

UNIT 3 FOOD AND CULTURE

Part 1 Reading and Thinking

基础过关练

I. 单词拼写

1. As an absolute _____ (最低限度), you should spend half an hour in the evening studying.
2. Helen _____ (把.....切成薄片) the cake, giving each one a share at the birthday party the other day.
3. Yao Chuhao (姚楚豪), a famous chef, has been creating new _____ (食谱) as the country seeks to boost tourism by promoting its _____ (菜肴).
4. President Xi Jinping has proposed the “clear your plate” campaign, aimed at _____ (吃) food normally, and stopping wasting food.

II. 选词填空

consist of; prior to; be related to; hand in hand

1. It's studied that the high crime rate _____ high unemployment.
2. This term, the chemistry club _____ five classes of students.
3. If a person places money _____ anything else, it's very likely that he could not enjoy the happiness in life.
4. The two children are very close, and I often see them walking _____ around the playground after class.

III. 单句语法填空

1. His hands _____ (stuff) in his pockets while wandering around the street with his friends last night.
2. _____ (face) with a difficult situation, he decided to ask his boss for advice.
3. Naughty Tom sat in his seat, _____ (listen) anxiously to the teacher.
4. In an _____ (exception) case, a student might change his major when permitted by the president of the college.
5. Not only did he fail to deliver farm produce to the tables of _____ (consume), but he couldn't make ends meet and had to survive on instant noodles for three months.

IV. 完成句子

1. 又湿又冷，他非常想温暖一下自己。
_____, he wanted to warm himself very much.
2. 不是我们做多少事情而是我们对我们所做的事投入多少爱对我们的工作最有益。
It is not how much we do but how much love we put into _____ that benefits our work most.
3. 老师确实告诉我被我儿子打破的玻璃已经扫走了。
The teacher _____ me that the glass _____ had been swept away.

4.另一方面,学生外出去网吧通宵打游戏是严重的违纪行为。

_____, it is a serious violation of discipline for students to go out to Internet cafes to play games all night.

V. 课文语法填空

Prior to coming to China, my only experience with Chinese cooking was in America, with Chinese food that 1 (change) to suit American tastes.

Later, I had a chance to experience authentic Chinese food by 2 (come) to China. A Sichuan restaurant had been recommended to me and my family by a friend. 3 (tire), hungry, and not knowing a word of Chinese, we had no idea how to order, 4 the chef just began filling our table with the best food we had ever eaten. With this, we had the pleasure of experiencing an 5 (entire) new taste: Sichuan peppercorns. The food was very wonderful and different, but 6 was more important was the friendship 7 (offer) us. In northern Xinjiang, the traditional foods are what you can cook over 8 open fire—usually boiled or roasted meat.

From south to central China, in each place we experienced wonderful local 9 (dish), including Guangdong's elegant dim sum and Henan's exceptional stewed noodles. Everywhere, the food was varied, just similar to the people. However, what's the deepest impression

on me is that through food, Chinese people everywhere show friendship and 10 (kind).

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____ 9. _____ 10. _____

能力提升练

I .阅读理解

A

主题语境：人与自我——健康的生活方式 语篇类型：应用文 建议用时：6

(2021 广东深圳高二上月考,★★)

Fast-food chains including Burger King and Starbucks have brought in plant-based meat products to China in an effort to promote healthy eating and protect the environment. Readers share their opinions.

Linda (China)

I just don't get it. If you want something that tastes like meat, you'd better eat meat. Plant-based meat is highly processed. It is not as healthy as vegetables. It contains amounts of unhealthy fat, salt and artificial additives. Regular exercise, along with a well-balanced diet, is the best way to stay healthy.

Terryfoy (the UK)

The human body was not designed for us only to eat vegetables. We are designed to eat meat. The protein that our body must have to survive comes from the meat we eat. The body functions properly with the

correct balance between meat and vegetables. Too much meat and we get fat; too little meat and we get skinny and weak. If you want to be healthy, you must eat a balanced diet of both meat and vegetables.

Taikor (Malaysia)

Start with a huge cutdown on meat. Regarding pigs, do you know they could outsmart you on PlayStation games? Don't be surprised. They're much smarter than dogs. So they are better at video games than some primates(灵长目动物). Pigs are extremely clever animals. They're gentle, defenseless creatures. Start doing it now. It's time we made a change.

Sockmonkey (Singapore)

I could never be a vegetarian. I eat very little meat, but I do love the meat I eat! If one has to cut down on meat, it seems that red meat is the first thing to be minimized since it's not as good for you as other types.

1. What does Linda think of plant-based meat?

A. Unhealthy.

B. Necessary.

C. Delicious.

D. Well-balanced.

2. Who suggests that humans have less meat?

A. Linda and Taikor.

B. Linda and Terryfooy.

C.Taikor and Sockmonkey.

D.Terryfoxy and Sockmonkey.

3.What's the main purpose of the passage?

A.To introduce the harm of eating too much meat.

B.To show us different opinions about eating meat.

C.To inform us of the advantages of a balanced diet.

D.To state the necessity of protecting the environment.

B

主题语境：人与社会——文化习俗 语篇类型：说明文 建议用时：7

(2020 山东师大附中高二上第一次月考,★★)

The US food author M.F.K. Fisher once wrote about humans, “First we eat, and then we do everything else.”

This is why each year we celebrate World Food Day, which falls on Oct.16. But regardless of the importance of food around the world, food cultures often differ greatly from country to country. For example, things like chicken feet, duck heads, and pig brains are commonly eaten in Asia. If you asked most Westerners to try one of these things, though, the very thought of it would probably be enough to make them give up meat altogether.

At the same time, however, the majority of people in Western nations regard themselves as meat eaters. So, what could be the reason behind this double standard?

There are a number of possible answers to that question, yet one major reason could lie in recent cultural changes. During the mid-20th century and the years following it, eating most parts of an animal was common in many Western countries such as the UK—perhaps owing to rationing(定量配给政策) as a result of World War II (1939—1945).

But later, during the 1960s and 1970s, following the introduction of highways in the US and the UK, the popularity of supermarkets in those countries increased, wrote Francesco Burnett, author of *Cultural History of Meat: 1900—The Present*.

Thanks to the popularity and convenience of supermarkets which tended not to sell animal parts such as the heads or limbs(四肢), the public's attitude to meat soon shifted. “The ‘animal’ gradually disappeared from meat, and people's ignorance about what animal the meat they ate came from increased,” Burnett added.

As a result, it's believed that many Western cultures slowly began to view meat as simply a food product, rather than something that came from an animal.

However, this theory may go even further back if we look at the words the English language uses to describe meat. “We ‘de-animalize’ certain foods that we eat by giving them different names,” Hal Herzog, author of *Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals*, told the online magazine *Grist*. “We

don't say it's the cooked pig; we say it's pork. And we don't say the hamburger is made of the cow; we say it's made of beef.”

So it seems that there's not one simple answer to this question. When it comes to eating meat, however, perhaps we should simply just enjoy the taste.

4.The main purpose of the first three paragraphs is to _____.

- A.introduce various food cultures
- B.stress Westerners' love for food
- C.show differences in Chinese and Western food cultures
- D.draw attention to Westerners' “de-animalized” meat

5.What does the underlined word “ignorance” mean in Paragraph 6?

- A.Blindness.
- B.Fear.
- C.Misunderstanding.
- D.Challenge.

6.What changed people's attitudes toward meat in the 1960s and 1970s?

- A.The words used to describe meat.
- B.The rise of supermarkets.
- C.The need for a healthier lifestyle.
- D.The introduction of highways.

II.七选五

主题语境：人与社会——文化渊源 语篇类型：说明文 建议用时：8

(2021 辽宁省联合校高二上月考,★★)

Known locally as sakura, the cherry blossoms in Japan are popular with both locals and tourists. For the Japanese, sakura hold much cultural and historical significance that goes deeper than their obvious beauty. __
1__

Sakura are usually only in full bloom(盛开) for about one week. __2__
The flowers are so small and round that when they eventually start to fall, it's almost like snow falling from the sky.

The specific time of the cherry blossom season varies from region to region each year. Luckily, the Japan Meteorological Agency(日本气象厅) has done all the work. Each year it posts forecasts of when the blooming will begin in each region. __3__ They also depend heavily on temperature patterns.

__4__ There are a number of celebrations, so you're likely to find a hanami party wherever you go. What makes up a hanami party, besides sakura viewing, is eating and drinking. Groups of people will set up camp in a park and have a picnic under the trees. Some bring home-cooked meals, some have cuisine on the go and others buy pre-prepared food, such as ham and sausage. __5__

A.It's easy to plan your trip around the sakura.

- B. Most people bring beer or other drinks to mark the occasion.
- C. Many people hold flower-watching parties known as hanami.
- D. The predictions aren't just looking at the weather months in advance.
- E. The JMA will release updated forecasts with the newest information.
- F. The pink flowers have inspired poets, artists and soldiers for centuries.
- G. If you manage to catch the tail end of the blooming, you'll see the beautiful event.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

答案全解全析

UNIT 3 FOOD AND CULTURE

Part 1 Reading and Thinking

基础过关练

I .1.minimum 2.sliced 3.recipes;cuisine 4.consuming

II .1.is related to 2.consists of 3.prior to 4.hand in hand

III.1.were stuffed 考查动词的时态和语态。句意:他昨晚和朋友在街上闲逛时双手插在口袋里。此处 stuff 作动词,意为“把……塞进”,与主语之间为被动关系,且陈述发生在过去的事情,故用一般过去时的被动语态。

2.Faced 考查过去分词。句意:面对困难的情况,他决定向老板征求意见。be faced with 意为“面临,面对”,此处应用非谓语动词形式,故填过去分词 Faced,构成过去分词短语作状语。

易错分析

本题容易用现在分词 facing,容易忽略后面的 with,从中文思维理解,认为“某人”与“面临”之间是主动关系而出现错误。“人+face+物”表示“某人面对/面临某物”;“人+be faced with+物”也表示“某人面对/面临某物”。

3.listening 考查现在分词。句意:调皮的汤姆坐在座位上,焦虑地听着老师讲课。listen 与句子的主语 Tom 之间为主动关系,且伴随前面的 sat 这一动作发生,故用现在分词作伴随状语。

4.exceptional 考查形容词。句意:在特殊情况下,经学院院长允许,学生可能转专业。case 是名词,所以前面应该用形容词作定语。an exceptional case 特殊情况。

5.consumers 考查词性转换及名词单复数。句意:他不仅没能把农产品送到消费者的餐桌上,而且入不敷出,不得不靠方便面维持了三个月的生活。设空处作介词 of 的宾语,且前面没有限定词,泛指“消费者”,应该用名词复数形式。

IV.1.Wet and cold 2.what we do 3.did tell;broken by my son

4.On the other hand

V.1.had been changed 考查动词的时态和语态。句意:在来中国之前,我对中国菜的唯一体验是在美国,那里的中国食物已经被改变了以适应美国人的口味。Chinese food 与 change 之间是被动关系。根据句意可知此空表示的动作应该是发生在来中国之前,因此用过去完成时的被动语态。

2.coming 考查动名词。句意:后来,通过来中国我有机会体验了正宗的中国食物。 by doing sth.通过做某事。

3.Tired 考查形容词。句意:又累又饿,一个汉字也不认识,我们不知道怎么点菜……。此处应用形容词作状语。

4.so 考查连词。句意:又累又饿,一个汉字也不认识,我们不知道怎么点菜,于是厨师就开始在我们桌上摆满食物,那是我们吃过的最可口的饭菜。根据句意,可以判断出上下文之间为因果关系,空前的部分是因,空后的部分是果,故用 so 连接。

5.entirely 考查副词。此处指我们有幸体验了一种全新的味道。注意此空修饰的是 new, 所以用副词。

6.what 考查名词性从句。句意:食物很美味、很不同,但更重要的是给予我们的友谊。设空处引导主语从句,同时作从句的主语,意为“……的事物”,故填 what。

7.offered 考查过去分词。friendship 与 offer 之间为被动关系,故用过去分词作后置定语,修饰前面的名词 friendship。

8.an 考查冠词。此处指传统食物就是你可以在一堆明火上烹饪的东西。此处表示泛指,open 以元音音素开头,故填 an。

9.dishes 考查名词单复数。此处指在每个地方我们都品尝了当地的美食。dish 为可数名词,此处表示的是复数含义,故用其复数形式。

10.kindness 考查名词。此处指通过食物,各地的中国人都表现出友谊和善良。由空格前的 and 及 friendship 可以判断,此处应该用名词。

能力提升练

I .A

◎语篇解读 本文是一篇应用文。文章主要就连锁快餐店引进植物性肉制品问题展示了来自不同国家的四个人的不同观点。

1.A 细节理解题。根据第二段 Linda 的观点的第四句“*It is not as healthy as vegetables.*”可知,Linda 认为植物性肉制品不如蔬菜健康。故选 A。

2.C 细节理解题。根据第四段第一句“*Start with a huge cutdown on meat.*”及接下来提到猪是很聪明的动物可知,Taikor 建议人们少吃猪

肉;根据最后一段最后一句“If one has to cut down on meat, it seems that red meat is the first thing to be minimized since it's not as good for you as other types.”可知,Sockmonkey 建议人们少吃红肉。即这两个人建议人们少吃肉,故选 C。(注:red meat 指生时呈红色的肉类,如猪肉、牛肉、羊肉。)

3.B 推理判断题。根据第一段内容可知,本文主要就连锁快餐店引进植物性肉制品问题展示了一些人的观点,所以本文的目的是向我们展示关于吃肉的不同观点。故选 B。A 项“为了介绍吃太多肉的危害”,虽然在 Terryfoy 的观点中提到,Too much meat and we get fat,但它仅是一个观点,不是整篇文章的目的;C 项“为了告诉我们均衡饮食的好处”,这也是作为其中某些人的观点在第二、三段中提到,但其他段没有涉及,也不是整篇文章的目的;D 项“为了说明保护环境的必要性”在第一段中提到,它是引进植物性肉制品的一个原因,但不是这篇文章的主要目的。

【高频词汇】 1.bring in 引进 2.in an effort to do sth.为了做某事

3.promote v.促进;推动 4.process v.加工;处理;审阅,审核 n.过程;进程

5.along with 和.....一起 6.regarding prep.至于;关于 7.cut down on 削减,缩小(尺寸、数量或数目)

长难句分析

原句 If one has to cut down on meat, it seems that red meat is the first thing to be minimized since it's not as good for you as other types.

分析 从属连词 If 引导条件状语从句;it 是形式主语,真正的主语是 that 引导的主语从句,不定式短语 to be minimized 作定语修饰 the first thing;连词 since 引导原因状语从句。

句意 如果一个人必须减少吃肉的话,似乎红肉是第一件要最大限度减少的东西,因为它不像其他种类的肉那样对你有好处。

B

◎语篇解读 本文是一篇说明文。大多数西方人不吃鸡爪、鸭头之类的东西,然而,与此同时,西方国家的大多数人都认为自己是肉食者。文章分析了这种双重标准背后的原因。

4.A 推理判断题。根据第二段中的“*But regardless of the importance of food around the world, food cultures often differ greatly from country to country.*”可知,不同国家的食物文化有很大的差异,所以前三段的目的是介绍不同的饮食文化,故选 A。B 项提到西方人对食物的喜爱,而前三段主要探究食物文化的差异;文章的前三段并没有把中国的食物文化和西方的食物文化拿来作对比,对比对象发生了偏差,故排除 C 项;D 项提到将注意力吸引到西方人的“去动物化”的肉类,显然也不是前三段的目的。

5.A 词义猜测题。根据第六段中的“*The ‘animal’ gradually disappeared from meat*”,再根据第七段“*As a result, it's believed that many Western cultures slowly began to view meat as simply a food product, rather than something that came from an animal.*”可知,许多西方文化慢慢地开始将肉类仅仅视为一种食品,而不是来自动物的东西,也就是人们对肉来的

源并不了解。“ignorance”与“blindness”意思接近,在此处意为“不了解”,故选 A。B 项“恐惧;害怕”;C 项“误解”;D 项“挑战”。

6.B 细节理解题。根据第五段中的“during the 1960s and 1970s, following the introduction of highways in the US and the UK, the popularity of supermarkets in those countries increased”可知,在 20 世纪 60 年代和 20 世纪 70 年代,随着公路在美国和英国的引入,超市在这些国家普及开来,以及第六段中的“Thanks to the popularity and convenience of supermarkets which tended not to sell animal parts such as the heads or limbs(四肢), the public's attitude to meat soon shifted.”可知,由于很少售卖像头、四肢这样的动物部位的超市的普及和便利,公众对于肉的态度很快发生了变化。所以是超市的兴起改变了人们对肉的态度。故选 B。A 项“用来描述肉的词汇”;C 项“对更健康的生活方式的需求”;D 项“公路的引进”。本题容易误选 D,学生们没有弄明白人们对肉的态度转变是什么造成的,错误认为是因为公路的引进。公路的引进造成的结果是超市的普及,而超市的普及造成人们对肉的态度改变,这是直接原因。

【高频词汇】 1.majority *n.* 大多数 2.popularity *n.* 流行;普及

3.shift *v.* 变换;移动;转移 4.tend to 倾向于 5.gradually *adv.* 逐渐地

6.be made of 由.....制成

长难句分析

原句 If you asked most Westerners to try one of these things, though, the very thought of it would probably be enough to make them give up meat altogether.

分析 连词 If 引导条件状语从句,though 在此处为副词,意为“可是;然而;不过”;to make...为动词不定式短语作结果状语。

句意 可是,如果你让大多数西方人尝一尝这些东西中的其中一种,一想到这一点,可能就足以让他们彻底放弃吃肉。

II.◎语篇解读 本文是一篇说明文。文章介绍了日本的樱花以及赏花聚会。

1.F 根据空前句“*For the Japanese, sakura hold much cultural and historical significance that goes deeper than their obvious beauty.*”可知,对日本人来说,樱花的文化和历史意义比它们显而易见的美丽更重要。所以,几个世纪以来,这些粉红色的花朵一直激励着诗人、艺术家和士兵。选项 F 中的 *centuries* 对应空前句中的 *historical*。故选 F。

2.G 根据上句“*Sakura are usually only in full bloom for about one week.*”可知,樱花盛开的时间通常只有一周左右。所以,如果你能赶上花期的尾声,你就会看到美丽的盛事。选项 G 中的 *the tail end of the blooming* 对应上句中的 *in full bloom for about one week*。故选 G。

3.D 根据空前句“*Each year it posts forecasts of when the blooming will begin in each region.*”和空后句“*They also depend heavily on temperature patterns.*”可知,每年日本气象厅都会发布各个地区何时开始开花的预测。它们(这些预测)还严重依赖温度模式,所以,这些预测

并不只是提前几个月观察天气。选项 D 中的 predictions 和空前的 forecasts 是同义词复现。故选 D。

4.C 根据空后句“*There are a number of celebrations, so you're likely to find a hanami party wherever you go.*”并结合本段内容可知,许多人会举办赏花聚会,有许多的庆祝活动可以参加。选项 C 中的 hanami 与空后句中的 hanami 对应。故选 C。

5.B 根据空前句“*Some bring home-cooked meals, some have cuisine on the go and others buy pre-prepared food, such as ham and sausage.*”可知,此处表示人们参加庆祝活动时的具体做法,一些人带着家里做的饭菜,一些人忙着做饭,其他人买预先准备好的食物,比如火腿、香肠。选项 B “大多数人会带着啤酒或其他饮料来庆祝这个活动”也是参加庆祝活动的具体做法。故选 B。

【高频词汇】 1.historical *adj.*(有关)历史的 2.specific *adj.*明确的;具体的 3.vary *v.*(大小、形状等)相异,不同 4.forecast *n.& v.*预测;预报 5.depend on 依靠;依赖 6.picnic *n.*野餐;野餐食物 *v.*野餐