



UNIT 1 TEENAGE LIFE

单元必备知识默记清单

Period 1 Listening and Speaking-Reading and Thinking

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| 核 心 词 汇 | 1. _____ <i>n.</i> 芭蕾舞 |
| | 2. _____ <i>n.</i> 辩论, 争论 <i>vt. & vi.</i> 辩论, 争论 |
| | 3. _____ <i>n.</i> 动作; 运动; 活动 |
| | 4. _____ <i>n.</i> 温室, 暖房 |
| | 5. _____ <i>n.</i> (书、诗歌等的) 名称, 标题; 职称; 头衔 |
| | 6. _____ <i>n.</i> 话题; 标题 |
| | 7. _____ <i>n.</i> (大学或高中) 一年级新生 |
| | 8. _____ <i>adj.</i> 额外的, 附加的 |
| | 9. _____ <i>vi. & vt.</i> 停止, 戒掉; 离开(工作职位、学校等) |
| | 10. _____ <i>n.</i> 工作计划, 日程安排 <i>vt.</i> 安排, 预定 |
| 拓 展 词 汇 | 1. _____ <i>adj.</i> 十几岁的(指 13 至 19 岁), 青少年的 → _____ <i>n.</i> (13 至 19 岁之间的) 青少年 |
| | 2. _____ <i>n.</i> 志愿者 <i>vt. & vi.</i> 自愿做, 义务做; 主动建议(或告诉) → _____ <i>adj.</i> 自愿的, 主动的; 志愿的 |
| | 3. _____ <i>vt.</i> 较喜欢 → _____ <i>n.</i> 偏爱; 偏爱的事物 → _____ <i>adj.</i> 较适合的, 更可取的 |
| | 4. _____ <i>n.</i> 内容; [pl.] 目录; (书、讲话、节目等的) 主题 <i>adj.</i> 满足的, 满意的 → _____ <i>n.</i> 满足, 满意 |
| | 5. _____ <i>adj.</i> 合适的, 适用的 → _____ 【反】 <i>adj.</i> 不合适的 → _____ <i>vt.</i> 适合, 适宜; 合(某人)心意; 合身 <i>n.</i> 套装, 西装 |
| | 6. _____ <i>adv.</i> 事实上, 的确 → _____ <i>adj.</i> 实际的, 真实的 |
| | 7. _____ <i>n.</i> 挑战, 艰巨任务 <i>vt.</i> 怀疑; 向……挑战 → _____ <i>adj.</i> 有挑战性的 → _____ <i>adj.</i> (委婉说法) 伤残的, 有残疾的 |
| | 8. _____ <i>vt.</i> 使糊涂, 使迷惑 → _____ <i>adj.</i> 令人困惑的, 难以理解的, 不清楚的 → _____ <i>adj.</i> 糊涂的, 迷惑的 → _____ <i>n.</i> 困惑; 混淆; 困窘; (让人不知所措的) 混乱局面 |
| | 9. _____ <i>adj.</i> (尤指外语) 流利的, 熟练的 → _____ <i>adv.</i> 流利地 → _____ <i>n.</i> (尤指外语) 流利, 流畅 |
| | 10. _____ <i>vi. & vt.</i> 毕业; 获得学位 <i>n.</i> 毕业生 → _____ <i>n.</i> 毕业; 毕业典礼 |
| | 11. _____ <i>vt.</i> 建议; 推荐, 介绍 → _____ <i>n.</i> 建议; 推荐, 介绍 |

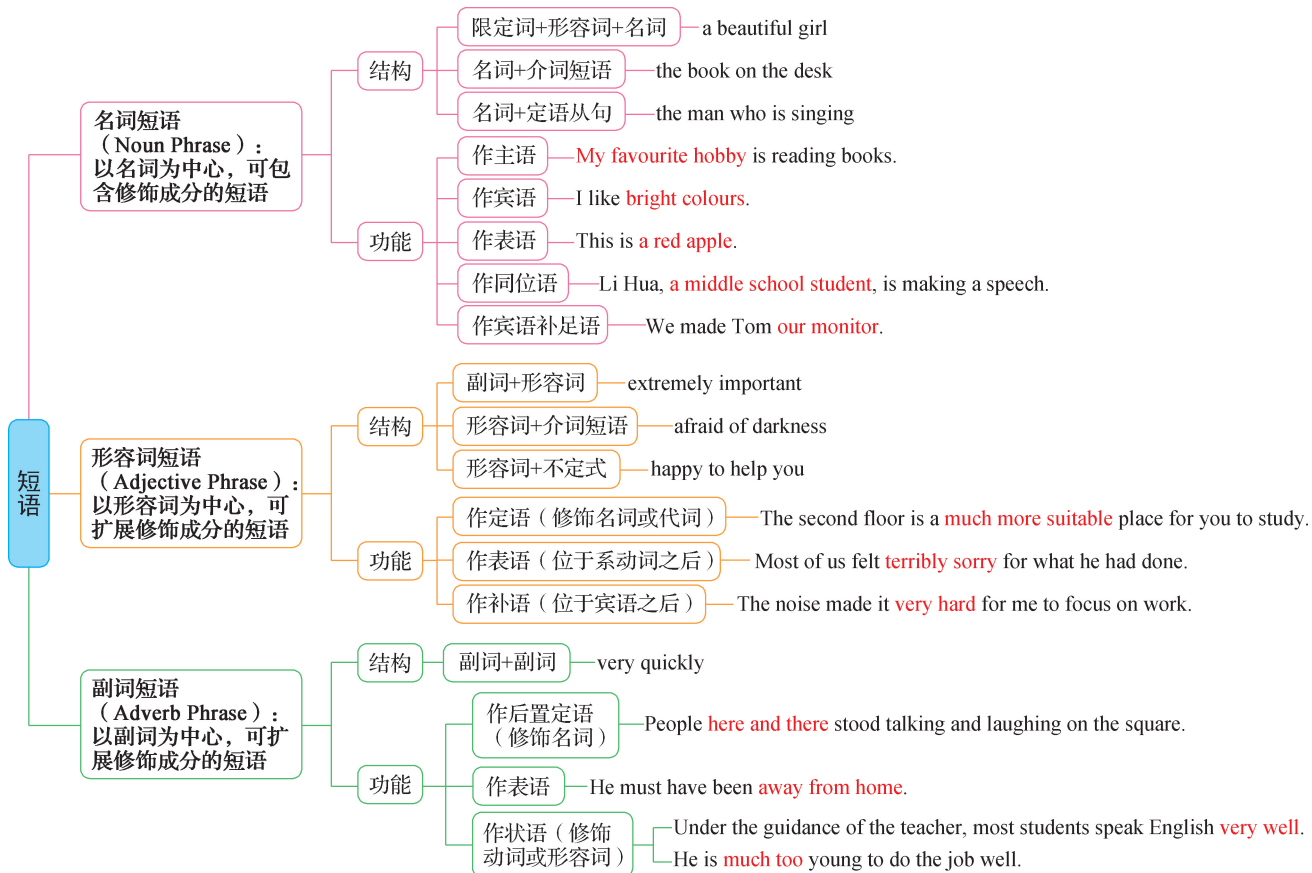
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| 拓展词汇 | 12. _____ <i>n.</i> 前进;发展 <i>vi.</i> 前进;发展 <i>vt.</i> 发展;促进 → _____ <i>adj.</i> 高级的,高等的;先进的 |
| | 13. _____ <i>n.</i> 文学,文学作品 → _____ <i>adj.</i> 文学的 |
| | 14. _____ <i>adv.</i> 显然,明显地 → _____ <i>adj.</i> 明显的,显然的 |
| | 15. _____ <i>adj.</i> 负责的,有责任的 → _____ <i>adv.</i> 负责地 → _____ <i>n.</i> 责任;义务 |
| | 16. _____ <i>n.</i> 解决办法;答案 → _____ <i>vt.</i> 解决,处理;解答 |
| | 17. _____ <i>n.</i> 主编;编辑;编者 → _____ <i>vt.</i> 编辑;编选;主编;剪辑 → _____ <i>n.</i> 版本;版次 |
| | 18. _____ <i>n.</i> 辩论社 |
| 19. _____ <i>n.</i> 过……的生活 | |
| 20. _____ <i>n.</i> 对……感兴趣 | |
| 21. _____ <i>n.</i> 指路 | |
| 22. _____ <i>n.</i> 决定做某事 | |
| 23. _____ <i>n.</i> 为……做准备 | |
| 24. _____ <i>n.</i> 快速浏览 | |
| 25. _____ <i>n.</i> 报名(参加课程) | |
| 26. _____ <i>n.</i> 尝试做某事 | |
| 27. _____ <i>n.</i> 独自 | |
| 28. _____ <i>n.</i> 施食处(为穷人免费提供食物) | |
| 29. _____ <i>n.</i> 习惯于做某事 | |
| 30. _____ <i>n.</i> 担心…… | |
| 31. _____ <i>n.</i> 为……做好充分准备的 | |
| 32. _____ <i>n.</i> 解决,处理,应付 | |
| 33. _____ <i>n.</i> 做决定 | |
| 34. _____ <i>n.</i> 建议某人做某事 | |
| 35. _____ <i>n.</i> 课外活动 | |
| 36. _____ <i>n.</i> 喜欢……多于…… | |
| 37. _____ <i>n.</i> 打扫(或清除)干净 | |
| 38. _____ <i>n.</i> 对……适合的 | |
| 39. _____ <i>n.</i> 加入俱乐部 | |
| 40. _____ <i>n.</i> 校园生活 | |
| 41. _____ <i>n.</i> 上课 | |
| 42. _____ <i>n.</i> 擅长 | |
| 43. _____ <i>n.</i> 做某事的方法 | |
| 44. _____ <i>n.</i> 入选队伍 | |
| 45. _____ <i>n.</i> 分发 | |
| 46. _____ <i>n.</i> 对……负责 | |
| 47. _____ <i>n.</i> 跟上某人 | |
| 48. _____ <i>n.</i> 面对挑战 | |
| 49. _____ <i>n.</i> 制订可行的日程计划 | |
| 50. _____ <i>n.</i> 阅读能力 | |
| 51. _____ <i>n.</i> 面对困难 | |
| 典型句式 | 1. 句式要点:动名词短语作主语 教材原句: _____ (从初中过渡到高中) is a really big challenge. |
| | 2. 句式要点:recommend 引导的宾语从句中的谓语常用“(should)+动词原形” 教材原句:My adviser _____ (建议我选修) advanced literature because I like English and I'm good at it. |
| | 3. 句式要点:so that 引导目的状语从句 教材原句:I'll find a way to improve on my own _____ (这样我就能加入球队) next year. |
| | 4. 句式要点:it+be+adj.+to do sth 句型,其中 it 作形式主语,后面的动词不定式 to do 作真正主语 教材原句:...and it'll be quite difficult _____ (习惯于所有作业). |
| | 5. 句式要点:whatever 引导宾语从句 教材原句:Studying hard isn't always fun, but I'll be well prepared for university or _____ (未来发生的任何其他事情). |

Period II Discovering Useful Structures—Assessing Your Progress

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| 核心词汇 | 1. _____ <i>n.</i> 盘子,碟子 2. _____ <i>n.</i> 一代(人) 3. _____ <i>n.</i> 成年人 <i>adj.</i> 成年的;成熟的 | |
| 拓展词汇 | 1. _____ <i>n.</i> 冒险,奇遇→ _____ <i>adj.</i> 有冒险精神的;充满新鲜事物的,刺激不断的,惊险的→ _____ <i>n.</i> 冒险家 2. _____ <i>n.</i> 青年时期;青春→ _____ <i>adj.</i> 年轻人的,青年的,青春的;年轻的,显得年轻的 3. _____ <i>n.</i> 生存,幸存;幸存事物→ _____ <i>vi.</i> 生存,存活 <i>vt.</i> 幸存,艰难度过→ _____ <i>n.</i> 幸存者 4. _____ <i>n.</i> 专家,行家 <i>adj.</i> 熟练的,内行的,专家的→ _____ <i>n.</i> 专门知识,专门技能,专长 5. _____ <i>n.</i> 行为,举止→ _____ <i>vi.</i> 表现;表现得体 <i>vt.</i> 表现得体 6. _____ <i>vt.</i> 吸引;引起……的注意(或兴趣)→ _____ <i>n.</i> 吸引;吸引力;游览胜地→ _____ <i>adj.</i> 吸引人的;有吸引力的 7. _____ <i>vi.</i> & <i>vt.</i> 集中(精力、注意力等);(使)调节焦距 <i>n.</i> 中心,重点,焦点→ _____ <i>adj.</i> 注意力集中的,目标明确的 8. _____ <i>adj.</i> 有瘾的,上瘾的;入迷的→ _____ <i>n.</i> 对……入迷的人;吸毒成瘾的人→ _____ <i>n.</i> 瘾,入迷,嗜好 | |
| 短语词块 | 1. _____ 参加……选拔(或试演) 3. _____ 生存技能 5. _____ 在野外生存 7. _____ 提高英语口语 9. _____ 征求建议 11. _____ 网络世界 13. _____ 鼓励某人做某事 15. _____ 提出建议 17. _____ 推荐……给某人 19. _____ 进度落后 21. _____ 辍学 23. _____ 感谢…… 25. _____ 接受良好的教育 27. _____ 让世界变得更美好 29. _____ 从大学毕业 31. _____ 扔掉,丢弃 33. _____ 与……不同 | 2. _____ 练习做某事 4. _____ 生火 6. _____ 打算做某事 8. _____ 做演讲 10. _____ 喜爱 12. _____ 对……很入迷 14. _____ (告别用语或书信结语) 祝一切顺利,万事如意 16. _____ 感到孤独 18. _____ 停止/戒除做某事 20. _____ 集中,特别关注 22. _____ 大量的 24. _____ 有机会做某事 26. _____ 充分利用 28. _____ 浏览,快速查看 30. _____ 私立学校 32. _____ 与……相似 |

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| 典型句式 | 1. 句式要点: it+be+adj.+for sb to do sth 句型, 其中 it 作形式主语, 后面的动词不定式 to do 作真正主语 教材原句: _____ (对于你们这一代的青少年来说, 喜爱……并不稀奇) computer games and the online world. |
| | 2. 句式要点: why not 句型 教材原句: _____ (为什么不一起讨论这个问题呢)? |
| | 3. 句式要点: since 引导原因状语从句 教材原句: I am sure he will listen to you, _____ (因为你是他的好朋友). |

单元语法要点导图



单元写作表达积累

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| 写作表达积累 | 建议信 | |
| 篇章结构 | 开头 | 说明写信目的,表达观点 |
| | 主体 | 陈述具体建议,并说明理由 |
| | 结尾 | 进行总议,表达愿望 |
| 常用表达 | 好词 | <p>提出建议: suggest/advise/recommend <i>v.</i> 建议 improvement <i>n.</i> 改进,改善 you'd better do/not do... 你最好做/不做…… be beneficial/good/helpful for sb 对某人有帮助/帮助 make some constructive suggestions 给出一些建设性的建议 take my suggestions into serious account 认真考虑我的建议</p> <p>青少年问题相关: work/study hard at... 努力学习…… turn to the teachers for help 向老师求助 learn...by heart/keep...in mind 牢记 take part in voluntary labour 参加义务劳动 be absorbed in/be buried in 专注于 listen to the teachers attentively in class 上课认真听讲 major in 主修 have lessons 上课 live up to one's hope 不辜负某人的期望 prepare for/preview lessons 预习功课 take exercise 锻炼身体 take notes 做笔记 be well prepared for the test 为考试做好准备 after-school/extra-curricular activities 课外活动 the method of learning 学习方法 increase the pleasure of life 增加生活乐趣 review what you have learned 复习已学知识 refer to the reference books 查阅参考书 lose interest in 对……失去兴趣 broaden one's horizons 开阔眼界 enlarge one's vocabulary 扩大词汇量 lay a good foundation for 为……打下良好的基础</p> |
| | 好句 | <p>开头: 1. I'm sorry to hear that (you are having trouble in...) Such problems are quite normal. Perhaps the following suggestions are helpful. 2. You have asked me for advice with regard to/concerning..., and I'll make some suggestions here.</p> |

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| 常用 表达 | 好句 | <p>3. I'm more than delighted to receive your letter asking for my advice on...</p> <p>4. I'm writing to share my views on this problem, which I think may be helpful to you.</p> <p>主体:</p> <p>1. I would like to make some constructive suggestions/offer you the following suggestions, hoping to help you.</p> <p>2. To begin with, it would be wiser to do...</p> <p>3. As far as I'm concerned(就我而言), some measures should be taken to do sth.</p> <p>结尾:</p> <p>1. I do hope/Hopefully, these suggestions will be of great use to you.</p> <p>2. I sincerely hope that you'll find my suggestions beneficial.</p> <p>3. I hope these suggestions will be of use to you. Remember: where there is a will, there is a way.</p> <p>4. I hope that my suggestions are helpful for you anyway. I would be more than happy to see improvement.</p> <p>5. I believe that you will take my suggestions into serious account. Whatever you decide to do, good luck with your studies/work!</p> |
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【优秀范例】

假设你是李华,你的英国笔友 Jack 刚刚升入高中,他一时无法适应新的校园生活,写信向你征求建议,请你就此问题给他回一封信,主要包括:

1. 实际上很多新生都对高中生活感到困惑,因此不必过于担心;
2. 建议:(1) 报名参加课外活动,结交新朋友;(2) 做好日程安排,关注学习;(3) 希望建议适合他。

注意:1. 词数 80 左右;

2. 可以适当增加细节,以使行文连贯。

【参考范文】

Dear Jack,

I am sorry to hear that you're **having trouble adjusting to your high school life**. Actually, many freshmen are confused about high school life, so don't worry about it too much. I'm writing to offer you some useful advice.

To begin with, I recommend that you **sign up for extra-curricular activities** that/which can help you make more new friends. What's more, you should **make a reasonable schedule** and **focus on** your studies so that you can **keep up with** other classmates in the class. **Last but not least**, you'd better prepare for the new lessons **in advance**.

I hope my suggestions will **be suitable for** you and that you will enjoy your high school life.

Yours,
Li Hua

✍ Keys:

Period 1

核心词汇

1. ballet
2. debate
3. movement
4. greenhouse
5. title
6. topic
7. freshman
8. extra
9. quit
10. schedule

拓展词汇

1. teenage; teenager
2. volunteer; voluntary
3. prefer; preference; preferable
4. content; contentment
5. suitable; unsuitable; suit
6. actually; actual
7. challenge; challenging; challenged
8. confuse; confusing; confused; confusion
9. fluent; fluently; fluency
10. graduate; graduation
11. recommend; recommendation
12. advance; advanced
13. literature; literary
14. obviously; obvious
15. responsible; responsibly; responsibility
16. solution; solve
17. editor; edit; edition

短语词块

1. a debate club
2. extra-curricular activities
3. live a...life
4. prefer...to...
5. be interested in
6. clean up
7. give directions
8. be suitable for
9. decide to do sth
10. join a club
11. prepare for
12. school life
13. take a quick look at
14. take courses
15. sign up (for sth)
16. be good at
17. try to do sth
18. a way to do sth
19. on one's own
20. make the team
21. a soup kitchen
22. hand out
23. get/be used to doing sth
24. be responsible for
25. be worried about
26. keep up with sb
27. be well prepared for
28. face the challenge
29. deal with
30. make a workable schedule
31. make a decision
32. reading ability
33. advise sb to do sth
34. face a difficulty

典型句式

1. Going from junior high school to senior high school
2. recommended that I should sign up for
3. so that I can make the team
4. to get used to all the homework
5. whatever else comes in the future

Period II

核心词汇

1. plate
2. generation
3. adult

拓展词汇

1. adventure; adventurous; adventurer
2. youth; youthful
3. survival; survive; survivor
4. expert; expertise
5. behaviour; behave
6. attract; attraction; attractive
7. focus; focused
8. addicted; addict; addiction

短语词块

1. try out for
2. practise doing sth
3. survival skills
4. make a fire
5. live in the wild
6. plan to do sth
7. improve spoken English
8. give a speech
9. ask for advice
10. be attracted to
11. the online world
12. be addicted to
13. encourage sb to do sth
14. all the best
15. make a suggestion
16. feel lonely
17. recommend...to sb
18. quit doing sth
19. fall behind schedule
20. focus on
21. drop out of school
22. millions of
23. be grateful for
24. have the chance to do sth
25. get a good education
26. make the most of
27. make the world a better place
28. look through
29. graduate from university
30. a private school
31. throw away
32. be similar to
33. be different from

典型句式

1. It is not unusual for teenagers of your generation to be attracted to
2. Why not discuss the problem together
3. since you are his good friend