

宁夏高等学校一流学科建设(教育学学科)资助项目  
(编号 NXYLXK2017B11)

高中英语  
话题高频词句

高中英语

# 话题高频词句

## 记忆与训练

张小玲 著

MEMORY AND TRAINING  
OF HIGH SCHOOL ENGLISH  
TOPICS HIGH FREQUENCY WORDS AND SENTENCES



黄河出版传媒集团  
宁夏人民教育出版社

记忆  
与  
训练

高中英语

# 话题高频词句

记忆与训练

张小玲 著

MEMORY AND TRAINING  
OF HIGH SCHOOL ENGLISH  
TOPICS HIGH FREQUENCY WORDS AND SENTENCES



黄河出版传媒集团  
宁夏人民教育出版社

图书在版编目(CIP)数据

高中英语话题高频词句记忆与训练 / 张小玲著. --  
银川: 宁夏人民教育出版社, 2018.8

ISBN 978-7-5544-2997-6

I. ①高… II. ①张… III. ①英语课—高中—教学参  
考资料 IV. ①G634.413

中国版本图书馆 CIP 数据核字(2018)第 190911 号

高中英语话题高频词句记忆与训练

张小玲 著

责任编辑 王 慧 姜 楠

责任校对 王 宁

封面设计 星 秀

责任印制 殷 戈



黄河出版传媒集团 出版发行  
宁夏人民教育出版社

地 址 宁夏银川市北京东路 139 号出版大厦(750001)

网 址 <http://www.yrpubm.com>

网上书店 <http://www.hh-book.com>

电子信箱 [jiaoyushe@yrpubm.com](mailto:jiaoyushe@yrpubm.com)

邮购电话 0951-5014284

印刷装订 宁夏凤鸣彩印广告有限公司

印刷委托书号 (宁)0010348

开本 787 mm × 1092 mm 1/16

印张 10.75 字数 180 千字

印数 5000 册

版次 2018 年 8 月第 1 版

印次 2018 年 8 月第 1 次印刷

书号 ISBN 978-7-5544-2997-6

定价 28.00 元

版权所有 侵权必究

## 序

学科核心素养背景下的高中英语教学客观上要求教师深刻挖掘内隐于英语学科知识内部的学理结构和语言学习者在语言习得过程中认知结构与认知规律。英语学科中语言能力、学习能力、思维品质、文华品格四个方面的核心素养是相互关联的统一整体,不可分割。对英语学科学理结构的梳理、学科教学资源的整合以及教学策略和学习策略的应用是体现英语学科核心素养不可或缺的关键环节。然而,在高中英语教学的实践中,如何将以上三者结合起来常常是困扰教师的一个难题。《高中英语话题高频词句记忆与训练》一书可谓是解决这一问题的可行性范例。

本书作者通过长期的教学积淀,系统梳理了高中英语教材的逻辑体系和知识脉络,以话题素材为主线,覆盖高中英语必修与选修的35个话题内容,精练、清晰地展现了每个模块话题所涉及的重点短语和重点句型。本书的最大亮点在于对教材内容的极大拓展:话题佳句引导学习者将教材文本与生活经验相结合;话题语段与话题演练则实现了从语句到语篇的自然过渡;话题名言不仅培养了学习者的文化品格,而且也为英语写作增添了亮丽的色彩。本书立足语言基础和语言积累,给学习者提供了准确规范的写作常用短语和句型,同时又注重写作情景的迁移,有利于学习者学习能力、语言能力的形成以及思维品质的提升。

长期以来,高中英语写作教学作为一个相对独立的教学内容在每一模块教学之后进行,由于写作教学中缺乏合理的语料支撑和策略指导,导致学习者不能及时将所学内容应用到英语写作当中。本书作者独具匠心,将教材内容与学习者写作能力的培养紧密结合,内容规范,资料翔实,是一本实用性很强的好书。

固原二中校长 

2018年6月9日

# 目 录

Topic 1	Friendship	1
Topic 2	English	5
Topic 3	Travel	10
Topic 4	Natural disasters	15
Topic 5	Modern hero	20
Topic 6	Cultural relics	24
Topic 7	The Olympic Games	29
Topic 8	Computers	33
Topic 9	Environmental protection	37
Topic 10	Music	42
Topic 11	Festivals around the world	46
Topic 12	Healthy life	51
Topic 13	Literature	56
Topic 14	Astronomy	61
Topic 15	Canada	66
Topic 16	Women of achievement	71
Topic 17	Working the land	76
Topic 18	English humour	80
Topic 19	Body Language	86

Topic 20	Great scientists .....	91
Topic 21	The United Kingdom .....	95
Topic 22	Life in the future .....	99
Topic 23	Making the news .....	103
Topic 24	First aid .....	108
Topic 25	Art .....	112
Topic 26	Poems .....	116
Topic 27	Global warming .....	121
Topic 28	Living well .....	126
Topic 29	Robots .....	132
Topic 30	Sea .....	136
Topic 31	Sharing .....	139
Topic 32	America .....	143
Topic 33	Cloning .....	148
Topic 34	Inventors and inventions .....	153
Topic 35	Chinese traditional culture .....	157
Keys	.....	162

# Topic 1 Friendship

## 一、话题短语

- |   |            |
|---|------------|
| 1. communicate with                     | 与……交流      |
| 2. be ready to help others              | 乐于助人       |
| 3. share...with                         | 与……分享      |
| 4. depend /rely on                      | 依靠;依赖      |
| 5. have...in common                     | 有共同之处      |
| 6. fit in with                          | 与……相适应/相融洽 |
| 7. be in harmony with                   | 与……和谐相处/协调 |
| 8. be on good terms with sb.            | 与某人关系好     |
| 9. make friends with sb.                | 和某人交朋友     |
| 10. put oneself in other's place /shoes | 换位思考       |
| 11. be satisfied /content with          | 对……满意      |
| 12. be popular with                     | 受……欢迎      |
| 13. be to blame                         | 应受责备       |
| 14. be worried about                    | 担心         |
| 15. feel lonely                         | 感到孤独       |
| 16. keep company with                   | 和……结交      |
| 17. share feelings and ideas with       | 与……分享感受和观点 |
| 18. think of others                     | 为别人着想      |
| 19. work together                       | 共同努力       |
| 20. show respect for                    | 尊重         |

## 二、重点句型

1. “It is /was...that /who...”强调句型  
基本结构: It is (was) + 被强调部分+that (who)...

一般疑问句结构: Is (Was) it+ 被强调部分+that(who) ...?

特殊疑问句结构: 疑问词+is (was) it+被强调部分+that(who) ...?

not...until...句型: It is /was not until+被强调部分+that+其他成分

**【例句】**

It was when I felt lonely that I realized the importance of friends.

正是感到孤独时我才意识到朋友的重要性。

Was it on the farm where we once worked that you got to know him?

正是在我们曾经工作过的那个农场你认识他的吗?

I wonder what it was that made him excited.

我纳闷到底是什么使他如此激动。

It was not until the area was seriously polluted that they realized that it's time to take action.

直到这个地方被严重污染,他们才意识到该是采取行动的时候了。

**2. 状语从句的省略**

当状语从句中的主语与主句主语一致且从句谓语为 be 动词时,从句中的主语与动词 be 可以省略。

**【例句】**

Be sure to pay attention to protecting the environment while travelling.

外出旅行时一定要注意保护环境。

Though lacking money, his parents managed to send him to a key university.

虽然缺钱,他父母还是把他送进了重点大学。

3. This /That /It is /was the first /second time that sb. has (have) /had done sth.

这是某人第一次(第二次……)做某事

**【例句】**

It was the third time that Chinese women's volleyball team had won the match, which made us very excited.

这是中国女排第三次赢得比赛,这使我们非常激动。

This is the first time that I have written in English.

这是我第一次用英文写作。

4. It's (no) pleasure doing sth.

做某事(不)是乐趣。

## 【例句】

It's pleasure walking in the snow.

在雪中行走是乐趣。

It's no pleasure playing computer games all day long.

整天玩游戏是没有乐趣的。

## 三、话题佳句

1. As long as we obey the rules mentioned above, we will find it easy to get along well with our friends.

只要我们遵守上面提到的规则, 我们就会发现我们与朋友友好相处很容易。

2. I suggest we should communicate with our friends face to face instead of sending text messages so that we can maintain our friendship.

我建议我们应该与朋友们面对面交流而不是发送信息, 以便能够保持我们的友谊。

3. We have studied and lived together, which gives us the opportunity to promote our friendship.

我们一起学习、一起生活, 这给了我们促进友谊的机会。

4. The most obvious problem with our class is lack of interaction or teamwork.

我们班级中最明显的问题是缺乏交流和团队精神。

## 四、话题语段

My friend Li Ming is often upset about some unimportant things and can't calm down. Our classmates are all tired of him and ignore him. Concerned about him, our teachers talk to him face to face many times. After a time, he doesn't disturb classmates any longer and often joins us in settling some problems. Now he is getting along well with our classmates. From his story I learn that if you want to make friends with your classmates, you should share happiness and sorrow with them.

我的朋友李明经常为一些小事而心烦, 不能冷静。我们同学都很厌烦他, 不理睬他。我们的老师们很关心他并且跟他面对面谈了很多次。过了一段时间后, 他不再扰乱同学们了, 经常加入我们来解决一些问题。现在他和同学们相处得很好。从他的故事中我学到: 如果你想和你的同学交朋友, 你就必须和他们同甘共苦。

## 五、话题演练

Anne, a Jewish girl, hid away from the German Nazis with her family for nearly 25 months before they 1 (discovery).

During her stay in the hiding place, Anne became crazy 2 everything 3 did with nature. Once she stayed awake 4 purpose until half past eleven p.m. to have 5 good look at the moon. She saw the night face 6 face on a dark, 7 (rain) and windy evening with thundering clouds. At that moment she was held 8 (entire) in the power of nature. Anne's best friend is her diary, in 9 Anne set down a series of things she was going 10 then.

## 话题名言

1. A friend to everybody is a friend to nobody.
2. A friend in need is a friend indeed.
3. A faithful friend is hard to find.
4. Old friends and old wines are best.
5. Your forever friend gets you through the hard times, the sad times and the confused times.
6. Friendship is love with understanding.
7. Admonish your friends privately, but praise them openly.
8. Friendship, the older it grows, the stronger it is.
9. It is not a lack of love, but a lack of friendship that makes unhappy marriages.
10. Friendship is both a source of pleasure and a component of good health.

## 【译句】

1. 广交友, 无深交。
2. 患难见真情。
3. 益友难得。
4. 陈酒味醇, 老友情深。
5. 你真正的朋友会与你一同度过困难、伤心和烦恼的时刻。
6. 友谊是爱加上谅解。
7. 要私下告诫朋友, 但是要公开夸奖朋友。
8. 友谊地久天长。
9. 一段不幸的婚姻不是缺乏爱, 而是缺乏友谊。
10. 友谊既是快乐之源泉, 又是健康之要素。

## Topic 2 English

### 一、话题短语

- |  |               |
|--|---------------|
| 1. work hard at                                  | 努力学习          |
| 2. refer to / consult a dictionary               | 查字典           |
| 3. take notes                                    | 记笔记           |
| 4. set / take / write / note down                | 写下;记下         |
| 5. learn... by heart                             | 背诵;记住         |
| 6. keep / bear... in mind                        | 记住            |
| 7. develop one's interest                        | 培养某人的兴趣       |
| 8. improve one's reading ability                 | 提高某人的阅读能力     |
| 9. form the / a habit of reading                 | 养成阅读习惯        |
| 10. enlarge / expand one's vocabulary            | 扩大某人的词汇量      |
| 11. practice one's oral / spoken English         | 练习某人的口语       |
| 12. express oneself in English fluently          | 用英语流利地表达      |
| 13. improve writing skills                       | 提高写作能力        |
| 14. give sb. some advice on how to learn English | 对某人就如何学英语提出建议 |
| 15. take part in the English Corner              | 参加英语角         |
| 16. have a good command of                       | 精通            |
| 17. have a good knowledge of English             | 通晓英语          |
| 18. fall in love with                            | 爱上            |
| 19. make great progress in                       | 在某方面取得很大进步    |

### 二、重点句型

1. even if / though “即使;尽管”,引导让步状语从句,一般现在时代替将来时。引导让步状语从句的连词还有: though / although, no matter + 疑问词, whether... or..., while, as 等。

【例句】

We'd better not drive out every day even if /though the oil price is a bit lower at present, which is beneficial to the environment.

即使目前油价较低,我们最好也不要每天开车出行,这对环境有益。

We will finish the task, no matter how long it takes.

无论花多长时间我们也要完成这个任务。

Early as /though it is, there are lots of people waiting to buy new stamps outside the post office. (注意倒装)

虽然时间尚早但邮局外有很多人等着买新发行的邮票。

2. “more than”的用法

more than+形容词	极其,非常
more than+数词或句子	超过,不只
more than+名词	不仅仅
no more than = only	仅仅
not more than = at most	最多
more A than B	与其说 B 倒不如说 A
or rather	更确切地说
rather than	而不是
other than	除……之外

【例句】

It was more hard work than cleverness that led to her success.

与其说是聪明不如说是努力促成了她的成功。

If there is anything I can do for you, I would be more than glad to help.

如果有我效劳的地方,我非常乐意帮忙。

His whole school education added up to no more than one year.

他只接受了一年学校教育。

3. “no such+单数名词”意为“没有这样的……”其中单数名词前不可再加冠词。

【例句】

Believe it or not, there is no such thing as a perfect life.

信不信由你,没有完美的人生。

My sister was admitted to Beijing University, while I had no such luck.

我妹妹被北京大学录取,然而我却没这么幸运。

### 三、话题佳句

1. As an international language, English acts as a bridge linking all countries together nowadays.

作为一门国际语言,英语充当了当今连接各国的桥梁的角色。

2. Many students find it necessary to master the English grammar if he or she wants to learn English well.

许多学生发现如果他或她想学好英语,掌握英语语法是有必要的。

3. We are supposed to learn English well because having a good command of English means more opportunities in the future.

我们理应学好英语,因为学好英语意味着将来有更多的机会。

4. I can enlarge my vocabulary as well as learn more about the culture and customs of English-speaking countries by reading works in English.

通过阅读英语作品我可以增加词汇量,了解更多说英语国家的文化和风俗习惯。

5. Speaking and listening are very important for a language learning, by which you are sure to make great progress.

听说对于语言学习来说很重要,通过这种方式你肯定会取得巨大进步。

6. Today, more and more English words find their way into the Chinese language. Some people support it while others do not.

当今,越来越多的英语单词出现在汉语中。有些人支持,然而有些人反对。

### 四、话题语段

I am always making use of Sunday to study in our school. Once I couldn't go home because of a heavy rain. Fortunately, there was a person coming up to me with an umbrella and I immediately recognized it was my teacher. Not only does she help us with our daily life, but she also plays an important part in our English learning. Believe it or not, she is more than our teacher, and also our friend.

我总是利用星期天在学校里学习。曾经因为一场大雨我不能回家。幸运的是,有人拿着一把雨伞朝我走来,我立刻认出那是我的老师。她不仅在我们的日常生活中帮助我们,还在我们的英语学习中起重要作用。信不信由你,她不仅是

我们的老师,也是我们的朋友。

### 五、话题演练

The English spoken in England in the past was quite 1 (differ) from the English spoken today.

Between about AD800 and 1150, English became less like German. In the 1600's, Shakespeare made use 2 a 3 (wide) vocabulary than ever before.

In the 18<sup>th</sup> century, British people 4 (bring) English to Australia, 5 it was used by a larger population. From 1765 to 1947, English became the language for government and 6 (educate) in India. 7 present the number of the people using English 8 (increase) rapidly.

In a word, English is 9 (gradual) developing 10 (base) on the pace of society.

### 话题名言

1. Wisdom is a good purchase though we pay dear for it.
2. Time and tide wait for no man.
3. If you want knowledge, you must toil for it.
4. Learn to walk before you run.
5. Real knowledge, like everything else of value, is not to be obtained easily, it must be worked for, studied for, thought for, and more than all, must be prayed for.
6. Nothing for nothing.
7. He who makes no mistakes makes nothing.
8. A little of everything is nothing in the main.
9. Practice makes perfect.
10. Where there is a will, there is a way.

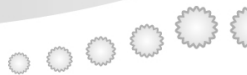
#### 【译句】

1. 为了求知识,代价虽高也值得。
2. 岁月不等人。
3. 若要求知,必须刻苦。
4. 循序渐进。
5. 真正的知识犹如珍宝,不能轻易获得,必须学习、钻研、思考,最重要的是必

须有强烈的求知欲。

6. 不费力气,一无所得。
7. 不犯错误者一事无成。
8. 每事浅尝辄止,事事都告无成。
9. 熟能生巧。
10. 有志者事竟成。





## Topic 3 Travel

### 一、话题短语

- |                                     |         |
|-------------------------------------|---------|
| 1. a place of interest              | 名胜      |
| 2. be struck by                     | 被……迷住   |
| 3. take a vacation /be on holiday   | 度假      |
| 4. pay a visit to                   | 参观      |
| 5. go camping                       | 去露营     |
| 6. go travelling /make a journey to | 去……旅行   |
| 7. go out for a picnic              | 去野餐     |
| 8. get close to nature              | 接近大自然   |
| 9. have a good trip                 | 旅行顺利    |
| 10. tourist attraction              | 旅游景点    |
| 11. leave for                       | 动身去某地   |
| 12. have a good view of             | 一览无余    |
| 13. set off /out                    | 出发      |
| 14. take a picture                  | 拍照      |
| 15. see off                         | 送行      |
| 16. broaden one's horizon           | 拓宽视野    |
| 17. take off                        | 起飞      |
| 18. check in                        | 登记入住    |
| 19. check out                       | 结账离开    |
| 20. be open to                      | 向……开放   |
| 21. be free to                      | 对……免费   |
| 22. be delayed by                   | 由于……而晚点 |



## 二、重点句型

1. insist 若表示“坚决要求,坚决主张”,其后 that 引导的宾语从句,用虚拟语气,即谓语动词要用“should+动词原形”,should 可以省略;insist 若表示“坚持说”,其后 that 引导的宾语从句不用虚拟语气,用陈述语气。

### 【例句】

The school insists that a good school (should) have strict rules and regulations.

校方坚决主张一所好的学校应该有严格的规章制度。

He insisted that he hadn't broken the window.

他坚持说他没有打坏窗户。

2. “主语+be+adj.+to do”结构

### 【例句】

Even though the problem is difficult to solve, I don't give up. Because I firmly believe that “Where there is a will, there is a way.”

尽管这个问题很难解决,但我不放弃,因为我坚信“有志者事竟成”。

I like getting up early. The morning air is good to breathe.

我喜欢早起,早上的空气好。

3. once 意为“一旦……就……”,引导条件状语从句

### 【例句】

Once you have confidence, you can succeed in the test.

一旦有了信心,你在考试中就能成功。

Once heard, the song will never be forgotten.

这首歌一旦被听过,就不会被忘记。(once 引导的从句中若主语与主句主语一致,并且谓语动词是 be 时,省略从句的主语和系动词。)

4. can hardly / can't wait to do sth. 迫不及待地要做某事

### 【例句】

I can hardly wait to tell you that I was admitted into a key university.

我迫不及待地告诉你,我被一所重点大学录取了。

## 三、话题佳句

1. On arriving at the top of the hill, we were deeply attracted by the beautiful scenery here.