

牛津译林版高中英语选择性必修一课件

***Unit 3 Fit for life***

***Workbook Page 69-74***

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*Exploring language Page 69*

*A. Fill in the blanks with the correct forms of the words in the box below.*

*pace            delete            arise            examine*  
*abnormal       adjust            restore        restrict*

*1. Please **have faith in** this treatment. It will **gradually restore** your sight.*

*2. I **deleted** the file **by accident**. I'm terribly sorry **about that**.*

3. I am confident **that** new opportunities will arise and **that** you will **ultimately** achieve your ambition.

4. The train was delayed **due to** abnormal weather **conditions**. [(影响某事发生的)物质环境, 状态, 条件]

5. It seems to me that these changes are happening **at too fast a** pace. I really can't **keep up**.

6. The new guidelines have restricted further development **in the city centre** as it has already been **overdeveloped**. (使过度发展)

**guide-line** /'gaɪdlaɪn/ 指导方针; 指导原则; 行动纲领; 准则; 参考

7. Teachers need to adjust their teaching methods to **meet the needs of each individual** student.

8. The nurse quickly **pulled the curtains** around the bed so that the doctor could examine the patient in private.

**in·di·vid·ual** /,ɪndɪ'vɪdʒuəl/ (常用于each之后) 单独的; 个别的

**cur·tain** /'kɜ:tɪn/ 窗帘; 帘; 幔; (遮隔房间的) 帷幔; 床帷

**in private** 私下地; 没外人在场

**in public** 公开地; 在别人 (尤指生人) 面前

**B. Fill in the blanks with the correct forms of the phrases in the box below.**

**be equipped with**

**be grateful for**

**date back to**

**put ... in place** 准备就绪

**specialize in**

**switch to**

**without doubt**

**wrestle with** 努力处理, 全力解决

1. My aunt is a nurse who specializes in looking after babies.

2. He is wrestling with this problem right now.

3. It is clear that an effective control system should be put in place at the very beginning.

4. Without doubt, he is the most hard-working student I have ever met.

5. I am grateful for all your love and support during my stay at your home.

6. Nowadays, our classrooms are equipped with different kinds of modern teaching aids. 教学辅助工具

7. My fear of dentists dates back to my childhood.

8. He started to study History in college, but switched to Mass Media in his second year.

D. Translate the following sentences into English. Use the words and phrases in the brackets. Page 70

1. 还没有证据表明这一治疗手段是有效的。(evidence)

*There has been no evidence (to show) that this treatment is effective.*

2. 气候变化正对我们的环境造成根本性的影响。(fundamental)

*Climate change is having a fundamental impact on our environment.*

3. 毫无疑问，人们会持续讨论这个问题。(without doubt; debate)

*Without doubt, people will continue to debate this issue.*

4. 我们坚信这个决定会影响所有人。(affect)

*We firmly believe that this decision will affect all people.*

5. 你们**竭尽全力**来帮助我，我非常感激。(grateful; go to great lengths)

*I am very grateful that you have gone to great lengths to help me.*

6. 众所周知，**酗酒**会带来很多健康问题。(abuse)

*As is known to all, alcohol abuse will cause/bring about many health problems.*

7. 艺术通常被视为表达情感的一种方式。(means)

*Art is often seen as a means of expressing emotions.*

8. 出乎所有人的意料，她在最后一刻退出了比赛。  
(withdraw)

*Out of everyone's expectation, she withdrew from the match/game at the last minute.*

## *Building skills*

*A. Listening and speaking Page 71*

*A1. Dr Jameson is giving a lecture about the importance of **blood donation**. Listen to the lecture and answer the following questions.*

*1. How many blood donations take place every year worldwide?*

***Over 110 million.***

2. *What do blood services need to ensure, apart from making sufficient blood available?*

*They need to ensure that the blood is safe to use.*

3. *How many people's lives could one single blood donation **potentially** save?*

*Three people's lives.*

*services ( BrE ) 服务站*

*suf·fi·cient /sə'fɪʃnt/ 足够的; 充足的*

*4. What needs to be done before donated blood is prepared for use?*

*It needs to be tested for diseases.*

*5. When is World Blood Donor Day celebrated every year?*

*On 14 June.*

## Tapescript

*Dr Jameson: Every year, millions of people around the world need **blood transfusions**. A blood transfusion is a medical procedure **in which** new blood is put into a patient's body. Even though over 110 million blood donations take place each year, there is still **a shortage of blood globally**. **Not only** do national blood services need to **ensure** that sufficient amounts of blood are donated, they also need to **make sure** that the blood is safe to use.*

***(blood) transfusion** /træns 'fju:zən/ 输血*

***pro·ced·ure** /prə 'si:dʒə(r)/ (医)手术, (正常)程序, 手续, 步骤*

Blood transfusions are often required during **surgical** procedures, even when it's not an emergency. However, one difficulty is that blood cannot be produced in a factory—it must come from human beings. **Because of this**, blood **donors** play a very important role. If you ever had **surgery**, it is likely that you've received blood from blood donors.

**sur·gi·cal** /'sɜ:dʒɪkl/ 外科的; 外科手术的

**donor** /'dəʊnə(r)/ 献血者; 器官捐献者; 捐赠者; 捐赠机构

*One single donation could potentially save three people's lives. Patients often need blood of a particular type. If you have an unusual blood type, then it is even more **critical** that you donate blood.*

*The blood that is collected is stored in blood banks, so it's ready to use when patients need it. However, it might take several weeks before donated blood can be used: it first needs to be tested for diseases; then it needs to be prepared for use. **crit·ic·al** /'kɹɪtɪkl/ 极重要的; 关键的; 至关紧要的  
**blood bank** 血库*

*In order to thank blood donors, and to show everyone how important it is to donate blood, World Blood Donor Day is celebrated every year on 14 June.*

*A2. After the lecture, Dr Jameson is answering a student's questions about blood donation. Listen to the conversation and complete the notes below. Page 71*

## Blood donation

### Dos

- Get (1) \_\_\_\_\_ and drink plenty of water the day before you donate blood.
- Eat something sweet and drink (2) \_\_\_\_\_ after your donation.
- (3) \_\_\_\_\_ for a while if you feel dizzy afterwards.
- Make sure your next meal is (4) \_\_\_\_\_.

### Don'ts

- Don't donate more than (5) \_\_\_\_\_ blood each time.
- Don't carry anything heavy the same day you've donated blood.
- Don't donate blood again within (6) \_\_\_\_\_.
- Don't donate blood if you are under 18 or above (7) \_\_\_\_\_.
- Don't donate blood if your (8) \_\_\_\_\_ is too low.

# Blood donation

## Dos

- Get (1) a good night's sleep and drink plenty of water the day before you donate blood.
- Eat something sweet and drink (2) some juice or milk after your donation.
- (3) Lie down for a while if you feel dizzy afterwards.
- Make sure your next meal is (4) high in protein.

dos and don'ts/do's and don'ts (informal) 规则; 注意事项

dizzy /'dɪzi/ 头晕目眩的; 眩晕的

pro·tein /'prəʊti:n/ 蛋白质 high (in sth) 含某物多

## Don'ts

- Don't donate more than (5) 400 ml blood each time.
- Don't carry anything heavy the same day you've donated blood.
- Don't donate blood again within (6) six months.
- Don't donate blood if you are under 18 or above (7) 55.
- Don't donate blood if your (8) body weight is too low.

## Tapescript

*Student: Dr Jameson, is there anything we need to pay attention to before giving blood?*

*Dr Jameson: I'd **recommend** that you get a good night's sleep and drink plenty of water the day before you donate blood.*

*Student: Does it **hurt** a lot to give blood? 感到疼痛*

*Dr Jameson: Don't worry. It's almost painless. You might feel a bit uncomfortable, but most people **get used to it** quickly.*

*Immediately after your donation, you should eat something sweet and drink some juice or milk. This will **keep your blood sugar level up** so you don't **faint**. If you still feel dizzy afterwards, you need to lie down for a while. Also, make sure your next meal is **high in protein**.*

*Student: How much blood do we have to give each time?*

*Dr Jameson: A typical blood donation will be about 200—400ml.*

**keep sth up** 使某事物保持在高水平

**faint** /feɪnt/ 昏厥

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