

# 真题整理——Undefined 1

## My Brother

My brother is off at college, and at age 14, I miss him **terribly**. My brother is a **rare** kind of guy. He's smart and kind. And my friends say he's lovely. But it's how he handles things and how he **treats** his friends and his family that make me feel more proud.

- terribly 非常
- rare 罕见
- treats 对待

He applied to 14 colleges. He was accepted by all but one, the one he wanted, Brown **University**. So he took his second choice, and off he went to a first year. When he came home for **summer vacation**, he said he'd move to Rhode Island near Brown, find a job, and do whatever he could to become known in the area. He'd work his heart out and do his best at everything. Someone, he was sure, would notice. This was **a big deal** for my parents as it **meant** agreeing to a year without college. But they **trusted** him and **encouraged** him to do whatever he thought it would take to **realize** his dream.

- University 大学
- summer vacation 暑假
- a big deal 一件大事
- meant 意味着
- trusted 相信
- encouraged 鼓励
- realize 实现
- thought 认为

It wasn't long before he was hired as an amateur(业余的) play director at Brown. Now was his chance to shine, and shine he did. He put every bit of himself into the job. He met teachers and school officials, talked to everyone about his dream and never hesitated to tell them what he was after.

- It wasn't long before 没过多久
- hired 雇佣
- shine 闪耀
- met 相遇
- officials 官员
- never hesitated 毫不犹豫

And, sure enough, at the end of the year, when he reapplied to Brown, he was accepted. We were all happy, but for me the happiness went very deep. I had learned an important lesson --a lesson no one could have taught me with words. If I work hard for what I want, and if I keep trying after I've been turned down, my dreams can also come true. This is a gift I still hold in my heart.

- enough 足够的
- sure enough 果然
- taught 教
- turned down 拒绝
- still 仍然
- hold 抓住、握住
- in my heart 在我心中

## Garlic 大蒜

Garlic has a long history of human use of over 7,000 years. It was originally grown in Asia. It finally made its way to Europe and South and North Americas in the 16th century. It rapidly spread to the world because it was easy to grow and could stay alive in poor conditions.

- human 人类
- originally 最初的
- century 世纪
- rapidly spread 快速传播
- stay alive 活着
- conditions 条件、环境

Garlic has also long been used in **medicine**. Egyptians fed garlic to the **slaves** to keep up their **strength** and to **defend against diseases**. The Roman believed that garlic **cured** many diseases and helped **heal wounds**. Greeks gave garlic to **athletes** during the Olympic Games in order to increase their strength.

- medicine 医学
- slaves 奴隶
- strength 体力
- defend against diseases 预防疾病
- cured 治愈
- heal 恢复
- wounds 伤口
- athletes 运动员

**More recently**, garlic has been **mentioned** as being used as a **treatment** for battle wounds in both **World Wars**. **In fact**, even today people eat garlic for its **supposed** benefits. For example, many people eat garlic to help **fight colds and coughs**. Some even **claim** that garlic can help **prevent high blood pressure and cancer**.

- more recently 最近
- mentioned 提到
- treatment 治疗
- World Wars 世界大战
- In fact 事实上
- supposed 据说、所谓

- fight colds and coughs 对抗感冒和咳嗽
- claim 声称
- prevent high blood pressure and cancer 预防高血压和癌症

A different use for garlic in the **past** was to keep away bad **spirits**. In some countries, people believed that if they wore garlic around their **necks**, bad things would not enter their bodies. And if they hung garlic outside the doors of their homes, bad things would go away.

- past 过去的
- spirits 情绪、灵魂
- keep away bad spirits 辟邪
- necks 脖子、颈部

Garlic is now grown everywhere in the world. China is the largest producer of garlic, followed by India, South Korea, Egypt and Russia. The popularity of garlic has increased **over the years**. It is now **widely** used **in all types of cooking**. **Chinese dishes** use garlic. Italian dishes include a lot of garlic, too.

- over the years 近年来
- widely 广泛地
- in all types of cooking 各种烹饪中
- Chinese dishes 中国菜

Garlic is now **highly valued** for its **taste throughout the world**.

- highly valued 高度重视
- taste 味道
- throughout the world 遍及全世界

## **Easy Ways to Green up Your Life 绿色生活的简单方法**

Eating meat produces greenhouse gas emissions(排放) . If you can't give up meat **completely**, you can reduce your **consumption** or **give up** beef. Don't eat **out-of-season farm products**. They are grown in greenhouses. A lot of **energy** goes into **heating** the greenhouses. And **shipping such** out-of-season farm products by air from **remote places** consumes huge of energy, too. Just look for local and in-season foods.

- completely 完全的
- consumption 消费
- give up 放弃
- out-of-season farm products 过季的农产品
- energy 能源
- heating 加热
- shipping 运送
- such 这些
- remote places 遥远的地方

Spend less time **behind the wheel**, cycle and walk more, and use public transport more. If you have to drive, the first thing is to choose a car that uses comparatively less **fuel**. Besides, stick to the speed limit, keep your **tires properly filled with air**, empty your **trunk** of heavy items, and **accelerate and brake gently**.

- behind the wheel 在方向盘后面（开车）
- fuel 燃料
- stick to 坚持
- filled with 充满
- properly 适当地
- tires properly filled with air 轮胎充好气
- trunk 后备箱
- accelerate and brake gently 轻轻地加速和刹车

Want to **take a vacation trip** by plane? Don't hurry. Think again. **Air travel** has a big impact on the environment **compared with** most other forms of travel. You have better choices. Consider having a vacation **within driving distance**. Of course, **taking the train** is the best choice.

- take a vacation trip 去度假旅行
- Air travel 航空旅行
- a big impact 巨大的影响
- compared with 和...做比较
- distance 距离、路程
- within driving distance 在开车范围内
- taking the train 乘火车

Think about how much "**stuff**" you . A big part of **emissions** are linked to our consumption. To reduce it we need a change in **consumption culture**. Do we really need all the things we buy? And do we always need the newest one? Getting fewer things and making the ones you own **last longer** will reduce energy use.

- stuff 东西
- emissions 排放
- consumption culture 消费文化
- last longer 持续时间更长

Your choices about heating and cooling your home are **some of the most important things** you can do **in terms of** cutting your **greenhouse gas emissions**. Keeping the **temperature** a little lower in the winter and higher in the summer **can make a big difference**.

- some of the most important things 一些最重要的事情
- in terms of 在...方面
- cutting greenhouse gas emissions 消减温室气体排放
- temperature 温度、气温

- can make a big difference 可以产生很大的影响

## Student Loans 学生贷款

Federal Student Aid is an office providing student loans for higher education. The U.S. government knows the importance of higher education in positively impacting the nation. It makes sure that each qualified student in America is able to get financial help for higher education.

- Federal Student Aid 联邦学生援助
- providing 提供
- higher education 高等教育
- government 政府
- positively impacting 积极影响
- makes sure 确保
- each qualified student 每个合格的学生
- be able to 能够
- financial help 经济帮助

Though parents can choose private funding through banks, the interest rates can be excessively high. On the other hand, the interest rates of federally funded student loans are much less in comparison. It is, therefore, very important that parents take all steps required to apply for student loans through the government.

- Though 虽然
- private funding through banks 通过银行的私人资助
- interest rates 利率
- On the other hand 另一方面
- federally funded 联邦资助的
- in comparison 相比之下
- therefore 因此
- steps 所有步骤、措施

- take all steps required 采取一切必要措施

Federal Student Aid is involved in educating students and their families on the **exact procedures** to get student loans. **Once** the applications are **received**, it processes them before the start of **each school year**.

- exact procedures 准确的程序
- Once 一次、一但
- received 收到
- each school year 每学年

## 真题整理——Undefined 2

### To Lease or Not to Lease 租赁还是不租赁

Planning to lease a car because you don't think you can afford to buy? Think again. Leasing can **end up being** just as expensive as buying.

计划租一辆车，因为你不认为你能买得起？再想想。租赁**最终会**和购买一样昂贵。

Most people **think about** leasing because they believe it **will cost** them less money. They're right-it is cheaper, but only **in the short term**. For example, if you were to lease a new Subaru Forester, you might pay \$300 **per month** for the car. If you were to buy the same car, you would pay about \$400 per month. **Over a three-year**, you would save \$3600-**a big savings**. But after your lease is over, you **have to** give the car back.

大多数人**考虑**租赁，因为他们认为租赁**将花费**他们更少的钱。他们是对的，它很便宜，但是仅仅是**从短期来看**。例如，如果你租一辆新的福特，你可能付300美元**每月**为这个车。如果你买同样的车，你将支付大约400美元每个月。**三年结束后**，你将节省3600美元。**一笔大的存款**。但是你的租赁结束之后，你**必须**归还车。



Many people want to lease because they can drive a more expensive car than they might otherwise **be able to** afford. For example, if you spend \$300 monthly on a car, you might **be able to** lease a new Ford Explorer. For the **same price**, you might have to buy a **used** Explorer, or buy a new but **much less expensive model**. A lease, **therefore**, allows you to drive the latest models of more expensive cars. **However**, whatever car you can afford to buy you get to keep it, and it will always have a **resell** or **trade-in** value if you want to **upgrade** to a new car later.

许多人想租赁，因为他们能开一辆更贵的车，比他们**能**负担起的。例如，如果你花费300美元每个月在车上，你也许**能够**租一辆新的福特。以**同样的价格**，你可以买一辆**二手**的福特，或者买一辆新的但是**比较便宜的款式**。**因此**，租车允许你驾驶更昂贵车的最新款式。**然而**，无论你能买得起什么车，你可以拥有它，而且它将永远拥有**转售**或**以旧换新**的价值，如果你之后想**升级**到一辆新车。

**Furthermore**, people who lease cars are often **shocked** by how much they must pay **when the lease is over**. Most leases limit you to **a certain number of miles**. If you go over that, you must pay for **each mile**. **As a result**, you may **end up** paying **thousands** of dollars in mileage fees. **In addition**, when you lease, you have to pay for **regular maintenance** and **repairs** to the vehicle. Since you must return the car finally, you are paying to repair **someone else's** car.

**此外**，租车的人经常感到**震惊**，对他们必须支付的费用**当租赁结束**。大多数租赁限制你**一定程度上的英里数**，如果你超过了这个英里数，你必须为超出的**每一英里**付费。**结果**，你可能**最终**支付**数千**美元的里程费用。**此外**，当你租赁时，你必须支付**定期保养**和**维修**费用给车辆。因为你必须还车最后，所以你要支付修理费用给**别人**的车。

**By now**, the benefits of buying over leasing **should be clear**. Remember: whatever model you can afford to buy, it is yours after you make the payments. There's no giving back, and that makes all the difference.

**到目前为止**，购买优于租赁的好处**应该是清楚的**。记住：不管什么型号你能买得起，它是你的在你支付之后。不用归还，这就使一切很不同。

# Mental Illness Hits Small Business Owners Hard 精神疾病严重打击了小企业主

While there is **a growing focus on mental health** in the workplace, there are fewer **resources and support** available to those running small businesses.

虽然人们**越来越关注**工作场所的**心理健康**，但小企业经营者可利用的**资源和支持**却越来越少。

There are many reasons people choose to have their own business being their own boss, working on something they love, **being able to set their own hours**, or having some control over whom they work with. **Yet the reality** many small business owners face is far less **attractive**-financial stress, long working hours and unclear **boundaries** between work and family life. And all of these **factors** can have a huge impact on their **mental health**.

人们选择自己做生意的原因有很多——比如自己当老板，做自己喜欢的事情，**可以自己安排时间**，或者可以控制和谁一起工作。**然而**，许多小企业主面临的**现实**却远没有那么有**吸引力**——经济压力、长时间工作以及工作和家庭生活之间**界限**不清。所有这些**因素**都会对他们的**心理健康**产生巨大影响。

Leanne Fawkner is a business owner of an **award-winning skin-care range**(系列产品) .She **knows Very well** the impact that a small business can have on, the mental health of its owner. When her successful business **struggled** due to the **global financial crisis**, she **suffered** a lot mentally. "As business **slowed**, was more and more **affected**, " she says. "I couldn't **separate** myself from my business. It was the **worst experience** of my life. I could no longer go to work and was crying all day ."

Leanne Fawkner是一个公司的老板，一种**屡获殊荣**的皮肤**管理**系列产品。她**非常了解**一个小公司能产生多大的影响，对企业主的心理健康。当她成功的事业**举步维艰**因**全球金融危机**时，她**遭受**了很多精神上的痛苦。“随着生意变**萧条**，我受到的**影响**越来越大。”她说。“我无法把自己从工作中**分离**出来。这是我一生中**最糟糕的经历**。我不能再去上班了，整天都在哭。”

Fawkner was **diagnosed** with **depression**. She had to take **several** months off work. **Fortunately**, her husband was able to keep things going while Fawkner was **recovering**. She **saw** a counselor (咨询师) for help and took part in a workplace mental health **promotion program**. This program was designed for **small to medium** business owners.

福克纳被**诊断**患有**抑郁症**。她不得不请了几个月的假。**幸运的是**，在福克纳**康复**期间，她的丈夫能够维持一切。她**拜访**一个咨询师寻求帮助，并且参加一个职场心理健康**促进计划**。这个项目是为**中小**企业主设计的。

"The stories on the DVD in the program were **so helpful**. I was crying because I didn't feel so alone. For Fawkner, small business owners are **overlooked**. While employees in **larger organizations** often have access to employee **assistance** programs, small business owners are **struggling** on their own.

DVD里的故事**很有帮助**，我哭是因为我不再觉得孤单了。在福克纳看来，小企业主被**忽视**了。**大公司**的员工经常有机会获得员工**援助**计划，但小公司的老板们正**艰难地**独自行进。

## Secrets for a Happier You 让你更快乐的秘密

Some people are **naturally blessed** with a **cheerful** character. They **spread warmth** and sunshine wherever they go. They attract people like **bees to honey**. So what is it that makes these people so **different from others**?

一些人**天生**被**赋予**一个**快乐的**性格，无论他们去哪里他们都**传播温暖**和阳光。他们吸引人就像**蜂蜜吸引蜜蜂**一样。那么，是什么让这些人如此**与众不同**呢？

The most important secret to **happiness** is to **be grateful for** the good things in your life-whatever may be your **financial position**. **Instead of** appreciating **material wealth**, **be thankful for** the loved ones in your life and enjoy the **little pleasures of life** that come your way.

幸福最重要的秘密是**感激**生活中美好的事物—无论你的**经济状况**如何。**而不是**赞赏**物质财富**，**要感谢**你生命中所爱的人并且享受发生在你身上的**生活小乐趣**。

The next important secret is to develop **relationships**. Increasing **social** contacts helps **boost** brain power. Therefore, **work towards** improving your relationships and take time off to get **in touch with friends**. This will **lift some burden off your shoulders**, **especially** when you share your thoughts and feelings. **Socializing** can give you an added **boost** to your **moods**.

下一个重要的秘密是发展**人际关系**。增加**社会**联系有助于**促进**脑力。因此，**努力**改善你的人际关系并且抽出一部分时间**与朋友联系**。这会**减轻**你的**负担**，**特别**当你分享你的想法和感受时。**社交活动**能给你更多的**推动**对你的**情绪**。

Thirdly, do not hold a grudge(怨恨) against anyone. **Instead**, learn to be kind, **generous**, and forgiving towards others, even to the person who hurt you. Be **sympathetic** and understanding, and try not to **criticize** others. Focus on the positives of a person **instead** of the negatives, for **none** of us is born perfect. It will keep your heart and mind free and **peaceful**.

第三，不要抱着怨恨对任何人。**相反**，学着善良，**慷慨**，并且原谅别人，即使这个人伤害过你。要有**同情心**和理解，尽量不要**批评**其他人。关注一个人的积极面**而不是**消极面，因为我们**没有**人生来就是完美的。它将保持你的心灵和大脑自由和**平静**。

Besides, **involve** yourself in some creative process, be it dancing, writing or drawing. This can bring out the hidden **talent** in you to **achieve** magical happiness. Or **pick up new skills** and feel the **great sense of satisfaction** by **carrying out certain tasks** which you otherwise would never have felt.

此外，让自己**参与**一些创造性的过程，可以是跳舞、写作或绘画。这可以挖掘你隐藏的**才能**，**实现**神奇的幸福。或者**学习新的技能**，通过**完成某些任务**来感受**极大的满足感**，否则你永远不会有这种感觉。

Finally, follow a daily regular **sleep-wake cycle** to keep you **energetic** and happy. Exercise regularly or **practice** relaxation techniques like **deep breathing** and yoga(瑜伽) .**Ensure** you get eight to nine hours of sleep every day and have a **well-balanced diet**.

最后，遵循每天有规律的**睡醒周期**来保持你**精力充沛**和快乐。有规律地锻炼或者**练习**放松技巧如深呼吸和瑜伽。**确保**你每天有8~9小时的睡眠并且有一个**营养均衡**的饮食。

## 真题整理——2020-10

### Booking Online and Saving the Environment 在线预订和保护环境

When you are looking to **book a holiday**, it is **unlikely** that you will think about how green your **booking decision** is, but it is something that you should think about. By "green" we **mean** the impact on the environment.

当你想要**预订假期**时，你**不太可能**会考虑你的**预订决定**有多环保，但这是你应该考虑的事情。所谓“绿色”，我们**指的是**对环境的影响。

When looking to **book a holiday**, you will **probably** find that you are faced with two main **decisions**. The first is to go into a **travel agency**, pick up brochures (宣传册), read through them and go back with just one and book with the travel agents **directly** or **over the phone**. The second is **to go onto the Internet**.

当你想要**预订假期**时，你**可能**会发现你面临着两个主要的**决定**。第一种方法是走进一家**旅行社**，拿起小册子(宣传册)，通读一遍，然后只带一本回去，**直接或通过电话**向旅行社预订。第二种是**去上网**。

The Internet **holds many advantages** over the travel agencies. The main one is **convenience**. You can **go online** to look at holidays at any time of the day. The travel agents, however, are usually very busy at times when **people can actually go**, i.e. lunch hours or at the weekend. You could use the telephone, but you



wouldn't be able to see the pictures or the details of the holidays, So you would **probably** be sent a **brochure** anyway.

与旅行社相比，互联网**有许多优势**。最主要的一点是**方便**。你可以在一天中的任何时间**上网**查看假期。然而，旅行社通常在**人们真正可以去**的时候很忙，即午餐时间或周末。你可以用电话，但你不能看到假期的图片或细节，所以你**可能**还是会收到一本**宣传册**。

There are **websites** on the Internet that make shopping for **holiday deals** much easier. These websites are known as **price comparison websites**. They search through lots of different **tour operators**, and the results are displayed on one page, from which you can choose.

互联网上有一些**网站**可以让人们更容易地购买**假日优惠**。这些网站被称为**比价网站**。他们搜索许多不同的**旅游运营商**，结果显示在一个页面上，你可以从中选择。

Compared with the travel agencies, booking online is **greener**. The **piles of** brochures are **definitely** not green, and the amount of **unnecessary** paper used can't be good for the environment. **In the days of the Internet**, there is really no need for such a large amount of **paper to be wasted**. So booking online will **not only** save you time and effort, it will do **a little bit** towards saving the environment, too!

与旅行社相比，网上预订**更环保**。**成堆的**宣传册**绝对**不环保，而且大量**不必要的**纸张也不利于环境。**在互联网的时代**，真的没有必要大量的**浪费纸张**。所以网上预订**不仅**会节省你的时间和精力，还会为保护环境做**一点**贡献！

- When **planning holidays**, few people will think about being green.  
(true)
  - 在**计划假期**时，很少有人会考虑环保。
- There are two main choices when people look to **book** their holidays.  
(true)
  - 当人们想要**预订**假期时，主要有两种选择。

- People go to **travel agencies** and make their **decisions directly**. (Not Given)
  - 人们去旅行社**直接做决定**。
- The **main advantage** of booking online is saving money. (false)
  - 网上预订的**主要优点**是省钱。
- Many people go to travel agencies at lunchtime. (Not Given)
  - 很多人在午餐时间去旅行社
- Booking holidays by telephone requires less communicative skills. (Not Given)
  - 通过电话预订假期需要较少的沟通技巧。
- There are **limited choices** at price comparison websites. (false)
  - 价格比较网站的**选择有限**
- Travel agencies **make the best use of** price comparison websites. (Not Given)
  - 旅行社**充分利用**价格比较网站
- Travelers collect brochures as a hobby. (Not Given)
  - 旅行者收集宣传册是一种爱好
- Booking online is a way to save the environment. (true)
  - 网上预订是保护环境的一种方式

## Urban Gardening 都市园艺

Urban gardening **refers** to the **practice** of planting a garden in the city.

城市园艺**是指**在城市中种植花园的**做法**。

Apartments, **town** homes, and other areas with little or no **land** are being used for gardening.

公寓、**城镇**住宅和其它区域很少或没有**土地**的地区正在被用于园艺。

This **method of gardening** is becoming **more common** as the amount of land for gardening in cities is becoming **smaller and smaller**.

这种**园艺方法**正变得**越来越普遍**，随着城市中用于园艺的土地**越来越少**。

- Urban gardening came into being as a result of . 城市园艺的产生是由于
  - **the lack of land for gardening** 缺少用于园艺的土地
  - new technology 新技术
  - government encouragement 政府鼓励
  - the increasing population 不断增长的人口

Containers, **hanging baskets** and **raised beds** are examples of items people use to create a garden in a **confined space**.

容器、**吊篮**和**升高苗床**都是人们用来在**有限空间**里打造花园的物品。

Some cities also offer a **shared community garden** for people who have no room to grow plants at home.

一些城市还为家里没有空间种植植物的人提供**共享社区花园**。

- The word confined (Para. 2) means . “受限”一词(第2段)是指
  - open
  - empty
  - **limited** 有限的
  - occupied 被占领的

Many types of plants can be grown in containers and baskets.

许多种类的植物都可以种植在容器和篮子里。

Tomatoes and peppers, **for instance**, can grow in containers on windowsills (窗台).

**例如**，西红柿和辣椒可以在窗台上的容器中生长。



Plants grown on a windowsill should usually receive **at least** six to eight hours of sunlight daily.

生长在窗台上的植物通常每天应该接受**至少**6到8小时的阳光。

**Herbs** are often grown in containers or baskets in the kitchen.

**草药**通常种植在厨房的容器或篮子里。

They do not require much **space** and can be handy for cooking.

它们不需要太多**空间**，烹饪起来也很**方便**。

- Plants grown on windowsills require a lot of .
  - water 水
  - space 空间
  - soil 土地
  - **sunlight** 阳光

People who want to grow more plants may use **raised beds** which are usually made of **wood pieces** and filled with a mixture of **soil** and **fertilizers**.

想要种植更多植物的人可以使用**升高苗床**，这种苗床通常由**木屑**制成，并填充**土壤**和**肥料**的混合物。

They can be built on top of any hard **surface**, including **roof tops**.

它们可以建在任何坚硬的**表面**上，包括**屋顶**。

People like them because the beds often cost much less than most other methods of gardening.

人们喜欢它因为这些苗床的成本通常比大多数其他园艺方法要低得多。

- Raised beds are popular because they .
  - are efficient 是有效的
  - **are cheap** 是便宜的
  - last long 持续时间长

- contain fertilizers 包含肥料

Community gardening could be an option **for** anyone who does not have space for a garden at home.

社区园艺可能是一个选择**对于**家里没有花园的人来说，

Most cities that offer this will **rent** a small plot of land to someone for a fee, or allow them to use it **free of charge**.

大多数提供这种服务的城市都会将一小块土地有偿**出租**给某人，或者允许他们**免费**使用。

Instead of **dividing** the land into **separate plots**, some cities allow everyone in the **neighborhood** to share and work on the **same land**.

而不是**划分**这些土地**割成小块**，一些城市允许**附近**的每个人共享和在**同一块土地**上工作。

This method could be beneficial for people in the neighborhood who share the **passion** for growing things.

这种方法可能对附近那些**热爱**种植的人有益。

- Community gardening is beneficial because it .
  - saves more land 节约更多土地
  - requires less work 需要较少的工作
  - increases output 增加输出
  - **connects people** 连接人们

## My Science Teacher 我的科学老师

**Teaching is more than a job for Mrs. Cook.** 对库克夫人来说，教学不仅仅是一份工作。

Usually when people **decide** to be teachers, they go to college, get a degree, and find a job at a school.

通常当人们**决定**当老师时，他们会去上大学，拿到学位，然后在学校找一份工作。

They **prepare** lesson plans, **give out** homework, and make up tests.

他们**准备**课程计划，**给出**家庭作业，并进行测验。

To them, it is just a job, a way to **make a living**.

对他们来说，这只是一份工作，一种**谋生**的方式。

But for my **science** teacher, Mrs. Cook, teaching is not just her job;

但对我的**科学**老师库克夫人来说，教书不仅仅是她的工作；

it's who she is. She teaches **through her heart**.

她就是这样的人。她**用心**教学。

- To become a school teacher, one needs **a college degree**.
  - 要成为一名学校教师，需要大学学历

**Mrs. Cook's lessons are well- prepared.** 库克夫人的课准备得很充分。

She has so much **enthusiasm** in her lessons.

她上课很**热情**。

She is the one who goes out **late at night** to buy 10 pounds of sugar for our **experiments**.

她是那个**深夜**出门为我们的**实验**买10磅糖的人。

She brings in water from the nearby **canal** to make her **point**, and to make us remember the **lesson**.

她从附近的运河里取水来表明自己的观点，并让我们记住教训。

She makes us think that each new fact could change our lives.

她让我们认为每一个新的事实都可能改变我们的生活。

- Mrs. Cook often goes out to collect **teaching materials**
  - 库克夫人经常出去收集教材

**Mrs. Cook cares about each student.** 库克夫人关心每一个学生。

Mrs. Cook **wants** all of us to do well in school.

库克夫人希望我们每个人都在学校表现好。

She tries to **reach** each student.

她试图联系每个学生。

She neither ignores the sleeping kid in the back, nor lets the problem students alone.

她既没有忽视后面睡着的孩子，也没有让问题学生独处。

She shows special **concern** to slow students, and often helps them after school.

她特别关心学习慢的学生，经常在放学后帮助他们。

None of us can **slip away** from her attention.

我们没有人可以逃开她的注意。

- Mrs. Cook offers slow students extra help **after school**
  - 放学后，库克夫人为学习慢的学生提供额外的帮助

**Mrs. Cook makes our school life easier.** 库克夫人让我们的学校生活更轻松。

Middle school is **probably** one of the **hardest times** of our lives.

中学**可能**是我们一生中**最艰难的时期**之一。

We change friends so often, and fight with our parents **constantly**.

我们经常换朋友，**不断**和父母吵架。

But Mrs. Cook has made this year So much better for us than it could have been.

但库克夫人让我们今年过得比原来好太多了。

We know that if we had to **turn to anybody**, it would be her.

我们知道如果我们必须**求助于任何人**，那将会是她。

And I'm not **alone** in feeling **this way**;

我并不是**唯一**有**这种**感觉的人;

she is a **role model** for our whole class.

她是我们全班的**榜样**。

- Our whole class take Mrs. Cook as **a role model**.
  - 我们全班都以库克夫人为榜样。

**I enjoy science class now.** 我现在喜欢上科学课。

Science had **never been** my favorite subject.

科学**从来都不是**我最喜欢的科目。

I had never **borrowed** science books.

我从来没有**借**过科学书籍。

I had never **performed experiments** in my home.

我从来没有在家里**做过实验**。

But this year, it's the science class that I don't mind **waking up** for, the test I don't **mind** taking.

但今年，我不介意**醒来**去上科学课，不**介意**参加考试。

I have Mrs. Cook to thank **for that**.

**为此**我要感谢库克夫人。

She has **taught** us **so much more than just** a single subject.

她**教**给我们的**远不止**一门课。

- I am lucky to have Mrs. Cook as **my teacher**
  - 我很幸运有库克夫人做我的老师

## **Lack of Sleep Is Dangerous** 睡眠不足很危险

Do you know that if you miss out too much sleep you will- die? It's true! If you **stay awake** for a long, long time, your brain and body will **break down**.

你知道吗，如果你错过太多的睡眠，你会死的。这是真的!如果你长时间**保持清醒**，你的大脑和身体会**崩溃**。

The **unofficial world record** for staying awake is 11 days, and it's held by Randy Gardner. **Randy asked two of his friends to stop him falling asleep.** He also had help from TV and radio **reporters**, a sleep **researcher** and a doctor.

保持清醒的**非官方世界纪录**是11天，由Randy Gardner保持。Randy求请求他的两个朋友阻止他入睡。他还得到了电视和广播**记者**、睡眠**研究员**和医生的帮助。

What happened? **First of all, staying awake long made Randy bad-tempered.** Then his brain started to **lose sense**. On day 4, he thought a **street sign** was really a person. On day 6, he began to **speak** very slowly. On day 9, he couldn't finish **sentences**. On day 10, Randy thought he saw a **forest** in the next room. **In fact, he went a bit crazy. Eventually**, after he'd broken the world record, Randy was told to go to sleep. Experiments that keep people awake for dangerously **long periods**

are always stopped before the **patients** break down.

发生了什么事?首先,长时间不睡觉让Randy**脾气暴躁**。然后他的大脑开始**失去理智**。第四天,他以为一个**路牌**真的是一个人。第六天,他开始**说话**很慢。第9天,他连**一句话**都说不完。第10天,Randy觉得他在隔壁房间看到了一片**森林**。事实上,他有点疯了。**最后**,在Randy打破世界纪录后,他被告知去睡觉。让病人危险地**长时间**保持清醒的实验总是在**病人**崩溃之前停止。

Rats, **however**, aren't so well cared for. **When kept from sleeping, they die within three weeks.** That's sooner than if they'd been allowed to sleep but were given no food. They get really thin. But that's not because they stop eating- **-quite the opposite.** **Even though** these rats are eating food, their bodies can't **process** it in the normal way, **On top of that**, their little bodies **lose more heat** than normal, which makes them **weak**. This means that they need more food to stay at a healthy **temperature.** **Towards the end**, the health of these rats is **failing**.

**然而**,老鼠却没有得到很好的照顾。如果**不让**它们睡觉,它们会在三周内死亡。这比允许它们睡觉但不给它们食物的时间要早。它们变得非常薄。但这并不是因为它们停止进食——**恰恰相反**。**即使**这些老鼠在吃东西,它们的身体也不能以正常的方式**消化**食物。**除此之外**,它们的小身体会比正常情况下**损失更多的热量**,这使得它们很**虚弱**。这意味着它们需要更多的食物来保持健康的**温度**。**到最后**,这些老鼠的健康状况**每况愈下**。

And that's what **lack of sleep** does for you.

这就是**睡眠不足**对你的影响。

## Water Shortage 缺水

Getting water **seems** (seem) so easy for many people. You will be **mistaken** (mistake) if you think there is an **unending** (end) supply of water. In fact, the world has a water shortage. Seventy percent of the world is **covered** (cover) in water. But most of it is **salt** water. Only a small **percentage** (percent) is fresh drinking water. Countries **including** (include) Spain, Italy and South Africa actually import water from countries such as the **United States** and Australia.



**surprisingly** (surprising), 1.1 billion people on **earth** have difficulty **getting** (get) clean drinking water. This **global problem** is **predicted** to get **worse** (bad) as the atmosphere becomes warmer.

对许多人来说，打水**似乎**很容易。如果你认为水是**无穷无尽**的，那你就大错特错了。事实上，全世界都缺水。世界上百分之七十的土地被水覆盖。但大部分都是**盐**水。只有一小部分是新鲜的饮用水。包括西班牙、意大利和南非在内的国家实际上从**美国**和澳大利亚等国进口水。**令人惊讶的是**，**地球**上有11亿人很难获得干净的饮用水。随着大气变暖，这个**全球问题预计**会变得更糟。

Every person in Britain **uses** (use) about 150 liters of water a day. In some countries people only have 5 to 10 liters a day! They would be **shocked** (shock) to **learn** how we **waste** drinking water.

每个英国人每天使用大约150升水。在一些国家，人们每天只有5到10升的水！如果他们**得知**我们是如何**浪费**饮用水的，他们会非常**震惊的**。

## Talking Counts! 说话很重要！

Most words in a child's **vocabulary** come from everyday **encounters** with language. Children **build** up language from books, **media**, and conversations.

孩子的大部分**词汇**都来自于日常的语言**接触**。孩子们通过书本、**媒体**和对话来培养语言。

You can increase your child's vocabulary and **background** knowledge by having conversations with them. With babies, you can talk to them about what you're doing so they can begin to **link** words with **concepts**. As your baby begins to speak, start asking, "What's that? when **pointing** to objects or pictures. **Elaborate** on their **simple** answers as a way to have them listening to more words. "Yes, that is a banana! It's **yellow** and **smooth**."



你可以通过与孩子的对话来增加他们的词汇量和背景知识。对于婴儿，你可以告诉他们你在做什么，这样他们就可以开始把单词和**概念**联系起来。当你的宝宝开始说话时，开始问：“那是什么？当**指向**物体或图片时。**详细阐述**它们的简单答案，作为一种让他们听更多单词的方式。“是的，那是香蕉！它是黄色的，而且很**光滑**。”

With young children, you can talk about the things you see in your **neighborhood** on **trips around town**, or on television. These conversations help build a child's **understanding** of his world. When reading, **pause** to ask questions on the story, Ask, "Why do **you think** he did that?" or "What do **you think** is going to happen **next**?" Tell your children stories from your own life, or about the day they were **born**. This helps develop their **personal** and cultural identity.

和小孩子在一起，你可以在**城里旅行**或在电视上谈论你在家附近看到的事情。这些对话有助于建立孩子对自己世界的理解。阅读时，可以**停下**来问一些问题，比如“**你认为**他为什么会那样做？”或者“**你认为**接下来会发生什么？”给孩子们讲一些你自己生活中的故事，或者他们出生那天的故事。这有助于发展他们的**个人**和文化认同。

# 完型补文

## 名词变复数

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- 可数名词变复数
  - 数词、all、other、these、their、they、a lot of
  - 前面有 a、an、the 不可能是复数
- 动词（注意时态）
  - 注意主谓一致，前后时态一致
  - be + doing（进行时、主动的）

- be + done (完成时、被动的)
- have + done (完成时)
- 一般情况, 考虑三单
- 动词 + 形容词
- 形容词
  - 形容词 + 名词
  - than 考虑比较级
  - as 形容词 as
  - be + 形容词
- and, or 前后词性一致
- to + 名词 (动词原词)
- 副词 + 形容词
- 副词 + 动词
  
- as 形容词 as
- be + 形容词
  
- 介词 + 名词
- 介词、连词 + 名词
- 冠词、所有格 + 形容词 + 名词
- 冠词、所有格 + 名词
- 名词 + of + 名词
  
- 句末 + 副词
- 句首 + 副词

# 动词的时态

## 动词的状态

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- **进行状态**：这兔子正在吃着胡萝卜
- **完成状态**：这兔子吃掉了胡萝卜
- **完成进行状态**：这兔子从早上就开始吃胡萝卜，现在还没停呢（不但已经完成了的，还要继续进行的）
- **一般状态**：一般，没有具体说明、表中性的、实事陈述
  - 兔子吃胡萝卜
  - 太阳从东边升起
  - 你喜欢她

状态结合时间，总共可以出现16种时态

## 动词的时间（现在）

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- **一般现在时态**
  - 动词原型：I eat carrots. 我吃胡萝卜
  - 动词原型+s（第三人称单数时）：She eats carrots. 她吃胡萝卜
- **现在进行时态**
  - **am/are/is + 动词的现在分词**：
    - I am eating a carrot. 我正在吃一根胡萝卜
    - You are eating a carrot. 你正在吃一根胡萝卜
    - He is eating a carrot. 他正在吃一根胡萝卜

- **现在完成时态**
  - **have/has + 动词的过去分词**: The rabbit has eaten a carrot. 这兔子吃了一根胡萝卜
- **现在完成进行时态** (已经完成了还在继续)
  - **have/has + been + 动词的现在分词**: The rabbit has been eating carrots. 这兔子一直在吃胡萝卜

## 动词的时间 (过去)

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- **一般过去时态**
  - **动词过去式**: The rabbit ate carrots. 兔子吃胡萝卜
- **过去进行时态** (在过去某个节点正在发生的)
  - **was/were + 动词的现在分词**: The rabbit was/were eating a carrot. 这兔子正在吃一根胡萝卜
- **过去完成时态** (在过去某个节点已经发生的)
  - **had + 动词的过去分词**: The rabbit had eaten a carrot. 这兔子吃了一根胡萝卜
- **过去完成进行时态** (在过去某个节点已经发生一段时间还在继续)
  - **had + been + 动词的现在分词**: The rabbit had been eating carrots. 这兔子一直在吃胡萝卜

## 动词的时间 (将来)

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- **一般将来时态**
  - **be的变位(am/are/is) + going + to + 动词原型**
  - **be的变位(am/are/is) + about + to + 动词原型**
  - **be的变位(am/are/is) + to + 动词原型**
  - **will + 动词原型**

- The sun will rise again tomorrow. 太阳明天也会照常升起
- **将来进行时态**（在将来的某个时间，某个动作是在进行的过程中）
  - **will + be + 动词的现在分词**：I will be eating a carrot for lunch tomorrow. 我明天午饭要吃胡萝卜
- **将来完成时态**
  - **will + have + 动词的过去分词**：The rabbit will have eaten a carrot. 兔子会吃掉一根胡萝卜
- **将来完成进行时态**
  - **will + have + been + 动词的现在分词**：The rabbit will have been eating carrots. 这兔子会一直在吃胡萝卜

## 动词的时间（过去将来）

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### 通常出现在从句

- **一般过去将来时态**
  - **was/were + going + to + 动词原型**
  - **was/were + about + to + 动词原型**
  - **was/were + to + 动词原型**
  - **would + 动词原型**
    - I said I would eat a carrot for lunch. 我（之前）说过我午饭要吃胡萝卜
- **过去将来进行时态** **would + be + 动词的现在分词**
- **将来完成时态** **would + have + 动词的过去分词**
- **将来完成进行时态** **would + have + been + 动词的现在分词**

## 非谓语动词

一个简单句中只能有一个核心的谓语动词，其它动词只能充当非谓语动词

eg

- 中文：我喜欢吃胡萝卜，有两个动词：喜欢、吃
- 英文：直译I like eat carrots，是错误的，第二个动词eat只能用非谓语动词的形式来表达（动词不定式、动名词、现在分词、过去分词）

## 动词不定式

- **to + 动词原型**：I like to eat carrots. （to某些情况可以省略）
- - 某些动词不能使用to，例如：avoid、consider、mind、put off、give up
  - 有些介词短语后面是自带to的，不能当成动词不定式
    - The rabiit is looking forward to seeing the wolf again. 兔子期望再次见到狼
    - looking/seeing均为动名词的形式

## 动名词

- **动词原型 + ing**：（将动词转化为名词的形式）
  - Seeing is beliveing. 看到就是相信（眼见为实）
  - a swimming pool. 游泳池

## 现在分词

- **动词的现在分词 (v+ing)**：（将动词转化为形容词的形式）
  - The story is interesting. 这个故事很有趣
  - 动词的现在分词形式通常是在后面+ing的形式，和动名词一样，如何区分呢？

- 动名词：a sleeping pill. 一片安眠药（此sleeping是说明药片的性质、功能和用途，是名词，是说吃了这片药可以睡觉）
- 现在分词：a sleeping rabbit. 一只睡着的兔子（此sleeping是说明兔子的状态，是形容词，修饰兔子在睡觉）

## 过去分词

- 动词的过去分词（v+ed）：（将动词转化为形容词的形式）
  - The rabbit is interested. 兔子很有兴趣
  - 过去分词和现在分词都是形容词，二者区别在于主动和被动的关系
    - 现在分词：主动的、进行中的
      - The story is interesting. 这个故事很有趣（暗含这个故事让人感到有兴趣）
      - The rabbit was frightening. 兔子令人感到害怕（兔子主动去吓人，使用现在分词）
      - the developing countries. 发展中国家
    - 过去分词：被动的、已完成的
      - The rabbit is interested. 兔子很有兴趣（暗含兔子被某事某物引起了兴趣）
      - The rabbit was frightened. 兔子感到害怕（兔子被某事吓到了，所以使用过去分词）
      - the developed countries. 发达国家（发展阶段已经结束了）

## 从句

英语五大基础句型中，除了动词之外，其它都可以使用从句通过连词扩展替代

- 主语 + 动词
- 主语 + 动词 + 宾语
- 主语 + 动词 + 间接宾语 + 直接宾语
- 主语 + 动词 + 宾语 + 补语、宾语
- 主语 + 动词 + 表语、主语、补语

大体可分为以下三种从句：形容词从句、名词从句、副词从句

常用连词：<https://zhuanlan.zhihu.com/p/337199253>

## 形容词从句

这类从句对某个人或者某个事物进行描述，具有形容词的性质  
同时有充当定义成分，又称定义从句。

### 形容词从句的思维方式

原句：这兔子在吃一根胡萝卜。 The rabbit is eating a carrot.

扩展从句：这兔子在吃一根我来买的胡萝卜

中文思维：这兔子在吃一根我来买的胡萝卜，”我买来的“定语是前置的

英文思维：这兔子在吃一根胡萝卜that 我来买的，定语是后置的，即The rabbit is eating a carrot **that I bought**

- 二者区别在于前后置，那个好一点视情况而定
- 中文的好处是顺序思维，但是如果定语太长时，就无法直观的了解和知道主语
  - 一只[几个月前开始上传视频专门教英语的讨人喜爱的兔子](#)（说



了半天才知道是只兔子)

- This is a rabbit who started uploading videos since a few months ago to focus on English teaching and is liked by students.
- 不过通常这种情况都是拆句表达：这是一只从几个月前开始上传视频，专注于英语教学的兔子，受到了学生们的喜欢。

## 形容词从句的构成

从句需要通过关系词引导，关系词（连词）又分：关系代词、关系副词。

具体使用哪一个关系词取决于上下文。

### 关系代词

- that 那个
- which 哪一个
- who 谁
- whom 谁
- whose 谁的

that和which的区别，取决于先行词是否唯一

### 关系副词

- where 哪里
- why 为什么
- when 什么时候

关系副词也等于 介词 + which

- 这就是兔子吃胡萝卜的原因。
  - This is the reason why the rabbit ate the carrot.

- This is the reason for which the rabbit ate the carrot.

## 形容词从句的限定性和非限定性

- The rabbit ate the carrot which was on the table. 兔子吃了桌上的胡萝卜
  - 限定是兔子吃的是桌上的胡萝卜
- The rabbit ate the carrot, which was on the table. 兔子吃了桌上的胡萝卜
  - 言下之意是指：兔子吃了胡萝卜，这根恰巧在桌上
  - 同时which也是有代指的意思，此处which代指了The rabbit ate the carrot

## 名词从句——主语从句

原句： The fact is obvious. 这事实是明显的

扩展主语从句： That the rabbit ate a carrot is obvious. 兔子吃了胡萝卜这件事是明显的

## 引导词

- that 那个
- whether 是否
- where 哪里
- when 什么时候
- how 怎么样
- who 谁
- what 什么

当描述的信息是确定时使用that，不确定时使用其它

## 形式主语

当主语从句很长时，英语通常使用it作为形式主语代替从句，从而将主语从句放到后面

- That he learns English is difficult. 他学英语很难
- It is difficult that he learns English. 他学英语很难

## 名词从句——宾语从句

原句：I saw a rabbit. 我看见一只兔子

扩展宾语从句：I saw that rabbit ate a carrot. 我看见这只兔子吃了根胡萝卜

## 引导词

- that 那个
- whether 是否
- where 哪里
- when 什么时候
- how 怎么样
- who 谁
- what 什么

当描述的信息是确定时使用that，不确定时使用其它

## that的省略

在某些不影响句子意思的地方，可以省略that

- I know (that) the rabbit ate a carrot. 我知道兔子吃了一根胡萝卜
  - 这种情况会导致一个简单中出现两个谓语动词，需注意甄别

## 否定前置（陈述句语序）

从句定义都是陈述句语序，描述否定意思时，需要将否定词前置

- I think that the rabbit isn't smart. 我认为兔子不聪明
- I don't think that the rabbit is smart. 我认为兔子不聪明

## 主从时态一致

即从句时态要和主句保持一致

- I knew that the rabbit liked carrots. 我知道兔子喜欢胡萝卜

描述不变的客观现象时是例外

- I knew that the sun rises in the east. 我知道太阳从东方升起

## 并列句

用并列连词连接起来的2个或者2个以上的简单句组成的句子

结构：简单句 + 并列连词 + 简单句

- I help him **and** he helps me. 我帮助他，他帮助我。
- My sister **not only** sings well, **but also** dances well. 我妹妹不仅唱得好，而且跳舞也很好
- I bought my sister a present, **but** she didn't like it. 我给我妹妹买了一份礼物，但她不喜欢。
- Is it a girl **or** a boy? 是男孩还是女孩？
- They were making a lot of noise, **so** the teacher got angry. 他们制造了很多噪音，所以老师生气了。

## 状语从句连词

## 时间状语——**While、When**

- **While** 当…时候、与…同时
  - While my wife was reding the newspaper,I was watching TV. 当我妻子在看报纸时，我正在看电视。
- **When** 在…时候、什么时候
  - When I lived in the countryside,I used to carry some water for him. 当我住在乡下的时候，我常常给他挑水。

## 条件状语——**if**

- **if** 如果
  - We will give you a good price if you are thinking of buying it. 如果你想买的话，我们会给你一个好价钱。

## 原因状语——**because、Since**

- **because** 因为
  - I did that because she told me to. 我这么做是因为她让我这么做的。
- **since** 自从、既然
  - Since you can't answer the question,you can ask him for help. 既然你不能回答这个问题，你可以向他寻求帮助。

## 目的状语——**so that、in order to**

- **so that** 因此、以便
  - He must get up early so that he can go to work on time. 他必须早起，这样他才能按时上班。
- **in order to** 为了…
  - He worked hard in order to succeed. 他为了成功而努力工作。

结果状语——so that

- so that 因此、以便
  - It was very cold,so that the river froze. 天气很冷，所以河水结冰了。

让步状语——Although/Though、whether

- Although/Though 虽然、尽管、即使
  - Although he was exhausted,he kept on working. 尽管他筋疲力尽，但他仍继续工作。
- whether 是否、无论、不管
  - Whether you believe it or not,it's true. 不管你信不信，这是真的。

地点状语——wherever、where

- wherever 无论什么地方
  - Sit wherever you like. 你喜欢坐哪儿都行。
- where 哪里
  - I walk into the canteen where students are eating. 我走进学生们正在吃饭的食堂。

常用动词过去式

三单	原型	过去式	过去式分词	现在分词	
is	be	was/were	been	being	是、有、成为、发生
	is	was			是
	are	were	been	being	是

does	do	did	done	doing	做
wills	will	would/willed	willed	willing	将、愿意、希望、想要
	can	could	could		能、可以
has	have	had	had	having	有、具有
buys	buy	bought	bought	buying	买
gets	get	got	got/gotten	getting	得到
thinks	think	thought	thought	thinking	想、以为
tells	tell	told	told	telling	说、告诉、讲述
keeps	keep	kept	kept	keeping	保持、坚持、阻止
mays	may	might	might	maying	也许
sends	send	sent	sent	sending	送
makes	make	make	made	making	让、做、制造
teaches	teach	taught	taught	teaching	教、教导、教书
feeds	feed	fed	fed	feeding	喂养、满足
wears	wear	wore	worn	wearing	穿着、穿戴、留着
stands	stand	stood	stood	standing	站立、站着
sells	sell	sold	sold	selling	卖、售
chooses	choose	chose	chosen	choosing	选择、挑选

## 常用缩写

- not -> n't
- am -> 'm

- are -> 're
- is -> 's
- have -> 've
- has -> 's
- had -> 'd
- will -> 'll
- would -> 'd