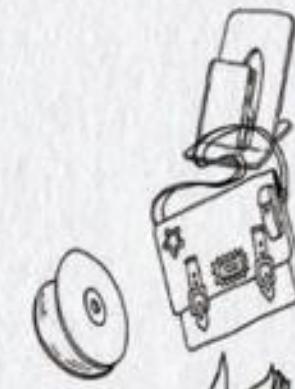


# Healthy Lifestyle



Unit 2





# 目录

1. 基础知识排查

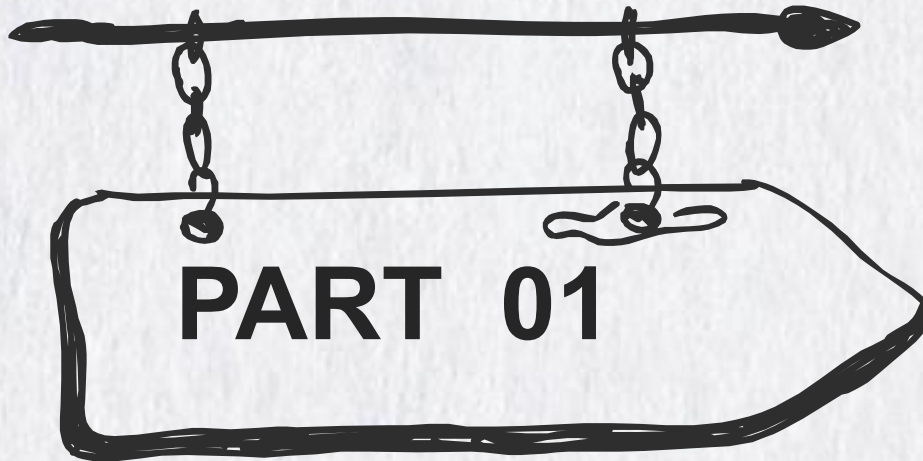
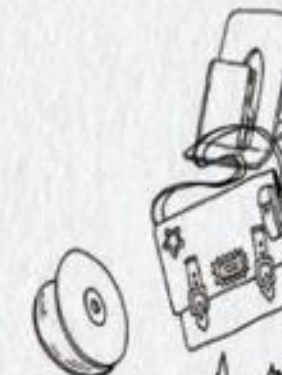
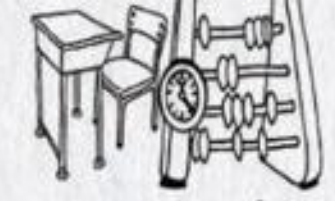


2. 核心考点突破



3. 写作能力提升





基础

知识排查



## 速记——词汇句型背诵

### I .认阅读单词

1

**tobacco**

*n.*烟草；烟叶

**cue**

*n.*提示；暗示；信号

*vt.*给(某人)暗示(或提示)

**facilitate**

*vt.*促进；促使；使便利

**escalator**

*n.*自动扶梯；滚梯

**surgeon**

*n.*外科医生

6

**surgery**

*n.*外科手术；外科学



**liberation**

*n.*解放 ; 摆脱

**beard**

*n.*胡须 ; 络腮胡子

**flu**

*n.*流感

**nut**

*n.*坚果

**skateboard**

*n.*滑板

*vi.*滑滑板

**bowling**

*n.*保龄球运动



## II.记重点单词

**abuse**

*n.*滥用；虐待；辱骂

*vt.*滥用；虐待；辱骂

**dominate**

*vt.& vi.*支配；控制；占有优势

**negative**

*adj.*消极的；有害的；否定的

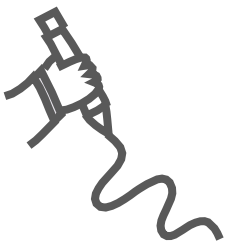
**discipline**

*n.*自制力；纪律；学科

*vt.*自我控制；管教；处罚

**pill**

*n.*药片；药丸



**delete**

***v.*删去；删除**

**shave**

***vi. , vt.& n.*剃(须发)；刮脸**

**cigarette**

***n.*香烟；卷烟**

**drug**

***n.*毒品；药物**

**skip**

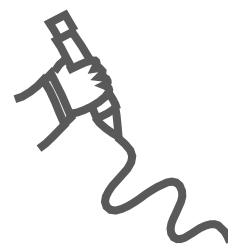
***vt.*跳过；不参加；悄悄溜走**

***vi.*蹦蹦跳跳地走；跳绳**

***n.*蹦跳**

**dizzy**

***adj.*头晕目眩的**



**stimulate**

***vt.*激发；促进；刺激**

**dentist**

***n.*牙科医生**

**dynamic**

***adj.*充满活力的；精力充沛的；动态的**

**comedy**

***n.*喜剧；喜剧片；滑稽节目**

**monthly**

***adv.& adj.*每月；每月一次的**

**enhance**

***vt.*提高；增强；增进**





### III. 知拓展单词

1

**alcohol**

*n.*酒；酒精

→ **alcoholic**

*adj.*(含)酒精的 *n.*酗酒者

**physical**

*adj.*身体的；客观存在的；物理学的

→ **physically**

*adv.*身体上；肉体上

**repeatedly**

*adv.*重复地

→ **repeat**

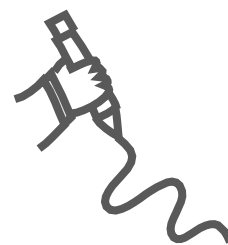
*vt.*重复

→ **repeated**

*adj.*重复的

→ **repetition**

*n.*重复



<b>psychology</b>	<i>n.</i> 心理学；心理；心理影响
→ <b>psychological</b>	<i>adj.</i> 心理(学)的
→ <b>psychologist</b>	<i>n.</i> 心理学家
<b>reward</b>	<i>n.</i> 回报；奖励；报酬 <i>vt.</i> 奖励；奖赏；给以报酬
→ <b>rewarding</b>	<i>adj.</i> 有益的；有意义的；报酬高的
<b>rely</b>	<i>vi.</i> 依赖；依靠；信赖
→ <b>reliable</b>	<i>adj.</i> 可信赖的；可靠的



<b>examine</b>	<b><i>vt.</i></b> (仔细)检查；审查；测验
→ <b>examination</b>	<b><i>n.</i></b> 考试(= exam)；检查；审查
<b>pessimistic</b>	<b><i>adj.</i></b> 悲观的；悲观主义的
→ <b>pessimism</b>	<b><i>n.</i></b> 悲观主义
<b>compose</b>	<b><i>vt.&amp; vi.</i></b> 组成；作曲；撰写
→ <b>composition</b>	<b><i>n.</i></b> 组成；作曲；作文
→ <b>composer</b>	<b><i>n.</i></b> 作曲家



10

**disturb**

→ **disturbing**

**vt.** 打扰；搅乱；使烦恼

**adj.** 引起烦恼的；令人不安的

11

**specialist**

→ **special**

**n.** 专科医生；专家

**adj.** 特别的；专门的

→ **specially**

**adv.** 特别地；专门

→ **specialize**

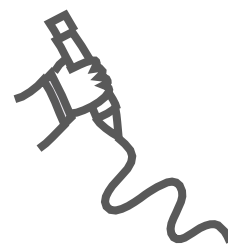
**vt.** 专门研究；专门从事

**consultant**

**n.** 顾问；高级顾问医师

→ **consult**

**vt. & vi.** 请教；咨询 **vt.** 查阅；参看



**sugary**

*adj.*含糖的；甜的

→**sugar**

*n.*糖

**refresh**

*vt.*使恢复精力；使凉爽；刷新

→**refreshing**

*adj.*令人振奋的

→**refreshment**

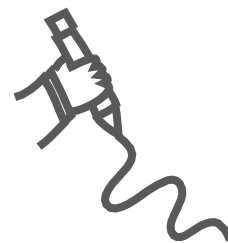
*n.*焕发精神；恢复活力

**absorb**

*vt.*吸引全部注意力；吸收

→**absorbed**

*adj.*专心致志的；全神贯注的



**location**

*n.*位置；地方

**logical**

*adj.*逻辑上的；符合逻辑的

**loose**

*adj.*松散的；宽松的

**loudspeaker**

*n.*扬声器，喇叭

**luggage**

*n.*(总称)行李

**magic**

*adj.*有魔力的

**maintain**

*vt.*维持；保持

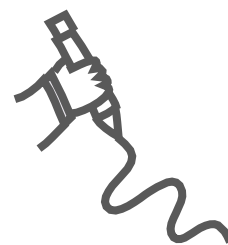
**majority**

*n.*大多数



## IV.背核心短语

<b>in response to</b>	<b>回答 ; 答复</b>
<b>rely on/upon</b>	<b>依赖 ; 依靠 ; 信赖</b>
<b>straight away</b>	<b>立即 ; 马上</b>
<b>decide on/upon</b>	<b>决定 ; 选定</b>
<b>make up one' s mind</b>	<b>下定决心</b>
<b>be composed of</b>	<b>由.....组成(或构成)的</b>



**shave off**

**剃掉；刮去**

**stressed out**

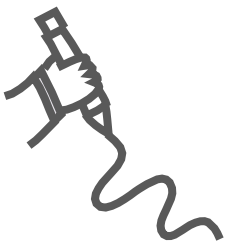
**焦虑不安；心力交瘁**

**worn out**

**筋疲力尽的；疲惫的**

**after all**

**毕竟；终究**





## V. 悟经典句式

**To prevent harmful habits like these from dominating a teenager' s life is essential.(不定式作主语)**

**防止这些有害习惯支配青少年的生活是至关重要的。**

**For young people , there is plenty of time to change bad habits.(There be + *n.* + to do)**

**对于年轻人来说，有足够的时间来改变不良习惯。**



3

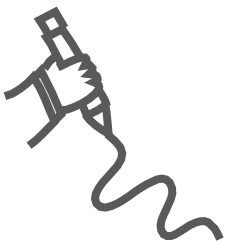
**You have the power to build a happy and healthy life full of good habits ! (形容词短语作后置定语)**

**你有能力构建一种充满良好习惯的幸福、健康的生活！**

4

**Whenever I went out with friends , I brought snacks from home , things that didn' t have any added sugar: fruit , nuts , dried meat , etc.(whenever引导的让步状语从句)**

**每次和朋友们出去时，我都会从家里带些零食，这些零食没有添加任何糖分：水果、坚果、肉干等。**



5

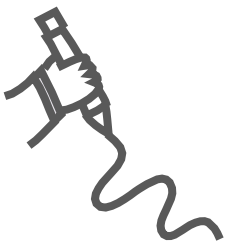
**Best of all , in my opinion , is how I feel about myself.(how引导的表语从句)**

**在我看来，最棒的是我对自己的感觉。**

6

**I get refreshed through climbing , spend more time with my dad , and get to meet new friends.(get + 过去分词)**

**通过攀岩，我重新焕发了活力，花更多的时间和爸爸在一起，并开始结识新朋友。**




## 填词——语境词汇串记

请先从表格中选用本单元所学词汇完成下列短文，然后核对答案并背诵该短文。

enhance , refresh , absorb , dizzy , decide on ,  
compose

When I saw some students dominated by alcohol , tobacco or drug , I made up my mind to help them “delete” the bad habits. To facilitate a positive change was why I ~~set up~~ <sup>composed</sup> a team which was 1. \_\_\_\_\_ of surgeons , specialists in psychology , consultants and dentists ,



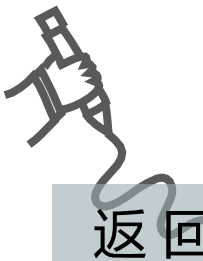
enhance , refresh , absorb , dizzy , decide on ,

compose

who would regularly deliver speeches to 2. \_\_\_\_\_ these students' awareness of physical health. Students were repeatedly informed of some tips on how to get out of a pessimistic or negative state, how to stay dynamic and how to get 3. \_\_\_\_\_ when they were stressed out or worn out. To these students , to be examined on a monthly basis was necessary. They were also advised to participate in bowling matches , go to skateboarding or go to see a comedy to

enhance , refresh , absorb , dizzy , decide on ,  
compose

Students were given sugary cookies or nuts straight away if they felt 4. \_\_\_\_\_ or got the flu. Through these activities , most students 5. \_\_\_\_\_ changing their bad habits in reward for our help. They would rely on self-discipline to govern themselves and could be 6. \_\_\_\_\_ in studying instead of skipping classes. They promised to behave themselves in response to our patient guidance.



# 核 心

## 考点突破

提示：题干中加底纹词汇为本单元词汇

1

# reward

*n.* 回报；奖励；报酬 *vt.* 奖励；奖赏；给以报酬 (rewarding)  
*adj.* 有益的；有意义的)

- **give/offer a reward to sb for (doing)sth 为(做)某事而给某人报酬**

**in reward (for)作为(对.....的)回报、奖赏**

- **reward sb with sth for (doing) sth 为(做)某事用某物奖赏/酬谢某人**



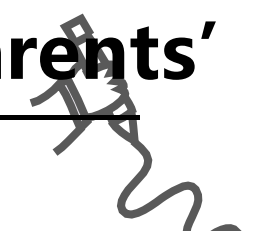


(1) The **specialist** in **psychology** offered a **teward** \_\_\_ **fothe** boy \_\_\_ making such great progress.

(2) I will reward you with an electric bike for helping me get rid of **obacco** **abuse**.

(3) 我非常高兴向你介绍这个既有意义又重要的成人礼(coming-of-age ceremony)。成人礼过后，我们学生意识到我们必须更加努力学习，以回报老师和父母的耐心教导。(2020·天津7月，书面表达)

I am more than delighted to introduce the rewarding and important coming-of-age ceremony to you. After that, we students have realized that we must study harder in reward for our teachers' and parents' patient guidance.



# compose

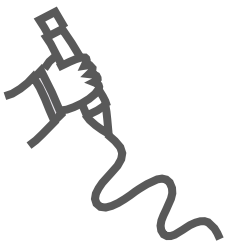
*vt.& vi.* 组成 ; 作曲 ; 撰写 (composer *n.* 作曲家  
composition *n.* 组成 ; 构成 ; 创作 ; 作品)

be composed of/be made up of/be comprised of/consist of

由...组成

(1) This man with a beard deserves his fame as one of the  
most popular

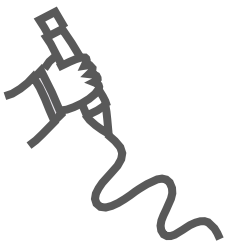
\_\_\_\_\_ (composer) in Western musical history.



**(2)我强烈建议我们的英语电影欣赏课程由欣赏电影、讨论精彩电影台词和给电影配音组成。(应用文写作之建议信)**

**①I strongly suggest that our English film appreciation course (should) be composed of enjoying the film , talking about wonderful movie lines and dubbing.(compose)**

**②I strongly suggest that our English film appreciation course (should) be made up of enjoying the film , talking about wonderful movie lines and dubbing.(make up)**



**absorb**

*vt.*吸引全部注意力；使专心/全神贯注；吸收(absorbed)  
*adj.*专心致志的；全神贯注的)

**absorb oneself in = be absorbed in全神贯注于.....**

**absorb...from...从.....中吸收.....**



(1) As we all know, plants can absorb nutrients from the soil around them.

(2) 我全神贯注于那个项目，经常忘了吃饭或睡觉。

(2022·浙江1月，读后续写)

① I absorbed myself in/was absorbed in that project, and I frequently forgot about eating or sleeping.

② Absorbed in that, I frequently forgot about eating or sleeping. (用过去分词短语作状语改写)

③ Absorbing myself in that, I frequently forgot about eating or sleeping. (用现在分词短语作状语改写)

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<https://d.book118.com/018036113131006121>