语动词一般与第一个主语的人称和数保持一致。类似的还有 with, along with, together with, but, except 等等。如：

①这本书不仅谈了他的作品也谈了他的生平。

The book tells about his life as well as his writings.

The book tells not only about his writings but also his life.

②Tom along with his parents is going to Japan.

汤姆和他的父母要一起去日本。

③Nobody but John and Mary has seen the film.

除了约翰和玛丽，没有人看过这部电影。

【注意】as well as 可单独使用，一般用于肯定句中，如在句末时，有 too 的含义，在谓语动词后有 had better 的含义，但它的前面一般要有情态动词 may 或 might。如：

①Give me those as well.

把那些也给我吧。

②We have finished our task, so we might as well take a rest.

任务完成了，我们不妨休息一下。

28 consider

consider 作“考虑”解时，常用于句型 consider + n./pron./v.-ing/that。consider 作“认为”解时，后常带 to be 的复合宾语，即 consider + object + (to be) adj./n.。如：

①Albert Einstein is considered (to be) the greatest scientist of this century.

阿尔伯特·爱因斯坦被看作本世纪最伟大的科学家。

②I'm considering what to do next.

我正在考虑下一步做什么。

【注意】consider sb. as 意思是“把某人看作……”，类似的短语还有 regard sb. as; treat sb. as; take sb. as; think of sb. as; look on sb. as。如：

①We all think of our English teacher as a good friend.

我们都把英语老师看成我们的朋友。

②In the past he was looked on as a second-class citizen.

在过去，他被看作是一个二等公民。

29 分数、百分数表达法

英语中表示分数时，分子用基数词，分母用序数词。分子大于一时，分母加 s。以分数作主语时，谓语动词的单复数取决于后面的名词。若名词是单数或是不可数名词时，谓语用单数；若名词是可数名词的复数时，谓语用复数。但集合名词除外。如：

①The population of China is great, but two-thirds of it are from the countryside.

中国的人口很多，但是有三分之二的是农民。

②The school basketball team is excellent. One-third of it are from

Class One.

校篮球队很优秀，三分之一的队员是一班的。

【注意】表示分数也可用如下表达法，如：

十分之七的人 seven people in ten/seven in ten people/seven people out of ten

30 a coffee

一杯咖啡既可说成 a cup of coffee 也可说成 a coffee。这是不可数名词用作可数名词的用法。类似的用法还有：

three cups of tea/three teas 三杯茶

five glasses of soft drinks/five soft drinks 五杯软饮料

six glasses of milk/six milks 六杯牛奶

31 scores of, a score (of)

score 与 dozen, hundred, thousand, million 等数词用法一样，如果在它们前面有数词 two, three, four 等或形容词 some, many, several 等词时，要用单数，不能在它们的后面加“s”。如果后面接 of，其后要用复数，构成 scores of, dozens of, hundreds of 等。score 用做单数时，其后的 of 可加可不加。如：

①The palace is built with tens of thousands of big stones.

这座宫殿是用成千上万块大石头建成的。

②I have been to Shanghai a score (of) times.

我到过上海二十多次了。

32 burn up

burn up 意为“烧光，使筋疲力尽，消耗”。与 burn 搭配的常见的短语还有 burn down，亦有“(被)烧毁”之意。如：

①His anger is burning him up.

他因发怒而累极了。

②My motorbike will burn up two liters of oil every hundred kilometers. 我的摩托车每百公里耗油两公升。

③The house was burnt down and only ashes were left.

那座房子全烧毁了，只留下灰烬。

33 try to do, manage to do

try 与 manage 后都加不定式 to do sth., try to do sth. 侧重动作；manage to do sth. 侧重结果。如：

①The government tried to control prices.

政府设法调节物价。

②She managed to control herself at the bad news.

听到这个坏消息，她尽力控制住自己。

34 but snacks are easy to make

本句句型为：主语 + be + 形容词 + 不定式。须注意尽管不定式与主语存在着逻辑上的被动关系，但只能用主动形式表达被动含义。如：

①He is hard to get along with.

他很难相处。

②The problem is very important to pay attention to.

这个问题很重要，须得注意。