



导学案

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全品

学练考

高中英语

必修第二册 WY

细分课时

分层设计

落实基础

突出重点

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### 主题素养积累

We all have ideas about what kinds of foods are good or bad to eat. **As a result**, people from one culture often think the foods that people from another culture eat are unacceptable. **Many people would find it terrible to eat rats, but there are forty-two different cultures whose people regard rats as proper food.**

Food likes and dislikes do not always **seem related to** nutrition. Tomatoes are sixteenth on the list of most nutritious vegetables, but they are first on the list of vegetables that Americans like most to eat.

**But dislike is not the only reason why some cultures will not eat a certain food.** In some cultures, certain foods are taboo(禁忌的). Taboo is a word from the language of the Fiji Islands that **is used to describe** something that is forbidden. We do not usually think about why certain things are taboo in our culture.

Americans do not eat dogs, and in the United States, dogs are very important to people as pets. They are usually regarded as part of the family, almost like a child **in some cases**. **In addition**, dogs have value as protection against criminals. **Actually, the dog's place in society as a**

**companion makes the dog a taboo as food.**

Scientists believe that most food likes and dislikes are a result of the ways of life of different people. People will not eat pets such as dogs. Americans eat a lot of beef because there is plenty of land for raising cattle and their meat can be shipped cheaply for long distances by railroads.

#### 【主题词句背诵】

1. as a result 因此,结果
2. regard... as... 把……当作……
3. seem related to... 看起来与……相关
4. be used to do... 被用来做……
5. in some cases 在某些情况下
6. in addition 此外
7. Many people would find it terrible to eat rats, but there are forty-two different cultures whose people regard rats as proper food.  
许多人会觉得吃老鼠很可怕,但是在 42 种不同的文化中,人们把老鼠当作合适的食物。
8. But dislike is not the only reason why some cultures will not eat a certain food. 但不喜欢并不是某些文化不吃某种食物的唯一原因。
9. Actually, the dog's place in society as a companion makes the dog a taboo as food.  
事实上,狗作为伴侣的社会地位使其成为禁忌食物。

## Period One Starting out & Understanding ideas

### 课前自主探究

预习新课 研读课文

#### Task One Fast Reading

A Child of Two Cuisines

Para.1: The child's birth background: growing up in England with a 1. \_\_\_\_\_ father and a 2. \_\_\_\_\_ mother.

Paras. 2—5: The family's opinions on 3. \_\_\_\_\_.

Para.6: The child 4. \_\_\_\_\_ with food from both cultures.

#### Task Two Careful Reading

Read the text and then choose the best answer according to the text.

- ( ) 1. What do we know about the author from the passage?
- A. The author is a Chinese kid living in England.
  - B. The author can't use chopsticks properly.
  - C. The author loves to eat things like chicken feet.
  - D. The author prefers Chinese food to English food.

( )2. How did the author's father feel when he first saw the Chinese eat chicken feet?

- A. Interested.
- B. Amazed.
- C. Puzzled.
- D. Frightened.

( )3. What did the author think of stinky tofu?

- A. It looked bad but smelt good.
- B. He thought it a piece of cake to take a bite.
- C. Its taste was better than he had expected.
- D. He loved it immediately he had tasted it.

( )4. Which of the following proverbs has the closest meaning to the sentence "One man's meat is another man's poison."?

- A. Seeing is believing.
- B. Think twice before you do.
- C. Between friends all is common.
- D. Every man has his hobby horse.

### Task Three Micro-writing

Read the text carefully and fill in the following blanks.

I am a British boy, who has a British father and a Chinese mother. I 1. \_\_\_\_\_ (enjoy) food

from both cultures since I was able to eat by myself.

My mum comes from Sichuan, and she often cooks spicy dishes, because of 2. \_\_\_\_\_ my father has come to love hot pot. But he still doesn't take to 3. \_\_\_\_\_ (eat) chicken feet. He felt very 4. \_\_\_\_\_ (shock) at their wedding when he saw how the Chinese ate almost every part of an animal. My father can cook a super "full English breakfast" and a typical Sunday roast. However, my mother advises us not to eat too much roast food as it may make us suffer 5. \_\_\_\_\_ heat inside our bodies.

When I first visited China, 6. \_\_\_\_\_ (encourage) by Mum, I tried different kinds of food. But when I 7. \_\_\_\_\_ (come) across stinky tofu, I didn't like 8. \_\_\_\_\_ (it) appearance and smell. However, I gathered all my courage to take a bite and was amazed 9. \_\_\_\_\_ (find) it was not so bad. Maybe I will fall in love with it one day.

People say that one man's meat is another man's poison, 10. \_\_\_\_\_ I feel at home with food from China and the UK.

## 语言知识梳理

直击重点 突破考点

### 词汇点睛

1. **take to** (尤指短间接触后)开始喜欢,对……产生好感;养成……习惯

(教材 P3) Even today, he still does not easily **take to** eating things like chicken feet.

直到今天,他还是不太喜欢吃鸡爪之类的东西。

take after (在相貌、举止或性格上)相像;效仿

take on 雇用;承担;呈现

take in 吸收;欺骗(常用于被动);理解,领会;收留

take down 拆掉,拆除;写下

take apart 拆开;拆散

take off 脱掉;起飞;(事业等)腾飞;休假

take over 接管;占上风,取代

take up 开始从事;占用(时间、空间或精力)

[温馨提示] 短语 take to 中, to 为介词,因此后面需要接名词、代词或动名词形式作宾语。

### 【活学活用】

(1) I **have taken to cycling** to work as a way of getting more exercise. 我已习惯把骑车上班当作一种获得更多锻炼的方式。

(2) Peter doesn't seem to **take after** either of his parents.

彼得长得似乎不像他的父母。

(3) I have taken to \_\_\_\_\_ (play) basketball at weekends since last year.

(4) 用适当的介词或副词填空

① Trees take \_\_\_\_\_ carbon dioxide and give out oxygen in the sun.

② Her singing career had just begun to take \_\_\_\_\_.

③ Don't take \_\_\_\_\_ more responsibilities than you can deal with.

④ The son took \_\_\_\_\_ all the businesses from his retired father.

⑤ Reading newspapers normally takes \_\_\_\_\_ half of his daily spare time.

(5) I \_\_\_\_\_  
since I came here.

自从我来到这里,我就喜欢上了我的新学校。

**2. sort** *n.* 种,类 *vt.* 整理;把……分类  
(教材 P3) But I enjoy that **sort** of food myself.  
但我自己喜欢那类食物。

(1) all sorts of	各种各样的
sort of	有几分;有那么一点
(2) sort... into...	把……分类为……
sort... out (from...)	(从……中)挑选出;理 顺;整理;把……安排好

[温馨提示] 与 all sorts of 意思相近的短语有: a variety of/varieties of; all kinds of; all types of 等。

### 【活学活用】

(1) There are **all sorts of** activities for children after school.

放学后,孩子们有各种各样的活动。

(2) When you go on your first trip to the UK, different customs can be **sort of** confusing.

当你第一次去英国旅行时,不同的习俗可能会让你感到有些困惑。

(3) The students \_\_\_\_\_ three groups according to their abilities.

按照各自的能力,学生们被分成了 3 个组。

(4) She spent an afternoon \_\_\_\_\_ her stamps collected during so many years.

她花了一个下午来整理她这么多年收集的邮票。

(5) Eating \_\_\_\_\_ nutrient-rich foods could help you maintain healthy.

吃各种营养丰富的食物可以帮助你保持健康。

(6) Having had a good sleep, he felt \_\_\_\_\_ refreshed.

他睡了个好觉,感到精神有点恢复了。

**3. typical** *adj.* 典型的,有代表性的;特有的;一贯的;平常的

(教材 P3) He also does a **typical** Sunday roast.

他还(会)做典型的周日烤肉大餐。

(1) be typical of sth	具有……的典型特征;是 典型的……
It is typical of sb to do sth.	做某事是某人的特点/某 人做某事不出所料。
(2) typically <i>adv.</i>	典型地;一般;不出所料

### 【活学活用】

(1) This restaurant serves food **typical of** Chinese cuisine.

这家餐馆供应地道的中国菜。

(2) **It is typical of him to avoid** animal products.  
他向来吃素。

(3) Tickets for these events will \_\_\_\_\_  
(typical) cost around thirty dollars.

(4) \_\_\_\_\_  
helping others in this way.

约翰(John)一向会想到以这种方式去帮助别人。

**4. suffer** *v.* (身体或精神上)受苦

(教材 P3) We all love roast beef and vegetables, but Mum says we'd better not eat too much roast food as it may make us **suffer** from heat inside our bodies, according to traditional Chinese medicine.

我们都喜欢烤的牛肉和蔬菜,但妈妈说我们最好不要吃太多烤的食物,因为根据传统中医的说法,它可能会让我们上火。

(1) suffer from	患……病;受……折磨/之苦
(2) suffering <i>n.</i>	[U](身体或精神上)疼痛;苦 难[pl.] 苦恼;痛苦
(3) sufferer <i>n.</i>	受苦者,受难者;患者

[温馨提示] suffer 作及物动词时,其后常接抽象名词,如 pain, loss, defeat, damage, punishment, hardship 等; suffer 作不及物动词时,常与 from 连用,表示具体的不幸或痛苦,如遭受战争、自然灾害带来的苦难及患病等。

### 【活学活用】

(1) Having **suffered** defeat after defeat, he began to lose faith in himself.

遭受一次又一次的失败后,他开始对自己失去信心。

(2) The poor beggar **suffered from** cold and hunger.  
那个可怜的乞丐饥寒交迫。

(3) The war will cause widespread human **suffering**.  
战争会给很多人带来苦难。

(4) Some may struggle and suffer \_\_\_\_\_  
culture shock when learning how to behave in new surroundings.

(5) I hope none of you have to go through the same kind of \_\_\_\_\_ (suffer) that I did.

(6) What worried him most was that his mother \_\_\_\_\_.

最让他担心的是他的母亲患有严重的心脏病。

(7) Sorry to see you \_\_\_\_\_, I am eager to do something for you.

很抱歉看到你遭受如此巨大的损失, 我很想为你做点什么。

### 5. come across 偶然遇见, 偶然发现

(教材 P4) But just when I thought I could deal with all Chinese food, I **came across** stinky tofu, a horrible grey thing that looked and smelt like a burnt sports shoe.

但是正当我以为我能应付所有的中国食物时, 我偶然发现了臭豆腐, 一种可怕的灰色东西, 看上去、闻起来都像烧焦的运动鞋。

come about	发生
come along	到达, 出现; 跟随; 进步
come out	出来, 出现; 出版; 开花; (消息) 为人所知
come off	脱落; 能被去掉
come up	被提及; 走上前来; (太阳、月亮) 升起; 将发生; (意外的) 发生
come up with	想出, 提出
come over (to...)	短暂造访

【温馨提示】 come across 的近义短语有: run into; run across; meet...by chance/by accident.

#### 【活学活用】

(1) She **came across** some old photos when sorting out the drawer.

她在整理抽屉的时候偶然发现了一些老照片。

(2) 用 come 相关短语的适当形式填空

① Having lost my notebook for nearly a month, I \_\_\_\_\_ it under my pillow yesterday.

② Taylor Swift's new album will \_\_\_\_\_ next month.

③ I \_\_\_\_\_ to make sure the flute in her hand was mine.

④ Don't pull so hard or the handle of the door will \_\_\_\_\_.

⑤ Can you tell me how the accident \_\_\_\_\_?

(3) Some people lose heart when they \_\_\_\_\_ while others rise to the challenge.

My parents often tell me to do the latter.

一些人在遇到失败时灰心丧气, 而另一些人则接受挑战。我的父母经常告诉我要做后者。

6. gather v. 聚集, 集合; 收集, 采集; 积聚; 收拢, 归拢(分散的东西)

(教材 P4) ... I **gathered** all my courage to take a bite and was amazed to find it wasn't so bad.  
……我鼓起全部勇气尝了一口并惊讶地发现它并没有那么糟糕。

(1) gather around/round/together

聚集

gather sth (together/up) 收拢/归拢某物

gather one's strength 积蓄力量

gather one's courage 鼓起勇气

(2) gathering n. 聚集, 聚会, 集会; 收集, 采集, 搜集

a social/family gathering 社交/家庭聚会

#### 【活学活用】

(1) As scheduled, we are to **gather** in the lecture hall in our school at 6:50.

按计划, 我们将于 6:50 在学校的演讲厅集合。

(2) People **gathered round**, curious to know what was happening.

人们聚拢过来, 好奇发生了什么事情。

(3) We're having a small family \_\_\_\_\_ (gather) to celebrate the Mid-Autumn Festival.

(4) In the evenings, we \_\_\_\_\_ and talked.

晚上, 我们聚在壁炉旁聊天。

(5) No matter how serious a problem you may have, you should \_\_\_\_\_ to face the challenge.

无论你遇到多么严重的问题, 你都应该鼓起勇气面对挑战。

(6) \_\_\_\_\_, I rose to my feet and ran towards the finish line.

我积蓄力量站了起来, 向终点线跑去。

7. bite n. (咬下的) 一口; 咬; 咬伤 vt. & vi. (bit, bitten) 咬; 叮

(教材 P4) ... I gathered all my courage to take a **bite** and was amazed to find it wasn't so bad.

……我鼓起全部勇气尝了一口并惊讶地发现它并没有那么糟糕。

(1) give sb a bite 叮/咬某人一口

take a bite 尝一口

(2) bite one's lip 咬嘴唇; 忍住不说

### 【活学活用】

- (1) The dog **gave him a bite** and ran away.  
狗咬了他一口就跑了。
- (2) She **took** a couple of **bites** of the sandwich.  
她吃了几口三明治。
- (3) He \_\_\_\_\_ (bite) by a poisonous snake and felt a deep pain.
- (4) The cake smelt so delicious that the hungry girl couldn't wait \_\_\_\_\_ of it.  
蛋糕闻起来很香,以至于那个饥饿的女孩迫不及待地想咬一口。
- (5) I \_\_\_\_\_, took a deep breath, and concentrated on writing.  
我咬了咬嘴唇,深吸一口气,集中精力写作。

### 8. remind sb of sth 使某人想起某物

(教材 P4) It **reminded me of** blue cheese, a similarly strong smelling type of food you either love or hate. 它让我想起了蓝纹奶酪,一种类似的有着浓重气味的食物,你要么喜欢它,要么讨厌它。

- |                          |            |
|--------------------------|------------|
| (1) remind <i>vt.</i>    | 使想起,使记起,提醒 |
| remind sb of/about...    | 提醒某人……     |
| remind sb to do sth      | 提醒某人做某事    |
| remind sb + (that)/wh-从句 | 提醒某人……     |
| (2) reminder <i>n.</i>   | 引起回忆的事物;提示 |

### 【活学活用】

- (1) I rang Jill and **reminded her that** the conference had been cancelled.  
我给吉尔打电话,提醒她会议取消了。
- (2) I do hope my story can **remind us all to treasure** time and make full use of it to improve ourselves.  
我真的希望我的故事能提醒我们所有人珍惜时间,充分利用它来提高我们自己。
- (3) The exhibition is a \_\_\_\_\_ (remind) for us not to forget the past.
- (4) In order to save energy, we should \_\_\_\_\_ lights when we are not using them.  
为了节约能源,我们应提醒自己当我们不使用电灯的时候要关闭它们。
- (5) That song always \_\_\_\_\_ my days at senior high.  
那首歌总让我想起我在高中的日子。

### 句型透视

1. (教材 P2) **Growing up in England with a British father and a Chinese mother, I've enjoyed food from both countries ever since**

**I was able to hold a knife and fork—and chopsticks!** 我在英国长大,父亲是英国人,母亲是中国人,自从我能拿刀叉和筷子以来,我就一直在享受这两个国家的食物!

### 句型公式

*v.*-ing 作原因状语

### 【相关拓展】

- (1) 现在分词(短语)作原因状语,相当于一个原因状语从句。
- (2) 现在分词(短语)可以作原因状语、时间状语、条件状语、让步状语、伴随状语、方式状语、结果状语。此时,主语与 *v.*-ing 之间为主动关系,一般表示正在进行的动作或所处的状态。而过去分词(短语)作状语时,主语与 *v.*-ed 之间是被动关系。

### 【活学活用】

- (1) **Having no choice**, they drove around the nearby to continue searching for Leo's home. (表原因)  
别无选择,他们开车在附近转了一圈,继续寻找利奥的家。
- (2) **Reading the letter**, she burst out crying. (表时间)  
她读着信,突然哭了起来。
- (3) I rushed to the hospital, **finding the hall crowded with people**. (表结果)  
我赶到医院,发现大厅里已经挤满了人。
- (4) They stood there for half an hour, \_\_\_\_\_ (watch) the stars in the sky.
- (5) \_\_\_\_\_ (bring) up in a small village, he doesn't adapt to the life in the city.
- (6) \_\_\_\_\_ to work at the airport, I am writing to apply for the very position.  
得知你们正在寻找在机场工作的志愿者,我写信申请这个职位。
2. (教材 P3) **He must have thought I was joking**. 他一定以为我在开玩笑。

### 句型公式

must have done sth

### 【句式点拨】

must have done sth 表示对过去所发生的事情的肯定推测,意为“一定做过某事”,只用于肯定句中,因为 mustn't 一般表示“禁止”。表示对过去所发生的事



情的否定推测,要用 can't/couldn't have done sth. 如果表示对现在的事情的肯定推测,must 后面则要用动词原形,否定推测用 can't 接动词原形。

### 【活学活用】

(1) I didn't hear the phone. I **must have been** asleep.

我刚才没有听到电话,想必是睡着了。

(2) You **must be** hungry after all that walking.

走了这么远的路,你一定饿了吧。

(3) He \_\_\_\_\_ I was lying, which made me sad.

他一定以为我撒谎了,这让我很难过。

(4) I figure she \_\_\_\_\_ the necklace very much because she hasn't taken her eyes off it since she saw it.

我认为她一定很喜欢这条项链,因为自从看到它,她的眼睛就没有离开过它。

## Period Two Using language

### 语言精讲

**1. addict** *n.* 对……着迷的人;吸毒成瘾的人 (教材 P6) So, if you're a sugar **addict** and aren't able to say no to chocolate or cola, you had better download it now!

所以,如果你是个对糖有瘾的人,并且不能对巧克力和可乐说不,你最好现在就下载它!

- |                                       |             |
|---------------------------------------|-------------|
| (1) addiction <i>n.</i>               | 瘾;嗜好        |
| (2) addicted <i>adj.</i>              | 上瘾的;入迷的     |
| be/become/get addicted to (doing) sth | 对(做)……上瘾/入迷 |
| (3) addictive <i>adj.</i>             | 令人上瘾的;使人着迷的 |

### 【活学活用】

(1) As a ski **addict**, he didn't want to miss this perfect skiing chance.

作为一名滑雪爱好者,他不想错过这次完美的滑雪机会。

(2) The little boy is addicted to \_\_\_\_\_ (read) detective novels.

(3) I am sure that with persistence, you'll definitely get rid of your video game \_\_\_\_\_ (addict).

(4) I find jogging very \_\_\_\_\_ (addict) and I have fallen in love with it.

(5) Hearing that you \_\_\_\_\_ TikTok recently, I'm writing to offer some advice on how to use it properly.

听说你最近沉迷于抖音,我写信就如何正确使用抖音提供一些建议。

**2. in case** 以防万一;假使

(教材 P7) Sometimes there are so many knives and forks that you dare not pick them up **in case** you get it wrong.

有时刀叉太多,你都不敢把它们拿起来,生怕拿错了。

in case	以防万一;假使(连词,可引导状语从句;也可用作副词)
in case of	如果,假使(介词短语,其后接名词或动名词)
in any case	无论如何;不管怎样
in no case	绝不(用于句首时表强调,句子常用部分倒装语序)
in this/that case	在这种/那种情况下

### 【活学活用】

(1) There was also a bit of worry that he might suffer a blow **in case of** a failure, which threw us into a hint of uneasiness.

我们也有点担心万一失败他可能会受到打击,这使我们感到一丝不安。

(2) In addition, remember to bring some water and snacks \_\_\_\_\_ you feel thirsty or hungry. 此外,记得带上一些水和零食,以防口渴或饥饿。

(3) \_\_\_\_\_ emergency, break the glass and press the button.

如遇紧急情况,击碎玻璃罩并摁下按钮。

(4) \_\_\_\_\_ should we lose heart.

在任何情况下我们都绝不能灰心。

(5) \_\_\_\_\_, you must get here no later than five o'clock.

无论如何,你务必5点钟前到达这里。

**3. differ** *v.* 不同,有区别;有异议,(意见)有分歧 (教材 P7) Table manners, however, can **differ** in different situations.

然而,餐桌礼仪在不同的场合会有所不同。

- (1) differ from sb/sth in sth  
在……方面与……不相同
- (2) different *adj.* 不同的  
be different from... 与……不同
- (3) difference *n.* 差异, 区别  
tell the difference between...  
分辨出……之间的区别
- make a difference 有影响; 起作用

### 【活学活用】

(1) I feel excited because this school **differs from** my previous one in many ways.

我感到很兴奋, 因为这所学校在很多方面与我以前的学校不同。

(2) Humans' facial expressions differ \_\_\_\_\_ those of animals.

(3) What makes this shop \_\_\_\_\_ (differ) is that it offers more personal services.

(4) Sometimes a little kindness can \_\_\_\_\_ .

有时, 一个小小的善举会产生很大的影响。

### 4. recommend *v.* 推荐

(教材 P7) Highly **recommended!** 强烈推荐!

- (1) recommend sb/sth to sb  
向某人推荐某人/物
- recommend sb as 推荐某人为……
- recommend sb to do sth/recommend doing sth  
建议某人做某事/建议做某事 (此时, 用法与 advise 相似)
- recommend (that) ... (should) + 动词原形 ...  
= It is recommended that ... (should) + 动词原形 ...  
建议……

(2) recommendation *n.* 提议; 推荐; 介绍; 推荐信

### 【活学活用】

(1) I **recommend** this book **to** anyone with interest in art.

我把这本书推荐给任何对艺术感兴趣的人。

(2) I highly **recommended that** you (**should**) **make** good preparations for the coming exam.

我强烈建议你为即将到来的考试做充分准备。

(3) He recommended \_\_\_\_\_ (read) the book before seeing the movie.

(4) I will be glad if you can take my \_\_\_\_\_ (recommend) into consideration.

(5) Hearing you'd like to join a club in our school, I'm writing \_\_\_\_\_ .

听说你想要加入我们学校的一个社团, 我写信来向你推荐英语社团。

(6) 一句多译

Delighted to know that you are interested in Chinese culture, I strongly \_\_\_\_\_ . (宾语从句)

→ Delighted to know that you are interested in Chinese culture, I strongly \_\_\_\_\_ . (*v.* + 宾语 + 宾补)

很高兴得知你对中国文化感兴趣, 我强烈建议你 go to the museum to visit.

## 语法归纳

### 情态动词 (1)

情态动词	基本用法	表示说话人对某一动作或态度的态度
		不能单独作谓语, 必须和动词原形连用
	常见情态动词的用法比较	没有人称和数的变化 (have to 和 be able to 除外)
		can 和 be able to
用法比较	must 和 have to	
	need 和 dare	
		had better

#### 1. can 和 be able to

(1) can 表示“能力”时, 只有 can 与 could 两种形式, 仅表示通常具备的能力, 不具体指通过努力而获得的能力。

(2) be able to 表示“能力”时, 可以用于各种时态, 当用于过去时态时, be able to 侧重指经过努力而成功做了某事, 相当于 managed to do sth。如:

Don't worry yourself about me, I **can** take care of myself.

你别担心我, 我能照顾好自己。

Our team **was able to** score a goal in the last minute and won the match at last.

我们在最后一分钟射门得分, 最终赢得了比赛。

#### 2. must 和 have to

二者均表示“必须”, 但 must 是指说话人的主观看法, 而 have to 则强调客观需要。must 的否定形式表示“禁止”, 而 have to 的否定形式表示“不必”。另外, have to 可用于更多的时态。如:

I **must** learn about the table manners before I go on my first trip to the UK.

头一次去英国旅行前, 我得了解那里的餐桌礼仪。(强调主观看法)

She **had to** drive the car herself, since her husband was too tired.

她丈夫太累了,她不得不自己开车。(强调客观需要)

### 3. need 和 dare

(1) need 作情态动词时,表示“需要”;dare 表示“敢,敢于”。这两个词常用于否定句和疑问句中,后接动词原形,否定形式分别为 need not 和 dare not。如:  
You **needn't** answer him the question immediately.  
你不必立即回答他这个问题。

He **daren't** have a taste of stinky tofu because of its bad smell.

由于味道难闻,他不敢尝臭豆腐。

(2) need 和 dare 也可用作实义动词,有时态、人称和数的变化,后面可接带 to 的不定式。在肯定句中,常用作实义动词。注意:dare 作实义动词时,后面的 to 可以省略,如:

You **need to know** more about Chinese culture if you want to learn Chinese well.

如果你想把汉语学好,你需要更多地了解中国文化。

Tom **didn't dare (to)** lie to his mother about his failure in the exam.

考试不及格的事汤姆没敢向他的妈妈撒谎。

### 4. had better

表示“最好……”,使用时常缩写为 'd better, 无人称和数的变化,其否定形式一般把 not 放在 had better 之后。如:

You **'d better** get some sleep.

你最好睡一会儿。

You **'d better not** get addicted to your smartphone or you'll regret it.

你最好不要沉迷于你的智能手机,不然你会后悔的。

### 【实战演练】

#### ① 选词填空

can; be able to

- Could I borrow your dictionary?  
—Yes, of course, you \_\_\_\_\_.
- \_\_\_\_\_ you read that sign from this distance?
- We will \_\_\_\_\_ enjoy the beautiful view of the whole city after we climb to the top of the mountain.
- He \_\_\_\_\_ save the drowning girl from the river, who now is a college student.

must/mustn't; have to/don't have to

- Can't you stay a little longer?  
—It's getting late. I really \_\_\_\_\_ go now.  
My daughter is home alone.
- My brother was ill, so I \_\_\_\_\_ call a doctor in.
- Must we wear school uniforms every day?  
—No, you \_\_\_\_\_.

don't need/needn't; dare not

- I love the weekend, because I \_\_\_\_\_ get up early in the morning.
- She is so afraid of darkness that she \_\_\_\_\_ go out alone at night.
- You \_\_\_\_\_ to dress up tonight. The party has been called off.

#### ② 用所给情态动词的正确形式填空

can; must; be able to; have to; need; dare

- She \_\_\_\_\_ not breathe a word of it to anybody for fear of getting punished.
- My friend is in trouble, and I \_\_\_\_\_ give him a hand.
- The boy \_\_\_\_\_ cook meals at 12, which saved his parents a lot of time.
- I really \_\_\_\_\_ thank you enough. It's been an amazing day!
- You \_\_\_\_\_ get the machine repaired this week. I won't need it until next month.
- I \_\_\_\_\_ wait for him a little longer, since the traffic was heavy.

#### ③ 句型训练

- My room is in a mess, but I \_\_\_\_\_ before I go out tonight. I can do it tomorrow.  
我的房间乱七八糟,但是我在今晚出门之前没必要去打扫它。我可以明天再打扫房间。
- You \_\_\_\_\_ and it's not a good time to talk to her.  
你最好让她一个人静静,现在还不是跟她谈的时候。
- She has got no one to help her, so she \_\_\_\_\_ by herself.  
没有人帮她,所以她不得不自己完成任务。

4. As students, we \_\_\_\_\_ video games, which are highly addictive. 作为学生, 我们必须远离电子游戏, 它们很容易让人上瘾。
5. This time I failed the exam, but I believe I will \_\_\_\_\_ next time.

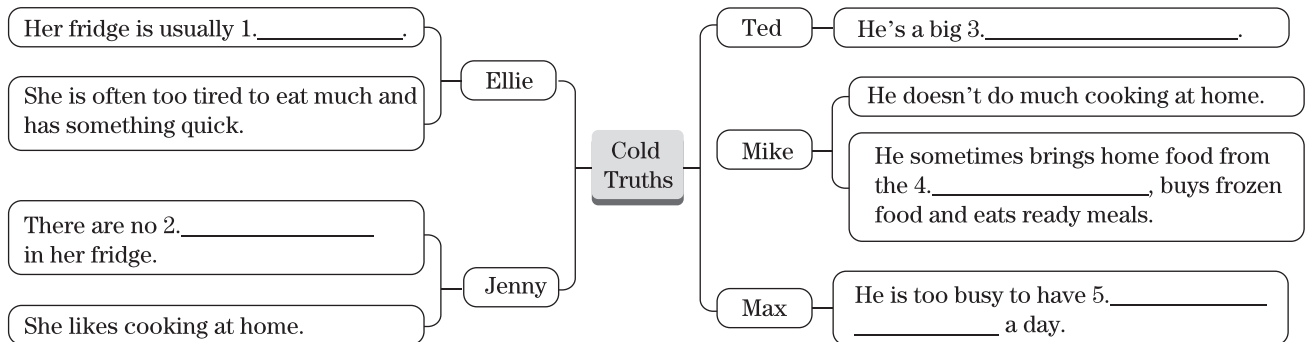
- 这次我没能通过考试, 但是我相信下次我将能够通过考试。
6. He \_\_\_\_\_ his father about it. 他不敢把这件事告诉他父亲。

## Period Three Developing ideas

### 课前自主探究

预习新课 研读课文

#### Task One Fast Reading



#### Task Two Careful Reading

Read the text and then choose the best answer according to the text.

- ( ) 1. Which of the four people is a vegetarian(素食者)?  
 A. Ellie. B. Jenny.  
 C. Ted. D. Mike.
- ( ) 2. What do Mike and Ellie have in common?  
 A. They both have a big family.  
 B. They are both meat eaters.  
 C. They both eat fresh food at home.  
 D. They both don't cook very often.
- ( ) 3. What can we know from the text?  
 A. If Ellie has time, she may change her lifestyle.  
 B. Jenny wants her children to choose their own lifestyles.  
 C. As a chef, Mike often cooks for his family.  
 D. Max's mum asked him to clean up his fridge.
- ( ) 4. What is the truth behind the saying "You are what you eat" according to the passage?  
 A. Great anger hurts the mind, and more food hurts the body.  
 B. Food in your fridge may influence your character.  
 C. Diet can reflect a person's lifestyle.  
 D. If you eat well, you can achieve more.

#### Task Three Micro-writing

Read the text carefully and fill in the following blanks.

To test whether the saying "You are 1. \_\_\_\_\_ you eat" is true, we ask five people to open their fridge 2. \_\_\_\_\_ (door) and talk about their lifestyles. They come from all walks of life and are of different ages. Ellie 3. \_\_\_\_\_ is 24 is a junior doctor. There is not enough room 4. \_\_\_\_\_ (swing) a cat in her small apartment. Too tired to eat much, she often ends up 5. \_\_\_\_\_ (save) part of her meal for the next day. Jenny is a teacher, and she likes cooking with her husband. Cooking together gives them 6. \_\_\_\_\_ chance to relax and catch up on each other's days. As vegetarians, they don't eat meat or dairy products. When Ted, a construction worker, is tired back home every day, there is nothing more 7. \_\_\_\_\_ (satisfy) than a big meat dinner for him. Mike is a chef, but he likes ready meals, for he thinks they are 8. \_\_\_\_\_ (convenience). As a college student, Max lives in a shared student house. He is too busy studying and meeting friends, so he doesn't buy fresh food, and he 9. \_\_\_\_\_ (suppose) the fridge could be kind 10. \_\_\_\_\_ cleaner. He daren't let his mum know that.

词汇点睛

1. belong to 属于

(教材 P11) Can you guess which fridge **belongs to** which person? 你能猜出哪个冰箱属于哪个人吗?

- (1) a sense of belonging 归属感
- (2) belongings *n.* [pl.] 所有物; 财物

【温馨提示】 belong to 没有被动形式, 也不用于进行时。其中, to 为介词, 后接名词、代词类短语, 表示所归属的对象。

【活学活用】

(1) The earth **belongs to** the living. (Thomas Jefferson)

地球属于一切生物。(托马斯·杰斐逊)

(2) I quickly fit in with the new school and had a sense of \_\_\_\_\_ (belong) there.

(3) Please bring your personal \_\_\_\_\_ (belong) with you before you leave the cable car.

(4) He told the two girls that the wallet \_\_\_\_\_, who had passed away several months before.

他告诉两个女孩这个钱包属于他几个月前去世的祖父。

2. end up (尤指经历一系列意外后) 最终处于, 到头来

(教材 P11) I often **end up** saving part of my meal for the next day.

我到头来经常把饭剩下一部分第二天再吃。

- end up doing... 以做……而告终
- end up with... 以……结束(常接表具体事物的名词)
- end up in... 以……结束(常接表抽象概念的名词)
- end up as... 最终成为……(常接表身份、职位、头衔的名词)

【温馨提示】 end up 往往指意料之外的结果, 后面可以加 *v.*-ing、介词短语或形容词等。

【活学活用】

(1) If you don't know what you want, you might **end up getting** something you don't want. 如果你不知道自己想要什么, 到头来你可能得非所愿。

(2) There are those who **end up homeless** as a result of wars.

有些人因为战乱最终变得无家可归。

(3) At first he refused to accept any responsibility but he \_\_\_\_\_.

最初他不承担任何责任, 但最后他还是道了歉。

(4) The performance \_\_\_\_\_ a storm of applause from the crowd.

演出在观众的热烈掌声中结束。

(5) If you don't change your mindset, you'll \_\_\_\_\_ failure.

如果你不转变心态, 你将以失败告终。

(6) After several years of hard work, she \_\_\_\_\_ a successful writer.

几年的辛苦工作之后, 她最终成为一位成功的作家。

3. catch up on 打听; 了解(近况); 叙旧; 别后叙谈; 补做; 赶做

(教材 P11) Cooking together gives us a chance to relax and **catch up on** each other's days.

一起做饭给了我们一个放松和了解彼此日常的机会。

- catch up with 赶上; 追上; 跟上; 达到(标准、水平等)
- catch hold of 抓住; 握住
- be/get caught up in sth 被卷入/陷入某事
- be/get caught in (a rain/storm/traffic jam etc.) 突然遭遇(降雨/暴风雨/交通堵塞等)

【活学活用】

(1) The ladies spent some time **catching up on** each other's health and families.

女士们花了点时间叙旧, 聊了聊彼此的健康和家庭状况。

(2) I stayed up late last night, and now I need to **catch up on** some sleep.

我昨天晚上熬夜到很晚, 现在我需要补个觉。

(3) 用 catch 相关短语的适当形式填空

① Let's have coffee together and \_\_\_\_\_ old times.

② After missing a term through illness he had to work hard \_\_\_\_\_ the others.

③ She \_\_\_\_\_ a thunderstorm halfway and worse still, her car broke down.

④ I didn't want to \_\_\_\_\_ endless arguments.

⑤ When opportunities come, you should be able to \_\_\_\_\_ them.

**4. satisfying** *adj.* 令人满意的,令人高兴的  
(教材 P12) When I get back home, there's nothing more **satisfying** than a big meat dinner.  
当我回到家,没有什么比一顿丰盛的肉食晚餐更令人满意的了。

(1) satisfy <i>vt.</i>	使满意
(2) satisfied <i>adj.</i>	满意的
be satisfied with sb/sth	对……满意
(3) satisfaction <i>n.</i>	满意
(much) to one's satisfaction	令某人(非常)满意的是
with (great) satisfaction	(非常)满意地
(4) satisfactory <i>adj.</i>	令人满意的

#### 【活学活用】

(1) **Satisfied with** my achievements, the teacher nodded **with satisfaction**.

对我的成绩很满意,老师满意地点了点头。

(2) I hope to have a happier, more fruitful and **satisfying** life in my new school. 我希望在我的新学校过上更加快乐、充实和美满的生活。

(3) From the \_\_\_\_\_ smile on her face, we can see the performance was \_\_\_\_\_. (satisfy)

(4) I decided on my career path, the one full of challenges and stress but also with more senses of \_\_\_\_\_ (satisfy) and pride.

(5) Though we made the kitchen messy, we \_\_\_\_\_ the supper we made together.

虽然我们把厨房弄得乱七八糟,但我们对一起做的晚餐很满意。

(6) \_\_\_\_\_, my efforts finally pay off.

令我非常满意的是,我的努力最终得到了回报。

**5. convenient** *adj.* 方便的,便利的  
(教材 P12) I know we should eat more fresh fruit and vegetables, but ready meals are so **convenient**.

我知道我们应该吃更多的新鲜水果和蔬菜,但是即食食品太方便了。

(1) be convenient for sb

对某人来说方便

It is convenient for sb to do sth.

某人方便做某事。

(2) convenience *n.* 便利;方便;便利的事物(或设施)

at one's convenience 在某人方便时

for (sb's) convenience 为了(某人)方便起见

at your earliest convenience

尽早

(3) inconvenient *adj.* 不方便的

inconvenience *n.* 不方便

[温馨提示] 表示“对某人来说方便”不能说成 sb is convenient, 而要说成 it is convenient for sb.

#### 【相关拓展】

有类似用法的形容词还有 possible 和 necessary, 这两个形容词一般不使用时充当主语。如:

It is possible for us to change our lifestyles by eating more healthily.

It is necessary for the exchange students to learn about foreign table manners.

#### 【活学活用】

(1) I'd like to set up an appointment for next Tuesday. Will 11 o'clock **be convenient for** you?

我想把预约定在下周二。11点钟对你来说方便吗?

(2) For your \_\_\_\_\_ (convenient), you can pay your bill by credit card.

(3) It is really \_\_\_\_\_ (convenient) for me to meet you at the airport, for I'm too busy today.

(4) I would appreciate it if you could send me some relevant information \_\_\_\_\_.  
如果您能尽快发送给我一些相关信息,我将不胜感激。

(5) Please inform me of any change \_\_\_\_\_.

如果您方便的话,有任何变化请通知我。

**6. resist** *v.* 忍住,按捺;抵制;反抗  
(教材 P14) The combination of spicy, salty, sweet and sour flavours makes Gong Bao Chicken hard to **resist**.

辣、咸、甜、酸的味道相结合使得宫保鸡丁让人难以抗拒。

(1) resist doing sth	抵制/抗拒做某事
can't resist doing sth	忍不住做某事
(2) resistance <i>n.</i>	抵抗, 反抗; 抵抗力
(3) resistant <i>adj.</i>	抵抗的; 有抵抗力的; 反对的
be resistant to sth	对某事物有抵抗力; 抵制某事物

### 【活学活用】

(1) As a teacher, I strongly **resisted putting** students under more pressure.

作为一名老师, 我强烈反对给学生施加更多压力。

(2) The bank strongly resisted \_\_\_\_\_ (cut) interest rates.

(3) It's often the case that elderly people are \_\_\_\_\_ (resist) to change.

(4) I \_\_\_\_\_ the dish as it smelt so good.

我忍不住尝了一口那菜, 因为它闻起来太香了。

### 7. adapt *v.* (使)适应, (使)适合; 改编, 改写

(教材 P14) What's more, it is easy to make and can be **adapted** to individual tastes.

另外, 它很容易制作, 可以适应个人的口味。

(1) adapt (oneself) to	使(自己)适应或适合
adapt... from...	根据……改写……; ……改编自……
(2) adaptation <i>n.</i>	适应; 改编本, 改写本
(3) adaptable <i>adj.</i>	能适应的, 适应性强的

### 【活学活用】

(1) Since I became a senior high school student, it has been three months, so I have gradually **adapted myself to** my life here.

自从我成为一名高中生以来, 已经三个月了, 所以我已经逐渐适应了这里的生活。

(2) The film **is adapted from** a novel of the same title. 该电影改编自一部同名小说。

(3) She chose to live with a host family, who can help her with \_\_\_\_\_ (adapt) to the new culture.

(4) It was the culture, rather than the language, that made it hard for him \_\_\_\_\_.

让他很难适应国外新环境的是文化, 而不是语言。

**8. pick up** 捡起; (跌倒或被击倒后)慢慢站起来; (用车)接/取; (偶然)获得, 学会; 购买; 接收(信号、声音、图像等); 收拾, 整理; 好转, 恢复; 改善 (教材 P14) So, don't forget to **pick up** some chicken on your way home and try this recipe out! 所以, 别忘了在回家的路上买一些鸡肉, 试试这个食谱!

pick up bad habits	染上陋习
pick oneself up	(跌倒后)站起来; 振作起来
pick out	挑选出; 辨认出
pick sb's pocket	扒窃

### 【活学活用】

(1) We students should gather at the school gate, and three buses will **pick us up** at 8:00.

我们学生应在学校门口集合, 8点钟会有三辆公共汽车来接我们。

(2) 一词多义

① The children **picked up** the local accent soon.

② I'll **pick you up** in a car at seven o'clock.

③ The radio **picks up** the signal from the FM station.

④ I'll **pick up** something for dinner on my way home.

⑤ Having taken the pills, he started to **pick up**.

⑥ She decided to start **picking up** the house from the top down.

⑦ He **picked his cap up** from the floor and stuck it back on his head.

(3) Mrs Green then \_\_\_\_\_ Linda's paper and added, "Linda, I like your idea."

然后格林太太挑选出琳达的论文, 补充说: "琳达, 我喜欢你的想法。"

(4) Tony \_\_\_\_\_ and set off along the track.

托尼慢慢站起来, 沿道出发。

### 句型透视

1. (教材 P11) **My fridge is usually half empty and I'm often too tired to eat much anyway.** 我的冰箱通常是半空的, 反正我也经常累得吃不下太多东西。

### 句型公式

too... to... 结构

#### 【句式点拨】

“too... to...”结构多数情况下表否定意义,意为“太……而不能……”。如:

The book is **too** difficult for us **to** read.  
这本书太难了,我们读不懂。

#### 【相关拓展】

“too... to...”结构表肯定意义的情况:

(1)当 too 后接 ready, eager, pleased, happy 等表示心情或者倾向性的形容词时。如:

I'm **too eager to** hear from you again.  
我太渴望再次收到你的来信了。

(2)“too... to...”结构之前带有 but, only, all 时,强调肯定的意义,表示“非常……,十分……,实在……,真是太……”等。如:

I am **only too pleased to** be able to help you.  
我很高兴能够帮助你。

(3)当“too... to...”结构与否定词 never 或 not 连用,构成双重否定时。如:

It is **never too late to** mend. 亡羊补牢,为时未晚。

(4)与 cannot/can never 连用时,表示“再……也不为过”。

You **can never be too careful** (= You **can never be careful enough**) **to** cross the road.

你过马路时再怎么小心也不为过。

#### 【活学活用】

(1)I thought Grandpa was \_\_\_\_\_  
onto the top of the hill, but somehow he eventually made it.

我以为爷爷年纪太大了爬不上山顶,但不知怎么地,他最终爬上去了。

(2)If you are interested in visiting our school, we shall be \_\_\_\_\_ you.

如果你有兴趣参观我们的学校,我们将非常乐于接待你。

(3)As a student, you cannot \_\_\_\_\_  
\_\_\_\_\_ your study.

作为学生,你再怎么关注学业都不为过。

#### 2. (教材 P12)---there's nothing more satisfying than a big meat dinner.

……没有什么比一顿丰盛的肉食晚餐更令人满意的了。

### 句型公式

“否定词+形容词/副词比较级(+than)”表示最高级

#### 【句式点拨】

否定代词 nothing 与形容词或副词的比较级连用,表达最高级的含义。有此用法的常用否定词还有: no, not, never 等。

#### 【活学活用】

(1)On hot summer days, **nothing is better than** going out for a walk at the seaside at night.

炎炎夏日,没有什么比夜晚在海边散步更惬意的了。

(2)At the award ceremony, Mr Jackson said, “For me, there has been no \_\_\_\_\_ (great) reward than your support.”

(3)Mr Stevenson is great to work for—I really couldn't ask for a \_\_\_\_\_ (good) boss.

(4)I'm crazy about *Harry Potter*, because I've \_\_\_\_\_  
\_\_\_\_\_ . (否定词+比较级)

我对《哈利·波特》着迷,因为它是我读过的最有趣的书。

## Period Four Writing

### 单元主题表达

审题立意 妙笔成篇

#### 如何介绍饮食文化(How to introduce food culture)

饮食文化属于人与社会主题语境。每个民族都有自己特定的饮食传统,反映着其不同的文化背景。中国历史悠久,幅员辽阔,物产丰富,形成了多种多

样的饮食文化。传统美食是高考英语写作的热门话题,平时需注意饮食类表达的积累,结合传统风俗习惯加以介绍。



### 【范例】

假如你是李华,你的英国朋友 Peter 准备到中国来旅游,他十分喜欢中国的美食,尤其想品尝中国的火锅,请你给他写一封信介绍一下。要点如下:

1. 火锅在中国很受欢迎;
2. 怎样制作火锅;
3. 人们喜欢吃火锅的原因。

注意: 1. 词数 80 个左右;  
2. 可适当增加细节,以使行文连贯。

参考词汇: 火锅 hot pot

### 【高级词汇和短语】

1. \_\_\_\_\_ *adj.* 传统的
2. \_\_\_\_\_ 对我们的健康有益
3. \_\_\_\_\_ *nutrition* 吸收营养
4. \_\_\_\_\_ ……的象征
5. \_\_\_\_\_ 做……很方便。
6. \_\_\_\_\_ 保持均衡饮食
7. \_\_\_\_\_

养成一种良好的饮食习惯

8. \_\_\_\_\_ 一种放松的好方式

### 【高级句式】

1. I learn that you are going to travel to China and that you \_\_\_\_\_ the hot pot.

我听说你要来中国旅游,而且对火锅很感兴趣。

2. I'm more than glad \_\_\_\_\_.

我很高兴向你介绍这一中国传统食物。

3. \_\_\_\_\_, people who are eating hot pot can be found everywhere.

不管你什么时候来中国,吃火锅的人随处可见。

4. \_\_\_\_\_ hot pot either at home or in a restaurant.

无论是在家里还是在餐馆做火锅都很方便。

5. Hot pot can \_\_\_\_\_.

火锅可以让食物一直保温。

6. That \_\_\_\_\_ in winter.

那使得它在冬季特别受欢迎。

7. 将句 1 和句 2 合并为含有非谓语动词作状语的句子。

\_\_\_\_\_

8. 将句 5 和句 6 合并为含有定语从句的句子。

\_\_\_\_\_

### 【连贯成文】

Dear Peter,

**Learning** that you are going to travel to China and **that you are highly interested in** the hot pot, I'm **more than** glad to introduce this traditional Chinese food to you.

Hot pot is the most famous folk dish in China. **No matter when** you come to China, people **who are eating hot pot** can be found everywhere. **It is very convenient to** make hot pot either at home or in a restaurant. Usually a metal pot is fixed in the middle of the table. **When the soup in the pot is boiling**, dishes such as mutton, beef, fish and vegetables, are put into the pot. **After a while** you can enjoy the delicious food. Hot pot can keep the food warm all the time, **which makes it extremely popular in winter**. **Eating hot pot** is also a **good way to relax**.

Interested in it? **If so**, welcome to experience it for yourself!

Yours,

Li Hua

### 【活学活用】

假定你是李华, *China Daily* (《中国日报》) 的“Food and Culture”栏目正在征集有关中国传统美食的文章, 请你用英语写一篇短文投稿, 介绍一种你最喜欢吃的中国传统美食。内容包括:

1. 美食介绍;
2. 你喜欢的理由。

注意: 1. 写作词数应为 80 个左右;  
2. 可适当增加细节, 以使行文连贯。

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