

30年创始人专注教育行业



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高中英语

选择性必修第三册 WY

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词汇助读 ① big adj. 重大的,重 It's all about ME! 要的 ② individual adj. 独特 的,与众不同的 ③interview n.采访 ④appreciate v. 欣赏 学家 psychology n.心理「U」 心理学 social/child psychology 社会/儿童心理学 6 accounting n. $\begin{bmatrix} U \end{bmatrix}$ 会计 ⑦put v.(以某种方式) 说,表达 put it 表达,表述 as...put(s) it 就如…… 所说 ⑧ plain-looking adj. 相 貌平平的 ⑨ever since 自从 ⑩remove v. 清除,除去 ①freckle n.(尤指脸上 的)雀斑,斑点 ②enlarge v.(使)增大, 扩大 ①slim v.变苗条,减肥 ④ jawline n. 下巴的 形状 ⑤addicted adj. 入迷的 ll post vt. 张贴,发布 ①comment n.评论 ®boost v. 促进,推动 boost one's confidence 增加某人的信心 boost profits/vields 提高 利润/产量 ⑲ narcissist n. 自我陶 醉者 ② obsessive adj. 痴迷 的,迷恋的;过度的(含 贬义) ② indicate v. 表明,显示 22a lack of selfconfidence 缺乏自信 lack $n \cdot \lceil \mathbf{U}, \mathbf{sing} \cdot \rceil \& vt$. 缺乏 a lack of... 缺乏…… lack sth 缺乏某物 23 a desire for attention 渴望关注 ②pretend v. 假装,装作 ② tend to do sth 易于做 某事;往往会发生某事 26 misjudge v. 对(人或

情况)判断错误

②care about 关心;在乎

"Me". It's a small word with \mathbf{big}^{\odot} meaning, and that meaning is as individual ² to each of us as the way we look. Through interviews $^{\odot}$, $\lceil 1 \rceil I$ was able to discover what "me" means to other people, and ⑤ psychologist n. 心理 how they have learnt to **appreciate** $^{\oplus}$ the beauty in themselves.

课文

Psychologist[®], Dr Hart

[1]本句为主从复合句。what 引导宾语从句,在从句中 作 means 的宾语; how 引导宾语从句; and 为并列连词, 连接 what 和 how 引导的宾语从句。

Jade, 24, accounting manager

[2] As a song in *Ugly Betty* puts[©] it, "It's a pretty person's world". I understand this more than most, as I have always been **plain-looking**[®]. I'm a girl who'd love to look good. Well, who wouldn't? So, [3] ever since[®] I discovered selfie apps that could remove[®] my freckles[®], enlarge[®] my eyes and even slim[®] my jawline[®], I have become addicted[®]. I spend hours every day editing my selfies, posting them and eagerly checking my phone a hundred times for **comments**[®]. Each "like" **boosts**[®] my confidence. Dad thinks I am a narcissist®, but [4] what I say is that my pictures aren't hurting anyone, so who cares?

Dr Hart says:

Obsessive online photo editing indicates a lack of self-confidence and a desire for attention. However, the image Jade presents to obtain the praise of others is false. People who **pretend** to be someone they are not **tend to misjudge** themselves.

[2]本句为主从复合句。as 引导方式状语从句。

[3]本句为主从复合句。ever since 引导时间状语从 句;that 引导定语从句,先行词为 selfie apps,that 在从 旬中作主语。

[4] what 引导主语从句,在从句中作 say 的宾语; that 引导表语从句。

Anthony, 21, college student

I never really **cared about** my appearance. [5] That's why I could never understand my sister, who has 17 lipsticks and can't decide which one to use every morning. I only used to have five identical pairs of trousers and five identical shirts. When I first moved into my dormitory at college, this made my roommates quite confused as they saw me in the same clothes day after day. Last month they registered me for[®] a TV programme, A New You. It felt bizarre® at first. I didn't like being reviewed from head to toe[®]. But I was surprised at[®] how good I looked after the makeover®! For the first time in my life I saw myself as a handsome and wellpresented young man. At that moment, I perceived®

一切都关于"我"!

"我",这个小小的字有着十分 丰富的含义。对于我们每个人 来说,这个意义就像我们的外 表一样是因人而异的。通过采 访,我得以发现"我"这个字对 于其他人的意义,以及他们如 何学会欣赏他们自己的美。

翻译助读

心理学家哈特博士

杰德,24岁,会计经理

正如《丑女贝蒂》里的歌曲所唱 的那样,"这是个看脸的世界"。 我比大多数人都更能理解这句 话的含义,因为我一直相貌平 平。我是个爱美的女孩。好 吧,谁不是呢? 所以,自从我发 现自拍软件能消除我的雀斑, 拉大眼睛,甚至削尖下巴,我就 用上瘾了。我每天会花数小时 修我的自拍照,发照片,并频繁 地打开手机,迫切地查看评论。 照片的每个"赞"都会增强我的 自信。爸爸觉得我太自恋,但 我的解释是,我的照片没有伤 |害其他人,管它呢?

哈特博士说:

沉迷于修饰上传网络的照片, 其实是缺乏自信和渴望关注的 表现。不管怎样,杰德呈现给 别人以博取赞美的形象,都是 虚假的。那些把自己包装成别 人的人,只会对自己产生错误 的判断。

安东尼,21岁,大学生

我向来不真正关心自己的外 表,所以我永远无法理解我姐 姐。她有 17 支口红,每天早上 都不知道该用哪支好。而我以 前只有五条一模一样的裤子和 五件一模一样的衬衫。当我第 一次搬进大学宿舍时,室友看 到我每天穿同样的衣服都十分 困惑不解。上个月,他们给我 在一个叫《全新的你》的电视节 目中报了名。这让我最初感觉 很奇怪。我不喜欢被从头到脚 地审视。但经过一番打扮之 后,我很惊讶自己看起来是多 么好看!

词汇助读

⊗identical adj. 完全相 同的;非常相似的

be identical to/with \dots

- 与……完全相同
- ②dormitory n.寝室

mate n. 同伴,同事,一同居住的人,常用于构成复合词,如 workmate (工友), teammate (队友)等

- ③ day after day 日复 一日
- ◎register sb for... 给某 人报名参加······
- ③ bizarre adj. 古怪的; 奇异的
- 到from head to toe 从头 到脚
- 35 be surprised at...
- 对 ……感到惊奇
- \mathfrak{B} makeover n. (以新衣服、新发型等进行的)打扮,装扮
- ③ perceive v. 察觉,注意到,发觉
- ⊗ external beauty 外
 在美
- inner beauty 内在美
- ③ worthless adj. 无价值的;没用处的
- ① play a part in...
- 在……中起作用
- ⑩make an effort 努力
- leave an impression on sb 给某人留下印象
- ④bother v.(使)苦恼
- ⑤drive v. 迫使,驱使 drive sb to do sth 迫使/ 驱使某人做某事
- ⑩ nothing but 只有; 只是
- anything but 决不,根本不(用于强调)
- ① come across 偶然遇见;偶然发现
- ④keep fit 保持健康
- ⑤ admire v. 钦佩,赞美,羡慕
- admire sb for (doing) sth 因(做)某事而钦佩 某人
- ②acknowledge v. 承认(某事属实或某情况存在)

课文

Dr Hart says:

[7] It's true that inner beauty is very important, but external beauty shouldn't be completely **overlooked**[®]. It **plays a part in**[®] the image we present to the world, and **making an effort**[®] with your appearance can **leave a** positive first **impression on**[®] others and boost your confidence.

[5]本句为主从复合句。why 引导表语从句;who 引导非限制性定语从句,先行词为 my sister,who 在从句中作主语。

[6]现在分词短语 helping us make a good and positive impression on others 作伴随状语。

[7]本句为主从复合句。it 为形式主语,真正的主语为that 从句。

Emma, 17, senior high school student

Ever since I was little, I've been larger than other girls. For a long time, this really **bothered** \oplus me. People would stare at me because I was "big" and I hated the way I looked. My anxiety drove me to try every means possible to lose weight, including dieting and weight-loss pills, but this brought me nothing but® pain and poor health. Everything changed when one day I came across[®] the success story of a plus-size model, Tess Holliday. Although she's larger than most other models, she's really attractive and has the confidence to be herself—even in an industry full of beauty stereotypes[®]. Her story changed my ideas about what it means to be beautiful. I realised that my health, mental and physical, is the most important thing. Now I exercise a couple of times a week but just to keep fit[®]. I mean, isn't it better that I'm large and happy, instead of **skinny** and unhealthy?

Dr Hart says:

I completely agree with Emma—being healthy is beautiful, and we should wear that beauty with confidence. [8] What I really admire® is the way she has acknowledged® that good health not only makes us more beautiful, but happier, too!

[8]本句为主从复合句。what 引导主语从句,在从句中作 admire 的宾语; she has acknowledged that good health not only makes us more beautiful, but happier, too 为定语从句,先行词为 the way,在这个定语从句中含有 that 引导的宾语从句

翻译助读

我人生中第一次发现,原来自己也可以是个英俊又体面的年轻人。在那一刻,我意识到外在美并非毫无价值。它可以表达我们的个性,也有助于我们给他人留下良好、积极的印象。

哈特博士说:

内在美固然重要,但也不能完全忽视外在美。外在美在我们呈现给世界的形象中扮演着重要的角色。努力提升你的外表可以给别人留下积极的第一印象,增强你的自信。

埃玛,17岁,高中生

从小我就比其他女孩"块头 大"。很长一段时间,我都为此 深受困扰。因为我"块头大", 别人就会盯着我看,我讨厌自 己的样子。内心的焦虑促使我 尝试各种可能的减肥方法,包 括节食和吃减肥药,但是这样 做毫无作用,反而给我带来了 痛苦和不健康的身体。有一 天,我偶然读到大号模特特 丝•霍利迪的成功故事后,一 切都发生了转变。虽然特丝比 大多数模特都壮,但她真的魅 力 十 足, 并 且 有 信 心 做 自 己——即使是在这个对美的概 念有着刻板印象的行业。她的 故事改变了我对美的看法。我 意识到,自己身心健康才是最 重要的事情。现在,我每周锻 炼几次,但只是为了保持健康。 我的意思是,我壮实且快乐,总 比瘦却不健康要好吧?

哈特博士说:

我完全赞同埃玛——健康才是 美丽的,我们应该充满自信地 接受这样的美丽。我真正钦佩 她的一点是,她认可健康的身 体不仅使我们更美丽,而且更 快乐!

词汇助读

课文

翻译助读

- ① fall in love with 爱 上 …… (表动作)
- be in love with 与 …… 相爱(表状态)
- ②kidnap v. 绑架;劫持
- ③torture v. 拷打,拷问
- 情,出于怜悯
- 捕获
- 某人的心
- 6 be sentenced to death 被判死刑
- sentence vt. 判决,判刑 ⑦commit v. 犯罪;做出 (错误或非法的事)
- commit a crime 犯罪 ®rescue...from...
- 把 …… 从 …… 中 拯 救 出来
- ⑨execution n.(尤指依 法的)处死
- ⑩ predicament n. 尴尬 的处境
- ⑪in silence 沉默地,静 静地
- ② graceful adj. 优美 的,优雅的
- grace n. [U] 优美, 优雅
- 厌恶的
- ④defect n. 缺点,缺陷, 毛病
- ⑤ hunched adj. 弓身 的,弓背的
- 1 comprehension n. 理 解(力)
- beyond (one's) comprehension(某人)无 法理解
- 无名的伤感
- ®adjust to 适应
- ⑨break the silence 打破 沉默
- ②wretch n. 可怜的人 ② exclaim v. (因惊讶、 愤怒或兴奋而)呼喊, 惊叫
- ②heartfelt adj. 衷心的

The Hunchback of Notre-Dame

- [1] Published in 1831, The Hunchback of Notre-Dame tells a tragic story of events in Paris. Esmeralda's beauty means that many men fall in **love with** $^{\odot}$ her. One such man sends the hunchback Quasimodo to **kidnap**[©] Esmeralda . But Quasimodo ④ out of mercy 出于同|fails and is captured and **tortured**^③ in public. Esmeralda hears his call for water, and steps ⑤ capture vt. 俘获,forwards out of mercy. She offers Quasimodo a drink of water, which saves him and also capture one's heart 俘获|captures| his heart. When Esmeralda is later sentenced to death® for a crime she did not commit[©], Quasimodo rescues her from[®] an angry outsidetheNotre-DameCathedral. crowdEsmeralda is safe from execution[®] [2] as long as | 达因莫须有的罪名被判死刑 she stays inside the cathedral ...
 - [1] published in 1831 为过去分词短语作状语, published 与句子主语存在逻辑上的动宾关系。
 - [2]画线部分为 as long as 引导的条件状语从句,此处 as long as 意为"只要"。

Esmeralda and Quasimodo were still for several moments, as they considered their **predicament** in silence[®], she so graceful[®], he so repulsive[®]. Every moment Esmeralda discovered some fresh defect[®] in Quasimodo, as her glance travelled from his knock knees to his hunched back, from his hunched back to his single eye. [3] How anyone could be formed in such a way was beyond her **comprehension**[®]. [4]Yet there was so much melancholy and so much gentleness spread over all this that she gradually adjusted to[®] it. He was the first [5] to break the silence[®]. "So you were telling me to return?"

She moved her head, and said, "Yes."

He understood the motion of the head. "But!" he said, [6] as though hesitating whether to finish, "I am—I am deaf."

"Poor wretch"!" exclaimed Esmeralda, with an expression of heartfelt compassion.

He began to smile sadly.

"You suppose that was all that I was missing, do you not? Yes, I am deaf, that is the way I am made. It is horrible, is it not, next to your exquisite beauty!" There lay in the accents of the unfortunate man so significant an awareness of his sadness that she had not the strength to **utter** a **syllable**. In any case, he would not have heard her. He continued:

[7] "Never have I viewed my ugliness as at the present moment. When I compare myself to[®] you, I feel an immense® pity for myself, unfortunate poor monster[®] that I am! Be honest, to you I must resemble some savage creature. You, you are a ray

巴黎圣母院

《巴黎圣母院》于 1831 年出版。 它讲述了一个发生在巴黎的悲 惨故事。埃斯梅拉达的美貌使 许多男人为她倾倒。这些倾慕 者中有一个人派驼背的卡西莫 多去绑架埃斯梅拉达。但卡西 莫多失败了,在公共场合被捕 并遭受酷刑。埃斯梅拉达听到 他对水的呼唤,怜悯之心油然 而生。她给卡西莫多递上水, 这不仅拯救了他的生命,也俘 获了他的心。后来当埃斯梅拉 时,卡西莫多从巴黎圣母院大 教堂外愤怒的人群中救下了 她。只要她留在教堂内,就可 以免于被处决的危险……

埃斯梅拉达和卡西莫多许久没 有动,默默地思考着自己的处 境,一个是那样优美,一个是那 么令人厌恶。随着埃斯梅拉达 的目光从卡西莫多的弯腿移到 驼背,再从他的驼背移到独眼 上,每一刻她都在他身上发现 新的毛病。她难以理解一个人 怎么能长得如此畸形。但这一 切都弥漫着如此多的忧郁和温 柔,她渐渐地适应了。

他首先打破了沉默:"那么你是 叫我回来吗?"

她点点头,答道:"是的。"

他明白点头的意思。"不过!" 他说,似乎犹豫着要不要说下 去,"我是……我是聋子。"

"可怜的人!"埃斯梅拉达喊道, 发自内心地对他表示同情。 他苦笑起来。

"你觉得那就是我的所有缺陷, 对不对?是啊,我是聋子,生来 如此。真是可怕,不是吗?而 |你呢,却如此美丽!"

从那不幸的人的语气里可以感 受到他对自身的悲哀心知肚 明,以至于她连一个音节都无 力说出。何况即便回答,他也 无法听到。他接着说道

词汇助读 课文 ② compassion n. 同情, of sunshine, a drop of **dew**[®], a birdsong, **whilst**[®] I am "我从来没像现在这般明白自 怜悯 something terrible, neither human nor beast. I don't ② exquisite adj. 精美 know what I am, as I am coarser, more 的,精致的 **downtrodden**[®], and plainer than a **pebble**[®]!" ②accent n. 口音 [3]how anyone could be formed... 是 how 引导的主语 ② utter v. (尤指吃力 地)发出(声音) 从句,how 表示方式。 ②syllable n. 音节 [4] so... that... 意为"如此····· 以至于·····", that 引导 図in any case 无论如何 结果状语从句。 29 compare... to... [5]不定式短语 to break the silence 作后置定语,修饰 把 …… 与 …… 相 比; the first。当被修饰词是序数词或被序数词修饰时,通 把……比作…… 常用不定式作后置定语。 compare... with... [6]as though hesitating whether to finish 是方式状语 把……与……相比 微、不显眼!" ③ immense adj. 巨大的 从句的省略,补充完整是 as though he was hesitating 30 monster n. 怪物 whether to finish. ② resemble v. 像; [7]本句为倒装句。表示否定意义的词位于句首,句子 与……类似;与 …… 用部分倒装。 相似 Then he began to laugh, and that laugh was the most ③ savage adj. 野蛮的; 手势对我讲话,就像我的主人 heartbreaking® sound in the world. He continued: 未开化的 到dew n. 露水 "Yes, I am deaf, but you shall talk to me with your ③whilst conj. 而;然而 hands as my master talks to me, and then I shall 36 coarse adj. 粗糙的 明白你的意思。" quickly know your wishes from the movement of your ③downtrodden adj. 受 lips, from your expression." 压迫的 "Well!" she smiled, "Explain to me why you 我你为什么要救我。" pebble n. 卵石 rescued me." \mathfrak{B} heartbreaking adj. 令人悲伤的 He watched her **intently** while she was speaking. 着她。 ④ expression n. 表情; "I understand," he replied. "You ask me why I rescued 神色 you. [8] You have forgotten an unfortunate person who ④ intently adv. 专心 attempted to kidnap[®] you one night, this same 地;一心一意地 person to whom you showed kindness when he was @attempt to do sth 企图 做某事 being punished. A drop of water and a little pity—that ④repay v. 报答 is more than I can repay® with my life. You have repay sb with sth 用某 forgotten that unfortunate soul, but he remembers it.' 物报答某人 She listened to him with **profound** tenderness. A repay sb for sth 报答某 tear swam in the eye of Quasimodo, but did not fall. 人某事 He seemed to make it a point of honour[®] to keep it ④profound adj. (感情) 强烈的,深切的 at bay . 恩情。" 45 tenderness $n \cdot \lceil \mathbf{U} \rceil$ (Adaptation® from The Hunchback of Notre-Dame | 她带着深切的柔情听完他的 柔情 by Victor Hugo) tender adj. 温柔的,亲 [8]本句是主从复合句。"who attempted... one night' 切的 ⑯a point of honour 事关 为 who 引导的定语从句,修饰先行词 an unfortunate 名誉的大事 person, "to whom... being punished" 为"介词 + 关系 ♠ keep/hold sth at bay 代词"引导的定语从句,修饰先行词 this same person 阻止某事发生;使某物 (此处关系代词位于介词之后,故用 whom 而不用

who),其中还包含一个 when 引导的时间状语从句

己的丑陋。当我把自己同你比 较时,我就非常怜悯自己,我是 多么可怜的、不幸的怪物啊! 说实话,你一定把我当成某种 野兽了吧。你呀,你就像一束 阳光,一滴露珠,像鸟鸣声,而 我呢,却是某种可怕的东西,不 像人也不像兽。我不知道我是 什么,我比卵石还要粗硬、卑

翻译助读

然后他笑了起来,那是世界上 最痛心的笑声。他接着说道: "是啊,我是聋子。但你可以用

跟我说话那样。这样,从你的 口型和你的表情,我很快就能

"好啊!"她微笑着说道,"告诉

她说话的时候,他专注地看

"我明白了,"他回答道,"你问 我为什么要救你。你忘了,有 天晚上,有个不幸的家伙想绑 架你,你却在他被惩罚时对他 表示友善。我即使为你赴汤蹈 火,也报答不了你的滴水恩情 和怜悯之心。你已经忘记那个 不幸的人了,他却还记着你的

话。一滴泪珠在卡西莫多的眼 眶里滚动,却没有落下来。似 乎不让眼泪落下来,他就可以 维护自己的尊严。

(改编自维克多· 雨果的《巴黎 圣母院》)

不能接近