

Unit1 Food Matters



目标导航

重点词汇	1. mood <i>n.</i> 情绪, 心情; 气氛, 氛围 2. flavour <i>n.</i> 味, 味道; 特点, 特色 <i>vt.</i> 给.....调味, 加味于 3. link <i>vt.</i> 联系, 相关联; 把.....连接起来 <i>n.</i> 联系, 连接; 关系, 纽带; 链接 4. native <i>n.</i> 出生于某国(或某地)的人; 本地人 <i>adj.</i> 出生地的; 本地的; 土著的; 土产的 5. bond <i>n.</i> 纽带, 联系; 连接, 结合 6. digest <i>vt. & vi.</i> 消化; 领会, 理解 <i>n.</i> 摘要, 文摘 7. lower <i>vt.</i> 降低, 减少; 把.....放低, 使.....降下 <i>adj.</i> 下面的; 在底部的; 低洼的 8. enhance <i>vt.</i> 提高, 增强 9. boil <i>vi. & vt.</i> 用沸水煮; (使)沸腾 10. scenery <i>n.</i> 风景, 景色; 舞台布景 11. atmosphere <i>n.</i> 气氛, 氛围; 大气; 气体; 空气 12. version <i>n.</i> 变体, 变种; 说法; 版本 13. mild <i>adj.</i> 不浓的, 淡味的; 暖和的; 温和的; 不严重的 14. bakery <i>n.</i> 面包(糕饼)店 15. bitter <i>adj.</i> 味苦的; 激烈的; 令人难过的; 严寒的 16. loose <i>adj.</i> 不受约束的; 未固定牢的; 零散的; 宽松的; 疏松的 17. expand <i>vt. & vi.</i> 增加, 扩大; 扩展, 发展(业务); 详谈, 详述 18. multiple <i>adj.</i> 数量多的, 多样的 19. plain <i>adj.</i> 朴素的, 简单的; 清楚的 <i>n.</i> 平原 20. property <i>n.</i> 性质, 特性; 所有物, 财产; 不动产 21. estimate <i>vt.</i> 估计, 估价 <i>n.</i> 估计; 估计的成本 22. essential <i>adj.</i> 必不可少的; 本质的, 基本的 23. concept <i>n.</i> 概念, 观念 24. stimulate <i>vt.</i> 刺激, 使兴奋; 促进, 激发 25. appetite <i>n.</i> 食欲, 胃口; 强烈欲望 26. delicate <i>adj.</i> 精致的, 精细的, 精密的; 易损的, 易碎的, 脆弱的
词汇拓展	1. <u>combination</u> <i>n.</i> 结合体, 联合体→combine <i>vt.</i> 使联合, 使结合 <i>vi.</i> 联合, 结合 2. <u>greedily</u> <i>adv.</i> 贪婪地, 贪心地→greedy <i>adj.</i> 贪婪的; 贪吃的; 渴望的

	3. <u>gently</u> <i>adv.</i> 轻柔地, 温和地→<u>gentle</u> <i>adj.</i> 温和的; 文雅的 4. <u>association</u> <i>n.</i> 联想, 联系; 协会, 社团; 联合, 交往→<u>associate</u> <i>v.</i> 联想, 联系; (使)关联 5. <u>vary</u> <i>vi.</i> 相异, 不同; 变化 <i>vt.</i> 变更, 改变→<u>various</u> <i>adj.</i> 各种各样的; 多方面的→<u>variety</u> <i>n.</i> 多样; 种类; 多样化 6. <u>relieve</u> <i>vt.</i> 解除, 减轻; 缓和, 缓解→<u>relief</u> <i>n.</i> 救济; 减轻, 解除; 安慰 7. <u>generate</u> <i>vt.</i> 产生, 引起→<u>generation</u> <i>n.</i> 一代; 产生; 一代人; 生殖 8. <u>impress</u> <i>vt. & vi.</i> 使钦佩, 给.....留下深刻印象; 使意识到→<u>impression</u> <i>n.</i> 印象; 效果 9. <u>security</u> <i>n.</i> 安全; 保护措施; 保安部门; 担保, 保证→<u>secure</u> <i>adj.</i> 安全的 10. <u>adorable</u> <i>adj.</i> 可爱的, 讨人喜爱的→<u>adore</u> <i>vt.</i> 崇拜; 爱慕; 喜爱; 极喜欢 11. <u>foggy</u> <i>adj.</i> 有雾的, 雾茫茫的→<u>fog</u> <i>n.</i> 雾 12. <u>appropriate</u> <i>adj.</i> 合适的→<u>appropriately</u> <i>adv.</i> 适当地; 合适地 13. <u>consume</u> <i>vt.</i> 吃, 喝, 饮; 消耗, 耗费(尤指燃料、能量或时间)→<u>consumer</u> <i>n.</i> 消费者; 顾客 14. <u>innovation</u> <i>n.</i> 创造, 创新; 新思想, 新方法→<u>innovate</u> <i>vi.</i> 创新; 改革; 革新 15. <u>emphasis</u> <i>n.</i> 强调, 重视; 重读→<u>emphasize</u> <i>vt.</i> 强调, 着重 16. <u>wrapper</u> <i>n.</i> (食品等的)包装材料, 包装纸→<u>wrap</u> <i>vt.</i> 包; 缠绕 17. <u>mixture</u> <i>n.</i> 混合物; 混合, 结合→<u>mix</u> <i>v.</i> (使)混合
重点词组	1. <u>do the trick</u> 奏效, 起作用, 达到目的 2. <u>cry out for</u> 迫切需要 3. <u>throw oneself into</u> 投身于 4. <u>out of this world</u> 好(或美等)得不得了 5. <u>refer to</u> 参考; 涉及; 指的是 6. <u>make up for</u> 弥补 7. <u>tie up with</u> 和.....有密切关系 8. <u>cheer sb. up</u> 使某人振作起来 9. <u>let sth. loose</u> 放任, 释放 10. <u>hit the spot</u> 使人满意, 正合需要 11. <u>fall apart</u> 破碎, 破裂; 崩溃 12. <u>together with</u> 和; 连同 13. <u>be covered with</u> 被.....盖满; 充满着..... 14. <u>start off</u> 出发; 开始

	15. <u>all year round</u> 全年；一整年 16. <u>take off</u> 起飞；脱下；离开；迅速流行
重点句型	1. whose 引导定语从句 Last week, we took part in a programme <u>whose theme was “How to Stimulate Children’s Interest in Study”</u>. 上周，我们参加了一个主题为“如何激发孩子的学习兴趣”的节目。 2. in which 引导非限制性定语从句 This is my first visit to the theme park, <u>in which I meet the cartoon characters I like most</u>. 这是我第一次参观这个主题公园，在这里我遇到了我最喜欢的卡通人物。 3. 不定式作状语 He lifted a heavy stone, <u>only to drop it on his own feet</u>. 他搬起一块大石头，结果砸了自己的脚。 4. what 引导名词性从句 About Mount Tai, <u>what attracts people most</u> is its unique scenery, such as the sunrise and the waterfall. 关于泰山，最吸引人的是它的独特风景，如日出和瀑布。 5. it 作形式主语 <u>It is a great honor to deliver a speech</u> to share with you my opinions on Beijing Opera. 很荣幸能在这里发表演讲，与大家分享我对京剧的看法。

知识精讲



知识点 01 No matter how bad my mood is, that perfect combination is always enough to lift my spirits.

combination *n.* 结合体，联合体；联合，混合

- (1) in combination with 与……联合

(2) combine *v.* 使结合；联合；混合

combine...and/with...把……与……结合

(1) What an unusual **combination** of flavours! I can’t wait to taste it.

(2)The firm is working on a new product **in combination with** several overseas partners.

(3)**Combine** the eggs **with** a little flour and heat the mixture gently.

单句语法填空/单句写作

(1)His treatment was a _____(combine) of surgery, radiation and drugs.

(2)Technological innovations, _____(combine) with good marketing, will promote the sales of these products.

(3)这个事件之后，他不得不与当地一家公司合作去实现目标。

_____.

(4)到目前为止，她已经成功地把家庭和事业结合起来了。

_____.

【答案】 1.combination2.combined3.After the incident, he had to reach his goal in combination with a local company4.She has combined her family with/and her career successfully so far



知识点 2 In this article, we will talk about a particular type of comfort food whose power mainly lies in the associations it calls to mind.

association n. 联想，联系；协会，社团；联合，交往

(1)in association with 与.....交往

(2)associate vt.把.....联想起来

associate with...与.....交往

(3)associated adj.有关的；相关的

be associated with 与.....相关

(1) Every party needs a straight person.You'll appear fun and funny by **association**.

(2)We are working **in association with** a local company to raise money for the homeless.

(3)I always **associate** the smell of baking **with** my childhood.

(4)Some people say that classical music **is associated with** old people.

单句语法填空/单句写作

(1)The young man became famous through his _____(associate) with the group of poets.

(2)They will hold a meeting to discuss something _____(associate) with music.

(3)说实话，我不喜欢你和那些人混在一起。

_____.

【答案】 1.association2.associated3.To be honest, I don't like you to associate with those people



知识点 3 They vary from person to person, depending on our own unique experiences that have shaped our lives.

vary *vi.* 相异, 不同, 变化 *vt.* 变更, 改变

- (1) vary from...to... 从.....到.....变化
 (2) various *adj.* 不同的; 各种各样的
 (3) variety *n.* 多样性; 变化; 种类
 a variety of 多种多样的

- (1) My doctor told me that I should **vary** my diet more.
 (2) You'd better take more clothes, for the weather there **varies from** hour to hour.
 (3) Libraries will often hold reading-group sessions targeted to **various** age groups.
 (4) However, **a variety of** types is represented here.

单句语法填空/单句写作

- (1) The girl tried many kinds of jobs, varying from a teacher _____ a cook.
 (2) Restaurants can offer a choice of music along with the _____ (vary) food choices on the menu.
 (3) As we all know, Chinese food is famous for its wide _____ (vary) throughout the world.
 (4) 那个俱乐部把娱乐和学习结合起来, 提供各种各样的活动。

【答案】 1.to 2.various 3.variety 4.The club combines study with fun, offering a variety of activities



知识点 4 One mouthful of comfort food takes us back to our cultural roots, giving us the “taste of home” that we cry out for and relieving feelings of homesickness.

relieve *vt.* 解除, 减轻; 缓和, 缓解

- (1) relieve sb.of sth. 帮某人拿重物; 帮某人减轻负担
 (2) relieved *adj.* 感到宽慰的; 放心的
 (3) relief *n.* 宽慰; 轻松; 解脱
 in/with relief 如释重负; 松了口气
 to one's relief 让某人感到宽慰的是

- (1) I often listen to some soft music to **relieve** anxiety.
 (2) The new secretary will **relieve us of** some of the paperwork.

(3) I'm **relieved** to know that "cool" has a much broader definition than what I used to think.

(4) Those who suffer from headache will find they get **relief** from this medicine.

单句语法填空/完成句子

(1) He was so kind that he relieved me _____ my heavy bag.

(2) They varied their performances to make the visitors _____ (relieve).

(3) Hearing the exciting news, the old man smiled _____ relief.

(4) 让我感到宽慰的是，我儿子答应不和那个家伙来往了。

_____, my son promised not to associate with that guy.

【答案】 1. of 2. relieved 3. in/with 4. To my relief



知识点 5 Whenever I feel lonely, I have a secret recipe that never fails: rice, milk and sugar, cooked low and slow.

(1) whenever, wherever, however 引导让步状语从句，相当于 no matter when/where/how。

(2) whatever, whoever, whichever, whomever 既可引导名词性从句，也可引导让步状语从句，在引导让步状语从句时相当于 no matter what/who/which/whom。

(3) “no matter + 疑问词”只能引导让步状语从句，可放在主句前或主句后。

(1) **Whenever** we get into trouble, they come to help us.

(2) **Whoever** breaks the law will be punished.

(3) You can take **whatever** you like when you get there.

一句多译/完成句子

(1) 无论我做出什么决定，我的老师和父母都支持我。

① _____, my teacher and my parents will support me.

② _____, my teacher and my parents will support me.

(2) 任何乐于助人的人在这里都会被尊敬。

_____ will be respected here.

(3) 无论他说什么，我都无法感到宽慰。

_____, I couldn't feel relieved.

【答案】 1. Whatever decision I make, No matter what decision I make 2. Whoever is ready to help others 3. Whatever/No matter what he said



知识点 6 Sometimes the smell alone can do the trick, not to mention the lovely creamy flavour, which works like a time machine immediately transporting me back to my sunny childhood.

do the trick 奏效；起作用；达到目的

- (1) play a trick on sb. 捉弄某人
 (2) trick sb. into doing sth. 欺骗某人做某事
 trick sb. out of sth. 从某人处骗走某物

(1) I don't know what it was that _____, but I'm really feeling much better now.

我不知道是什么起的作用，但是我现在确实感觉好多了。

(2) The naughty boy often _____ his classmates at school.

这个淘气的男孩经常在学校捉弄他的同学。

(3) The young woman tricked me _____ buying her goods, although I didn't need them at all.

那个年轻女人骗我买了她的货，尽管我根本不需要它们。

(4) It is said that his grandfather _____ his life savings.

据说他的祖父被骗走了他一生的积蓄。

【答案】 1. did the trick 2. plays a trick on 3. into 4. was tricked out of



知识点 7 If we grow up eating certain foods in our family, then those foods tend to be linked with positive emotions.

link vt. 联系，相关联；连接起来 **n.** 联系，连接；关系，纽带；链接

- (1) link...to/with... 把.....和.....连接起来/联系起来
 be linked to... 被连接到.....
 link up with 使连接；使结合
 (2) a link between...and..... 和.....之间的联系

(1) Police thought that there might be _____ the old case _____ the new one.

警方认为旧案和新案之间可能有联系。

(2) A subway line will link the airport _____ the city center.

一条地铁线路将把机场和市中心连接起来。

(3) The video cameras _____ a powerful computer.

这些摄像机与一台功能强大的电脑相连。

(4) A new road would be needed _____ the main road.

需要修一条新路与主干道连接。

【答案】1.a link between, and 2.to 3.are linked to 4.to link up with



知识点 8 In the last few weeks, I've thrown myself into home cooking, from boiling noodles in the pot to frying steak in the pan.

throw oneself into 投身于, 热衷于

throw away	扔掉; 浪费掉	本领
throw light on/upon sth.	使.....更易理解	
throw off	匆匆脱掉	衣服 ; 扔掉; 摆脱
throw out	抛出; 开除	
throw up	扬起; 呕吐	

用 **throw** 的相关短语填空

(1) As the vegetables started coming in, Dad _____ cooking.

(2) The experts hope to find some evidence _____ the mysterious phenomenon.

(3) We need to repair our possessions, such as discs, VCDs and so on, instead of them _____.

(4) To make matters worse, the strange smell made me _____ my dinner.

【答案】1.threw himself into 2.to throw light on 3.throwing, away 4.throw up



知识点 9 As long as you are not afraid of heights, you will be impressed by Sky Buffet, the latest restaurant in the city centre.

impress vt. 使.....留下深刻印象; 使.....铭记

(1) impress sth.on/upon sb.=impress sb.with sth.	使某人牢记某事
be impressed by/with...	对.....印象深刻
(2) impression n.	印象; 影响; 印记; 感想
leave/make a(n)...impression on/upon sb.	给某人留下一个.....的印象
(3) impressive adj.	给人深刻印象的; 感人的

- (1) Our boss often **impresses** the importance of creativity **on/upon** us.
- (2) She **impressed** the audience **with** the song *Where Did the Time Go* at the stage.
- (3) A few characters are used to create a single **impression** growing out of the theme.
- (4) His **impressive** performance on the stage yesterday **left/made a deep impression on/upon** his audience.

单句语法填空/完成句子/句式升级

- (1) After hearing Steve's playing, Naomi _____ deeply _____ (impress) by his music.
- (2) My first _____ (impress) of him was that he was a kind and thoughtful young man.
- (3) _____ (令我们最吃惊的) is your painting technique, in which you have showed outstanding talent.
- (4) I was impressed by the beautiful scenery and forgot to go back home in time. (用过去分词短语作状语改写)
- _____, I forgot to go back home in time.

【答案】 1. was , impressed 2. impression 3. What impresses us most 4. Impressed by the beautiful scenery



知识点 10 Over time, it has expanded to include multiple options of soups, vegetables, meats and sauces, appealing to people of different tastes.

expand *vt. & vi.* 增加, 扩大; 扩展; 详谈, 详述

- (1) expand into... 扩大为.....
- expand on/upon 详谈
- (2) expansion *n.* 扩大; 扩张; 扩充

- (1) The narrow path we used to walk on in my childhood has **expanded into** a wide road.
- (2) The elderly scientist was too weak to **expand on** his new theory any more.
- (3) The book is an **expansion** of a series of lectures given last year.

单句语法填空/完成句子

- (1) How can the pain be relieved by using that method? Could you expand _____ that point, please?
- (2) After years of struggle, his company has expanded _____ a big one, with branches all over the country.
- (3) We are _____, particularly in Europe.

我们希望扩大我们的业务, 特别是在欧洲。

【答案】1.on/upon 2.into 3.hoping to expand our business



知识点 11 Nowadays, people eat salted duck all year round and it is estimated that tens of thousands of ducks are consumed every day in Nanjing!

estimate *vt.* 估计, 估价 *n.* 估计; 估计的成本

be estimated to be/have... 估计是/有.....

It is estimated that... 据估计.....

(1) The loss of the foreign company in the past three quarters **is estimated to be** 30 million dollars.

(2) According to a rough **estimate**, about fifty seals starved to death annually.

(3) **It is estimated that** a round trip to Mars would take more than a year.

单句语法填空/句型转换

(1) The tree is estimated _____ (be) at least 700 years old.

(2) People estimate that 80% of all conversation in English is small talk. (it 作形式主语)

→ _____ 80% of all conversation in English is small talk.

【答案】1.to be 2.It is estimated that



知识点 12 The hot flavour quickened our laughter and conversation, making the meal the perfect way to relax with friends.

现在分词(短语)作结果状语, 表示自然而然的結果, 前面有时可加上 thus 表示强调。通常位于句末, 且常用逗号和前面的句子成分隔开。

注意: 现在分词(短语)和不定式作结果状语的区别: 现在分词(短语)一般表示符合逻辑的、必然出现的結果, 而不定式常常表示出乎意料的、偶然出现的結果。

(1) A number of new machines were introduced from abroad, **resulting in** an increase in production.

(2) The helicopter crashed last year, **claiming** the lives of Kobe, his 13-year-old daughter and seven other victims(遇难者).

单句语法填空/句式升级

(1) They have been discussing the problem for two hours, _____ (reach) no agreement at last.

(2) I hurried to the station, only _____ (find) that the train had left.

(3) All the boats were destroyed by them and left us no chance to leave the island. (用非谓语动词改写)

→ All the boats were destroyed by them, _____.

【答案】 1.reaching 2.to find 3.leaving us no chance to leave the island



知识点 13 It definitely hit the spot when I tried it, and it has become one of my personal favourites.

hit the spot 使人满意；正合需要

(1) on the spot (= on the scene) 立即；在现场

a tourist spot 一个旅游景点

(2) spot v. 发现；认出；点缀

spot sb. doing... 发现某人正在做.....

(3) spotted adj. 有斑点的；有圆点的

be spotted with 满是.....的斑点；点缀着

(1) Sounds good to me! A cup of tea would _____.

听起来不错！一杯茶正好符合我的需要。

(2) The young man, who was the only man _____ the spot, was told to set down what he had seen.

那个年轻人是唯一在现场的人，他被要求把他看到的東西写下来。

(3) Moreover, the scenery along the river is amazing, with many well-known tourist (spot).

此外，沿江的风景很迷人，有许多著名的旅游景点。

(4) My son had fallen off a playground jungle gym or something, and his coat _____.

我儿子当时刚从游乐场的立体方格铁架之类的地方摔了下来，他的外套上都是血渍。

【答案】 1.hit the spot 2.on 3.spots 4.was spotted with blood.



知识点 14 Fill the dumpling wrappers with the mixture.

mixture *n.* 混合物；混合，结合

(1) mix...with/and...把.....与.....混合

mix up 混淆，弄混

(2) mixed *adj.* 混杂的；混合的

(1) The explosive _____ in a rocket consists of both fuel and oxygen.

火箭中的爆炸性混合物包括燃料和氧气。

(2) The team is now a good _____ (mix) of experience and youth.

这支队伍现在是经验与年轻的一个良好结合体。

(3) Please do not mix _____ two things: your job and your life.

请不要混淆两件事：你的工作和你的生活。

(4) With _____ (mix) feelings on mind, she doesn't know what to do next.

她百感交集，不知道下一步该怎么办。

【答案】 1.mixture 2.mixture 3.up 4.mixed



知识点 15 Don't overfill the dumplings, or they will fall apart when you boil them.

fall apart 破裂；断裂；崩溃

take...apart 将.....拆开，拆分

tell...apart 分辨出.....

set sb.apart 使某人与众不同

(1) Some people do well despite the pressure while others _____ under pressure.

一些人尽管有压力却做得很好，而其他人在压力下崩溃了。

(2) He had a deep voice, which _____ from others in our small town.

他有一副低沉的嗓音，这使他在我们这个小镇上与众不同。

(3) Rod loves _____. However, he never manages to put them together again.

罗德喜欢拆钟。然而，他再也没能把它们拼在一起。

(4) You can _____ my twin brother and me _____ by this mark on my face.

你可以从我脸上的这个记号分辨出我和我的双胞胎弟弟。

【答案】 1.fall apart 2.set him apart 3.taking clocks apart 4.apart

随堂练习

一.单句语法填空

1. An _____(estimate) 1,600 ships pass through the strait every year.
2. When people speak English mixed with their own dialects, can you tell them _____?
3. The little boy mixed vinegar with sugar, and the _____(mix) tasted not so bad.
4. While shopping in the mall, I happened to spot him _____(walk) with a girl shoulder to shoulder.
5. Little Tom went to the stadium in a hurry, only _____(inform) the game had been put off.
6. They all agreed to expand the new company, but the _____(expand) would cost them a lot of money.

【答案】1.estimated2.apart3.mixture4.walking5.to be informed6.expansion

二.完成句子

1. My school _____, which is three times as big as the previous one.

我的学校已经发展成一所大大学校，是以前的三倍大。

2. _____more than 20 million shared bikes will have been put into operation nationwide by 2025.

据估计，到2025年为止，全国将有2000多万辆共享单车投入运营。

3. _____The _____news shocked the public, _____.

这个消息震惊了公众，引起了对学生在校安全的极大关注。

4. The craftsmen will show visitors _____, which is the most attractive.

最吸引人的地方是工匠们将现场向参观者展示如何将纸剪成各种形状。

【答案】1.has expanded into a big one2.It is estimated that 3.leading to great concern about students' safety at school4.how to cut paper into different shapes on the spot

三.单句语法填空

1. Don't take it seriously; she just wants to play tricks _____you.
2. To my relief, the new medicine bought from Japan helped _____(relief) the pain of my brother's injured leg.

-
3. Researchers have found that there is a direct link _____ the increase in food eaten outside the home and the rise in weight problems.
4. Experts say that the _____ (vary) of things provided to choose from is one of the reasons for shopping too much.
5. Li Hua will take up his position as the chairman of the student _____ (associate) at the end of next month.
6. Every year from March to May, the _____ (combine) of cold air and high temperatures in deserts is likely to form sandstorms.

【答案】1.on 2.relieve 3.between 4.variety 5.association 6.combination

四.完成句子

1. As far as I'm concerned, running is not only a good way to build up our strength but can also help us relax and _____.
- 就我个人而言,跑步不仅是强身健体的好方法,而且能帮助我们放松心情,缓解学习压力。
2. _____, we should gather up our courage to overcome them.
- 无论我们遇到什么样的困难,我们都应该鼓足勇气克服它们。
3. The novel may be full of fantastic incidents, but _____.
- 这部小说可能充满了荒诞的事件,但它与现实联系在一起。
4. No one likes to make friends with him, because he likes _____.
- 没有人喜欢和他交朋友,因为他喜欢捉弄他人。
5. Ocean colour _____, depending on the type and concentration of phytoplankton.
- 海洋的颜色由绿色到蓝色变化,这取决于浮游植物的类型和浓度。
6. It has already been proved that high-sugar diets _____.
- 高糖饮食与心脏病密切相关,这一点已经得到了证实。

【答案】1.relieve the pressure of learning 2.Whatever difficulties we are faced with 3.it is associated with reality 4. playing a trick/tricks on others 5.are closely linked to heart disease

Activity 1 读文探究

阅读教材 P6 的一段短文，探究画线部分在句子中所作的成分。

- (1) Not that long ago, my first thought at mealtimes was to eat at a restaurant.
 - (2) To eat out was also a social activity, allowing me to enhance the relationship with my friends.
 - (3) There are a variety of recipes in the app to choose from.
 - (4) When I picked a popular recipe and gave it a try, I discovered that it was not that difficult to make a simple and tasty dish.
 - (5) My plan is to invite my friends over at the weekend to show them my new-found skills.
1. 以上句子中的画线部分作主语的有句(2)和句(4)；作表语的有句(1)和句(5)。
 2. 句(3)中的画线部分在句子中作的是定语；句(5)中的 to show them my new-found skills 作的是状语。

Activity 2 感悟规律

1. 动词的不定式形式在句子中作主语时，谓语动词用单数。
2. 作主语的不定式太长时，为了使句子显得更加协调，可以用 it 作形式主语，而把真正的主语不定式形式放在后面。

Activity 3 语法精析

一、不定式作主语

通常表示个别的、具体的、一次性的或者具有将来含义的动作，并且句子谓语动词采用第三人称单数形式。常见的不定式作主语的情况主要有三类：

1. 不定式直接作主语

To finish the work before Friday is not so easy.

在周五之前完成这项工作没有那么容易。

本句中，主语是不定式 **to finish the work**，谓语是 **is**，采用单数形式。需要注意的是，动名词也可以作主语，但由于本句所表达的“在周五之前完成这项工作”是一种个别的、具体的、一次性的并具有将来含义的动作，所以本句只能采用不定式作主语。

为了更好地理解不定式作主语与动名词作主语的基本区别，特别举例如下：

Smoking in public places is not good.

在公共场所吸烟不好。

本句采用动名词形式作主语，表示动作经常反复发生，而不是只针对某一次。

相反，上面的不定式作主语的那个例句中，**to finish the work** 所表达的是具体的、个别的、一次性的动作，而非经常反复性的动作。

2. it 作形式主语，不定式作真正的主语

这种情况其实就是用 **it** 替代原本作主语的不定式在句中的位置，将原本作主语的不定式后

置。如：

动词不定式作主语时，相当于名词或代词的作用，谓语动词用单数。

To love and to be loved is the greatest happiness one can seek.

爱与被爱是一个人所能寻找的最大的幸福。

为了避免头重脚轻，常用 it 作形式主语放在句首，作主语的不定式常置于句末。

It would be better for you **to cycle around the lake**.

你最好骑自行车绕湖一圈。

注意：(1)若要说明不定式表示的动作的发出者的话，要在不定式前加 for 引起的短语，构成“for+名词(或代词宾格)+不定式”短语，这一短语被称为不定式的复合结构。

(2)在“It is + *adj.* + 不定式复合结构”句型中，当其中的形容词是说明逻辑主语的性质、品质时，要由 of 引出逻辑主语，不能用 for。这类形容词主要有 clever, foolish, kind, nice, polite, silly, stupid, wise 等。

It's easy for him to work out this math problem.

对他来说解出这道数学题很容易。

It was careless of him to drink the vinegar in that bottle by mistake.

= **He was careless to drink** the vinegar in that bottle by mistake.

他真粗心，误把那瓶醋喝了。

3. “特殊疑问词+不定式”作主语

常见的特殊疑问词有：what, who, which, when, where, why, how 等。采用“特殊疑问词+不定式”作主语，句子谓语同样采用第三人称单数形式。如：

How to relieve the pain is a question.

如何缓解疼痛是一个问题。

Where to hold the meeting hasn't been decided.

还没有定下来在哪儿举行会议。

二、不定式作表语

1. 某些系动词，如 be(是), seem(看起来), appear(看起来), prove(证明), turn out(结果)等，后面可以接不定式作表语。如：

His dream **is to be** a teacher.

他的梦想是成为一名老师。

The plan **turns out (to be)** right.

这个计划证明是正确的。

其中，除了 be 动词之外，seem, appear, prove, turn out 后面的表语若是以“to be+...”的形式出现，通常可以省略 to be。

需要注意的是，有些系动词，如 sound(听起来), smell(闻起来), taste(尝起来), feel(感觉), become(成为)等，通常不可以接不定式作表语。

2. “特殊疑问词+不定式”作表语

常见的特殊疑问词有：what, who, which, when, where, why, how 等。“特殊疑问词+不定式”通常与 be 动词构成系表结构，作 be 动词的表语。如：

The question is how to finish the work.

问题是如何完成这项工作。

随堂练习

I. 单句语法填空

1. Our plan is _____(set) up another middle school for the children.
2. The rotting bananas are giving off a bad smell, so you'd better throw them _____.
3. Much to our surprise, the short video turned out _____(be) popular with teachers and students.
4. It would take some 100 workers a year's time _____(complete) the project.
5. Nothing will leave a deeper _____(impress) on me than the splendid scenery of sunset on the beach.
6. All her energies are focused on her children and she seems _____(have) little time for anything else.

【答案】1.to set 2.away 3. to be 4.to complete 5.impression 6.to have

II. 完成句子

1. _____ is an essential task at the moment.
定期更新数据是当前的一项重要任务。
2. The summer camp will start from 14th to 16th June in Beihai Park in Beijing, whose aim _____ participants' knowledge of Chinese culture.
夏令营将于 6 月 14 日至 16 日在北京北海公园开始，目的是提高参加者对中国文化的了解。
3. It would be a waste of time _____ as it comes along.碰到生词就查词典是浪费时间。
4. The duty of a doctor is _____, to cure the injured, and to save lives.
医生的职责是治疗病人，救死扶伤。
5. _____ was his vivid description of what happened at that moment.
给我印象最深的是他对那时发生的事情的生动描述。
6. Many of the fish here are not suitable for eating, so _____.
这里的很多鱼不适合吃，所以就被扔掉了。

【答案】1.To update the data on a regular basis 2.is to improve 3.to look up every new word 4.to

treat the sick 5. What impressed me most 6. they are thrown away



本单元的写作任务是描写你最喜欢的食物，这是一种描述性的作文。写描述性的作文应该注意以下方面：

1. 开头要对所要描述的东西有一个简单的介绍。
2. 文章的主体部分可以按照一定的顺序进行描述，如时间顺序或事件的主次等。
3. 结尾可以进行适当的评论或谈一谈自己的感受。

常用表达：

1.is a traditional Chinese food loved by almost all Chinese people.
2. I first tried it/them when...
3. It looks like...
4. In my eyes, it tastes better than any other food in the world.
5. It is/They are so delicious that...
6. It is (not) easy to make...

假如你是一家餐馆的经理，请你用英语向来自国外的游客介绍一下中国的传统美食——水饺。内容包括以下几个方面：

1. 中国传统美食之一，几乎人人喜爱。
2. 形状像古代的金锭，是财富的象征。
3. 制作水饺需要全家参与，代表着团圆。

注意：

1. 词数 80 词左右；
2. 可适当增加细节，以使行文连贯。

参考词汇：金锭 gold ingot

【审题】

写作要求是写一种自己最喜欢的食物，写作时应注意下面几点：

1. 确定文体：这是一篇说明文。写作时注意说明文的写作特点。
2. 主体时态：文章应以一般现在时为主。
3. 主体人称：由于是写关于自己最喜欢的食物，所以人称应该以第一、三人称为主。

【谋篇】

第一部分：开门见山说明自己喜欢的食物的名称并作简要的描述。

第二部分：简要介绍与自己喜欢的食物接触的经历，并对这种食物的外观、味道以及制作过程进行描述。

第三部分：适当的评论或谈一谈自己的感受。

【核心词汇】

1. 一种传统美食 a traditional food
2. 形状 shape
3. 和.....相似 be similar to
4. 象征 symbolize
5. 合作 teamwork
6. 分享某人的人生故事 share one's life stories
7. 喜欢 be fond of
8. 加入 join in

【连词成句】

1. 我最喜欢的食物是饺子。中国人都非常喜爱这种传统食物。

My favorite food is dumplings.Chinese people love the traditional food very much.

2. 虽然当时我还只是一个孩子，我几乎吃了一大碗饺子，因为它们太好吃了。

Although I was a small child at that time, I ate almost a big bowl of dumplings because they were so delicious.

3. 包饺子是真正的团队合作，因此所有的家庭成员经常共同参与，在此期间他们分享彼此的生活故事。

Making dumplings is really teamwork, so all the family members often work together.During it, they share their life stories with each other.

1. 用过去分词作定语改写句 1。

My favorite food is a traditional food loved very much by Chinese people—dumplings.

2. 用 as 构成的倒装句改写句 2。

Small child as I was at that time, I ate almost a big bowl of dumplings because they were so delicious.

3. 用非限制性定语从句改写句 3。

Making dumplings is really teamwork, so all the family members often work together, during which they share their life stories with each other.

第四步 组句成篇

用适当的过渡词语，把以上词汇和句式，再加上联想内容，组成一篇 80 词左右的英语短文。

参考范文

My favorite food is a traditional food loved very much by Chinese people—dumplings.I first tried them more than ten years ago.Small child as I was at that time, I ate almost a big bowl of

dumplings because they were so delicious.

The shape of a dumpling is similar to that of an ancient Chinese gold ingot, so dumplings symbolize wealth. Making dumplings is really teamwork, so all the family members often work together, during which they share their life stories with each other. In this way, making dumplings is also a symbol of union.

Now more and more foreigners are fond of the taste of dumplings.



题组 A 基础过关练

一. 词形变化填空

1. However, our communication involves body language, which _____ (vary) from culture to culture.
2. The old man said that vase was an antique(古董) and then placed it on the table (gentle).
3. For instance, if a person is embarrassed and ashamed, he will _____ (low) his head, bend his body and stare at the ground.
4. Mary took advantage of the opportunity and tried to leave a good _____ (impress) on her new boss.
5. If you have a close friend, you are blessed with fortune. Friendship is a personal relationship that has a _____ (vary) of social benefits.

【答案】1.varies 2.gently 3.lower 4.impression 5.variety

二. 词形变化填空

1. These small cars have more appeal for _____ (consume).
2. For example, _____ (wrap) the burnt area loosely with a clean cloth is essential.
3. We still haven't exactly learned to cope with the _____ (mix) of the closeness and displeasure.
4. Among the many dangers which sailors have to face, probably the greatest of all is (fog) weather.
5. The report _____ (emphasis) the importance of improving safety standards.

【答案】1.consumers 2.wrapping 3.mixture 4.foggy 5.emphasizes

题组 B 能力提升练

一. 语法填空

Whenever I am in a bad **mood** , I will always **cycle** to a nearby **buffet** 1. (face) the bay, pick up some 2. _____ (salt) but **creamy slices** of **steak** and begin to eat 3. _____ (greed) . The friendly **atmosphere** and beautiful scenery can 4. (relief) my stress from work and I become happy again. The steak in that buffet is **out of this world** and I **bet** it will **impress** you greatly 5. _____ its unique **flavours**, 6. (vary) from **mild** spicy to a little salty. It 7. _____ (estimate) that more than 500 8. (native) or tourists come to the buffet every day. As a matter of fact, 9. _____ is **essential** for people, especially the **elderly**, to **consume** an **appropriate** amount of beef every day and the steak will **hit the spot**. The steak is not easy 10. _____ (digest), but it can **generate** more **calories**, **enhance** people's immunity (免疫力) and **stimulate** people's **appetite**. There is a direct **link** between it and good health. So, come and enjoy the steak here.

【答案】1. facing 2. salty 3. greedily 4. relieve 5. with 6. varying 7. is estimated 8. natives 9. it 10. to digest

二. 课文语法填空

Whenever I feel lonely, I have 1. _____ secret recipe that never fails: rice, milk and sugar. That perfect 2. _____ (combine) is always enough to lift my spirits. When I was a child, I liked my grandma's rice pudding very much, 3. _____ served as my comfort food. Our comfort foods are 4. _____ (high) individual and they vary from person to person, depending on our own unique experiences that 5. _____ (shape) our lives. If we grow up 6. _____ (eat) certain foods in our family, then those foods tend 7. _____ (link) with positive emotions. The feeling of happiness and sense of 8. _____ (belong) can become particularly important for people who move away from their home country. Each person's comfort food largely depends on where they come from and their comfort foods can relieve feelings 9. _____ homesickness. Comfort food always makes us feel good by building an 10. (emotion) bond with our happy memories and it's food for the soul.

【答案】1. a 2. combination 3. which 4. highly 5. have shaped 6. eating 7. to be linked 8. belonging 9. of 10. emotional

题组 C 培优拔尖练

阅读下列短文，从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A

Airbnb is quickly becoming one of the biggest websites to book travel, which allows you to book a stay with individual hosts.

Benefits of booking a stay through Airbnb:

- Breakfast and snacks are often included in the price.
- You can arrange an early check-in or late check-out, space permitting, for NO extra charge.
- Many Airbnb places have a washer, full kitchen, and free Internet.
- Travel with friends or family and stay together in one home.
- Stay in any part of town, NOT just where the chain hotels are located.
- Visit a unique destination where there are NO hotels.
- Meet lots of interesting people along the way!

Get a Better Price!

Because it's based on person-to-person interaction, you'll have lots of room to negotiate a better price.

1. Book Close to When You Want to Stay

Airbnb places get booked months in advance. Sometimes hosts find they have gaps to fill between stays, even up to the current day. In that case, the host might accept a lower offer. Send them a message and ask if there's a discount for booking the same week as your stay. Or even the same day!

2. Stay Longer

If you offer to stay a week or longer, some hosts are willing to offer discounts. That's because they won't have to spend the costs of cleaning, laundry, and their time while you're staying.

3. Go in the Off-Season

Summer is the peak travel season for most of the US and Europe, especially if you're visiting a tourist destination. Hosts won't be as willing to negotiate because they know they can charge high rates. But if you want to stay between peak seasons, you might get a discount!

4. Offer Something in Return

Do you have a handy skill? Are you good at gardening, painting, or repairing things? Ask the host if they need help with changing light bulbs, fixing a leaky sink, or nailing down squeaky base boards. There are lots of ways that people can help each other. Where can you offer something in exchange for a discount?

语篇解读 这是一篇应用文。文章介绍了在 Airbnb 上预定住宿的好处，以及一些有关预订的建议。

1. Why do people like to book a stay through Airbnb?

- A. Because it is one of the biggest websites.
- B. Because the whole family can stay together.
- C. Because people may check out later with extra money.
- D. Because all the meals are often included in the price.

B【解析】细节理解题。根据 **Benefits of booking a stay through Airbnb:** 部分的“Travel with friends or family and stay together in one home.”可知,人们喜欢在 Airbnb 预订住宿的原因是可和家人或朋友待在一个家庭里。故选 B 项。

2. Which of the following may help save money?

- A. Staying between peak travel seasons.
- B. Offering to stay one or two days.
- C. Refusing to fix a leaky sink.
- D. Booking places months in advance.

A【解析】细节理解题。根据 **Go in the Off-Season** 部分的“**But if you want to stay between peak seasons, you might get a discount!**”可知,如果你在旺季之间去住,你可能会得到折扣,即可以节约一部分钱。故选 A 项。

3. What is the main purpose of the text?

- A. To recommend traveling in Airbnb.
- B. To tell readers how to book through Airbnb.
- C. To offer tips for booking through Airbnb.
- D. To negotiate a better price via Airbnb.

C【解析】推理判断题。根据文章内容可知,本文主要讲述了如何在 Airbnb 预订住宿,包括如何获得更低的价格、在哪个时间段进行预订以及怎样可以节约花销等。由此推测,本文的目的是给读者提供一些在 Airbnb 预订住宿的建议。故选 C 项。

B

Every Christmas, the firm I worked for raised money for disadvantaged kids in the area, and every Christmas I'd drive out with colleagues to deliver gifts. Some years ago, we were returning to work and stopped at an intersection as the lights turned red.

We were in the middle lane and I became aware of an SUV(越野车) coming up behind us at speed; at the last moment, it switched to the righthand lane and carried straight on past the red light into traffic moving west to east. It crashed into another vehicle, causing it to veer off(转向), then they both skidded to a stop.

There was a loud “Bang” and flames leapt from the SUV's front. I had been a volunteer firefighter for many years and had attended automobile accidents before. As the flames grew fiercer, I knew the car's battery had exploded and that there was no time to lose. I dashed round to

the passenger side. The door was locked, but by pulling on the window frame, I managed to tear it open. I leaned in, unbuckled the driver's belt and pulled him across to the passenger side.

Other than some cuts, he was fine. I left him with my workmates and went to check on the driver of the other car, who was also unhurt. Then I headed back to the intersection, where I directed traffic around the burning vehicle until the emergency services arrived.

On the way back to work, I said to my colleagues: "What you saw, keep it under your hats, OK?" But an hour later I had a call from a friend on a local TV station. "Brad," he said, "I have a picture here that someone's sent in of you helping out at a traffic accident."

I hoped that would be the end of it, but the story was to have an unexpected ending. A couple of weeks after the accident, I agreed to a televised reunion with Michael Walker, the guy I'd pulled from the car. He thanked me, and then he introduced me to his daughter, Amber. It turned out she had been separated from her mum and dad, but returned home after the accident. Knowing this family had been reunited was a great comfort to me—a real Christmas gift.

语篇解读 这是一篇记叙文。文章主要讲述了作者在一次交通事故中营救车主，车主最终通过电视播放感谢作者，作者也为车主一家团聚而感到欣慰。

4. The car crash was caused by _____.

- A. the SUV driver's running the red light
- B. the traffic chaos at the intersection
- C. the heavy traffic during Christmas
- D. the author's car blocking the way

A【解析】细节理解题。由第二段可知，在最后时刻，它转向右车道，并且一直朝前闯过红灯，进入到由西向东的车流中。它和另外一辆车碰撞，使得它转向，然后它们都打滑直到停止。由此可见，这次车祸是由越野车车主闯红灯引起的。结合选项可知，选项 A 正确。

5. Who saved the trapped driver from the burning car?

- A. The emergency services.
- B. The author.
- C. The author's workmates.
- D. A pedestrian.

B【解析】细节理解题。由第三段最后一句可知，我倾斜着进去，解开车主的安全带，然后经过副驾驶把他拉出来。由此可见，是作者从燃烧的汽车中将受困的车主营救出来。结合选项可知，选项 B 正确。

26. What does the underlined part in Paragraph 5 mean?

- A. Cover up the hair.
- B. Hide the face.

C. Keep it a secret.

D. Bear it in mind.

C【解析】词义猜测题。由画线部分所在句的后两句可知，但是一个小时之后，我接到一个在当地电视台的朋友打来的电话。他说，“布拉德，我这里有一张某人发送的你在一次交通事故中帮忙的照片”。由此可见，这两句和画线部分之间是转折关系，画线部分表示“保密”的意思。结合选项可知，选项 C 正确。

7. What was a real Christmas gift to the author?

A. The reunion with the saved driver.

B. Acquaintance with Michael's daughter.

C. Raising money for disadvantaged kids.

D. Michael's family reunion after the accident.

D【解析】细节理解题。由最后一段最后一句“Knowing this family had been reunited was a great comfort to me—a real Christmas gift.”可知，对于作者来说，真正的圣诞礼物是米歇尔一家在事故之后团聚。结合选项可知，选项 D 正确。

C

This commercial kitchen in central London prepares one-and-a-half thousand meals a day. It provides catering for a museum and a conference centre. Kitchens like this typically throw away 20% of the ingredients they buy. Some are thrown away even though they are edible. And sometimes food ends up in the bin simply because it's not needed after all.

To stop this happening, this kitchen has been using a new piece of technology which can simply be connected to a normal bin on scales (磅秤). This is what's known as a smart bin. Kitchen staff use it like a supermarket self-checkout. The idea is to keep an accurate digital record of the food being thrown out. This helps the head chef make more informed choices.

Bill Owen, head chef said, “It is a shocker how many tons are actually saved through using this.” By keeping an eye on exactly what kind of food is being thrown out, the chef can not only adjust his orders of ingredients, but also make whole new menus based on what was previously being thrown away. “In an operation where you make a significant amount of your food in advance, you can typically cut food waste in half,” Mark Zornes Winnow added.

Do people actually have time to sort the food as they are putting it into the bin? They do. To start with, take a little while to get used to the bin system. It is just about familiarizing yourself with where the buttons are.

However effective they may be, there is one important factor that holds these smart bins back. Andrew Stephen, CEO of Sustainable Restaurant Association, explained, “Traditionally, smart bin technology has been at quite a high price point for particularly small operators. There is only a relatively small part that can afford that upfront implementation(安装启用).” It seems that smart bins are just one part of the solution to the pressing problem of food waste.

语篇解读 这是一篇说明文。为了解决食物浪费，一种智能垃圾桶被研发出来，通过它人们可以知道所需要的食物的种类和数量，但它的缺点是价格过于昂贵。

8. What does the underlined word “edible” in Paragraph 1 mean?

- A. Awful.
- B. Unnecessary.
- C. Delicious.
- D. Eatable.

D【解析】词义猜测题。根据第一段内容可猜测画线词的意思是“可以食用的”，即食物在可以食用的情况下就被扔了。故选 D 项。

9. The final aim of using smart bins is to _____.

- A. change the menus
- B. make much food in advance
- C. cut the food waste
- D. adjust the purchase of ingredients

C【解析】细节理解题。根据第二段前两句和第三段的“Bill Owen, head chef said, ‘It is a shocker how many tons are actually saved through using this.’”以及此段末句“you can typically cut food waste in half”可知，使用智能垃圾桶的目的是减少食物浪费。故选 C 项。

10. What can we learn from the passage?

- A. People need to sort the waste before putting it into the bin.
- B. The bin is connected to a supermarket self-checkout.
- C. The weight of the waste can’t be known through the bin.
- D. Andrew Stephen was optimistic about the future of the bin.

A【解析】推理判断题。根据第四段的“Do people actually have time to sort the food as they are putting it into the bin? They do.”可推测，人们在把食物扔进垃圾桶前，要对它进行分类。故选 A 项。

11. What’s the disadvantage of the smart bins?

- A. They can’t keep an accurate record.
- B. They are too expensive.
- C. They’re too complicated to operate.
- D. They are not effective.

B【解析】细节理解题。根据最后一段的“Traditionally, smart bin technology has been at quite a high price point for particularly small operators.”可知，智能垃圾桶的劣势是价格昂贵。故选 B 项。

第二节阅读下面短文，在空白处填入 1 个适当的单词或括号内单词的正确形式。

Li Ziqi,1._____ lives in a village in Sichuan Province , is famous for her 2.

(attract) videos of rural self-sufficiency(自给自足). Her video channel consists of beautiful process videos that show how she plants crops and harvests from her garden and the nearby forest before 3. _____(cook) delicious food in her outdoor kitchen.

For a worldwide audience in the pandemic, her beautiful DIY videos have become 4. reliable source of escape and comfort. In her videos, she tends 5. _____(work) in silence and plays soothing music.

She is not known 6. _____ taking shortcuts. Her way of cooking suggests that every delicious dish takes 7. _____(pain) to prepare. For example, in a 12-minute video, she, at first, pushed garlic parts into the farm land outside her home; in the next few minutes, with the sprouts growing, they reached up towards the sky when she 8. _____(begin) to cook. Such a video is 9. (certain) a way to step out of the extremely high pressure society that we live in.

Her videos are beyond materialistic ways to explain the nation or culture. Therefore, she 10. (have) already become a major celebrity on the Internet, inspiring people to return to their roots.

语篇解读 本文是一篇记叙文，介绍了网络红人李子柒和她的美食制作视频，疫情之下，她的视频对人们产生了积极的影响。

1.who【解析】考查定语从句。句中先行词为 Li Ziqi，指人，且关系词在非限制性定语从句中作主语，所以用关系代词 who。故填 who。

2.attractive【解析】考查词性转换。修饰名词 videos 用形容词，表示“吸引人的”，故填 attractive。

3.cooking【解析】考查动名词。介词 before 后接动名词作宾语，she 与 cook 之间是逻辑上的主谓关系，表示主动，所以用动名词的主动式，故填 cooking。

4.a【解析】考查冠词。source 是可数名词，此处泛指“一个来源”，reliable 的发音以辅音音素开头，应该用不定冠词 a 修饰，故填 a。

5.to work【解析】考查固定搭配。tend to do sth.表示“倾向于做某事”，故填 to work。

6.for【解析】考查介词。句意为：她不以走捷径著称。be known for 表示“因……而著称”，故填 for。

7.pains【解析】考查固定搭配。take pains to do 是固定短语，表示“努力做、费力做”，故填 pains。

8.began【解析】考查动词的时态。空前的“reached up”表明陈述的是过去的事情，应该用一般过去时，故填 began。

9.certainly【解析】考查副词。修饰谓语动词用副词作状语，表示“无疑地”，故填 certainly。

10.has【解析】考查动词的时态和主谓一致。由 already 表明此处应该用现在完成时，主语是 she，谓语动词用单数，故填 has。