

..... Learning Contents of Book 3

单元 项目	1	2	3	4	5
话题	节日 节日的起源及其 庆祝	饮食问题 健康饮食	文学和艺术的形式 短篇小说和戏剧 如何表演剧本	恒星科学 生命的发展 太空旅行和重力	加拿大的地理 多元文化的社会
词汇	见教材词汇表	见教材词汇表	见教材词汇表	见教材词汇表	见教材词汇表
语法	情态动词 can, could, may, might, will, would, shall, should, must, can't 等 用法	情态动词 ought to 的用法	宾语从句和 表语从句	主语从句	同位语从句
功能	打电话 邀请 感谢	建议和劝告 就医 同意和不同意	请求 点餐 购物	指示	方向与位置 情感
阅读	说明文 节日及庆典	记叙文 (食物对人体健 康的影响, 均衡 膳食)	文学作品 英文剧本 《百万英镑》	说明文 地球上生命 的起源	游记: “真北方”之旅; 多伦多——蒙特利 尔的“真北方” 列车; 伊卡卢伊特——冰 冻的城镇
写作	记叙文 (续写故事)	应用文 广告题材的写法	编写简单的对话 或剧本中的对白	说明文 解决问题的说明 文写作	游记 写一个在加拿大旅 游的报告

Unit 1 Festivals around the world

★ Learning Contents

亲爱的同学们,大家好!非常高兴能和你们一起进入模块三的学习。春天到了,又一个新的学期开始了。当大家拿到这本书时,同学们一定已沐浴在温暖的春风里。下面是本单元的学习重点,希望大家在感受春天气息的同时,也能提前用心品味单元要点,做到心中有数,以便能够高效率地掌握本课内容。

话题:

节日;节日的起源和庆祝

词汇:

beauty harvest celebration starve origin religious ancestor Mexico feast
bone belief trick poet arrival gain independence independent gather wipe
agriculture agricultural award rooster admire energetic Easter clothing
Christian custom worldwide fool permission parking apologize drown
sadness obvious weep remind forgive

短语:

take place in memory of dress up play a trick on look forward to as though
day and night have fun with parking lot turn up keep one's word set off
hold one's breath remind... of...

语法:

情态动词 can, could, may, might, will, would, shall, should, must, can't 的用法。

功能:

1. 打电话 (Making phone calls)
2. 邀请 (Invitations)
3. 感谢 (Thanks)

阅读:

说明文:有关节日材料的阅读



写作:

记叙文(续写故事)



★ Inquiry-based Learning

这一部分有两个板块:阅读和语言。阅读部分旨在让大家运用阅读技能提高阅读和理解本单元课文的能力。语言部分帮助同学们学习本单元的单词、短语,并对长、难句进行分析;同时归纳总结本单元的语法及功能用语,简明扼要,条理清晰,请同学们认真掌握。

◀ Section 1 Reading ▶



Introduction

节日是人类永恒的话题。它能给悲伤的人们带来慰藉,给劳作的人们带来愉悦,给孤独的人们带来友谊,给远在异国他乡的人带来温暖。世界各地的节日五花八门,人们在节日中的活动形式和风俗习惯也各不相同。本单元旨在通过讲述节日的种类、节日的起源、节日的礼仪活动,节日期间人们的服饰与饮食,以及一些和节日相关的故事,使同学们不仅能够增进对中国节日的了解,而且对外国的节日也可以得到一些初步的认识,从而丰富大家的历史文化、风土人情、宗教信仰等方面的知识,进一步增强同学们的跨文化交际意识。



Pre-reading

Please look at the pictures and the title of the text, guess what kind of information will be introduced in the passage, and then answer the following questions.

1. Have you ever heard of the Wangguo Festival? What kind of festival is it?

2. What part of a festival do you like most—the food, the clothes, the activities, the music or the people whom you visit? Why?



While-reading

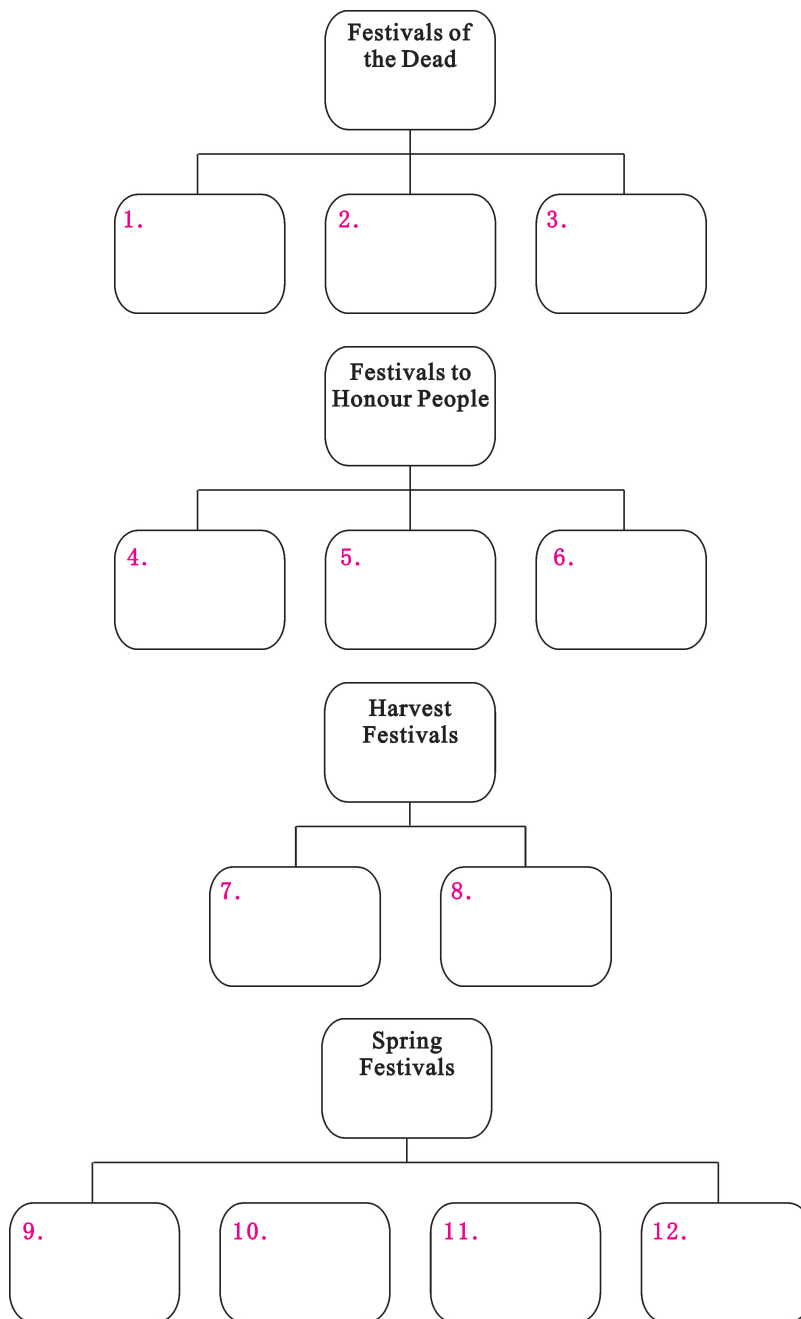
A. Now that you have read the text, please answer the following questions.

1. What is the main idea of this text?

2. How many types of festivals are mentioned in the passage? What are they?

3. Why is it important to have festivals and celebrations?

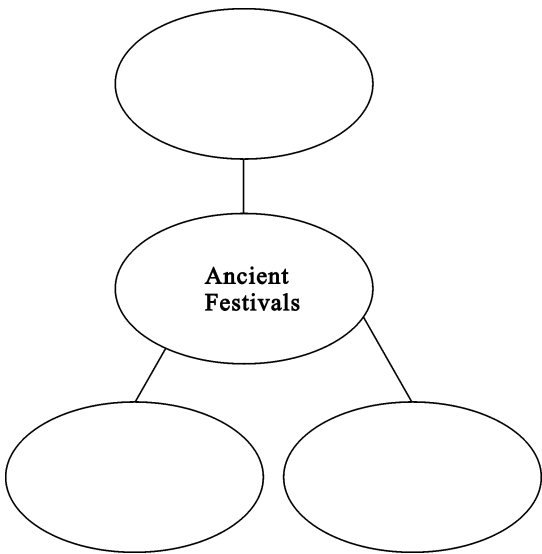
B. Please fill in the charts below to have a better understanding of the passage. (To each table fill in the names of the festivals and countries.)



Post-reading

Discuss in pairs and complete the chart below.

Best wishes for the year to come! Good luck in the year ahead!



Section 2 Vocabulary

A. Matching

- | | |
|-------------------------|---|
| () 1. set off | A. a space or an area for leaving vehicles |
| () 2. belief | B. the whole day, all the time |
| () 3. admire | C. to say sorry for doing sth. wrong or causing a problem |
| () 4. parking lot | D. to look at sth. and think that is attractive; respect sb. for what they are or they've done |
| () 5. day and night | E. a strong feeling that sb. /sth. exists or is true; confidence; sth. you believe, especially as part of your religion |
| () 6. turn up | F. to start out |
| () 7. apologize | G. to happen |
| () 8. take place | H. to keep one's promise |
| () 9. obvious | I. easy to see or understand |
| () 10. keep one's word | J. (of a person) to arrive; (of an opportunity) to happen, especially by chance |

B. Completion

1. mean

- ①When I say yes, _____.
当我说“是”时,可是认真的哦。
- ②—What did Obama's success mean? 奥巴马的成功意味着什么?
—It _____ he would be the American president. 意味着他将当美国

总统。

③Being a good teacher means _____ and patient.

当个好老师意味着知识渊博,有耐心。

④I _____ to call on my teacher, but I was too busy.

我本来打算去拜访老师,可是我太忙了。

●Learning Tips

I mean it. 我是认真的。

mean doing sth. 意味着做某事

mean to do sth. 打算做某事



2. take place

①The Valentine's Day _____ on February 14th every year.

情人节通常是在每年 2 月 14 日。

②The May 4th Movement _____ in China in 1919.

1919 年,中国发生了五四运动。

③Her birthday party _____ tomorrow.

她的生日聚会将于明天举行。

●Learning Tips

take place 发生;举行,不及物动词短语,无被动语态。



3. starve

①Little Tom would rather _____ than work for the company.

小汤姆宁愿挨饿也不愿为那家公司工作。

②The little girl became homeless in the war and _____.

那个小女孩在战争中流离失所,饿死了。

③Don't _____ to lose weight. You'd better take exercise every day.

不要为了减肥而饿肚子。你最好每天锻炼。

●Learning Tips

starve to death 饿死

starve yourself 饿肚子



4. do harm

①Don't do that! It _____.

别那样做! 这弊多利少。

②Staying up late _____.

熬夜对你不好。

③I don't want to _____.

我不想伤害他(的感情)。

④He _____ the traffic accident.

他在那次交通事故中受了伤。

⑤He _____ the leg in the war.

战争中,他腿部受伤。

●Learning Tips

do harm 有害处;不利

do harm to sb. = do sb. harm 给某人造成危害

辨析 **hurt**, **injure** 和 **wound**

hurt 既可以指肉体上的伤害,也可以指精神上的伤害。

injure 多指事故受伤。

wound 指刀伤、剑伤、枪伤。



5. gather

① _____ the table and I'll tell you a story.

围着桌子坐下,我给你们讲一个故事。

②The hen _____ the chickens _____ her.

母鸡把小鸡们聚集在她的周围。

③The gardener _____ flowers.

那个园丁正在采花。

6. award

①The _____ the year's best actor went to Tom.

汤姆获本年度最佳男演员奖。

②They _____ the title of Hero.

= They awarded the title of Hero to him.

他们授予他英雄的称号。

③Peking University awarded him _____.

北京大学给他颁发了奖学金。

④He got _____ 500 yuan for saving a drowning child.

他因拯救一名溺水儿童而获 500 元酬赏。

●Learning Tips

award sb. sth. 授予某人某物



7. admire

① I admire the way she _____ her children.

我钦佩她抚养孩子的那一套办法。

② The Chinese government has made the Mid-Autumn Festival a holiday, when people will have a day off, enjoy mooncakes and _____.

中国政府已经把中秋节定为法定节日。这天人们休息、吃月饼和赏月。

③ I don't agree with her, but I _____ her _____ sticking to her principles.

我不同意她的意见,但我赞赏她恪守原则。

● Learning Tips

admire sb. for sth. 因某事钦佩某人



8. apologize

① He _____ for running a red light.

他因为闯红灯而向我们道了歉。

② I apologize for _____, but I have just had a message from the hospital.

我为迟到表示歉意,但我刚得到了来自医院的一个消息。

● Learning Tips

apologize to sb. for (doing) sth. 因(做)某事向某人道歉

同根词

apology *n.* 道歉;谢罪

make an apology to sb. for (doing) sth. 因(做)某事向某人道歉



9. look forward to

① I _____ downloading some of the latest news to my mobile phone.

我期待着把一些最新消息下载到我的手机上。

② I look forward to _____ the boy and his dog that were injured when crossing the road.

我期待着去看望在过马路时受伤了的那个孩子和他的狗。

● Learning Tips

look forward to (doing) sth. 期待/期望/盼望(做)某事

注意:to 是介词,后跟名词或动名词。



10. remind

①Her gift always _____.

她的礼物使我经常想起她。

②He reminded me _____ my promise.

他向我提起我答应过的事情。

③Please remind me _____ the telephone.

请提醒我回电话。

④The teacher _____ I hadn't handed in my homework.

老师提醒我说我还没交作业。

●Learning Tips

remind sb. of sth. 使某人想起某事

remind sb. to do sth. 提醒某人做某事

remind sb. + that/how 从句 提醒某人……



11. permission

①Would you give me _____ to say a few words?

= Would you _____ me to say a few words?

我能说几句话吗?

②Nobody can enter the meeting hall _____.

未经允许,任何人不准进入会议厅。

●Learning Tips

ask for permission 请求许可

with one's permission 经某人许可

without permission 未经许可

同根词

permit v. 允许,准许

give sb. 's permission to do sth. = permit sb. to do sth. 允许某人做某事



12. turn up

①For some reason, Liu Tao didn't _____ for the date.

由于某种原因,刘涛没有前来赴约。

②Hu Jin _____ late for everything.

胡谨凡事都迟到。

③She _____ the lamp a little so that she could see more clearly.

她把灯调亮了点,以便让自己看得更清楚。

13. set off

①We _____ for Paris just after nine.

刚过九点我们就出发去巴黎。

②In the Spring Festival, people usually _____ firecrackers.

春节时,人们通常燃放鞭炮。

③His speech _____ a wave of cheers from time to time.

他的演讲不时引起阵阵掌声。

C. Complete the passage with the words below in their proper forms.

dress up Western countries ancient poet in memory of any sweets
admire the moon in the past win award European countries in a word
the dead in Japan energy play a trick on be proud of

Since ancient times, festivals and all kinds of celebrations have been held. 1. _____, festivals were held to celebrate planting, harvest and animals being caught. Nowadays, festivals are still held to honor 2. _____ or to satisfy the ancestors. The Japanese people go to clean graves and light incense 3. _____ their ancestors at Obon. For the Western holiday Halloween, the children usually 4. _____ and go to their neighbors' homes, playing trick-or-treat. If they can't get 5. _____, they might 6. _____ their neighbors.

The Dragon Boat Festival in China honours the famous 7. _____, Qu Yuan. For the Harvest and Thanksgiving festivals in 8. _____, some people might 9. _____ for their biggest watermelon or the most handsome rooster. China and Japan have mid-autumn festivals, when people 10. _____ and in China enjoy mooncakes. The most important and 11. _____ festivals are spring festivals, which include the Spring Festival in China, Easter in some 12. _____ and the Cherry Blossom Festival 13. _____.

14. _____, festivals let us enjoy life, 15. _____ customs and forget our work for a while.

Lexical Chunks

同学们,请将本单元的词组、短语、固定搭配、习惯的表达方式等语言表达形式进行整理归纳。

Section 3 Sentence Structure

1. Work in groups and list below three more Chinese festivals that you know. (P1)
小组合作,在下面列出另外三个你知道的中国节日。

(1)do sth. and do sth. 为第二人称祈使句,主语 you 被省略。and 连接两个并列的谓语动词,表示“先做某事然后做某事”。

(2)three more + n. = another three + n. 另外三个……

Please bring me three more chairs.
=Please bring me another three chairs.
请再给我拿三把椅子来。

My deskmate has listed five more Chinese festivals.
我的同桌列举了另外五个中国节日。

2. At that time, people would starve if food was difficult to find, especially during the cold winter months. (P1)
那时,特别是在寒冷的冬月,如果食物难以找到,人们就会挨饿。

“if food was difficult to find ”意为“如果食物难以被找到”,但却用 difficult to find 主动形式表示被动意义,而不说 difficult to be found。不定式用主动语态表达了被动的意思。本句型有以下特点:

- (1)在一些形容词后跟 to do。
- (2)to do 中的动词 do 和句子主语在逻辑上多为动宾关系。此处是“发现食物”的意思,即 find the food 之意。
- (3)这些形容词通常包括: difficult, hard, easy, heavy, light, cheap, expensive, fit,

good 等。

The bag is heavy to carry.

这包背起来很重。

The water is fit to drink.

这水适合于饮用。

3. Some festivals are held to honour the dead or to satisfy the ancestors, who might return either to help or to do harm. (P2)

有些节日,是为了纪念死去的人,或者使祖先满意,因为祖先们有可能返回阳间或者来帮忙,或者搞破坏。

the dead 死去的人(们)

the + 形容词或分词,用来表示一类人,谓语动词一般用复数形式。

the young 年轻人 the old 老年人

the rich 富人 the poor 穷人

the wounded 伤员 the living 活着的人

The wounded were taken into hospital right away.

伤员即刻被送往医院。

4. They also light lamps and play music because they think that this will lead the ancestors back to earth. (P2)

他们还点上灯笼,演奏音乐,因为他们认为这样做可以把祖先吸引回阳间。

(1)will 是情态动词,表示“往往”的意思。

(2)lead sb. back to a place,表示“把某人领回到某地”的意思。

I will lead you back to your hometown.

我会把你领回故乡。

5. The Western holiday Halloween also had its origin in old beliefs about the return of the spirits of dead people. (P2)

西方的万圣节前夕的鬼节也源自人们古老的信念:亡者的灵魂会返回人间。

Halloween,为“万圣节前夕”,也称“鬼节”,时间在10月31日晚上。“万圣节”英文是:Hallowmas。时间是11月1日。两者并不是一个概念。

6. The most energetic and important festivals are the ones that look forward to the end of winter and to the coming of spring. (P2)

最富生气而又最重要的节日就是那些告别冬天结束、迎接春天到来的节日。

the ones 指 the festivals. ones 经常用以指代上文中的复数可数名词同类中的另外一些。the ones 是特指。例如:

The green bags are too small. I want the red ones.

这些绿色的包太小了。我想要那些红色的包。

7. Festivals let us enjoy life, be proud of our customs and forget our work for a little while.
(P2)

节日让我们享受生活,让我们为自己的风俗习惯而自豪,并且暂时忘掉工作中的烦恼。

let sb. do sth. 让某人做某事。此处用了省略 to 的不定式做宾语补足语。再如:

I will let him do it.

我会让他做这件事。

8. As Li Fang set off for home, he thought, "...". (P7)

李方动身往家走时,心想:“……”

as 是从属连词,引导时间状语从句。when 和 while 也是从属连词,也可以引导时间状语从句。区别如下:

as: 强调两个动作同时发生。往往可以翻译为:一边……,一边……

when: 既可以和延续性动词连用,又可以和非延续性动词连用。

while: 常和延续性动词连用。

这三个词在表示时间较长的背景情况时可以互换。例如:

He sang as he walked.

他边走边唱。

When he came in/ was sitting in the room, I was making a phone call.

当他进来/坐在房间里时,我正在打电话。

While he was watching TV, I was reading.

他看电视时,我在看书。

As/ When/ While I was walking down the street, I saw a car run over a boy.

当我沿着街道往前走时,看到一辆汽车压了一个男孩。

9. There was Hu Jin waving at him and calling, "...". (P7)

胡瑾正在那里向他招手叫喊:“……”

本句是倒装句。正常的语序是:Hu Jin was there waving at him and calling, "...".
当 there, here 等副词位于句首,且句子主语为名词时,句子往往要倒装。但当句子主语为代词时,即使 there, here 等副词位于句首,句子也不倒装。例如:

There goes the bell.

铃响了。

Here you are.

给你。

Section 4 Grammar

发现，探究语法规则



同学们，在学习本单元语法“情态动词”之前，请大家先完成下列有关情态动词的填空练习，看看你对情态动词的感性认知如何。

1. Every student in my class _____ use the computer skillfully(熟练地) now.
2. —Could I use your mobile phone now?
—Yes, of course you _____.
3. —May I go out to play now, Mum?
—No, you _____. You haven't finished your homework.
4. —Must I clean the room now?
—No, you _____. You can do it later.
5. When I was a student, I _____ sit for hours in the classroom, reading.
6. He _____ speak for hours if you give him the chance.
7. Bob, _____ I share the book with you?
8. You _____ not talk in class.
9. You mean he lost the game? You _____ be joking.
10. Our head teacher is in the classroom now. He _____ have gone to Taiyuan.

请大家看一看周围同学的答案，和你的一样吗？请你们和正确答案比较一下，然后再展开讨论。建议同学们参看有关语法书，经过讨论后，共同写出你们所归纳的情态动词的含义及用法。

can 和 could 可以表示能力、许可、可能性、请求等。

may 和 might 可以表示 _____。

will 和 would 可以表示 _____。

shall 和 should 可以表示 _____。

must 和 can't 可以表示 _____。

下面我们一起来学习本单元的语法知识。

请看下面情景。先来阅读两段对话：

Dialogue 1

—I wonder if Sue will be here by five.

—Her husband said she left home at half past four. She should be here at ten after five, a quarter past five at the latest.

—Must she attend the meeting?

—Actually, she needn't.

Dialogue 2

—Shall we begin now?

—OK.

—Ladies and gentlemen, if you are looking for a job, would you like to listen carefully because we might have just the job for you. So can you swim? If you can, you may as well try working at the Midland Sports Center? The Center is looking for two people to join their team of lifeguards. It must be amazing for you to experience it during summer holiday and we promise you shall have your own private space for a break. Will you join us right now?

—Sounds nice. I should have come earlier! As is known, I am a good swimmer. When I was young I would swim in the river with my classmates.

—Awesome! May you succeed!

请同学们观察上面对话中的画线部分,并思考:

1. 情态动词后的动词_____。

2. 情态动词没有人称和数的变化。

3. 本单元我们要学习并总结 10 个情态动词的用法,我们分五组供大家来总结。下面请大家阅读下面五组句子,认真体会各个情态动词的意义及用法。

A. 先请大家阅读下面包含有 can 与 could 的句子,认真体会其意义和用法。

① Jim can speak English well.

吉姆英语讲得好。(能力)

② You can do it tomorrow.

你可以明天做这件事。(许可)

③ Could you please show me the way to Beihai Park?

请您告诉我到北海公园的路好吗?(请求)

④ At that time, I thought the story could be true.

当时,我以为那个故事可能是真的。(可能性)

⑤ We can /will be able to buy the book tomorrow.

我们可以明天购买那本书。

⑥ When the earthquake hit Sichuan, little Lin Hao was able to save two of his classmates' lives.

四川发生地震时,小林浩成功地挽救了两名同学的性命。

⑦ It could be dangerous. 这可能会很危险。(可能性)

⑧ The World Wide Web is sometimes jokingly called the World Wide Wait, because it can be very slow.

万维网有时被戏称为万民等,因为它有时会非常慢。(can 在这里指“客观上有时会”)

⑨ I could have worked out the problem, but I didn't.

我本可以解出那道题,但我没有。

通过观察我们可以对 can 与 could 的用法进行总结归纳:

1. can 与 could 表示能力、请求、许可、可能性。如句①②③④。
2. 在表示现在、将来时 can=be able to, 意为“能够”做某事。
但 was/were able to 表示“经过努力后成功地做到某事”, 而 could 不能。如句⑤⑥。
3. 在否定句和疑问句中, can 和 could 都可以用来表示可能性。但在肯定句中, 往往用 could 表示可能性, 用 can 表示“客观上有时候会”。如句⑦⑧。
4. be able to 有将来时、完成时等其他形式; 而 can 没有。
5. could have done 在肯定句中表示“过去有能力做而并未做”。如句⑨。

B. 请大家阅读下面包含有 may 与 might 的句子, 认真体会其意义和用法。

- ① May we see the awards for the teams?
我们可以看一下队员们的奖品吗? (许可、请求)
- ② If the neighbours do not give any sweets, the children may play a trick on them.
如果邻居不给糖吃, 孩子们就会捉弄他们。(可能性)
- ③ May you succeed!
祝你成功! (祝愿)
- ④ If that is the case, we may as well try.
如果情况确实如此, 我们不妨试一试。

通过观察我们可以对 may 与 might 的用法进行总结归纳:

1. may 与 might 表示许可、请求、可能性。如句①②。
2. 表示祝愿的句型: May+主语+动词! 如句③。
3. may/might as well+动词原形表示“不妨做某事”。如句④。

C. 请大家阅读下面包含有 will 与 would 的句子, 认真体会其意义和用法。

- ① Will you come with us?
你愿意和我们一起来吗?
- ② I will do my best to help you.
我会尽力帮你。
- ③ Fish will die without water.
没有水鱼会死。(倾向性)
- ④ He will sit for hours reading.
他会坐下看好几个小时的书。(经常性、习惯性)
- ⑤ Would you like to have a cup of tea?
你想来杯茶吗?
- ⑥ When I was a child, I would often go skiing.
我还是小孩子的时候常常去滑冰。
- ⑦ We used to live in countryside.
我们过去常住在乡下。

通过观察我们可以总结 will 的用法:

1. 用于第二人称的疑问句中表示请求。意为“是否要……”“要……”。如句①。
2. 在陈述句中表示意志、意愿; 无人称限制。如句②。

3. 表示习惯性、经常性、倾向性的动作。如句③④。

通过观察我们可以归纳 would 的用法：

1. 用于提出请求，同 will，但语气委婉。如句⑤。

2. 表示“过去常常做某事”，指过去的习惯或反复发生的动作，如句⑥；used to 表示“过去常常做某事，而现在不做了”。如句⑦。

D. 请阅读下面包含有 shall 的句子，体会其意义和用法。

Group 1.

Shall I turn on the light?

我能把灯打开吗？

Shall we take a taxi?

我们乘出租汽车，好吗？

What shall I do with your mail?

我应该怎么处理您的信件？

Shall the boy come at once?

这孩子要不要马上来？

Group 2.

You shall have a sweet.

你会吃到一块糖。（允诺）

You shall do as you please.

你可以随意行事。（允诺）

He shall suffer for this.

他将为此受苦。（威胁）

Each competitor shall wear a number.

每位参赛者要戴一个号码。（规定）

Each citizen shall carry his ID card when traveling.

每位公民旅游时都要携带自己的身份证。（规定）

通过观察，我们可以对 shall 的用法总结如下：

1. shall 用于第一和第三人称疑问句中，征求对方的意见或指示，意为“要不要”“……好吗”。如 Group 1.。

2. shall 用于第二和第三人称陈述句中，表示警告、许诺、命令、威胁、规定。如 Group 2.。

E. 请大家阅读下面包含有 should 的句子，认真体会其意义和用法。

① Rich people should help poor people.

富人应该帮助穷人。

② You should see a doctor.

你应当去看医生。

③ You should avoid such mistakes.

你应当避免这样的错误。

④ They should be there by now, I think.

我想现在他们都已经到了。

⑤—When can I come for the photos? I need them tomorrow afternoon.

我什么时候来取照片? 我明天下午需要它们。

—They should be ready by 12:00.

应该可以在 12 点前准备好。

⑥I insisted that he should stay.

我坚持要他留下。

⑦He suggested that she should come another day.

他建议她改天再来。

⑧He demanded that John should go there at once.

他要求约翰立即到那里去。

⑨If I should see him, I would ask him to ring you.

万一我见到他,我让他给你打电话。

⑩It's strange that he should come so late.

他竟然来这么迟真是奇怪。

⑪I'm surprised that he should feel lonely.

我很惊讶他竟然感到孤独。

⑫Why did you tell him the sad news? You shouldn't have done such a bad thing.

你为什么告诉他这个伤心的消息? 你不应该做这样的事情。

⑬The director should have dealt with the problems earlier.

导演应该早点处理这些问题。

通过观察我们可以总结 should 的用法如下:

1. 表示“应该做某事”。如句①②③。

2. 推测某事,表示“可能,(按道理) 应该”,如句④⑤。

3. should 用于虚拟语气中:

(1)表示“建议、命令、要求”的句子中用 should,should 可以省略。如句⑥⑦⑧。

(2)if 引导的表示与将来事实相反的虚拟语气中必须用 should。如句⑨。

4. 在某些表示惊讶的句式中,用 should 表达说话者的惊讶。如句⑩⑪。

5. should have done 表示“本来应该做某事却没有”。如句⑫⑬。

F. 请大家观察下面含有 must 的句子,体会它们的用法。

Group 1.

You must finish it today.

你一定要在今天完成它。

You must see the doctor.

你一定要看医生。

Must you go so soon?

你一定得这么早就走吗?

We mustn't think only of ourselves.

我们可不能只考虑自己。

Group 2.

It must be true.

那一定是真的。

He must be wrong.

他一定错了。

He must be writing a letter to his girlfriend.

他一定是在给他女朋友写信。

Someone must have been smoking here.

一定有人一直在这里抽烟。

He must have arrived already.

他一定已经到了。

I didn't hear the phone. I must have been asleep.

我没有听到电话铃。我一定是睡着了。

Group 3.

Must you make so much noise?

你就非得弄出这么大的噪音吗?

Why must you always interrupt me?

你为什么总是要打断我?

We were ready to leave, but the baby must catch cold.

我们刚预备好要走,可孩子偏偏得了感冒。

Just when I was busy, the neighbor must come and chatter.

正当我忙碌的时候,邻居偏偏过来聊天。

通过观察我们可以对 must 的用法进行总结:

1. must 表示“必须”“一定要”。如 Group 1.。

2. must 表示推测,意为“准是”“一定是”。如 Group 2.。

注意: must be doing 意为“肯定正在做某事”。

must have done 意为“肯定或一定做过某事”。

must have been doing 意为“肯定一直做过某事”。

3. must 表示“偏要,偏偏”,表达不巧或固执的语气,通常都是指令人不快的事。请大家仔细体会第 3 组句子的意思。

此外大家要注意:

1. must 表示推测只用于肯定句中,如果表示否定推测或疑问推测不能用 must,而只能用 can't 或者 can。

It must be true. 那肯定是真的!

Can it be true? 那可能是真的吗?

It can't be true. 那不可能是真的。

2. must 开头的一般疑问句,若要作否定回答,可用 needn't,不用 mustn't。因为 mustn't

的意思是“一定不要”“不能”，而不是“不必”。

—Must I come over tonight? 我今晚必须过来吗?

—No, you needn't. 不必。



Consolidation

A. Complete the sentences with the proper modal verbs.

1. There's no light on; they _____ be at home.

2. Some aspects (方面) of a pilot's job _____ be boring, and pilots often _____ work at inconvenient hours.

3. —Tell him the truth.

—You _____ (joke), he'd never believe me.

4. I have lost one of my gloves. I _____ (drop) it somewhere.

5. —Must I get started at 10:00 tomorrow?

—No, you _____.

6. Why _____ you always be so suspicious?

7. —Daddy, can I be with you today?

—Listen, honey, I will be very busy for next 5 hours.

—But, Daddy, you promise...

—All right, come along, if you _____.

8. According to Chinese law, every child _____ get nine-year compulsory education (九年义务教育).

9. —I will have an important exam next Thursday.

—Really? _____ you succeed.

10. If there's nothing more to do, we _____ as well move on to the next topic.

B. Find out some mistakes in the following sentences and correct them.

1. I will sit under the big tree reading my favorite book when I was young.

2. You should have informed of the information earlier. Why did Jack refuse to do so?

3. If it could snow tomorrow, we would go on a holiday in the mountain.

4. It mustn't be the postman at the door. It's only 6:00 a.m.

5. If you had told me that you were his sister, I will have reminded you of it.

C. Fill in the blanks in the dialogue with the correct words or in the proper forms of the given words in brackets.

Tom: Hi. How much 1. _____ it cost to repair these shoes?

Mary: Let's see... OK, they're 100% leather shoes, so we'll have to use a special kind of glue. And we have to take them 2. _____ (complete) apart, so it 3. _____ take a couple of hours. \$ 30, plus tax.

Tom: Whoa, really? Isn't that kind of expensive?

Mary: It's our standard price for leather shoes 4. _____ require more than one hour of work. 5. _____ you can see, leather is all we do around here.

Tom: But I can buy a new pair of shoes for that.

Mary: Hmm... I suppose you might 6. _____ able to buy a pair of secondhand shoes for that price, but they wouldn't be real leather. You're welcome to shop around for a 7. _____ (good) price if you want, but I don't think you 8. _____ find one.

Tom: Well, I guess I'm already here. OK, let's do it. 9. _____ can I pick them up?

Mary: I can have them back to you tomorrow afternoon 10. _____ four and five o'clock.

Tom: That's good. Even if you're not that cheap, at least you're quick! Here's my credit card.

Section 5 Function

同学们,请阅读下面两段对话,认真体会这两段对话体现了英语中的什么交际功能。

情景对话 1:

An invitation for dinner

A: When can we expect you for dinner? Can you come tonight?

B: Not tonight. I promised to go to the cinema with my sister.

A: Well, how about Saturday then?

B: That sounds good.

A: OK. We'll be delighted to have you.

B: I'll be there. You're still a fabulous cook, aren't you?

A: That'll be for you to decide. I've got a new dish.

B: I'm ready. I think I'll be the first on Saturday.

情景对话 2:

A telephone call

A: May I speak to Jim, please?

B: Sorry. He's not at home.

A: Where is he now?

B: He went to the bookshop.

A: Would you please take a message?

B: Sure.

A: Tomorrow is Teachers' Day. We'll have a party at school.

B: What time is the party?

A: At three thirty in the afternoon.

B: OK, I'll tell him when he's back.

A: Thank you.

同学们,从以上对话中我们可以看出,两段对话主要体现了“打电话”“邀请”“感谢”这三项交际功能。请大家研读下面的交际用语,并在今后的学习中加以灵活运用。

1. 打电话 (Making phone calls)

May I speak to...?

Can I ring / call back later?

Hold / Hang on, please.

I'll ring him / her up again.

Just a moment, please.

Sorry, she / he isn't here right now.

2. 邀请 (Invitations)

I wonder if you are interested in...

I'd like to invite you to...

Would you like...?

Could / Would you please...?

I'm looking forward to...

I'd love to, but...

3. 感谢 (Thanks)

Thank you very much.

Thanks a lot.

That's very kind of you.

You are most welcome.

Don't mention it.

It's a pleasure.



Interaction and Presentation

A. Pick out the best choice from the box that can complete each of the blanks. Note that two of them are not used.

A: Hello, Central, can you put me through to 3028321?

B: Just a minute. 1. _____ The line is through now.

A: Thanks. That's very kind of you. Hello, could I speak to Tom?

C: 2. _____

A: Hello. 3. _____ I'd like to speak to Tom.

C: Hold on, please. 4. _____ Sorry, but Tom isn't here now. Can I take a message?

A: That's very kind of you. Can you ask him to call me back please? 5. _____

C: OK. (A moment later) Tom, you were wanted on the phone. A Jack asked you to call him back.

D: OK, thanks a lot.

A. This is Jack here.

B. I will get the number for you.

C. Who's that speaking?

D. Mr Black, a long-distance call for you.

E. I'll see if he is in.

F. I will ring him up again.

G. Please tell him to phone 2168640, Jack.

B. Oral activity

请以两人为一个小组,利用 Function 中的句子编一段对话,表达邀请和感谢之情,并准备好在全班同学面前表演。

★ Language Use

做完语言知识练习之后感觉怎么样? 现在让我们再来挑战一下自己吧! 看看自己的语言知识综合运用能力是否有提高。请大家试着做做吧!

Section 1 Cloze

Christmas is coming. Erica Orlando begins writing a Christmas 1. Outside the house 2 is falling. Soft flakes (薄片) cover the world. Her 3 goes back to a summer day and a beach as bright as snow.

On a family 4 in Santa Rosa, Florida, Erica and her brother were sitting on the warm white sand, enjoying the sunshine. Children were playing on the beach. Just then, they heard a woman 5, "Rob is missing!" The woman's husband ran toward the ocean to 6 his son. Erica asked the father to 7 her what the child looked like. He said, "He has 8 hair; he is wearing a bright orange shirt. He is afraid of water."

Erica's mind was already working 9. Orange shirt, afraid of water. Immediately she had an image (形象) of a 10 in the sand. It was just a few feet away from where the boy's mother stood. Erica went over at once, 11 on her knees and started digging. A foot down, her fingers touched something different, 12 and fine, his dark hair. She called out, "I think I have found him!"

13 he'd fallen into the hole other kids had dug, and the sand fell in, completely

covering him. The crowd dug out enough 14 so that Rob's father was able to lift him out.

Snow 15 to fall outside. She looks down at the Christmas card and begins to write, "Dear Rob."

- | | | | |
|--------------------|---------------|----------------|----------------|
| () 1. A. letter | B. card | C. article | D. song |
| () 2. A. snow | B. rain | C. leaf | D. dust |
| () 3. A. idea | B. speech | C. dream | D. mind |
| () 4. A. party | B. dinner | C. holiday | D. meeting |
| () 5. A. singing | B. teaching | C. discussing | D. crying |
| () 6. A. look for | B. talk about | C. take away | D. look up |
| () 7. A. question | B. tell | C. guess | D. write |
| () 8. A. short | B. brown | C. long | D. dark |
| () 9. A. wrongly | B. badly | C. fast | D. slowly |
| () 10. A. hole | B. box | C. child | D. shirt |
| () 11. A. turned | B. put | C. sat | D. fell |
| () 12. A. soft | B. hard | C. straight | D. thick |
| () 13. A. Nearly | B. Clearly | C. Fortunately | D. Immediately |
| () 14. A. time | B. help | C. space | D. water |
| () 15. A. happens | B. stops | C. begins | D. continues |

◀ Section 2 Reading Comprehension ▶▶

A

Five years ago, when I taught art at a school in Seattle, I used Tinkertoys as a test at the beginning of a term to find out something about my students. I put a small set of Tinkertoys in front of each student, and said: "Make something out of the Tinkertoys. You have 45 minutes today—and 45 minutes each day for the rest of the week."

A few students hesitated to start. They waited to see the rest of the class would do. Several others checked the instructions and made something according to one of the model plans provided. Another group built something out of their own imaginations.

Once I had a boy who worked experimentally with Tinkertoys in his free time. His constructions filled a shelf in the art classroom and a good part of his bedroom at home. I was delighted at the presence of such a student. Here was an exceptionally creative mind at work. His presence meant that I had an unexpected teaching assistant in class whose creativity would infect (感染) other students.

Encouraging this kind of thinking has a downside. I ran the risk of losing those students who had a different style of thinking. Without fail one would declare, "But I'm

just not creative.”

“Do you dream at night when you’re asleep?”

“Oh, sure.”

“So tell me one of your most interesting dreams.” The student would tell something wildly imaginative. Flying in the sky or in a time machine or growing three heads.

“That’s pretty creative. Who does that for you?”

“Nobody. I do it.”

“Really—at night, when you’re asleep?”

“Sure.”

“Try doing it in the daytime, in class, okay?”

() 1. The teacher used Tinkertoys in class in order to _____.

- A. know more about the students
- B. make the lessons more exciting
- C. raise the students’ interest in art
- D. teach the students about toy design

() 2. What do we know about the boy mentioned in Paragraph 3?

- A. He liked to help his teacher.
- B. He preferred to study alone.
- C. He was active in class.
- D. He was imaginative.

() 3. What does the underlined word “downside” in Paragraph 4 probably mean?

- A. Mistake.
- B. Drawback.
- C. Difficulty.
- D. Burden.

() 4. Why did the teacher ask the students to talk about their dreams?

- A. To help them to see their creativity.
- B. To find out about their sleeping habits.
- C. To help them to improve their memory.
- D. To find out about their ways of thinking.

(2016 年高考 全国新课标卷 II)

B

The boy made it!

One Sunday, Nicholas, a teenager, went skiing at Sugarloaf Mountain in Maine. In the early afternoon, when he was planning to go home, a fierce snowstorm swept into the area. Unable to see far, he accidentally turned off the path. Before he knew it, Nicholas was lost, all alone! He didn’t have food, water, a phone, or other supplies. He was getting colder by the minute.

Nicholas had no idea where he was. He tried not to panic. He thought about all the survival shows he had watched on TV. It was time to put the tips he had learned to use.

He decided to stop skiing. There was a better chance of someone finding him if he stayed put. The first thing he did was to find shelter from the freezing wind and snow. If he didn't, his body temperature would get very low, which could quickly kill him.

Using his skis, Nicholas built a snow cave. He gathered a huge mass of snow and dug out a hole in the middle. Then he piled branches on top of himself, like a blanket, to stay as warm as he could.

By that evening, Nicholas was really hungry. He ate snow and drank water from a nearby stream so that his body wouldn't lose too much water. Not knowing how much longer he could last, Nicholas did the only thing he could — he huddled (蜷缩) in his cave and slept.

The next day, Nicholas went out to look for help, but he couldn't find anyone. He followed his tracks and returned to the snow cave, because without shelter, he could die that night. On Tuesday, Nicholas went out again to find help. He had walked for about a mile when a volunteer searcher found him. After two days stuck in the snow, Nicholas was saved.

Nicholas might not have survived this snowstorm had it not been for TV. He had often watched Grylls' survival show *Man vs. Wild*. That's where he learned the tips that saved his life. In each episode(一期节目) of *Man vs. Wild*, Grylls is abandoned (被抛弃) in a wild area and has to find his way out.

When Grylls heard about Nicholas' amazing deeds, he was super impressed that Nicholas had made it since he knew better than anyone how hard Nicholas had to work to stay alive.

() 1. What happened to Nicholas one Sunday afternoon?

- A. He got lost.
- B. He broke his skis.
- C. He hurt his eyes.
- D. He caught a cold.

() 2. How did Nicholas keep himself warm?

- A. He found a shelter.
- B. He lighted some branches.
- C. He kept on skiing.
- D. He built a snow cave.

() 3. On Tuesday, Nicholas _____.

- A. returned to his shelter safely

- B. was saved by a searcher
- C. got stuck in the snow
- D. stayed where he was

- () 4. Nicholas left Grylls a very deep impression because he _____.
- A. did the right things in the dangerous situation
 - B. watched Grylls' TV program regularly
 - C. created some tips for survival
 - D. was very hard-working

C

Read the following passage and choose the most suitable sentence from A to E for each blank. There is one extra sentence.

The organization, Keep Time for Children, started in 2002 to make people realize the importance of family time on weekends, particularly for families with school age children. 1. _____ We will try to help parents take one day off on weekends to be with their family.

2. _____ What children want and need most is to spend time with their parents, not with toys or taking part in activities. But with more and more people working on weekends, many children of school age don't see their parents anywhere near as often as they should.

3. _____ The movement is designed for families of all types and sizes under increasing pressure (压力) to work on weekends. Because weekends are the very time when school age children are at home and in need of their parents, we are going to put forward a Family Day Bill (议案) to the government. 4. _____ It is aimed to solve (解决) the problem of young children being left home "alone" on weekends.

The law is likely to make sure that parents take good care of their children on weekends. If parents have a day off on weekends, they can spend a lot of time and energy with their children to share their happiness.

- A. Keep Time for Children is now starting a movement.
- B. Our aim is mainly to encourage parents to spend time with their children on weekends.
- C. An American set up the organization.
- D. It would give every parent of children under the age of 16 the right in law of a weekend day off each week.
- E. Our time is the most precious gift that we can give our children.

D

I first met Paul Newman in 1968, when George Roy Hill, the director of *Butch Cassidy*

and the Sundance Kid, introduced us in New York City. When the studio didn't want me for the film—it wanted somebody as well known as Paul—he stood up for me. I don't know how many people would have done that; they would have listened to their agents or the studio powers.

The friendship that grew out of the experience of making that film and *The Sting* four years later had its root in the fact that although there was an age difference, we both came from a tradition of theater and live TV. We were respectful of craft (技艺) and focused on digging into the characters we were going to play. Both of us had the qualities and virtues (美德) that are typical of American actors: humorous, ambitious, and making fun of each other—but always with a good relationship. Those were also at the core (核心) of our relationship off the screen.

We shared the brief that if you're fortunate enough to have success, you should put something back—he with his Newman's Own food and his Hole in the Wall camps for kids who are seriously ill, and me with Sundance and the university and the festival. Paul and I didn't see each other all that regularly, but sharing that brought us together. We supported each other financially and by showing up at events.

I last saw him a few months ago. He'd been in and out of the hospital. He and I both knew what the deal was, and we didn't talk about it. Ours was a relationship that didn't need a lot of words.

- () 1. Why was the studio unwilling to give the role to author at first?
- A. Paul Newman wanted it.
- B. The studio powers didn't like his agent.
- C. He wasn't famous enough.
- D. The director recommended someone else.
- () 2. Why did Paul and the author have a lasting friendship?
- A. They were of the same age.
- B. They worked in the same theater.
- C. They were both good actors.
- D. They had similar characteristics.
- () 3. What does the underlined word "that" in Paragraph 3 refer to?
- A. Their belief. B. Their care for children.
- C. Their success. D. Their support for each other.
- () 4. What is the author's purpose in writing the text?
- A. To show his love of films.
- B. To remember a friend.
- C. To introduce a new movie.

D. To share his acting experience.

Section 3 Writing

A. Completion

1. 过清明节时,中国人通常去扫墓以祭奠祖先。

For the Chinese Tomb-Sweeping Festival, people often go to _____ in memory of their ancestors.

2. 甘地帮助印度摆脱英国而赢得了独立。

Gandhi helped India _____ from Britain.

3. 昨天约翰因为龙灯舞得好而获了奖。

Yesterday John _____ an _____ for his wonderful dragon dances.

4. 李方说他想借酒消愁。

Li Fang said that he would like to _____ his sadness _____ wine.

5. 胡谨正在那里向他挥手叫喊。

_____ was Hu Jin _____ at him and calling.

B. Translation

1. 那残忍的奴隶主把可怜的男孩饿死了。(starve sb. to death)

2. 他正在期待着尽快收到你的答复。(look forward to doing sth.)

3. 这张照片总是使我想起往昔美好的时光。(remind sb. of sth.)

4. 我很喜欢她,因为她是个很信守诺言的人。(keep one's word)

5. 迈克通常下午 6:30 动身回家。(set off for)

C. Guided writing

阅读下面短文,根据所给情节进行续写,使之构成一个完整的故事。

In 1945, a 12-year-old boy saw a beautiful brooch (胸针) in a shop window that made his heart racing. But the price—five dollars—was too high for Reuben Earle. Five dollars would buy almost a week's food for his family.

Reuben couldn't ask his father for the money. Everything his father made through fishing went to his mother, Dora. Slim and beautiful, she was the center of the home, the glue that held it together. The housework was never-ending, and she was struggled to support their five children but she was happy as her family and their happiness were all that she cared about.

However, he opened the shop's weathered (风化的) door and went inside. Standing proud and straight in his flour-sack (面粉袋改做的) shirt and washed-out trousers, he told the shopkeeper what he wanted, adding, "But I don't have the money right now. Can you please hold it for some time?"

"I'll try," the shopkeeper smiled. "People around here don't usually have that kind of money to spend on things. It should keep for a while."

Reuben respectfully touched his worn cap and walked out.

He would raise the money and not tell anybody, for he thought Mum would get surprised when she saw that brooch. On hearing the sound of hammering from a side street, Reuben suddenly had an idea that he could raise money by selling the used nail bags. People built their own buildings in Bay Roberts, using nails bought in bags from a local factory. Sometimes the used nail bags were thrown away at the construction site, and Reuben knew he could sell them back to the factory for five cents a piece.

That day he sold two nail bags and hid the money in a rusty soda tin.

注意:

1. 所续写短文的词数应为 150 左右。
2. 应使用 5 个以上短文中标有下划线的关键词语。
3. 续写部分分为两段, 每段的开头语已为你写好。
4. 续写完成后, 请用下划线标出你所使用的关键词语。

Paragraph 1.

Every day after school, Reuben started his plan. _____

Paragraph 2.

Finally the time came! _____

Language Project

在英语主题日来临之际,组织同学们参加与“Enjoy English”有关的活动。活动以丰富多彩的形式为载体,营造良好的英语学习氛围,让大家在英语活动中体验英语的快乐,享受英语。

活动形式:

1. 英语书法比赛。
2. 英文歌曲比赛。
3. 英语演讲比赛。

活动说明:

1. 书法比赛书写指定篇目;所交作品统一用 A4 纸。
2. 英文歌曲选曲积极向上,能体现学生在校生活和精神面貌。
3. 演讲比赛题目为“My Dream”;各班自行组织选拔,推选一位学生参加比赛。

★ Learning Strategy

学习策略包括认知策略、调控策略、交际策略和资源策略。它可以帮助同学们有目的、有意识地制订学习计划,从而提高学习效率。希望下面的文章能够为大家提供一些借鉴。

要学好高一英语必须过好下列三关:

1. 听力关

对于听力学习,同学们可以在每天的早自习时间有目的地定时定量听,也可以在下午活动时间自戴耳机随意听。这样久而久之,不但听力可以得到训练,而且语音、语调也会有所改善,英语成绩自然就会得到提高。

2. 单词关

对于英语单词,一定要记熟,不仅要见了英语能知道汉语意思,还要见汉语就能说出其英语单词。为了确保单词记得牢,建议每学完一个单元,或在每次月考、期中、期末考试前,把所学的单词抽出来进行复习测试。过了单词关,对同学们的课文理解、阅读、写作都会起到极大的促进作用。但要注意单词尽量在语境中记忆。

3. 背诵关

许多同学对“勤朗读多背诵”不以为然,以为只是翻翻课文、随手写写、眼睛看看,“君子动眼不动口”,这显然不是“背诵”。俗话说“书读百遍,其义自见”,更不用说是背诵了。所以,建议同学们对于教科书中的每一篇文章都要尽量熟读、背诵。因为这种背诵不仅仅是以背诵为目的,而是要通过背诵熟悉单词及其用法,体会英语的语气、语境,增强同学们的语感。若大家每天能坚持,把零星的时间充分利用在英语的朗读背诵上,就可能做到出口成章,给写作积累下更多的素材,这样能明显地体现出英语学习的效果来。

The key to success

Everybody gets the desire (渴望) to succeed, but only part of them can make their dreams come true. You may wonder: What is the key to success? The answer is: To keep the desire to learn.

Keep the desire to learn, and you will never be satisfied with what you have known. Always keep a curious (好奇的) mind to all the mysterious (神秘的) parts of the world. Keep the desire to learn, and whatever difficulties you face, the strong belief will support you in solving the problems. Keep the desire to learn, just as Ms Curie puts it: "Nothing in the world is to be feared, it is only to be understood." So everything is possible if we try our best and never give up.

One who does not have the desire to learn will never reach their goals. They are always shortsighted (目光短浅的) and are easily satisfied with the very little things they have known. In fact, knowledge, just like the ocean, never has a rim (边缘). Whenever and wherever you are, you should remember: What you are learning is only the surface.

In a word: Always keep the desire to learn, and the door of success will be wide open to you some day.

同学们,在学习方面,你相信天分吗?你能全神贯注于学习当中吗?你能始终坚守自己的承诺吗?实践证明:没有人仅仅依靠天分就能获得成功。虽然智商高低对学习成绩有一定影响,但对学习成绩影响最大的还是学习方法。上帝虽然给予人们以高低不同的天分,但只有勤奋才能将天分变为天才。只要你充满自信、积极乐观地始终认真坚守自己对英语学习的那份承诺,日积月累,就一定会在英语学习上最终获得成功。请用下面的六大要素来训练自己,使你在学习英语的过程中有章可循、有法可依:

认真学习	坚守承诺	付诸行动
乐观自信	日清作业	不找借口

请大家每天对照检查,看自己能否做到以上六点。在英语学习方面,付出就有回报。

★ Culture

一个国家的风土人情、风俗习惯、节日庆典,往往总是通过优美的语言一幕幕呈现在大家面前。在下面的栏目中,我们将为大家提供与本单元话题相关的文化背景材料,让大家更好地了解中华民族的文化传统。

Zhong Qiu Jie (The Mid-Autumn Festival)

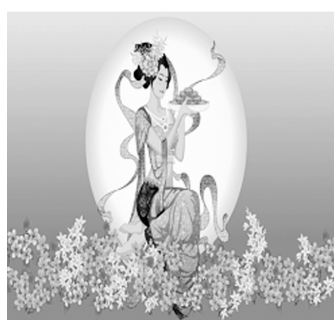
当皎洁的明月高悬在中秋的夜空时,有多少情感涌动起伏?又有多少思绪翩跹翻滚?中秋之夜,人们沐浴同一轮月光,品尝象征团圆的月饼,享用甜美可口的瓜果,古老的中华大地沉浸在节日的喜悦之中。下面让我们一起来追溯中秋佳节的历史渊源吧!

Zhong Qiu Jie, which is also known as the Mid-Autumn Festival, is a traditional Chinese festival which is celebrated on the 15th day of the eighth month of the lunar cal-

endar. Because of its association (联系) with mooncakes, this festival is also called the Mooncake Festival.

Zhong Qiu Jie probably began as a harvest festival. In ancient China the harvesting season is a period for celebration and rejoicing (喜庆, 欢庆). The festival was later given a mythological (神话) flavour (风味, 特色) with the legend of Chang'e, the beautiful lady in the moon. According to Chinese mythology (神话) the earth once had 10 suns circling over it, each taking its turn to bring warmth to the world. But one day all 10 suns appeared together, scorching (烤焦) the earth with their heat. The earth was saved when a strong archer (弓箭手) Hou Yi, succeeded in shooting down 9 of the suns. Hou Yi stole the elixir (灵丹妙药) of life but to save the people from his tyrannical (暴君的) rule, his wife Chang'e drank it. She found herself floating to the moon. Thus started the legend of the lady in the moon, to whom young Chinese girls would pray at the Mid-Autumn Festival.

In the 14th century the eating of mooncakes at Zhong Qiu Jie was given a new significance. The story goes that when Zhu Yuanzhang was plotting (密谋) to overthrow the Yuan Dynasty started by the Mongolians (蒙古人), the rebels (造反者) hid their messages in the mid-autumn mooncakes.



Zhu's efforts to oust (罢免, 剥夺) the "barbarians" (野蛮人) and return control of the country to the Han people succeeded, and he became the first emperor of the Ming Dynasty. Although Han's rule was terminated (终止, 结束) in the 17th century by the Manchus, who started the Qing Dynasty, Zhong Qiu Jie continues to be a commemoration (纪念) of the overthrow of the Mongolians by Han people.

同学们,读了上面这篇文章后,你是否也想了解美国的一些主要节日的概况呢? 请和你的同桌就这个话题进行讨论,然后在全班同学面前用英汉两种语言简要地说出自己知道的一些美国的节日名称及其概况。

Reading for Pleasure



Valentine's Day

Roses are red. Violets are blue. Sugar is sweet, and so are you.

Valentine's Day is celebrated on February 14. People exchange Valentine's greeting cards or gifts of candy and flowers—with friends and people they love on this day. Valentines express love and affection.

The symbol of Valentine's Day is a large red heart with an arrow through it. It's a time for silly rhymes, like the one above, on heart-shaped cards.

★ Supplementary Reading

丰富语言知识, 体验阅读快乐。

感恩节 (Thanksgiving Day) 的由来及习俗

Thanksgiving is an annual one-day holiday to give thanks, traditionally to God, for the things one has at the close of the harvest season.

感恩节每年一次, 传统意义上的感恩节, 是指人们在临近丰收时对上帝的感恩之情。

In the United States, certain kinds of food are traditionally served at Thanksgiving meals. Turkey is usually the featured item on Thanksgiving.

在美国, 感恩节人们会享用一些特色食物, 比如说, 火鸡就是最有代表性的食物。

The American winter holiday season begins when Thanksgiving ends. American football is often a major part of Thanksgiving celebrations in the US.

美国的寒假就是在感恩节结束后开始的。橄榄球是美国人在感恩节庆祝活动的重要组成部分。

The history of Thanksgiving

Thanksgiving Day is a harvest festival celebrated primarily in Canada and the United States. Traditionally, it is a time to give thanks for the harvest and express gratitude in general. While perhaps religious in origin, Thanksgiving is now primarily identified as a secular holiday.

The date and location of the first Thanksgiving celebration is a topic of modest contention. The traditional "first Thanksgiving" is the celebration that occurred at the

site of Plymouth Plantation, in 1621. The Plymouth celebration occurred early in the history of what would become one of the original thirteen colonies that became the United States. The celebration became an important part of the American myth by the 1800s. This Thanksgiving, modeled after celebrations that were commonplace in contemporary Europe, is generally regarded as America's first. Elementary school teacher Robyn Gioia has argued that the earliest attested "thanksgiving" celebration in what is now the United States was celebrated by the Spanish on September 8, 1565 in what is now Saint Augustine, Florida.

Today, Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States. Thanksgiving dinner is held on this day, usually as a gathering of family members and friends.

The European origins of Thanksgiving

While people think of Thanksgiving as a North American holiday, one that goes back to the time of the earlier European settlers in North America. The fact is that Thanksgiving's roots actually go back much further. Thanksgiving's roots go actually across the Atlantic back into Europe which is where a lot of the harvest celebrations originated at least in terms of European Western society. You can find a lot of these harvest celebrations actually worldwide.

But, particularly around in Europe and just where you had like the cycles. And Europe definitely oscillates between warm and cold. There are very strong definite seasons and you have the harvest period when you brought in all the crops that you had planted throughout the season, toiled over and you are getting ready to ride out the winter and then you have the harvest. Often times people would celebrate by having a feast during this time.

And, places like Northern France and England were no exception to this. And, many of these groups would get together and there would be, I mean these feasts would last over a period of days not just one meal. And as we start actually entering into a period of European migration to the new world a lot of these folks brought their customs with them.

The origin of Thanksgiving Day Parades

Something else we associate with Thanksgiving are parades. You know, watching the big floats on TV, on the wires and all the people and bands performing. Watching all like the bigger than life displays, all that going through major cities in America. This actually had its start back in the 1920's. It was at that time that Thanksgiving was

going on and there were a lot of new immigrants to the country and the immigrants also wanted to kind of partake and celebrate.

Many of them wanted to celebrate their new home, but also like bring over some traditions from the old world or other parts of the world they were from and some of these other parts of the world celebrated in the form of parades. People getting together and marching, dressing up, doing all sorts of things, so people would do this: they started organizing Thanksgiving Day parades where they would dress up in costumes, clowns, in uniform, there would be even dancing and other, like arts and crafts going all throughout, parading right through the city. And some of these bigger parades then started adding some floats. You started getting some radio and television coverage, more sponsorship, and it exploded, nowadays to where you have enormous parades on Thanksgiving Day which people across the entire country watch.

Thanksgiving history of pardoning the National Turkey

Since Thanksgiving became a national holiday, there have been a number of traditions and associated events around it which have kind of popped up, cropped up over the years and decades. One of these is the pardoning of the national turkey.

Now some things are known about this, other things are not. Often times of course we see on television the president pardoning the turkey(放生火鸡). This turkey has been allowed to live out a natural life until it's natural demise on the farm, where it's happy and gets it's fill of eating and doing whatever basically it wants. It lives, it has a very very good life.

But what you don't know is that that is not the only turkey in the process. Generally there are three turkeys. This began in the 1940's to which these three turkeys are presented to the president and the president picks one for pardoning. What happens to the other two? The other two are prepared for the White House Thanksgiving dinner. Yes, that is right. The other two turkeys do not make it. They are found wanting but for definitely, good eating.

Unit 2 Healthy eating

★ Learning Contents

同学们,本单元的中心话题“健康饮食”与大家的实际生活紧密相连,我相信你们对此会有所期待。请大家先对本单元的学习内容与要求有所了解,以便学习时有的放矢。

话题:

饮食问题;健康饮食

词汇:

diet nut bean pea cucumber eggplant pepper mushroom peach lemon
balance barbecue mutton roast fry stir-fry ought bacon slim curiosity
hostess raw vinegar lie customer discount weakness strength consult
digest carrot debt glare spy limit limited benefit breast garlic com-
bine
sign

短语:

balanced diet ought to lose weight get away with tell a lie win back
earn one's living in debt spy on cut down before long put on weight

语法:

情态动词 ought to 的用法

功能:

- 1. 建议和劝告(Suggestions and advice)
- 2. 就医(Seeing the doctor)
- 3. 同意和不同意(Agreement and disagreement)

阅读:

记叙文:以王鹏开餐馆为故事,主题为:食物对人体健康的影响,均衡饮食的重要性。

写作:

关于广告题材的写法

★ Inquiry-based Learning

这一部分有两个板块：阅读和语言。阅读部分旨在让大家运用阅读技能提高阅读和理解本单元课文的能力。语言部分帮助同学们学习本单元的单词、短语，并对长、难句进行分析；同时归纳总结本单元的语法及功能用语，简明扼要，条理清晰，请同学们认真掌握。

◀◀ Section 1 Reading ▶▶



Introduction

同学们，“养生之道，莫先于食”。利用食品的营养来防治疾病，可保持身体健康。饮食是人类维持生命的基本条件，而要使人活得健康愉快，充满活力和智慧，则不仅仅满足于吃饱肚子，还必须考虑饮食的合理调配，保证人体所需的各种营养的摄入平衡且充足。

要做到营养平衡首先必须养成良好的饮食习惯。不可忍饥挨饿，也不宜暴饮暴食；不可偏嗜某种食物，也不可偏废某种食物。

本单元的中心话题是“健康饮食”。教材通过讲述王鹏和雍慧开饭店的不同风格、经营不同菜肴以及顾客对不同食品的不同反应，反映了现代人对饮食的关注和对时尚的追求。学生在趣味盎然的情节中轻松学习健康饮食的知识，领悟膳食平衡对身体健康的作用，养成热爱钻研的好习惯。



Pre-reading

1. Do you know the meanings of the following proverbs?

(1) An apple a day keeps the doctor away.

(2) First wealth is health.

2. What does the famous saying “We are what we eat.” mean?



While-reading

A. Answer the questions.

1. What did Wang Peng mean when he thought “Nothing could be better”?

2. Why did Wang Peng go into the new restaurant?

A healthy beggar is happier than a sick king.

3. What is Wang Peng’s impression of Yong Hui’s restaurant?

B. Read the text carefully and fill in the blanks.

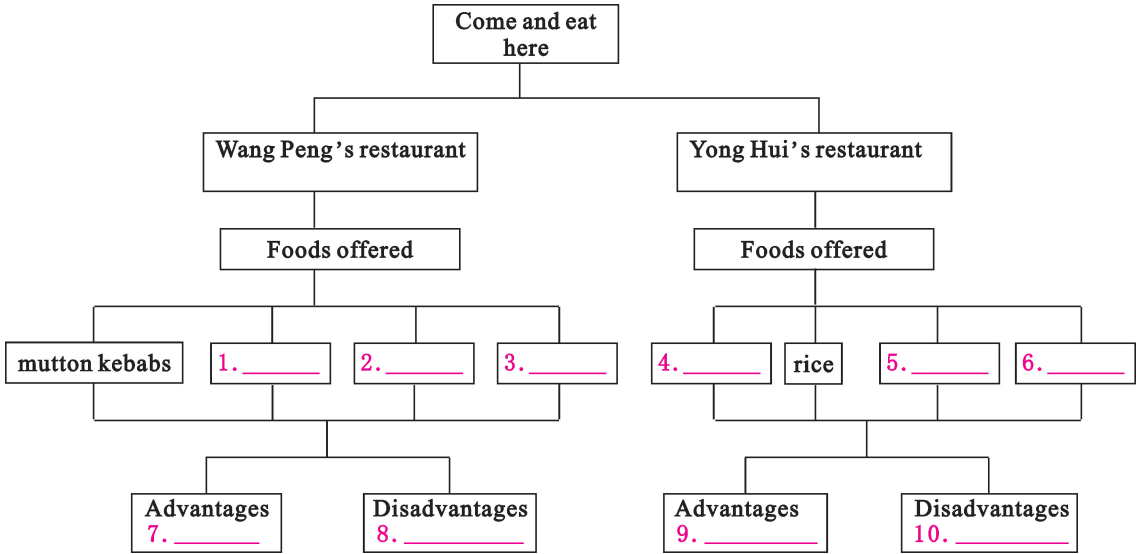
Come and eat here

	Wang Peng’s and Yong Hui’s restaurants
Disadvantages	◆Wang Peng’s restaurant served far too much 1. _____ and less 2. _____ which made people 3. _____ weight easily. ◆Yong Hui’s restaurant didn’t offer enough 4. _____ and energy-giving food, which made people get 5. _____ quickly.
Advantages	◆Wang Peng’s diet kept people 6. _____ and full of energy. ◆Yong Hui’s diet got people 7. _____.
Competition	They competed against each other and were not 8. _____ with each other.
Cooperation	They 9. _____ their ideas and provided a 10. _____ menu with food full of energy and fiber.



Post-reading

Finish the mind map.



Section 2 Vocabulary

A. Matching

- | | |
|-------------------------------|---|
| () 1. get away with | A. to be thinking with pleasure about sth. that is going to happen |
| () 2. win back | B. the situation of owing money, especially when you can not pay |
| () 3. lose weight | C. to get or have sth./sb. again that you had before |
| () 4. look forward to | D. to look at sth. in a dictionary |
| () 5. earn one's living | E. to do sth. wrong and not be punished for it |
| () 6. go on a diet | F. to become less heavy and less fat |
| () 7. cut down | G. to eat less food or only food of a particular type in order to lose weight |
| () 8. be in debt | H. to reduce the size, amount or number of sth. |
| () 9. be beneficial to | I. to make one's living |
| () 10. refer to a dictionary | J. having a helpful or useful effect |

B. Completion

1. diet

- ① _____ is made up of rice and vegetables.
我日常的饮食包括米饭和蔬菜。
- ② Mary thinks she is so fat that she has to _____.
玛丽认为她太胖了,得节食了。
- ③ The doctor _____ me.
医生给我指定了饮食。

● Learning Tips

go on a diet 节食

辨析 diet 与 food

diet 既可指习惯吃的食物,又可指规定的食物,特指维持健康的定质或定量的食物。food 是一般用法,指任何能吃且有营养的东西。强调种类时 food 可用复数。



2. balance

- ① He _____ and fell over.
他失去平衡跌倒了。
- ② I found it hard to _____ on the icy path.

我觉得在结冰的小道上走路,要保持身体平衡是相当困难的。

③When you learn to ride a bicycle, you must _____.

当你学骑车时,一定要学会保持平衡。

④If you want to keep healthy, you must _____.

你想保持健康,必须保持平衡的膳食。

●Learning Tips

keep one's balance 保持平衡

同根词

balanced *adj.* 平衡的,均衡的

a balanced diet 均衡的膳食



3. consult

①He _____ the workers to understand the technical process.

他询问工人,想了解技术上的程序。

②He consulted _____.

他查阅了词典。

③They _____ long, but could not decide.

他们协商了很久,但是不能做出决定。

④He felt dizzy and he went to _____ with his mom.

他觉得头晕,于是和他妈妈一起去看病。

●Learning Tips

consult a doctor 看病

consult a dictionary 查字典



4. debt

①The club is \$4 million _____.

这家俱乐部负债400万美元。

②He borrowed a lot of money and couldn't _____.

他借了许多钱,不能还清债务。

●Learning Tips

in debt 负债

out of debt 不欠债

own a debt 欠债

pay off one's debts 偿还债务



5. limit

①There is _____ the amount of money I can afford.

我能付得起的钱数是有限的。

②His car exceeded _____.

他的汽车超过了限定的速度。

③We _____ to the expense of the trip.

我们规定了这次旅游的费用限额。

④My mother limits _____ that I eat.

我母亲限制我的饭量。

⑤The reception _____ a few close friends.

欢迎会仅限于几个密友参加。

●Learning Tips

limit 常与 to 连用。

同根词

limited *adj.* 有限的

a limited company 有限公司



6. benefit

①The rain is _____ the plants.

这场雨水对植物大有好处。

②What scientists _____ the world.

科学家所做的一切有益于这个世界。

③We benefited greatly _____ his frank talk.

这次坦率的谈话使我们受益匪浅。

④Don't go to any trouble _____!

别为我费工夫!

●Learning Tips

be of benefit to 对……有益

benefit from/ by 从……中受益

for the benefit of sb. / for one's benefit 为……的利益



7. combine

①The new teaching method combines education _____ pleasure.

这种新的教学方法寓教于乐。

②The two groups combined _____.

两个小组联合起来做这项工作。

③Please combine this sentence _____ that one.

请把这个句子与那个句子连接起来。

● Learning Tips

combine A with B=combine A and B 把 A 与 B 连接起来

同根词

combination *n.* 结合;联合



8. lose weight

① Is she _____ weight? She looks a lot thinner.

她在减肥吗? 她看起来瘦了好多。

② He has _____ a lot of weight since last year.

自从去年以来他长胖了不少。

● Learning Tips

put on weight 增加体重,长胖



9. get away with

① They _____ having damaged the car.

他们损坏了汽车却逃之夭夭。

② Nobody can _____ breaking the law.

没有人因违反法律而不受惩罚。

10. curiosity

① Children show _____ about everything around them.

=Children _____ everything around them.

孩子们对一切事物充满好奇。

② _____ drove Wang Ping inside.

好奇心驱使王萍走了进去。

● Learning Tips

同根词

curious *adj.* 好奇的

be curious about 对……好奇

curiously *adv.* 好奇地



11. look forward to

① They were _____ the summer vacation.

他们一直盼望着暑假来临。

② My mother says she's looking forward to _____.

我母亲说她正期待着与你见面。

● Learning Tips

look forward to 期待, 期盼, 其中的 to 是介词, 所以后跟动词做宾语时用动名词。类似结构: devote to 献身于, lead to 导致, pay attention to 注意, stick to 坚持, object to 反对, 等。



12. cut down

① We need to cut the article _____ 1,000 words.

我们得把这篇文章压缩到 1000 字。

② The doctor told me to _____ smoking and drinking.

医生让我少抽烟, 少喝酒。

③ He _____ the big tree to make some tables.

他把大树砍了做几张桌子。

● Learning Tips

cut in 插嘴

cut out 裁剪, 割掉

cut up 切碎; 使丧气

cut off 切断, 中断



C. Complete the passage with the words or phrases below in their proper forms. There are two extra words or phrases which you do not need.

be full of the menu hurry by newly-opened serve rather frustrated
amazed at however when fight become tired return to
win back do some research any energy take come into

Come and eat here

Wang Peng was the owner of a restaurant. Usually his restaurant 1. _____ customers, but this morning, strange things were happening. Nobody 2. _____ his restaurant. He sat in his empty restaurant and felt 3. _____. Suddenly, he saw his friend Li Chang 4. _____, so he went to greet him. 5. _____, Li Chang didn't seem to hear him. He thought something terrible must have happened. So he followed Li Chang into a 6. _____ restaurant: Yong Hui's Slimming Restaurant. 7. _____ he got there, he found it was full of customers. He quickly learned that what 8. _____ here was all called healthy food. 9. _____ was very simple: rice, vegetables, fruit and water.

Wang Peng was 10. _____ this and the prices, so he put down the menu and hurriedly 11. _____ his restaurant. He 12. _____ and discovered

The man who does not read good books has no advantage over the man who can't read them.

Lexical Chunks

We are sitting in the classroom, listening to the teacher.

我们坐在教室里听老师讲课。

分词短语做状语时,要注意和逻辑主语的关系,若表示主动关系用现在分词,表示被动关系则用过去分词。例如:

They stood there waiting for the bus.

他们站在那儿等公共汽车。(they 与 wait 为主动关系)

Seen from the hill, our school looks more beautiful.

从山上看,我们的学校看起来更美丽。(our school 与 see 是被动关系)

3. Something terrible must have happened if Li Chang was not coming to eat in his restaurant as he always did. (P10)

要是李昌也不像往常一样到他的餐馆里吃饭,那肯定是发生了什么糟糕的事情。

(1)这是一个复合句。其结构是主句:(something terrible must have happened)+ 条件状语从句(if Li Chang was not coming to eat in his restaurant as he always did)。

(2)条件状语从句的结构是:主句(Li Chang was not coming to eat in his restaurant)+ 方式状语从句(as he always did)。

(3)主句中 must have happened 是“must + 不定式的完成式”结构,表示对过去发生事情的肯定推测,可译为“一定/准是做了某事”。再如:

I think you must have finished your homework.

我想你一定完成作业了。

4. Even though her customers might get thin after eating Yong Hui's food, they were not eating enough energy-giving food to keep them fit. (P10)

尽管她的顾客吃雍慧餐馆里的饭会变得苗条,但他们摄取不到足够热量的食物来保持健康。

(1)这是一个复合句。其结构是:让步状语从句(Even though her customers might get thin after eating Yong Hui's food)+ 主句(they were not eating enough energy-giving food to keep them fit)。

(2)让步状语从句中 after 是介词,后跟动词-ing 形式短语,做时间状语。

(3)主句结构是:主语(they)+ 谓语(were not eating)+ 宾语(enough energy-giving food to keep them fit),其中 to keep them fit 做 energy-giving food 的后置定语。

5. He did not look forward to being in debt because his restaurant was no longer popular. (P14)

他不希望由于餐馆不受欢迎而负债。

(1)because his restaurant was no longer popular 为原因状语从句。

(2)no longer popular 表示对过去的肯定,对现在的否定,译为“不再受欢迎”。

no longer (not... any longer)和 no more (not... any more) 的区别:

no longer 强调在时间上“不再”;no more 强调次数上的“不再”。例如:

You are no longer a child.

你不再是孩子了。

I will see him no more.

我再也不见他了。

6. He smiled as he welcomed some customers warmly at the door but the smile left his face when he saw Yong Hui walking in. (P14)

他微笑着站在门口,热情地迎接他的客人。但他一见到雍慧走进来,脸上的笑容马上就消失了。

(1)这是一个由 but 连接的并列复合句。

(2)第一个分句是一个复合句,其结构是:主语(He)+谓语(smiled)+时间状语从句(as he welcomed some customers warmly at the door)。

(3)第二个分句也是一个复合句,其结构是:主句(the smile left his face)+ 时间状语从句(when he saw Yong Hui walking in)。

7. I don't want to upset you, but I found your menu so limited that I stopped worrying and started advertising the benefits of my food. (P14)

我不想让你心烦,不过我发现你菜谱上的菜太少了,所以我就不着急了,我也开始宣传我餐馆的食物的好处。

(1)第一个分句 I don't want to upset you 是为后面要说的话作铺垫,使对方有个思想准备,有“我知道这么说会让你难受,但我还是说出来吧”的意思。

(2)so... that 引导一个表示结果的状态从句。例如:

My English is so limited that I can't understand you.

我的英语水平是如此有限,所以我不明白你的意思。

8. Their balanced diets became such a success that before long Wang Peng became slimmer and Yong Hui put on more weight. (P15)

他们的均衡膳食非常有效,王鹏很快瘦了,雍慧胖了。

本句中含有 such... that 引导的结果状语从句。例如:

He made such rapid progress in English that the teacher praised him.

他的英语取得了很大进步,老师表扬了他。

◀▶ Section 4 Grammar ▶▶

发现，探究语法规则



同学们，在学习本单元语法“情态动词 ought to 的用法”之前，请大家先观察以下几个句子，看完这些句子之后你能总结出 ought to 的一些用法特点吗？

We ought to be more careful with our homework.

我们应当更加认真地做作业。

You ought to follow Mr Wang's advice.

你应当听王老师的建议。

Henry ought to be here soon. He left home at six.

亨利应当很快到这儿，他六点就从家出来了。

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 oughtn't to be talking so much.

你不应当说这么多话。

—Ought we to begin soon? 我们马上开始吗？

—Yes, we ought (to). 是的，开始。

1. 用于第一人称，表示有责任或有必要去做某事。

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

下面我们一起来学习本单元的语法知识。

请看下面情景。先来阅读一段对话：

Sam: Hi, Mum. Would you like to come with me to play on the swings (秋千) ?

Mum: No problem, sweetie. But you ① ought to follow my advice before we go out in the garden.

Sam: OK, what's that?

Mum: Sweetie, sometimes you need to share. You ② ought to be nice to William and let him play on the swings, too. Wouldn't you want him to do the same thing for you?

Sam: That's not fair! I was here first. Why ③ ought he to get to have a turn when mine's not done yet?

Mum: Well, you ④ ought to have been polite to him yesterday.

Sam: He ⑤ oughtn't to have blamed me yesterday.

...

请同学们观察上面对话中的画线部分,并思考:

1. 画线①②③处 ought to 后面所连接的动词为_____。

2. 画线④⑤处 ought to 后面所连接的动词为_____。

3. ought to 的否定式的形式为_____。

思考之后我们发现情态动词 ought to 的用法:

1. ought to 为情态动词,没有时态和人称的变化,后接动词原形。

2. ought to 的否定形式为 ought not to (oughtn't to)。

明白了 ought to 的基本概念,请大家继续阅读下列句子,认真体会其意义和用法。

① You ought to be careful with your spoken English.

你应该注意你的英语口语。

② He ought to accept his teacher's advice.

他应该接受老师的建议。

③ By now, his restaurant ought to be full.

到现在为止,他的饭店应该已经满座了。

④ I love spring! It ought to be spring all the year.

我喜欢春天! 应该全年都是春天。

⑤ You oughtn't to have told him about the match.

你不应该告诉他关于比赛的事。

⑥ You ought to have come to the meeting. It was interesting.

你应该来参加会议。它很有意思。

⑦ You oughtn't to be talking in class.

你不应该上课聊天。

⑧ —Ought I to write to say thank you? 我应该写信致谢吗?

—Yes, I think you ought (to). 对,我觉得你应该。

现在我们可以对 ought to 的用法总结如下:

1. 用于第一人称,表示有责任或有必要去做某事,与 should 相比,语气较弱。如句①。

2. 用于第二、三人称,表示建议或劝告。如句②。

3. 表示对现在或将来某种可能性的推测。如句③。

4. 用来表达客观上难以实现的愿望。如句④。

5. 本应该做某事而实际上没有做: ought to have done sth. = should have done sth.。

如句⑤⑥。

6. 应该在做某事: ought to be doing, 语气比 should 严肃。如句⑦。

7. ought to 的疑问句仅把 ought 提到主语前,构成“ought + 主语 + to”。如句⑧。



Consolidation

A. Complete the sentences with the proper modal verbs.

1. He left two hours ago, so he _____ to be there by now.
2. You were out enjoying yourself when you ought to _____ (study).
3. You are late again. You _____ to _____ (arrive) here ten minutes ago.
4. She swam strongly and _____ to cross the river easily.
5. The boys ought to be here on time, _____ they?
6. _____ I have a word with you? It won't take long.
7. Although you _____ find bargains in London, it's not generally a cheap place to shop.
8. —I've prepared all kinds of food for the picnic.
—Do you mean we _____ bring anything with us?
9. My book, *The House of Hales*, is missing. Who _____ have taken it?
10. —How's your tour around the North Lake? Is it beautiful?
—It _____ be, but it is now heavily polluted.

B. Fill in the blanks in the passage with the correct words or in the proper forms of the given words in brackets.

Last Christmas, the circus owner, Jimmy Gates, decided to take some 1. _____ to a children's hospital. 2. _____ up as Father Christmas and accompanied by a "guard of honour" of six pretty girls, he 3. _____ off down the main street of the city 4. _____ a baby elephant called Jumbo. He should have known that the police would 5. _____ allow this sort of thing. A policeman approached Jimmy and told him he ought to have gone along a side street as Jumbo was holding 6. _____ the traffic. 7. _____ Jimmy agreed to go at once, Jumbo refused to move. Fifteen policemen had to push very 8. _____ (hard) to get him off the main street. The police had 9. _____ difficult time, but they were most amused. "Jumbo must weigh a few tons," said a policeman afterwards, "so 10. _____ was fortunate that we didn't have to carry him. Of course, we should arrest him, but as he has a good record, we shall let him off this time."

◀▶ Section 5 Function ▶▶

同学们,请阅读下面两段对话,认真体会对话体现了什么交际功能。

情景对话 1:

- A: I'm thirsty. Do you have something to drink?
B: Beer?
A: I prefer a soft drink.

B: What would you like to have, Coca Cola or Pepsi?
A: It makes no difference in fact, but if you don't mind, I'd care for orange juice.

情景对话 2:

A: What's wrong with you, Mr Keller?
B: I've been suffering from a very bad headache for two days now. At first I caught a cold, but the medicine doesn't work.
A: Let me see. Well, it's hard to say and you'd better have a careful examination.

从以上情景中我们可以看出两段对话体现了“请求与建议”和“就医”的交际功能。下面我们为大家归纳了与其相关的用语,方便大家在学习生活中使用。

1. 建议或劝告(Suggestions and advice)

What should we do?	Shall we...?
How about...?	You must/mustn't...
I think you ought to...	Perhaps you should...
You'd better...	You might...
You need/needn't...	You have to/don't have to...
I would strongly advise you to...	I suggest that you...
My advice is/would be...	It might be a good idea to...

2. 就医(Seeing the doctor)

What's the matter?	What's wrong with you?
What seems to be the trouble?	How long have you been like this?
It's nothing serious, only...	I suppose you had better...
I think you ought to...	I've got a pain in...
I'm suffering from...	I feel tired all the time.
I've got a bad...	It hurts when I touch it.

3. 同意和不同意(Agreement and disagreement)

(I'm afraid) I don't agree.
I'm not sure about that!
You could be right, but...
I agree up to a point, but...
That's an interesting idea, but...
Rubbish/Nonsense!
Do you really think...?
You can't be serious!
That's not how I see it.
Actually/As a matter of fact, I think...



Interaction and Presentation

A. Pick out the best choice from the box that can complete each of the blanks. Note that two of them are not used.

D=Doctor P=Patient

D: 1. _____

P: I think I'm too fat and I would like to be thinner. But when I eat less I find that I feel tired all the time. 2. _____

D: It's nothing serious, only you ought to eat well and exercise more. You need to do some running every morning before breakfast. Then you'll be sure to lose weight. 3. _____

P: For several weeks. But what should I eat?

D: Every day I think you ought to eat plenty of fruit and vegetables. Don't forget to eat some meat and fish as well and only eat a little sugar and fat.

P: 4. _____

D: No. They contain a lot of sugar and fat, so try and do without them. Come back in a week and I hope I shall see you've become a little thinner!

P: Thank you, doctor! 5. _____

- A. That's interesting.
- B. What should I do, doctor?
- C. Now what's the matter today?
- D. How long have you been like this?
- E. Really?
- F. I'll follow your advice!
- G. What about cola and ice-cream?

B. Oral activity

假如你的同桌在高一期末考试的成绩不理想,原因是学习效率低,情绪不稳定,心态不好。为此,请你用本单元 Function 中表示建议和劝告的句型写 100 词左右的短文,并读给你的同桌听。

★ Language Use

同学们,适量的练习对语言运用能力的提高是很有帮助的。让我们一起来对以上所学的基础知识进行一次综合运用,相信同学们通过这部分的训练后会在综合能力上有一定提高。
“试试就行,拼拼就赢”,加油!

Section 1 Cloze

A boy came to a wise man living in a beautiful palace to learn about the secret of happiness. The wise man 1 with everyone in his palace, and the boy had to wait for long before his turn. But the wise man told him he had no 2 to explain the secret of happiness then. He 3 the boy a teaspoon that held some drops of oil and said, “Please look around the palace and return in two hours, but 4 this spoon without allowing the oil to spill(洒出).”

The boy wandered around, keeping his eyes fixed on the spoon. After two hours, he returned.

“Well,” asked the wise man, “did you see the wonderful works of art hanging in my dining hall? Did you see the 5 which took the gardener ten years to create?” The boy’s 6 turned red. He said his only concern was not to spill the oil.

“Then go back and 7 my palace,” said the wise man, “you cannot 8 a man if you don’t know his house.”

Relieved(放松下来), the boy picked up the 9 and returned to his exploration of the palace; this time observing all of the works of art and all the 10 in the garden. Upon returning to the wise man, he described in 11 everything he had seen.

“But where are the drops of oil I gave to you?” asked the wise man. Looking 12 at the spoon he held, the boy saw the oil was 13.

“Well, this is the only 14 I can give you,” said the wise man. “The secret of happiness is to see all the wonders of the world and 15 to forget the drops of oil on the spoon.”

- | | | | |
|------------------|-----------|------------|--------------|
| () 1. A. argued | B. talked | C. fought | D. played |
| () 2. A. time | B. room | C. ability | D. idea |
| () 3. A. bought | B. made | C. lent | D. handed |
| () 4. A. carry | B. hide | C. weigh | D. test |
| () 5. A. garden | B. palace | C. city | D. hall |
| () 6. A. eyes | B. hands | C. face | D. nose |
| () 7. A. find | B. reach | C. protect | D. observe |
| () 8. A. trust | B. greet | C. cheat | D. recognize |
| () 9. A. chance | B. spoon | C. oil | D. way |

- | | | | | |
|--------|------------|----------|------------|-----------|
| ()10. | A. stones | B. marks | C. mystery | D. beauty |
| ()11. | A. trouble | B. order | C. detail | D. return |
| ()12. | A. down | B. up | C. over | D. out |
| ()13. | A. hot | B. cold | C. frozen | D. gone |
| ()14. | A. gift | B. news | C. advice | D. reward |
| ()15. | A. also | B. even | C. never | D. always |

Section 2 Reading Comprehension

A

Even as Americans have been gaining weight, they have cut their average fat intake from 36 to 34 percent of their total diets in the past 15 years. And indeed, cutting fat to control or lose weight makes sense. Fat has nine calories per gram. Protein(蛋白质) and carbohydrates(碳水化合物) have just four. Moreover, the body uses fewer calories to metabolize(使新陈代谢) fat than it does to metabolize other foods. Compared with protein and carbohydrates, dietary(饮食的) fat is more easily changed into body fat.

But cutting fat from your diet doesn't necessarily mean your body won't store fat. For example, between non-fat and regular cookies, there's slight difference in calories because manufacturers make up for the loss of fat by adding sugar. Low-fat crackers and soups can also be just as high in calories as richer versions. No matter where the calories come from, overeating will still cause weight gain. The calories from fat just do it a little quicker. A Wisconsin computer programmer who decided with a diet coach to eat only 40 grams of fat a day learned the lesson first-hand. He showed his food diary to his coach and revealed he'd been eating half a pound of jelly beans a day. "They don't have any fat," he explains. But they had enough sugar to keep him from losing an ounce.

When we add non-fat foods to our diet, we actually increase the number of calories we eat per day and gain weight. That was proved in a Pennsylvania State University study. For breakfast, Prof. Barbara Rolls gave two groups of women yogurt(酵母乳) that contained exactly the same amount of calories. One group's yogurt label said "high fat"—the other, "low fat". The "low fat" yogurt group ate more calories later in the day than the other group. "People think they've saved fat and can indulge themselves later in the day with no opposite effects," says Richard Mattes, a nutrition researcher at Purdue University. "But when they do that, they don't balance very precisely, and they often end up overdoing it."

- ()1. What lesson did the computer programmer learn?

A. Overeating will cause weight gain.

- B. He can eat half a pound of jelly beans a day.
C. He didn't eat any fat.
D. His coach gave him a lecture.
- ()2. Prof. Barbara's experiment proved that _____.
A. two groups ate the same amount of calories
B. two groups ate the same amount of yogurt
C. the "low fat" yogurt group ate more calories later in the day than the other group
D. people increase the number of calories they eat per day and gain weight
- ()3. According to the author, _____ has/have less calories.
A. fat B. protein and carbohydrates
C. low-fat soups D. sugar
- ()4. What can you infer from the text?
A. To keep from being overweight, people have to eat non-fat food.
B. The calories from fat just do it a little quicker than that from protein and carbohydrates.
C. People should avoid temptation.
D. Americans realize that it is necessary to count calories before eating the food.

B

On one of her trips to New York several years ago, Eudora Welty decided to take a couple of New York friends out to dinner. They settled in at a comfortable East Side cafe and within minutes, another customer was approaching their table.

"Hey, aren't you from Mississippi?" the elegant, white-haired writer remembered being asked by the stranger. "I'm from Mississippi, too."

Without a second thought, the woman joined the Welty party. When her dinner partner showed up, she also pulled up a chair.

"They began telling me all the news of Mississippi," Welty said. "I didn't know what my New York friends were thinking."

Taxis on a rainy New York night are rarer than sunshine. By the time the group got up to leave, it was pouring outside. Welty's new friends immediately sent a waiter to find a cab. Heading back downtown toward her hotel, her big-city friends were amazed at the turn of events that had changed their Big Apple dinner into a Mississippi.

"My friends said, 'Now we believe your stories,'" Welty added. "And I said, 'Now you know. These are the people that make me write them.'"

Sitting on a sofa in her room, Welty, a slim figure in a simple gray dress, looked

“I don’t make them up,” she said of the characters in her fiction these last 50 or so years. “I don’t have to.”

() 1. What happened when Welty was with her friends at the cafe?

- () 2. The underlined word “them” in Paragraph 6 refers to Welty’s _____.

- A. readers B. parties
C. friends D. stories

- ()3. What can we learn about the characters in Welty's fiction?

- A. They live in big cities.
B. They are mostly women.
C. They come from real life.
D. They are pleasure seekers.

C

How to do man-on-the-street interviews

- When your boss or professor sends you out to do man-on-the-street interviews for a story, think about the topic and develop a list of about ten general questions relating to it. For example, if your topic is about environmental problems in America, you might ask, “Why do you think environmental protection is important in America?” With a question like this, you will get more than a “Yes” or “No” reply.

- Hit the streets with confidence. 2. _____ Say, “Excuse me, I work for XYZ News, and I was wondering if you could share your opinion about this topic.” This is a quick way to get people to warm up to you.

- Move on to the next person if someone tells you she is not interested in talking on camera. Don't get discouraged.

- 3. _____ Each interview that you get on the street shouldn't be longer than ten minutes. As soon as you get the answer you need, move on to the next person. Make sure that as you go from interview to interview, you are getting a variety of answers. If everyone is giving you the same answer, you won't be able to use it. A safe number of interviews to conduct is about six to ten. 4. _____

- If your news station or school requires interviewees to sign release forms to appear on the air, don't leave work without them.

- A. Limit your time.
 - B. As you approach people, be polite.
 - C. If you don't own a camera, you can buy one.
 - D. For new reporters, this can seem like a challenging task.
 - E. That number of interviews should give you all the answers you need.

D

It was a cold March day in High Point, North Carolina. The girls on the Wesleyan Academy softball were waiting for their next turns at bat during practice, stamping their feet to stay warm. Eighth-grader Taylor Bisbee trembled (发抖) a little as she watched her teammate Paris White play. The two didn't know each other well —Taylor had just moved to town a month or so before.

Suddenly, Paris fell to the ground, "Paris' eyes rolled back," Taylor says. "She started shaking. I knew it was an emergency."

It certainly was. Paris had suffered a sudden heart failure. Without immediate medical care, Paris would die. "Does anyone know CPR?"

CPR is a life-saving technique. To do CPR, you press on the sick person's chest so that blood moves through the body and takes oxygen to organs. Without oxygen, the brain is damaged quickly.

Amazingly, Taylor had just taken a CPR course the day before. Still, she hesitated. She didn't think she knew it well enough. But when no one else came forward, Taylor ran to Paris and began doing CPR. "It was scary. I knew it was the difference between life and death," says Taylor.

Taylor's swift action helped her teammates calm down. One girl called 911. Two more ran to get the school nurse, who brought a defibrillator, an electronic device (器械) that can shock the heart back into work. Luck stayed with them: Paris' heartbeat returned.

"I know I was really lucky," Paris says now. "Most people don't survive this. My

team saved my life.”

Experts say Paris is right: For a sudden heart failure, the single best chance for survival is having someone nearby step in and do CPR quickly.

Today, Paris is back on the softball team. Taylor will apply to college soon. She wants to be a nurse. “I feel more confident in my actions now,” Taylor says. “I know I can act under pressure in a scary situation.”

- () 1. What happened to Paris on a March day?
- A. She caught a bad cold.
B. She had a sudden heart problem.
C. She was knocked down by a ball.
D. She trembled terribly during practice.
- () 2. Why does Paris say she was lucky?
- A. She made a worthy friend.
B. She recovered from shock.
C. She received immediate CPR.
D. She came back on the softball team.
- () 3. Which of the following words can best describe Taylor?
- A. Enthusiastic and kind.
B. Courageous and calm.
C. Cooperative and generous.
D. Ambitious and professional.

◀◀ Section 3 Writing ▶▶

A. Completion

1. 你为什么如此不安? 那毕竟不是你的问题。

Why are you so anxious? It isn't your problem _____.

2. 她的丈夫彼得因癌症即将离世,家中欠了一大笔外债。

Her husband Peter is dying of cancer and the family is deep _____.

3. 为了谋生,汤姆的姐姐尝试各种各样的工作。

Tom's sister does all kinds of jobs to _____ her _____.

4. 我弟弟在上大学期间体重增加。

My brother _____ weight when he was at university.

5. 约翰承认他跟踪埃文斯并对她进行了侦查。

John admitted he had followed Ms Evans and _____ her.

B. Translation

1. 我们不应该每天熬夜。(ought to)

-
2. 你穿溜冰鞋能保持身体平衡吗? (balance)
-
3. 你知道哪个队赢得了这场比赛? (win)
-
4. 如果考试作弊的话, 你是不可能逃得过惩罚的。 (get away with)
-
5. 医生让我少抽烟, 少喝酒。 (cut down)
-

C. Guided writing

阅读下面短文, 根据其内容写一篇 60 词左右的内容概要。

If you take a look at the best-selling books in the UK these days, it is almost certain that there will be a lot of autobiographies (自传) in that list. Bill Clinton, Nelson Mandela and actor Michael J Fox have all written them. An autobiography is the story of a person's life, written by that person. It is usually a very famous person who might tell us all about their childhood, how they became famous and any other interesting things that have happened in their lives.

Traditionally, someone would write an autobiography when he was older because he had had a long, successful life. However, these days there are many magazines with stories and photos of the stars which sell very well. Reality TV shows are extremely popular and lots of people become famous very easily just from being on the TV rather than being able to sing or act well. As a result, people become famous very quickly and as soon as they are famous, a lot of money can be made from writing an autobiography, even if they are very young.

So now you can find an autobiography from almost everyone who is in the public eye. Even though we can follow the lives of the stars very closely on TV or in magazines nowadays, we maybe don't know how they live their lives from day to day. Autobiographies often give the information we never know about the stars. The British public are very curious to find out more so they are very eager to read autobiographies.

Not every star wants to write though. Sometimes stars employ writers to write their life stories for them. The writer will interview the stars, listen to everything they want to say, record interviews and then write books based on their words. David Beckham did this with his book *My Side*.

Not everyone likes to read books regularly but they might like to read about the lives of stars. Autobiographies are helping to get more British people reading books. About 100 million autobiographies are sold in Britain every year. More stars depend on

them for extra income and as more of these books appear in the shops, more people are sure to keep buying them.

Language Project

快餐成为人们现代生活的重要组成部分,但其优点和缺点都很明显,请以“Is fast food good or not?”为题在本班举行辩论会。会议安排:

1. 全班分成两组,正方与反方。
2. 正方的辩题为“Fast food is good”。反方的辩题为“Fast food is not good”。
3. 所有参赛同学均须用英语表述。
4. 限时 30 分钟。
5. 利用课余时间。
6. 地点:本班教室。

★ Learning Strategy

在英语的学习中,阅读是很重要的,想在阅读中取胜,也需要掌握一定的策略与技巧,下面让我们对此共同进行探讨。

阅读技巧培养——简答题(阅读表达题)

简答题是英语高考湖南卷于 2007 年开始采用的新题型,要求学生阅读短文后简要回答 3 个问题。既考查学生的阅读理解能力,又考查学生的书面表达能力和概括能力。考查内容以细节题为主,主旨题、推断题和词义题也各占一半的比例。我省从 2008 年开始新课程改革,英语模块考试也开始使用这种题型,为此我们下面给大家提供一些这种题的解题技巧。

1. 细节题

此类题所占比重最大,以 5-Wh(Who, What, Where, When, Why)为主。一般来讲,学生在文章中找到答案出处并不太难,但关键是如何从答案出处中归纳出问题的答案。因为简答题要求学生既要用最简短的语言正确回答问题,又不能原封不动地照搬原文。

2. 主旨题

此类问题出现频率较高,常见的命题方式有:

What is the main idea of this passage?

What is the passage mainly about?

What is the best title for this passage?

回答这类题的关键是要抓住文章的主旨句。文章的主旨句大多出现在三个位置:文章首句,第一段和第二段衔接处,文章末句。但注意不可照抄原句,需重新归纳、概括。

3. 词义题

此类题的目的在于考查学生转述或解释某个词或短语在特定场合下的特定含义的能力。此类题要求学生不仅要读懂原文,而且要表达出来。常见的命题方式有:

Find a word closest in meaning to the underlined word/phrase in the passage.

解答这类题时,注意找出原词在文章中的同义替换词。还应注意破折号、同位语从句、定语从句、插入语等具有解释、说明作用的句子成分。

4. 简答题的解题技巧

(1) 读懂问题,查找线索。可先读懂问题,后浏览全文,以保证答案至少在内容上不跑题。

(2) 用词简练、概括、准确。尽量用词或短语代替句子,用简单句代替复合句等,还可利用缩写,如将 could not 缩写为 couldn't。尽可能利用原文中的关键词语回答问题,同时要避免语言形式复杂和语法错误。

(3) 注意提问方式和答案的协调性。如就目的提问,答案就应当用表示目的的 for 短语或不定式短语。

总之,简答题基于理解,重在表达,要精练概括,言简意赅。答案要体现“简”与“准”二字。

为了能让大家对此方法进行尝试,为同学们提供了以下练习,希望大家能学以致用。

阅读表达:

As the proverb says, "No one knows the value of health until he loses it." In other words, nothing is more valuable than health.

It is clear that health is the foundation(基础) of one's future success. If you become sick, you can scarcely pursue(从事) your career effectively, much less make your dreams come true. On the other hand, if you are strong, you can go all out to overcome the obstacles(障碍) that lie ahead of you.

Health is the source of our energy. What should we do to maintain our health? First, we should exercise every day to strengthen our muscles. Second, we might as well keep good hours. If we get up early, we can breathe fresh air and see the sunrise. This habit can do wonders for our outlook on life. Third, there is a proverb that says, "Prevention is better than cure." If you pay close attention to your health, you can avoid getting sick. Or at least cure yourself of a disease while it is still in its beginning stage.

_____, health is more important than wealth. Those who are rich but poor in health are no more fortunate than those who are poor but healthy in body. If you want your wish to come true, health is the most important component(组成部分) of your success.

1. What is the best title of the passage? (Please answer in 10 words.)

2. Which sentence in the passage can be replaced by the following one?

It is obvious that if you want to succeed in the future, you must have good health.

3. Please fill in the blank with proper words or phrases to complete the passage. (Please answer within 5 words.)

4. Translate the underlined sentence in the last paragraph into Chinese.

★ Culture

语言是文化的载体,传承文化、造福人类是语言的任务,而饮食文化近年来尤为重要,所以,该部分给同学们提供两篇与饮食文化相关的文章,让同学们通过语言学习增加对饮食文化的了解。

A

Junk food

可乐、汉堡、薯条是众多青少年钟爱的食品。可是你知道吗？这些快餐对人的健康是有害的，是垃圾食品。为了您的身体健康，请您尽量少吃垃圾食品。



Junk food is a term that is used to describe food which is thought to be unhealthy or of low nutritional value. That is, junk food is viewed as food that has been processed to the extreme.

Junk food commonly contains high levels of fat, salt or sugar and many food additives.

Junk food is rich in additives, but poor in proteins, vitamins and fiber. It is popular in the food industry as it is cheaper to produce, has a long shelf life (保质期) and may not require refrigeration. It is also popular with shoppers because it is convenient to buy, requires little or no preparation, and has lots of flavor. For example, fast food, such as hamburgers and French fries supplied by companies like McDonald's, KFC and Pizza Hut, is often considered junk food.

Other food such as rice, roast potatoes and bread are not considered junk food though they have limited nutrition. Similarly, breakfast cereals are often regarded as healthy, but may have high levels of sugar, salt and fat. To maintain a healthy diet, researchers offer the following tips:

Do not eat at fast food restaurants.

Do not eat any deep fried foods.

Do not eat anything sold in vending machines.

Do not eat chips, popcorn or crackers.

Do not eat cakes or cookies.

Do not eat much candy.

Do not turn a salad into junk food by including too much cheese or meat.

Notes:

1. nutritional *adj.* 营养的

2. process *v.* 加工

3. additive *n.* 添加剂

4. refrigeration *n.* 冷藏

5. vending machine 投币式自动售货机

B

What to eat

该吃什么、怎么吃才健康是很多现代人的烦恼。面对市面上五花八门的食品、保健品,人们又该怎么取舍呢?



Today our knowledge of food and what it does for our bodies is far more advanced than that of the ancients. Now we know about vitamins and how each kind of vitamins helps in the growth of a particular part of our bodies. There are on the market all kinds of vitamin pills which can be taken to make up for one's lack of certain important things needed for normal health. Of course, if we eat well and properly, there is no need to take any kind of vitamin pills unless our doctor tells us that our bodies are short of something that can be supplied (供给) by them.

Generally speaking, everything we eat does some good to our bodies, but if we eat too much of one kind of food and neglect (忽略) others, we may have too much of one kind of chemical substance (化学物质) and not enough of others. Then we may be in trouble.

We are often told that we must eat some meat at each meal in order to get the necessary proteins. That is only partly true, for proteins are not found only in meat. We can also get them from other foods such as the soybean (大豆). The soybean can be cooked in many different ways and it is a good source of nutrition (营养).

The food we eat seems to have a great effect on our health. Although science has made big steps in making food more fit to eat, it has, at the same time, made many foods unfit to eat. Some research has shown that perhaps 80% of human illness is related to food and 40% of cancer is related to food as well.

That food is related to illness is not a new discovery. In 1945, some researchers realized that things commonly used to keep color in meats, and other food additives could cause cancer. Farmers often give penicillin (青霉素) to their animals, and because of this, penicillin has been found in the milk of cows. Sometimes similar things are supplied to animals not for their health, but just to make a profit. Farmers are simply trying to fatten the animals in order to get a higher price on the market. Although some countries try to control such things, the practice continues.

The best advice about what to eat is that we should eat all kinds of food but never too much of any.

同学们,经研究表明 80% 的人类疾病和 40% 的癌症都与饮食有关,健康饮食已成为我们生活中的一个重要话题,请同学们在班上以“健康饮食”为话题进行讨论,然后在全班同学面前用英语简要说出自己的看法。

Reading for Pleasure



TV remote

“Cash or check?” I asked the old lady standing before the cash desk, while she was searching for her money, I noticed a TV remote in her purse.

“Do you always carry your TV remote when you go shopping?” I asked.

“No,” she replied, “but my husband refused to go shopping with me, so this was the worst thing I could do to him.”

Note: TV remote 电视遥控器

★ Supplementary Reading

丰富语言知识,体验阅读快乐。

海外文化:去了英国,不可错过的 10 道有趣的美食

I knew that British food had a somewhat dubious reputation abroad and always thought it was a bit of a joke. In defense of Britain’s food, here is a list, in no particular order, of some British dishes which are definitely worth a try if you ever come across them.

我知道,英国食品的名声是说不清道不明的,所以对外人来说,它一直就是一个笑话。为了给英国食品正名,我在这里列个表,没有先后排名,这些食品绝对值得你尝一尝,哪怕是你偶遇到这些英式菜肴。

1. Bakewell Tart 贝克韦尔蛋挞

The Bakewell tart is a shortcrust pastry filled with jam and almond sponge (frangipane). The result is the perfect accompaniment to a cup of tea. The tart originates from the town of Bakewell. Local legend has it that the Bakewell tart



(or pudding, as it is known in Bakewell) was created when a cook misunderstood her mistress' instructions and layered frangipane on a simple jam tart. Whatever the truth the tart has been popular since at least the early 19th century.

贝克韦尔蛋挞是一种油酥松饼,它是果酱桃仁夹心点心,它有着杏仁奶油的香味,吃起来松软香脆。它的完美搭配是一杯茶。它源自贝克韦尔小镇。相传那时的贝克韦尔蛋挞(或布丁,因为它是在贝克韦尔),是因为一个厨师误解她女主人的指示——对杏仁奶油蛋糕进行分层,结果做成了一个简单的果酱蛋挞。不管这个传说是真是假,这种蛋挞已早在 19 世纪初流行。

2. Pork Pie 猪肉馅饼

Like the Bakewell tart, the pork pie comes in a variety of forms. Cheap ones are perfect for lunch boxes, more expensive ones can almost be a meal in themselves. The pork pie likely originated as a snack for hunting parties. It is usually small, round, a crust of brittle brown pastry and a filling of chopped pork.

猪肉馅饼像贝克韦尔蛋挞一样,有着各种各样的形式。便宜的猪肉馅饼是饭盒中完美的一道菜,贵一点的几乎可以成为一道大餐。猪肉馅饼很可能起源于狩猎会上的一道点心。它通常小而圆,褐色的外皮,吃起来脆脆的,里面还有碎猪肉。

3. Kedgeree 鱼蛋烩饭



The fry-up may be a more famous British breakfast but nothing beats a good kedgeree. Kedgeree is a dish of curried rice, flaked fish, parsley and boiled eggs. Kedgeree is one of those dishes brought back from India in the days of the Raj, and was wildly popular with the Victorians. It is not as popular as it once was.

煎鸡蛋在英式早餐中是很有名的,但更出名的恐怕是鱼蛋烩饭了。鱼蛋烩饭是一碟咖喱米饭,里面有鱼片,欧芹和煮鸡蛋。鱼蛋烩饭是从印度流传过来的,此后在维多利亚时代十分流行。但现在它没有以前那么受欢迎了。

4. Custard Tart 奶油蛋挞

The custard tart does have international variants but none to compare with the egg custard tart. Custard tarts must be an ancient invention, given the wide spread of variations across the world. Like all the best foods, the custard tart is simplicity itself. All you need is a shortcrust pastry, a well made egg custard, and a sprinkling of nutmeg. The custard tart can be eaten hot from the oven, but eaten at room temperature improves it immensely.

世界各地有许多种蛋挞,但没有哪一种可以与奶油蛋挞相比。如果溯源,肯定是很早就有奶油蛋挞,然后才在世界各地广为流传。就像所有最好的食物一样,奶油蛋挞的制作很简单。你所需要的只是一个油酥松饼,牛奶蛋羹和一点肉豆蔻。可以把奶油蛋挞放进烤箱中加热吃,但在室温下食用,味道会更棒。

5. **Yorkshire Pudding** 约克郡布丁

Yorkshire pudding is not a pudding. Yorkshire puddings are an accompaniment to Sunday roasts; some would say the best part of the meal. Miniature Yorkshire puddings with a morsel of beef and horse radish make a great canapé. Made well, Yorkshire puddings are light and crisp; made badly, they can resemble pucks. Whether or not your Yorkshire puddings rise is the true test of your cooking ability.



约克郡布丁不是真正的布丁。约克郡布丁是周日烤肉的必备;也许有些人会说这是膳食中最好的一部分。小型约克郡布丁是少量的牛肉与白萝卜根据一定的比例调和而成。如果烤得火候正好,约克郡布丁松软香脆;如果火候没有掌握好,它们就会像圆盘一样难看。不管怎样,约克郡布丁是真正考验烹饪技能的一道点心。

6. **Reestit Mutton** 茹斯蒂羊肉

Reestit mutton is a delicacy of Shetland. The mutton is prepared by soaking it in salt for three weeks, and then taken out and dried. If kept dry, the meat will be good for years.

茹斯蒂羊肉是设得兰群岛的美食。羊肉需要在食盐中浸泡三周,然后取出,晒干。如果天气干燥,这肉可以存放好多年。

7. **Kippers** 腌鱼(熏鲱鱼)

Kippers are one of those English foods that leave us open for mockery(嘲讽). A kipper is a herring(鲱鱼), sliced in half before being salted and smoked. It was once a common breakfast food, especially for the lower classes in the cities where fresh fish would be rare and expensive. Kippers can be enjoyed at any time though, and make a great item to throw on a barbecue.



有一些英式食物是我们不能嘲讽的,这种腌鱼就是一种。它的制作非常简单,仅仅只是半片腌熏过的鲱鱼。在当时这是很普通的早餐,尤其对于当时鲜鱼十分稀有而昂贵的在城市中下层的老百姓。而现在任何人都可以在任何时间享用腌鱼,特别是在烧烤中最常见。

8. **Fish and Chips** 炸鱼和薯条

Chips were apparently first made in the UK in the 1860s. The English chip is much larger than French fries, and so it has a much different texture.

很显然,炸薯条在 19 世纪 60 年代的英国才出现。而英国炸薯条比法国炸薯条要大,并且它有很多不同的口感。



9. Mince Pies 百果馅饼

It is not Christmas without mince pies. British families will put mince pies and milk on the table for Father Christmas to enjoy. The history of the mince pie may have contributed to its unusual reputation. It seems the recipe of the original mince pies was brought back by the Crusaders from The Mediterranean(地中海) where the sweet and salty food are mixed together to cook, and has been developing ever since. The mince pie used to contain meat, hence the filling being called mincemeat, but now is a mixture of dried fruits, spices, fat and brandy. Mince pies are best made fresh and eaten hot from the oven, but a cold pie is never unwelcome. Pair with a dollop of clotted cream.

正如无 Mince Pies 不成圣诞宴,百果馅饼是英国圣诞期间必须吃的传统点心。英国家庭在睡前会在桌上放置百果馅饼和牛奶给圣诞老人吃。这种肉馅饼的历史可能让其有着不同寻常的声誉。原来,原始的肉馅饼的配方是由十字军东征时学会并带回的地中海的烹饪方式;将甜的和咸的放在一起烹饪,并演变至今。以前这种肉馅饼里面只含肉,但是现在的口味不同,里面是干果,香料,奶油和白兰地。这种馅饼最好吃现做的,冷了就不好吃了。刚刚从烤箱中加热的百果馅饼,配上香滑的奶油,那味道是无与伦比的。

10. Haggis 羊杂(肉馅羊肚;羊肉杂碎布丁)

Even though haggis didn't originate in Scotland, it is certainly where it is most enjoyed these days. Haggis is possibly the best known Scottish delicacy, and it is wonderful, it has a rich flavour, however some people tasting it for the first time, are often put off when they know what it



is made of. Haggis is made from sheep's offal (or pluck). You can find the dish in almost every restaurant in Scotland, whose name is commonly used as "Haggis, neeps and tatties".

即使羊杂并不是起源于苏格兰,但现在敢肯定的是最喜欢羊杂的一定是苏格兰人。Haggis 是苏格兰的美食,它味道鲜美。但是第一次吃 Haggis 的人如果听到它的食材常常会弃之甚远,因为它用羊的内脏为主料做的。苏格兰大多数的餐馆都有这道国菜,菜名通常为 "Haggis, neeps and tatties"(后两个单词是苏格兰语,意思就是萝卜和土豆)。