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Part 01

高中英语 | 主题诵读

主题诵读 1 学校生活

一、主题词汇

【主题单词】

- activity *n.* 活动
- attentively *adv.* 注意地
- available *adj.* 可获得的; 有空的
- campus *n.* 校园
- challenge *n.* 挑战
- competition *n.* 比赛
competitive *adj.* 竞争的
- conflict *n.* 冲突
- ease/relieve/lighten *v.* 减轻
- encourage/motivate *v.* 激励
inspire *v.* 启发思考; 鼓舞
- enrich *vt.* 使丰富
- favourite *adj.* 特别受喜爱的 *n.* 特别喜爱的人
(或物)
- graduate *v.* 毕业
graduation *n.* 毕业
- improve/promote/strengthen *v.* 提高, 加强
- praise *n. & vt.* 赞扬, 表扬
- presentation *n.* 呈现; 演示
- punishment *n.* 惩罚, 处罚
- pressure/stress *n.* 压力
- refer *v.* 参考, 查阅
- subject/course *n.* 课程
- uniform *n.* 制服

【主题词块】

- achieve/fulfill/realize one's dream/aim/goal
实现某人的理想/目标
- ask for (sick) leave 请(病)假
- attend school/class/a lecture/a meeting
上学/上课/听讲座/开会
- be absent from/be present at
缺席/出席
- be absorbed/buried/occupied in/concentrate (oneself) on/
focus (one's attention) on
全神贯注于……

- be admitted to/go to/enter college/university
上大学
- be strict with oneself in everything
处处对自己严格要求
- build/develop/form good habits
养成好习惯
get/fall into bad habits
养成坏习惯
- do/make/perform/carry out an experiment
做实验
- drop out of/quit school
辍学
- follow/obey/observe/keep to the school rules/regulations
遵守学校规则
- hand/turn in 上交
hand/give out 分发
- have difficulty/trouble with sth/(in) doing sth
做某事有困难
- join/take part/participate/be engaged in sports/
activities/discussions
参加运动/活动/讨论
- keep up with 跟上; 保持与……同步
team up with 与……合作
- live up to one's expectations
不辜负某人的期望
- make up one's mind/be determined to do sth
下定决心做某事
- make progress (in) 在……中取得进步
- play a/an (important/active/great) role/part in the
Students' Union/the Student Union
在学生会起(重要的/积极的/巨大的)
作用
- spare no effort/try one's best/make efforts/do all one can
不遗余力, 尽力

二、主题句型

- My teacher always gave me confidence **every time** I lost heart.
每当我泄气的时候我的老师总是给予我信心。

2. **Only by** reading widely **can we gain** more knowledge and **broaden** our horizons.

只有通过广泛阅读我们才能获取更多的知识并开阔眼界。

3. Outdoor activities **are of great help** to build up my body and enrich my school life.

户外活动对增强我的体质和丰富我的学校生活很有帮助。

4. We did **so well that** we were invited to share our ideas and experience with all the students of our school.

我们做得如此好,以至于被邀请和学校的所有学生分享我们的想法和经验。

5. **When facing/meeting with/faced with/coming across** difficulties, I have enough courage to get them over/overcome them.

面对/遇到困难时,我有足够的勇气克服它们。

三、主题写作

假定你是李华,你校学生会计划举办“汉语桥”系列活动。你受学生会委托拟一则告知函,邀请你校美国留学生参加此活动。内容包括:

1. 介绍活动的意义;
2. 邀请美国留学生参加动员会(the pep rally);
3. 动员会的时间、地点。

注意:1. 词数 80 左右;

2. 可以适当增加细节,以使行文连贯。

【参考范文】

Dear American overseas students,

Here comes the news that Chinese Bridge series activities will be held in our school. All participants **are warmly welcome** in the pep rally **to get fully prepared for** the follow-ups.

Aimed at promoting Chinese culture around the world, the Chinese Bridge **acts as** a platform **to help narrow the**

gap of understanding about China. **Whoever is actively involved in it will develop a positive awareness of** Chinese and its culture behind. **Accordingly,** the pep rally **is scheduled** in our school auditorium from 2:00 pm—3:00 pm next Friday afternoon.

Please make sure you are available at that time and join us.

Students' Union

四、精彩语段

1. I used to be **so addicted to computer games that I had little time for study and thus fell behind**. My parents and teachers **were greatly worried about** me. **It was what my English teacher said to me that helped me out**. She told me that I must have my own goal of life, otherwise my future would be hopeless and **that playing computer games was fun but it wouldn't guarantee me a bright future**. I finally realized **that I must set up a goal and work hard towards it right away**. In the days **that followed, whenever I felt tired or had an urge to play computer games**, I thought of my goal and soon regained strength.

2. Natalie **turned out to be** a vital and diligent student. She commuted 50 miles each day to get to school, often in the severe winter, and never **missed a class**. **Apart from this, she was enthusiastic about** helping the younger students. Apparently older students like Natalie **have an advantage over** their younger schoolmates. **It lies in the breadth and depth of their path of life**. **After having got over numerous personal and professional barriers**, they have an expensive world view. **While a return to school may, at first, be frightening for them, they tend to make it** because they **are taking great trouble to put their studies into an already full life**.

主题诵读 2 语言学习

一、主题词汇

【主题单词】

- | | |
|---------------|---------------------|
| 1. accent | <i>n.</i> 口音;腔调;重音 |
| 2. accumulate | <i>v.</i> 积累;积聚 |
| 3. accurate | <i>adj.</i> 准确的,精确的 |
| accuracy | <i>n.</i> 准确,精确 |
| 4. benefit | <i>v.</i> 使受益 |
| 5. classify | <i>vt.</i> 将……分类 |
| 6. effective | <i>adj.</i> 有效的 |
| efficient | <i>adj.</i> 效率高的 |

- | | |
|--------------|----------------------------------|
| 7. explain | <i>v.</i> 解释,说明 |
| explanation | <i>n.</i> 解释,说明 |
| 8. express | <i>v.</i> 表达;表示 |
| expression | <i>n.</i> 表达;表示;表情;词语;措辞 |
| 9. fluency | <i>n.</i> 流利 |
| fluent | <i>adj.</i> 流利的 |
| fluently | <i>adv.</i> 流利地 |
| 10. frequent | <i>adj.</i> 频繁的 |
| frequently | <i>adv.</i> 频繁地 |
| 11. grasp | <i>vt.</i> 领会;掌握 |
| master | <i>vt.</i> 精通;掌握 <i>n.</i> 能手;主人 |

12. idiom *n.* 习语
 13. pronounce *vt.* 发音
 pronunciation *n.* 发音
 14. practise *v.* 练习, 训练
 practice *n.* 练习, 训练; 惯例
 15. recognize *v.* 辨认出; 承认; 认识
 16. retell *vt.* 复述
 17. review *v.* 复习
 revision *n.* 修订; 复习
 18. saying/proverb *n.* 谚语
 19. translate *v.* 翻译
 translation *n.* 翻译
 20. usage *n.* 使用; 用法

【主题词块】

1. attach importance to/take...seriously
重视……
 2. be afraid of making mistakes/errors
害怕出差错
 3. be aware of the importance of lifelong learning
意识到终身学习的重要性
 4. be good at/do well in
擅长
 5. cultural differences 文化差异
 6. develop one's interest
培养某人的兴趣
 have/show/express (an) interest in
对……感兴趣
 7. enlarge one's vocabulary
扩大某人的词汇量
 8. enrich one's knowledge
丰富某人的知识
 9. express oneself in Chinese fluently
流利地用中文表达自己
 10. give sb some advice/tips/suggestions on how to learn English well
就如何学好英语给某人建议
 11. go over/review lessons
复习功课
 prepare for/preview lessons
预习功课
 12. have a good command/knowledge of
精通……
 13. keep/bear...in mind; learn...by heart
记住
 14. make full/good use of/the best of
充分利用
 put...to use 使用……
 encourage its use in class
鼓励在课堂上使用它
 use...as often as possible/as often as one can

尽可能经常使用……

15. major on/specialize in
专门研究……
 16. a native language/mother tongue
母语
 an official language
官方语言
 17. pick up 学会; 拾起, 捡起; 接收
 18. refer to/look up...in/consult a dictionary
查字典
 19. set an example to sb
给某人树立榜样
 20. set/take/write/note down
写下, 记下

二、主题句型

1. **There is no doubt that** keeping an English diary **helps** you a lot **with** your written English.
毫无疑问, 写英语日记非常有助于你书面英语的提高。
 2. We **are supposed to** adopt **a variety of/various/different** strategies to memorize English words.
我们应当使用不同的策略来背诵英语单词。
 3. **It's** because of my effort in class **that I managed to get the first place/prize** in the English contest held recently in our school.
正是由于我在班上的努力使我在最近学校举办的英语竞赛中获得了第一名。
 4. **With** so many people **communicating** in English every day, we can see that **it will become more and more important to have a good knowledge/command of** English.
由于每天有很多人用英语交流, 我们可以看出精通英语将变得越来越重要。
 5. **Here are several tips on how to learn** English well. Firstly, you should **spare no effort** to read interesting English news, **which** can help you **develop your interest in** English.
这里有几条学好英语的建议。首先, 你应当不遗余力地阅读有趣的英语新闻, 这有助于增加你对英语的兴趣。

三、主题写作

假设你叫李华, 你的澳洲朋友 Devin 参加汉语水平考试 (HSK) 未能通过, 请你写一封信, 安慰一下你的朋友。内容包括:

- 对考试失利的安慰;
 - 对汉语学习提出建议。
- 注意: 1. 词数 80 左右;
 2. 可以适当增加细节, 以使行文连贯;
 3. 开头语和结束语已为你写好, 不计入总词数。

Dear Devin,

I am sorry to hear that you failed to pass HSK.

Yours,
Li Hua

【参考范文】

Dear Devin,

I am sorry to hear that you failed to pass HSK. I hope that **the unexpected failure will not let you down**, for I have **still been amazed by** the excellent Chinese you spoke when we first met.

As we know, language learning is never an easy task, but needs painstaking efforts and patience. Personally, I think **you'd better pay close attention to** the formal use of Chinese words and expressions, **which really count**. Meanwhile, you **may as well** watch more Chinese materials **as much as you can afford**. More importantly, you **should learn from** the mistakes that you have made. **Anyhow**, you've already **made great progress in** your learning of Chinese. Good luck next time.

Yours,
Li Hua

四、精彩语段

- Most people learn best **using a variety of methods**, but traditional classes are an ideal start for many people. They **provide an environment** where you can practise **under the guidance of** someone who's **good at** the language. We all **lead busy lives** and learning a language **takes time**. You **will achieve more success** if you study regularly, so try to **develop a busy routine**. **It doesn't matter if** you haven't got long. **Becoming fluent in** a language will take years, but **learning to get by takes a lot less**.
- Children **do learn** languages more quickly than adults, but **research has shown that** you can learn a language **at any age**. And learning **is good for** the health of your brain, too. I've also heard people **worry about the mistakes they make when learning**. Well, relax and laugh about your mistakes and you're **much less likely to** make them again. Learning a new language **is by no means easy**. But **with some work and devotion**, you'll **make progress**. And you'll **be amazed by** the positive reaction of some people when you **say just a few words in their own language**.

主题诵读 3 节假日活动

一、主题词汇

【主题单词】

- | | |
|-------------------|-----------------------------------|
| 1. amusement | <i>n.</i> 娱乐 |
| 2. approach | <i>v.</i> 接近 |
| 3. arrangement | <i>n.</i> 安排 |
| 4. belief | <i>n.</i> 信念 |
| 5. Christmas | <i>n.</i> 圣诞节 |
| 6. congratulation | <i>n.</i> 祝贺 |
| 7. decorate | <i>v.</i> 装饰 |
| decoration | <i>n.</i> 装饰品 |
| 8. feast | <i>n.</i> 盛宴;宴会;(宗教的)节日 |
| 9. gather | <i>v.</i> 搜集;集合;聚集 |
| 10. get-together | <i>n.</i> 聚会 |
| 11. greet | <i>v.</i> 欢迎;迎接 |
| 12. mark | <i>n.</i> 记号;标志 <i>v.</i> 做标记;做记号 |
| 13. observe | <i>v.</i> 观察;遵守;庆祝 |
| 14. participate | <i>vi.</i> 参加;参与 |
| 15. prepare | <i>vt.</i> 准备;预备 |
| preparation | <i>n.</i> 准备 |
| 16. programme | <i>n.</i> 节目;程序 |
| 17. relative | <i>n.</i> 亲属 |
| 18. reunion | <i>n.</i> 重逢;团聚 |

- | | |
|---------------|-----------------|
| 19. tradition | <i>n.</i> 传统 |
| 20. treat | <i>v.</i> 招待;款待 |

【主题词块】

- | | |
|--|----------------|
| 1. attend a ceremony | 参加典礼 |
| 2. an event of importance/significance | 重大事件 |
| 3. be on holiday/vacation | 在度假 |
| go on holiday/take a vacation | 去度假 |
| 4. be popular with/enjoy popularity | 受欢迎 |
| 5. celebrate an anniversary | 庆祝周年纪念日 |
| celebrate the festival | 庆祝节日 |
| 6. dress up | 打扮;装饰 |
| 7. date back to/from | 追溯到…… |
| originate from | 起源于…… |
| 8. enjoy oneself/have a good time/have fun | 玩得开心 |
| 9. exchange gifts | 交换礼物 |
| 10. extend greetings to sb | 问候某人 |
| 11. fall on/upon | 袭击;落在……身上;适逢…… |
| 12. give kids lucky money | 给小孩压岁钱 |

13. in memory of/in honour of 为了纪念……
14. on special occasions 在特殊场合
15. look forward to 期望,期待,盼望
16. make fun of/play a joke on sb 开某人玩笑
- play a trick on sb 捉弄某人
17. put on performances 表演节目
18. set off fireworks 放烟花
- a display of fireworks 烟火表演
19. show respect for sb 尊敬某人
20. visit relatives and friends 走亲访友

二、主题句型

- The blackboard **was decorated with** beautiful words, **which read** "Happy Teachers' Day!"
黑板上装饰着漂亮的字,写着“教师节快乐!”
- It is a time when** people **clean up** their yards and gardens **in preparation for the coming festival**.
那是人们清扫庭院和花园准备过节的时间。
- On the eve of the New Year, each family **has its members gather/get together** for the celebration and **enjoy a family reunion dinner**.
在除夕,为了庆祝,每个家庭都把它的成员聚在一起并吃团圆饭。
- With Mother's Day coming/approaching/drawing near/around the corner**, we decided to **hold a family party to celebrate the important day**.
随着母亲节的临近,我们决定举办一场家庭聚会来庆祝这个重要的日子。
- I'd like to invite you to join us for a visit to** the nearby nursing home next Saturday for the Double Ninth Festival, **where** we'll make dumplings and cakes with **the elderly people**.
我想邀请你下周六重阳节和我们一起去拜访附近的敬老院,在那里我们将和老人们一起包饺子、做蛋糕。

三、主题写作

假定你是李华,你的外国网友 Marshall 对中国的传统习俗非常感兴趣。他从网上了解到关于中国端午节赛龙舟的信息,发来邮件,希望你能向他详细介绍赛龙舟活动。请你给 Marshall 回复一封邮件,向他介绍中国的赛龙舟活动。要点包括:

1. 龙舟的简介;

2. 赛龙舟活动的起源和意义。
- 注意:1. 词数 80 左右;
2. 可以适当增加细节,以使行文连贯。

【参考范文】

Dear Marshall,

I'm glad to hear that you're interested in dragon boat racing. Now let me tell you something about it.

Dragon boats, **as the name suggests**, look like dragons. **That's why** dragon boat racing got its name. **Dating back to** ancient China, the Chinese traditional sport, **falling on** the fifth day of the fifth month of the lunar year, is held **in memory of** Qu Yuan, **a great Chinese poet** more than 2,000 years ago. **On that festive day**, people around the country, **amateur and professional**, race in dragon boats. Now the sport **is listed as** one of China's national sports.

I hope my information **is of some use** to you, and I expect to watch the race together with you here in China.

Best wishes!

Yours,
Li Hua

四、精彩语段

- Compared with** the Western Valentine's Day, Qixi Festival **is less attractive to** Chinese young people, **which** has worried cultural experts. **Actually**, other Chinese traditional festivals **are also losing their appeal among** Chinese young people.
- Admittedly**, traditional festivals are an important part of a country's culture. **As cultural heritage**, they are **precious treasure** from the country's ancestors. **Besides**, they are **unique and carry great significance, which promotes pride in** the nation. Celebrating traditional festivals can **strengthen the unity of** the whole nation. **Additionally**, the celebration is a great chance for family and friends to **get together**.

主题诵读 4 饮食与健康

一、主题词汇

【主题单词】

- allergic *adj.* 过敏的
- ambulance *n.* 救护车
- appetite *n.* 食欲, 胃口
- burden *n.* 负担
- delicious/tasty *adj.* 美味的, 可口的
- digest *vt.* 消化; 领会
- disabled *adj.* 无能力的, 有残疾的
- dizzy *adj.* 头晕目眩的
- energetic *adj.* 有活力的
- injure *vt.* 损害, 伤害
injury *n.* 伤害, 损伤
injured *adj.* 受伤的
- mineral *n.* 矿物质
- nutrition *n.* 营养
- obesity *n.* 肥胖
- poisonous *adj.* 有毒的
- reliable *adj.* 可靠的
- recover *vi.* 痊愈; 恢复
- refresh *v.* (使)精神振作, (使)精力恢复
- stomach ache *n.* 胃疼
- unconscious *adj.* 昏迷的, 不省人事的
- vitamin *n.* 维生素

【主题词块】

- be beneficial to/be good for/do good to
对……有益
be harmful to/be bad for/do harm to
对……有害
- be particular about food
挑食
- be/go on a diet
节食
- be rich/high in fibre 高纤维
be low in fat 低脂肪
- be sick/tired of; be bored/fed up with
对……厌倦
- be under medical treatment
在医治中
cure sb of... 治愈某人的……
- catch a cold/have a fever/have the flu/get flu/have a runny nose
感冒/发烧/患流感/流鼻涕
- carry out/do/perform first aid
实施急救
- convenience food 便利食品

- fast food 快餐
takeaway food 外卖食品
junk food 垃圾食品

- have a physical examination/a body check
进行体检
- a healthy lifestyle 健康的生活方式
- in good/poor health
身体好/差
- keep a balanced/healthy diet
保持均衡/健康的饮食
- keep fit/healthy/slim
保持健康/苗条
- operate/perform an operation on sb
给某人动手术
- put on/gain weight 增加体重
cut down/lose weight
减轻体重
- suffer from hunger/starvation; be starving
挨饿
- break down (身体)垮掉
- stay/sit up 熬夜
- take regular exercise
经常锻炼

二、主题句型

- It is widely believed that** plenty of fresh air contributes to good health.
人们普遍认为足够的新鲜空气有助于身体健康。
- We **can't emphasize** the importance of protecting our eyes **too much**.
我们再怎么强调保护眼睛的重要性也不为过。
- The better** we get into good eating habits, **the happier** our life becomes.
我们越是养成良好的饮食习惯, 我们的生活就变得越幸福。
- Nothing** in the world **can delight me so much as** having hamburgers in fast food restaurants.
世界上没有什么比到快餐店吃汉堡包更令我高兴的事了。
- As far as I'm concerned, we should develop healthy eating habits to build ourselves up. **Only in this way can we have** enough energy to study.
我认为, 为了增强体质, 我们应该养成健康的饮食习惯。只有这样我们才能有足够的精力去学习。

三、主题写作

假如你是李华, 是某高中学生会主席。最近你校开展以“校园杜绝零食”为主题的活动, 请你以学生会的名义给全校

学生写一封倡议书,内容要点包括:

1. 指出吃零食的现象;
 2. 阐述吃零食的影响;
 3. 提出合理化的建议。
- 注意:1. 词数 80 左右;
2. 可以适当增加细节,以使行文连贯。

【参考范文】

Dear fellow students,

There is a serious phenomenon in our school that many students crowd in the school store to buy snacks after each class and some students even eat snacks in class.

Eating snacks is a bad habit as well as a waste of money. Additionally, with most snacks high in fat and sugar, eating snacks improperly may lead to fatness and illness. What's worse, some students throw the wrappers everywhere, which pollutes our campus.

It's high time that we acted as responsible young adults,

developing good eating habits with regular three meals a day and, above all, a balanced diet.

Let's say no to snacks.

Students' Union

四、精彩语段

1. At my heaviest I weighed 370 pounds. I had a very poor relationship with food; I used it to kill bad feelings, to make myself feel better, and to celebrate. Worried about my health, I tried many different kinds of diets but nothing worked. I came to believe that I could do nothing about my weight.
2. Breakfast is more important than any other meal in a day. For one thing, after a night's sleep, most of the energy stored in the human body has been consumed. Breakfast serves the purpose of filling up our energy, thus making us energetic again. For another, in the course of a day, morning is the period of time in which we work with most efficiency. Without breakfast, the efficiency would be lost. Finally, the constant lack of breakfast can contribute to stomach troubles.

主题诵读 5 个人情况

一、主题词汇

【主题单词】

- | | |
|---------------------|--------------------|
| 1. achievement | n. 成就;成绩;功绩 |
| 2. attractive | adj. 吸引人的 |
| 3. capable | adj. 有能力的,有才能的 |
| 4. career | n. 职业 |
| 5. considerate | adj. 体贴的;考虑周到的 |
| 6. creative | adj. 富有创造力的 |
| 7. desperate | adj. 绝望的 |
| 8. dignity | n. 尊贵,高尚 |
| 9. diligent | adj. 勤奋的 |
| 10. frank | adj. 坦率的,直率的 |
| 11. generous | adj. 宽厚的,宽宏大量的;大方的 |
| 12. impressed | adj. 有深刻的好印象 |
| 13. independent | adj. 独立的 |
| 14. intelligence | n. 智力,才智,智慧 |
| intelligent | adj. 聪明的,有才智的 |
| 15. quality | n. 品质 |
| virtue | n. 美德,正直的品行 |
| 16. seize | vt. 抓住(时机等) |
| 17. straightforward | adj. 坦诚的,坦率的 |
| 18. volunteer | n. 义工,志愿者 |
| 19. well-educated | adj. 受过良好教育的 |
| 20. wisdom | n. 智慧 |

【主题词块】

1. achieve/accomplish success 获得成功
2. be active in/take an active part in 积极从事
take up = go in for 从事
3. be born in/into 出生于
4. be committed/devoted to 致力于
5. be considered/honoured/regarded/seen/thought of as 被认为是
6. be dependent on/be independent of 依赖于/独立于
7. be exposed to new ideas/experiences/problems 接触新思想/新经历/新问题
8. be of average/medium height 一般/中等身高
9. be qualified/fit for 适合/胜任……
10. be satisfied/pleased/content with 对……满意
11. care about/be concerned about/show concern for 关心;在乎
12. get/gain a doctor's degree 获得博士学位

13. have a burning desire/a great passion for
对……充满强烈的愿望/极大的热情
14. have a gift/talent for; be gifted/talented in
在……方面有天赋
15. in one's twenties 在某人二十几岁时
16. I am greatly convinced (that) ... = I am greatly assured (that) ...
我深信……
17. a sense of humour/responsibility/achievement
幽默感/责任感/成就感
18. take the first place/win the first prize/come (out) first
获得第一名/一等奖
19. take responsibility for/be responsible for
对……负责
20. up to date 最新的

二、主题句型

1. **Not only has he displayed** courage, **but also he has proved himself to be** a reliable person.
他不但展现出了勇气,还证明了自己是个可信赖的人。
2. **It was** hard work and determination as well as her gentle nature **that** got her into medical school.
正是苦干、决心以及她温和的天性使她进入了医学院。
3. Joe is proud and stubborn, **never admitting** he is wrong **and always looking for** someone else to blame.
乔既骄傲又固执,从不认错且总是找他人担责。
4. Recently, **so occupied have I been with** an important exam at the beginning of the new term **that** I failed to reply to your letter in time.
最近我忙于新学期初的一次重要的考试,以至于我没有及时给你回信。
5. She seems never feel tired of doing **whatever** she can to help others, **which** may be **what** makes her so popular among all of us.
能帮别人做点什么就做点什么,她似乎从不厌倦这样,这或许就是她受我们所有人非常欢迎的原因。

三、主题写作

假定你是李华,你校英语协会招聘志愿者,来接待来访的国外中学生。请你写信应聘,内容包括:

1. 口语能力;

2. 相关经验;
 3. 应聘目的。
- 注意:1. 词数 80 左右;
2. 可以适当增加细节,以使行文连贯。

【参考范文】

Dear Sir/Madam,

On seeing your notice, **I'm more than excited to apply for** the position, **which** I found quite **appealing to** me.

As an English major student, I have a good command of the language. So **there's no problem for me to communicate with** foreigners. **In addition**, I have ever **served as** a receptionist in our school's 30th anniversary celebration, **making** myself more **competitive** and **qualified** for this position.

In order to further improve my speaking skills and **gain** more experience, **I'm eager to be taken on** for this job.

Looking forward to your early reply.

Yours,

Li Hua

四、精彩语段

1. **It has made me realize that** none of us are perfect, so **there's no point in** trying to hide them when you are having difficulties. **It's better to be open and honest.**
2. My favourite snack is instant noodles. They're delicious. **Besides**, they're cheap, **easy to make and, above all, satisfying.** **Whenever** I get hungry between meals in the afternoon, a bowl of instant noodles **will keep me going till** dinner time. **While** people say that eating instant noodles **is bad for your health**, **I wonder if** this is true. **After all**, I've been eating instant noodles **throughout my high school years** and **I'm still as strong as an ox.**

主题诵读 6 人际关系

一、主题词汇

【主题单词】

1. accompany *vt.* 陪伴;陪同;为……伴奏
2. acquaintance *n.* 熟人
3. argue *vi.* 争辩;争论
- argument *n.* 争论,辩论

4. blame *vt.* 责怪;指责
5. bother *vt.* 打扰;麻烦
- interrupt *vt.* 打扰;打岔
6. chat *n. & v.* 聊天
7. cheat *v.* 欺骗;作弊
8. complain *v.* 抱怨;投诉

complaint	<i>n.</i> 抱怨
9. congratulate	<i>vt.</i> 祝贺
congratulation	<i>n.</i> 祝贺
10. cooperate	<i>v.</i> 合作
cooperation	<i>n.</i> 合作
11. forgive	<i>vt.</i> 原谅
12. familiar	<i>adj.</i> 熟悉的
13. harmonious	<i>adj.</i> 和谐的
harmony	<i>n.</i> 和睦; 和谐
14. misunderstand	<i>vt.</i> 误会, 误解
understanding	<i>adj.</i> 善解人意的
15. patient	<i>adj.</i> 有耐心的
patiently	<i>adv.</i> 耐心地; 有毅力地
16. private	<i>adj.</i> 私人的, 私有的
17. relationship	<i>n.</i> 关系
relative	<i>n.</i> 亲戚
18. remind	<i>vt.</i> 提醒
19. respect	<i>v.</i> 尊敬; 尊重
respectful	<i>adj.</i> 尊敬的
20. worthy	<i>adj.</i> 有价值的

【主题词块】

1. apologize/make an apology to sb for doing sth
因做某事向某人道歉
2. be ready/willing to help others
乐于助人
3. believe in/trust each other
彼此信任
4. convey/express one's thanks/gratitude to sb; be grateful/
thankful to sb 感恩于某人
5. exchange ideas/emotions/information
交流思想/情感/信息
6. fall in love with 爱上
7. get along/on with 与……相处融洽
8. get in/keep in/lose touch with sb
与某人取得/保持/失去联系
9. have a lot in common
有许多共同点
10. have an effect/influence/impact on
对……有影响
11. help (sb) out 帮助(某人)摆脱困境
help sb with sth 帮助某人做某事
12. keep/break one's promise/word
遵守/违背诺言
13. keep sb company 陪伴某人
14. make friends with sb
与某人交朋友
15. promote/strengthen/treasure friendship
增进/巩固/珍惜友谊
16. put up with 容忍, 忍受

17. share joys and sorrows/happiness and sadness
同甘共苦
18. tell a lie 撒谎
19. turn to sb for help 向某人求助
20. with one's help/encouragement/support
在某人的帮助/鼓励/支持下

二、主题句型

1. **If I were you, I would bring** some appropriate gifts with me, such as souvenirs from my own country.
如果我是你的话, 我会随身带上一些来自我自己国家的像纪念品之类的合适的礼品。
2. Ever since then, I have found that smiling **is the best way** to avoid any possible conflict in our daily life.
从此之后, 我发现微笑是避免我们日常生活中任何可能发生的冲突的最好办法。
3. **Just as the saying goes**, "One tree doesn't make a forest." Our success is based on cooperating with others.
正如谚语所言: "独木不成林。" 我们的成功是建立在与人合作的基础上的。
4. **It has been two weeks since you came** to our school for the exchange programme, **which** has benefited all of us.
您来我校参加这个交流项目有两周了, 我们大家都从中受益匪浅。
5. **If it's convenient for you**, let's meet at 8:30 outside the school gate. **If not**, let me know **what time suits you best**.
如果你方便的话, 那我们 8:30 校门口见。如果不行, 那就告诉我什么时间对你来说最合适。

三、主题写作

假定你是李华, 经常帮助你学习英语的朋友 Alex 即将返回自己的国家。请给他写一封邮件, 内容包括:

1. 表示感谢;
 2. 回顾 Alex 对你的帮助;
 3. 临别祝愿。
- 注意: 1. 词数 80 左右;
2. 可适当增加细节, 以使行文连贯。

【参考范文】

Dear Alex,

I am so regretful to know that you are going to return to your home before long.

We **got along well** during your stay in China and you **offered me lots of help**. I would like to **express my gratitude to you for** your help with my English. **While**

studying in China, you always spent your free time in **helping me polish up my oral English. It was you who** shared with me **a rich knowledge of** English and English culture.

Never will I forget you and your kindness. **It is my hope that** you can remember me as often as possible.

Yours,
Li Hua

四、精彩语段

1. **Being** the coach of the new team, I was excited because I knew we were going to win, but **to my disappointment** we were defeated. **I couldn't believe I had got into such a situation. Thinking hard about it, I came to realize that** my team might not be the number one team in Georgia, but they **were depending on** me. **I had to**

change my attitude about their ability and potential. I started **doing anything I could to** help them build a little pride.

2. You **had better learn** to be grateful. **If so,** you naturally **open yourself up to receive all kinds of blessings and good things** in life. You can receive almost everything you want truly. If you want recovery soon, **start by feeling grateful** that you are still alive. **If it is** more money **that** you want, **start being grateful for** whatever amount of money you already have. You see, showing gratitude is **the key to developing positive attitude to** life. It is **the key to building successful relationships,** and it is **the key to enjoying healthier and happier lives.** And **this is where** the importance of being grateful **lies.**

主题诵读 7 文学和艺术(文化艺术)

一、主题词汇

【主题单词】

- | | |
|------------------|--------------------|
| 1. admire | v. 欣赏 |
| 2. applaud | v. 称赞; 鼓掌 |
| applause | n. 鼓掌; 喝彩 |
| 3. background | n. 背景 |
| 4. comment | v. 表达意见 n. 评论 |
| remark | n. & v. 评论; 谈论 |
| 5. describe | vt. 描述, 形容 |
| description | n. 形容, 描写 |
| 6. extraordinary | adj. 非凡的 |
| 7. line | n. 台词 |
| 8. masterpiece | n. 杰作 |
| 9. original | adj. 原来的 n. 原作 |
| 10. playwright | n. 编剧, 剧作家 |
| 11. poem | n. 诗 |
| poetry | n. 诗集 |
| poet | n. 诗人 |
| 12. publish | vt. 出版, 发行 |
| 13. reflect | v. 反映 |
| reflection | n. 反映 |
| 14. represent | vt. 表示; 象征; 描绘; 展现 |
| 15. sculpture | n. 雕塑品, 雕刻品; 雕像 |
| 16. technique | n. 技巧 |
| 17. unique | adj. 独特的 |
| 18. valuable | adj. 有价值的 |
| 19. vivid | adj. 生动的 |
| 20. work | n. 著作, 作品 |

【主题词块】

1. a book/film review 书/影评

2. adapt novels for movies

把小说改编为电影

be adapted from 改编于

3. art exhibition 艺术展览

4. be designed/intended for

为……而设计

5. be set in 以……为(故事发生的)背景

6. be shaped like/in the shape of

形状像……

shape one's character

塑造某人的性格

7. box office/ticket office

售票处

book tickets 订票

8. come out (书)出版

9. contemporary literature/folk literature

当代文学/民间文学

10. dance to music 伴着音乐跳舞

11. gain the Nobel Prize in Literature

获得诺贝尔文学奖

12. on exhibition/display/show

在展览

13. put on 上演

14. queue up/stand in line

排队

15. science fiction 科幻小说(或影片等)

16. range from... to... 范围从……到……

17. star in 在……中担任主角, 主演

play the role of 扮演……

18. take pictures (photos)/take a picture (photo)

拍照

19. true to life 逼真

20. without inspiration 没有灵感

二、主题句型

1. This time I will introduce Tang poetry to you, **which is of great help in learning Chinese.**

这次我要向你介绍唐诗,它对学习汉语有很大帮助。

2. **Not only do** some classic works **offer** us joy and excitement, **but also** they encourage us to think critically. 一些经典作品不仅能让我们喜悦和兴奋,而且还鼓励我们批判性地思考。

3. Besides, there will be a lot of useful and interesting activities, **from which** you can have a clearer picture of Chinese culture.

此外,将会有许多有用且有趣的活动,从中你可以对中国文化有一个更清晰的认识。

4. **I hold the view that** if we students want to **know as many great works of literature as we can**, we had better read the original work.

我认为我们学生如果想尽可能多地了解伟大的文学作品,最好还是读原著。

5. **It is no surprise to** see *Mona Lisa* at the top of this list, for Da Vinci's masterpiece **is probably the most recognized artwork** in the world today and **the most visited**.

看到《蒙娜丽莎》排在这张名单的首位不足为奇,因为达·芬奇的杰作可能是当今世界上最著名的艺术作品,也是访问量最大的艺术作品。

三、主题写作

假设你是晨光中学的李华,英国友好学校将派教师来你校参加为期一周的暑期交流活动。活动期间,英方教师 Chris 将做一个有关西方艺术的讲座,现就讲座内容征求你校学生的意见。请根据以下提示给 Chris 写一封电子邮件。

1. 你喜欢的讲座话题(从音乐、美术、舞蹈中任选其一);
2. 选择该话题的原因及关于该话题你感兴趣的内容;
3. 希望从中有何收获。

注意:1. 词数 80 左右;

2. 可以适当增加细节,以使行文连贯;

3. 开头和结尾已给出,不计入总词数。

Dear Chris,

I'm Li Hua, a student at Chenguang High School.

Thank you for your time.

Yours,

Li Hua

【参考范文】

Dear Chris,

I'm Li Hua, a student at Chenguang High School. **I got the news that** your school will send teachers to mine for **a week long summer exchange**. During the activity, you **are to give a lecture on** Western art. You want to **seek advice on** what topic the lecture will be about. **On a personal note, music is my priority.**

I am interested in all kinds of music, **among which jazz is my favourite**. I'd like to know about the history of jazz, and some famous jazz singers. **I would appreciate it if you could** add some sessions of enjoying jazz.

Thank you for your time.

Yours,

Li Hua

四、精彩语段

1. **There are various reasons why** people write poetry. **Some poems** tell a story or describe something **in a way that** will give the reader a strong impression. **Others** try to **convey certain emotions**.
2. **One of the most famous 20th century novels in the western world is a book called** *Brave New World*. **Written in 1931 by an Englishman** called Aldous Leonard Huxley, it became **a subject of much discussion as soon as it first appeared**. **The reason why** *Brave New World* is still so famous **is that** it describes a terrifying future world **that is becoming more and more possible**.

主题诵读 8 科学与技术

一、主题词汇

【主题单词】

1. advantage *n.* 优点
2. addicted *adj.* 上瘾的
3. advanced *adj.* 先进的, 高级的

4. artificial *adj.* 人造的
5. automatic *adj.* 自动的; 无意识的, 不假思索的; 必然的, 当然的
6. breakthrough *n.* 重大进展, 突破
7. convenient *adj.* 方便的