

UNIT 4 Looking good, feeling good^{课时}

教学 · 知识细解码

词汇派生

根据词性和汉语提示，写出下列单词

1. concern *n.* 担心；关心 *vt.* 使担忧；涉及；关系到 → concerned

adj. 担心的，忧虑的；关注的，关切的

2. effect *n.* 效果，作用；影响 → effective *adj.* 有效的；生效

的 → effectively *adv.* 有效地

3. official *n.* 官员, 要员 *adj.* 公务的, 公职的; 正式的, 官方的 → *officially* *adv.* 正式地; 官方地

4. frighten *v.* 使惊恐, 吓唬 → frightened *adj.* 害怕的, 惊吓的, 受吓的 → *frightening* *adj.* 令人恐惧的; 令人害怕的

5. energy *n.* 精力, 活力 → energetic *adj.* 精力充沛的, 充满活力的 → *energetically* *adv.* 精力充沛地

6. immediate *adj.* 立即的 → immediately *adv.* 立即, 马上 *conj.*
一……就

7. slight *adj.* 轻微的 → slightly *adv.* 稍微, 略微

8. stable *adj.* 稳定的; 稳重的 → *stably* *adv.* 稳定地

一词多义

1. **skip vt.&vi.** 不做(应做的事情等); 跳过, 略过; 跳绳, 蹦蹦跳跳地走; 快速转移

① The girls were **skipping** in the playground. 跳绳, 蹦蹦跳跳地走

② She decided to **skip** the afternoon's class. 不做(应做的事情等)

③ You can **skip** the next chapter if you have covered the topic in class. 跳过, 略过

④ She kept **skipping** from one topic of conversation to another. 快速转移

2. **faint** *adj.* 微弱的, 微小的 *vi.* 昏厥

① His breathing became **faint**.

微弱的

② There is still a **faint** hope that she may be cured.

微小的

③ Suddenly the woman in front of me **fainted**.

昏厥

要点直击

Words And Phrases

知识要点1 **concentrate** *vi. & vt.* 集中(注意力、思想等); 聚集;

全神贯注

(教材 P₄₅) She told me she had trouble **concentrating** in class.

她告诉我她在课上注意力不集中。

[例 1] I can't **concentrate** with all that noise going on.

吵闹声不绝于耳，我无法集中精神。

[例 2] We need to **concentrate** resources on the most run down ^课 areas. _时

我们需要把资源集中用于最衰败的地区。

[造句] 我决定全力以赴找个住的地方。

I decided to concentrate all my efforts on finding somewhere to live.

[归纳拓展]

(1) concentrate on/upon (doing) sth.

专心(做)某事

concentrate one's mind/attention/energy/efforts on

集中注意力于；全力以赴于

(2) concentration *n.*

集中精力；专心

[即学即练] 单句语法填空

① You must concentrate your attention on improving (improve) your English.

② You should concentrate your mind on/upon finishing the homework.

③ Turn off the TV, so you can concentrate your attention on your homework.

知识要点2 **concerned** *adj.*担心的, 忧虑的; 关注的, 关切的

(教材 P₄₅) Health experts are **concerned** about these figures.

健康专家对这些数字表示担忧。

[例 1] She was **concerned** that she might miss the turning and get lost.

她担心自己会因错过转弯的地方而迷路。

[例 2] Those **concerned** parents held a meeting.

那些忧心忡忡的家长们开了一次会。

[造句] 我担心她的安全。

I am concerned for/about her safety.

[归纳拓展]

(1) concern *n.*

vt.

concern oneself about/with

(2) concerned *adj.*

be concerned about/for

be concerned with

(3) concerning *prep.*

关心，关注；关系

与……有关；使担忧

关心，担心

关心的，担心的；有关的

对……感到担心

与……有关

关于，有关

[即学即练] 单句语法填空

① Her latest documentary is concerned (concern) with youth unemployment.

② They show great anxiety concerning (concern) their retirement allowance.

③ As far as I am concerned, the young man's design isn't attractive at all.

知识要点3 **effect** *n.* 影响；效果，作用

(教材 P₄₅) They are increasing their efforts to educate teenagers about the side **effects** of losing weight too quickly.

他们正在加大力度来教育青少年减肥过快的副作用。

[例 1] The overall **effect** of the painting is overwhelming.

这幅画的总体效果气势磅礴。

[例 2] The suggestions will soon be put into **effect**.

这些建议即将付诸实施。

[造句] 新法令明日起生效。

The new law takes effect from tomorrow.

[归纳拓展]

(1) have an effect on = have an influence on = have an impact on

对……有影响

put/bring...into effect

使某物开始使用

in effect

事实上；实际上

take effect

生效；奏效

come into effect

开始实施；开始生效

side effect

副作用

(2) effective *adj.*

有效的

(3) affect *v.*

影响；感动

[即学即练] 单句语法填空

① The government should take some effective (effect) measures to reduce pollution.

② The two systems are, in effect, the same.

③ Violence on television has a bad effect on the development of children.

[小片段助记]

In effect, we feel superior to them. On the one hand, the new law is said to have **come into effect** from April, although it won't **take effect** as planned; on the other hand, many great scientific achievements will **affect** our life as well as society, that is, great scientific achievements will **have a great effect on** our life as well as society.

知识要点4 **diet** *n.* 节食；日常饮食 *vi.* 节食；进行规定饮食

(教材 P₄₅) She pointed out that it is important to have a healthy
balanced **diet**...

她指出有健康均衡的饮食很重要……

[例 1] All you need is enough sleep and a balanced **diet**.

你需要的是充足的睡眠和均衡的饮食。

[例 2] You're overweight, and I'm going to put you on a **diet**.

你的体重超重了，我要让你节食。

[造句] 医生建议他控制饮食减肥。

The doctor advised him to go on a diet to lose weight.

[归纳拓展]

a balanced diet

均衡的饮食

be on a diet/go on a diet

控制饮食

put sb.on a diet

使某人节食

[明辨异同] diet, food

diet	指的是日常饮食或特定饮食，尤其指维持健康的定质定量的营养饮食。常用作可数名词，和 a 连用
food	是食物的总称。凡是可以充饥的有营养的东西都可以称作 food，常作不可数名词；但表示食物的种类时为可数名词

[即学即练] 单句语法填空

①The girl is on a diet, hoping to become slimmer.

②I really ought to go on a diet.I've put on so much weight since I gave up jogging.

③Every person needs water and a diet of healthy (health) food.

知识要点5 **function** *n.* 作用, 功能, 职能 *vi.* 起作用; 正常工作, 运转

(教材 P₄₅) ...teenagers are still growing and their bodies need a lot of nutrition to **function** well.

……青少年还在成长, 他们的身体需要大量的营养才能完全发挥功能。

[例 1] The sofa can also **function** as a bed.

这沙发也可以当床用。

[例 2] The **function** of a chairman is to lead and control the ^课meeting.

主席的职责是主持会议。

[造句] 这台机器运转不正常。

This machine is not functioning properly.

[归纳拓展]

function as

担任……; 起……作用

perform a function

发挥功能

special function

特殊功能

[即学即练] 单句语法填空

① Some English adverbs function as adjectives.

② He is searching for a way to make this machine perform a function.

③ When her mother was ill, the girl had to function as both cook and nurse.

知识要点6 **take in** 包括；摄入，吸收；欺骗；领会，理解；收
留

(教材 P₄₅) If they do not **take in** enough food, they may feel weak and get ill easily.

如果没有摄入足够的食物，他们可能会感到虚弱，且很容易生病。

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