

PHOENIX
ENGLISH

凤凰英语编辑部 编

ENGLISH
FOR
YOU!

凤凰英语

分级阅读 第四级

第4辑

江苏凤凰科学技术出版社

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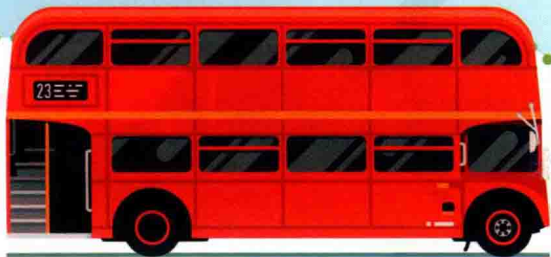
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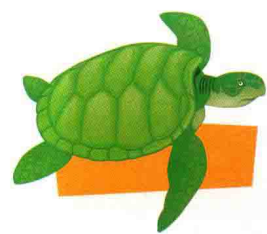
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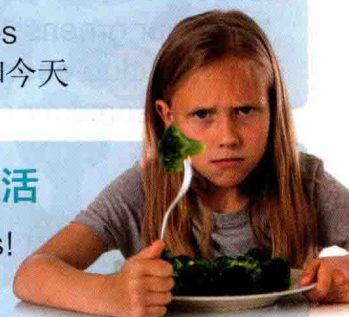
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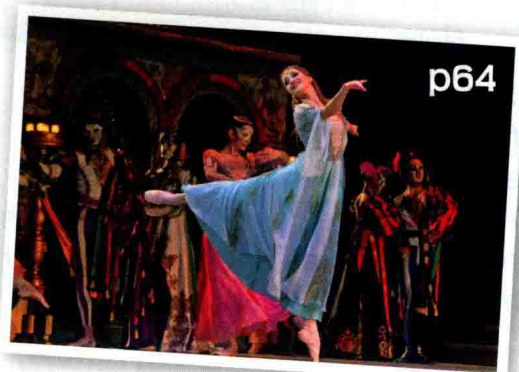


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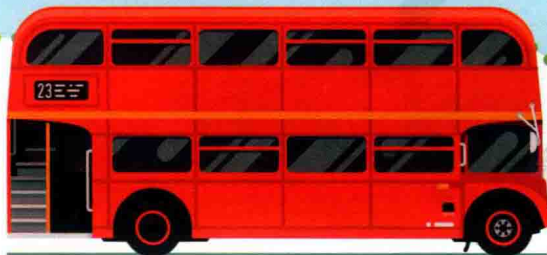
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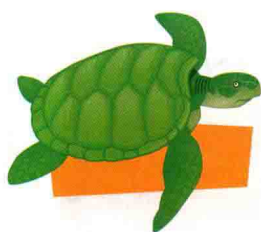
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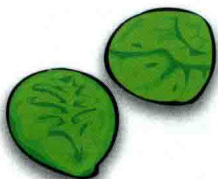
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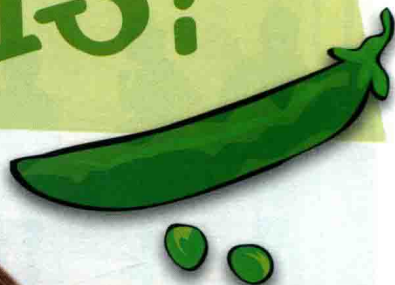




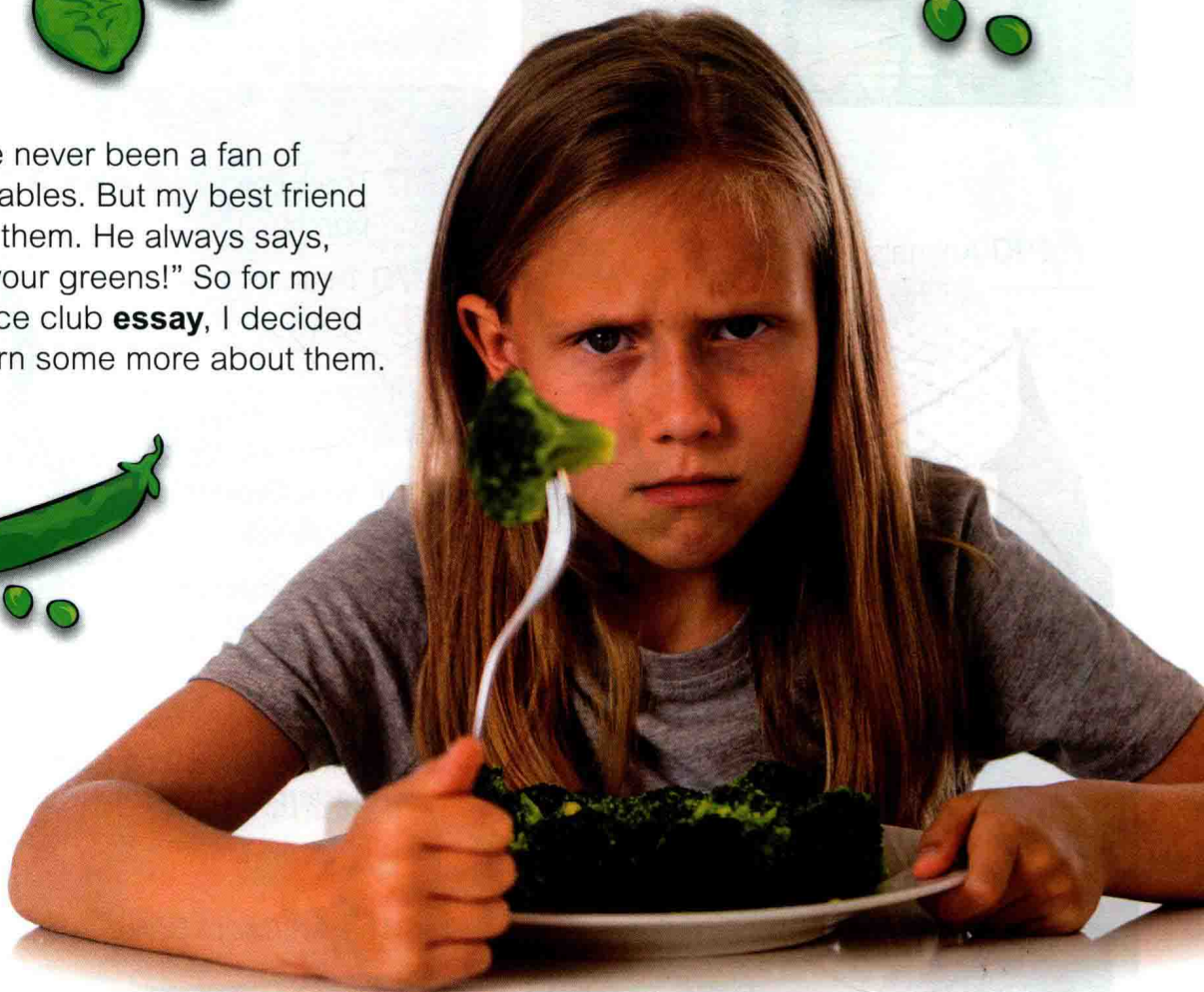
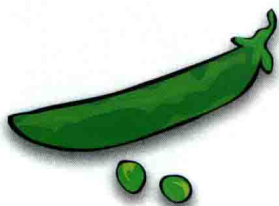
Eat Your Greens!



By Tim Gibbs

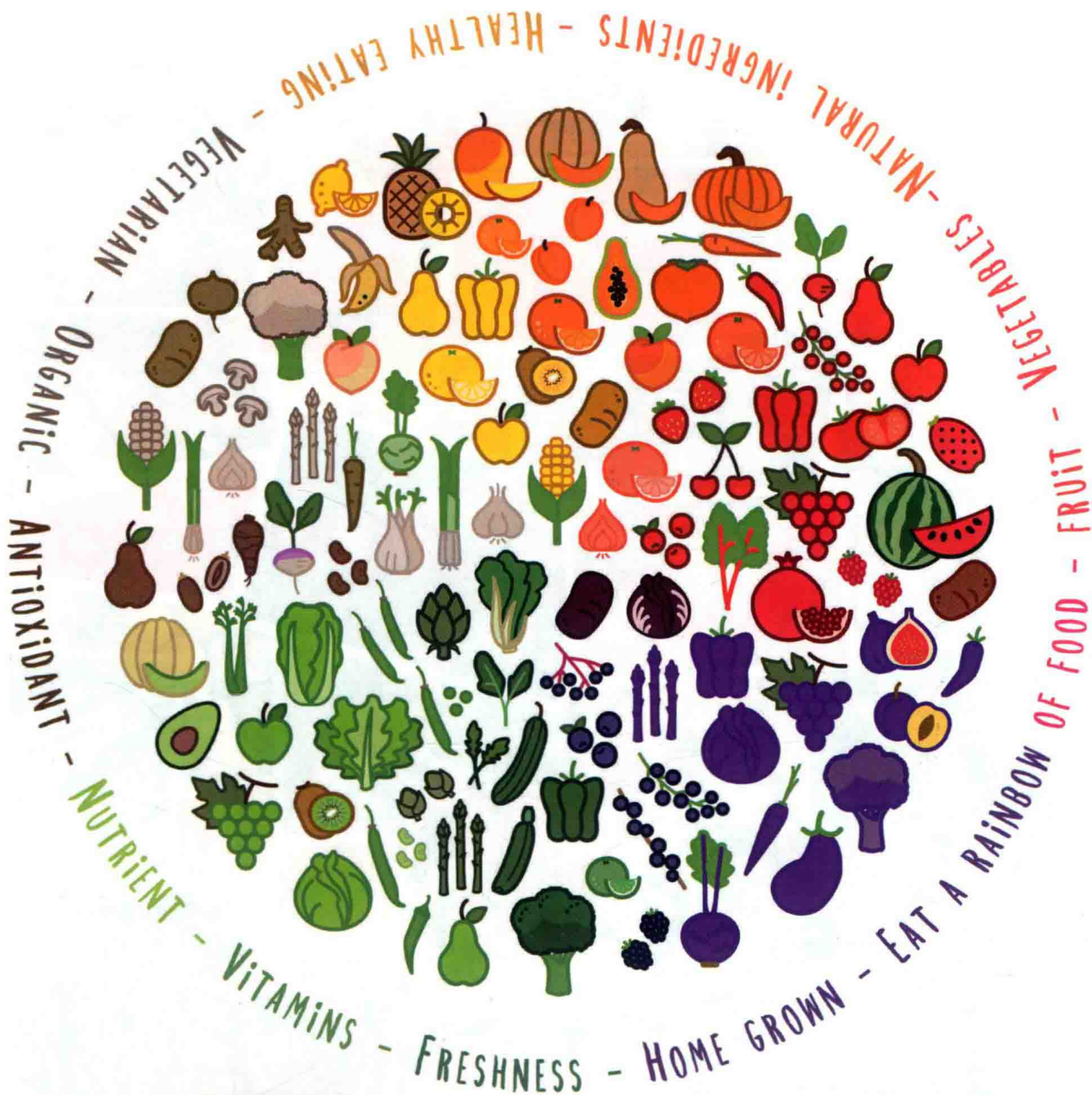


I have never been a fan of vegetables. But my best friend loves them. He always says, "Eat your greens!" So for my science club **essay**, I decided to learn some more about them.



Plants are a very important part of our **diet**. As well as **nutrition**, vegetables (often called "greens" because of the colour of their leaves) provide **vitamins** and **minerals** that are **essential** for our bodies.* For

example, vitamin C gives us healthy skin, and **calcium** keeps our **bones** strong. Others help to keep our hearts, blood, **muscles** and **organs** healthy. They are also low in **fat** and **calories**, so eating them does not make us fat.



Words

1. greens /grɪns/ *n.* 绿叶蔬菜
2. essay /'eseɪ/ *n.* 文章
3. diet /'daɪət/ *n.* 日常饮食
4. nutrition /njuˈtrɪʃn/ *n.* 营养
5. vitamin /'vɪtəmɪn/ *n.* 维生素
6. mineral /'mɪnərəl/ *n.* 矿物质
7. essential /ɪ'senʃl/ *adj.* 必不可少的
8. calcium /'kælsiəm/ *n.* 钙
9. bone /bəʊn/ *n.* 骨头
10. muscle /'mʌsl/ *n.* 肌肉
11. organ /'ɔːɡən/ *n.* 器官
12. fat /fæt/ *n.* 脂肪
13. calorie /'kæləri/ *n.* 卡路里

Notes

1. As well as nutrition, vegetables (often called “greens” because of the colour of their leaves) provide vitamins and minerals that are essential for our bodies. 除了营养, 蔬菜(因其叶子颜色通常被称作“绿叶蔬菜”)还给我们提供了身体所必需的维生素和矿物质。that are essential for our bodies是定语从句, 作后置定语, 修饰vitamins and minerals.

Eat Your Greens!



There are over 80,000 **species** of **edible** plants on Earth. In fact, there may be many more we do not know about.* However, 90 per cent of

the foods we eat come from just 30 plants.* This is not because they are the most **nutritious**, but because they are the easiest to grow.

It is **recommended** to eat at least five different vegetables (and fruits) every day.* My friend says that I **probably** do not like vegetables because of how I have eaten them.* It is a good idea to make vegetables a **main** part of each meal. People often think they are **boring** because they are often served on the side of some meat.* They are not cooked in an interesting way, and taste **plain**. There are many interesting **recipes** for vegetables, and he has given me some to **try out** to “eat my greens”!

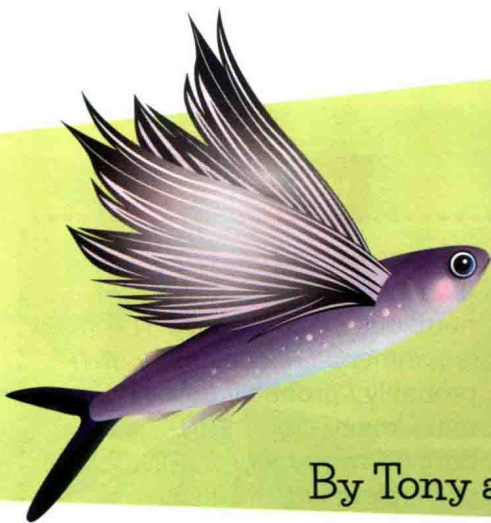
Words

14. species /'spi:ʃi:z/ *n.* 种类
15. edible /'edəbl/ *adj.* 可食用的
16. nutritious /nju'triʃəs/ *adj.* 有营养的
17. recommend /ˌrekə'mend/ *v.* 推荐
18. probably /'prɒbəbli/ *adv.* 很可能
19. main /meɪn/ *adj.* 主要的
20. boring /'bɔ:riŋ/ *adj.* 无趣的, 乏味的
21. plain /pleɪn/ *adj.* 平淡的
22. recipe /'resəpi/ *n.* 菜谱
23. try out 尝试



Notes

2. In fact, there may be many more we do not know about.
其实, 也许还有更多我们不知道的(种类)。we do not know about是定语从句, 修饰many more。
3. However, 90 per cent of the foods we eat come from just 30 plants.
但是, 我们吃的百分之九十的食物仅来自于三十种植物。we eat是定语从句, 修饰foods。
4. It is recommended to eat at least five different vegetables (and fruits) every day.
建议每天吃至少五种不同的蔬果。
5. My friend says that I probably do not like vegetables because of how I have eaten them.
我朋友说我不喜欢吃蔬菜可能是因为我吃的方式(不对)。
6. People often think they are boring because they are often served on the side of some meat.
人们经常觉得蔬菜乏味因为蔬菜经常被用作肉的配菜。



Animals That FLY*

By Tony and Pam

People say “as free as a bird”. This is because birds can fly, and **humans** cannot. As well as birds, there are other animals that fly.*
And some animals look as if they are flying.*



Bats

Some people are **scared** of bats. They say that they can fly into someone’s hair.
This is not true. Bats fly by “**radar**”.* They can **avoid** anything in their way.

Bats live in large groups. They often live in **caves**, or in some places, they live in trees. Bats sleep hanging **upside down**.* They catch their **prey** at night.

Words

1. human /'hju:mən/ *n.* 人类
2. bat /bæt/ *n.* 蝙蝠
3. radar /'reɪdɑ:/ *n.* 雷达
4. avoid /ə'vɔɪd/ *v.* 避开
5. cave /keɪv/ *n.* 洞穴
6. upside down 上下颠倒
7. prey /preɪ/ *n.* 猎物
8. sail /seɪl/ *v.* 飘过, 飞过
9. balance /'bæləns/ *v.* 使平衡
10. steer /stiə/ *v.* 控制方向
11. limb /lɪm/ *n.* 肢体
12. mostly /'məʊstli/ *adv.* 通常
13. nocturnal /nɒk'tɜːnl/ *adj.* 夜间活动的
14. insect /'ɪnsekt/ *n.* 昆虫
15. nest /nest/ *n.* 巢穴



Flying squirrels*

Well, flying squirrels do not really fly. They just look as if they are flying. They “**sail**” from tree to tree. They have a skin which **stretches** from wrist to **ankle**.* They use their tail to **balance** themselves. They can **steer** with their **limbs** and tail. They are **mostly nocturnal** (active at night). They eat fruit, seeds, **insects**, and bird's eggs. Baby squirrels are looked after by their mother. They stay until they are ten weeks old. Then, they are ready to leave the **nest**.

Notes

1. Animals That Fly 会飞的动物。that fly是定语从句, 作后置定语。
2. As well as birds, there are other animals that fly.
除鸟类之外, 还有其他会飞的动物。that fly是定语从句, 修饰animals。
3. And some animals look as if they are flying.
还有些动物看起来就像在飞。as if they are flying是表语从句。
4. Bats fly by “radar”.
蝙蝠靠“雷达”定位飞行。
5. Bats sleep hanging upside down.
蝙蝠睡觉的时候, 身体朝下悬挂着。hanging upside down是现在分词结构, 作方式状语。
6. Flying squirrels 飞鼠, 是一种鳞尾松鼠亚目的小动物, 拥有飞膜, 可在树木之间快速滑行。
7. They have a skin which stretches from wrist to ankle.
飞鼠有一块皮肤从腕部延伸到脚踝。which stretches from wrist to ankle是定语从句, 修饰skin。

