

—中学英语全程学习系列—

中学英语重点·难点·考点· 误区与对策

(高一年级·下)

李 新 颜照华
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西安交通大学音像出版社
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内容提要

本书严格按照最新修订的中学英语教学大纲及高考词汇要求,与高一年级英语教科书同步编排,可供高一年级学生学习使用,也可供高三年级学生复习及英语教师参考使用。

全书随课本分为 12 个单元,每个单元分为 4 个部分:一、单元知识重点,包括单词联想记忆(即常用词和考点词汇的变形词、同义词、反义词),日常交际用语和句型以及语法要求。二、单元重点、难点讲解,旨在解决一些语言难点问题,并加以讲解、引申,以拓宽知识面。三、考点、误区与对策,结合单元知识重点,精选适当的高考题加以解析,讲思路,讲方法,以达到举一反三的效果。四、能力测试,紧扣该单元所学知识,按照最新会考、高考题型,精心设计、编排,以期达到复习、巩固、提高能力之目的。随书配有听力测试的录音磁带。

本书是中学优秀教师多年教学经验的结晶,是严格按照最新教学大纲、遵循学习规律科学编写而成的。可望一书在手,即有名师引路。

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西安交通大学音像出版社 出版发行
西安交通大学出版社

(西安市咸宁西路 28 号 邮政编码:710049 电话:(029) 2668316)

西安百花印刷厂印装
各地新华书店经销

*

开本:787mm×1092mm 1/16 印张:13.25 字数:317千字

2000年12月第1版 2000年12月第1次印刷

印数:0001~5000

统一版号:ISBN CN-H05-00-0005-0/A·G 全套定价:23.00元

(含录音磁带一盒)

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前言

为了有效地解决学习负担过重的突出问题,帮助广大高中学生在较短的时间里,按照新编高中英语教学大纲有效地掌握所学教材的知识重点,突破难点,联系考点,尽快地走出误区,提高英语水平,我们组织了一批数十年从事高中英语教学,尤其是多年从事高三英语教学,熟悉并教过人民教育出版社和朗文出版集团有限公司(英国)合编的高中英语教科书全程且已取得优异成绩,具有丰富教学经验的高级英语教师编写了这套《中学英语全程学习系列》丛书,希望能帮助高中学生和同等水平的英语学习者提高学习效率,扎扎实实掌握知识重点。通过典型高考题及例题的解析,使学生掌握解题对策,迅速走出误区,达到举一反三的学习效果。通过训练题,提高学生的英语运用能力,以取得优异成绩,全面提高素质教育的质量。希望这套丛书成为高中学生的良师益友。

这套丛书严格按照最新修订的中学英语教学大纲,与教科书同步编排。各册的单元划分与教科书相同,每一单元包括四个部分:一、单元知识重点,包括单词联想记忆(常用词和考点词汇的变形词、同义词、反义词),日常交际用语和句型以及语法要求。二、单元重点、难点讲解,旨在解决一些语言难点问题,并加以讲解、引申,以拓宽学生的知识面。三、考点、误区与对策,结合单元知识重点,精选适当的高考题加以解析,讲思路,讲方法,以达到举一反三的效果。四、能力测试,紧扣该单元所学知识,按照最新会考、高考题型,精心设计、编排,以期达到复习、巩固、提高能力之目的。能力测试分听力部分和笔试部分,听力部分配有录音磁带。

本套丛书由全国优秀教师、教学能手、跨世纪学术、技术带头人庄力担任主编。

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由于编写时间紧,加之水平所限,本书难免有差错和疏漏之处,敬请广大读者及同行不吝赐教。

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Unit 15

Healthy eating

一、知识重点

1. 单词联想记忆

(1) examine v. 检查 ; 诊察

[变形] examination ; exam n. 检查 ; 考试

[同义] test v. ; check v. 检查

(2) advise v. 忠告 ; 建议

[变形] advice n. 忠告 ; 劝告 ; 建议

[同义] suggest v. 建议

(3) patient n. 病人

[变形] patient adj. 耐心的

(4) fat n. 脂肪

[变形] fat adj. 肥胖的

(5) energy n. 精力 ; 能量

[变形] energetic adj. 精力旺盛的 ; energetically adv. 精神饱满的

[同义] power n. 力量 ; 能力 ; 权力 ; force n. 力 ; 暴力

(6) weight n. 重 ; 重量 ; 体重

[变形] weigh v. 使加重 ; 称 ; 量 ; weighty adj. 沉重的

(7) westerner n. 西方人

[变形] west n. 西方 ; west adj. 西方的

(8) unhealthy adj. 不健康的 ; 不卫生的

[变形] health n. 健康

[反义] healthy adj. 健康的

(9) discuss v. 讨论 ; 议论

[变形] discussion n. 讨论 ; 辩论

(10) cause v. 促使 ; 引起 ; 使发生

[变形] cause n. 原因 ; 理由

(11) suggestion n. 建议

[变形] suggest v. (向.....)提议.....

[同义] advice n. 忠告 劝告 建议

2. 日常交际用语

- | | |
|--------------------------------|--------------|
| (1) What can I do for you? | 你怎么了?/你需要什么? |
| (2) What was the matter? | 怎么回事? |
| (3) I've got a pain here. | 我这儿疼。 |
| (4) I've got a cough/headache. | 我咳嗽/头疼。 |
| (5) I don't feel well. | 我感到不舒服。 |

3. 句型和语法

in (the) future , be rich in , soft drink , scores of , at the end of , put on weight , lose weight ,
had better do / not do , advise sb. to do / not to do

二、难点讲解

1. diet ; food

diet 和 food 都可以当“食物”讲,但是应该注意以下的区别:

diet 指习惯的食物或者规定的食物,特指维持健康的定量或定质的食物,如病人的医疗饮食。food 是一般用语,凡能吃、喝的具有营养的东西都叫 food。

例如:

Proper diet and exercise are both important to health.

适当的饮食和锻炼对健康都很重要。

We must have food to eat and clothes to wear.

我们必须有食物吃,有衣服穿。

2. as much as ; as many as

as much / many as 这个结构的意思是“多达”,“到达.....的程度”;“和.....一样多”。如果所修饰的名词是可数的,要用 many;如果是不可数的,则用 much。

例如:

She can earn as much as 1,500 dollars a month.

她每月能挣多达 1,500 美元。

There are as many as 18 factories here.

这儿的工厂多达 18 个。

Take as many (books) as you want.

你要多少(书)就拿多少(书)。

He has been in the profession for as many years as you have.

他在这一行的年资和你一样久。

You can eat as much as you like.

你爱吃多少就吃多少。

There is as much sugar in the cup of Coca Cola as eight pieces of sugar.

这杯可口可乐里所含的糖分相当于 8 块方糖。

3. be rich in

be rich in 的意思是“ 在……方面丰富 ”; 其反义词是 be low in/on “ 在……方面贫乏 ”。例如 :

China is a country rich in natural resources.

中国是一个自然资源丰富的国家。

This kind of fruit is rich in vitamin A.

这种水果含有丰富的维生素 A。

Saudi Arabia is very rich in oil.

沙特阿拉伯盛产石油。

I am low on funds.

我缺乏资金。

The Chinese diet is rich in fibre and low in sugar and fat.

中国饮食所含的纤维多而糖和脂肪少。

4. put on weight ; lose weight

put on weight 的意思是“ 体重增加 ”; 其反义词 lose weight “ 体重减少 ”。

例如 :

You 've lost weight , haven 't you ?

你体重减少了 ,是吗 ?

She has put on some weight.

她有点儿胖了。

5. in the form of

in the form of 的意思是“ 以……的形式 ”。例如 :

The cookies were all in the form of stars.

那些饼干的形状都像星星。

They eat a lot of sugar in the form of cakes , soft drinks , sweets and so on.

他们吃蛋糕、软饮料、糖果等 ,其中含有大量的糖。(意思是他们不是直接吃糖 ,而是以吃蛋糕……等形式间接摄入。)

6. by the age of

by the age of 的意思是“ 在……岁之前 ”, 相当于 before。例如 :

By the age of five , he had learned to speak English.

5 岁之前 ,他就学着讲英语。

In some parts of Britain ,one person in ten ,by the age of thirty ,had no teeth left.
在英国有些地方 ,1/10 的人三十岁时牙齿就脱光了。

注 :at the age of 的意思是“ 在.....岁时 ”。例如 :

At the age of ten ,Edison had his own chemistry lab.

爱迪生 10 岁的时候有了自己的化学实验室。

7. score

score 原意是“ 20 ”,但是 scores of 或 a score of 则是“ 许多 ”的意思。例如 :

I have been there scores of times.

我到那儿去过多次了。

Scores of/A score of people were out of work.

很多人失业了。

Three score years ago there was a big forest here. (此句中 score 不能加 s)

60 年前 ,这儿有一个大森林。

8. die from ; die of

die from 和 die of 二者都是“ 因.....死亡 ”的意思。区别在于 :

die of 常指由于疾病 ,饥饿 ,情感等原因造成的死亡。而 die from 一般指除上述因素以外的原因所造成的死亡。例如 :

The old woman died of a heart disease.

那位老妇人由于心脏病而死亡。

He died from a chest wound.

他因胸部受伤而死亡。

三、考点、误区与对策

题 1 (MET 90)

I don 't think _____ possible to master a foreign language without much memory work.

A. this

B. that

C. its

D. it

[解析] 答案为 D。该题的 it 在句中充当逻辑宾语。句意是“ 我认为掌握一门外国语不靠大量的记忆是不可能的 ”。

题 2 (NMET 93)

I was disappointed with the film. I had expected _____ to be much better.

A. That

B. this

C. one

D. it

[解析] 答案为 D。该题的 it 用来指代前句中 the film 一词。

题 3

Too much sugar and not enough exercise will _____ you to put on weight.

- A. make B. have C. let D. cause

[解析] 答案为 D。此题考查不定式作宾语补足语的用法。此题可用排除法找出答案。选项 A B C 中的动词 make, have, let 在带有复合宾语时, 其中作宾语补足语的动词不定式不能带有 to。所以, 这三个选项都不对, 只有选项 D 是正确答案。

题 4

He is lucky enough not to have been hurt _____ in the accident.

- A. a bit B. a little C. serious D. enough

[解析] 答案为 A。not a bit = not at all 意思是“一点儿也不”; 而 not a little = much 的意思是“非常”。例如:

I 'm not a bit tired. 我一点儿也不累。

I 'm not a little tired. 我非常累/我不是一点儿累。

题 5

Why _____ something to eat ?

- A. not buy B. don 't buy C. not buying D. didn 't buy

[解析] 答案为 A。此题考查对提出建议的表达形式。why not + 不带 to 的不定式, 也是用来提出建议的一种形式, 如: Why not go there with them? 因此正确答案为 A。

题 6

You 'd better _____ more clothes. It 's very cold today.

- A. putting on B. putted to C. put on D. to put on

[解析] 答案为 C。了解句型的构成, 主语 + had better + do sth. 表示“最好做...”。如: You 'd better go there with your parents. 因此, 该题 C 为正确答案。

题 7

You may take anything you like _____ this watch. It belong to my grandpa.

- A. except B. besides C. except for D. except that

[解析] 答案为 A。此题考查同义词辨析。汉语中的“除了.....之外”, 在英语中有两种表达式, 有两种不同概念, 都是介词:

(1) except “除了(被排除掉)..... 以外”。如:

Nobody was late except Tom 意思是“除了汤姆以外, 没有人迟到”。

(2) besides “除了..... 以外, 还有.....”。例如:

All the students came back besides Tom. 意思是“除了汤姆回来了, 所有的同学们也都回来了”。根据该题句意, 答案 A 正确。

题 8

It must have rained last night , _____ the ground is wet.

- A. for B. because C. because of D. as

[解析] 答案为 A。此题考查原因状语从句的表达法。首先排除的应是 C 项,它不引导从句。其余三项都可引导原因状语从句,但在表达法上略有差异。because 说明事情的因和果,语气较强,往往是事情发生的直接原因。as 语气较轻,倾向于把彼此都知道的事实当作理由提出。for 表示原因,往往作为前一句的推理,语气最弱。因此,本题的正确答案为 A,译作“昨夜一定下雨了,因为地都湿了”。

四、能力测试

笔试部分

I. 单项填空

从 A、B、C、D 四个选项中,选出可以填入空白处的最佳答案。

- Lie down and let me _____ you.
A. examine B. to examine
C. examines D. examined
- I advise you not to eat fruit that isn't ripe _____.
A. in the future B. in future
C. on future D. future
- The Chinese diet that is considered to be the healthiest in the world is _____ in fibre and low in sugar and fat.
A. low B. less C. rich D. little
- You are so fat I suggest you _____ by taking this medicine.
A. to lose weight B. will lose weight
C. lose weight D. are losing weight
- You _____ eat green peach.
A. had better not B. would not
C. had not better D. had not to better
- I advised you _____.
A. stopped smoking B. to stop smoking
C. stops smoking D. not to stop smoking
- Why is it a _____ idea to eat too much sugar?
A. bad B. bed C. good D. better
- A lot of fruit and green vegetables _____ fibre.
A. is low in B. are low in
C. is rich in D. are rich in

9. In big cities during cold winter , many old people _____ the polluted air.
A. die from B. die of
C. die out D. die down
10. Their diet contains a lot of fat _____ potato crisps.
A. on the form of B. on form of
C. in the form of D. in form of
11. He was seen _____ the office.
A. enter B. to enter
C. enter into D. to enter into
12. Why do you do nothing but _____ silly questions ?
A. to ask B. ask
C. to be asked D. be asked
13. In some parts of Britain , one person in ten , _____ thirty , has no teeth left.
A. by the age of B. at the age of
C. in the age of D. at the end of
14. If you eat too much fat and sugar and don 't take enough exercise , you will _____ very easily.
A. lose weight B. losed weight
C. put on weight D. putted on weight
15. Some people have had bad teeth _____ the sugar which they are always eating.
A. because B. because of
C. as D. for
16. Swimming is good to _____. It will make us _____.
A. health , health B. healthy , healthy
C. health , healthy D. healthy , health
17. _____ you please show me the way to the zoo ?
A. Can B. Do C. Would D. May
18. What he suggested was that we _____ reexamine our plan.
A. would B. must C. could D. should
19. You _____ take your umbrella. I 'm sure it won 't rain.
A. mustn 't B. don 't have to C. can 't D. shouldn 't
20. Tha cat _____ hibernate in winter.
A. need not B. need not to
C. doesn 't need to D. don 't need
21. I _____ what happened to her.
A. would like know B. would like knowing
C. would like to know D. would like that I know
22. I _____ to have another try if I can get another chance.
A. have been meaning B. mean

- ## II. 完形填空

Motor cars were 1 in the nineteenth century but they did not 2 into general use till the twentieth century. The driver controls the car without moving from his seat. He can start it , steer (驾驶) it , 3 it go backwards as well as forwards , make it go fast or slow , and he can stop it 4 . Both his hands are usually on the steering wheels , while his feet 5 the accelerator (加速器) , brake (刹车) and clutch (离合) pedals (踏板) . Using the steering wheel (方向盘) , the driver can change the direction of the car , and by 6 of the accelerator he can change the speed.

1. A. discovered	B. invented	C. opened	D. created
2. A. introduce	B. fall	C. put	D. come
3. A. force	B. push	C. drive	D. make
4. A. all	B. together	C. all together	D. altogether
5. A. operate	B. do	C. work	D. step
6. A. using	B. means	C. hands	D. control
7. A. what	B. why	C. how	D. whether
8. A. lawful	B. asked	C. fit	D. allowed
9. A. keep	B. avoid	C. run	D. escape
10. A. hand	B. ways	C. words	D. meaning

III. 阅读理解

A

8

to the produce counter(农产品柜台)in the supermarket. “ Give me half a head of cabbage(卷心菜)”, he told the shop assistant.

“ All we have are whole heads ,” came the cold reply.

“ I don ’t want a whole head ,” the customer demanded ; Just half a head. Are you going to sell me half a head ?”

“ Wait a minute ,” said the shop assistant nervously. “ Let me ask the manager. ”

She went back where the manager was stamping prices on canned goods. “ Hey ,” she said , “ there ’s a big stupid-looking buffal(水牛)outside who wants me to sell him half a head of cabbage. Shall I tell the fool to. . . ”She noticed the manager staring — not at her , but behind her. Turning , the shop assistant saw that the big and tall customer had followed her and heard every word. Quickly , the shop assistant turned back to the manager. “ And this gentleman ,” she said , “ wants to buy the other half. ”

1. What do you think is the best title of this passage ?
A. A Friendly Customer. B. A Polite Manager.
C. A Strange Customer. D. A Nervous Shop Assistant.
2. What did the customer want to buy in the supermarket ?
A. Half of the cabbages. B. Half a cabbage.
C. A whole cabbages. D. A small cabbage.
3. According to this passage , we know that _____.
A. the shop assistant was very polite to the customer
B. the shop assistant was very friendly to the customer
C. the shop assistant was unfriendly to the customer
D. the shop assistant was interested in the customer
4. How many customers did the shop assistant refer to when she talked to the manager ?
A. Only one customer.
B. Two different customers. C. More than two customers.
D. A gentleman and a stupid-looking customer.
5. What is your impression of the customer ?
A. He looks like a gentleman. B. He is a stupid man.
C. He looks like a housewife. D. He is a man of strong build.

B

Long ago , men knew of a few things that could cause a kind of sleep. But these anesthetics were weak. They could not be given in too large amounts because they often caused death. If only a little were given , the sick men could still feel pain. So these old anesthetics were almost useless. Operations without anesthetics had usually to be done while the sick men could feel all the pain.

Any operation in those old days was very difficult. The doctor had to work while the sick man ’s body moved nearly all the time. As the body was cut open , it tried to turn from side to

side. How could a doctor do any operation carefully and quickly in conditions like these? When we remember also that the open cuts were not kept clean, and that even the doctor's clothes were usually very dirty, we are not surprised to hear of a large number of deaths.

Today , however , we need not worry about feeling pain during the operation. There are kinds of anesthetics which can easily cause the sick man to fall into a kind of sleep and when he wakes , the operation is finished. A man can , in some operation , talk about his life 's experiences to a friend while the doctors are cutting open the lower part of his body. One doctor even managed to cut off his own leg.

6. An anesthetic is a kind of substance which _____.
 - A. causes pain
 - B. kills pain
 - C. makes people strong
 - D. makes people forget everything
7. There were days long ago when _____.
 - A. the sick men had to have operations and feel the pain
 - B. the doctor had to do operations and feel the pain
 - C. the sick men felt pain while the operations were going on
 - D. doctors couldn't do operations
8. Operations in old days were difficult because _____.
 - A. doctors didn't know how to do them
 - B. the sick men wanted to move all the time
 - C. the sick men didn't want to sleep
 - D. they hadn't real anesthetics
9. Which of the following was not the reason for a large number of deaths?
 - A. The patients didn't obey the doctor.
 - B. The open cuts were dirty.
 - C. The doctors' clothes were not clean enough.
 - D. The doctor didn't know to operate better.
10. The best topic of the passage may be _____.
 - A. Anesthetics — Past and Today
 - B. The Development of Anesthetics
 - C. Ancient Operations
 - D. Magic Power of Anesthetics

IV. 单词拼写

1. Lie down and let me _____ (检查) you.
2. He _____ (建议) me not to eat fruit that isn ' t ripe.
3. The _____ (病人) says there ' s something wrong with his back.
4. This kind of food can _____ (引起) heart illness.
5. Which food do you think is _____ (不健康)?

V. 根据对话内容 从对话后的选项中选出能填入空白处的最佳选项。(选项中有两项为多余选项)

John : 1

Fred : Hello , John.

John : Where were you yesterday afternoon ?

Fred : Do you mean during basketball practice ?

John : Yes , 2

Fred : I had to go to the dentist again. Was the coach angry ?

I forgot to tell him I was going to be absent.

John : Well , he wasn ' t very happy about it.

Fred : 3

John : Not very good. Everybody seemed tired. And Tom got hurt.

Fred : Was he hurt badly ?

John : No , he hurt his arm a little. He ' s O. K. today.

And , of course , Charles can ' t play because of his leg.

Fred : 4

John : Ray did. He ' s not very good.

Fred : 5 He ' s fast.

John : Yes , but he ' s not very tall. And when he gets the ball , he holds it too long.

Fred : I know. The coach doesn ' t like that.

John : Well , you ' ve got to be there this afternoon.

Fred : O. K. I ' ll be there.

- A. How was the practice ?
- B. How are you , Fred ?
- C. What happened to you ?
- D. Who took Charles ' s place ?
- E. Hello , Fred.
- F. How do you think of Charles ?
- G. What about Carl ?

VI. 书面表达

有一美国中学生代表团到你校参观 ,在欢迎会上将由你致词。请你写一份简短的发言稿。
内容应包括 :

1. 你校的简况(有 2 000 名学生 ,150 名教师)。
2. 你校学生学习英语情况。
3. 今天下午先参观学校。参观阶梯教室(lecture hall)、图书馆、实验室、微机室(computer room)和语音室(language laboratory)。
4. 参观完后美国学生将和你校学生座谈学校生活。

词数 : 100 — 200