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Unit 1 Food matters

高效晨读 I

诵读

Reading 板块的词汇结构化知识

建议用时 20 分钟

一、派生词

1. mood	moody <i>adj.</i> 情绪多变的,喜怒无常的;郁郁寡欢的;令人感伤的
2. combination	combine <i>vt. & vi.</i> (使)融合;(使)结合,(使)混合;兼做;合并,协力
3. creamy	cream <i>n.</i> 奶油,乳脂;护肤霜
4. greedily	greed <i>n.</i> 贪婪,贪心 greedy <i>adj.</i> 贪婪的,贪心的
5. gently	gentle <i>adj.</i> 温柔的;温和的;柔和的
6. association	associate <i>vt.</i> 联想,联系 <i>vi.</i> 交往 <i>adj.</i> 非正式的;联合的 associated <i>adj.</i> 有关联的,相关的
7. vary	various <i>adj.</i> 各种不同的,各种各样的 variety <i>n.</i> 不同种类;变化,多样性;变种,变体
8. emotion	emotional <i>adj.</i> 情绪的;情绪激动的;有感染力的
9. relieve	relieved <i>adj.</i> 感到宽慰的,放心的 relief <i>n.</i> 宽慰,轻松;救济;减轻,消除
10. security	secure <i>adj.</i> 安心的;牢固的;可靠的 <i>vt.</i> 争取到;缚牢;使安全 securely <i>adv.</i> 安全地;牢固地;安心地;有把握地
11. generate	generation <i>n.</i> 一代人;代,一代;产生 generator <i>n.</i> 发电机;发生器
12. digest	digestion <i>n.</i> 消化;消化能力 digestive <i>adj.</i> 消化的
13. cycle	cycling <i>n.</i> 骑自行车运动(或活动) cyclist <i>n.</i> 骑自行车者

二、核心词语要点

1. combination /ˌkɒmbɪˈneɪʃn/ *n.* 结合体,联合体;联合,混合

a combination of A and B A 与 B 的结合	combine... with/and... 把……与……结合起来
in combination with 与……结合;与……联合	combine to do sth 联合做某事;共同导致……

2. association /əˌsəʊsiˈeɪʃn; əˌsəʊʃiˈeɪʃn/ *n.* 联想,联系;协会,社团;联合,交往

in association with 与……联合	associate... with... 把……与……联系在一起
have (no) association with 与……(没)有关系	be associated with 与……有关

3. vary /ˈveəri/ *vi.* (根据情况)变化,变更;相异,不同 || *vt.* 变更,改变

vary from... to... 从……到……不等	a (wide/large) variety of = (wide/large) varieties of 各种各样的
vary with 随……变化	for various reasons 由于种种原因
vary in 在……方面不同	

4. relieve /rɪˈliːv/ *vt.* 解除,减轻;缓和,缓解

relieve anxiety/guilt/stress 消除焦虑/内疚;缓解压力	relief from/of sth (焦虑、痛苦等的)减轻,消除,缓和
relieve sb of sth 替……拿重物;帮助……减轻(负担);解除……的职务	breathe a sigh of relief 如释重负地松了口气

检测

建议用时 15 分钟 答案 P57

一、派生词默写

1. _____ *n.* 结合体, 联合体; 联合, 混合 → _____ *vt. & vi.* (使) 融合; (使) 结合, (使) 混合
2. _____ *adv.* 贪婪地, 贪心地 → _____ *n.* 贪婪, 贪心 → _____ *adj.* 贪婪的, 贪心的
3. _____ *adv.* 轻柔地, 温和地 → _____ *adj.* 温柔的; 温和的; 柔和的
4. _____ *n.* 联想, 联系; 协会, 社团; 联合, 交往 → _____ *vt.* 联想, 联系 || *vi.* 交往 || *adj.* 非正式的; 联合的 → _____ *adj.* 有关联的, 相关的
5. _____ *vi.* (根据情况) 变化, 变更; 相异, 不同 || *vt.* 变更, 改变 → _____ *adj.* 各种不同的, 各种各样的 → _____ *n.* 不同种类; 变化, 多样性; 变种, 变体
6. _____ *n.* 情感, 强烈的感情 → _____ *adj.* 情绪的; 情绪激动的; 有感染力的
7. _____ *vt.* 解除, 减轻; 缓和, 缓解 → _____ *adj.* 感到宽慰的 → _____ *n.* 宽慰, 轻松; 救济; 减轻, 消除
8. _____ *n.* 安全; 保护措施; 保安部门; 担保, 保证 → _____ *adj.* 安心的; 牢固的; 可靠的 || *vt.* 争取到; 缚牢; 使安全 → _____ *adv.* 安全地; 牢固地; 安心地; 有把握地
9. _____ *vt.* 产生, 引起 → _____ *n.* 一代人; 代, 一代; 产生 → _____ *n.* 发电机; 发生器
10. _____ *vt. & vi.* 消化; 领会, 理解 || *n.* 摘要, 文摘 → _____ *n.* 消化; 消化能力 → _____ *adj.* 消化的

二、根据首字母或汉语提示填空

1. They learn well but seem to need time to _____ (消化) information.	1. _____
2. It is reported that there is a direct l _____ between health and diet.	2. _____
3. A b _____ of friendship has been formed between them since their last outing.	3. _____
4. This unique c _____ between Chinese and Western elements has made me realize that music is a universal language.	4. _____
5. We should pay attention to the side effects of this drug, _____ (变化) from person to person.	5. _____
6. Ann must have passed the exam, for I have never seen her in such a good m _____ before.	6. _____
7. We have to give attention to campus _____ (安全) and build a harmonious campus.	7. _____
8. Every country has its own distinct way of preparing meals with a special local f _____.	8. _____
9. The country has taken measures to l _____ the price of natural gas.	9. _____
10. Bicycle lanes can _____ (缓解) traffic jams by separating bicycles from cars.	10. _____

高效晨读 II

诵读

Reading 板块的课文,着重背诵重点短语和句子

建议用时 20 分钟

一、短语

1. consist of=be made up of=be composed of	由……组成
2. lift one’s spirits	让某人精神振奋
3. do the trick	奏效,起作用,达到目的
4. take one’s time over sth	慢慢地做某事,从容不迫地做某事
5. refer to	提及,谈及;参考,查阅
6. call sth to mind	使想起某事
7. make up for	弥补
8. vary from person to person	因人而异
9. be linked with	和……相连接或联系
10. be tied up with	忙得脱不开身;与……有密切关系
11. unlock memories of a time	解锁某段时光的记忆
12. cheer sb up	使某人振奋起来,使某人高兴起来
13. cry out for	迫切需要
14. relieve feelings of homesickness	缓解思乡之情
15. food for the soul	灵魂食粮,心灵的食粮,精神食粮
16. bring back	带回;使恢复;使回忆起

二、句子

1. No matter how bad my mood is, that perfect combination is always enough to lift my spirits . (no matter how 引导的让步状语从句)	无论我的心情多么糟糕,那个完美的组合总是足以让我精神振奋。
2. 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.	有时只是闻到气味就有这种效果,更不用说那美妙的奶油的味道了,这种味道就像一台时光机,立刻把我带回阳光灿烂的童年。
3. I take my time over every spoonful, gently rolling the silky dessert around my mouth and enjoying the perfect marriage of rice and milk.	我细细品尝每一勺,让丝滑的甜点在我的口中轻轻转动,享受米糊和牛奶的完美融合。
4. When we eat the chicken soup again, we unlock memories of a time when we were loved and looked after, and this cheers us up . (when 引导的定语从句)	当再次喝到鸡汤时,我们解锁记忆,回想起受到疼爱与关怀的时光,这会让我们的情绪变好。
5. 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.	吃一口治愈系食物让我们回到自己的文化根源,带来我们迫切需要的“家的味道”,以解思乡之情。

检测

建议用时 15 分钟

答案 P57

一、短语汉译英/英译汉

1. 由……组成 _____
2. lift one's spirits _____
3. 奏效,起作用 _____
4. 慢慢地做某事 _____
5. 谈及;参考 _____
6. 使想起某事 _____
7. 减轻思乡之情 _____
8. 忙得脱不开身;与……有密切关系 _____
9. food for the soul _____
10. unlock memories of a time _____

二、根据括号内的汉语提示完成句子

1. His heart _____ (与……相连) the hearts of the masses.
2. Whenever I encounter difficulties, she will encourage me and help me _____ (振作起来).
3. All these things _____ (迫切需要) careful planning.
4. These pills should _____ (起作用). You'll feel much better in no time.
5. Attitudes toward food _____ (因人而异).
6. The young man believes that hard effort can _____ (弥补) his lack of talent.

三、根据汉语句意补全英语译文

1. 无论我的心情多么糟糕,那个完美的组合总是足以让我精神振奋。(让步状语从句)
_____, that perfect combination is always enough to _____.
2. 有时只是闻到气味就有这种效果,更不用说那美妙的奶油的味道了。
Sometimes the smell alone can _____, _____.
3. 我细细品尝每一勺,让丝滑的甜点在我的口中轻轻转动,享受米糊和牛奶的完美融合。
I _____, gently rolling the silky dessert around my mouth and _____.
4. 当再次喝到鸡汤时,我们解锁记忆,回想起受到疼爱与关怀的时光,这会让我们的情绪变好。(when 引导的定语从句)
When we eat the chicken soup again, we unlock memories of a time _____, and this cheers us up.
5. 吃一口治愈系食物让我们回到自己的文化根源,带来我们迫切需要的“家的味道”,以解思乡之情。
One mouthful of comfort food _____, giving us the “taste of home” that _____ and relieving feelings of homesickness.

高效晨读Ⅲ

诵读

建议用时 20 分钟

一、诵读 Reading 板块的课文,背诵下面的话题语段

In its broadest sense, comfort food refers to any food that makes us feel better. In this article, we will talk about a particular type of comfort food whose power mainly lies in the associations it calls to mind. It often makes up for bad feelings by helping us recall happy memories of the people, things or places we love.	从广义上说,治愈系食物指的是任何能改善我们心情的食物。在本文里,我们要特别讲一类治愈系食物,它的力量主要在于它所唤起的联想。它常常通过帮我们回忆起所爱之人、所爱之物、所爱之地的快乐往事,来消解不良情绪。
Our comfort foods are highly individual. They vary from person to person, depending on our own unique experiences that have shaped our lives. If we grow up eating certain foods in our family, then those foods tend to be linked with positive emotions. For example, we often connect chicken soup with a happy childhood and its flavour becomes tied up with the feeling of being taken care of. When we eat it again, we unlock memories of a time when we were loved and looked after, and this cheers us up.	治愈系食物相当个性化。它们由塑造我们人生的独特经历决定,因人而异。如果我们从小在家就吃某些特定的食物,那么那些食物就很容易与积极的情绪产生关联。比如,我们经常把鸡汤与快乐的童年联系在一起,它的味道与被关爱的感觉相关。当再次喝到鸡汤时,我们解锁记忆,回想起受到疼爱与关怀的时光,这就会让我们的情绪变好。

二、诵读 Grammar and usage 板块的语篇,关注下列内容

(一) 派生词

1. enhance <i>vt.</i> 提高,增强→enhancement <i>n.</i> 提高
2. boil <i>vt. & vi.</i> 用沸水煮;(使)沸腾→boiled <i>adj.</i> 煮沸的→boiling <i>adj.</i> 炽热的;沸腾的
3. fry <i>vt. & vi.</i> 油炸,油煎→fried <i>adj.</i> 油炸的

(二) 短语和句子

come across 偶然遇见,碰到 throw oneself into 投身于,热衷于	invite sb over (for sth) 邀请某人过来(……)
1. To eat out was also a social activity, allowing me to enhance the relationship with my friends. (动词不定式作主语、宾语补足语)	外出就餐也是一种社交活动,让我可以加强我和朋友们的关系。
2. There are a variety of recipes in the app to choose from. (动词不定式作后置定语)	应用程序中有各种各样的食谱可供选择。
3. My plan is to invite my friends over at the weekend to show them my new-found skills. (动词不定式作表语、目的状语)	我的计划是周末邀请我的朋友们过来,向他们展示我新获得的技能。
4. It will be a good idea to invite your family and friends over for dinner. (动词不定式作主语,可用形式主语 it 代替)	邀请你的家人和朋友过来吃晚饭是个好主意。

检测

建议用时 15 分钟 答案 P57

一、课文还原填空

Comfort food

1. _____ its broadest sense, comfort food 2. _____ any food that makes us feel better. In this article, we will talk about a particular type of comfort food whose power mainly 3. _____ the associations it 4. _____. It often makes up 5. _____ bad feelings by helping us recall happy memories of the people, things or places we love.	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
Our comfort foods are 6. _____ individual. They 7. _____ from person to person, 8. _____ our own unique experiences that have 9. _____ our lives. If we grow up 10. _____ certain foods in our family, then those foods tend to 11. _____ positive emotions. For example, we often connect chicken soup with a happy childhood and its 12. _____ becomes tied up with the feeling of being taken care of. When we eat it again, we 13. _____ memories of a time 14. _____ we were loved and looked after, and this cheers us up.	6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____

二、句子翻译或补全翻译

1. 在过去的几个星期里,我全身心地投入到家庭烹饪中,从在锅里煮面条到在平底锅里煎牛排。
In the last few weeks, _____, from boiling noodles in the pot to frying steak in the pan.
2. 外出就餐也是一种社交活动,让我可以加强我和朋友们的关系。(动词不定式)
_____ was also a social activity, allowing me _____.
3. 我的计划是周末邀请我的朋友们过来,向他们展示我新获得的技能。(动词不定式)
My plan is _____ at the weekend _____.
4. 应用程序中有各种各样的食谱可供选择。(动词不定式)
There are _____ in the app _____.
5. 邀请你的家人和朋友过来吃晚饭是个好主意。(it 代替动词不定式作形式主语)
_____.

高效晨读IV

诵读 Integrated skills 板块的单词表词汇及课文,关注下列内容(描述食物) 建议用时 20 分钟

一、话题词汇

n.	version, filling, flour, * tiramisu, bakery, * layer, cheese, cream, * ingredient, taste, favourite, flavour, dessert
v.	bake, decorate, fill
adj.	elderly, adorable, mild, bitter, special, wonderful, small, round, shiny, delicious, sweet, popular, amazing, creamy, soft, smooth, attractive, smelly, salty, juicy, silky, crisp

二、派生词

1. filling	fill vt. & vi. (使)充满,(使)填满
2. adorable	adore vt. 钦佩;欣赏 adoration n. 钦佩;赞赏;羡慕
3. mild	mildly adv. 温和地,和善地;轻微地,稍微地 mildness n. 温和;温暖

三、短语

1. food stand	食品摊位
2. out of this world	好(或美等)得不得了,非凡,呱呱叫
3. start to water	开始流水(或口水、眼泪等)
4. take each bite	每咬一口
5. bring sth to mind	使想起/回忆起某事

四、句子

1. Of all the foods I have ever tried, the mooncake is my favourite.	在我吃过的所有食物中,月饼是我的最爱。
2. They have a variety of fillings and among them I love the sweet red bean filling best.	它们有各种各样的馅料,其中我最喜欢甜红豆馅。
3. When she places them on the table, they look adorable—small, round and shiny golden-brown.	当她把它们放在桌子上时,它们看起来很可爱——小小的、圆圆的,呈现出闪闪发光的金棕色。
4. The delicious smell soon reaches my nose and my mouth starts to water.	香味很快就飘到了我的鼻子里,我的嘴巴开始流口水。
5. The mooncake is always my favourite because of its satisfying taste that is out of this world and the happy memories it brings to mind.	月饼一直是我的最爱,因为它的味道令人满足,可口得不得了,并且它能够让我想起快乐的往事。
6. Each spoonful of this amazing dessert is a light, creamy experience to remember.	每一勺这款令人惊叹的甜点都是一次令人难忘的轻盈的、柔滑的体验。
7. Whenever I feel unhappy, I eat this dessert and it does make me feel better!	每当我不开心的时候,我就吃这个甜点,它确实让我感觉好多了!

检测

建议用时 15 分钟 答案 P57

一、根据首字母或汉语提示填空

1. We have three _____ (讨人喜爱的) children.	1. _____
2. The climate is m_____ all year round, meaning it is always a good time to visit.	2. _____
3. How many _____ (层) of clothing are you wearing?	3. _____
4. It is said that good medicine tastes b_____, but is good for health.	4. _____
5. There are two _____ (面包店) near my home and I'm their regular customer.	5. _____
6. The _____ (材料) he used in the cooking contest attracted everyone's attention.	6. _____
7. The e_____ need special care in winter, as they are sensitive to the sudden change of weather.	7. _____
8. The English _____ (版本) of the novel is due for publication next year.	8. _____
9. There are a wide range of sandwich f_____ at the food stand.	9. _____

二、根据汉语句意补全英语译文

1. 它们有各种各样的馅料,其中我最喜欢甜红豆馅。
They have _____ and _____ I love the sweet red bean filling best.
2. 香味很快就飘到了我的鼻子里,我的嘴巴开始流口水。
The delicious smell soon _____ and my mouth _____.
3. 月饼一直是我的最爱,因为它的味道令人满足,可口得不得了,并且它能够让我想起快乐的往事。
The mooncake is always _____ because of its satisfying taste _____ and the happy memories _____.
4. 每一勺这款令人惊叹的甜点都是一次令人难忘的轻盈的、柔滑的体验。
_____ this amazing dessert is _____.
5. 每当我不开心的时候,我就吃这个甜点,它确实让我感觉好多了!
_____, I eat this dessert and it _____!

高效晨读V

诵读

Extended reading 和 Project 板块的单词表词汇及课文,关注以下内容

建议用时 20 分钟

一、派生词

1. loose	loosen <i>vt. & vi.</i> (使)放松,变松 <i>vt.</i> 解开,松开;放宽
2. expand	expansion <i>n.</i> 扩展,扩大,膨胀 expansive <i>adj.</i> 广阔的;广泛的
3. appropriate	appropriately <i>adv.</i> 适当地;恰当地
4. multiple	multiply <i>vt. & vi.</i> 乘;(使)繁殖;成倍增加
5. estimate	overestimate <i>vt.</i> 高估 underestimate <i>vt.</i> 低估 estimation <i>n.</i> 估计
6. consume	consumer <i>n.</i> 消费者,用户,顾客 consumption <i>n.</i> 消费;消耗
7. essential	essence <i>n.</i> 本质,精髓;香精,精油 essentially <i>adv.</i> 本质上,根本上,基本上
8. innovation	innovate <i>vi.</i> 创新,改革 innovative <i>adj.</i> 革新的,创新的
9. stimulate	stimulation <i>n.</i> 刺激;激励 stimulating <i>adj.</i> 趣味盎然的;激励人的;增加活力的 stimulus <i>n.</i> 激励因素;刺激物
10. delicate	delicately <i>adv.</i> 优美地;微妙地;谨慎地;巧妙地 delicacy <i>n.</i> 佳肴;周到;微妙
11. emphasis	emphasize <i>vt.</i> 强调,着重

二、短语

1. heat up	加热(某物);变热;变得更活跃、激烈或愤怒
2. let sth loose	释放;放任
3. quicken sth	加快,加速;使更活跃
4. appeal to	吸引
5. without equal	无与伦比,无人能战胜或超过
6. hit the spot	使人满意,正合需要
7. work one's way through	自始至终做……
8. fall apart	破碎,破裂;崩溃

三、句子

1. The hot flavour quicken ed our laughter and conversation, making the meal the perfect way to relax with friends .	热辣的味道让大家谈笑起来更有兴致,这顿饭成了与友人放松的最佳方式。
2. Sichuan hot pots are perfect for the damp, foggy climate in which they were invented .	四川火锅非常适合其发源地潮湿多雾的气候。
3. Served plain in thin, white slices , the meat is juicy and salty.	鸭肉简单地切成白白的薄片端上来,肉质多汁且带有咸味。
4. It definitely hit the spot when I tried it, and it has become one of my personal favourites.	我尝了它(盐水鸭),真的太对我胃口了,(现在)它已经成了我最喜欢的食物之一。
5. The concept took off , and today Guangzhou's restaurants stimulate customers' appetite with over a thousand offerings.	这个观念流行起来,如今广州的各家餐厅用一千多种点心使食客们胃口大开。

检测

建议用时 15 分钟 答案 P57

一、根据首字母或汉语提示填空

1. I was astonished to see the eagle e_____ its wings.	1. _____
2. Don't put that glass so near the e_____ of the table.	2. _____
3. We should encourage _____ (创新) in teaching.	3. _____
4. On average, a person can c_____ 2,000 calories a day.	4. _____
5. It is _____ (完全必要的) that technology advance should be combined with morals.	5. _____
6. He tries to _____ (估计) how many steps it will take to achieve his goal.	6. _____
7. As time has passed, the artist's house has grown to become simple and _____ (朴素的).	7. _____
8. The book was written in a style a_____ to the age of the children.	8. _____
9. High schools should put e_____ on students' overall development instead of just focusing on their academic performance.	9. _____
10. An inspiring teacher can _____ (激励) students to succeed.	10. _____

二、选择短语并用其正确形式填空

appeal to	let loose	hit the spot
without equal	work one's way through	fall apart

1. Just close your eyes and _____ your imagination.
2. Sport has become an important form of entertainment, _____ both men and women.
3. Others _____ under pressure, while a few people do well despite the pressure.
4. That ice cream _____ ! It was just what I wanted to eat.
5. Her beauty is _____ , like the mermaids sailors love to praise.
6. She _____ the pile of documents.

三、根据汉语句意补全英语译文

1. 热辣的味道让大家谈笑起来更有兴致,这顿饭成了与友人放松的最佳方式。
The hot flavour _____ , making the meal _____ .
2. 鸭肉简单地切成白白的薄片端上来,肉质多汁且带有咸味。
Served plain _____ , the meat is _____ .
3. 这个观念流行起来,如今广州的各家餐厅用一千多种点心使食客们胃口大开。
The concept _____ , and today Guangzhou's restaurants _____ .

高效晨读 VI

写作专项 读后续写微技能 1——运用感官描写(senses) 建议用时 20 分钟

我们通过五种感官(five senses)来感知世界,它们分别是 sight(视觉)、sound(听觉)、smell(嗅觉)、taste(味觉)和 touch(触觉)。在叙述一件事情的时候,好的作者不会直接告诉读者应该怎样思考或感受,而是会通过细节描写让读者自己去看、去听、去闻、去尝和去感受。

英语作文中使用五种感官的技巧如下:

- 1. 视觉:用眼睛看,观察一个事物的大小、颜色、形状、姿态等。
- 2. 听觉:用耳朵听声音,如听鸟儿的叫声、下雨的声音等。
- 3. 嗅觉:用鼻子闻,如闻到桂花的香气、饭菜的香味等。
- 4. 味觉:用嘴巴尝味道,尝出酸、甜、苦、辣、咸等味道。
- 5. 触觉:皮肤接触某一个事物时的感受,如软硬、厚薄、凉热、疼痛等;或者人物在某种情况下的心理感受。

一、运用视觉的表达

1. a graceful/skinny/slim figure(姿态)	优美/瘦削/纤细的身段
2. He had a large, square face, with thick eyebrows and round eyes. (大小、形状)	他长着一张大大的方脸,浓眉毛,圆眼睛。
3. A broken small old grey stone bridge came into sight . (颜色、形态、大小)	一座破旧不堪的、古老的灰色小石桥映入眼帘。
4. The room was flooded with evening light . (颜色)	室内一片暮色。
5. The red flowers stand out against the white snow . (颜色)	在白雪的映衬下,这些红花分外醒目。
6. The rising sun casts a golden glow over the fields. (姿态、颜色)	冉冉升起的太阳在田野上洒下一片金色的阳光。
7. Black clouds loomed over the distant horizon. (颜色、姿态)	乌云隐约出现在远处的地平线上。

二、运用听觉的表达

1. The distant roll of thunder reached our ears.	远处隆隆的雷声传入我们的耳中。
2. A piece of beautiful music came to my ears.	一曲优美的音乐传入我耳中。
3. Her footsteps echoed in the empty room.	她的脚步声在空荡荡的屋子里回响着。
4. The children's laughter is ringing in my ears.	孩子们的笑声萦绕在我耳边。
5. The wind whispered around us.	风在我们耳边低语。
6. She was listening to the ripple of the stream.	她听着小河的潺潺流水声。
7. It was quiet all round, but one could hear cicadas chirping here and there.	四周万籁俱寂,但能听到各处的蝉鸣。
8. Leaves rustled in the summer breeze.	树叶在夏日的微风中沙沙作响。
9. I could hear the soup bubbling away.	我能听到汤在咕嘟咕嘟地响。

三、运用嗅觉的表达

1. The air was fresh and fragrant; it gave people a feeling of comfort.	空气清新,使人感到舒畅。
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2. The fields have such a clean, fresh smell after the rain.	雨后,大地散发出如此干净、清新的味道。
3. That lovely, rich fragrant smell of the forest enveloped us.	森林里那种馥郁芬芳的迷人气味围绕着我们。
4. There is a breath of spring in the gentle wind.	微风吹来一阵春天的气息。
5. A sweet fragrance greeted him.	迎面而来的是一阵香甜的气息。
6. The delicate scent of roses hung in the air.	空气里飘着淡淡的玫瑰花香。

四、运用味觉的表达

1. The meat is extremely tender.	这肉很嫩。
2. The soup tastes sour and spicy. That's so delectable.	汤尝起来又酸又辣,味道太好了。
3. My mother's dishes are so salty that I have to drink a lot of water after each meal.	我妈妈做的菜太咸了,我每次吃完饭都得喝好多水。
4. This cake tastes so sweet, and leaves a nice texture on your tongue.	这个蛋糕尝起来很甜,在你的舌头上留下很好的口感。
5. His tongue felt dry and large and his mouth had a bitter taste.	他的舌头干燥而不灵活,嘴里有股苦味。

五、运用触觉的表达

1. Her hands were like ice.	她的手冰凉。
2. The silk has a soft, smooth touch/feel.	丝绸摸起来柔软又光滑。
3. I felt a sharp sting of pain.	我感到一阵剧烈的刺痛。
4. Numb with shock, he felt no pain.	他由于震惊而麻木,已经感觉不到疼痛了。
5. When I was bathed in the sunlight, it felt like the amber-like sunshine was kissing every inch of my skin.	当我沐浴在阳光下时,感觉琥珀色的阳光在亲吻着我的每一寸肌肤。

六、精彩语段

1. Golden sunlight danced in the treetops, and children's laughter filled the park. The smell of popcorn played on the breeze, and life seemed good. It was one of the happiest Saturday mornings I had spent with my little daughter, Gigi.	金色的阳光在树梢上跳舞,公园里充满了孩子们的笑声。爆米花的香味在微风中荡漾,生活似乎很美好。这是我和小女儿吉吉度过的最快乐的星期六早晨之一。
2. The moon was held up above the sky, shining her smooth and charming moonlight. Twinkling stars were blinking, and fragrant breeze gently stroked my head, as if soothing all the tiredness along the trip.	月亮高高地挂在天空上,散发出柔和迷人的月光。耀眼的星星在闪烁,带着清香的微风轻抚着我的头,仿佛在抚平旅途中所有的疲劳。

一、根据括号内的汉语提示完成句子

1. She has (优美的身段).
2. The room is flooded with (金色的光).
3. A broken small old grey stone bridge (映入眼帘).
4. The rising sun (洒下一片金色的阳光) over the fields.
5. A piece of beautiful music (传入我耳中).
6. I could hear the soup (咕嘟咕嘟地响).
7. The delicate scent of roses (飘荡在空气中).
8. The fields after the rain (闻起来干净又清新).
9. This cake (尝起来很甜), and leaves (很好的口
感) on your tongue.
10. When I was bathed in the sunlight, it felt like the amber-like sunshine (亲吻着我的每寸肌肤).

二、句子翻译

1. 在白雪的映衬下,这些红花分外醒目。
2. 她的脚步声在空荡荡的屋子里回响着。
3. 风在我们耳边低语。
4. 公园里充满了孩子们的笑声。
5. 香甜的气息围绕着我。
6. 微风吹来一阵春天的气息。
7. 我感到一阵剧烈的刺痛。
8. 他由于震惊而麻木,已经感觉不到疼痛了。

Unit 1 派生词和短语掌握情况自查清单

一、派生词清单(已掌握的内容在前面的方框里打“√”,未掌握的内容查阅相应的课时再做巩固)

(1~13 出自 Reading 板块;14~16 出自 Grammar and usage 板块;17~19 出自 Integrated skills 板块;20~30 出自 Extended reading 板块)

- | | |
|--|---|
| ☐ 1. mood <i>n.</i> →moody <i>adj.</i> | ☐ 18. adorable <i>adj.</i> →adore <i>vt.</i> →adoration <i>n.</i> |
| ☐ 2. combination <i>n.</i> →combine <i>vt.</i> & <i>vi.</i> | ☐ 19. mild <i>adj.</i> →mildly <i>adv.</i> →mildness <i>n.</i> |
| ☐ 3. creamy <i>adj.</i> →cream <i>n.</i> | ☐ 20. loose <i>adj.</i> →loosen <i>vt.</i> & <i>vi.</i> |
| ☐ 4. greedily <i>adv.</i> →greed <i>n.</i> →greedy <i>adj.</i> | ☐ 21. expand <i>vt.</i> & <i>vi.</i> →expansion <i>n.</i> →expansive <i>adj.</i> |
| ☐ 5. gently <i>adv.</i> →gentle <i>adj.</i> | ☐ 22. appropriate <i>adj.</i> →appropriately <i>adv.</i> |
| ☐ 6. association <i>n.</i> →associate <i>vt.</i> & <i>vi.</i> & <i>adj.</i> →associated <i>adj.</i> | ☐ 23. multiple <i>adj.</i> →multiply <i>vt.</i> & <i>vi.</i> |
| ☐ 7. vary <i>vi.</i> & <i>vt.</i> →various <i>adj.</i> →variety <i>n.</i> | ☐ 24. estimate <i>vt.</i> & <i>n.</i> →overestimate <i>vt.</i> →underestimate <i>vt.</i> |
| ☐ 8. emotion <i>n.</i> →emotional <i>adj.</i> | ☐ 25. consume <i>vt.</i> →consumer <i>n.</i> →consumption <i>n.</i> |
| ☐ 9. relieve <i>vt.</i> →relieved <i>adj.</i> →relief <i>n.</i> | ☐ 26. essential <i>adj.</i> →essence <i>n.</i> →essentially <i>adv.</i> |
| ☐ 10. security <i>n.</i> →secure <i>adj.</i> & <i>vt.</i> →securely <i>adv.</i> | ☐ 27. innovation <i>n.</i> →innovate <i>vi.</i> →innovative <i>adj.</i> |
| ☐ 11. generate <i>vt.</i> →generation <i>n.</i> →generator <i>n.</i> | ☐ 28. stimulate <i>vt.</i> →stimulation <i>n.</i> →stimulating <i>adj.</i> →stimulus <i>n.</i> |
| ☐ 12. digest <i>vt.</i> & <i>vi.</i> & <i>n.</i> →digestion <i>n.</i> →digestive <i>adj.</i> | ☐ 29. delicate <i>adj.</i> →delicately <i>adv.</i> →delicacy <i>n.</i> |
| ☐ 13. cycle <i>n.</i> & <i>vi.</i> →cycling <i>n.</i> →cyclist <i>n.</i> | ☐ 30. emphasis <i>n.</i> →emphasize <i>vt.</i> |
| ☐ 14. enhance <i>vt.</i> →enhancement <i>n.</i> | |
| ☐ 15. boil <i>vt.</i> & <i>vi.</i> →boiled <i>adj.</i> →boiling <i>adj.</i> | |
| ☐ 16. fry <i>vt.</i> & <i>vi.</i> →fried <i>adj.</i> | |
| ☐ 17. filling <i>n.</i> →fill <i>vt.</i> & <i>vi.</i> | |

二、短语清单(已掌握的内容在前面的方框里打“√”,未掌握的内容查阅相应的课时再做巩固)

(1~16 出自 Reading 板块;17~19 出自 Grammar and usage 板块;20~24 出自 Integrated skills 板块;25~32 出自 Extended reading 和 Project 板块)

- | | | |
|---|---|---|
| ☐ 1. consist of = be made up of = be composed of | ☐ 12. cheer sb up | ☐ 23. take each bite |
| ☐ 2. lift one's spirits | ☐ 13. cry out for | ☐ 24. bring sth to mind |
| ☐ 3. do the trick | ☐ 14. relieve feelings of homesickness | ☐ 25. heat up |
| ☐ 4. take one's time over sth | ☐ 15. food for the soul | ☐ 26. let sth loose |
| ☐ 5. refer to | ☐ 16. bring back | ☐ 27. quicken sth |
| ☐ 6. call sth to mind | ☐ 17. come across | ☐ 28. appeal to |
| ☐ 7. make up for | ☐ 18. throw oneself into | ☐ 29. without equal |
| ☐ 8. vary from person to person | ☐ 19. invite sb over (for sth) | ☐ 30. hit the spot |
| ☐ 9. be linked with | ☐ 20. food stand | ☐ 31. work one's way through |
| ☐ 10. be tied up with | ☐ 21. out of this world | ☐ 32. fall apart |
| ☐ 11. unlock memories of a time | ☐ 22. start to water | |