Part 4 Writing

应用文写作

	1	题	\Box
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<i>—₁</i> ।	-	ルハ	

假定你是李华,你的美国网友 Jack 来信说他的家人都很喜欢吃中餐,向你请教如何在中餐馆选择健康的中餐。请你用英语给他写一封回信,内容主要包括:

- 1.份量(portion)适当,避免浪费;
- 2.蔬菜为主,少油少盐;
- 3.不加味精(MSG)。

注意:

- 1.词数 80 左右;
- 2.可以适当增加细节,以使行文连贯;
- 3.开头和结尾已给出,不计入总词数。

Dear Jack,

]	'm glad that your family like Chinese cuisine.	

Yours,

Li Hua

思路点拨

主题	饮食文化	体裁	应用文		
人称	以第二、三人称为主	时态	一般现在时		
	第一部分:对对方喜欢中餐感到高兴;				
た日	第二部分:建议对方选择适量的饭菜;				
布局	第三部分:选择饭菜的种类及注意事项;				
	第四部分:祝对方有个好胃口。				

<i>+</i> =	第二部分:建议对方选择适量的饭菜;					
布局	第三部分):选择饭菜	的种类及注	E意事项;		
	第四部分	分:祝对方有~	个好胃口。			
遣词造	句					
I.用本单元所学单词或短语填空						
1	1 n.菜肴;烹饪					
2	_ n.餐厅					
3	_ n.卡路	里(热量单位	<u>T</u>)			
4	n.厨师					
5		减少				
6		停止食用;テ	成除			
答案	1.cuisine	2.canteen	3.calorie	4.chef	5.cut down on	6.cut
out						
II.本单	元语块、	语法运用				
1.完成位	句子					
(1)中餐	是最受欢	迎的饮食之	一,但是可	能油盐台	含量高。	
Chinese	ei	s one of the	most popul	ar diets,	but it can	
oil and	salt.					

(2)主菜份量经常	常很大。
	are often quite large.
(3)当你和家人在	主中餐厅吃饭的时候,你最好少点菜。
You	fewer dishes when you have dinner with your
family in Chines	e
(4)你应该尽量遗	避免(吃)诸如烤羊肉串和红烧肉那样的菜。
You	the dishes such as lamb kebabs and red
braised pork bell	y.
(5)那些菜含有征	艮高的卡路里 。
The dishes have	-
答案 (1)cuisin	e;be high in
(2)Main dish por	tions
(3)had better ord	er;canteens
(4)should try to a	avoid
(5)high calories	
2.句式升级	
(6)用表示因果美	关系的连词合并句子(2)(3)
(7)用合适的衔括	接词连接句子(1)(6)

(8)用定语从句合并句子(4)(5)
答案 (6)Main dish portions are often quite large, so you'd better order
fewer dishes when you have dinner with your family in Chinese canteens.
(7)Chinese cuisine is one of the most popular diets, but it can be high in
oil and salt. What's more, main dish portions are often quite large, so
you'd better order fewer dishes when you have dinner with your family in
Chinese canteens.
(8)You should try to avoid the dishes which have high calories, such as
lamb kebabs and red braised pork belly.
连句成篇
参考范文

Dear Jack,

I'm glad that your family like Chinese cuisine.

Chinese cuisine is one of the most popular diets, but it can be high in oil and salt. What's more, main dish portions are often quite large, so

you'd better order fewer dishes when you have dinner with your family in Chinese canteens. Then divide the dishes and eat up!

Choose dishes with lots of vegetables. You should try to avoid the dishes which have high calories, such as lamb kebabs and red braised pork belly. Ask the chef to use less oil, cut down on salt and cut out MSG.

Have a good appetite.

Yours,

<u>Li Hua</u>

■写作积累

1.Proper diet, exercise, and no smoking—these will help prevent heart and lung disease.

正确的饮食、锻炼、不吸烟——这些将帮助(人们)预防心脏病和肺病。

2. Having no breakfast will throw our digestive system into confusion.

不吃早餐会让我们的消化系统陷入混乱状态。

3.In order to save time, some people eat junk food and snacks as well as take-away food.

为了节省时间,一些人吃垃圾食品和快餐以及外卖食品。

4. They don't attach importance to food quality, which may result in food poisoning.

他们不注重食品质量,这可能导致食物中毒。

5.A good cook relies on experience and skills when cooking. 在烹饪时,一个好厨师靠的是经验和技巧。

实战演练

(2021 四川宜宾四中高二上开学考试,★)

假如你是红星中学高二年级学生李华。你校正在举办倡导良好饮食习惯的英语演讲比赛。请根据下列提示写一篇英文发言稿。

Bad eating habits of	Good acting habits	My opinions
some students	Good eating habits	My opinions
not have breakfastprefer snacks	•have various healthy diets	
	•take meals at a regular	
	time and eat a proper	•••
•be particular about food	amount of food each time	

注意:

- 1.发言稿必须包括所有内容要点,可适当发挥;
- 2.发言稿开头与结尾已为你写好,不计入总词数;
- 3.词数 80 左右。

Dear friends,

As we all know, we are what we eat. Therefore, it's very important for us to form healthy eating habits.

That's all. Thank you!

概要写作

写作题目

阅读下面短文,根据其内容写一篇60词左右的内容概要。

Plant-Based Diet

What is a plant-based diet? Is it just a fashionable new term for a "vegan(严格素食主义者)"? While there is no specific definition, a plant-based way of eating focuses on consuming plant-sourced wholefoods (全天然食物) that are least processed in their original form, for example whole grains, fruits, vegetables, nuts and seeds. These are full of vitamins, minerals, and provide an abundance of nutrients for your body. Following a plant-based lifestyle doesn't necessarily mean fully avoiding animal products like a vegan. For plant-based eaters, animal proteins can happily fit in with the lifestyle, yet they play more of a supporting role. Overall, "plant-based" is more of a broad and flexible

way of thinking about nutrition than a rigid diet. With a plant-based diet, the focus is on simple, nutritious wholefoods.

Why people start following a plant-based diet? One of the main reasons is the health benefits. Now, more so than ever, research is showing how eating more plants and less meat can positively affect health. Particularly, a plant-based lifestyle has been linked to heart health. In a study of more than 10,000 adults published in the *Journal of the American Heart Association*, it was shown that those who followed a more plant-based diet had a 16 percent lower risk of having cardiovascular(心血管的) disease and a 32 percent lower risk of dying of cardiovascular disease.

A plant-based lifestyle can also help to promote weight loss and help to maintain your goal weight. Weight loss commonly occurs because the diet consists of foods that are full of fiber and have a high-water content, which easily make you feel full.

Another major reason to jump at the plant-based eating train is the external (外界的,外部的)benefits. Plant-based foods are loaded with vitamins, which help brighten your skin. One of the plant-based all-star vitamins is vitamin C, which is a powerful antioxidant(抗氧化物质). A large number of fruits and vegetables contain vitamin C.Furthermore, these vitamins assist in smoothing lines, and reducing wrinkles.

文本分析

(1)语篇解读

通过阅读所给文章可知,本文是一篇说明文,主题语境为人与自我,主题语境内容为健康的生活方式。文章主要介绍了什么是 plant-based diet,并解释了人们选择这种饮食的原因:一是它有益于健康;二是有助于减重和维持体重;三是使皮肤有光泽和抗衰老。

(2)段落主题

本文是典型的总分结构,即提出问题,然后分析原因。全文共分四段,每段主旨如下:

第一段: A plant-based diet focuses on plant-sourced wholefoods that have a lot of nutrients. And animal proteins can serve as complements.

第二段: One of the main reasons why people start following a plant-based diet is the health benefits, especially lowering the risk of having and dying of cardiovascular disease.

第三段:A plant-based diet can also help to promote weight loss and maintain your goal weight, because the foods are full of fiber and water, which easily make you feel full.

第四段:Plant-based foods are loaded with vitamins, which help brighten your skin. They also assist in smoothing lines, and reducing wrinkles.

筛选、整合信息、转换表达

要点 1 第一段主题句可概括为要点 1,该要点中含有两部分信息,A plant-based diet focuses on plant-sourced wholefoods that have a lot of nutrients.是第一部分信息。其中 focuses on 可同义转换为______; 定语从句 that have a lot of nutrients 可以转换为形容词______放在 plant-sourced 的前面作定语。And animal proteins can serve as complements.是第二部分信息,第二部分信息可以与第一部分信息合为一句话,用 with 的复合结构进行改写,可改写为_____。

要点 2 第二段主题句可概括为要点 2,由 research is showing 可知这里可以用 research has shown 表达。the health benefits、lowering 可以分别同义转换为____、____。

要点 3 第三段主题句可概括为要点 3,该要点介绍植物性饮食的第二个好处,和要点 2 之间是并列关系,可用副词 besides 衔接。A plant-based diet can also help to promote weight loss and maintain your goal weight, because the foods are full of fiber and water,which easily make you feel full.是一个主从复合句,该句可以转换为一个含有现在分词短语作状语的简单句。because the foods are full of fiber and water,which easily make you feel full 可以转换为 abundant fiber and

water form the feeling of being full,前面的部分可以转换为现在分词作
结果状语。
要点 4 第四段主题句可以概括为要点 4,该要点和要点 2、3 之
间是并列关系,为避免重复,用 moreover 来表示并列和意义上的递进。
要点4提到植物性饮食含有维生素,它们可以淡化细纹、减少皱纹、
使皮肤变得光泽。所以第4段主题句可以合并为一句,
即。
答案
要点 1 centers on;nutritious;with animal proteins serving as
complements
要点 2 good for health;reducing
要点 3 helping to promote weight loss and maintain your goal weight
要点 4 Vitamins in plant-based foods assist in smoothing lines,
reducing wrinkles and brightening your skin.
连句成篇

参考范文

A plant-based diet centers on nutritious plant-sourced wholefoods, with animal proteins serving as complements.(要点 1) Research has shown a plant-based diet is good for health, especially reducing the risk of having and dying of cardiovascular disease.(要点 2) Besides, abundant fiber and water form the feeling of being full, helping to promote weight loss and maintain your goal weight.(要点 3) Moreover, vitamins in plant-based foods assist in smoothing lines, reducing wrinkles and brightening your skin.(要点 4)

写作积累

概要写作中常用的词类转换:

名词:people—individual;career—profession;approach—method; argument—debate;quarrel—fight;motherland—hometown;environment —surroundings;behaviour—action;award—reward;benefit—profit;aid—help;present—gift;example—instance;reason—excuse;climate—weather; contest—competition;match—race;consequence—result;diet—food;direc tions—instructions;energy—strength;force—power;event—affair;affair—business;fault—mistake;fault—error;glimpse—glance;labour—work;jo b—task;opinion—idea;thought—mind;pattern—design;style—model;pra ctice—exercise;purpose—aim;goal—target;scene—scenery;sight—view; shade—shadow;skill—ability;symbol—mark;trip—journey;wage—salary; pay—income

动词:promote—improve;end—finish;achieve—accomplish;obtain—acquire—get—gain;produce—create;affect—influence—impact;favour—benefit—profit;endanger—threaten;destroy—damage;alter—transform—change;enhance—strengthen;emphasize—stress;mend—repair;aid—help; separate—divide;encourage—inspire;purchase—buy;understand—follow; ignore—overlook—neglect;solve—settle;book—reserve;try—attempt;build—construct;reduce—decrease;allow—permit
形容词:elegant—delicate;glorious—splendid;famous—celebrated;massive—enormous;fundamental—essential;important—significant;adequate—abundant—enough;unique—special;identical—same;valid—effective; boring—dull

答案全解全析

Part 4 Writing

实战演练

应用文写作

One possible version:

Dear friends,

As we all know, we are what we eat. Therefore, it's very important for us to form healthy eating habits. However, bad eating habits are still very common among us students. Some don't have breakfast. Some prefer snacks. Some are particular about food and some eat or drink too much.

To keep fit, we should have various healthy diets, which generally include proper amounts of fish, meat, vegetables, fruit as well as staple food. Besides, we'd better take meals at a regular time and eat a proper amount of food each time.

In my opinion, we should try to develop healthy eating habits. Only in this way can we have enough energy to study better.

That's all. Thank you!