



# Unit 1 Food matters

## 单元必备知识默记清单

### Period | Reading-Grammar and usage

核心词汇	1. _____ <i>n.</i> 味,味道;特点,特色    <i>vt.</i> 给……调味,加味于
	2. _____ <i>vt.</i> 联系,相关联,把……连接起来    <i>n.</i> 联系,连接;关系,纽带;链接
	3. _____ <i>n.</i> 出生于某国(或某地)的人;本地人    <i>adj.</i> 出生地的;本地的;土著的;土产的
	4. _____ <i>adj.</i> 咸的,含盐的
	5. _____ <i>adj.</i> 酸的,有酸味的;馊的    <i>vi.</i> & <i>vt.</i> (使)变坏;变味,酸腐
	6. _____ <i>n.</i> 纽带,联系;连接,结合
	7. _____ <i>n.</i> 卡,卡路里;千卡
	8. _____ <i>vt.</i> 降低,减少;把……放低,使……降下    <i>adj.</i> 下面的;在底部的;低洼的
	9. _____ <i>n.</i> 风景,景色;舞台布景
	10. _____ <i>n.</i> 打赌,赌注;预计,估计    <i>vi.</i> & <i>vt.</i> 下赌注,打赌;敢说
	11. _____ <i>n.</i> 气氛,氛围;大气;气体;空气
拓展词汇	1. _____ <i>n.</i> 情绪,心情;气氛,氛围→ _____ <i>adj.</i> 情绪多变的,喜怒无常的;郁郁寡欢的;令人悲伤的
	2. _____ <i>n.</i> 结合体,联合体;联合,混合→ _____ <i>vt.</i> & <i>vi.</i> (使)融合;(使)结合,(使)混合;兼做;合并→ _____ <i>adj.</i> 联合的
	3. _____ <i>adj.</i> 含奶油的;像奶油的,光滑细腻的;淡黄色的→ _____ <i>n.</i> 奶油,乳脂;护肤霜;奶油色,淡黄色
	4. _____ <i>adv.</i> 贪婪地,贪心地→ _____ <i>n.</i> 贪婪,贪心;贪食,贪吃→ _____ <i>adj.</i> 贪婪的,贪心的
	5. _____ <i>adv.</i> 轻柔地,温和地→ _____ <i>adj.</i> 温柔的;温和的;柔和的
	6. _____ <i>n.</i> 联想,联系;协会,社团;联合,交往→ _____ <i>vt.</i> 联想,联系    <i>vi.</i> 交往,(与某个或某群人)混在一起→ _____ <i>adj.</i> 有关联的,相关的
	7. _____ <i>vi.</i> (根据情况)变化,变更;相异,不同    <i>vt.</i> 变更,改变→ _____ <i>adj.</i> 各种不同的,各种各样的→ _____ <i>n.</i> 不同种类;变化,多样性
	8. _____ <i>n.</i> 情感,强烈的感情,激情,情绪→ _____ <i>adj.</i> 情绪的,情感的;情绪激动的;有感染力的
	9. _____ <i>vt.</i> 解除,减轻;缓和,缓解→ _____ <i>n.</i> 宽慰,轻松;减轻,消除;救济,救济物品→ _____ <i>adj.</i> 感到宽慰的,放心的

续表

拓展词汇	10. _____ <i>n.</i> 安全;保护措施;保安部门;担保,保证→ _____ <i>adj.</i> 安全的;安心的;可靠的;牢固的→ _____ <i>adv.</i> 安全地;牢固地;安心地 11. _____ <i>vt.</i> 产生,引起→ _____ <i>n.</i> 代,一代;一代人;产生→ _____ <i>n.</i> 发电机 12. _____ <i>vt. &amp; vi.</i> 消化;领会,理解    <i>n.</i> 摘要,文摘→ _____ <i>n.</i> 消化;消化能力→ _____ <i>adj.</i> 消化的,和消化有关的 13. _____ <i>n.</i> 循环;自行车,摩托车    <i>vi.</i> 骑自行车→ _____ <i>n.</i> 骑自行车运动(或活动)→ _____ <i>n.</i> 骑自行车的人 14. _____ <i>vt.</i> 提高,增强→ _____ <i>n.</i> 提高,增强 15. _____ <i>vt. &amp; vi.</i> 用沸水煮;(使)沸腾→ _____ <i>adj.</i> 炽热的,很热的 16. _____ <i>vt. &amp; vi.</i> 使钦佩,给……留下深刻印象;使意识到→ _____ <i>n.</i> 印象,感想;影响,效果→ _____ <i>adj.</i> 令人赞叹的,令人敬佩的,给人印象深刻的	
短语词块	1. _____ 由……组成 2. _____ 让某人精神振奋 3. _____ 奏效,起作用,达到目的 4. _____ 慢慢地做某事 5. _____ 指代;提及;查阅 6. _____ 使想起某事 7. _____ 弥补 8. _____ 因人而异 9. _____ 与……有关联 10. _____ 使某人高兴起来 11. _____ 归属感/安全感 12. _____ 迫切需要 13. _____ 缓解思乡之情 14. _____ 与……建立情感纽带 15. _____ 使回忆起;带回 16. _____ 偶然发现,偶然遇见 17. _____ 投身于,热衷于 18. _____ 对……印象深刻	
典型句式	1. 句式要点:现在分词作状语;定语从句 教材原句:They vary from person to person, _____ (取决于塑造我们生活的独特经历). 2. 句式要点:动词不定式作主语和宾语补足语 教材原句:_____ (外出吃饭) was also a social activity, allowing me _____ _____ (加强和朋友们的关系). 3. 句式要点:not only 置于句首引起部分倒装 教材原句:_____ (在家做饭不仅更便宜), but I can cook exactly what I want. 4. 句式要点:动词不定式作表语和目的状语 教材原句:My plan is _____ (邀请我的朋友们过来) at the weekend _____ (以向他们展示我新获得的技能). 5. 句式要点:with+宾语+宾语补足语 教材原句:The atmosphere is lively and modern, _____ (它的墙壁被漆成了白色和浅蓝色).	

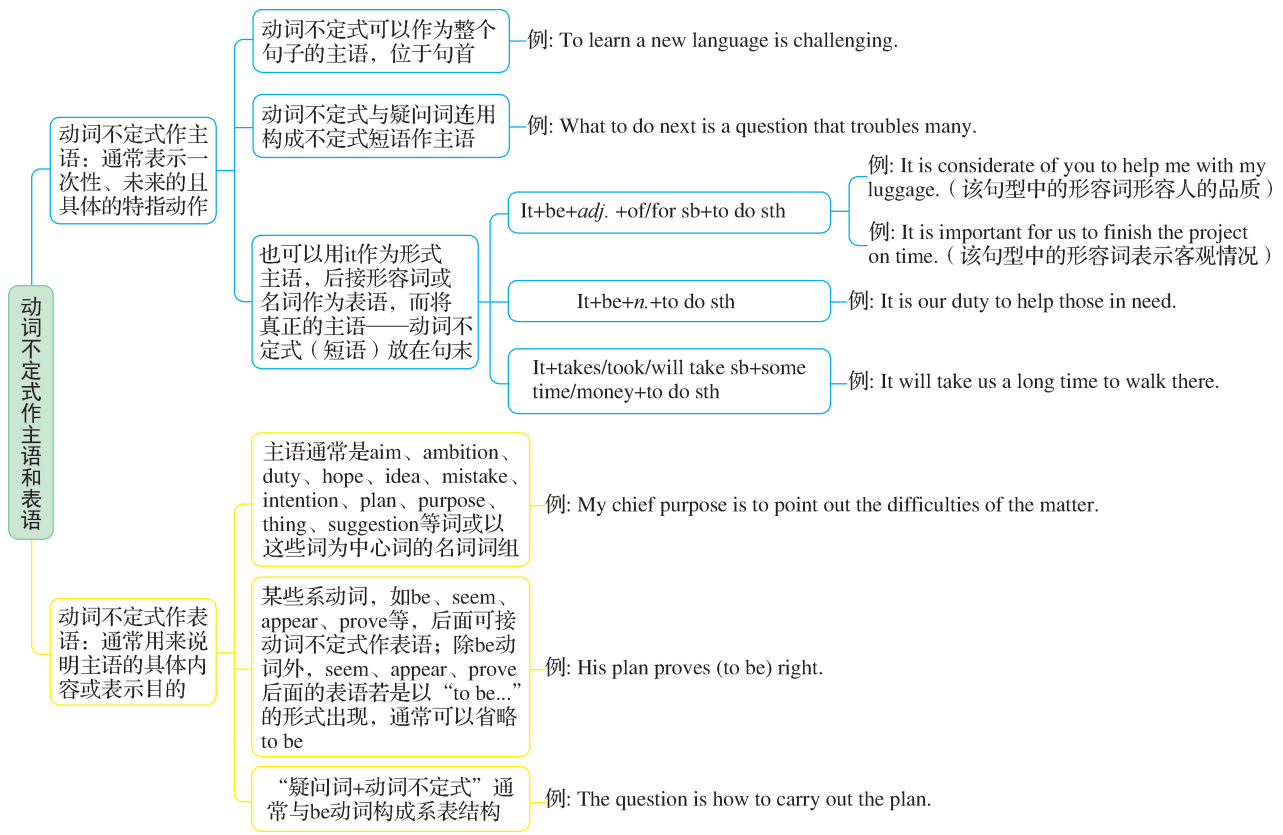
Period II Integrated skills-Project

核 心 词 汇	1.	_____	<i>n.</i> 变体,变种;说法;版本
	2.	_____	<i>n.</i> 层,表层;层次
	3.	_____	<i>adj.</i> 味苦的;激烈的;令人难过的;严寒的
	4.	_____	<i>n.</i> 材料,成分;因素,要素
	5.	_____	<i>adj.</i> 潮湿的,湿气重的
	6.	_____	<i>n.</i> 朝,代;王朝
	7.	_____	<i>adj.</i> 朴素的,简单的;清楚的    <i>n.</i> 平原
	8.	_____	<i>n.</i> 薄片,片;部分,份额    <i>vt.</i> 把……切成片;切开,割破
	9.	_____	<i>n.</i> 性质,特性;所有物,财产;不动产
	10.	_____	<i>adj.</i> 广东人(或文化)的,粤语的    <i>n.</i> 广东人;粤语
	11.	_____	<i>n.</i> 概念,观念
	12.	_____	<i>n.</i> 食欲,胃口;强烈欲望
	13.	_____	<i>adj.</i> 精致的,精细的,精密的;易损的,易碎的,脆弱的
	14.	_____	<i>vt. &amp; vi.</i> 蒸,散发蒸汽    <i>n.</i> 水蒸气;蒸汽动力;水汽
	15.	_____	<i>n.</i> 边,边缘;刀口
	16.	_____	<i>adv.</i> 成碎片;分开;相隔
拓 展 词 汇	1.	_____	<i>n.</i> (糕点等的)馅→ _____ <i>vt.</i> 填满,(使)充满,装满;弥漫
	2.	_____	<i>adj.</i> 年纪较大的,上了年纪的→ _____ <i>n.</i> 长者    <i>adj.</i> 年纪较长的
	3.	_____	<i>vt. &amp; vi.</i> 烘烤;烤硬→ _____ <i>n.</i> 面包(糕饼)店,面包厂
	4.	_____	<i>adj.</i> 可爱的,讨人喜爱的→ _____ <i>vt.</i> 热爱,爱慕(某人);喜爱,热爱(某事物)→ _____ <i>n.</i> 崇拜,爱慕,热爱
	5.	_____	<i>adj.</i> 不浓的,淡味的;暖和的;温和的;不严重的→ _____ <i>adv.</i> 温和地,和善地;轻微地,稍微地→ _____ <i>n.</i> 温和;温暖
	6.	_____	<i>adj.</i> 不受约束的;未固定牢的;零散的;宽松的;疏松的→ _____ <i>vt.</i> (使)放松,变松;松开,放开
	7.	_____	<i>adj.</i> 有雾的,雾茫茫的→ _____ <i>n.</i> 雾
	8.	_____	<i>vt. &amp; vi.</i> 增加,扩大;扩展,发展(业务);详谈,详述→ _____ <i>n.</i> 扩展,扩大,膨胀→ _____ <i>adj.</i> 广阔的,辽阔的;广泛的;开朗的
	9.	_____	<i>adj.</i> 数量多的,多样的→ _____ <i>vt. &amp; vi.</i> 乘;(使)繁殖;成倍增加
	10.	_____	<i>adj.</i> 合适的→ _____ <i>adv.</i> 适当地,恰当地
	11.	_____	<i>vt.</i> 估计,估价    <i>n.</i> 估计;估计的成本→ _____ <i>n.</i> 判断,评价;估计
	12.	_____	<i>vt.</i> 吃,喝,饮;消耗,耗费(尤指燃料、能量或时间)→ _____ <i>n.</i> 消费者,用户,顾客→ _____ <i>n.</i> 消费;消耗,消耗量
	13.	_____	<i>adj.</i> 必不可少的;本质的,基本的→ _____ <i>n.</i> 本质,实质,精髓
	14.	_____	<i>n.</i> 创造,创新;新思想,新方法→ _____ <i>vt. &amp; vi.</i> 创新,改革→ _____ <i>adj.</i> 革新的,创新的

续表

拓展词汇	15. _____ <i>vt.</i> 促进, 激发; 刺激, 使兴奋 → _____ <i>n.</i> 刺激, 激励 → _____ <i>adj.</i> 刺激性的; 激励的	
	16. _____ <i>n.</i> ( <i>pl.</i> _____) 强调, 重视; 重读 → _____ <i>vt.</i> 强调, 重视, 着重; 使突出; 重读	
	17. _____ <i>n.</i> (食品等的) 包装材料, 包装纸 → _____ <i>vt.</i> 包, 裹 (礼物等); 用……缠绕    <i>n.</i> 披肩, 围巾; 包裹材料	
	18. _____ <i>n.</i> 混合物; 混合, 结合 → _____ <i>vt. &amp; vi.</i> (使) 混合, 掺和, 融合    <i>n.</i> 混合, 混杂, 融合 → _____ <i>adj.</i> 混合的, 混杂的	
短语词块	1. _____ 食品摊 3. _____ 使想起/回忆起某事 5. _____ 把……加热 7. _____ 吸引 9. _____ 尤其, 特别 11. _____ 使人满意, 正合需要 13. _____ 搭配……食用	2. _____ 好(或美)得不得了, 非凡 4. _____ 把……与……联系起来 6. _____ 释放; 放任 8. _____ 和某人交际 10. _____ 天下无双, 无与伦比 12. _____ 自始至终做…… 14. _____ 破裂
典型句式	1. 句式要点: what 引导主语从句; that 引导表语从句 教材原句: _____ (我最喜欢四川火锅的一点是, 它们提供了一个与朋友社交的好机会) since a meal can last for hours.	
	2. 句式要点: it is estimated+that 从句, 其中 it 是形式主语, that 从句是真正的主语 教材原句: Nowadays, people eat salted duck all year round and _____ _____ (据估计, 在南京, 每天有成千上万只鸭子被吃掉)!	
	3. 句式要点: such+a(n)+ <i>adj.</i> +可数名词+that 从句 教材原句: In Guangzhou, morning tea is _____ (日常生活中如此必不可少的一部分, 以至于) “Have you had your tea?” has become the local version of “Good morning.”	

单元语法要点导图



单元写作表达积累

写作表达积累			介绍一种你最喜欢的食物
篇章结构	开头	清楚地说出你最喜欢的食物是什么	
	主体	① 提及你品尝它的经历,尤其是第一次品尝时的感受; ② 描述食物的特点,比如它的外观、气味、味道和烹饪方式	
	结尾	阐述你最喜欢的食物对你的意义	
常用表达	常用时态	一般现在时为主	
	好词	<p>* 常见美食: Peking duck, hairy crab (大闸蟹), fish-fragrant eggplant (鱼香茄子), stinky tofu (豆腐脑), tofu pudding (臭豆腐), Chinese hamburger (肉夹馍), fried rice, millet congee (小米粥), scrambled eggs with tomatoes (西红柿炒蛋)</p> <p>* 描写食物及描写烹饪食物的动词短语: taste bitter/sweet/salty/juicy/creamy/silky/smooth/soft/crisp ..., smell of, melt in your mouth, cook to perfection, season with (用……调味), simmer gently (慢炖), poach gently (用文火煮), boil to tender (煮至软), fry until golden (煎至金黄色), bake in the oven, steam on high heat</p> <p>* 描述食物的形容词: mouth-watering, inviting, flavourful, tender and juicy, rich and creamy (浓郁且细腻的), spicy and aromatic (又辣又香), fresh and natural</p>	

常用 表达	好句	<p>1. Of all the foods I have ever tried, ... is my favourite. 在我尝试过的所有食物中,……是我的最爱。</p> <p>2. My favourite food is a traditional Chinese food called ... 我最喜欢的食物是一道叫作……的传统中国菜。</p> <p>3. They have a variety of fillings and among them I love ... best. 它们有多种馅料,其中我最喜欢……</p> <p>4. I remember trying my first ... with ... when ... 我记得第一次尝试……是和……一起,当时……</p> <p>5. I gave it my first try together with ... when ... 我与……一起第一次品尝了它,当时……</p> <p>6. It reminds me of the days when ... 它让我想起了……的日子。</p> <p>7. It looks/smells/tastes/feels ... 它看起来/闻起来/尝起来/感觉……</p> <p>8. It is wrapped in .../is tied with ... 它被……包裹着/被……系着。</p> <p>9. The delicious smell soon reaches my nose and my mouth starts to water. 香味很快飘到我的鼻子里,我的口水开始流出来。</p> <p>10. As I take each bite, the ... flavour of ... fills my mouth. 当我每咬一口,……的……味道就充满了我的口腔。</p>
	语段	<p>My favourite food is <i>zongzi</i>, a traditional Chinese delicacy that <b>holds a special place in</b> my heart. It is distinctive in its appearance, <b>wrapped neatly in green bamboo leaves</b> that give it a triangular shape. I first tasted <i>zongzi</i> during the Dragon Boat Festival, and the experience was unforgettable. The fragrance of the bamboo leaves <b>mixed with the savoury filling</b> was <b>inviting</b>, and the taste was <b>a perfect blend of sweet and savoury, with the sticky rice mixing with</b> the rich flavours of the meat or beans inside. <i>Zongzi</i> is typically cooked by steaming, which allows the flavours to meld together perfectly. Each bite is a celebration of tradition and flavour, making <i>zongzi</i> <b>not just</b> a food, <b>but</b> a cherished part of our cultural heritage.</p> <p>我最喜欢的食物是粽子,这是一种传统的中国美食,在我心中占有特殊的地位。粽子的独特之处在于它的外观,整齐地包裹在绿色的竹叶中,呈现出三角形的形状。我第一次品尝粽子是在端午节,那次经历令人难以忘怀。竹叶的香气与美味的馅料交织在一起,令人垂涎,味道则是甜咸交融,黏糯的米饭与里面的肉类或豆类的丰富风味完美结合。粽子通常是通过蒸煮来烹饪的,这样可以使味道完美融合。每一口都是对传统和风味的庆祝,使得粽子不仅仅是一种食物,更是我们文化传承中珍贵的一部分。</p>

✎ Keys:

Period | Reading-Grammar and usage

核心词汇

1. flavour/ flavor    2. link    3. native    4. salty    5. sour    6. bond    7. calorie    8. lower    9. scenery    10. bet  
11. atmosphere

## 拓展词汇

1. mood; moody 2. combination; combine; combined 3. creamy; cream 4. greedily; greed; greedy  
 5. gently; gentle 6. association; associate; associated 7. vary; various; variety 8. emotion; emotional  
 9. relieve; relief; relieved 10. security; secure; securely 11. generate; generation; generator 12. digest;  
 digestion; digestive 13. cycle; cycling; cyclist 14. enhance; enhancement 15. boil; boiling 16. impress;  
 impression; impressive

## 短语词块

1. consist of/be made up of/be composed of 2. lift one's spirits 3. do the trick 4. take one's time over sth  
 5. refer to 6. call sth to mind 7. make up for 8. vary from person to person 9. be linked with 10. cheer  
 sb up 11. a sense of belonging/security 12. cry out for 13. relieve feelings of homesickness 14. build an  
 emotional bond with 15. bring back 16. come across 17. throw oneself into 18. be impressed by

## 典型句式

1. depending on our own unique experiences that have shaped our lives  
 2. To eat out; to enhance the relationship with my friends  
 3. Not only is cooking at home cheaper  
 4. to invite my friends over; to show them my new-found skills  
 5. with its walls painted white and light blue

## Period II Integrated skills-Project

## 核心词汇

1. version 2. layer 3. bitter 4. ingredient 5. damp 6. dynasty 7. plain 8. slice 9. property  
 10. Cantonese 11. concept 12. appetite 13. delicate 14. steam 15. edge 16. apart

## 拓展词汇

1. filling; fill 2. elderly; elder 3. bake; bakery 4. adorable; adore; adoration 5. mild; mildly; mildness  
 6. loose; loosen 7. foggy; fog 8. expand; expansion; expansive 9. multiple; multiply 10. appropriate;  
 appropriately 11. estimate; estimation 12. consume; consumer; consumption 13. essential; essence  
 14. innovation; innovate; innovative 15. stimulate; stimulation; stimulative 16. emphasis; emphases;  
 emphasize/emphasise 17. wrapper; wrap 18. mixture; mix; mixed

## 短语词块

1. food stand 2. out of this world 3. bring sth to mind 4. associate ... with ... 5. heat up 6. let loose  
 7. appeal to 8. socialize with sb 9. in particular 10. without equal 11. hit the spot 12. work one's way  
 through 13. serve with 14. fall apart

## 典型句式

1. What I love best about Sichuan hot pots is that they offer a great opportunity to socialize with friends  
 2. it is estimated that tens of thousands of ducks are consumed every day in Nanjing  
 3. such an essential part of the daily routine that