

UNIT 2 HEALTHY LIFESTYLE

(主题语境：人与自我——健康)

晨背短文 · 语境记词

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 a team which was **composed** of **surgeons, specialists in psychology, consultants** and **dentists**, who would regularly deliver speeches to **enhance** 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 **refreshed** 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 **stimulate** their enthusiasm in life. Students were given **sugary** cookies or **nuts straight away** if they felt **dizzy** or got the **flu**. Through these activities, most students **decided on** changing their bad habits in **reward** for our help. They would **rely on self-discipline** to govern themselves and could be **absorbed** in studying instead of **skipping** classes. They promised to behave themselves **in response to** our patient guidance.

必备知识 · 巧记活用





立体巧记单词

阅读词汇会认

1. cue *n.* 提示；暗示；信号 *vt.* 给(某人)暗示(或提示)
2. facilitate *vt.* 促进；促使；使便利
3. escalator *n.* 自动扶梯；滚梯
4. liberation *n.* 解放；摆脱
5. beard *n.* 胡须；络腮胡子
6. flu *n.* 流感

7. nut *n.* 坚果

8. skateboard *n.* 滑板 *vi.* 滑滑板

9. bowling *n.* 保龄球运动

重点词汇会写

1. abuse *n.* 滥用；虐待；辱骂 *vt.* 滥用；虐待；辱骂
2. dominate *vt.& vi.* 支配；控制；占有优势
3. negative *adj.* 消极的；有害的；否定的
4. discipline *n.* 自制力；纪律；学科 *vt.* 自我控制；管教；

处罚

5. pill *n.* 药片；药丸
6. delete *v.* 删去；删除
7. shave *vi. vt.& n.* 剃(须发)；刮脸

8. cigarette *n.* 香烟; 卷烟

9. drug *n.* 毒品; 药物

10. skip *vt.* 跳过; 不参加; 悄悄溜走 *vi.* 蹦蹦跳跳地走; 跳绳

n. 蹦跳

11. dizzy *adj.* 头晕目眩的

12. stimulate *vt.* 激发; 促进; 刺激

13. dentist *n.* 牙科医生

14. dynamic *adj.* 充满活力的; 精力充沛的; 动态的

15. comedy *n.* 喜剧; 喜剧片; 滑稽节目

16. monthly *adv.& adj.*每月；每月一次的 *n.* 月刊
17. enhance *vt.*提高；增强；增进
18. Tobacco *n.* 烟草；烟叶

拓展词汇会变

1. alcohol *n.* 酒；酒精 → alcoholic *adj.*(含)酒精的 *n.* 酗酒者
2. physical *adj.*身体的；客观存在的；物理学的 → physically *adv.*身体上；肉体上
3. repeatedly *adv.*重复地 → repeat *vt.*重复 → repeated *adj.*重复的 → repetition *n.* 重复
4. psychology *n.* 心理学；心理；心理影响 → psychological *adj.*心理(学)的 → psychologist *n.* 心理学家

5. 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；报酬高的

6. rely *vi.* 依赖；依靠；信赖 → reliable *adj.* 可信赖的；可靠的

7. examine *vt.* (仔细)检查；审查；测验 → examination *n.*
考试(=exam)；检查；审查

8. pessimistic *adj.* 悲观的；悲观主义的 → pessimism *n.* 悲观主义

9. compose *vt.& vi.*组成; 作曲; 撰写→ composition *n.* 组成; 作曲; 作文→ composer *n.* 作曲家

10. composer *n.* 外科医生→ surgery *n.* 外科手术; 外科学

11. disturb *vt.*打扰; 搅乱; 使烦恼→ disturbing *adj.*引起烦恼的; 令人不安的→ disturbed *adj.*不安的→ disturbance *n.* 打扰

12. specialist *n.* 专科医生; 专家→ special *adj.*特别的; 专门的→ specially *adv.*特别地; 专门→ specialize *vt.*专门研究; 专门从事

13. consultant *n.* 顾问；高级顾问医师 → consult *vt.& vi.*

请教；咨询 *vt.* 查阅；参考

14. sugary *adj.* 含糖的；甜的 → sugar *n.* 糖

15. 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

16. absorb *vt.* 吸引全部注意力；吸收 → absorbed *adj.* 专心

致志的；全神贯注的

运用巩固提能

1. (剑桥高阶)She is continually abusing (滥用) her authority by getting other people to do things for her.

2. (剑桥高阶)She's young and dynamic (精力充沛的) and will be a great addition to the team.

3. (朗文当代)Sorry to disturb (打扰) you, but I have an urgent message.

4. (朗文当代)The book gives parents advice on discipline (自制力).

5. (剑桥高阶)When my dad shaved (剃) his beard off, he looked ten years younger.

6. (2022·全国乙卷)Fruit juices, milk-based drinks and most alcoholic (alcohol) drinks are free of the tax, as are small companies manufacturing fewer than 1m litres per year.

7. (2022·浙江1月卷)For nearly a decade now, Merebeth has been a self-employed pet transport specialist (special).

8. (剑桥高阶)The government plans to cut taxes to stimulate (stimulate) the economy.

9. (2021·全国甲卷) When I was 15, my family moved to Washington. I tried skateboarding (skateboard) there, but the locals were far less welcoming.

10. (剑桥高阶) Most of these people are paid monthly (month).

11. Those who have a good knowledge of psychology are called psychologists, who can handle psychological problems with ease.
(psychology)

12. You will be rewarded with a Chinese dictionary for your rewarding suggestions on how to strengthen my confidence. (reward)

13. His new composition that he composed last week attracted lots of attention, which was beyond our expectations.(compose)

14. What made me annoyed was that the disturbing noise outside completely disturbed my mind.(disturb)

15. The welcome party is specially held for the specially who specializes in surgery.(specialist)

16. I must consult the experienced consultant about how much exercise I should attempt.(consult)

17. Although I am absorbed in all the materials, I still have difficulty absorbing them all at once.(absorb)

18. As his reliable friend, he relies on me to offer him some good advice.(rely)

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语境助记短语

写准记牢

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

7. shave off 剃掉；刮去
8. stressed out 焦虑不安；疲惫不堪
9. worn out 筋疲力尽的；疲惫的
10. after all 毕竟；终究

语境运用

1. (剑桥高阶)The committee is composed of MPs, doctors, academics and members of the public.
2. (朗文当代)Many working women rely on relatives to help take care of their children.
3. (柯林斯词典)Once he made up his mind to do something, there was no stopping him.
4. (剑桥高阶)I knew straight away what you were thinking.
5. (剑桥高阶)I've been working all night and I'm worn out.

6. (朗文当代)Have you decided on a date for the wedding?
7. (2021·全国乙卷) Since the effects were small, this may suggest that our creative thinking does not differ that much in response to total silence and 85 decibels of background noise.
8. (朗文当代)I always eat when I'm feeling stressed out.

【词汇拓展记忆】

后缀-ly结尾的形容词集锦	一起“促进，提高”	“in + <i>n.</i> + to” 短语
①monthly每月一次的 ②weekly每周的 ③daily日常的 ④friendly友好的 ⑤lively活泼的 ⑥lovely可爱的	①facilitate <i>vt.</i> 促进，推动 ②enhance <i>vt.</i> 提高；增强；增进 ③improve <i>vt.& vi.</i> 改进，提高 ④raise <i>vt.</i> 上升，提高 ⑤boost <i>vt.</i> 促进；增加；支援 ⑥promote <i>vt.</i> 促进 提高	①in response to 回答；答复 ②in reply to 答复…… ③in relation to 关于，涉及 ④in addition to 除……之外(还) ⑤in contrast to 与……形成对照 ⑥in regard to 关于

3

仿写速记句式

原句译背

1. 不定式作主语

To prevent harmful habits like these from dominating a teenager's life is essential.

防止这些有害习惯支配青少年的生活是至关重要的。

2. **There be + n. + to do**

For young people, there is plenty of time to change bad habits.

对于年轻人来说，有足够的时间来改变不良习惯。

3. 形容词短语作后置定语

You have the power to build a happy and healthy life **full of good habits!**

你有能力建立一种充满良好习惯的幸福、健康的生活！

4. whenever引导的让步状语从句

Whenever I went out with friends, I brought snacks from home, things that didn't have any added sugar: fruit, nuts, dried meat, etc.

每当我和朋友出去时，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. **how**引导的表语从句

Best of all, in my opinion, is **how I feel about myself**.

在我看来，最棒的是我对自己的感觉。

6. **get**+过去分词

I **get refreshed** through climbing, spend more time with my dad, and get to meet new friends.

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。

仿写运用

1. 爱人和被人爱是这个世界上最大的幸福。

To love and to be loved is the greatest happiness in the world.

2. 校园里有许多要探索的事情。

There are a lot of things to explore on campus.

3. 他是一个对绘画感兴趣的勤奋的学生。

He is a hard-working student interested in painting.

4. (牛津高阶)她每次来都带着个朋友。

Whenever she comes, she brings a friend.

5. 现在的问题是我们如何摆脱恐惧。

Now the question is how we can get rid of fear.

6. 他感觉他的画总是被批评。

He feels his paintings are always getting criticised.

核心考点 · 讲练提升

1.reward *n.* 回报; 奖励; 报酬 *vt.*奖励; 奖赏; 给以报酬

佳句背诵

The students have been working hard on their lessons and their efforts will **be rewarded with** success in the end.

学生们一直努力学习功课，他们的能力最终会带来成功。

归纳拓展

(1) 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

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

(3) rewarding *adj.* 有益的; 有意义的

多维训练

单句语法填空

①(2023·全国甲卷) A day's work was rewarded with £ 5 in pocket money.

②I will reward you with an electric bike for helping me get rid of tobacco abuse.

=I will offer you an electric bike in reward for helping me get rid of tobacco abuse.

写作运用提能

③(2020·天津卷, 书面表达)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。

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.

2.rely on/upon 依赖；依靠；信赖

佳句背诵

When facing difficulties, you had better not always **rely on it that** others will help you out.

当面临困难时，你最好不要总是指望别人会帮助你。

归纳拓展

(1)rely/depend/count on/upon sb. /sth.指望/依靠某人/某事

rely on/upon sb. to do sth. 指望/相信某人会做某事

rely on/upon it that...相信……；指望……

(2)reliable *adj.*可信赖的；可依赖的；可靠的

多维训练

单句语法填空

①(2022·全国甲卷)The next step, according to the researchers, is to try and work out whether the cockatoos rely entirely on/upon visual clues(线索), or also use a sense of touch in making their shape selections.

②You can rely on the responsible consultant to help (help) you out, because he is a reliable (rely) person.

写作运用提能

③(2020·新高考 I 卷, 应用文写作)我最尊敬我叔叔, 因为每当我处于困境中时, 我都可以指望他给我一些实用的建议。

I respect my uncle most because I can rely on/upon him to offer me some practical suggestions whenever I am in trouble. (rely on/upon sb.to do)

→I respect my uncle most because I can rely on/upon it that he can offer me some practical suggestions whenever I am in trouble. (rely on/upon it that...)

3. make up one's mind 下定决心

佳句背诵

(2022·全国甲卷) We can't seem to **make up our minds** whether we want a modern city or a traditional one.

我们似乎拿不定主意是要一个现代化的城市还是一个传统的城市。

归纳拓展

(1) change one's mind 改变主意

bear/keep... in mind (bear/keep in mind that...) 将……记在心中

come into one's mind 进入某人的脑海

fix one's mind on/upon... 全神贯注于

(2) mind one's own business 别管闲事

mind one's step 注意脚下

mind one's behaviour 注意举止

mind doing sth. 介意做某事

(3) make up one's mind 中的名词 mind 有数的变化，根据 one's 的单复数来确定 mind 的单复数。

多维训练

单句语法填空

①(牛津高阶)Do your parents mind your leaving (leave) home?

②(2023·全国甲卷) What comes into your mind when you think of British food?

写作运用提能

③(2022·新高考 I 卷, 读后续写)记住, 除了你自己, 没有人能改变你的想法。

Bear/Keep in mind that no one can change your mind, except yourself.

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