

魔法英语同步学与练

——高一（下册）

谭英华 主编

长征出版社

图书在版编目 (CIP) 数据

魔法英语同步学与练. 高一/ 谭英华主编. —北京: 长征出版社, 2004

ISBN 7-80015-993-0

. 魔... . 谭... . 英语课—高中—教学参考资料 . G634. 413

中国版本图书馆 CIP 数据核字 (2004) 第 036431 号

魔法英语同步学与练 高一

主创设计 / 魔法教育发展研究中心

电 话 / 010 - 80602977

网 址 / ttp: www.magic365.com

出 版 / 长征出版社

(北京市西城区阜外大街 34 号 邮编: 100832)

行销企划 / 北京九恒世纪文化有限公司

(服务热线: 010 - 80602977)

经 销 / 全国新华书店

印 刷 /

开 本 / 880 × 1230 1/ 16

字 数 / 5600 千字

印 张 / 178 印张

版 次 / 2005 年 1 月第 1 版

印 次 / 2005 年 1 月第 1 次印刷

书 号 / ISBN 7-80015-993-0 G · 307

全套定价 / 218.00 元

版权所有 · 侵权必究

UNIT 13

* Healthy eating *

健康饮食

预习导引

语篇领悟:根据本单元课文内容,完成下列各题:

1. What do traditional diets often have?
A. Too much water.
B. Too much protein.
C. Too much fat and too many calories.
D. All the nutrients we need.
2. What can help our body fight disease and give us energy?
A. Vitamins, fibre, and minerals.
B. Pork and fish.
C. Water and protein.
D. Calcium and water.
3. What contains a lot of protein?
A. Vegetables and meat.
B. Fruits and fish.
C. Vitamins and other nutrients.
D. Fish, meat and beans.
4. Why do some people become vegetarians?
A. Because they believe it is healthier not to eat meat or they think we should not kill animals for food.
B. Because they think meat is not “eco-foods”.
C. Because they think meat will make them fat.
D. Because they think meat will not make them fit.
5. We can conclude from the passage that it is probably better if _____.
A. we eat less meat
B. we have more fruit
C. we have more “eco-foods”
D. we buy good food and keep a balanced diet

1. 由 Reading 第一段“Traditional diets often have too much fat and too many calories for the 21st-century person”可知。
2. A 由 Reading 第二段的最后两句“Other nutrients such as fibre and minerals, help keep our body functioning well. Vitamins, which we can get from eating vegetables, fruit, fish, and drinking milk, help our body fight disease.”可知。
3. D 由 Reading 第二段“Protein, for example, is good for our muscles. Fish, meat and beans contain a lot of protein.”可知。
4. A 由 Reading 第三段“Some people become vegetarians because they believe it is healthier not to eat meat or because they think we should not kill animals for food.”可知。
5. D 本题考查对全文的归纳。由第三段“It is probably better, however, if we spend our time and money on buying good food and keeping a balanced diet.”结合全文可知。

知能互动

1 practise(美国英语 practice) vt / vi 练习; 实习

She is practising(a new piece) on the piano.

她在钢琴上练习弹奏(一支新曲子)。

To improve my oral English, I had to practice reading aloud at least 3 hours every day.为了提高英语口语,我每天至少需要朗读三个小时。

要点提示

practice+ v-ing
类似的动词: allow/ appreciate/ permit/ avoid/ consider/ enjoy/ finish/ forbid/ keep/ imagine/ mind/ suggest 等。

知识链接

(1)practice(U) n .(经常反复的)练习;实践;实际
Practice will make you a good musician .
反复练习能使你成为优秀的音乐家。
The idea would never work in practice .
那种设想永远也实现不了。

黄金搭配

put sth . into/ in practice 实行;实施
It s important to put theory into practice .
把理论付诸实践是很重要的。
The new law will be put into practice from May 1st .
新法律将在五月一日付诸实施。
in/ out of practice 勤于/ 疏于实践或练习
It s important to keep in practice 经常练习很重要。
If you don t play, you ll get out of practice .
不练习就会荒疏。
make/ develop a practice/ habit of sth .形成做某事的习惯
I have made a practice/ habit of never lending money to strangers .
我自己立下个规矩, 从来不把钱借给生人。
Practice makes perfect .(谚)熟能生巧。
(2)practised(US-ticed)熟练的; 内行的; 有经验的
He performed the job with practised skill .
他干这工作很熟练。

牛刀小试

- (1) he practiced _____ 3 hours every day before the competition .(填空)她在赛前每天练拉小提琴3小时。
(2) laying the piano well requires _____ .(填空)
要弹好钢琴就得多练习。
(3) e have worked out the plan and now we must put it into _____ . (NMET1992, 38)
A .fact B .reality
C .practice D .deed
(4) _____ getting fully prepared before doing anything .
(填空)我已经养成一个习惯, 凡事都要先做好充分准备。

2 .stomach n .胃, 肚子(复数直接加 s)
An ant has two stomachs .蚂蚁有两个胃。

黄金搭配

- (1)have no stomach for 对.....没胃口;对.....没有兴趣
He has no stomach for swimming .他不想去游泳。
(2)on a full/ an empty stomach 饱/ 空着肚子
It is unwise to swim on a full stomach .
饱着肚子去游泳是不智之举。
This medicine must be taken on an empty stomach .
此药必须空腹吃下。
(3)turn one s stomach 使某人感到厌恶/ 恶心
The sight of blood turns her stomach .她见血就反胃。
(4)派生词
stomachache 胃疼;腹疼

牛刀小试

- (1) abies usually seem to like to put everything into their _____ .(填空)婴儿好像喜欢什么东西都要往肚子里塞。
(2)He _____ (不想看电视) tonight .
(3) t does harm to your health _____ .(填空)
空腹喝酒对身体有害。
(4) immediately left that restaurant because the dirty tables and floors _____ .(填空)我马上离开了那家餐馆, 因为脏兮兮的餐桌和地板让我感到恶心。

3 advice, suggestion, tip

辨析金钥匙

三个词都有“ 建议 ”之意,但各有侧重。
advice 是不可数名词,表示“ 劝告; 忠告; 建议 ”,是就别人做什么或怎样做给出意见。

act on/ follow/ take sb . s advice
听从/ 遵从/ 接受某人的劝告
Let me give you a piece/ a bit/ a few words/ a word of advice
让我给你一项/ 一点/ 几句话的/ 一句话的忠告.....
suggestion 是可数名词,指“ 提议或建议的内容(主意、计划、人选等) ”。

I want suggestions about what to do today .
今天做什么,我想听听有何意见 .
All the suggestions are that government should take immediate measures to stop the pollution .

所有的建议都是政府应马上采取措施制止这种污染。
tip 是可数名词,指“ 小而有用的建议;小而实用的提示 ”。

Here s a handy tip for removing stains from clothing .
有个除掉衣服上污点的窍门儿。

牛刀小试

- (1) If you don't know what to do with the matter, ask your parents for _____. (填空) 如果你不知道怎样处理这件事, 征求一下你父母的意见吧。
- (2) Janet was my first _____ as chairperson. (填空)
珍妮特是我推荐担任主席的第一人选。
- (3) Here are some _____ on how to write a recipe, which I hope can be of some help. (填空) 这是如何写菜谱的几点建议, 希望能有些帮助。

4 hurt, pain, ache

辨析金钥匙

pain(C, U) *n.* 通常指“身体某部分或肉体上的疼痛或不适”; 有时也指精神上的痛苦、苦痛。

be in (great) **pain** (剧) 痛

suffer from back **pain**/ stomach **pain** 患背痛/ 胃痛

have a **pain** in one's back/ chest/ shoulder, etc. 背痛/ 胸痛/ 肩痛等

His harsh words caused her much **pain**.

他说话很刺耳, 她听了很不舒服。

ache 一般用作动词; 做名词时常常出现在复合词中, 很少单独使用, 指“持续的、隐隐的疼”。

head**ache**/ stomach**ache**/ tooth**ache** 头疼/ 胃疼/ 牙疼

hurt 只做动词用, 可以及物也可以不及物。可指人体某一部位由于外界原因而感到疼痛, 也可以表示某一物体给人体某一部位带来疼痛, 还可以指精神上的伤害。

My new shoes are so tight that my feet **hurt** badly.

我的新鞋子太紧, 脚疼得厉害。

He had his left foot **hurt** in the football match.

他在足球比赛中伤了左脚。

His words **hurt** her. 他的话伤害了她。

牛刀小试

- (1) The war made a lot of people suffer from much _____ of separation. (填空) 战争使很多人饱尝分离的苦痛。
- (2) He wound _____ so much that the boy screamed with _____. (填空) 伤口疼得厉害, 男孩疼得大叫。
- (3) He had a good time taking part in a football match yesterday, but I _____ all over now. (填空) 我昨天踢了一场足球赛, 玩得很开心, 可是今天浑身疼痛。
- (4) It is terrible _____ prevented him from coming to attend this conference. (填空) 他头疼得厉害, 无法来参加本次大会。

5 plenty of 很多, 大量

该短语后面可接可数名词复数, 也可接不可数名词, 词

组做主语时谓语动词的数随名词的数进行变化。

Plenty of eggs were sent to him while he was in hospital.

在他住院期间, 人们给他送了很多鸡蛋。

We have had **plenty of** rain these days, which benefits the crops greatly. 近日来雨水很多, 非常有利于作物生长。

知识链接

表示“很多”的词组有以下四类:

(1) 后面既可以接可数名词复数又可以接不可数名词的短语, 词组做主语时谓语动词的数随名词的数进行变化 (除 large quantities of 外), 如 a lot of/ lots of/ a large quantity of.

There **is a small quantity of** water left in the bottle.

瓶中的水已所剩不多了。

A large quantity of books **have** been sent to the mountain village primary schools. 大量的书籍已送往山区小学。

请注意: large quantities of 后面不论接可数名词复数还是不可数名词, 谓语动词一般都使用复数, 如: **Large quantities of** food **are** left on the table. 桌子上剩下了很多食物。

(2) 后面只可以接可数名词复数的短语, 词组做主语时谓语动词用复数, 如 a number of/ a variety of/ many.

He has **a variety of** interests. 他兴趣广泛。

A number of students **were** playing basketball at the time of class. 上课期间一些学生在打篮球。

请注意: **The average number of** students of our classes **is** 55. 我校各班学生平均人数是 55 人。这里“the number of + 可数名词复数”表示该可数名词复数的数量, 后面谓语动词用单数。

(3) 后面只可以接不可数名词的短语, 词组做主语时谓语动词用单数, 如 a great deal of/ a large sum of (一般 a large sum of 后面都接金钱)。

Because the weather was very hot, we drank **a great deal of** water. 由于天气很热, 我们喝了很多水。

A large sum of money **is** needed to build a school.

建一所学校需要大量的资金。

(4) 后面接可数名词单数, 表达复数意义, 但词组做主语时谓语动词用单数的短语, 如 many a/ more than one.

Many a student failed to pass the examination because of its difficulty. 由于试题难度较大, 许多学生不及格。

More than one student **likes** this kind of sports.

很多学生都喜欢这种运动。

牛刀小试

The number of people invited _____ fifty, but a number of them _____ absent for different reasons.

(NMET1996, 14)

A .were; was

B .was; was

C .was; were D .were; were

6 . s + 助动词 + (另一个主语)引导比较状语从句‘和……一样’

John is very healthy, **as were his sisters** .
约翰和他的妹妹们一样很健康。
The girls are practicing swimming, **as are the boys** .
女生们和男生们同样在练游泳。

牛刀小试

(1) ohn enjoys sports, _____ his younger brother .
(填空)约翰和他的弟弟一样都喜欢运动。

知识链接

so + 助动词 + (另一个主语)“也”(前句是肯定句)
He would like to go onto the Internet to check his email,
so would I .他想上因特网查信,我也想去。

牛刀小试

(2) ang Li has studied English for almost 5 years,
_____. (填空)王丽学英语差不多五年了,我也是。

7 .keep up with 跟上

They walked so fast that I could not **keep up with** them .
他们走得太快,我跟不上。

知识链接

catch up with 赶上
He determined to work hard in the hope of **catching up with** his deskmate by the end of the term .
他决心努力学习,希望在学期末赶上他的同桌。

牛刀小试

We have to make good use of time to learn as much as possible to _____ the high pace of modern time .(填空)
我们必须充分利用时间多学知识,跟上现代生活的快节奏。

8 .make a choice 作出选择

黄金搭配

make a choice about 对……作出选择
We must be able to **make right choices about** what we must do in order to achieve our goals .为了实现我们的目标,我们必须能够对自己必须做的事情作出正确的选择。

知识链接

have no choice but to do sth .只有做……,别无选择;除

了做……外无事可做

When the bear sees snow all around, it **has no choice but to lie** down and sleep again .

如果熊看见周围仍是白雪皑皑,它就只好再躺下睡觉。
请注意:如果介词 but 前使用实义动词 do 的某种形式, but 后的动词一般不再使用 to。

He had nothing to do/ did nothing but **watch** TV .
他除了看电视外无事可做/ 什么事也没做。

牛刀小试

(1) efore you take any action, you must _____ (作出选择) .
(2)On that island, he had no choice but _____ (等待)some passing ship to rescue him .

9 . ase sth .on sth . else 以某事物为另一事物的根据、证据等

I **base** my hopes **on** the good news we had yesterday .
我把希望寄托在我们昨天得到的好消息上。
This novel **is based on** historical facts .
这部小说是以历史事实为根据的。

牛刀小试

(1) ou cannot _____ others' sufferings .(填空)
你不能把自己的幸福建立在别人的痛苦之上。
(2) eople make choices about their daily applications _____ .
(填空)人们按照收入选择日用品。

10 .diet, food

辨析金钥匙

diet 指的是习惯的食物或规定的食物,特指维持健康或定量的饮食,如病人的疗养饮食。

Proper **diet** and exercise are both important for health .
适当饮食和运动对于健康都是重要的。

food 是一般词语,凡是能吃喝的东西都可以称为 food。

Milk is the natural **food** for young babies .
奶是婴儿的天然食物。

牛刀小试

This _____ only allow you to eat fresh fruit although your friends have given plenty of _____ and drink .(填空)
虽然你的朋友给你送来了大量的食物和饮料,但按照这份食谱你只能吃新鲜水果。

11 .fit

知识驿站

(1) *adj.*

适合的(反义词: unfit; 同义词: suitable)

He is the very man that is **fit** for the job.

他是干这份工作的最佳人选。

He's been ill and isn't **fit** for work yet.

他一直在生病, 尚不能工作。

Water in this river is **fit** to drink. 河里的水可以喝。

健康的(尤指因经常锻炼)(近义词: healthy, well)

World-class athletes are extremely **fit**.

具有国际水平的运动员体格非常好。

He keeps (himself) **fit** by running 5 miles every day.

他每天跑 5 英里以保持身体健康。

辨析金钥匙

healthy, fit, well

healthy 和 fit 这两个词均表示人身体强健, 很少生病。

healthy 亦指有益于健康的条件, 或健康人的外部特征。

They have very **healthy** children.

他们的孩子都很健康。

This damp climate isn't very **healthy**.

这种潮湿的气候对健康不太有益。

She has a **healthy** appetite. 她胃口很好。

fit 指人的身体状况良好, 尤因经常锻炼所致。

—How do you stay so **fit**? 你是怎样保持健康的?—I go to keep **fit** classes. 我经常上健身课。

well 一般指人在特定场合下身体良好, 这个词常用以回答有关健康的询问。

He's been quite ill. I hope he gets **well** soon.

他病得很厉害, 但愿他能很快康复。

I think I'll go to bed. I don't feel at all **well**.

我要睡觉去了。我感到很不舒服。

—How are you? 你好吗?

—Very **well**, thank you. 很好, 谢谢你的问候。(2) *vt.*

(形状及大小对(某人))合适; 合身。

The shoes my father bought for my birthday **fit** (me) exactly.

我过生日时父亲给我买的这双鞋(我)穿着正合适。

I can never get clothes to **fit** me.

我总也买不到合身的衣服。

a close-**fitting** dress 紧身连衣裙The key doesn't **fit** the lock. 这把钥匙打不开这把锁。**辨析金钥匙****fit, suit**

fit 用来指“形状及大小对(某人)合适, 合身”。

The shoes **fit** me very well. 这双鞋子我穿正合适。

suit(尤指衣服的颜色或式样、发型等)适合于(某人)。

Does this skirt **suit** me? 这裙子我穿着好看吗?It doesn't **suit** you to have your hair cut short.

你不适合剪短发。

That colour doesn't **suit** your complexion.

那颜色不适合你的肤色。

fit on 试穿(同义词组: try on)

Be sure to **fit on** the dress before you decided to buy it.**黄金搭配**

be fit for/ be fit to do/ keep fit/ fit on

牛刀小试

(1) nyone who cannot see the cloth is considered to _____ his office. (填空) 看不见这块布的人被认为是不称职的。

(2) n order to keep _____ he rises early in the morning to do exercise. (选择)

A .well B .healthy C .fit

(3) he overcoat she presented to me _____ me exactly, but its colour does not _____ quite well. (选择)

A .suits; suit B .suits; fit
C .fits; suit D .fits; fit

(4) hile running, Mother asked me to _____ the new pair of shoes she just bought for me. (多选)

A .try B .try on
C .fit D .fit on

12. nly + 状语 + 助动词 + 主语 + 其他成分“只有……才”后面通常接倒装句式

Only by studying hard at our lessons **can we succeed** in the entrance examination. 只有努力学习才能在入学考试时成功。**Only** in this way **can we get ready for** the challenges and opportunities in life. 只有这样我们对生活中的挑战和机遇才会有充分的准备。**牛刀小试**

Only in this way _____ to make improvement in the operating system. (2003 上海春季)

A .you can hope B .you did hope
C .can you hope D .did you hope

13. ow and then 间或; 时时; 不时地(近义词组: now and again, from time to time, at times, sometimes)

I like to go to the opera **now and then** .

我喜欢偶尔去看歌剧。

Those who love French fries or sweets can still enjoy an unhealthy bite every **now and then** .

那些喜欢法国煎饼或甜食的人仍然可以不时地享受几口。

牛刀小试

(1) _____ she went upstairs to see if the baby was still asleep .(填空)她时而到楼上看看孩子是否还在睡着。

(2) e all write _____ , even when there s not much to say .(选择)

- A .now and then B .by and by
C .step by step D .more or less

14 .advise vt .

(1) 建议(同义词 : suggest)

I d **advise** them/ their trying the experiment in a different way .我应建议他们换个方法做这项实验。

We **advised** that they(should) take immediate action .
我们建议他们应该马上采取行动。

(2) 劝告

The doctor **advised** (me to take) a complete rest .
医生让(我)完全休息。

Her relations **advised** her against marrying quickly .
她的亲戚们劝她不要急于结婚。

要点提示

(1) advise + (代词宾格/ 形容词性物主代词/ 名词/ 名词所有格) v-ing (关于后接-ing 形式作宾语的动词请参见 8 . practise 项)

(2) advise + that-(should +) 动词原形 (可以这样用的常见动词 : 一坚持 (insist)、二命令 (command , order)、三建议 (advise , suggest , propose)、四要求 (ask , demand , request , require) , 可以用此歌诀帮助记忆。)

(3) advise sb . to do sth .

牛刀小试

(1) is parents advised _____ .(填空)
他父母建议他选文科。

(2) _____ , but he wouldn t listen .
(翻译) 我劝他戒烟 , 可他不听。

15 .even if 即使 ”(同义词 : even though)

Even if we could afford it , we wouldn t go abroad for our holidays .即使我们有能力 , 也不会出国度假。

Even if you lose the match , you shouldn t lose heart .
即使输了这场比赛你也不能丧失信心。

牛刀小试

(1) wouldn t allow you get in without a pass _____
_____ .(翻译) 即使您是您的上司 , 没有通行证我也不能让您过去。

(2) nce he has promised you , he will come , _____ .
(翻译) 他一旦答应了你 , 即使下雨 , 他也会来的。

16 . void vt “ 避开 , 躲避 , 避免 ”(后面接 v-ing 形式)

They all **avoided** mentioning that name .
他们都避免提及那个名字。

To make sure to arrive there on time , we tried to **avoid** driving through the centre of cities .
为了按时赶到 , 我们尽量避免开车穿过市中心。

牛刀小试

The squirrel was lucky enough and avoided _____
(catch) .(用动词的适当形式填空) 松鼠很走运 , 没被抓着。

17 .lead live a + adj . + life 过着……的生活

A lot of people used to **lead live a miserable life** .
过去很多人过着悲惨的生活。

知识拓展

能够使用同源宾语的动词还有 : smell a smell ; sleep a sleep ; smile a smile ; dream a dream 等。

I **smelt a pleasant smell** with a breeze blowing by .
一阵微风吹过 , 我闻到了花香。

18 .be rich in 含有富有的……

A healthy diet should **be rich in** nutrients .
健康饮食应含有丰富的营养。

Iraq is a county that **is rich in** oil .
伊拉克是一个有丰富石油的国家。

牛刀小试

I prefer plays _____ humour .(填空)
我偏爱富有幽默的戏剧。

探究学习

1 . t s nearly seven o clock . Jack _____ be here at any moment . (NMET1995 , 30)

must need should can

命题意图 : 考查根据语境选用适当情态动词的能力。

解析 : 该句句意为 “ 快 7 00 了 , 杰克随时会到。 ” 注意前句的语境启示作用。这里 should 意思是 “ 按道理讲应

该”。

答案:C。

思路探究:要理解把握题干的语境意义,理解说话人的情态,这是关键。此处 should 意思是“按道理讲应该”。

- 2 . Would you mind if I smoke here ?
—_____ . We don t allow smoking here .
You d better not It doesn t matter
Never mind No problem

命题意图:考查 had better 在现实生活中的实际运用。

解析:句子答语部分意思为:“最好别抽烟。此处戒烟。”很明显,答语的后句是关键的信息。had better(not)在此处表示“规劝或建议”;It doesn t matter “没关系”用来回答感谢;Never mind “不要紧”用来表示安慰;No problem .用来表示把握性。

答案:A。

思路探究:要真正理解把握语境,在语境中正确使用情态动词,正确表达意义。要特别注意题干中关键的信息词。

高考链接

- 1 . any countries are increasing their use of natural gas ,
wind and other forms of _____ . (1996 上海, 17)
energy source
power material

【解析】答案为 A。考查名词的用法。句子意思为“很多国家在越来越多地使用天然气、风以及其他形式的能源”。根据句子意思可以判断 natural gas, wind 都是 energy 的不同形式,故选 A。source“源泉”;power“动力”;material“材料”。

- 2 . llen had to call a taxi because the box was _____
to carry all the way home . (NMET2003, 23)
much too heavy
too much heavy
heavy too much
too heavy much

【解析】答案为 A。本题的考查目标是在语境中考查 much too 和 too much 的使用。much too 用来修饰形容词或副词,表示“实在太”;too much 用来修饰不可数名词,表示“实在太”。本句意为“阿兰只好叫了一辆出租车,因为箱子

实在太重无法一路搬回家。”这里是说“箱子实在太重”,much too 修饰形容词 heavy。

(一)基础过关

1 .英汉翻译。

- (1)提出建议
- (2)吃药
- (3)跟上现代生活的快节奏
- (4)对.....有害
- (5)腹部疼痛
- (6)保持均衡的饮食
- (7)把.....切碎
- (8)有点发烧
- (9)避免受罚
- (10)把配料列一个清单

2 .根据对话内容,在空白处填入适当的句子,使对话完整连贯。

- A: Hello, young man . (1) ?
- B: Hello, Dr . Brown . I am not feeling well .
- A: Please come here and lie on your stomach and (2)
(The doctor press his back .) .
- B: Ouch !
- A: What did you do ?
- B: I fell off my bicycle .
- A: Ah ! You should have been more careful . Don t worry .
(3) . Just take a rest, and you ll be all right soon .
- B: Thank you, doctor .

3 .词类转换。

- (1) e has just returned from a physical _____(examine) .
- (2)I felt so _____(sleep)that could hardly open my eyes .
- (3) Thank you for the _____ (taste) meal you cooked
for us !
- (4)Do drink _____(boil)water .
- (5)The _____(mix)tasted terrible .

4 .同步语法(had better, should, ought to)。

- (1) here was a lot of fun at yesterday s party . You _____
come, but why didn t you ? (1999 上海, 14)
- A .must have
- B .should
- C need have
- D ought to have
- (2) told Sally how to get here, but perhaps I _____ for
her . (NMET1994, 16)
- A .had to write it out
- B .must have written it out
- C .should have written it out
- D ought to write it out
- (3) t s freezing outside . You _____ put on your overcoat .
(MET1987)
- A .had better to
- B .had better
- C .would better
- D .would better to

- (4) Can I leave this door open ?
- You _____ better not . (MET1985)
- A .should
- B .would
- C .could
- D .had

(二)知能拓展

介绍你的拿手菜或本地的一份名吃的做法。

(三)综合创新

单项选择填空

- 1 . s I will be away for a long time, I d appreciate hearing
from you _____ telling me how the business is getting
along .
- A .by and by
- B .now and then
- C .more or less
- D at the same time
- 2 . ost fruits are naturally sweet and we can eat them just the
way _____ .All we have to do is to clean and peel them .
- A .they are
- B .it is
- C .they do
- D .it does
- 3 . he fans still admired Michael Jordan _____ he was no
longer playing basketball .
- A .when
- B .however
- C .even if
- D .since
- 4 . Can I _____ playing the piano here now ?
- You d better not . It s already time for sleep .
- A .conduct
- B .prepare
- C .exercise
- D .practice
- 5 . What s wrong with you ?Why is your face so red ?
- I had just drunk _____ .
- A .much too beer
- B .too much beer
- C .too many beer
- D .many too beer
- 6 . ddie has made great progress in his physics these
days,_____ .
- A .as his sister has
- B .as has his sister
- C .his sister has either
- D .his sister has so
- 7 . he actress has to _____ a diet to lose weight because
she is to act a pretty slim girl in the film .
- A .take on
- B .carry on
- C .go on
- D .have on
- 8 . ruit _____ lots of vitamin B and C, which is of great
importance to our health .
- A .holds
- B .includes
- C .remains
- D .contains
- 9 . e _____ me to go to the seaside for a holiday to relax
myself, but I haven t made up my mind yet .
- A .considered
- B .hoped

Unit 13 Healthy eating.....

- C .advised D .persuaded
10 . he machine won t _____ well if not oiled properly and
in time .
A .serve B .function
C .handle D .perform

完形填空

阅读下列短文,掌握其大意,然后从所给的四个选项中,选出最佳选项。

It was my birthday last Thursday and I decided to celebrate it by inviting a few friends out to supper . I chose a restaurant in a 11 part of town . It is one of my 12 restaurants because the food is good and the waiters are friendly . It is hardly ever crowded, because 13 people know about it, it is not usually necessary to book a table . In any case Thursday is not a busy evening as a rule .

When we entered the restaurant, I was surprised to find it completely 14 . I looked around but not a 15 table was free . One of the waiters 16 me . He came across and explained the situation : " A party of tourists came in about 17 ago, "he said, " It was like an invasion (侵略) ! 18 the place was full ! We can hardly manage . "

The waiter then 19 a table in the corner . " The people there are about to leave, "he said, " Just hold on and you ll 20 a place there . " He was right . Fifteen minutes later, the people 21 the corner table paid their bill, got up and left . I led my friends across and we all sat down .

Unfortunately our table is almost 22 . We tried to attract the attention of the waiter who sent us there, but he, like 23 waiters, was busy with the party of tourists . They ordered 24 food . But at last, an hour later, the tourists were finishing their meal and looking very 25 with life . The waiter, now very tired, appeared at our table . I advised my friends about the best dishes and finally the waiter went off with our 26 .

A few moments later he 27 to our table . We could tell from his face that he had 28 for us . Full of apologies, he informed us that there was 29 left : " All we can 30 you, "he said, " is an omelet (炒蛋) . "

- 11 . quiet B .noisy
C .crowded D .busy
12 . best B .popular
C .famous D .favourite
13 . a few B .a little
C .few D .little

- 14 . .empty B full C .free D .quiet
15 . .one B any C .single D .other
16 . .knew B .recognized
C .saw D .served
17 . .a half hour B .half a hour
C .half an hour D an hour half
18 . .Suddenly B .Soon
C .Quickly D .Certainly
19 . .pointed out B .pointed over
C .pointed on D .pointed to
20 . .find B .find out
C .discovered D .searched
21 . .by B .besides
C at D .near
22 . .insight B .out of sight
C .seen D at sight
23 . .all the other B all another
C all the others D all other
24 . .a large quantities B a large number of
C .many D .plenty of
25 . .existed B .tired
C .pleased D .disappointed
26 . .dishes B food
C menu D .order
27 . .returned B .came
C .was D .went
28 . .a good news B .bad news
C good news D a bad news
29 . .meat for fish B .no meat and fish
C meat and fish D .no meat or fish
30 . .give B .offer
C .sell D .order

阅读理解

阅读下列短文,从所给的四个选项中,选出最佳选项。

A

Beginning in October more than 13, 000 McDonald s restaurants in America will use a new variety of cooking oil . McDonald s aims to make its French fries and other fried foods healthier .

The change will not affect the taste or the number of calories in the food . But by changing the cooking oil, McDonald s says, it hopes to cut by nearly half the amount of trans fatty acids (转换脂肪酸) in French fried and reduce the amount of saturated fats (饱和脂肪) by 16 percent . Scientists

believe that trans fatty acids and saturated fats raise cholesterol (胆固醇) level and increase the risk of heart diseases .

McDonald s new step is important because McDonald s is an industry leader and other fast-food chains and food processors may follow that lead .

For McDonald s, the action comes at a time when Americans are becoming more and more concerned about obesity (肥胖) and are increasing pressure on food companies to offer healthy and nutritious food to consumers .

After three years of study, McDonald s officials say they are switching to oil that is lower in saturated fats and trans fatty acids . McDonald s says the change will not cause higher costs for consumers .

Though there is some change, scientists say that the amount of trans fat in foods at McDonald s and at other fast-food companies is still important .

31 . More than 13,000 McDonald s restaurants in America will use a new kind of cooking oil to _____ .

- A .lower the costs of the products
- B .make its food taste better than ever before
- C .cure the heart disease
- D .do good to the health of consumers

32 . The underlined word “ switching ” here has the same meaning as “ _____ ” .

- A .turning on
- B .turning off
- C .changing
- D .studying

33 . The main idea of the passage is _____ .

- A . McDonald s is a pioneer in food products
- B .McDonald s is enlarging its restaurants in the world
- C .fried foods can t keep up with the development of modern society
- D .McDonald s is to use a new cooking oil

34 . When a new kind of cooking oil is used in McDonald s, _____ .

- A .the prices of McDonald s food will be a lot higher
- B . consumers will find the taste of McDonald s foods different
- C . many other food companies will do what McDonald s does
- D .obesity will disappear in American society sooner or later

35 . Which of the following is TRUE according to the passage ?

- A .If a person s cholesterol is high, it won t affect his health .

B .Heart disease is connected with the contents of cholesterol .

C .The Americans pay no attention to the action of McDonald s .

D .Most of American foods are lower in trans fatty acids .

B

Do you love holidays but hate the increase weight that follows ? You are not alone .

Holidays are happy days with pleasure and delicious foods . Many people, however, are worried about the weight that comes along with these delicious foods .

With proper planning, though, it is possible to control your weight . The idea is to enjoy the holidays but not to eat too much . You don t have to turn away from the foods that you enjoy . The following suggestions may be of some help to you .

Do not miss meals . Before you leave home for a feast, which is a large meal, have a small, low-fat snack . This may help to keep you from getting too excited before delicious foods .

Begin with clear soup and fruit or vegetables . A large glass of water before you eat may help you feel full . Use a small plate, a large plate will encourage you to have more than enough .

Better not have high-fat foods . Dishes that look oily or creamy have much fat in them .

Choose lean meat (瘦肉) . Fill your plate with salad and green vegetables .

If you have a sweet tooth, try mints (薄荷) and fruits . They don t have fat content as cream and chocolate .

Don t let exercise take a break during the holidays . A 20-minute walk after a meal can help burn off excess (过多的) calories .

36 . Holidays are happy days with pleasure but they may _____ .

- A .bring weight problems
- B .bring you much trouble in your life
- C .make you worried about your foods
- D .make you hate delicious foods

37 . In order to really enjoy your holidays without putting on weight, you d better _____ .

- A .drink much water and have vegetables only
- B .not eat much food in high fat
- C .not accept invitations to feasts
- D .turn away from delicious foods

38 . According to the passage, _____ is a necessary part to

Unit 13 Healthy eating.....

stop you from putting on weight .

- A .vegetables B .water
C .calories of energy D .physical exercise

39 . any people can't help putting on weight after the holidays because they _____ .

- A .can't control themselves
B .go to too many feasts
C .enjoy delicious foods
D .can't help turning away from the foods

40 . xcess calories can be found in your body in the form of _____ .

- A .energy B .fat
C food D .something invisible

C

Convenience foods

Instead of buying only fresh foods, Americans nowadays buy many more convenience foods . These are foods which are ready partly or completely prepared . Many of them are frozen, such as frozen dinner, heated-serve French fries, and frozen pizzas .

Convenience foods save time and trouble . They are popular with people who are busy or who don't like to cook or wash dishes . But they often cost more than fresh, unprepared foods and may contain man-made additives . Also many people feel they don't taste as good as home-cooked foods .

Health food and co-ops

In the 1960s, a " back-to-the-earth " movement was started by young people in the United States . The movement was reaction against the harmful effects of technology . From the movement came a new understanding of food and health . Many people now prefer natural and organic foods to the prepared foods sold in health food stores or in food ops, food is usually not packaged . Customers bring their own bags and jars and take their food out in boxes or baskets .

The diet craze

These days Americans are more and more concerned with their weight . Perhaps as many as 70 million Americans are on weight-dollar business .

American supermarkets sell a variety of diet foods such as diet soft drinks, diet salad dressings . Dieters also spend money on diet pills, exercise machines, and jogging suits .

Each year dozens of new diets are popularized . They have such names as the Miracle Diet, the Nine-day Wonder Diet, and the East 24-hour Diet . There is even one called Ice Cream

Diet , which advises the dieters to eat only ice cream for lunch and dinner ! For dieters who can not lose weight on their own, there are many well-organized diet groups, which offer help and encouragement .

41 . ccording to the passage, in America, _____ .

- A .people don't buy fresh foods
B . canned food is the best seller among the convenience foods
C .convenience foods are popular with some people because they save time and trouble
D .convenience foods are not as expensive as fresh unprepared ones .

42 . hose who started the " back-to-the-earth " movement in the 1960s _____ .

- A . ust have dreamed of making more money from it
B .should be praised for their action
C .might suffer from some mental disease
D .might be too foolish and nonsense

43 . t can be inferred from the third part that _____ .

- A . here must be something wrong with Americans
B .rich American people should offer their money to the poor
C . businessmen are getting much money from the diet craze
D .fat Americans are too foolish to take too much food

44 . he writer thinks that _____ .

- A .diets are all effective to people
B .American s diets are of no use to people
C .the Ice Cream Diet is the best
D .all of the diets are not believable

45 . hich of the following is true according to the passage ?

- A . mericans buy many more convenience foods because the foods taste more delicious and Americans are lazy .
B .The " back-to-the-earth " movement lead people to realize the equal importance of natural foods and the prepared foods sold in stores .
C .America is a big market for weight-dollar business .
D .Any of the popularized diets is useful and good for people s concern with weight .

D

In the last 500 years, nothing about people—their clothes, ideas, or languages has changed as much as what they eat . The original chocolate drink was made from the seeds of cocoa tree by South American Indians . The Spanish

introduced it to the rest of the world during the 1500s . And although it was very expensive, it quickly became fashionable . In London shops where chocolate drinks were served became important meeting places . ome till exist today .

The potato is also from the New World . Around 1,600, the Spanish brought it from Peru to Europe, where it soon was widely grown . The potato was the main food at Irish table . Thousands of Irish people starved when the crop failed during the“ Potato Famine(土豆饥荒) ”of 1845 ~ 1846, and thousands more were forced to move to America .

There are many other foods that have traveled from South America to the Old World . But some others went in the opposite direction . Brazil is now the world’s largest grower of coffee, and coffee is an important crop in Colombia and other South American countries . But it is native to Ethiopia(埃塞俄比亚,非洲国家) . It was first made into a drink by Arabs during the 1400s .

According to an Arabic story, coffee was discovered when a man named Kaldi noticed that his goats were attracted to the red fruits on a coffee bush . He tried one and experience the “ wide-awake ” feeling . The one-third of the world’s population now starts the day with it .

46 . ccording to the passage, which of the following has changed the most in the last 500 years ?

- A .Food . B .Chocolate . C .Potato . D .Coffee .

47 “ Some ” in the sentence “ Some still exist today ” refers to _____ .

- A .cocoa trees B .chocolate
C .shops D .meeting places

48 . housands of Irish people starved because _____ .

- A . hey depended on the potato
B .they were forced to move to America
C .the weather conditions in Ireland were not fit for growing the potato
D .the potato harvest was bad

49 . offee originally came from _____ .

- A .Brazil B .Colombia C .Ethiopia D .Arabia

50 . he writer used an Arabic story to prove that _____ .

- A .offee was first discovered by Kaldi
B .coffee was first discovered by Kaldi’s goats
C .coffee was first discovered in south American countries
D .coffee drinks were first made by Arabs

短文改错

此题要求改正所给短文中的错误。对标有题号的每一行作出判断:如无错误,在该行右边横线上划一个(√);如有错误(每行只有一个错误),则按下列情况改正:

该行多一个词:把多余的词用斜线(/)划掉,在该行右边的横线上写出该词,并也用斜线划掉。

该行缺一个词:在缺词处加一个漏字符号(^),在该行右边横线上写出该词。

该行错一个词:在错的词下划一横线,在该词右边横线上写出改正后的词。

One afternoon my father and I go fishing on a
51 _____
riverside . We found the water was very dirty that
52 _____
we could not see the bottom . We also found some
53 _____
rubbish or dead fish flowing on the water . That
54 _____
afternoon, my father and I caught only a smaller fish .
55 _____
Why do the fish in the river die ? That was because
56 _____
of a lot of factories along the river always
57 _____
poured its waste water and rubbish into the river
58 _____
and the water got polluting(污染) . Thus, most of the
59 _____
fish in the river killed .
60 _____

书面表达

快餐在中国很流行,但快餐对身体没有什么好处。请根据以下要点,以 Fast Food 为题写一篇英文短文,准备发表在生活杂志上。

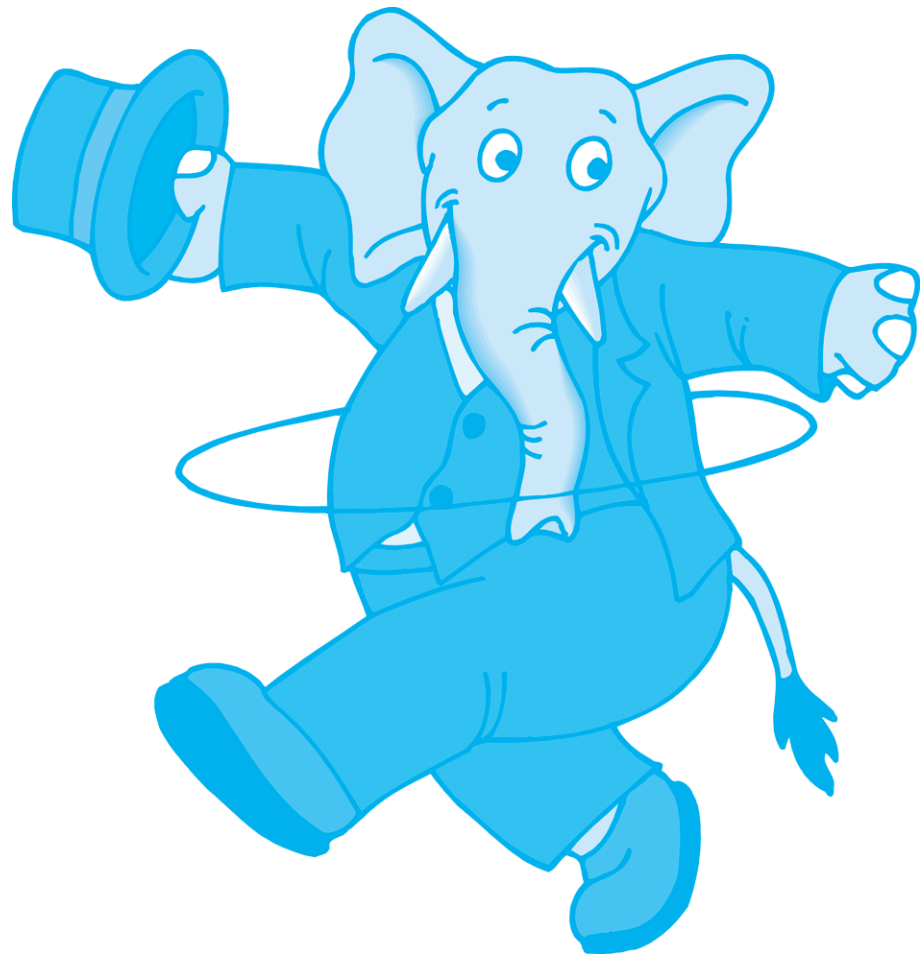
- 1 快餐在中国非常流行,人们尤其是儿童和青少年都非常喜欢吃快餐;
2 快餐受欢迎至少有如下四个方面的原因:
1)方便,节约时间;
2)既可以在店里吃,又可以带回家吃,还可以在路边吃;
3)店里环境干净、幽雅、舒适;
4)服务周到,食品质量有保证。
3 但快餐营养不均衡,不尽人意;
4 建议:如时间来不及可以考虑快餐,但以偶尔品尝为宜,儿童尽量少吃快餐。

注意:(1)不要逐字逐句翻译,表达要符合英语习惯;
(2)词数 100 左右。

Fast Food

Unit 13 Healthy eating.....

Fast food is becoming more and more popular in China,
especially among children and teenagers .



UNIT 14

* Festivals *

节 日

预习导引

语篇领悟:根据本单元课文内容,完成下列各题:

- 1 . wanzaa was created to _____ .
A .celebrate the culture and history of African Americans
B .to greet the new year and think about the past
C .Both A and B
D .continue the celebration of Christmas
- 2 . hat is NOT true about first-fruit festivals in Africa according to the text ?
A . eople would get together to celebrate their harvest .
B .People used to give thanks for their harvests and for life .
C .People used to honour their ancestors and celebrate their past .
D .People just celebrated their history and culture .
- 3 . he reason Kwanzaa is celebrated from December 26 to January 1 is that _____ .
A . hristmas has just passed so people can enjoy Kwanzaa better by earning more money
B .people can enjoy the spirits of the holidays without the commercial activities of Christmas
C .Kwanzaa is a time for both joy and learning
D .people can have more free time for the discussion of the seven principles
- 4 . ccording to the seven principles, _____ .
A . e should unite and depend on ourselves
B .we should think about ourselves before the unity
C .the most important is to remember our history and honor our ancestors
D .we should believe what the others say
- 5 . olidays and festivals can help us _____ .
A . nderstand who we are

- B .remember where we come from
C .share our hopes for a happy future
D .All the above .

- 1 . 本题集细节查找和全文归纳于一体。从课文第一段“ Kwanzaa is festival celebrating the culture and history of to greet the new year and think about the past ”可知“ 宽扎节 ”为的是庆祝非裔美国人的文化和历史。
- 2 . 本题为细节理解题。由第二段的最后一句话可知“ 初果节 ”不仅是庆祝历史和文化也是庆祝新年的节日,因此 D 是片面的,不正确。故选 D。
- 3 . 本题考查细节理解。从文章第四段“ people celebrate Kwanzaa can enjoy the spirit of the holidays without all the commercial activities of Christmas ”可知 B 是正确的;也可知 A 是错误的,因为“ 宽扎节 ”是为了避免圣诞节的商业活动。
- 4 . 本题为归纳题。仔细阅读理解“ 宽扎节 ”的七条原则,可知其精髓即是自主团结。
- 5 . 本题考查细节查找及其综合。从文章的最后一段的最后一句可知答案为 D。

知能互动

1 .compare vt / vi .比较

If you **compare** their poems, you ll find hers is much better .

要是把他俩的诗比较一下,就会发现她的好得多 .

黄金搭配

(1)compare A to B 把 A 比作 B;把 A 与 B 相比