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基础教育行业专研品牌

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# 全品学练考

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## 导学案

### 高中英语

必修第二册 WY

数智教辅

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# Unit 1 Food for thought



讲课智能体

## 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(填满) 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.**

### 【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
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。

### 单元知识概览

核心单词	dare, marriage, wedding, sort, super, typical, suffer, horrible, gather, bite, poison, symbol, opinion, function, download, related, diet, addict, custom, manners, differ, slightly, incredibly, bitter, recommend, attack, lifestyle, belong, swing, construction, satisfying, convenient, identify, originally, ranking, official, reconstruct, salty, resist, adapt
核心短语	in case, belong to, end up, catch up, pick up, take to, come across, remind sb of/about sth
重点句型	1. v.-ing 作原因状语 2. too...to...结构 3. “否定词+形容词/副词比较级(+ than)”表示最高级
单元语法	情态动词(1)
单元写作	1. 如何介绍饮食文化(How to introduce food culture) 2. 单元话题续写——饮食文化

# 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 growth background: growing up in England with a 1. \_\_\_\_\_ father and a 2. \_\_\_\_\_ mother.

Paras. 2-5: The family's opinions on 3. \_\_\_\_\_ from Britain and China.

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 was 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 "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'm half British and half Chinese—my dad is British and my mum is Chinese. 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 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 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) 单句填空

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

#### (2) 用适当的介词或副词填空

① I was so careless that I was taken \_\_\_\_\_ by her smile and warm words.

② Don't take \_\_\_\_\_ more responsibilities than you can deal with.

③ The new sofa takes \_\_\_\_\_ too much space in the living room.

#### (3) 写作金句

(应用文写作之学校生活) I \_\_\_\_\_ since I came here.

自从我来到这里,我就喜欢上了我的新学校。

**2. 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 *adv.* 典型地;一般,通常;不出所料

### 【佳句背诵】

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

### 【活学活用】

#### (1) 单句填空

[上外版必修 2U2] Animals that live in tropical (热带的) countries are \_\_\_\_\_ (typical) housed indoors in heated tanks...

#### (2) 写作金句

(应用文写作之传统文化) Lighting lanterns and writing riddles on them \_\_\_\_\_, creating a joyful and poetic atmosphere.

点灯笼并在上面写谜语是元宵节的典型特征,营造出一种欢乐而富有诗意的氛围。

**3. suffer** *vt.* 遭受;蒙受 *vi.* (因疾病、痛苦、悲伤等)受苦;变差,变糟

(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 *n.* [U] (身体或精神上的)疼痛;苦难 [pl.] 苦恼;痛苦

(3) sufferer *n.* 受苦者,受难者;患者

### 【佳句背诵】

[译林版必修 1U3] However, if your friend ignores your feelings or makes you **suffer**, it's time to rethink your relationship.

然而,如果你的朋友忽视你的感受或让你痛苦,是时候重新审视你们的关系了。

### 【活学活用】

#### (1) 单句填空

[人教版必修 2U5] I hope none of you have to go through the same kind of \_\_\_\_\_ (suffer) that I did.

#### (2) 写作金句

(读后续写之场景+心理描写) When he saw the poor beggar \_\_\_\_\_, he suddenly realized what he should do.

当他看到那个可怜的乞丐正饱受寒冷和饥饿之苦时,他突然意识到自己应该做什么。

**4. 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 out	出来, 出现; 出版; 开花; (消息) 为人所知
come up	被提及; 走上前来; (太阳、月亮) 升起; 将发生
come up with	想出, 提出
come down	下降, 降低; 落下; 降落

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

### 【佳句背诵】

She **came across** some old photos when she sorted out the drawer.

她在整理抽屉的时候偶然发现了一些老照片。

### 【活学活用】

(1) 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 bookshelf yesterday.

② Taylor Swift's new book \_\_\_\_\_ next month.

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

④ Can you tell me how the accident \_\_\_\_\_?

(2) 写作金句

(读后续写之自然场景描写) As dusk began to fall, \_\_\_\_\_, silently blanketing the entire forest.

黄昏降临, 一场大雪飘落, 无声地覆盖了整个森林。

**5. remind sb of/about 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 *vt.* 使想起, 使记起, 提醒

remind sb to do sth 提醒某人做某事

remind sb + (that)/wh-从句 提醒某人……

(2) reminder *n.* 引起回忆的事物; 提示

### 【佳句背诵】

(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。

### 【活学活用】

(1) 单句填空

The exhibition is a \_\_\_\_\_ (remind) for us not to forget the past.

(2) 写作金句

① (应用文写作之环保) 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。

② 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

(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。

### 【佳句背诵】

(1) **Having no choice**, they drove around the nearby area 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) [2025·全国二卷读后续写] "Can you teach us how to write our names in Chinese characters?" I smiled, **feeling a warmth spread through me.**

(表伴随)

“您能教我们用汉字写自己的名字吗?”我笑了笑,感觉一股暖意传遍全身。

(3) I rushed to the hospital, **finding the hall crowded with people**. (表结果)

我急忙赶到医院,发现大厅里已经挤满了人。

### 【活学活用】

(1) 单句填空

① [2024·新课标 I 卷] \_\_\_\_\_ (wear) a warm smile, I gave him a big hug the moment I

saw him.

② \_\_\_\_\_ (bring) up in a small village, he isn't used to the life in the city.

(2) 写作金句

(应用文写作之申请信) \_\_\_\_\_  
\_\_\_\_\_ 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。

## Period Two Using language

### 语言知识梳理

直击重点 突破考点

### 词汇点睛

**1. addict** *n.* 对……着迷的人;上瘾的人

(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** *n.* 瘾;嗜好  
(2) **addicted** *adj.* 上瘾的;入迷的  
be/become/get addicted to (doing) sth  
对(做)……上瘾/入迷  
(3) **addictive** *adj.* 令人上瘾的;使人着迷的

### 【佳句背诵】

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。

### 【活学活用】

(1) 单句填空

① The little boy is addicted to \_\_\_\_\_ (read) novels.

② His \_\_\_\_\_ (addict) to video games has started to affect his school performance and social life.

(2) 写作金句

(应用文写作之建议信) 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,你都不敢把它们拿出来,生怕拿错了。

- 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** 决不(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

【温馨提示】 **in case** 既可以作连词,引导状语从句;也可用作副词性短语,此时前面常加 **just**, 表示强调。

### 【佳句背诵】

(1) You probably won't need to call—but take my number, **just in case**. 你很可能无需打电话,不过还是记下我的电话号码吧,以防万一。

(2) **In case of fire**, ring the alarm bell.  
如遇火警,即按警铃。

(3) **In no case** should we lose heart.  
在任何情况下我们都决不能灰心。

### 【活学活用】

写作金句

① (应用文写作之建议信) 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。

② \_\_\_\_\_ emergency, break the glass and press the button.

如遇紧急情况,击碎玻璃罩并摁下按钮。

**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

#### 【佳句背诵】

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。

#### 【活学活用】

(1) 单句填空

[2025·全国二卷] The pronunciation system of the Chinese language is quite \_\_\_\_\_ (differ) from that of English.

(2) 写作金句

(应用文写作之倡议书) Everyone can \_\_\_\_\_ in protecting the environment. So let's act now.

每个人都可以在保护环境方面发挥作用,所以让我们现在就行动起来吧。

**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/某物

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

荐信

#### 【佳句背诵】

(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。

#### 【活学活用】

(1) 单句填空

① He recommended \_\_\_\_\_ (read) the book before seeing the movie.

② The teacher's \_\_\_\_\_ (recommend) to read more books has greatly improved the students' vocabulary.

(2) 写作金句

① (应用文写作之推荐信) 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俱乐部,我写信来向你推荐英语俱乐部。

② (应用文写作之建议信) 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  
去市博物馆参观。

## 语境感悟

阅读以下有关“健康饮食”的短文,感知加黑部分,并回答其后的问题。

Good eating habits are very important for our health. Firstly, we ①**must** choose a balanced diet and ②**can't** rely too much on junk food like fried chicken and potato chips. Secondly, we ③**need** to drink enough water to keep our bodies well-watered and ④**mustn't** overeat sugary or fatty items as they ⑤**can** lead to health problems. In addition, it's good to ⑥**be able to** make healthy meals at home. Finally, eating well is the key to a better life.

## 【自主发现】

以上语段的黑体词中,\_\_\_\_\_是情态动词,\_\_\_\_\_是实义动词(短语)。

## 语法精讲

## 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
		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,通常表示原本就具有的某种能力。

(2) be able to 是动词短语,意为“能够”,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, because I **can** take care of myself.

你别担心我,因为我能照顾好自己。

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

我们队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。mustn't 表示“禁

止”,而 don't have to 则表示“不必”。另外,have to 是动词短语,可用于多种时态。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) 作情态动词时,need 表示“需要”,dare 表示“敢,敢于”。作为情态动词,只能用于否定句和疑问句,不能用于肯定句,没有人称、时态和数的变化。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,只用作实义动词。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 \_\_\_\_\_.
- We will \_\_\_\_\_ enjoy the beautiful view of the whole city after we climb to the top of the mountain.
- \_\_\_\_\_ you read that sign from this distance?
- Luckily, everybody \_\_\_\_\_ escape from the burning building yesterday.

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.

10. You \_\_\_\_\_ to dress up tonight. The party has been called off.

② 句型训练

1. 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要去打扫它。我可以明天再打扫房间。

2. 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。

3. 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 because he is afraid of his father's reaction.

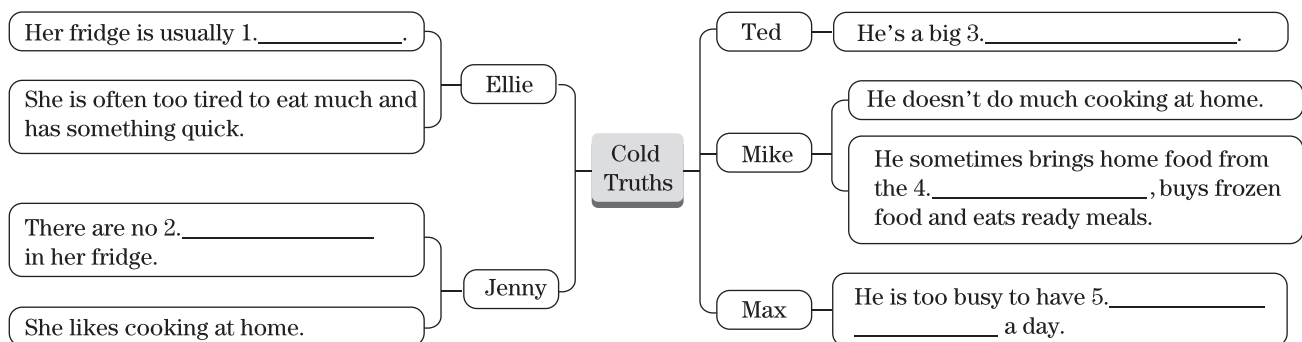
他不敢把这件事告诉他父亲,因为他害怕父亲的反应。

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 at home 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 asked 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 7. \_\_\_\_\_ (satisfying) 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, but he dare not let his mum know that.

## 语言知识梳理

直击重点 突破考点

### 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。

#### 【佳句背诵】

(1) [人教必修 2U4] The four countries that **belong to** the United Kingdom work together in some areas. 组成联合王国的四个国家在一些领域开展合作。

(2) I quickly fit in with the new school and had **a sense of belonging** there.

我很快就适应了新学校, 并在那里有了归属感。

#### 【活学活用】

(1) 单句填空

Please bring your personal \_\_\_\_\_

(belong) with you before you leave the bus.

(2) 写作金句

(应用文写作之传统文化) Paper cutting has a history of over 1,500 years, \_\_\_\_\_ traditional art in China. (定语从句)  
剪纸在中国属于传统艺术, 已有 1500 多年的历史。

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) 单句填空

① After several years of hard work, she ended up \_\_\_\_\_ a successful writer.

② If you don't change your mind, you'll end up \_\_\_\_\_ failure.

(2) 写作金句

① At first he refused to accept any responsibility but he \_\_\_\_\_.

最初他拒不承担任何责任, 但最后他还是道了歉。

② (读后续写之场面描写) The yesterday's performance \_\_\_\_\_ a storm of applause from the crowd.

昨天的演出在观众的热烈掌声中结束。

**3. 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

### 【佳句背诵】

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

老师对我的成绩很满意, 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、充实和令人满意的生活。

### 【活学活用】

(1) 单句填空

① From the \_\_\_\_\_ smile on her face, we can see the performance was \_\_\_\_\_ (satisfy)

② [2025 · 全国二卷] People who live in plant-rich environments report a higher life \_\_\_\_\_ (satisfy) rating.

(2) 写作金句

① (应用文写作之投诉信) Although the restaurant

has a good reputation, the meal we had there last night \_\_\_\_\_.

尽管这家餐厅有很好的声誉, 但我们昨晚在那里吃的一顿饭远远不能令人满意。

② (读后续写之动作 + 表情描写) After Granny tasted the delicious homemade pie, \_\_\_\_\_.

奶奶尝了尝那道美味的自制馅饼后, 脸上露出了满意的微笑。

**4. 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.

对某人来说做某事方便。

(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”的正确表达不是 sb is convenient, 而是 it is convenient for sb.

### 【佳句背诵】

(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) We apologize for the delay and regret any **inconvenience** it may have caused. 我们对此次延误以及因此有可能造成的任何不便表示歉意。

### 【活学活用】

(1) 单句填空

① [2024 · 全国甲卷] The shared bicycle, favoured for its \_\_\_\_\_ (convenient) and low carbon, is used worldwide and has gained widespread popularity.

② It is really \_\_\_\_\_ (convenient) for me to meet you at the airport, for I'm too busy today.

(2)写作金句

①(应用文写作之求助信)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。

②(应用文写作之告知信)Please inform me of any change \_\_\_\_\_.

如果您方便的话,有任何变化请通知我。

5. 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 n. 抵抗,反抗;抵抗力
- (3)resistant adj. 抵抗的;有抵抗力的;反抗的
- be resistant to sth 对某事物有抵抗力;抵制某事物

【佳句背诵】

(1) Nevertheless, I will always look on the positive side of change and accept it rather than resist it. 然而,我将永远看到变化的积极面,接受它而不是抵制它。

(2) The world was inspired by his courage and resistance.

全世界被他的勇气和反抗所鼓舞。

【活学活用】

(1)单句填空

①As the population grew older, there would be more \_\_\_\_\_ (resist) to progress...

② It's often the case that elderly people are \_\_\_\_\_ (resist) to change.

(2)写作金句

(读后续写之动作描写)I \_\_\_\_\_ the dish as it smelt so good.

我忍不住尝了一口那道菜,因为它闻起来太香了。

6. 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 n. 适应;改编本,改写本
- (3)adaptable adj. 能适应的,适应性强的

【佳句背诵】

(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。

【活学活用】

(1)单句填空

①[2025·浙江1月考] Their eating habits, \_\_\_\_\_ (adapt) to life in the city, diseases, death rate, and such other information are not available.

②The human brain is \_\_\_\_\_ (adapt), always being shaped by life experience.

(2)写作金句

①(应用文写作之求助信)I was wondering if you could help me revise a short play \_\_\_\_\_ the classic novel *The Old Man and the Sea*.

我想知道你是否能帮我修改一个改编自经典小说《老人与海》的短剧。

②(读后续写之个人成长)To his own surprise, his initial shyness gave way to confidence as he \_\_\_\_\_ the colourful club activities.

令他惊讶的是,随着他逐渐适应了丰富多彩的社团活动,他最初的羞涩转变为了自信。

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”。如:

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】

写作金句

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 (应用文写作之邀请信) 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。

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。有此用法的常见否定词还有: no, not, never 等。

### 【佳句背诵】

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。

### 【活学活用】

(1) 单句填空

① At the award ceremony, Mr Jackson said, “For me, there has been no \_\_\_\_\_ (great) reward than your support.”

② Mr Stevenson is great to work for—I really couldn't ask for a \_\_\_\_\_ (good) boss.

(2) 写作金句

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)

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,同时结合传统风俗习惯加以介绍。

### 【经典例题】

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: 羊肉 mutton

【主题词汇】

1. be \_\_\_\_\_ 对……感兴趣
2. \_\_\_\_\_ *v.* 介绍
3. \_\_\_\_\_ *adj.* 传统的
4. \_\_\_\_\_ 做……很方便。
5. \_\_\_\_\_ 保持食物温热
6. \_\_\_\_\_ *adj.* 流行的
7. \_\_\_\_\_ 一种放松的好方式

【高级句式】

1. 现在分词作状语

\_\_\_\_\_ and that you are highly interested in the hot pot, I'm more than glad to introduce this traditional Chinese food to you. 我听说你要来中国旅游,而且对火锅很感兴趣,我很高兴向你介绍这一中国传统食物。

2. 让步状语从句

\_\_\_\_\_, 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。

3. 形式主语

\_\_\_\_\_ 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。

4. 定语从句

Hot pot can keep the food warm all the time, \_\_\_\_\_. 火锅可以让食物一直保持温热,这使得它在冬天非常受欢迎。

5. 动名词作主语

\_\_\_\_\_ is also a good way to relax.

吃火锅也是放松的好方法。

6. 省略结构

Interested in it? \_\_\_\_\_, welcome to experience it for yourself!

对它感兴趣吗? 如果是这样,欢迎亲自体验!

【连贯成文】

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【活学活用】

假定你是李华,学校英文报的 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,介绍你最喜欢吃的中国传统美食——饺子。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。

参考词汇: 面皮 dough skin 馅 filling 像, 相似 resemble 货币 currency 一瞥 glimpse

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## ► 单元话题续写——饮食文化

【话题语料】

食物类别			
snack	<i>n.</i> 小吃, 点心	bacon	<i>n.</i> 咸猪肉, 熏猪肉
sausage	<i>n.</i> 香肠	butter	<i>n.</i> 黄油, 牛油
stinky tofu	臭豆腐	cheese	<i>n.</i> 干酪, 奶酪
steak	<i>n.</i> 牛排	yoghurt	<i>n.</i> 酸奶
cheesecake	<i>n.</i> 干酪蛋糕	gravy	<i>n.</i> 肉汁

就餐经历与体验			
recommend	v. 推荐	take a bite	咬一口
swing	v. (使)摆动,(使)摇摆	gather all one's courage	鼓起勇气
resist	v. 忍住	adapt to	适应
download	v. 下载	attack	v. 侵袭,侵蚀
pick up	购买	end up	最终
catch up	别后叙谈		
就餐后的情绪及感受			
suffer from	(身体或精神上)受苦	horrible	adj. 糟糕的
satisfying	adj. 令人高兴的,令人满意的	incredibly	adv. 极端地,非常地;令人难以置信地
bitter	adj. 苦的,有苦味的;令人不快的;使人悲痛的	sour	adj. 酸(味)的;阴郁的,闷闷不乐的
super	adj. 极好的,了不起的	be amazed to find	很惊讶地发现

## 【跟踪训练】

## ① 写作佳句

1. With butterflies in my stomach, I \_\_\_\_\_ of the stinky tofu, wondering if I could handle its strong smell. 我忐忑不安地鼓起勇气咬了一口臭豆腐,不知道是否能接受它的强烈气味。
2. After each of us tasted the super spicy hot pot, everyone \_\_\_\_\_ the heat but \_\_\_\_\_ another bite. 我们每个人品尝了超级辣的火锅后都辣得受不了,但又忍不住再尝一口。
3. She \_\_\_\_\_ when her friend recommended a new pizzeria, but she \_\_\_\_\_ after eating too much. 当朋友推荐一家新比萨店时,她非常兴奋,但结果吃太多后感到非常糟糕。
4. Turning around, I \_\_\_\_\_ chopsticks so quickly, even though he used to struggle with them. 转过身来,我惊讶地发现爸爸这么快就适应了筷子,尽管他过去用得很不顺手。
5. \_\_\_\_\_ on the table, I smiled and said, "This looks super delicious!" 当我看到桌上令人满足的自制干酪蛋糕时,我笑着说:"这看起来超级好吃!"

## ② 续写语段

Last Saturday, my family tried a new restaurant serving traditional Sichuan cuisine. As soon as we entered, the spicy aroma(香味) filled the air, 1. \_\_\_\_\_ (让我流口水). The waiter took us to a table by the window, and then we ordered some Sichuan food. My dad, however, looked a bit nervous. He was not a fan of Sichuan food, but encouraged by my mum, he 2. \_\_\_\_\_ (鼓起勇气) and gave it a try. After taking a bite of Sichuan boiled beef, he was incredibly surprised and exclaimed, "This is super!", 3. \_\_\_\_\_ (伸手去拿另一块). By the end of the meal, even my dad, who usually avoids spicy food, was satisfied.

The next day, my mum prepared a typical roast dinner. My dad 4. \_\_\_\_\_ (推荐尝尝) the homemade gravy Mum had just learned to make. My little brother, however, refused to try it at first. "You need to adapt to different flavours," my mum said, 5. \_\_\_\_\_ (鼓励他尝一口). He finally took a bite and 6. \_\_\_\_\_ (惊讶地发现它并没有那么糟糕). The meal ended with everyone feeling satisfied and happy, especially my mum, 7. \_\_\_\_\_ (她喜欢看到她的家人喜欢她的烹饪).