

全国教育科学【十一五】教育部规划课题



图解 新教材

高中英语必修1

北京师大版


总主编 钟山
读图时代的学习方法

总策划 薛金星

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学习新革命的引领者

全球权威心理学家、物理学家、生物学家及教育学家联合研究表明，图解的学习方法是最简单、最实用、最科学、最高效的学习方法。《图解新教材》丛书历经三年研发与打造，以图解的方式方法，创造性解决了目前学生陈旧低效的学习方式和繁杂抽象的学习内容问题。《图解新教材》丛书将带领广大学子运用最便捷的方法思考问题，站在更高的层面上分析问题，运用最恰当的方式解决问题。

本丛书将会使您轻松成为学习高手

本书讲解与呈现方式引入风靡欧美数十年的被誉为“打开大脑潜能的万能钥匙”和“21世纪风靡全球的学习方法与思维工具——概念地图与思维导图”，以图解方式科学地实现了知识的可视化，化深为浅、化繁为简、化抽象为形象、化理论为实例，实现基于脑神经生理特性的左右半脑互动学习模式，将高效的、可视化的学习策略、方法、技巧融入 to 日常学习中去，帮助你释放出难以置信的学习潜能，让你的学习、记忆、理解、应试更轻松、更快捷。

本丛书将会使您真正成为学考专家

本书立足于解决“如何学好、如何考好”两个学生最关心的问题，同步新课标教材，落实新课标学习与考试理念。内容讲解上知识与考点融为一体，突出深入浅出的学习特点；全面挖掘历年考题在教材中的典型原型和影子，与考例直线链接，达到快速融会贯通；总结学法与考法清晰明确，助学助考事半功倍；例题与习题突出方法总结，实现授之以渔，举一反三，学生能力与素质分阶段培养落实，全程循序渐进，系统提升。

本丛书将会使您体验到学习的轻松快捷

人类80%以上的信息是通过视觉获得的，常言道“百闻不如一见”“一图胜过千言”就是这个意思。本书采用轻松直观的图文并茂的编排形式，各类图示变繁杂抽象为直观快捷，各种插画变深奥冗烦为浅显愉悦，各种表格变枯燥乏味为清晰明了，充分开拓学生与生俱来的放射性思考能力和多感官学习潜能。

**全球超过2.5亿人使用的高效的学习方法，
你不想试一试吗？**



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左脑+右脑>>左脑

学会用大脑的语言思考, 图解是一种高效的方法, 更是一种成功的习惯。

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图解新教材

革命你的思维，改变你的世界。迈出思维一小步，导向人生远景图。



Unit 1 Lifestyles

Make Lifestyle Changes and Lose 10 Pounds

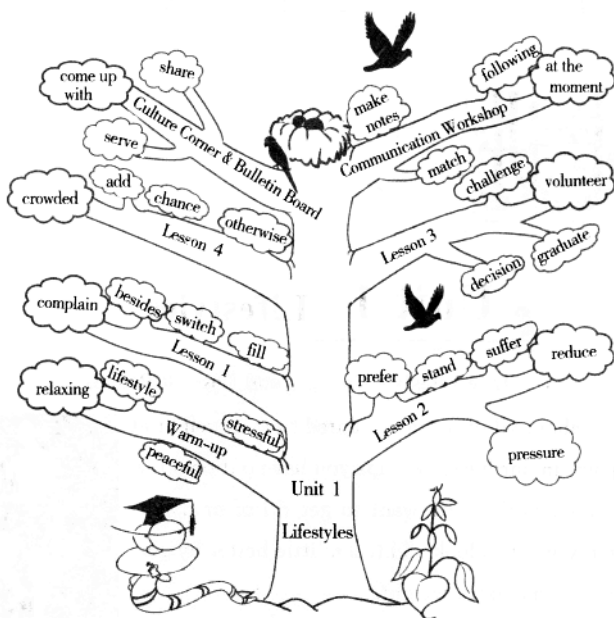
Just about all of us have wanted to lose weight at some point in our lives. Perhaps you have put on a few holiday pounds that you want to get rid of or maybe you simply want to look and feel a little better by getting rid of some extra weight.

A solid, long-term solution is to make changes to your lifestyle. This is an easy way for you to lose 10 pounds and really keep them off. The best thing about making lifestyle changes is that you really don't need to change your daily routine very



much, which makes this an effective way to lose weight permanently (永久地).

When you start to lose 10 pounds, the first thing to do is review the things that you do each day. If you bike to work, you will fit in exercise toward your goal of losing 10 pounds, as well as save money and do something environmentally friendly. There are other little changes you can make, too. You could go for a walk during your break instead of sitting around and take the stairs instead of the elevator.



本单元考点指南

		考点	考题	考查方向	解题策略
高考链接	必备单词	relax	天津	动词以及动词短语词义辨析	在对话语境中选择正确的词和短语
		imagine	浙江	动词词义辨析	分清近义词的词义,在语境中选择正确的词
		organize	上海	由动词变的形容词用于比较级结构	全面掌握几种比较级的用法
		enjoy	山东	动词词义辨析	分清词义,在语境中选择正确的词
		while	上海、湖南、四川	连词的选择	牢记常见连接词的多种用法,在具体语境中选择正确的连接词
		must	天津、福建、浙江	具体语境中的推测	关键是先根据语境确定推测的时间
		another	重庆、四川	代词的辨析	在具体语境中选择正确的代词
		until	天津、浙江	连词的选择	把握常见句型结构的特点,从句意的角度,在语境中选择正确的连接词
		need	陕西	情态动词的用法	关键是弄清楚各个情态动词的意义
		match	天津	动词词义辨析	全面掌握近义词的辨析
		moment	江西	名词词义辨析	牢记词义,在语境中辨析词义
	常用短语	come up with	江苏	由同一个中心词构成的动词短语辨析	全面掌握由一个中心词构成的多个短语的意思
		take up	辽宁	由同一个中心词构成的动词短语的辨析	分析句子成分,在语境中选择合适的动词短语
	经典句型	it 作形式主语	山东、全国	常见连接词的辨析	分清句子结构,确定句子成分
		动词不定式作后置定语	全国	连接词的选择	分清各种非谓语动词所作的句子成分
语法平台		一般现在时、现在进行时、一般将来时	北京、全国、上海、重庆、辽宁	时态应用	在语境中分辨常见时态
技能加油站		①(not...)until 句型 ②巧记跟动名词作宾语的动词、短语			

Warm-up

表解要点 事半功倍

●词汇 句型 语法 技能……

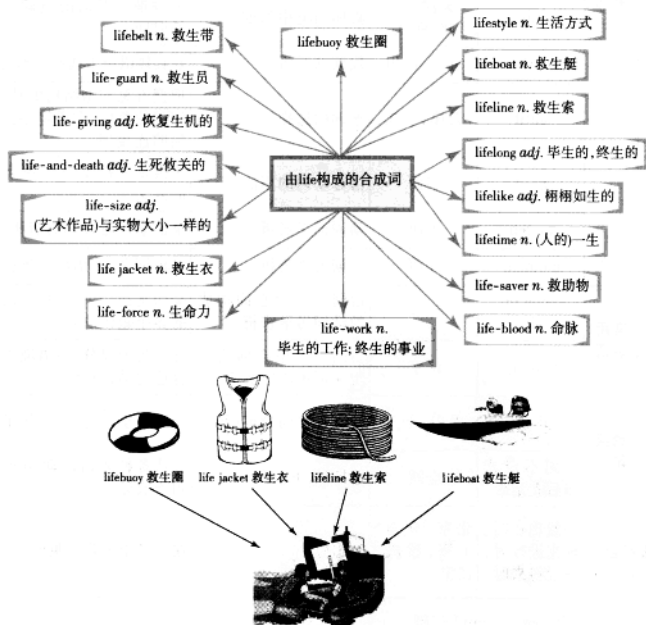
必备单词	生活方式 <i>n.</i> _____; 和平的, 平静的 <i>adj.</i> _____; 轻松的, 令人放松的 <i>adj.</i> _____; 有压力的, 紧张的 <i>adj.</i> _____; 想象, 设想 <i>v.</i> _____
常用短语	弄清有关……的情况 _____; 去钓鱼 _____
经典句型	What kind of lifestyle do you think the people have? (混合疑问句式)

重难点突破 学考对接

●归纳 拓展 辨析 演练……

1. lifestyle *n.* [C, U] 生活方式

[拓展]



The two life-guards are carrying lifebuoys, life jackets and lifelines to the ship by life-boat. This is their lifestyle. 这两个救生员正乘坐救生艇, 携带着救生圈、救生衣和救生绳前往那艘船。这就是他们的生活方式。



It was a big change in lifestyle when we moved to the country.

当我们搬到农村时,生活方式有了很大变化。

He regards his present job as a lifetime one. 他把目前的工作看作毕生的工作。

These pictures are so lifelike. 这些图片如此逼真。

He is my lifelong friend. 他是我终生的朋友。

[巩固运用]

单词拼写

① Education is a _____ (终生的) process. No person emerges from school as a finished product.

翻译句子

② He narrowly escaped death several times in his lifetime.

2. find out about... 意为“弄清有关……的情况”。

He wrote to find out about the job in Alaska.

他写信打听阿拉斯加的那份工作的情况。

The police are trying hard to find out about the accident.

警察正在竭力查清有关那次事故的情况。

[辨析] find, find out 与 discover

词语	用法
find	通常意为“找到”“发现”,有时指无意间“找到”“发现”,有时表示经过努力或研究而“找到”“发现”,强调结果。
find out	意为“发现”,指经过调查而查明真相、搞清楚等。
discover	通常表示“发现”本来就存在,但尚未被人所知的事物或地方。

I've found the book I was looking for. 我找到了我正在找的那本书。

Please find out what time they are coming. 请查明他们来的时间。

In 1519 another traveller who went to America from Europe discovered the tomato.

1519年,另一位从欧洲去美国的旅行者发现了西红柿。

[一言辨异]

I have found the best way to give advice to the children is to find out what they want to do and then advise them to do it. 我发现给孩子提建议的最好的办法是先弄明白他们想做什么,然后再建议他们去做什么。

[巩固运用]

用 find, discover, look for 和 find out 的适当形式填空

① At last the parents _____ their missing child.

② We _____ her to be a good cook.



③ I have been _____ my book for three days.

④ We must _____ the cause of the accident.

3. What kind of lifestyle do you think the people have? 你认为这些人以哪种方式生活?

[句法分析]

该句为混合疑问句句式,亦可称为复杂特殊疑问句。其结构为:特殊疑问词+do you think/can you guess/does she say等+陈述句语序。此结构常用来征询对某一疑点的看法、判断、认识、猜测和请求,表疑问的插入语又起到主句的作用,所以其后一定要用陈述句。

[拓展]

可用于插入语里的词还有:believe, imagine, enjoy, feel, suppose, suggest, demand, urge等,且 suggest (建议), demand, urge等后面的陈述句要用虚拟语气。

Who do you suggest be sent to work there? 你建议派谁去那里工作?

[巩固运用]

单项填空

① Mum is coming. What present _____ for your birthday?

A. you expect she has got

B. you expect has she got

C. do you expect she has got

D. do you expect has she got

② The physicist has made a discovery, _____ of great importance to the progress of science and technology.

A. I think which is

B. that I think is

C. which I think is

D. which is I think

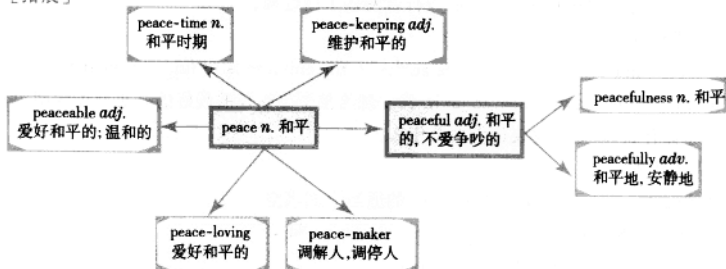
4. peaceful *adj.* 不诉诸战争(暴力、争论)的,和平的;安静的,平静的;爱好和平的,寻求和平的,不爱争吵的

It's peaceful at home when the children are at school.

孩子们上学时,家里就安静了。

China is a peaceful country. 中国是一个爱好和平的国家。

[拓展]



[辨析] peace 与 peacefulness

词语	用法	例句
peace	指和平、平静、安宁的状态或形式。	Don't disturb her. Just leave her in peace for a while. 不要打扰她,让她平静一会儿。
peacefulness	较少用,指和平、平静、安宁的性质特点。	A rumour (谣言) about an escaped criminal disturbed the peacefulness of the little town. 一条关于一个逃跑了的罪犯的谣言扰乱了小镇的安宁。

[辨析] peaceful 与 peaceable

词语	用法	例句
peaceful	尤指环境、状态等“安静,安详”或“和平的”。	We had a peaceful afternoon without the children. 孩子们不在,我们度过了一个平静的下午。
peaceable	尤指人的性格等“温和的;平静的;不爱吵闹的;和平的”。	They are generally peaceable people. 一般来讲,他们性格温和。

[巩固运用]

单项填空

- ① The distant country is so _____ that I don't want to go back to the noisy city.
A. peace B. at peace C. peaceable D. peaceful
- ② Wouldn't it be _____ wonderful world if all nations lived in _____ peace with one another?
A. a; / B. the; / C. a; the D. the; the

5. relaxing *adj.* 轻松的,令人放松的

He lives a relaxing life. 他过着轻松的生活。

The warm sunshine makes everyone relaxing. 暖和的阳光使大家懒洋洋的。

[单词积累]

relaxed *adj.* 轻松的,无拘无束的

relax *vt. & vi.* 放松,休息;(使)安静,放心;(使)放松,松懈

relaxation *n.* 休闲(娱乐)活动;放松,休息,消遣;放宽(规则)等

Walking on the beach is relaxing. 走在沙滩上令人放松。

When Dad gets home from work he likes to relax with a glass of wine.

爸爸下班回到家里喜欢喝杯酒放松一下。

The government relaxed import regulations greatly.

政府大幅度放宽进口限制。

[辨析] relaxing 与 relaxed

relaxing 和 relaxed 均为形容词,两者都可以作定语、表语及补语成分。



词语	用法	例句
relaxing	意思是“有助于休息的,令人放松的”(helping you to rest and become less anxious);它修饰事物或说明事物的特征。	Joking before the exams is relaxing. 考前说笑是令人放松的。 After a day's hard work, I want a relaxing evening. 一天的努力工作之后,我需要一个轻松的夜晚。
relaxed	意思是“放松的,冷静的,镇定的,自在的”;它作表语时应是某人作主语。	He was relaxed and confident before the match. 比赛前,他显得镇定而自信。

高考体验

—I just can't stop worrying about the result of the job interview.

—_____. There's nothing you can do now but wait. (天津高考)

A. Relax B. Go ahead C. Go for it D. Good luck

解析:本题考查日常交际用语运用。从上下文句意可知是在安慰对方,故用 relax (放松)。B项意为“开始吧,去做吧”,C项意为“要全力以赴”,D项意为“祝你好运”。 答案:A

[巩固运用]

单词拼写

① All the students going for holidays, it is really a r _____ evening for the headteacher.

单项填空

② He was lying in the sun looking very _____.

A. relaxing and happy B. relaxed and happy
C. relaxation and happily D. relaxed and happily

③ I got _____ talking to Susan, for she was _____.

A. bored; bored B. boring; boring
C. bored; boring D. boring; bored

④ He set up a perfect plan for himself, so he seldom permitted himself to _____.

A. free B. loosen C. dismiss D. relax

6. stressful adj. 有压力的,紧张的

In modern times, people live in a stressful life.

在现代社会,人们过着紧张的生活。

It was a very stressful time for all of us.

对我们所有的人来说,那是一段艰难时期。



[拓展]

单词	词性	词义	搭配	例句
stress	n.	精神压力, 心理负担, 紧张; 物理压力; 重要性; 重音; 压力 (物理) (常与 on 搭配)	stress the importance of 强调……的重要性 under the stress of 为……所迫, 受到……的压力	Stress is often a factor in the development of long-term sickness. 心理压力常常是导致长期生病的一个因素。 We worked on pronunciation, stress and intonation. 我们学习了语音、重音和语调。
stress	vt.	强调, 着重, 重读	put/lay/place stress on/upon 把重点放在……之上; 在……上用力 cause stress 造成压力 reduce stress 减少压力	I must stress that what I want to say is a secret. 我必须强调我想说的是个秘密。

[巩固运用]

单项填空

- ① The final examination is coming; we are spending a _____ week.
A. wonderful B. stressful C. enjoyable D. interesting
- ② He is _____ great stress because of the new working environment.
A. suffering B. putting C. laid D. placing
- ③ Cooperation or teamwork, the importance of which is often _____, plays an important part in football match.
A. stressed B. touched C. shown D. talked

翻译句子

- ④ I think the company places too much stress on cost and not enough on quality.
- ⑤ I must stress that everything I told you should be kept secret.

7. go fishing 去钓鱼

go + v. -ing “去做某事”, 多指从事与体育、娱乐有关的活动

[拓展]

去做某事:

- go boating 去划船 go camping 去野餐
go climbing 去爬山 go dancing 去跳舞
go riding 去骑马 go hunting 去打猎
go swimming 去游泳 go shopping 去买东西
go shooting 去射击 go walking 去散步
go cycling 去骑车 go skating 去滑冰

从事某种职业:

- go farming 务农 go nursing 当护士 go teaching 从教



8. imagine *vt.* 想象, 设想 (一般不用进行时); *imagine + n. / pron.*

It is difficult for young people to imagine the hard life thirty years ago.

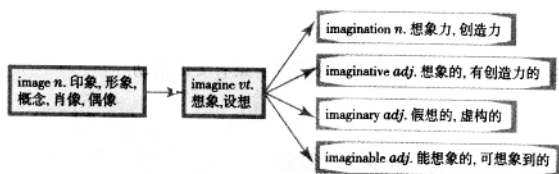
年轻人很难想象 30 年前的困难生活。

The house was just as she had imagined. 这所房子正如她想象的。

[拓展]

用法	例句
imagine (sb.) doing sth.	It's hard to imagine working in a place like that. 在那种地方工作, 真是难以想象。 I can imagine Mary running her own business. 我能想象出玛丽自己开公司的情景。
imagine sb. /sth. as/ to be	I've never seen my grandmother, but I always imagine her as/to be a kind, gentle person. 我从未见过我的祖母, 但我总把她想象成一个心地善良、和蔼可亲的人。 但下面这个句子只能用 to be: I was surprised when I saw the farm. I had imagined it to be much bigger. 看见那个农场时我大为惊讶, 我原来想象它会更大。
imagine that/what/how/why etc.	Try to imagine that you are a tourist arriving in London for the first time. 试想你自己是第一次来伦敦的游客。 I can imagine what the place is going to look like in a few years' time. 我能想象出这个地方几年之后会变成什么样子。
imagine sb. in/with/without etc.	I can't imagine him without a beard. 我想象不出他没有胡子的样子。

[单词积累]



He is imagining flying like a plane. 他正想像像飞机一样飞。

高考体验

—Look! He's running so fast!

—Hard to _____ his legs were once broken.

(浙江高考)

A. know B. imagine C. realize D. find

解析:考查动词的意思。句意:“看!他跑得那么快!”“很难想象他的腿从前断过。”know 知道;imagine 想象;realize 意识到;find 找到,发现。 答案:B

[巩固运用]

单项填空

- ①Imagine _____ at the top of the hill, and what a wonderful view you will see!
A. standing B. stand C. to stand D. stood
- ②Can you imagine _____ here?
A. him to come B. his coming C. for him to come D. he comes
- ③My grandma still treats me like a child. She can't imagine _____ grown up.
A. my B. mine C. myself D. me
- ④I can hardly imagine Peter _____ across the Atlantic Ocean in five days.
A. sail B. to sail C. sailing D. to have sailed
- ⑤I can hardly imagine so pretty a girl like you _____ boxing.
A. like B. to like C. liking D. to have liked



巩固运用 参考答案

1. ①lifelong ②他一生之中好几次险些丧命。
2. ①found ②discovered ③looking for ④find out
3. ①C do you expect 为插入语,原句应用陈述句语序,用排除法知选 C。
②C 本题中 I think 是插入语,which 引导非限制性定语从句。特殊疑问句中加入了插入语后,句子应用陈述句语序。
4. ①D 句意为“偏僻的乡间是如此安静,我都不想回到那么喧嚣的城市了”。peaceful 尤指环境、状态等“安静,安详”。
②A a wonderful world “一个精彩的世界”;peace 是抽象名词,不用冠词修饰。
5. ①relaxing
②B relaxed *adj.* 放松的,与 happy 一起作 look 的表语。
③C 句意为“我厌烦跟 Susan 谈话,因为她令人厌烦”。bored 感到厌烦的, boring 令人厌烦的。
④D free 作动词意为“使自由,解放”;loosen 指把紧的东西放松或松开;dismiss



为“解除,解雇”之意;relax 既可指精神上,又可指身体上“松弛,放松”。

6. ①B 因为要考试了,所以我们这一周很紧张。stressful “紧张的”。
- ②A suffer great stress 意为“遭受巨大压力”。
- ③A stress 在本句中意为“强调”。
- ④我认为公司对成本强调有余,而对质量重视不足。
- ⑤我必须强调我告诉你的一切事情你应该保密。
8. ①A imagine 后接动名词而不接不定式作宾语。
- ②B 考查 imagine 后接动名词的情况。
- ③D imagine 后接复合宾语,grown up 作宾补。
- ④C imagine 后接动词的-ing 形式,本句的 Peter 是这个动名词的逻辑主语。
- ⑤C 本句中的 so pretty 和 like you 都是用来修饰限定 a girl 的。本句可以简化为: I can imagine a girl liking boxing. 即:考查 imagine sb. doing sth. 结构。

Lesson 1 A Perfect Day?

表解要点 事半功倍

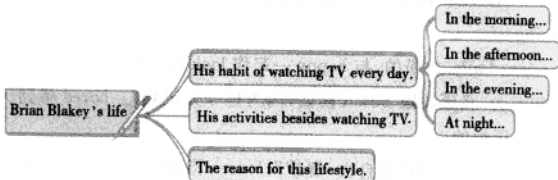
● 词汇 句型 语法 技能……

必备单词	抱怨,埋怨;申诉 <i>v.</i> _____; 表达,吐露 <i>vt.</i> _____; 到……为止 <i>prep. & conj.</i> _____; 开(电灯、机器等) <i>v.</i> _____; 另,又,再 <i>adj.</i> _____; 当……的时候 <i>conj.</i> _____; 遥远的;偏僻的;关系疏远的 <i>adj.</i> _____; 通常,一般说来 <i>adv.</i> _____; 使充满,注入 <i>v.</i> _____; 玩笑,娱乐 <i>n.</i> _____; 除……之外(还有); 而且,另外 <i>adv.</i> _____
常用短语	电视连续剧 _____; 自始至终做某事 _____; (爆竹、铃等)响; (食物等)变坏 _____; 换衣服 _____; 占据;开始从事;继续 _____; 带回来 _____
经典句型	1. I am always the first person to get to the office. (不定式作定语) 2. so that 引导的目的状语从句

英汉对译 学考对接

● 英汉 对照 简明 高效……

语篇导航



原文 再现>>

A Couch Potato

Forty-three-year-old[®] Brian Blakey from Birmingham is sitting on his sofa and telling me about his perfect day.

When I wake up I don't get up immediately. I turn on the television and watch the children's programmes and old movies until[®] about half-past ten. Then I get up, go downstairs and switch[®] on the TV in the living room. For lunch, I have biscuits and a glass of milk, and I watch the news. In the afternoon, I often watch another[®] old film—they're showing some good ones at the moment. In the evenings, I often watch TV series[®] or sport and the news again. I like the main news at six o'clock. At nine thirty, if there is a good play on BBC 2, I switch over and watch it. Then at night, I watch more films and I usually switch off the TV at about two o'clock. I never watch TV all night.

[The main idea] His habit of watching TV every day.

I watch TV for sixteen or seventeen hours a day. I also do some exercise every day. I take Tina, the dog, for a walk every afternoon. I don't go far, of course. I walk to the wall outside my house. I always take my portable TV and I sit on the stone wall while[®] the dog walks round in a circle.

[The main idea] His activities besides watching TV.

汉语 译文>>

终日懒散在家的人

来自伯明翰的 43 岁的布赖恩·布莱克正坐在沙发上向我讲述他美妙的一天。

早上醒来,我不马上起床。我先打开电视,看看儿童节目,看看老片子,一直看到约十点半。然后起床,下楼,打开起居室的电视。午餐时,我边吃饼干、喝牛奶,边看新闻。下午我常看另一部老影片——眼下电视里正播放非常好看的老电影。晚上我要么看连续剧,要么看体育节目,接着再看新闻。我喜欢看六点钟的重要新闻。九点半,如果英国广播公司二频道有好看的节目,我会调过去看看。夜里,我接着看电影,通常看到约凌晨两点才关电视。我从不通宵看电视。

[主旨大意]他每天看电视的习惯。

我一天要看十六七个小时电视。每天也会出去活动。下午我带着小狗蒂娜出去散步。当然,我不会走远,只走到屋外的墙边。这时,我总是随身携带手提电视,坐在石墙上看,小狗则在我身边绕圈。

[主旨大意]除看电视以外的活动。