

# 导学案



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# 学练考

## 高中英语

选择性必修第一册 YLNJ

细分课时

分层设计

落实基础

突出重点

# 目录 Contents

## 01 Unit 1 Food matters

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Period One	Welcome to the unit & Reading—Reading comprehension	导 108
Period Two	Welcome to the unit & Reading—Language points	导 111
Period Three	Grammar and usage & Integrated skills	导 114
Period Four	Extended reading & Project & Assessment	导 117
Period Five	Writing	导 122

## 02 Unit 2 The universal language

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Period One	Welcome to the unit & Reading—Reading comprehension	导 124
Period Two	Welcome to the unit & Reading—Language points	导 127
Period Three	Grammar and usage & Integrated skills	导 131
Period Four	Extended reading & Project & Assessment	导 135
Period Five	Writing	导 141

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## 03 Unit 3 The art of painting

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Period One	Welcome to the unit & Reading—Reading comprehension	导 143
Period Two	Welcome to the unit & Reading—Language points	导 145
Period Three	Grammar and usage & Integrated skills	导 148
Period Four	Extended reading & Project & Assessment	导 150
Period Five	Writing	导 155

## 04 Unit 4 Exploring poetry

---

Period One	Welcome to the unit & Reading—Reading comprehension	导 158
Period Two	Welcome to the unit & Reading—Language points	导 160
Period Three	Grammar and usage & Integrated skills	导 162
Period Four	Extended reading & Project & Assessment	导 166
Period Five	Writing	导 171

### ◆ 参考答案

导 173

### 主题素养积累

#### Culture and cuisine

The French author Jean Anthelme Brillat-Savarin once wrote, "Tell me what you eat, and I will tell you what you are." **Put more simply**, this means "**You are what you eat.**" Most people today **relate** this saying **to** healthy eating. However, Brillat-Savarin was actually **referring to** our personality, character, and culture.

Chinese cuisine is **a case in point**. We first travelled to Shandong Province in the eastern part of North China. My favourite dish there was boiled dumplings served with vinegar. I observed that family is important to the people there. **It has become a favourite traditional dish of the people in North China, where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help.** Later, I learnt that the most famous food in Shandong is pancake rolls stuffed with sliced Chinese green onions.

Our travels then took us to South China, and then on to central China. In each place we went, we experienced wonderful local dishes, from Guangdong's elegant dim sum—small servings of food in bamboo steamers—to the exceptional stewed noodles in Henan. Everywhere, the food was as varied as the people. However, one thing is always true: through food, Chinese people everywhere

show friendship and kindness.

**At a minimum**, the kinds of food local people consume tell us what they grow in their region, what kinds of lives they lead, and what they like and do not like. **What we can say, however, is that culture and cuisine go hand in hand, and if you do not experience one, you can never really know the other.** (人教版选择性必修二 Unit 3 改编)

#### 【主题词句背诵】

1. put more simply 更简单地说
2. relate... to... 把……和……联系在一起
3. refer to 指的是
4. a case in point 典型的例子,恰当的例证
5. at a minimum 至少
6. go hand in hand (两件事)密切相关地
7. You are what you eat. 人如其食。
8. It has become a favourite traditional dish of the people in North China, where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help. 它已成为华北人民最喜爱的一种传统食物,在那里包饺子一直是一项全员参与的家庭活动,无论老少都会加入进来帮忙。
9. What we can say, however, is that culture and cuisine go hand in hand, and if you do not experience one, you can never really know the other. 然而,我们可以说,文化和美食这两者息息相关,如果你没有体验过其中的一种,你就永远无法真正了解另一种。



# Period One Welcome to the unit & Reading—Reading

## comprehension

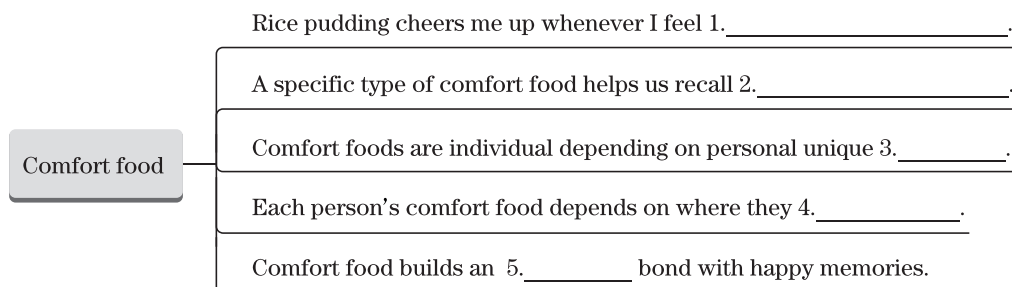
### 课前自主探究

预习新课 研读课文

阅读清障	课文原文	参考译文
<p>① recipe <i>n.</i> 诀窍; 配方; 食谱</p> <p>② mood <i>n.</i> 情绪, 心情; 气氛, 氛围</p> <p>③ combination <i>n.</i> 结合体, 联合体; 联合, 混合</p> <p>④ lift one's spirits 振奋某人的精神</p> <p>⑤ do the trick 奏效, 起作用, 达到目的</p> <p>⑥ not to mention 更不必说</p> <p>⑦ creamy <i>adj.</i> 含奶油的; 像奶油的, 光滑细腻的</p> <p>⑧ flavour <i>n.</i> 味, 味道; 特点 <i>vt.</i> 给……调味</p> <p>⑨ transport <i>vt.</i> 运输, 运送</p> <p>⑩ flat <i>n.</i> 公寓</p> <p>⑪ greedily <i>adv.</i> 贪婪地, 贪心地</p> <p>⑫ spoonful <i>n.</i> 一勺(的量); 一匙</p> <p>⑬ gently <i>adv.</i> 轻柔地, 温和地</p> <p>⑭ dessert <i>n.</i> (饭后) 甜点, 甜食</p> <p>⑮ illustrate <i>vt.</i> 说明; (用示例、图画等) 解释</p> <p>⑯ refer to 指的是</p> <p>⑰ lie in 在于, 存在于</p> <p>⑱ association <i>n.</i> 联想, 联系; 协会, 社团</p> <p>⑲ make up for 弥补, 补偿(令人不快的遭遇或损失)</p>	<p style="text-align: center;"><b>Comfort food</b></p> <p>[1] Whenever I feel lonely, I have a secret <b>recipe</b><sup>①</sup> [2] that never fails: rice, milk and sugar, cooked low and slow. [3] No matter how bad my <b>mood</b><sup>②</sup> is, that perfect <b>combination</b><sup>③</sup> is always enough to <b>lift my spirits</b><sup>④</sup>. Sometimes the smell alone can <b>do the trick</b><sup>⑤</sup>, <b>not to mention</b><sup>⑥</sup> the lovely <b>creamy</b><sup>⑦</sup> <b>flavour</b><sup>⑧</sup>, [4] which works like a time machine immediately <b>transporting</b><sup>⑨</sup> me back to my sunny childhood. With pleasure, I remember the lazy Sunday afternoons [5] I used to spend in the warmth of my grandma's <b>flat</b><sup>⑩</sup>, [6] listening to her wonderful stories and <b>greedily</b><sup>⑪</sup> eating bowl after bowl of her delicious rice pudding. I take my time over every <b>spoonful</b><sup>⑫</sup>, [7] <b>gently</b><sup>⑬</sup> rolling the silky <b>dessert</b><sup>⑭</sup> around my mouth and enjoying the perfect marriage of rice and milk. Before I know it, I'm happy again.</p> <p>[1] whenever 引导时间状语从句, 意为“每当……”。</p> <p>[2] that 引导定语从句, 修饰名词 recipe。</p> <p>[3] no matter how 引导让步状语从句。</p> <p>[4] which 引导非限制性定语从句, 修饰名词 flavour; 现在分词短语 transporting me... 作定语, 修饰名词短语 a time machine。</p> <p>[5] 画线句为定语从句, 修饰名词短语 Sunday afternoons, 从句省略关系代词 that/which。</p> <p>[6] 现在分词短语 listening to... 和 eating... 并列, 在句中作状语。</p> <p>[7] 现在分词短语 rolling... 和 enjoying... 作状语。</p> <p>My experience with rice pudding <b>illustrates</b><sup>⑮</sup> the unique power of “comfort food”. In its broadest sense, comfort food <b>refers to</b><sup>⑯</sup> any food [8] that makes us feel better. In this article, we will talk about a particular type of comfort food [9] whose power mainly <b>lies in</b><sup>⑰</sup> the <b>associations</b><sup>⑱</sup> it calls to mind. It often <b>makes up for</b><sup>⑲</sup> bad feelings by helping us recall happy memories of the people, things or places we love.</p> <p>[8] that 引导定语从句, 修饰名词 food。</p> <p>[9] whose 引导定语从句, 修饰名词短语 comfort food; it calls to mind 为定语从句, 修饰名词 associations。</p>	<p style="text-align: center;"><b>治愈系食物</b></p> <p>每当我感到孤独时, 我都有一个屡试不爽的秘方: 把大米, 牛奶和糖放到一起, 用小火慢炖。不论我情绪有多差, 这种绝妙的组合都足以令我振作。有时候仅仅闻一闻味儿就能奏效, 更不要说那美妙、滑腻的口感了, 它像一台时光机器, 立即将我带回欢乐的童年。欣欣然, 我回忆起那些慵懒的周末午后, 那时我常常在外婆温暖的公寓里, 一边听她讲精彩的故事, 一边一碗接一碗贪婪地吃着她做的美味的大米布丁。我细细品尝每一勺, 让丝滑的甜点在我的口中轻轻转动, 享受米糊和牛奶的完美融合。不知不觉中, 我便又开心起来了。我关于大米布丁的经历说明了“治愈系食物”的独特力量。从最广泛的意义上来说, 治愈系食物指的是任何能改善我们心情的食物。在这篇文章中, 我们将讨论一种特殊类型的治愈系食物, 它的力量主要在于它所唤起的联想。它常常通过帮助我们回忆起所爱之人、所爱之物、所爱之地的快乐往事, 来消解不良情绪。</p>

阅读清障	课文原文	参考译文
<p>②① vary <i>vi.</i> 变化, 变更 <i>vt.</i> 变更, 改变</p> <p>vary from person to person 因人而异</p> <p>②② depend on 取决于</p> <p>②③ link <i>vt.</i> 联系, 相关联 <i>n.</i> 联系</p> <p>be linked with/to 与……有关, 与……相联系</p> <p>②④ emotion <i>n.</i> 情感, 强烈的感情, 激情</p> <p>②⑤ be/become tied up with 与……关联/牵扯/捆绑在一起</p> <p>②⑥ unlock <i>vt.</i> 打开; 揭开</p> <p>②⑦ cheer sb up 使某人振作起来, 使某人高兴起来</p> <p>②⑧ sense of belonging 归属感</p> <p>②⑨ right away 立刻, 马上</p> <p>②⑩ give up 放弃; 戒掉</p> <p>②⑪ saucer <i>n.</i> 碟状物, 茶碟, 茶托</p> <p>②⑫ vinegar <i>n.</i> 醋</p> <p>②⑬ native <i>n.</i> 本地人 <i>adj.</i> 出生地的, 本地的</p> <p>②⑭ serve <i>vt.</i> 端上; 提供服务</p> <p>②⑮ salty <i>adj.</i> 咸的, 含盐的</p> <p>②⑯ sour <i>adj.</i> 酸的; 馊的 <i>v.</i> 变坏; 变味</p> <p>②⑰ one/a mouthful of 一大口……</p> <p>②⑱ cry out for 迫切需要</p> <p>②⑲ relieve <i>vt.</i> 解除, 减轻; 缓和, 缓解</p> <p>③⑰ bond <i>n.</i> 纽带, 联系; 连接, 结合</p>	<p>Our comfort foods are highly individual. They <b>vary from person to person</b><sup>②①</sup>, [10] <b>depending on</b><sup>②②</sup> our own unique experiences that have shaped our lives. If we grow up eating certain foods in our family, then those foods tend to <b>be linked with</b><sup>②③</sup> positive <b>emotions</b><sup>②④</sup>. For example, we often connect chicken soup with a happy childhood and its flavour <b>becomes tied up with</b><sup>②⑤</sup> the feeling of being taken care of. When we eat it again, we <b>unlock</b><sup>②⑥</sup> memories of a time [11] <b>when we were loved and looked after</b>, and this <b>cheers us up</b><sup>②⑦</sup>.</p> <p>[10]现在分词短语 depending on... 作状语; that 引导定语从句, 修饰名词 experiences。 [11]when 引导定语从句, 修饰名词 a time。</p> <p>The feeling of happiness and <b>sense of belonging</b><sup>②⑧</sup> can become particularly important for people [12] <b>who move away from their home country</b>. According to some food experts, there are some aspects of culture [13] <b>that people will lose right away</b><sup>②⑨</sup>, but with food, there are more opportunities [14] <b>to connect to memory, family and place</b>. [15] <b>It is hardest to give up</b><sup>②⑩</sup> the food that you grow up with. Of course, each person's comfort food largely depends on [16] <b>where they come from</b>—for a Chinese it might be a plate of dumplings with a <b>saucer</b><sup>②⑪</sup> of <b>vinegar</b><sup>②⑫</sup>, and for a <b>native</b><sup>②⑬</sup> of the UK it might be the classic fish and chips, <b>served</b><sup>②⑭</sup> hot, <b>salty</b><sup>②⑮</sup> and <b>sour</b><sup>②⑯</sup>. <b>One mouthful of</b><sup>②⑰</sup> comfort food takes us back to our cultural roots, [17] <b>giving us the “taste of home” that we cry out for</b><sup>②⑱</sup> and <b>relieving</b><sup>③⑰</sup> feelings of homesickness.</p> <p>[12]who 引导定语从句, 修饰名词 people。 [13]that 引导定语从句, 修饰名词短语 some aspects of culture。 [14]不定式短语作定语, 修饰名词 opportunities。 [15]画线句中 it 作形式主语, 不定式短语 to give up... 作真正的主语; that 引导定语从句, 修饰名词 food。 [16]where 引导宾语从句, 作 depend on 的宾语。 [17]现在分词短语 giving... 和 relieving... 并列作状语; that 引导定语从句, 修饰名词短语 the “taste of home”。</p> <p>That's certainly true for me. Comfort food tastes good and by building an emotional <b>bond</b><sup>③⑰</sup> with our happy memories, always makes us feel good. It isn't just a bowl of noodles or chicken soup. It's food for the soul.</p>	<p>治愈系食物相当个性化。它们因人而异, 取决于塑造我们人生的自身独特经历。如果我们从小在家就吃某些特定的食物, 那么那些食物往往会与积极的情绪产生关联。比如, 我们经常把鸡汤与快乐的童年联系在一起, 它的味道与被关爱的感觉相关。当再次喝鸡汤时, 我们解锁记忆, 回想起受到疼爱与关怀的时光, 这就会让我们的情绪变好。</p> <p>这种幸福感与归属感对于离开故国的人而言会变得尤为重要。据一些食物专家所言, 人们会很快失去文化中的某些方面, 但对于食物, 则有更多机会与回忆、与家庭、与处所关联。你从小吃到大的食物最难割舍。当然, 每个人的治愈系食物(是什么)在很大程度上取决于他们来自何方——对一个中国人来说, 可能是一盘饺子配上一碟醋; 而对于一个土生土长的英国人来说, 则可能是经典的炸鱼薯条, 热腾腾地端上来, (吃起来)咸中带酸。吃一口治愈系食物让我们回到自己的文化根源, 带来我们迫切需要的“家的味道”, 以解思乡之情。</p> <p>对我而言, 的确如此。治愈系食物味道可口, 通过与我们快乐的回忆建立情感联系, 总能让我们心情愉悦。它不仅仅是一碗面条或鸡汤, 它是心灵的食粮。</p>

## Task 1: Fast Reading



## Task 2: Careful Reading

( )1. The writer likes to enjoy \_\_\_\_\_ when he or she feels lonely.

- A. milk            B. rice pudding  
C. cream          D. sugar

( )2. What can we learn from the second paragraph?

- A. Comfort food refers to the food that makes us healthy.  
B. Comfort food often makes us think of happy memories.  
C. When we are sad, we must eat much rice pudding.  
D. Comfort food often reminds us of the people we dislike.

( )3. How does the comfort food like the chicken soup cheer us up?

- A. By relating it to a happy childhood and the feeling of being taken care of.  
B. By creating a tight bond with family members.  
C. By providing a mouth-watering food to the family members.  
D. By shaping our lives with our own unique experiences.

( )4. For people who move away from their home country, what will largely determine their comfort food?

- A. Some aspects of their own culture.  
B. The food relieving one's homesickness.  
C. The food that they grow up with.  
D. The country they come from.

## Task 3: Micro-writing

The perfect 1. \_\_\_\_\_ (combine) of rice, milk and sugar is enough to lift my spirits whenever I feel lonely. I used to 2. \_\_\_\_\_ (greedy) eat bowls of rice pudding in my grandma's warm flat to cheer 3. \_\_\_\_\_ (I) up as a child. A specific comfort food's power mainly lies in the 4. \_\_\_\_\_ (associate) it calls to mind. This food often makes up for bad feelings by helping us recall happy memories.

Our comfort foods are highly individual and vary 5. \_\_\_\_\_ person to person, depending on something we experience in person. If we grow up eating certain foods in our family, then those foods 6. \_\_\_\_\_ (link) with positive emotions. These feelings are vital for people who move away from their motherland. Each person's comfort food largely depends on our own cultural roots, 7. \_\_\_\_\_ (give) us the "taste of home" 8. \_\_\_\_\_ we cry out for and relieving feelings of homesickness.

Comfort food not only tastes good, but also builds 9. \_\_\_\_\_ emotional link with happy memories. It is not just a bowl of noodles or chicken soup 10. \_\_\_\_\_ food for the soul.

# Period Two Welcome to the unit & Reading—Language points

## 语言知识梳理

直击重点 突破考点

### 词汇点睛

#### 1. mood *n.* 情绪, 心情; 气氛, 氛围

(教材 P2) No matter how bad my **mood** is, that perfect combination is always enough to lift my spirits. 不论我情绪有多差, 这种绝妙的组合都足以令我振作。

(1) be in a good/happy mood

心情愉悦

be in a bad/depressed mood

情绪低落

be in the/no mood for (doing) sth/to do sth

有/无心情做某事

(2) moody *adj.* 情绪多变的, 喜怒无常的

#### (1) 单句填空

① He had something on his mind and was in no mood \_\_\_\_\_ (chat) with me.

② After he got injured, he became very \_\_\_\_\_ (mood) and often lost his temper.

③ With so much housework to do this afternoon, I don't think I'm in the mood \_\_\_\_\_ anything.

#### (2) 完成句子

Being around someone who's really happy can put you \_\_\_\_\_.

和真正快乐的人在一起会让你心情愉快。(读后续写之主题升华句)

#### 2. combination *n.* 结合体; 结合, 联合

(教材 P2) No matter how bad my mood is, that perfect **combination** is always enough to lift my spirits.

不论我情绪有多差, 这种绝妙的组合都足以令我振作。

(1) in combination with 与……联合

(2) combine *vt.* & *vi.* (使)结合, (使)混合

combine... and/with... 把……和……结合起来

#### (1) 单句填空

① The \_\_\_\_\_ (combine) of shock, confusion, and excitement swept across her face as

she unwrapped the box.

② The health experts around the globe agree that we should try to combine exercise \_\_\_\_\_ a healthy diet.

③ The firm is working on a new product \_\_\_\_\_ combination with several overseas partners.

#### (2) 完成句子

The surprise party, \_\_\_\_\_, overwhelmed her with a mix of shock and joy.

惊喜派对, 再加上感人的礼物, 让她既震惊又高兴。

(读后续写之心理描写)

#### 3. association *n.* 联想, 联系; 协会, 社团; 联合, 交往

(教材 P2) In this article, we will talk about a particular type of comfort food whose power mainly lies in the **associations** it calls to mind.

在这篇文章中, 我们将讨论一种特殊类型的治愈系食物, 它的力量主要在于它所唤起的联想。

(1) associate *vt.* 联系

*vi.* 交往, 结交

associate... with... 把……和……联系起来

(2) associated *adj.* 有关的, 相关的

be associated with... 和……有关系

#### (1) 单句填空

① There is a strong \_\_\_\_\_ (associate) between smoking and lung cancer.

② Many people associate the beach \_\_\_\_\_ relaxation, sun, and fun times.

#### (2) 完成句子

The dragon dance \_\_\_\_\_ traditional Chinese culture and is usually performed during festivals and celebrations.

舞龙与中国传统文化密切相关, 常在节日和庆典上表演。(话题写作之传统文化)

#### 4. vary *vi.* 相异, 不同; 变化 *vt.* 变更, 改变

(教材 P2) They **vary** from person to person, depending on our own unique experiences that have shaped our lives.

它们因人而异, 取决于塑造我们人生的自身独特经历。

(1) vary with...	随……而变化
vary in...	在……方面变化
vary from... to... /between... and...	在……和……之间变化
(2) various <i>adj.</i>	各种各样的,多样化的
(3) variety <i>n.</i>	变化;多样化
a variety of = varieties of	各种各样的,种种

**[温馨提示]** various 和 varied 都可以表示各种各样的, varied 还可以强调多变的、变化的、不同的。如:  
With its **varied** climate, the country attracts both winter and summer sports enthusiasts.  
该国气候多变,吸引了冬季和夏季运动爱好者。

#### (1) 单句填空

- ① Our school organizes \_\_\_\_\_ (vary) activities throughout the year, such as sports tournaments, cultural festivals, and science fairs.  
② The cost of living varies \_\_\_\_\_ the city or country you live in.  
③ Though Lucy and Lily are twins, they vary \_\_\_\_\_ characters and hobbies.  
④ The importance of being an Olympian will vary from athlete \_\_\_\_\_ athlete.

#### (2) 词汇升级

The restaurant offers **all kinds of** cuisines, including Chinese, Italian, Mexican, and Indian.

→ The restaurant offers \_\_\_\_\_ cuisines, including Chinese, Italian, Mexican, and Indian. (话题写作之饮食文化)

#### 5. link *vt.* 连接;联系 *n.* 联系;环节;链接

(教材 P2—3) If we grow up eating certain foods in our family, then those foods tend to be **linked** with positive emotions.

如果我们从小在家就吃某些特定的食物,那么那些食物往往会与积极的情绪产生关联。

(1) link... to/with...	把……和……连接起来
be linked to/with...	与……有关
(2) a link between... and...	……和……之间的联系

#### (1) 单句填空

- ① Although in hospital, his heart remained \_\_\_\_\_ (link) with the masses.  
② Getting enough sleep each night is closely linked \_\_\_\_\_ maintaining a healthy immune system and reducing the risk of mental health issues.

#### (2) 完成句子

More and more people are becoming aware that there is \_\_\_\_\_.

越来越多的人开始意识到饮食与健康有直接联系。

(话题写作之饮食与健康)

#### 6. relieve *vt.* 解除,减轻;缓和,缓解

(教材 P3) One mouthful of comfort food takes us back to our cultural roots, giving us the “taste of home” that we cry out for and **relieving** feelings of homesickness.

吃一口治愈系食物让我们回到自己的文化根源,带来我们迫切需要的“家的味道”,以解思乡之情。

(1) relieve sb of sth	减轻某人的……
(2) relieved <i>adj.</i>	宽心的,感到宽慰的
(3) relief <i>n.</i>	减轻;宽慰;救济物
in/with relief	如释重负,松了口气
to one's relief	令某人欣慰的是

#### (1) 单句填空

- ① All her family members and relatives were \_\_\_\_\_ (relieve) to hear that she was out of danger.  
② We succeeded in climbing onto the helicopter, breathing a sigh of \_\_\_\_\_ (relieve).

#### (2) 完成句子/句式升级

① I want to express my sincere gratitude to you because your timely help really \_\_\_\_\_ a great burden.

我想对你表示衷心的感谢,因为你的及时帮助真的减轻了我的巨大负担。(应用文写作之感谢信)

② **Much to the mother's relief**, her son was eventually admitted to a key university.

→ \_\_\_\_\_ her son was eventually admitted to a key university.

(主语从句)

#### 句型透视

1. (教材 P2) **Whenever I feel lonely, I have a secret recipe that never fails: rice, milk and sugar, cooked low and slow.** 每当我感到孤独时,我都有一个屡试不爽的秘方:把大米、牛奶和糖放到一起,用小火慢炖。

#### 句型公式

“疑问词-ever”引导的状语从句

#### 【句式点拨】

本句中“Whenever I feel lonely...”是 whenever 引导的状语从句, whenever 可以用 no matter when 替换。



### 【归纳拓展】

1. “疑问词-ever/no matter + 疑问词”引导状语从句,表示“无论……,不管……”,用于该句型的引导词有 whatever, whoever, whichever, whenever, wherever, however 等,可转换为 no matter 和疑问词 what, who, which, when, where, how 等连用的形式。

2. “疑问词-ever”还可以引导名词性从句,此时不可与“no matter + 疑问词”互换。

完成句子

① \_\_\_\_\_ a problem you may have, you should gather your courage to face the challenge.

无论你遇到了多么严重的问题,你都应该鼓起勇气面对挑战。(读后续写之励志句)

② \_\_\_\_\_ the spoiled boy likes will be bought by his parents.

那个被宠坏的男孩的父母会给他买他喜欢的任何玩具。

③ A wide range of courses are provided, and you are free to choose \_\_\_\_\_. (宾语从句)

(学校)提供各种各样的课程,您可以自由选择最适合自己的课程。(话题写作之学校生活)

④ \_\_\_\_\_, the bird would always be singing and chirping, almost as if she sensed how I felt and wanted to lift my spirits. 每当我感到难过时,这只鸟总是在唱歌和鸣叫,就好像“她”感觉到了我的感受,想振奋我的精神。

2. (教材 P2) **I take my time over every spoonful, gently rolling the silky dessert around my mouth and enjoying the perfect marriage of rice and milk.** 我细细品尝每一勺,让丝滑的甜点在我的口中轻轻转动,享受米糊和牛奶的完美融合。

句型公式  
动词-ing 作伴随状语

### 【句式点拨】

句中 rolling 和 enjoying 与句子主语 I 为逻辑上的主动关系,在句中作伴随状语。

### 【归纳拓展】

doing(现在分词)表示动作与句子主语为逻辑上的主动关系,与句子的谓语动词的动作同时发生,或基本上同时发生,一般在句中作伴随状语。

(1) 单句填空

① He sent me an e-mail, \_\_\_\_\_ (hope) to get further information.

② The bell rang, \_\_\_\_\_ (announce) the beginning of the class.

(2) 完成句子

\_\_\_\_\_, the fans welcomed the victorious team back home.

球迷们兴奋地挥舞着他们的旗帜,欢迎获胜的队伍回家。(读后续写之动作和情感描写——兴奋)

3. (教材 P3) **It is hardest to give up the food that you grow up with.** 你从小吃到大的食物最难割舍。

### 句型公式

It + be + *adj.* + to do sth.

### 【句式点拨】

本句中 it 是形式主语,真正的主语为不定式短语 to give up the food that you grow up with。food 后面是 that 引导的定语从句,that 在从句中作宾语。

### 【归纳拓展】

不定式作主语一般表示某一次具体的动作,若不定式太长,为避免头重脚轻,常用 it 作形式主语,而将不定式后置。

常用不定式作主语的句型:

It + be + *n.* + to do sth.

It + be + *adj.* + (for sb/of sb) to do sth.

完成句子

① It is necessary \_\_\_\_\_ eight glasses of water every day.

对我们来说每天喝八杯水是有必要的。(话题写作之健康生活)

② It was kind \_\_\_\_\_ her classmates frequently, so she was made monitor this term. 露西很善良,她经常帮助同学,所以这学期她被选为班长了。(话题写作之记人叙事)

③ \_\_\_\_\_ my class to take part in this English speech contest. 能代表我们班来参加这次英语演讲比赛是我的荣幸。(应用文写作之演讲稿)

## Period Three Grammar and usage & Integrated skills

### 语言精讲

**1. throw oneself into** 积极投入到……中去  
(教材 P6) I've **thrown myself into** home cooking, from boiling noodles in the pot to frying steak in the pan. 我全身心地投入到家庭烹饪中, 从在锅里煮面条到在平底锅里煎牛排。

throw oneself onto/into	扑倒在……上, 扑进……里; 投身于
throw yourself at	冲向; 向……猛扑过去
throw one's arms around	猛地抱住
throw a look/glance/smile at sb = throw sb a look/glance/smile	猛然对某人投以一瞥或一笑
throw away	抛弃, 丢弃; 错过

完成句子

① She was too excited to see him and she immediately \_\_\_\_\_ his shoulders.

看到他时她太激动了, 立即搂住他的肩膀。(读后续写之动作描写)

② When she found Emily in the crowd, Emily turned and \_\_\_\_\_.

当她发现埃米莉在人群中时, 埃米莉转过身来对她微笑。(读后续写之人物神态描写)

③ Since her husband died, she \_\_\_\_\_ her work to forget her grief for him.

自从丈夫去世后, 为了忘记失去丈夫的悲痛, 她全身心地投入到工作中。

④ Worn out, he \_\_\_\_\_ the moment he got home.

他疲惫不堪, 一回到家就扑到床上。(读后续写之动作描写)

⑤ So rare and precious is this opportunity that I don't want to \_\_\_\_\_.

这个机会是如此难得和珍贵, 我不想把它丢掉。

**2. impress** *vt. & vi.* 使钦佩, 给……留下深刻印象, 使意识到; 使铭记; 使明白

(教材 P7) As long as you are not afraid of heights,

you will be **impressed** by Sky Buffet, the latest restaurant in the city centre.

只要你不恐高, 市中心刚开业的餐厅——天空自助餐厅, 会给你留下深刻的印象。

(1) impress sth on/upon sb

使某人铭记某事物

impress sb with sth 某物给某人留下深刻印象

be impressed by/with... 对……印象深刻

(2) impression *n.* 印象; 感想

make/leave/have an/the impression on/upon...

给……留下印象

(3) impressive *adj.* 使人印象深刻的; 难忘的

(1) 单句填空

① China's rich culture, beautiful scenery and especially its enthusiastic people left a deep \_\_\_\_\_ (impress) on me, all of which made me feel at home.

② The athlete's performance was truly \_\_\_\_\_ (impress), breaking the long-standing world record.

(2) 熟词生义

I had always **impressed** upon the children that if they worked hard they would succeed in life.

(3) 完成句子

① The little girl \_\_\_\_\_ her wonderful performance at yesterday's evening party.

小女孩在昨天晚会上的精彩表演给观众留下了深刻的印象。

② \_\_\_\_\_ was that she was a beautiful girl, with high-bridged nose, dark eyes, and cherry lips.

我对玛丽的第一印象是她是一个有着高鼻梁、乌黑的眼睛和樱桃嘴的漂亮女孩。(读后续写之外貌描写)

③ This is really an educative and eye-opening activity, in which I \_\_\_\_\_ the

convenience and benefits brought by technology.

这真是一项教育性的、令人大开眼界的活动,在这个活动中,技术带来的便利和好处给我留下了深刻的印象。(应用文写作之介绍信)

## 语法归纳

### 动词不定式作主语和表语

#### 一、不定式的构成及语法功能

1. 构成: 动词不定式由“(not) to + 动词原形”构成(有时可以省略 to),它是非谓语动词的一种形式,不能单独作谓语,但有时态和语态的变化。

2. 功能: 具有名词、形容词和副词等的作用,可在句中作主语、宾语、表语、定语和状语,没有人称和数的变化,可以有自己的宾语和状语,从而组成动词不定式短语。

#### 二、不定式的时态和语态

	主动语态	被动语态	意义
一般式	to do	to be done	表示动作与谓语动作同时发生或发生在谓语动作之后
完成式	to have done	to have been done	表示动作发生在谓语动作之前
进行式	to be doing	/	表示谓语动作发生时,不定式动作正在进行

#### 三、动词不定式作主语

1. 动词不定式可以在句中作主语(谓语动词用单数形式)。如:

**To cook** Shandong Cuisine well is challenging.

烹饪好鲁菜是有挑战性的。

For soldiers, **to hesitate** means failure on the battlefield.

对士兵们来说,在战场上犹豫不决就意味着失败。

2. 动词不定式作句子主语时可以用形式主语 it 代替,将不定式置于句末。如:

**It is a privilege to meet** you.

认识你真是荣幸。

**It's a shame to litter.**

乱扔垃圾可耻。

[温馨提示] it 作形式主语时,常见句型:

(1) It + be + *adj.* + (for sb) to do sth.

It + be + *adj.* + (of sb) to do sth.

当形容词作表语,不定式如果有逻辑主语时,一般用 for 短语来表示,其中 sb 就是 to do 的逻辑主语;当表语形容词表示不定式的逻辑主语的 性质或特征时,则不用 for,而用 of。如:

**It is necessary for us to protect** the earth for future generations.

我们为后代保护地球是有必要的。

**It's very kind of you to help** with my English.

你帮助我学英语,真是太好了。

(2) It + be + *n.* + to do sth. 如:

**It must be great fun to fly** to the moon in a spaceship.

乘宇宙飞船飞往月球一定很有趣。

**It's a pity to hear** the news.

很遗憾听到这个消息。

(3) It takes/took/will take sb some time/money to do sth. 如:

It took me a lot of money to buy the dress.

我花很多钱买了这条裙子。

It will take us more than one week to finish the job.

我们完成这项工作将需要一周多的时间。

3. 动词不定式与疑问词 how, what, when, where, which 等连用构成不定式短语,也可作主语。如:

**When to visit** Temple of Confucius, Qufu, hasn't been decided.

什么时候去参观曲阜的孔庙还没有决定呢。

**How to protect** ourselves against the virus was learnt in the *First Lesson in the New Term*.

我们在《开学第一课》中学到怎样保护自己抵抗病毒。

#### 【注意】

1. 单个的不定式作主语时,谓语动词用单数形式;两个及以上的不定式作主语时,谓语动词用复数形式;但作为一个整体时,谓语动词用单数形式。如:

**Where to go** on a holiday **and when to go** for the holiday **have** not been discussed.

到哪里去度假以及何时去度假,还没有讨论。



Where and when to go on a holiday **has** not been discussed.

到哪里去、何时去度假还没有讨论。

2. 不定式作主语时,若其后面需用动词作表语,则作表语的动词最好也使用不定式形式,即保持形式一致(To do is to do)。如:

**To help us out is to help** yourself out.

帮助我们脱困也是帮助你自己脱困。

#### 四、动词不定式作表语

1. 直接用在系动词 be 之后,起解释说明的作用,其主语常是 aim, ambition, dream, duty, goal, idea, intention, plan, purpose, task, way, wish 等表示意向、打算和计划的词。如:

Her **wish is to be** a teacher.

她的愿望是当一名教师。

2. 用于 seem, appear, remain, prove, turn out 等之后。如:

Several problems **remain to be settled**.

有几个问题有待解决。

3. 用于表达想法、约定、义务、命令、可能性、命运等。如:

We are **to meet** at the station at three.

我们约定 3 点钟在车站见面。(表约定)

How are we **to convince** him?

我们怎么才能说服他呢?(表可能性)

You are **to come** when I call.

我叫你来的时候,你必须来。(表命令)

#### 【注意】

1. “疑问词 + 不定式”也可以用作表语。如:

The question is **how to carry out the plan**.

问题是如何实施这项计划。

2. 当 what 引导的主语从句中有实义动词 do(及其他形式)时,作表语的不定式通常要省略 to,即“前有 do,后无 to”。如:

What you should do now is **devote yourself to studying hard**.

你现在应该做的就是致力于刻苦学习。

#### 【实战演练】

#### ① 用所给词的适当形式填空

1. It took the designer three whole days \_\_\_\_\_ (complete) that programme.

2. How \_\_\_\_\_ (deal) with the test is an issue worthy to be considered.

3. Now your first important task is \_\_\_\_\_ (take) good care of the wounded soldier.

4. As we all know, to save time \_\_\_\_\_ (be) to lengthen life.

5. It is so considerate of you \_\_\_\_\_ (prepare) such a special gift for me.

6. The purpose of developing new technologies is \_\_\_\_\_ (make) life easier.

7. There is a famous saying, “\_\_\_\_\_ (see) is to believe.”

8. It's a great honour for me \_\_\_\_\_ (invite) and make a speech here.

9. The duty of soldiers is \_\_\_\_\_ (defend) their motherland and protect their families.

10. It requires a great deal of memorizing work \_\_\_\_\_ (master) a foreign language.

#### ① 句型训练

1. His dream is \_\_\_\_\_ .

他的梦想是有一天能成为一名伟大的足球运动员。

2. The goal of this activity is \_\_\_\_\_ .

这个活动的目的是满足普通人的需求。

3. Her work is \_\_\_\_\_ in the nursing home every day.

她的工作是每天为养老院的老人清扫房间。

4. It is necessary for everyone \_\_\_\_\_ .

每个人都有必要为未来的生活做计划。

5. It is important for everyone \_\_\_\_\_ .

学习并掌握一些实用的技能对每个人而言都是很重要的。

6. Whenever you're greatly tempted to do something, it is wise \_\_\_\_\_

before going about it.

每当你很想做某事时,明智的做法是三思而后行。

# Period Four Extended reading & Project & Assessment

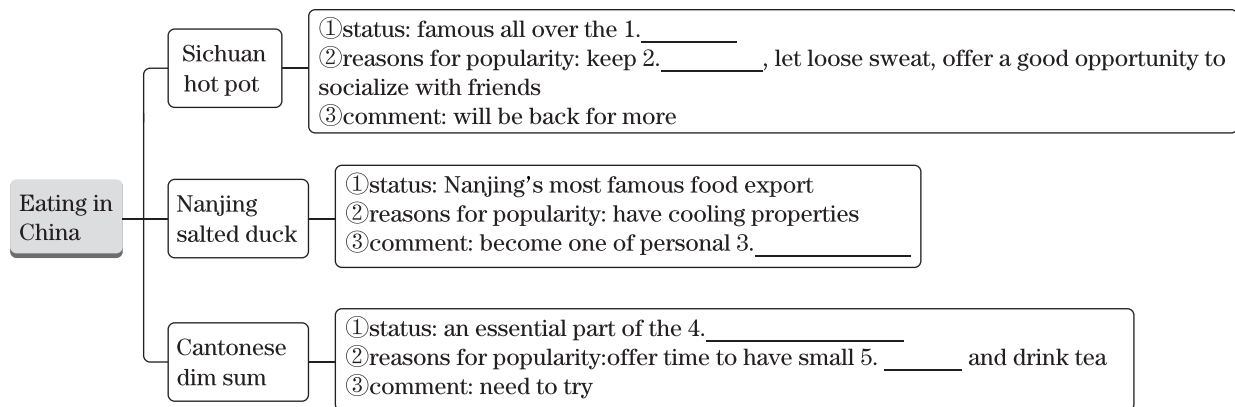
## 课前自主探究

预习新课 研读课文

阅读清障	课文原文	参考译文
<p>① mouth-watering <i>adj.</i> (食物)令人垂涎的,非常好吃的</p> <p>② overseas <i>adv.</i> 在国外;在海外 <i>adj.</i> 海外的;外国的</p> <p>③ loose <i>adj.</i> 不受约束的;未固定牢的 let sth loose 释放;放任</p> <p>④ bubble <i>vi.</i> 起泡;冒泡 <i>n.</i> 泡;气泡</p> <p>⑤ layer <i>n.</i> 层</p> <p>⑥ chilli <i>n.</i> 辣椒</p> <p>⑦ pepper <i>n.</i> 甜椒;胡椒粉 Sichuan pepper 花椒</p> <p>⑧ onion <i>n.</i> 洋葱,葱头 spring onion 小葱,香葱</p> <p>⑨ tip <i>vt.</i> 倾倒;轻碰</p> <p>⑩ quicken <i>vt.</i> 加快,加速</p> <p>⑪ damp <i>adj.</i> 潮湿的,湿气重的</p> <p>⑫ foggy <i>adj.</i> 有雾的,雾茫茫的</p> <p>⑬ dynasty <i>n.</i> 朝,代;王朝</p> <p>⑭ expand <i>vt. &amp; vi.</i> 增加,扩大;扩展,发展</p> <p>⑮ multiple <i>adj.</i> 数量多的,多样的</p> <p>⑯ sauce <i>n.</i> 调味汁,酱</p> <p>⑰ appeal to sb 吸引某人</p> <p>⑱ socialize with 与……交往,与……交流</p>	<p style="text-align: center;"><b>Eating in China</b></p> <p>7 March, Sichuan hot pot</p> <p>The <b>mouth-watering</b><sup>①</sup> hot pots of Sichuan are as famous <b>overseas</b><sup>②</sup> as they are in China, and the hot flavour is enough to heat up a cold midwinter evening or to <b>let loose</b><sup>③</sup> rivers of sweat on a summer afternoon. I gave it my first try last night, together with a few local friends. [1] <u>As the soup <b>bubbled</b><sup>④</sup> slowly over a gas burner in the middle of the table, its surface was covered with a beautiful <b>layer</b><sup>⑤</sup> of <b>chillies</b><sup>⑥</sup>, <b>Sichuan peppers</b><sup>⑦</sup>, <b>spring onions</b><sup>⑧</sup> and red oil. Slowly at first, and then faster and faster, we <b>tipped</b><sup>⑨</sup> plates of fresh meat, fish and vegetables into the pot. The hot flavour <b>quicken</b><sup>⑩</sup>ed our laughter and conversation, [2] <u>making the meal the perfect way to relax with friends.</u></u></p> <p>[1]as 引导时间状语从句。 [2]现在分词短语 making... 作结果状语,表示“自然而然”的结果。</p> <p>Sichuan hot pots are perfect for the <b>damp</b><sup>⑪</sup>, <b>foggy</b><sup>⑫</sup> climate [3] <u>in which they were invented.</u> They are believed to have started off in the late Qing <b>Dynasty</b><sup>⑬</sup> as a way for boatmen on the Yangtze River to keep warm during the cold and wet winters. In the beginning, the delicious dish was made simply by boiling vegetables, chillies and Sichuan peppers in water. Over time, it has <b>expanded</b><sup>⑭</sup> to include <b>multiple</b><sup>⑮</sup> options of soups, vegetables, meats and <b>sauc</b><sup>⑯</sup>es, [4] <u>appealing to</u><sup>⑰</sup> people of different tastes.</p> <p>[5] <u>What I love best about Sichuan hot pots is</u> [6] <u>that they offer a great opportunity to <b>socialize with</b><sup>⑱</sup> friends</u> [7] <u>since a meal can last for hours.</u> I instantly became a big fan of Sichuan hot pots and I'll soon be back for more!</p> <p>[3]in which 引导定语从句,修饰名词 climate。 [4]现在分词短语 appealing to... 作结果状语,表示“自然而然”的结果。 [5]what 引导主语从句。 [6]that 引导表语从句,that 在从句中不作成分,无具体含义,只起连接作用。 [7]since 引导原因状语从句。</p>	<p style="text-align: center;"><b>食在中国</b></p> <p>3月7日,四川火锅</p> <p>令人垂涎欲滴的四川火锅,闻名海内外,那火辣的风味足以温暖隆冬的寒夜,或在夏日的午后让人汗流如注。昨晚,我第一次尝试了四川火锅,是与几位当地的朋友一道吃的。桌子正中的煤气炉上,汤缓缓地冒着泡,表面覆盖着一层辣椒、花椒、葱段和红油,甚是好看。我们把一盘盘新鲜的肉、鱼和蔬菜倒进锅里,一开始慢,到后来越来越快。热辣的味道让大家谈笑起来更有兴致,这顿饭成了与友人放松的最佳方式。</p> <p>四川火锅非常适合其发源地潮湿多雾的气候。人们认为,火锅始自清末,当时是长江上的船工在湿冷的冬季取暖的一种方法。一开始,美味的火锅只不过是蔬菜、辣椒和花椒用水煮。后来,火锅的内容逐渐丰富,包括各式汤底以及品种多样的蔬菜、肉和调料,满足了人们不同的口味。我最喜欢四川火锅的地方在于它为朋友间的交往提供了很棒的机会,因为一顿饭能吃上好几个小时。我瞬间成了四川火锅的狂热爱好者,我很快会再回来吃的!</p>

阅读清障	课文原文	参考译文
<p>①9 serve <i>vt.</i> 端上; (给某人) 提供</p> <p>②0 plain <i>adj.</i> 朴素的, 简单的 <i>n.</i> 平原</p> <p>②1 slice <i>n.</i> 薄片, 片 <i>vt.</i> 把……切成片</p> <p>②2 juicy <i>adj.</i> 多汁的</p> <p>②3 chef <i>n.</i> 主厨, 厨师</p> <p>②4 countless <i>adj.</i> 无数的</p> <p>②5 in particular 特别, 尤其</p> <p>②6 without equal 无与伦比, 天下无双</p> <p>②7 property <i>n.</i> 性质, 特性; 所有物, 财产</p> <p>②8 appropriate <i>adj.</i> 合适的</p> <p>②9 all year round 全年, 一年到头</p> <p>③0 estimate <i>vt.</i> 估计, 估价 <i>n.</i> 估计</p> <p>③1 consume <i>vt.</i> 吃, 喝, 饮; 消耗, 耗费</p> <p>③2 hit the spot 使人满意, 正合需要</p> <p>③3 Cantonese <i>adj. &amp; n.</i> 广东人(的), 粤语(的)</p> <p>③4 dim sum <i>n.</i> 点心</p> <p>③5 essential <i>adj.</i> 必不可少的; 本质的</p> <p>③6 daily routine 日常事务</p> <p>③7 version <i>n.</i> 版本</p> <p>③8 innovation <i>n.</i> 创造, 创新; 新思想, 新方法</p> <p>③9 concept <i>n.</i> 概念, 观念</p> <p>④0 take off 突然成功, 突然走红</p> <p>④1 stimulate <i>vt.</i> 促进, 激发; 刺激, 使兴奋</p> <p>④2 appetite <i>n.</i> 食欲, 胃口; 强烈欲望</p> <p>④3 delicate <i>adj.</i> 精致的, 精细的, 精密的</p> <p>④4 emphasis <i>n.</i> 强调, 重视; 重读</p> <p>④5 bake <i>vt.</i> (在烤炉里) 烘烤; 焙</p> <p>④6 steam <i>vt. &amp; vi.</i> 蒸; 散发蒸汽 <i>n.</i> 水蒸气</p> <p>④7 fry <i>vt.</i> 油煎, 油炸</p>	<p>12 August, Nanjing salted duck Salted duck is Nanjing's most famous food export. <b>Served<sup>①9</sup> plain<sup>②0</sup></b> in thin, white <b>slices<sup>②1</sup></b>, the meat is <b>juicy<sup>②2</sup></b> and salty. Each Nanjing salted duck takes several days to prepare, and the process includes salting, drying, boiling and cooling. As I finished my first helping on a recent afternoon in Nanjing, my host, <b>Chef<sup>②3</sup></b> Zhang, told me a little more about the dish.</p> <p>The countryside around Nanjing has been famous for its ducks for centuries; its <b>countless<sup>②4</sup></b> waterways make the area perfect for raising waterbirds. A local history book from the late Qing Dynasty praised salted duck <b>in particular<sup>②5</sup></b>, [8] saying it was <b>without equal<sup>②6</sup></b>. Traditionally, duck is considered to have cooling <b>properties<sup>②8</sup></b>, so it is <b>appropriate<sup>②8</sup></b> for the hot summer months. Nowadays, people eat salted duck <b>all year round<sup>②9</sup></b> and [9]it is <b>estimated<sup>②9</sup></b> that tens of thousands of ducks are <b>consumed<sup>③1</sup></b> every day in Nanjing! It definitely <b>hit the spot<sup>③2</sup></b> when I tried it, and it has become one of my personal favourites.</p> <p>[8]现在分词短语 saying... 作状语。 [9]画线句中, it 作形式主语, that 引导主语从句。</p> <p>8 December, <b>Cantonese<sup>③3</sup> dim sum<sup>③4</sup></b> [10]In Guangzhou, morning tea is such an <b>essential<sup>③5</sup></b> part of the <b>daily routine<sup>③6</sup></b> that "Have you had your tea?" has become the local <b>version<sup>③7</sup></b> of "Good morning." Though teahouses have been common in China since the Tang Dynasty, the Cantonese <b>innovation<sup>③8</sup></b> of the mid-19th century was to serve tea together with a variety of light dishes, or dim sum. The <b>concept<sup>③9</sup> took off<sup>④0</sup></b>, and today Guangzhou's restaurants <b>stimulate<sup>④1</sup></b> customers' <b>appetite<sup>④2</sup></b> with over a thousand offerings, each more <b>delicate<sup>④3</sup></b> and delicious than the last.</p> <p>[10]画线句为 such... that... 句型, that 引导结果状语从句。 The Cantonese do not hurry over their breakfasts, as I found when I visited a restaurant in Guangzhou's old city centre this morning. The <b>emphasis<sup>④4</sup></b> is rather on conversation about business, family or pleasure, and locals can spend hours together chatting, drinking tea and working their way through the menu. From beef balls to rice noodle rolls, there are various dishes [11]that have been <b>baked<sup>④5</sup></b>, boiled, <b>steamed<sup>④6</sup></b> or <b>fried<sup>④7</sup></b>. A single visit is not enough to appreciate everything, and I have a long list of dim sum [12]I still need to try.</p> <p>[11]that 引导定语从句, 修饰名词 dishes。 [12]画线句为定语从句, 修饰名词 dim sum, 从句省略关系代词 that/which。</p>	<p>8月12日, 南京盐水鸭 盐水鸭是南京最有名的出口食品。鸭肉简单地切成白白的薄片端上来, 肉质多汁且带有咸味。每只南京盐水鸭都要经过腌、晾、煮、凉等工序, 耗费数天制成。前几天下午, 我在南京吃完我第一份盐水鸭后, 做东的张大厨给我介绍了更多有关这道菜的事情。</p> <p>南京周边的乡村因为鸭子已经驰名数百年; 这一带水网密布, 非常适合养殖水禽。一本清末的地方志尤其盛赞盐水鸭, 称其无与伦比。传统上, 鸭肉被认为性凉, 所以适宜在炎热的夏季食用。如今, 人们一年四季都吃盐水鸭, 据估计, 南京人每天要吃掉数万只鸭子! 我一尝, 它正对我胃口, 盐水鸭已经成为了我最钟爱的美食之一。</p> <p>12月8日, 广东点心 在广州, 早茶在日常生活中的地位是如此重要, 以至于“你吃早茶了吗?”成了当地人问候早安的方式。虽说茶馆在中国从唐代开始就很常见, 但19世纪中叶, 广东人的创新在于将茶佐以各种小菜或点心。这种观念时兴起来, 如今广州的餐厅用一千多道点心刺激着食客的食欲, 一道比一道精致、可口。广东人用早餐并不匆忙, 正如今天早晨我在广州老城区中心的一家餐厅所见的那样。重点是谈生意、话家常或说乐子, 当地人可以花上几个小时一起聊天, 饮茶, 慢慢吃遍菜单上所有的点心。从牛丸到肠粉, 烤、煮、蒸、炸的菜品各式各样。来一次不足以尝个遍, 我列出了一个长长的清单, 都是以后要品尝的点心。</p>

## Task 1: Fast Reading



## Task 2: Careful Reading

- ( ) 1. Why does the author love hot pots?
- A. Because they can keep warm.  
 B. Because they can let loose rivers of sweat.  
 C. Because they are relaxing.  
 D. Because they provide a great opportunity to socialize with friends.
- ( ) 2. What make(s) the countryside around Nanjing perfect for raising waterbirds?
- A. Damp weather.                      B. History.  
 C. Countless waterways.              D. Locals.
- ( ) 3. What can we know about Nanjing salted duck?
- A. It is Nanjing's famous food import.  
 B. The meat is a bit fat but juicy.  
 C. It takes a few days to make.  
 D. Its process includes salting, boiling and frying.
- ( ) 4. From the text, we can learn that \_\_\_\_\_.
- A. only vegetables can be boiled in Sichuan hot pots  
 B. eating ducks can keep people warm in cold winters  
 C. the Cantonese hurry over their breakfasts  
 D. people in Guangzhou are fond of chatting over morning tea

## Task 3: Micro-writing

The hot pots of Sichuan are not only famous in China 1. \_\_\_\_\_ overseas because that hot flavour is enough to heat up a cold midwinter evening, to let loose rivers of sweat on a summer afternoon, to quicken our laughter and conversation and to make the meal the perfect way to relax with friends. They are believed 2. \_\_\_\_\_ (start) off in the late Qing Dynasty as a way for boatmen on the Yangtze River to warm themselves during the cold and wet winters. The dish has expanded to include multiple options so that it appeals 3. \_\_\_\_\_ people of different tastes.

Nanjing salted duck, which takes several days to prepare, is famous for juicy and salty meat served in thin and white slices, and cooling 4. \_\_\_\_\_ (property). People eat salted duck all year round and it 5. \_\_\_\_\_ (estimate) that locals consume approximately tens of thousands of ducks every day. It is Nanjing's 6. \_\_\_\_\_ (famous) food export among all.

Cantonese dim sum, 7. \_\_\_\_\_ essential part of the daily routine in Guangzhou, 8. \_\_\_\_\_ (take) off since the mid-nineteenth century. Locals can spend hours chatting, drinking tea and 9. \_\_\_\_\_ (work) their way through the menu over breakfasts while appreciating various dishes 10. \_\_\_\_\_ (choose) from over a thousand offerings that have been baked, boiled, steamed or fried.

## 语言知识梳理

直击重点 突破考点

### 词汇点睛

1. **expand** *v.* 增加, 扩大; 扩展, 发展; 详谈, 详述 (教材 P11) Over time, it has **expanded** to include

multiple options of soups, vegetables, meats and sauces, appealing to people of different tastes. 后来, 火锅的内容逐渐丰富, 包括各式汤底以及品种多样的蔬菜、肉和调料, 满足了人们不同的口味。



- (1) expand on/upon 详述,充分叙述,详细阐明  
expand... into... 把……扩展成……
- (2) expansion *n.* 扩张,扩充

(1) 单句填空

① Due to the continuous \_\_\_\_\_ (expand) of business, we need to employ more workers.

② I will expand \_\_\_\_\_ this topic in the next class to make you more clear about it.

(2) 完成句子

As grizzly bears \_\_\_\_\_ where they haven't been seen in a century or more, they're increasingly being sighted by humans.

随着灰熊的活动范围扩大到一个多世纪以来从未见过的地方,人类越来越多地看到它们。(话题写作之自然生态)

**2. estimate** *vt. & vi.* 估计;估价 *n.* 估计(的成本)

(教材 P12) ... it is **estimated** that tens of thousands of ducks are consumed every day in Nanjing!

……据估计,南京人每天要吃掉数万只鸭子!

- (1) be estimated to be/have/cost  
估计是/有/花费

It is estimated that... 据估计……

- (2) estimation *n.* (对水平、数量等的)估计;判断,评价

(1) 单句填空

① The company's market value is estimated \_\_\_\_\_ (be) worth around \$ 369 million.

② According to a rough \_\_\_\_\_ (estimate), the beautiful antique vase is worth over a million  *yuan*.

(2) 句式升级

**People estimate that** 80% of all conversations in English is small talk.

→ \_\_\_\_\_ 80% of all conversations in English is small talk. (it 作形式主语)

**3. stimulate** *vt.* 促进,激发;刺激,使兴奋

(教材 P12) The concept took off, and today Guangzhou's restaurants **stimulate** customers' appetite with over a thousand offerings, each more delicate and delicious than the last. 这种观念时兴起来,如今广州的餐厅用一千多道点心刺激着食客的

食欲,一道比一道精致、可口。

- (1) stimulate sb to do sth 促使某人做某事,激发某人做某事
- (2) stimulation *n.* 激励;兴奋(作用)
- (3) stimulating *adj.* 趣味盎然的;激励人的,振奋人心的

(1) 单句填空

① With the \_\_\_\_\_ (stimulate) of consumer markets, the industry body expects gold demand to further revive this year.

② Universities have been asked to make their courses more attractive and \_\_\_\_\_ (stimulate).

(2) 完成句子

Interesting English literature works can \_\_\_\_\_ more reading after class.

有趣的英语文学作品可以激励学生在课后多读书。

(话题写作之文学)

**4. emphasis** *n.* 强调,重视;重读

(教材 P12) The **emphasis** is rather on conversation about business, family or pleasure...

重点是谈生意、话家常或说乐子……

- (1) put/lay/place emphasis on/upon  
重视,强调

- (2) emphasize *v.* 强调;重视;着重;使突出

(1) 单句填空

① They advocate a simple life with an \_\_\_\_\_ (emphasize) on hard work, family, and community.

② It should \_\_\_\_\_ (emphasize) that this is only one possible explanation.

(2) 一句多译

We \_\_\_\_\_ protecting the environment too much because we have only one Earth. (emphasize)

→ We \_\_\_\_\_ protecting the environment too much because we have only one Earth. (emphasis)

我们再怎么强调保护环境的重要性也不为过,因为我们只有一个地球。(话题写作之环境保护)

**5. mixture** *n.* 混合;混合体

(教材 P13) Fill the dumpling wrappers with the **mixture**. 把饺子馅放在饺子皮里。

- (1) a mixture of .....的混合;.....交加  
 (2) mix v. (使)混合,融合;调配;相容  
 mix... with/and... 把.....和.....混合  
 mix sb/sth up (with sb/sth)  
 弄错;误以为.....是;搞错  
 (3) mixed adj. 混合的;混杂的;男女混合的

(1) 单句填空

- ① Jeff broke two eggs into a plate and added in some milk. Jenna found the bread and put two slices into the egg \_\_\_\_\_ (mix).  
 ② I still have \_\_\_\_\_ (mix) feelings about going to America and have no idea of what to do next.

(2) 完成句子/词汇升级

- ① I highly expect the experience to be rewarding, \_\_\_\_\_. (分词作状语)  
 我非常期待这次经历是有益的,将学习与乐趣完美地结合在一起。(话题写作之学校生活)  
 ② \_\_\_\_\_ came from the bottom of my heart.  
 我的内心充满了愧疚和喜悦。(读后续写之情感描写)  
 ③ What made me puzzled was that people often **mistook me for** my twin brother.  
 → What made me puzzled was that people often \_\_\_\_\_ my twin brother.

**6. fall apart** 破碎,破裂;崩溃

(教材 P13) Don't overfill the dumplings, or they will **fall apart** when you boil them.

饺子不要包得太鼓,否则当你煮的时候饺子会破的。

- fall behind (with sth) 不能按时完成(工作);落后;拖欠(付款)  
 fall on 适逢,正当  
 fall asleep 睡着  
 fall over 摔倒;被.....绊倒  
 fall down 跌倒;失败;倒塌  
 fall off 脱落,跌落;减少,下降

根据汉语提示完成句子

- ① As a proverb goes, modesty helps one go forward while \_\_\_\_\_ (骄傲使人落后).

② A few people do well despite the pressure while others \_\_\_\_\_ (在压力下崩溃).

③ The Spring Festival, which is the most significant traditional festival in China, \_\_\_\_\_ (适逢.....的前夜) the lunar New Year and lasts fifteen days.

④ Regular physical activity can promote better sleep, helping you \_\_\_\_\_ (更快地入睡) and to enjoy deeper sleep.

⑤ I rushed to the door and \_\_\_\_\_ (被.....绊了一跤) the cat in the hallway.

**句型透视**

1. (教材 P11) **They are believed to have started off in the late Qing Dynasty as a way for boatmen on the Yangtze River to keep warm during the cold and wet winters.** 人们认为,火锅始自清末,当时是长江上的船工在湿冷的冬季取暖的一种方法。

(教材 P12) **Traditionally, duck is considered to have cooling properties...**  
 传统上,鸭肉被认为性凉.....

句型公式

Sb/Sth be believed/considered to do...

某人/物被认为.....

【归纳拓展】

(1) "Sb/Sth be believed/considered to do..." 可与 "It is believed/considered that ..." 或 "People believe/consider that..." 进行句型转换。

(2) 可用于该句型的动词还有 say, think, expect, report, know, suppose, agree 等。

(3) 该句型中的不定式可有三种变换形式:一般式 to do, 进行式 to be doing 和完成式 to have done。

(1) 完成句子

\_\_\_\_\_ these plants have lived in the area for millions of years by scientists.

科学家们认为这些植物已经在这个地区生长了数百万年了。

(2) 句式改写

① It is said that she wrote a report about wildlife protection the other day.

→She is said \_\_\_\_\_ a report about wildlife protection the other day. (发生了的动作转化为不定式的完成式)

②It is said that she will write a report about wildlife protection next month.

→She is said \_\_\_\_\_ a report about wildlife protection next month. (未来动作转化为不定式的一般式)

③It is said that she is writing a report about wildlife protection at present.

→She is said \_\_\_\_\_ a report about wildlife protection at present. (进行动作转化为不定式的进行式)

## 2. (教材 P11) What I love best about Sichuan hot pots is that they offer a great opportunity to socialize with friends since a meal can last for hours.

我最喜欢四川火锅的地方在于它为朋友间的交往提供了很棒的机会,因为一顿饭能吃上好几个小时。

### 句型公式

what 引导的主语从句和 that 引导的表语从句

### 【句式点拨】

what I love best about Sichuan hot pots 在这里是 what 引导的主语从句; that they offer a great

opportunity to socialize with friends 是 that 引导的表语从句(其中 that 是连接词,只起连接作用,不在从句中充当任何成分); since a meal can last for hours 是原因状语从句。

### 【归纳拓展】

引导主语从句的有: where, whether, how 等;

引导表语从句的有: 从属连词 that, whether, as if, as though, because; 连接代词 what, who, whom, whose, which; 连接副词 when, where, how, why.

### (1) 单句填空

①What I doubt is \_\_\_\_\_ they can finish the task on time.

②There are three roads ahead. \_\_\_\_\_ I want to know is which one we should take.

### (2) 完成句子

① \_\_\_\_\_ the Internet makes consumption easier, faster than ever before. (主语从句)

明显的是,互联网使消费变得比以往任何时候更容易、更快。(话题写作之网络科技)

②He explained that there was something wrong with his violin and \_\_\_\_\_ he had decided not to try out. (表语从句)

他解释说他的小提琴出问题了,这就是他决定放弃选拔的原因。

## Period Five Writing

### 单元主题表达

审题立意 妙笔成篇

### 介绍你最喜欢的食物

学习本单元之后,学生应了解食物的重要性,提倡和响应“光盘行动”,懂得珍惜粮食,学会做一道美食,写一篇文章描述自己最喜欢的食物。

### 【写作点拨】

说明文是一种常见文体,它是以简明的文字介绍事物的形状、构造、变化、功用、特征等的文章。说明要直观、形象,使读者如临其境。本单元要求写一篇说明文,介绍自己最喜欢的食物。

### 【注意事项】

1. 认真审题,选好描写食物的角度。确定站在第几人称的角度上写,确定从哪一点着手写。

2. 选好说明顺序。可以从外形、气味、味道、入口口感、烹饪方法、第一次吃的经历、个人情感等方面展开描述,力求为读者呈现出一幅生动的画面。

3. 说明要分清主次,注意层次清楚。

4. 词汇和句型要尽量避免单调。时态主要用一般现在时。可适当使用一些形容词,如 smelly, bitter, sweet, salty, juicy, creamy, silky, smooth, soft, crisp 等。

5. 注意行文连贯。段与段之间联系要紧密,后一段应该是前一段的自然过渡和发展。在形式上,段首可用一些关联词来体现这种段与段之间的逻辑关系。

6. 适当运用说明方法。可以根据实际情况,灵活运用举例法、比较法等说明方法。

### 【写作典例】

请以“Dumplings: a taste of home”为题,介绍饺子。

逢年过节吃饺子,已成为中华民族的日常饮食文化,饺子因此又有“国食”的雅称。饺子是最具代表性的中国传统食物之一,距今已有一千八百多年的历史。

饺子是一种传统的中国食物,虽然可能需要更长的时间来制作,但烹饪方法很简单。烹饪饺子的方法多种多样:煮、煎、蒸,如果配上一碟醋,味道就会更好了。

在很多人眼中,饺子代表团圆,代表家的味道。当所有的家庭成员聚在一起时,吃饺子、唠家常是最幸福的回忆。

### 【主题词汇】

1. taste *n.* 味道;品味  
*v.* 品尝,尝起来
2. \_\_\_\_\_ *adj.* 必不可少的
3. reunion *n.* 团聚
4. \_\_\_\_\_ 代表,象征
5. a variety of/varieties of 各种各样的
6. vary from... to... 在……和……之间变化
7. \_\_\_\_\_ 取决于

### 【高级句式】

#### 1. 让步状语从句

虽然它们可能需要更长的时间来制作,但烹饪方法很简单。

The cooking methods are simple \_\_\_\_\_.

#### 2. 定语从句

饺子的烹饪方法多种多样,可以煮,也可以炸,还可以蒸。

There are various methods to cook dumplings, \_\_\_\_\_.

#### 3. 省略结构

如果配上一盘醋,味道会更好。

They taste much better \_\_\_\_\_ with a saucer of vinegar.

#### 4. 原因状语从句

在这么多中国菜中,我最喜欢饺子,因为饺子代表着团圆和家乡的味道。

Among so many Chinese dishes, I like dumplings most \_\_\_\_\_.

#### 5. 非谓语作状语

风格因人而异,取决于个人口味和配料。

The styles vary from person to person, \_\_\_\_\_.

### 6. 形式主语

和家人一起包饺子,互相分享我们的故事,是我最幸福的回忆。

\_\_\_\_\_ dumplings with my family members and share our stories with each other.

### 【连贯成文】

#### Dumplings: a taste of home

Dumplings, also called *jiao zi* by Chinese, are a traditional and essential Chinese food. The cooking methods are simple though they may take longer time to make. There are various methods to cook dumplings, which can be boiled, fried or steamed. They taste much better if served with a saucer of vinegar.

Among so many Chinese dishes, I like dumplings most because they stand for reunion and a taste of home. My family usually eat dumplings when all the members of family come together. We can make a variety of dumplings with different fillings. The styles vary from person to person, depending on personal taste and ingredients.

It is the happiest memory for me to make dumplings with my family members and share our stories with each other.

### 【活学活用】

假定你是李华,你将接受校英语报专栏 A Bite of My Hometown 的主持人 Cindy 的访问。请你写一篇有关你家乡美食的发言稿,内容包括:

1. 介绍一种美食;
2. 说明该美食背后的意义;
3. 邀请来体验美食。

注意:写作词数应为 80 个左右。

参考词汇:crispy 脆的

Thank you, Cindy, for giving me a precious opportunity to talk about the food in my hometown.

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Thank you again!