



MU LU

目 录

Unit 13	Healthy eating	1
Unit 14	Festivals	15
Unit 15	The necklace	29
Unit 16	Scientists at work	44
Unit 17	Great women	60
期中测试题		74
Unit 18	New Zealand	79
Unit 19	Modern agriculture	94
Unit 20	Humour	109
Unit 21	Body language	121
Unit 22	A world of fun	132
期末测试题		147
参考答案		153

Unit 13 Healthy eating



预习导航

Read the background and pay special attention to the underlined words and expressions. Developing healthy eating habits isn't as confusing or as <u>restrictive</u> as many people imagine. The first principle of a healthy diet is simply to eat a wide variety of foods. This is important because different foods make different <u>nutritional</u> contributions. Secondly, fruits, vegetables, grains, and <u>legumes</u>—foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat, and free of <u>cholesterol</u>—should make up <u>the bulk of</u> the calories you <u>consume</u>. The rest should come from low-fat dairy products, lean meat and <u>poultry</u>, and fish. You should also try to maintain a balance between calorie intake and calorie <u>expenditure</u>—that is, don't eat more food than your body can <u>utilize</u>. Otherwise, you will gain weight. The more active you are, therefore, the more you can eat and still maintain this balance. Following these three basic steps doesn't mean that you have to give up your favorite foods. As long as your <u>overall</u> diet is low in fat and rich in <u>complex</u> carbohydrates, there is nothing wrong with an occasional cheeseburger. Just be sure to limit how frequently you eat such foods, and try to eat small <u>portions</u> of them. You can also view healthy eating as an opportunity to <u>expand</u> your range of choices by trying foods—especially vegetables, grains, or fruits—that you don't normally eat. A healthy diet doesn't have to mean eating foods that are <u>bland</u> or <u>unappealing</u>.	Keys: 1. 限制性的 2. 营养的; 滋养的 3. 豆 4. 胆固醇 5. 大批 6. 消耗; 消费 7. 家禽 8. 支出; 消费 9. 利用 10. 全部的 11. 复杂的; 合成的 12. 一部分 13. 使膨胀; 扩张 14. 温和的; 乏味的; 刺激性少的 15. 无吸引力的
Fill in the blanks according to the first letters. 1. Could you slow down a bit? I can't keep <u>p</u> with you. 2. All main courses come with salad or <u>v</u>. 3. Dried fruits are specially high in <u>f</u>. 4. The <u>c</u> industry produces such things as drugs, paint and rubber. 5. Since I started eating more healthily, I've got so much more <u>e</u>. 6. If you stay in the sun too long, your skin will <u>p</u>. 7. Cancer tops the list of <u>e</u> health problems. 8. Everything you cooked is so <u>t</u>. 9. Most people agree that fast food is <u>j</u> food. 10. Pick the tomatoes before they get too <u>r</u>.	Keys: 1. pace 2. vegetables 3. fibre 4. chemical 5. energy 6. peel 7. environmental 8. tasty 9. junk 10. ripe



通解设计(重、难点全把握)

I think that ice cream is junk food because it has a lot of fat and sugar. Traditional diets often have too much fat and too many calories for the 21st century person.

辨析: diet/food

- e. g. 1. The doctor has ordered me a special diet.
2. Proper diet and exercise are both important for health.

学法点拨

➔ 点拨: 我认为冰激凌是垃圾食品, 因为它含有大量的脂肪和糖。对于 21 世纪的人来说, 传统饮食往往含有太多的脂肪和热量。

辨析: diet/food

diet 和 food 都可作“食物”讲。diet 指的是习惯的食物或规定的食物, 特指维持健康的定量或定质的食物, 如病人的疗养饮食。food 是一般词语, 凡能吃喝的东西都可称为 food。

1. 医生给我安排了特殊的饮食。
2. 适当的饮食和运动对于健康都是很重要的。

3. Milk is the natural food for young babies.

4. They gave us plenty of food and drink.

考题: He had stomach trouble and had to follow _____.

A. strict food

B. a strict food

C. strict diet

D. a strict diet

比较: too much/much too

e. g. 1. There is too much water here.

2. The trip is too much for the old man.

3. The box is much too heavy for me.

考题: Allen had to call a taxi because the box was _____ to carry all the way home.

A. much too heavy

B. too much heavy

C. heavy too much

D. too heavy much

My left arm is broken. It really hurts.

辨析: hurt/harm/wound/injure

e. g. 1. My stomach hurts because I have eaten too many apples.

2. Doctors say smoking harms our health.

3. The bullet wounded him in the shoulder.

4. He injured his left leg in a car accident.

考题: Yang Mei was badly _____ by your words. You _____ that to her.

A. wounded; should say

B. injured; mustn't say

C. hurt; shouldn't have said

D. hurted; wouldn't say

Was the peach ripe or green?

e. g. 1. These tomatoes are still too green to pick.

2. I'm not so green as to believe that.

3. It is still green in my memory.

你知道怎样翻译下面的词组吗?

1. give sb. /get the green light

2. green with envy

And I advise you not to eat fruit that isn't ripe in the future.

辨析: in future/in the future

e. g. 1. You'd better not go out alone in future.

2. No one knows what will happen in the future.

辨析: advise/suggest/persuade

3. 奶是婴儿的天然食物。

4. 他们给了我们大量的食物和饮料。

答案: D

比较: too much 后面接不可数名词或者不加任何成分,而 much too 后面接形容词或者副词。

1. 这里有太多的水。

2. 这次旅行对老人来说吃不消。

3. 这盒子对我来说太重了。

注意: much too 可以用 far too, rather too 等来代替。

答案: A

➔ **点拨:** 我的胳膊断了。它真的很疼。

比较: hurt 指精神上、肉体上的伤害,伴有强烈的疼痛(如例句 1); harm 指对人或物造成伤害(不一定直接)(如例句 2); wound 指外界暴力造成创伤,多指枪伤、刀伤,也可指感情上的伤害(如例句 3); injure 指健康、机能、外貌的伤害或损害,多指意外或事故造成伤害(如例句 4)。

答案: C

➔ **点拨:** 桃子是熟的还是生的?

green *adj.* (1)“没有成熟的”,反义词是 ripe. (2)(口语)不成熟的;无经验的;容易上当的。(3)健康的;有朝气的;新鲜的。

1. 这些番茄还未成熟,不能采摘。

2. 我不至于那么不成熟,而去相信那件事。

3. 那件事我记忆犹新。

1. 对……开绿灯,批准(获准)(干某事)

2. 非常嫉妒(羡慕)

➔ **点拨:** 我劝你以后不要吃不成熟的水果。

辨析: in future (= from now on) 今后(全部的将来), in the future (= in time yet to come) 在将来(某段时间)。

1. 今后你最好不要单独外出。

2. 没人知道将来会发生什么事。

辨析: (1) advise 与 suggest 表示动作,是“向……建议”的意思,两者的区别是:advise 后面加 somebody (not) to do..., 而 suggest 后面必须加 somebody (或者 somebody's) doing..., 当然两者都可以接宾语从句。注意:宾语从句的动词形式必须是 (should) (not) do...。(2) advise 与 suggest 的另一个区别是:可以说 suggest something to somebody, 而 advise 一般不能接 something 作宾语。(3) persuade 后面接 somebody to do..., 它的特别之处是它表示结果,不表示动作,是“成功地劝说,说服”的意思。此外 advise 与 persuade 之间可以转换, try to persuade = advise, manage to advise = persuade。

e. g. 1. I advise my father to stop smoking (= I suggest my father/father's stopping smoking) but I can't persuade him to.

2. I advise/suggest (that) my father (should) stop smoking.

3. I persuaded my father to stop smoking. Now, he is very healthy.

考题: We trust you; only you can _____ him to give up smoking.

A. suggest

B. attract

C. advise

D. persuade

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.

e. g. 1. She was fairly good at English, but in math she could not keep up with the rest of the students in her class.

2. The international situation changes so quickly nowadays that you cannot keep up with it.

考题: Julie is one of the woman who always _____ the latest fashions.

A. makes up for

B. takes up from

C. keeps up with

D. puts up with

catch up with

e. g. 1. He is working hard to catch up with others.

2. I walked as fast as I could, but I couldn't catch up with him.

make a choice

e. g. 1. He made a careful choice.

2. Now that you know all the facts, you can make many choices.

Stores offer all kinds of foods and snacks and we have to make many choices.

e. g. 1. What fruits are in season now?

2. He likes walking in the sands.

3. Don't put on airs with me.

But the choices we make are not just about nutrition.

e. g. 1. He is a possible choice.

2. This shop has a large /great choice of hats and shoes.

考题: It's difficult for a boy of five to make a right _____ from these items.

A. choice

B. progress

C. result

D. study

识记:

1. at choice

2. by/for choice

3. from choice

4. make choice of

5. make/take one's choice

1. 我劝说我父亲戒烟,但是没能说服成功。

2. 我建议爸爸戒烟。

3. 我劝爸爸戒了烟。现在,他身体很健康。

答案: D

➔ **点拨:** 若要想跟上现代生活的快节奏,我们最好能学会正确选择吃什么、怎么吃。

1. keep up with 指在生活水准、学业、知识等方面“赶上”前者或“达到”一定标准,含有起步前进,保持下去的意味。有时也可指在行走速度方面,后者跟上前者,往往含有保持同样速度的意思。

1. 她的英语相当好,但在数学方面她赶不上班里的其他同学。

2. 如今国际形势变化很快,你无法赶上。

答案: C

辨析: catch up with 通常指因在某方面落后于他人,从而“赶上、追上”他人,以达到同样的水平,不含超出之意。

1. 他努力工作,以便赶上其他人。

2. 我尽量快走,可还是赶不上他。

make a choice 作出选择

1. 他作了慎重的选择。

2. 既然了解了实情,你可以作出许多选择。

➔ **点拨:** 商店供应各种各样的食品 and 点心,我们得作出许多选择。

food 一般用作不可数名词,句中的 foods 表示“各种食品”。在英语中,有些不可数名词也可用于复数形式,表示“许多种类”。有的不可数名词的复数形式表示“大量”。

1. 现在是哪些水果上市了?

2. 他喜欢在沙滩上散步。

3. 不要在我面前摆架子。

➔ **点拨:** 可是,我们所作的选择不仅仅涉及营养。

choice *n.* 选择、抉择;选择机会、选择权;被选中的东西、入选者;供选择的种类、选择范围

1. 他有可能入选。

2. 这家商店有很多种鞋帽可供选择。

答案: A

1. 可随意选择

2. 出于自选、凭爱好;如果要选(就选)

3. 自愿地

4. 选定

5. 选择

6. of choice

have no choice but to (do) / There is no choice but to (do)

e. g. I had no choice but to leave here.

can do nothing / do nothing / have nothing to do but do

e. g. 1. I can do nothing but wait.

2. He does nothing but play all day.

not just

e. g. His lecture not just referred to the cultural difference between American and China.

Instead of eating expensive diet foods or going on unhealthy diets, we can simply try to eat less fat and sugar and exercise more.

instead of

e. g. 1. Can you have the meeting on Thursday instead of Saturday?

2. Instead of just complaining all the time, why don't you do something about it? simply

e. g. I'd like to help. It's simply a question of money.

Only in that way will we be ready for the challenges and opportunities in life.

e. g. 1. Only then did I realize that I was wrong.

2. Only in this way can you improve your pronunciation.

3. Only after he came did I know that she had already gone to Canada.

4. Only he knows it.

考题: I failed in the final examination last term and only then _____ the importance of studies.

A. I realized

B. I had realized

C. had I realized

D. did I realize

Even if we choose nutritious food for our main meals, we probably still need to refuel now and then.

even if

e. g. 1. Even if you take a taxi, you'll miss your train.

2. Even though I didn't know anybody at the party, I had a good time.

3. Even if you lose the match, you shouldn't lose heart.

now and then

e. g. 1. John comes to visit me every now and then.

2. I don't think about my old home very much, only now and then.

考题: We all write _____, even when there's not much to say.

A. step by step

B. by and by

C. more or less

D. now and then

6. 自选的、优先选择的;精选的、特别的

拓展: have no choice but ... / There is no choice but ... 除做 ... 外别无选择

我别无选择,只好离开这里。

辨析: can do nothing / do nothing / have nothing to do but 只是

1. 我别无他法,只好等待。

2. 他整天只是玩。

not just = not only 不仅

他的演讲不仅仅涉及到中美之间的文化差异。

➔ **点拨:** 无需吃昂贵的食疗食品,或者进行不健康的节食,我们只需尽量少吃脂肪和糖,多运动。

instead of “代替,而不是”,后面可接名词或动名词。

1. 你们能星期四而不是星期六开会吗?

2. 别老是光发牢骚,你干吗不做点什么?

simply 仅仅,只不过

我乐意帮忙,那只不过是钱的问题。

➔ **点拨:** 只有这样,自己对生活中的挑战和机遇才会有充分的准备。

only 后接副词、介词短语或状语从句放在句首时,需要用倒装语序。

1. 只是到那时我才意识到我错了。

2. 只有用这种方法你才能改善你的发音。

3. 只有他来了以后我才知道她已经去了加拿大。

4. 只有他知道这件事。

答案: D

➔ **点拨:** 即使我们选择有营养的食物作为主食,我们可能仍需要时不时地补充能量。

even if (= even though) 即使;虽然,引导让步状语从句。

1. 你就是坐出租车也赶不上这班火车了。

2. 即使在这次聚会上我谁也不认识,我还是玩得挺痛快。

3. 即使你输了比赛,你也不该丧失斗志。

辨析: now and then 时常,有时,偶尔。也可表示为 every now and then, now and again, every now and again, 它们多置于句末,也可置于句首或句中。

1. 约翰时常来看望我。

2. 我并不怎么想念老家,只是偶尔想想罢了。

答案: D

整合全案

I. 识记

本单元重点词组： 1. 垃圾食品 2. 许多；大量的 3. 作出选择 4. 时而；不时；偶尔 5. (使)成卷(或筒、球)形 6. 跟上现代生活的快节奏 7. 对……有害 8. 适用于；应用于 9. 应该；应当 10. 含有大量维生素 11. 一天三次 12. 养成健康的饮食习惯 13. 缺乏；不足 14. 对环保有利的食品 15. 有机蔬菜 16. 沸水 17. 烹调技术	答案： 1. junk food 2. plenty of 3. make a choice 4. now and then 5. roll up 6. keep up with the high pace of modern life 7. be harmful to 8. go for 9. ought to 10. contain a lot of vitamins 11. three times a day 12. develop healthy eating habits 13. be short of 14. environmentally friendly food 15. organic vegetables 16. boiling water 17. cooking skills
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II. 掌握与应用

本单元重点句型： 1. Our eating habits have changed,as has our way of life,and the fuel we need for our bodies is also different. 2. Traditional diets often have too much fat and too many calories for the 21st-century person. 3. 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. 4. The same goes for “crash diets” that some companies say will make us lose weight fast. 5. Only in that way will we be ready for the challenges and opportunities in life. 6. 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.
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III. 写作

要求： 胡萝卜汤 成分： 12 盎司胡萝卜(切成薄片) 一个洋葱(剁碎) 一段韭菜(剁碎) 两品脱(一升)鸡肉 五盎司(150 克)天然酸奶 红花油少许 新鲜的细香葱备用 做法： 1. 在锅里把油加热，翻炒洋葱和韭菜； 2. 盖上锅盖，继续在低火上炖 5 分钟； 3. 锅里放入胡萝卜，继续烧 5 分钟，直到蔬菜发软；	Example： Carrot Soup Ingredients： 12oz. carrots(thinly sliced) 1 onion(thinly chopped) 1 leek(thinly chopped) 2 pints (1 litre)chicken stock 5 oz. (150g)natural yoghurt safflower oil fresh chives for garnishing Cooking Instructions： 1. Heat the oil in a saucepan and sweat the onion and the leek； 2. Cover the pan and continue cooking on a low heat for 5 minutes； 3. Add the carrots to the pan and continue sweating for 5 minutes or until all the vegetables have softened；
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4. 把鸡肉放入烧开的锅里;加入蔬菜,慢火炖 10 分钟;
5. 用榨汁机或食品加工机榨成汁;
6. 用剪刀把新鲜的葱剪成小段,放入盛热汤的碗里;
7. 加入三分之二的酸奶,并搅拌均匀;
8. 汤倒入碗里,把剩下的酸奶洒在上面,胡萝卜汤就烧好了。

4. Bring the stock to the boil, add to the vegetables and simmer for 10 minutes;
5. Liquidise in a blender or food processor;
6. Snip the fresh chives with a kitchen scissors and place in a warmed soup bowl;
7. Add two thirds of the yoghurt and mix well;
8. Pour the soup into the bowl and swirl the remaining yoghurt on top, then serve.

IV. 语法:情态动词(1) had better, should, ought to

had better 无人称和数的变化,后接不带 to 的动词不定式。had better 可表示义务或建议,语气比 should 或 ought to 更委婉。主语不论是第几人称,句子不论是什么时态,都要用 had better 的形式。had better 的否定式是将否定副词 not 直接放在 had better 的后面。

e. g. You'd better go to hospital at once. 你最好立即去医院看病。

Mary, you'd better go there today. 玛丽,你最好今天去那儿。

You had better not miss the last bus. 你最好不要错过末班公共汽车。

You had better not leave for New York the day after tomorrow. 你后天最好不要去纽约。

注意:否定副词 not 绝不能放在 had 的后面。

should 表示劝告、建议、命令

e. g. You should wash your hands before meals. 饭前你应该洗手。

We should learn how to use computers. 我们应该学会使用电脑。

ought 无人称和时态的变化,后接带 to 的动词不定式。ought to 可表示义务、要求或劝告,常译作“应该,应当”等(和 should 差不多,只是语气比 should 强);有时表示非常可能的意思,否定式为 ought not to(oughtn't to),疑问式为 Ought I/you to...?

e. g. Such things ought not to be allowed to happen again. 这样的事不应当允许再发生。

ought to 有以下几种用法:

1. 用于第一人称,表示有责任或有必要去做某事。

e. g. We ought to be more careful with our homework. 我们应当更加认真地做作业。

I really ought to phone my mother. 我确实应该给妈妈打个电话。

2. 用于第二、第三人称,表示建议或劝告。

e. g. You ought to follow Mr. Wang's advice. 你应当听王老师的话。

You ought not(oughtn't) to go. 你不应当去。

3. 表示对现在或将来某种可能性的推测,这种推测是可信的。

e. g. Henry ought to be here soon. He left home at six. 亨利应当很快就到,他六点就从家里出来了。

Tom ought to be home now. 汤姆现在该到家了。

4. 后接动词不定式完成式,表示对过去存在的某种可能性的推测,或指过去该做而未做的事情,意思是“早应该,本应该”。若是否定句,则表示发生了不该发生的事。

e. g. I'm sorry. I ought to have phoned to tell you I was coming. 对不起,我本应该先给你打个电话告诉你我要来。

You ought not to have allowed the child to go alone. 你本不应该让孩子一个人去。

5. ought to 后可接不定式进行时,表示“应该在(立即)……”,这样用时语气比 should 严肃。

e. g. You oughtn't to be talking so much. 你不应当说这么多话。

They felt they ought to be doing something. 他们感到他们应该做点什么事。

6. 用来表达客观上难以实现或不能实现的愿望,与虚拟语气相似。

e. g. I love summer! It ought to be summer all the year. 我喜爱夏天,全年都应是夏天。

They ought not to make much noise here. 他们不应该在这里喧闹。

提醒:这两组词组的区别主要是在语气上, had better do... 是用来提出建议和意见的,语气较委婉,意思是“最好做……”;而 ought to/should do... 是用来指责或批评的,语气较强烈,不礼貌,往往是上级对下级的指令,意思是“应该做……”。

高考链接

1. (NMET 2004) I often see lights in that empty house. Do you think I _____ report it to the police?

1. 选 A. should 应该。你认为我应该向警察报告吗?

- A. should
C. will
2. (NMET 2004) Mr. White _____ at 8:30 for the meeting, but he didn't show up.
A. should have arrived
C. should have had arrived
3. (NMET 2004 浙江) I _____ pay Tracy a visit, but I'm not sure whether I will have time this Sunday.
A. should
C. would
4. (NMET 2003 上海春季) Only in this way _____ to make improvement in the operating system.
A. you can hope
C. can you hope
5. (2002 上海春季) Oh, I'm not feeling well in the stomach. I _____ so much fried chicken just now.
A. shouldn't eaten
C. shouldn't have eaten
6. (1999 上海高考) There was a lot of fun at yesterday's party. You _____ come, but why didn't you?
A. must have
C. need have
7. (NMET 2004 福建) —I'll tell Mary about her new job tomorrow.
—You _____ her last week.
A. ought to tell
C. must tell
8. (NMET 2003) Allen had to call a taxi because the box was _____ to carry all the way home.
A. much too heavy
C. heavy too much
9. (2003 上海高考) Some passengers complain that it usually _____ so long to fill in travel insurance documents.
A. costs
C. spends
10. (1999 上海高考) There are five pairs _____, but I'm at a loss which to buy.
A. to be chosen
C. to choose
11. (NMET 1998) —When can I come for the photos? I need them tomorrow afternoon.
—They _____ be ready by 12:00.
A. can
B. should
C. might
D. need

B. may
D. can

B. should arrive
D. should be arriving

B. might
D. could

B. you did hope
D. did you hope

B. mustn't have eaten
D. mustn't eat

B. should
D. ought to have

B. would have told
D. should have told

B. too much heavy
D. too heavy much

B. takes
D. spares

B. to choose from
D. for choosing

➔ 2. 选 A。“should have+过去分词”表示本来应该做而没有做。Mr. White 本该 8:30 来开会,但他却没来。

➔ 3. 选 A。我应该去拜访 Tracy,但我不能确定这个星期天是否有时间。

➔ 4. 选 C。在“Only+状语”开头的句子中,谓语动词要用部分倒装。

➔ 5. 选 C。“shouldn't have+过去分词”表示“本来不该做而做了……”。

➔ 6. 选 D。“ought to have+过去分词”表示“本来应该做而没有做”。

➔ 7. 选 D。

➔ 8. 选 A。

➔ 9. 选 B。

➔ 10. 选 B。

➔ 11. 选 B。



同步达标(检测自己的能力)

A 级(基础题)

I. 介副词填空

1. If you want to keep _____ the high pace of modern life, you had better learn to make the right choices about what and how you eat.

2. Many people today make choices about their eating habits based _____ what they believe.
3. If we eat healthy food _____ the right amounts, we do not have to buy any supplements.

- Nutrients can be found _____ food and necessary _____ good health.
- Instead _____ eating expensive diet foods or going _____ unhealthy diets, we can _____ try to eat less fat and sugar and exercise more.
- The same goes _____ “crash diets” that some companies say will make us lose weight fast.
- Only _____ that way will we be ready _____ the challenges and opportunities in life.
- Spoon some of the mixture _____ the bread and roll it _____.
- Fat can prevent us _____ feeling cold _____ freezing weather.
- Calcium, which is found _____ eggs, milk, and other dairy products, is good _____ our bones.

II. 句型转换

- I've got a sharp pain in my back.
My back _____.
- Our eating habits have changed, so has our way of life.
Our eating habits have changed _____ of our way of life.
- He answered me only after being asked three times.
Only after being asked three times _____ he _____ me.
- He can drink only a little beer.
He can drink only _____ beer.

- Organic vegetables are those that are grown without chemicals that can be harmful to human beings or the environment.
Organic vegetables are those that are grown without chemicals that can _____ human beings or the environment.

III. 单句改错

- You'd better to wait for me at the school gate.
- The little boy is wondering whether some living things are existed on the moon.
- Lily usually arrives at the office at eight o'clock, but because the storm, she was one hour late this morning.
- He had some difficulty finding out that the museum opened the whole week or closed at weekend.
- The teacher as well as her students from Canada were warmly welcomed by us to our new school.
- I would rather not to ask him right now about the puzzle.
- Follow the instructions carefully, or the medicine may be harmful for you.
- While performing an experiment, if you don't know what to deal with a problem, ask me for help.
- I noticed two men, not more than twenty, to steal a customer's wallet and run away.
- I think that ice cream is junk food because it is a lot of fat and sugar.

B 级(能力提高题)

I. 单项选择

- You may play football this afternoon, but you _____ to finish the composition first.
A. can B. must C. need D. ought
- When people are driving, they _____ keep their eyes on the road.
A. can B. may C. had better D. should
- Where is my dictionary? I _____ lost it.
A. ought to B. should have C. will have D. must have
- The teacher advised us _____ more English after class.
A. to speak B. speak C. speaking D. spoke
- We've missed the last bus. I'm afraid we have no _____ but to take a taxi.
A. way B. choice C. possibility D. chance
- I don't think physics _____.
A. easy to be learned B. easily learn
C. easy to learn D. easily to be learned
- There are so many grapes on the table. Some are ripe, but _____ are still green.
A. the other B. a lot
C. the great number D. the rest
- Would you like some more chicken?
—No, thanks. I am _____ a diet and try to _____ weight.
A. on; lose B. on; put on C. in; have D. in; lose
- Swan Lake is a famous ballet(芭蕾) in four acts, _____ on a German fairy tale.

- A. basing B. based C. bases D. to base

- _____?
—No, you have to pay for them.
A. Are the drinks free
B. Do the drinks cost much
C. Are the drinks expensive
D. Do I have to pay for the drinks
- What do you think of my composition?
—It _____ well _____ a few spelling mistakes.
A. reads; except for B. reads; besides
C. is read; except for D. is read; besides
- In face of failure, it's most important to _____ a good state of mind.
A. keep on B. keep in C. keep up D. keep off
- We used to work in the same office and we _____ have coffee together.
A. would B. should C. could D. might
- You can have the magazine _____ I finish reading it.
A. so that B. because C. unless D. the moment
- In fact, I would rather have left for the countryside _____ in the city.
A. by staying B. than stay
C. to stay D. than have stayed

II. 完形填空

Most children with healthy appetites are ready to eat almost everything that is offered to them. A child seldom dislikes food

1 it is badly cooked. The 2 the meal is cooked and served is most important and an 3 served meal will often improve a child's appetite(食欲,胃口). Never ask a child 4 he likes or dislikes a food and never 5 likes and dislikes in front of him or allows 6 else to do so. If the father says that he hates the fat meat or the mother 7 some vegetables in the child's hearing he is 8 to copy this action. Parents should accept the fact that he likes everything and he probably 9. Nothing else should be omitted(省略) from the meal because of a 10 dislike. At meal times it is a good 11 to give a child a small part and let him 12 back for a second helping rather than give him as 13 as he is likely to eat 14. Do not talk too much to the child 15 meal times, but let him get on with his food; and do not 16 him to leave the table immediately after the meal or he will 17 learn to swallow his food 18 he can hurry back to his toys in his room. On 19 condition must a child be coaxed(哄) 20 forced to eat.

1. A. if B. until C. that D. unless
2. A. production B. process C. way D. method
3. A. immediately B. attractively C. eagerly D. anxiously
4. A. whether B. what C. that D. which
5. A. agree B. tell C. discuss D. argue
6. A. everybody B. anybody C. somebody D. nobody
7. A. apposes B. refuses C. admit D. digest
8. A. willing B. possible C. forced D. likely
9. A. should B. may C. will D. must
10. A. supposed B. proved C. considered D. related
11. A. point B. custom C. idea D. plan
12. A. ask B. come C. return D. take
13. A. much B. little C. few D. many
14. A. all the best B. over and over C. not at all D. all at once
15. A. on B. over C. by D. during
16. A. agree B. allow C. force D. persuade
17. A. hurriedly B. soon C. fast D. slowly
18. A. so B. until C. while D. although
19. A. some B. any C. such D. no
20. A. or B. nor C. but D. neither

III. 阅读理解

A

LONDON(Reuters)—Organic fruit, delivered right to the doorstep. That is what Gabriel Gold prefers, and he is willing to pay for it. If this is not possible, the 26-year-old computer technician will spend the extra money at the supermarket to buy organic food.

"Organic produce is always better," Gold said. "The food is free of pesticides(杀虫剂), and you are generally supporting family farms instead of large farms. And more often than not it is locally grown and seasonal, so it is more tasty. Gold is one of a growing number of shoppers buying into the organic trend, and supermarkets across Britain are getting, and why are they willing to pay a higher price for organic produce? Market research

shows that Gold and others who buy organic food can generally give clear reasons for their preferences—but their knowledge of organic food is far from complete. For example, small amounts of pesticides can be used on organic products. And about three quarters of organic food in Britain is not local but imported to meet growing demand. "The demand for organic food is increasing by about one third every year, so it is a very fast-growing market," said Sue Flock, a specialist in this line of business.

1. More and more people in Britain are buying organic food because _____.
A. they are getting richer
B. they can get the food anywhere
C. they consider the food free of pollution
D. they like home-grown fruit
2. Which of the following statements is true to the facts about most organic produce sold in Britain?
A. It grows indoors all year round.
B. It is produced outside Britain.
C. It is grown on family farms.
D. It is produced on large farms.
3. What is the meaning of "the organic trend" as the words are used in the text?
A. Growing interest in organic food.
B. Better quality of organic food.
C. Rising market for organic food.
D. Higher prices of organic food.
4. What is the best title for this news story?
A. Organic Food—Healthy, or Just for the Wealthy?
B. The Making of Organic Food in Britain
C. Organic Food—to Import or Not?
D. Good Qualities of Organic Food

B

Every people(民族) uses its own special words to show its ideas and feelings. Some expressions are commonly used for many years. Others are popular for just a short time. One such American expression is "Where's the beef?" It is used when something is not as good as it is said to be. In the early 1980s "Where's the beef?" was one of the most popular expressions in the United States. It seemed as if everyone was using it at the time.

Beef, of course, is the meat from a cow, and no food is more popular in America than a hamburger made from beef. In the 1960s a businessman named Ray Kroc began building small restaurants that sold hamburgers at a low price. Kroc called his restaurants "McDonald's". Ray Kroc became one of the richest businessmen in America.

Other business people watched his success. Some of them opened their own hamburger restaurants. One company called "Wendy's" said its hamburgers were bigger than those sold by McDonald's or anyone else's. The Wendy's Company began to use the expression "Where's the beef?" to make people know that Wendy's hamburgers were the biggest. The Wendy's

television advertisement showed three old women eating hamburgers. The bread that covered the meat was very big, but inside there was only a bit of meat. One of the women said she would not eat a hamburger with such a little piece of beef. “Where’s the beef?” she shouted in a funny way. The advertisement for Wendy’s hamburger restaurants was a success. As we said, it seemed everyone began using the expression “Where’s the beef?”

- Who started McDonald’s restaurant ?
A. Ray Kroc. B. McDonald.
C. Wendy. D. Three old women.
- Other people wanted to open hamburger restaurants because they thought _____.
A. they could sell hamburgers at a low price
B. hamburgers were easy to make
C. beef was very popular in America
D. they could make a lot of money
- Wendy’s made the expression known to everyone _____.
A. with many old women eating hamburgers
B. by a television advertisement
C. while selling bread with a bit of meat in it
D. at the McDonald’s restaurant
- We can learn from the passage that the expression “Where’s the beef?” means _____.
A. the beef in hamburgers is not as much as it is said to be
B. the hamburgers are not as good as they are said to be
C. something is not so good as one says
D. Wendy’s is the biggest

C

You are what you eat and fats are a main food for Asia’s fast-food generation. Dr. Chwang, director of the Department of Food Nutrition, says children are consuming more meat and soft drinks. That is a thorough departure from the traditional diet of vegetables and rice and little meat. “They like big pieces of fried meat with a soft drink. So although they may eat the same volume of food, their calorie intake has increased. Now about 40 to 45 percent of their calories come from fat,” says Chwang.

Although on the whole Asians tend towards thinness, culture—namely Asians’ hospitality (好客、盛情)—is a reason for the fatness of today’s generation, according to Chwang. “Asian people love food,” she says. “Eating and drinking are important social and family functions.” In the past, however, big meals were only hosted on special occasions as people were more careful with money. In today’s climate of wealth and remarkable consumption, 10-course meals are no longer reserved for significant occasions.

More than anyone else, children are on the receiving end of their parents’ improved circumstances. “In the past, people had four or more children—now, they have one or two, so they tend to spoil them,” says Chwang. “The easiest way is to give them ‘quality food’. Parents think feeding them well is showing their love. They feel bad when their children look thin.”

Asian children, Chwang says, “There is a clear relationship between fatness and indoor play. Children get fat because they don’t move, and eventually, they don’t want to move because they are fat.”

Thanks to technology, a growing army of children prefer video games to old outdoor sports. What do children do when watching TV or sitting in front of the computer playing video games? “They eat chocolate, and drink Coke,” says Chwang.

- Which of the following is NOT true according to the passage?
A. Asian people tend to save more money.
B. Asian children depart from their diet tradition.
C. Asian children eat big meals on more occasions.
D. Culture contributes to the fatness of Asian children.
- According to this passage, the ‘quality food’ fed by some parents is actually _____.
A. healthful food B. qualified food
C. agreeable food D. high-calorie food
- Some parents feel bad when their children look thin, because _____.
A. their children don’t love eating and drinking.
B. their children don’t have a good physical condition
C. they feel that they don’t take good care of their children
D. they feel that they are not wealthy enough to afford ‘quality food’
- The purpose of this article is to _____.
A. compare the traditional diet with today’s diet of Asian people
B. find reasons for increased food consumption of Asian people
C. explain why many Asian children are overweight nowadays
D. prove the relationship between fatness and indoor play

IV. 短文改错

此题要求改正所给短文的错误。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勾(√)；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加的词。

该行错一个词：在错的词下划一横线，在该行右边横线上写出改正后的词。

注意：原行没有错的不要改。

- I’ve been to China for two years. My friends in 1. _____
England sometimes write to me, ask how long I 2. _____
will stay here, and then I’m thinking returning 3. _____
home. The answer of their questions is simple. I do 4. _____
not know when I will return home. At the moment, 5. _____
I have no reason to return back to England. I like 6. _____
living in China; I enjoy meeting people and travel 7. _____
around the country. My work is interested, and 8. _____
there have so many things I don’t know about 9. _____
China, that I hope to discover in the future. 10. _____

V. 书面表达

根据所给提示用英语写一篇 100 词左右的短文。

当前,越来越多的人害怕日渐发胖,因为肥胖会引起许多疾病,如:高血压、心脏病、糖尿病等。

如何才能减肥呢?

首先,你得少吃多脂多糖的食物,如:奶油、巧克力等。

其次,你应该多吃水果和蔬菜,它们含有纤维素。此外,你还要进行足够的体育锻炼,如有可能,健身房是个好去处。

这样,你就会减肥并保持身体的健康。

提示:(1)高血压 high-blood pressure

(2)糖尿病 diabetes

(3)健身房 health club

趣味阅读

Five Tips for Healthy Eating

Healthy eating helps you get the most out of life! It's key to looking good, feeling great and being your best! Here are 5 tips designed by the Dietitians of Canada to help you eat well. After reading each tip, take a moment to write down what you can do to improve your own eating style.

1. Go for whole grains

Whenever you can, choose whole grains such as whole wheat, wheat bran, oat bran, oat meal, barley and bulgur. Grain products give you energy for your busy day and the fibre in them helps to keep you regular!

Here are a few things to try:

- (1) start your day with a bowl of whole grain cereal
- (2) make sandwiches on whole grain bread or rolls
- (3) add barley or brown rice to soups and stews
- (4) substitute bran or whole grain flour for part of the white flour when baking
- (5) snack on whole grain crackers

2. Take a bite from more vegetables and fruit

Dark green and orange vegetables and orange fruit are the best—they're packed with nutrients and fibre! Eat a variety of vegetables and fruit every day:

- (1) try a new vegetable or fruit this month
- (2) sprinkle some berries over cereal
- (3) pack a few pieces of fruit with lunch
- (4) have a salad with dark greens like spinach or romaine lettuce
- (5) make a vegetable stir fry for dinner

3. Make your day with milk products

Milk products provide a generous source of calcium! Here are some ways to include milk products in your day:

- (1) drink and eat your milk too—add it to soups, puddings or home baked goods
- (2) make a dip with yogurt
- (3) add cottage cheese to lasagna

4. Pick a lean protein

Meat and meat alternatives can be great for protein, iron and other nutrients. Meat, poultry(家禽), fish and seafood can be cooked and prepared in many different ways. Try beans, dried peas, lentils(小扁豆), eggs, peanut butter and tofu for added variety to your meals. For lean protein choices:

- (1) bake, broil(烤), barbecue(烧烤的野餐), or stir fry meat instead of deep frying
- (2) try a meatless meal this week such as lentils and rice, quiche(乳蛋饼) or omelette(煎蛋), bean salad with pita bread, or tofu burgers

5. Go easy on added fats

While fats and oils can add flavor to foods, try to use as little as possible. Here's how:

- (1) try the lower fat versions of salad dressing and mayonnaise(蛋黄酱)
- (2) add a splash of herbed or flavored vinegar to salads
- (3) try mustard(芥菜, 芥末), chutney(酸辣酱) or salsa on sandwiches
- (4) use more herbs(药草、香草) and spices(调味品) to season your food



课后练习答案

Vocabulary

Answers to Exercise 1

A mushroom grows in nature. Chocolate, sweets and ice-cream are made in factories.

We use calories to measure energy. Fibre, vitamins and minerals are nutrients.

A diet is a list of food you should eat. Peaches, salads and French fries are different kinds of food.

Steam, fry and boil are all cooking terms. Peel is not a cooking term.

Answers to Exercise 2

1 fried, steamed 2 balanced 3 refuel 4 examination 5 ripe
6 chemicals 7 digested 8 taste

Answers to Exercise 3

A bowl of cooked rice contains very little fat while a plate of fried rice has 20 grams of fat.

There is very little fat in a plate of leafy vegetables, but there are 15 grams of fat in a small order of french fries.

100 grams of deep-fried chicken contains almost twice as much fat as 100 grams of cooked chicken.

Fruit and salad contain very little fat, while roast duck and chocolate contain a lot of fat.

Bread, steamed bread, cooked dry beans, vegetables and fruits are low-fat foods. Fried and roasted food, such as french fries, fried rice, deep-fried chicken and roast duck are high in fat.

Grammar

Answers to Exercise 1

1 should 2 should/must 3 mustn't 4 mustn't 5 must
6 should/could 7 May/Can 8 must/have to 9 will 10 must

Answers to Exercise 2

1 The doctor tells Jane that she should exercise more.
2 If you are trying hard to lose weight, you ought to avoid eating too much oil and fat.

3 You ought to take exercise while you are trying to lose weight. You'd better take a walk for about half an hour at least once every day.

4 Boys need about 2 800 calories a day, and girls need about 2 200 calories a day.

5 You'd better not eat more than 65 grams of fat every day.

Answers to Exercise 3

Sample 1

Dear Emily,

The best way to lose weight is to exercise and eat healthy food. Don't try to lose weight fast, because that can be danger-

ous. Try to make small changes in your eating habits: eat fruit instead of sweets and don't eat too much fast food. You should also try to get more exercise. Why not try going for a walk every day? A long walk with a friend is fun and is also a good way to improve your health.

Yours,
× × ×

Sample 2

Dear Peter,

People who play basketball and other sports ought to eat food that gives them a lot of energy. Try to eat lots of carbohydrates and protein. Keep a balanced diet and make sure to eat noodles, vegetables and fruit. You should eat a healthy meal and rest before you train or play a game. You must also remember to drink lots of water. You needn't worry too much about your size and strength; good players come in all sizes.

Yours,
× × ×

Sample 3

Dear Steve,

It sounds like you need to take a look at your diet. You probably need to eat a better breakfast and you should eat fruit instead of sweets. You have to make sure that your diet is balanced and that you get enough exercise. By eating right and keeping fit, you will have more energy and you won't feel tired.

Yours,
× × ×

Writing

Sample

DON'T EAT MEAT

We should not eat meat or use animal products. A vegetarian diet is healthier than a diet with lots of meat. Vegetables and fruits contain more minerals and vitamins than animal products, so we should eat bananas instead of bacon. In the past, we had no choice, but today we know better. It is not right to kill animals for food or clothing and animals should not be kept in small boxes or cages. We must stop treating animals in this way. Finally, we must stop eating meat if we want to survive. Animal farms use up too much of our resources. We should use that land for other kinds of farming that give us more food. If we stop eating meat, we will treat our animals better, protect our planet and use our resources in a better way. So please don't touch that hamburger, steak or sausage and don't buy that fur coat—help make the world better!

 课文译文

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 food and snacks and we have to make many choices. When we choose what to buy and eat, we had better think whether 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 a lot 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, 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.

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. 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. 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 food, 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 food 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 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 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 to keep fit. Only in that way will we be ready for the challenges and opportunities in life.

阅读

吃什么,是什么

选择吃什么,已经不像以前那么简单了。我们的饮食习惯已经改变了,因为生活方式改变了,而身体需要的养料也不同了。对于 21 世纪的人来说,传统饮食往往含有太多的脂肪和热量。若要想跟上现代生活的快节奏,我们最好能学会正确选择吃什么、怎么吃。

商店供应各种各样的食品和点心,我们得作出许多选择。我们选定买什么、吃什么的时候,最好考虑一下,该食品是否提供我们所需的营养。某些营养能构成我们的躯体,强壮我们的体魄。比如蛋白质有利于我们的肌肉。鱼、肉、豆类含有大量的蛋白质。蛋、奶和其他奶制品含有钙,有利于我们的骨骼和牙齿。我们还应该吃碳水化合物,这是身体的主要养料,它可以从面包、米饭和面条里摄取。其他营养成分能保持身体机能的良好运转。我们可以吃蔬菜水果来吸收维生素、纤维素和矿物质,它们能帮助机体战胜疾病,使我们获得能量。

可是,我们所作的选择不仅仅涉及营养。如今许多人根据自己的信念来选择吃的习惯。饮食习惯成为了我们观念的一部分,人们成为素食主义者,要么由于相信不吃肉比较有利于健康,要么认为我们不应该杀动物取肉。还有人成为彻底的素食者,不吃任何动物制品,连酸奶和鸡蛋都不碰。人们还根据食品的生长制作方式来决定选取:对环保有利的食品,也就是“生态食品”,是公司尽量使用绿色干净的食品制作方式生产的。有机蔬菜是不施对人和环境有害的化学物质而生长的蔬菜。

由于有很多选择,许多公司和商店给我们提供应该吃什么的建议。书籍、杂志、电视节目,都告诉我们应该买什么食品和药品,以使我们更聪明、更健康、更美丽。不过,如果我们把时间、金钱花费在选择健康食品和保持平衡饮食上,可能会更好。如果膳食包括所有的食品类型,进食数量也正确,我们就不必购买补充食品。某些公司推荐快速减肥用的“快速食疗”,也是一样。无需吃昂贵的食疗食品,或者进行不健康的节食,我们只需尽量少吃脂肪和糖,多运动。

确保感觉良好、面色红润的最佳办法,就是养成健康的饮食习惯。我们应该更好地了解自己的身体,了解需要什么养分能够维持自己的健康,只有这样,自己对生活中的挑战和机遇才会有充分的准备。

INTEGRATING SKILLS

READING

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 not have too much fat or sugar. That means that an apple, a banana, or an orange is a good choice, but a bar of chocolate or a bag of potato chips is not. Fruit gives us carbohydrates, which our body and brain use for energy. They also give us fibre and Vitamin C. 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.

Fruit is not only healthy snack. There are many recipes for simple and healthy snacks that taste great and keep us going. Preparing a delicious snack does not have to be too difficult. Most snacks can be made in a short time. Other snacks take a bit longer to prepare, but they can give us a chance to practice our cooking skills. Dumplings and roll-ups are tasty snacks that can be prepared in about 15~20 minutes. Here are two recipes you can try.

综合技能

阅读

点 心

即使我们选择有营养的食品作为主食,也许还需要时不时地补充养分。吃些点心,就可以给身体和大脑提供更多的能量。好的点心应该含有不同的类型,脂肪和糖的含量不应该太多。这就是说,苹果、香蕉或橙子是好东西,而巧克力、炸土豆条就不行。水果蔬菜是最好的点心。水果蔬菜能够提供碳水化合物,它是身体和大脑的能量来源。它们还提供维生素,例如维生素C和A等,以及纤维素。大多数水果具有天然的甜味,可以直接入口,只需将它们洗干净,剥掉皮就可以吃了。

准备美味的点心,不一定很难办。大部分仅需要很短的时间,其他点心制作起来时间长一些,但这是我们练习烹调技术的好机会。汤团和春卷是美味的点心,15到20分钟就可以做好。下面两种配方不妨一试。

SHAOMAI

Ingredients:

Pork, Black mushrooms, Chopped green onions, Green beans, Shaomai skins

Cut the pork and the black mushrooms into pieces. Mix the pork, mushroom, beans and the chopped onions in a bowl. Fill and fold the skins. Steam the shaomai over boiling water for 7 or 8 minutes.

烧 卖

成分:

猪肉、香菇、葱末、豌豆、烧卖皮

将猪肉和香菇剁碎,放葱末在碗中拌和。烧卖皮裹馅包拢。沸水蒸烧卖七八分钟即可。

CHICKEN ROLL-UPS

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 it up.

鸡肉卷

成分:

面包、鸡肉、咸肉、一个西红柿、生菜、奶酪

鸡肉煮熟切片。咸肉翻炒切片。西红柿切成小块,加入少许生菜和奶酪。在碗中拌和。将其舀到面包上卷好。

Unit 14 Festivals



预习导航

Read the background and pay special attention to the underlined words and expressions. <u>All Saints' Day</u>, which falls on 1st November, is regarded in the West as a festival. It was formerly a <u>religious</u> day and has been observed since the 4th century. 31st October, the night before All Saints' Day called <u>Halloween</u>, was originally New Year's Eve celebrated by the <u>Celts</u>. The Celtic <u>authoritative druids</u> believed that demons and spirits of the dead <u>roam</u> the earth on their New Year's Day. In order to protect themselves from any <u>potential</u> tricks and harms done to them, they wore frightful masks and <u>disguised</u> themselves so that the spirits would think the druids belonged to their evil company. And tasty eatables were offered to <u>curry</u> favor with them and <u>bonfires</u> were lit to drive them away. Later on, those practices were gradually changed into a custom of <u>commemorating</u> on 31st October the return of the dead souls to their homeland. People on that day also commemorated all the dead saints either well-known or not well-known. Because dead souls are observed on All Saints' Day, some people tend to call it Ghost Day. This day has been now developed into a non-religious ordinary festival.	Keys: 1. 万圣节 2. 宗教上的 3. 万圣节前夕 4. 凯尔特人 5. 权威的 6. 祭司 7. 漫游; 闲逛 8. 潜在的 9. 伪装 10. 咖喱饭菜 11. 篝火 12. 纪念
Fill in the blanks according to the first letters. 1. <u>J</u> is a feeling of great happiness. 2. Something that serves as a <u>r</u> of another thing makes you think about the other thing. 3. Your <u>p</u> is the thing that you want to get when you are doing something. 4. On Peace Day, no <u>c</u> is allowed. 5. An <u>a</u> is someone who is related to you and who lived a long time ago. 6. To <u>h</u> someone means to treat them with special attention and respect. 7. In math, x is the <u>s</u> for an unknown quantity. 8. Soldiers <u>s</u> by raising their right hands to their foreheads. 9. All night long the <u>c</u> of victory went on. 10. If you have <u>f</u> in someone, you believe in them.	Keys: 1. Joy 2. reminder 3. purpose 4. crime 5. ancestor 6. honor 7. symbol 8. salute 9. celebration 10. faith



通解设计 (重、难点全把握)

When is the festival celebrated ?

- e. g. 1. celebrate a victory
2. celebrate sb. 's birthday
3. She was celebrated as one of the finest dancers of her generation.

People celebrate Mardi Gras by dressing up and watching parades.

- e. g. 1. At festival, the children dressed themselves up.
2. You don't need to dress up for this dinner.

学法点拨

- ➔ **点拨:** 什么时候庆祝这个节日?
celebrate *vi.* “庆祝, 欢度, 歌颂, 赞美”。
vt. “庆祝, 举行宗教仪式”。
celebration *n.* celebrator *n.*
1. 庆祝胜利
2. 为某人过生日
3. 她被称颂为她这一代舞蹈演员中的佼佼者。
- ➔ **点拨:** 人们通过盛装打扮和观看游行来庆祝“油腻的礼拜二”。
dress up 的意思是“给……穿上盛装, 给……乔装打扮。”
1. 在节日里, 孩子们穿上盛装。
2. 这次去吃饭你不必穿正式的衣服。

dress up in/dress up as

- e. g. 1. I just love the fun of dressing up in ancient clothing.
2. The little girl dressed herself up as an angel.
3. She is always dressed in white.

辨析: parade

- e. g. 1. take part in a parade/a dress parade
2. make a parade of one's abilities

3. parade oneself (sb. /sth.) as

4. The soldiers paraded through the Tian'anmen Square.

What kinds of gifts and things do people buy during major festivals like Christmas and the Spring Festival?

辨析: during/for

- e. g. 1. during the day/the summer/the last few years
2. He came to see me during my illness.

3. He had lived in the countryside for ten years before he came to Beijing.

4. I won't be here for long (= a long time).

Kwanzaa is a seven-day festival celebrating the culture and history of African Americans.

- e. g. 1. the tenth five-year plan
2. a three-leg table
3. the week following Christmas Day = the week that follows Christmas Day

Kwanzaa was born in 1966, when people created a new festival so that African Americans would be able to celebrate their history and culture.

拓展: dress up 后接 in, 表示“穿……服装打扮”, 接 as, 表示“打扮成……”。常用 be dressed in 表示“穿……”。

1. 我只是喜欢穿古装的那种情趣。
2. 这个小女孩打扮成一个天使。
3. 她总是穿白色的服装。

辨析: parade

用作名词, 意思是“(庆祝)游行”, 同 procession; “队列、行列; 检阅; 阅兵行进”, 还有“展览, 炫示”的意思。

1. 参加游行/阅兵典礼
2. 炫示自己的才能

用作及物动词, 意思是“在……游行; 招摇地走过; 毫无掩饰地展示、夸耀、标榜”。

3. 把自己(某人/某物)标榜为……

用作不及物动词, 意思是“列队行进; 夸耀、自吹; 伪装; 散步”。

4. 士兵列队进入天安门广场。

➔ **点拨:** 人们在像圣诞节和春节这样的重要节日里买什么礼品和物品?

during 用作介词, 意思是“在……的期间, 在……的时间”。

辨析: during 表示一段时间, 其长度明确, 起止分明, 后面连接精确说明长度或起点和终点的词。

1. 在白天/夏季/最近几年间
2. 他在我生病的时候来看我。

for 表示一段时间, 不特定或长度不明确, 后面连接表示不特定的时间或期间的词。

3. 他来北京前在农村生活了十年。

在 some time, a long time 前面只能用 for, 不能用 during。

4. 我不打算在这儿作长期逗留。

➔ **点拨:** 宽扎节是一个七天的节日, 用来庆祝非裔美国人的文化历史。

句中的 celebrating... 是现在分词短语, 作后置定语, 相当于 which celebrates...。

seven-day 是一个复合词, 起形容词作用。

注意: day 不用复数。

1. 第十个五年计划
2. 一张三条腿的桌子
3. 圣诞节以后的那个星期

➔ **点拨:** 宽扎节诞生于 1966 年, 人们为了使非裔美国人可以庆祝自己的历史和文化, 创立了这个节日。

so that 通常可以引导目的状语从句, 从句中谓语动词常与 can/could, may/might, will/would 等连用; 从句在后, 而且从句前没有逗号, that 通常也可省去, 意思是“以便, 为的是……”。so that 也可引导结果状语从句, 从句前可用逗号与主句分开, 意思是“因此, 结果是”。

e. g. 1. I'll give you all the facts so that you can judge for yourself.

1. 我把所有事实都告诉你, 以便你能自己