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高中英语 选择性必修第三册 人教版

≌知识▷清单破

I.核心单词
(A)写作词汇—写词形
1adj.消极的;有害的;否定的
2
3n.药丸;药片
4n.外科医生
5n.外科手术;外科学
6vi., vt.& n.剃(须发);刮脸
7n.胡须;络腮胡子
8

9	n.专科医生;专家
10	n.毒品;药物
11	vt.跳过;不参加;悄悄溜走 vi.蹦蹦跳跳地走;跳绳n.蹦跳
12	adj.头晕目眩的
13	$_{n}$.流感
14	n. 牙科医生
15	n.坚果
16	adj.充满活力的;精力充沛的;动态的
17	v.删去;删除
(B)阅读词	河汇—明词义
1.tobacco	n
2.alcohol	n
3.abuse <i>n</i> .	& vt

4.psychology <i>n</i>	
5.cue <i>n</i>	
6.facilitate <i>vt</i>	
7.escalator <i>n</i>	
8.pessimistic <i>adj</i>	
9.skateboard <i>nvi</i>	
10.bowling <i>n</i>	
11.comedy <i>n</i>	
12.enhance vt.	
(C)拓展词汇—灵活用	
1adj.身体的;客观存在的;物理学的	的adv.身体上,根
本上 \rightarrow	n.物理学家
2vt.& vi.支配;控制;占有优势	adj.占主导地位的-

	_n.(被)控制;支配			
3	adv.重复地→	adj.重复的;反	复发生的	
vt.& vi.重复	n.重复			
4	n.回报;奖励;报酬vt.奖励;奖	赏;给以报酬	a	dj.有益
的,值得做的;报	极酬高的			
5vi.依	₹赖;依靠;信赖→	_ adj.可靠的;可作	言赖的—	
adv.可靠地;确等	实地→n.可靠	性		
6	vt.(仔细)检查;审查;测验→		_n.考试;检查-	→
n.检查人;主考。	人→	、;参加考试者		
7	_vt.& vi.组成;作曲;撰写→_	<u> </u>	n.作文,作曲→	
n.作曲家				
8	_ <i>n</i> .解放;摆脱→	_vt.解放;使自由-		n.解放
者→	adj.解放的;开放的			

9v	r.打扰;搅乱;使烦恼-	→ a	dj.令人不安的;引起烦恼的—
	adj.被扰乱的→		:,骚乱
10	n.顾问;高级顾问	医师→	_vt. & vi.商议;查阅;请教→
	adj.咨询的		
11	_adj.含糖的;甜的→	n.糖;食糖	1
12.	adv.& adj.每月;每,	月一次的n.月刊一	n.月;一个月的时
间			
13	_vt.使恢复精力;使凉	爽;刷新→	adj.令人耳目一新的;
使人精力充沛	前→	_n.饮料,小食;恢复	活力—
恢复活力的东	西		
14	_vt.吸引全部注意力;!	吸收→	adj.被 · · · · · 吸引住;全神贯
注的→	n.吸收;全神	贯注	

II.重点短语	
1	回答;答复
2.rely on	
3	而不是
4.aside from_	.
	У
6.decide on	
7	下定决心
8.be compose	d of
9	剃掉;刮去
10.be in contr	ol of
11.stick to	
12.	熬夜

13.stressed out	 _
14.worn out	
15.try out	
16.changefor the better	
17.	转移一下注意力;暂时将某事忘证

III.经典结构 1.随着青少年的成长,他们变得更加独立,开始自己做决定。 , they become more independent and start making their own decisions. 2.如果放任这些坏习惯不管,他们成年后可能会导致更严重的坏习惯。 These bad habits,______, could lead to more serious ones when they become adults 3.正如中国哲学家老子所说: "千里之行,始于足下。" the Chinese philosopher Lao Zi wrote, "A journey of a thousand miles ____a single step." 4.健康的生活方式通常是一种平衡的生活,在这种生活中你可以做出明智的选 择。 A healthy lifestyle is generally a balanced life you make wise choices.

5.每天做小小的改变,那么你的生活方式将会变得更健康。		
each day your lifestyle will become healthier.		
6.然而,最让我担心的是,我很容易就得了流感,还经历了很多次牙痛。		
though, I got the flu easily and experienced many toothaches,		
too.		
7.当我参加了关于个人生活选择的夏令营时,我开始分析我的选择,尤其是我做了		
什么来放松以及它正在如何影响着我的整个生活。		
As I took part in the summer camp about personal life choices, I started to analyse		
my choices, and how it was affecting my whole		
life.		

IV.长难句分析

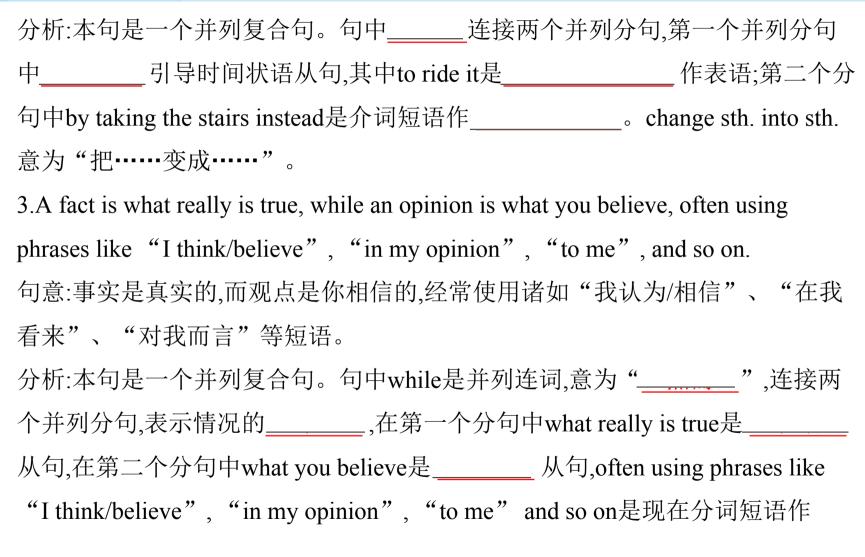
1.So, when we feel unhappy again(cue), rather than eat snacks, we could listen to some of our favourite music instead(routine), which will make us feel relaxed(reward).

句意:所以,当我们再次感到不开心时(提示),而不是吃零食,我们可以听一些我们最喜欢的音乐来代替(常规),这将会让我们感到放松(奖励)。

2. For example, when we come to an escalator(cue), our normal routine is to ride it, but we could change this routine into something more positive by taking the stairs instead

•

句意:例如,当我们遇到自动扶梯时(提示),我们通常的做法是乘坐它,但反而我们可以通过哪樣模求把这种做法变成。此更加和极的东西



V.必备语法	
动词不定式作主语	
1.After all, it is not easy	_ (break) bad habits.
2(change) bad habits	is never easy.
3.It took the surgeon three hours	(finish) my mother's lung surgery
4.Well, first, it's necessary	(begin) with what you eat.

灣词汇▷情景破

知识点 1 | in response to 回答;答复

Secondly, there is a "routine", the regular action you take in response to the cue.(教材P14)其次,有一个"惯例",即你对提示作出的有规律的反应。

情景导学

With the help of his teammate, the operator made a quick response to the event. 在他的队友的帮助下,这个操作员对事件作出了快速的反应。

During the outbreak of the novel coronavirus pneumonia disease, China rose up to the challenge and responded to it bravely.

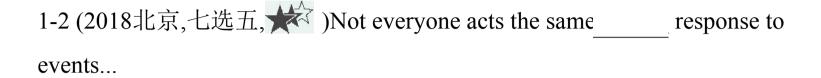
在新型冠状病毒肺炎疫情暴发期间,中国迎难而上,勇敢应对此次挑战。

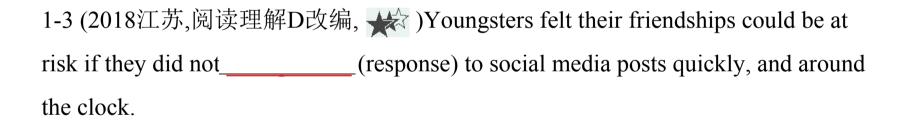
- ❷归纳拓展
- ①make a response 对·····作出回应
- ②make no response没有回应
- ③respond v.回答;作出反应
- ④ 回答,回复;对……作出反应

链接高考

单句语法填空

1-1 (2019天津,完形填空, ***)This one stranger responded beautifully _____ my small crisis, but she actually wasn't the only one.





Thirdly, there is the "reward", the good thing or feeling we get from the routine. (教材P14) 第三,有"奖励",即我们从惯例中得到的好的东西或好的感觉。 ፟፟፟፟፟情景导学

The soldier received a medal in reward for his bravery in fighting the forest fire that broke out in Liangshan, Sichuan Province. 这名战士因在爆发于四川凉山的森林大 火中的英勇表现而获得一枚奖章。

The company gave/offered a reward to him for his positive attitude. 公司因他积极的态 度给予了他奖励。

The boss rewarded him with a trip to China for his contributions. 因为他的贡献老板 奖励他一次去中国的旅行。

易混辨析

reward	多指回报、报酬;动词表示"报答,酬谢"
prize	多指在比赛、竞赛或抽奖中获得的奖
award	多指颁发的奖品、奖项;动词表示"授予,颁发"

❷归纳拓展

①in reward ()作为(对•••	•••的)回报
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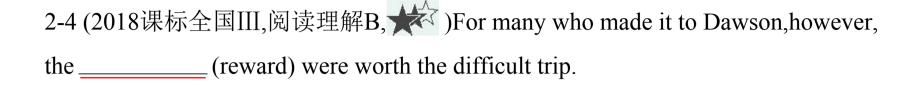
- ②as a reward (for...)作为(对 ······的)回报/酬谢/报答
- ③give/offer a reward to sb. _____sth.因某事而给某人奖励
- ④reward sb. (_____ sth.)(____ sth.)(因某事而)奖励某人(某物)
- ⑤rewarding adj.有益的,值得做的

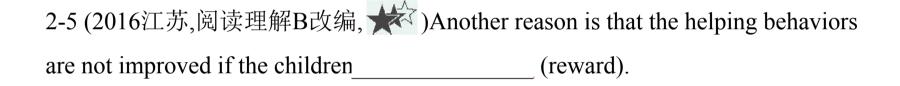
单句语法填空

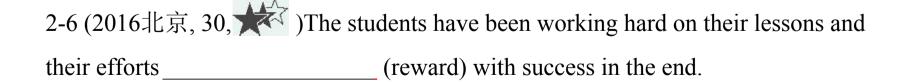
2-1 (2019课标全国III,阅读理解D,)If the monkeys touched the left side of the screen they would be rewarded ______ seven drops of water or juice...

2-2 (2019课标全国III,阅读理解D改编, **)The three monkeys were trained to associate different symbols with 0~25 drops of water or juice_____ a reward.

2-3 (2018北京,3, ***)Traveling along the old Silk Road is an interesting and _____(reward) experience.







到识点 3 |rely on依赖;依靠;信赖

The reward makes us much more likely to continue the cycle, and the bad habit of relying on unhealthy snacks is formed.(教材P15)奖励使我们更有可能继续这样的循环,依赖不健康的小吃的坏习惯就形成了。

情景导学

You may rely on it that she can earn her living. 你可以放心,她可以自食其力。

Farmers can rely on/upon ducks to protect crops because one duck can eat 200 locusts in a day.农民可以依靠鸭子来保护庄稼,因为一只鸭子每天可以吃掉200只蝗虫。

Facial expressions are not reliable and cannot be used to reliably convey emotions in cross-cultural situations.

面部表情是不可靠的,在跨文化的情况下不能被用来可靠地表达情感。

❷归纳拓展

- ①rely on/upon sb. _____ sth.信赖/依靠某人做某事
- ②rely on _____that...相信······,指望······
- ③_____adj.可靠的,可信任的
- ④_____adv.可依赖地,可信任地

完成句子

3-1 (2019北京,完形填空, ***)有些学生没有一辆可靠的汽车,而其他人不得不与一周工作6天的父母共用车辆。

Some students don't have ______, while others have to share vehicles with parents who work six days a week.

单句语法填空

3-2 (2017课标全国III,阅读理解D改编, ***)Driving gives them the freedom to get out and about without having to rely ______others.

3-3 (2016浙江,6, **)That young man is honest, cooperative, always there when you need his help. In short, he's_____(rely).

3-4 (大文)Around the 1960s, the courses of some water sources it_____ (rely) upon were diverted(使绕道).

知识点



|make up one's mind下定决心

We need to make up our minds and show some discipline, and make small changes over time.(教材P16)我们需要下定决心,显示出一些自制力,随着时间的推移做出小的改变。

情景导学

She made up her mind to pass down the traditional Beijing Opera.

她下定决心将传统的京剧传承下去。

Mary is simple-minded and it's easy to read her mind.

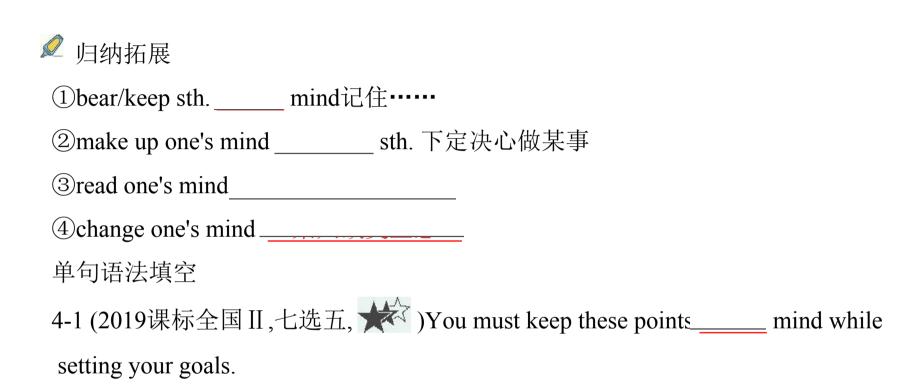
玛丽头脑简单,看出她的心思很容易。

So stubborn is the old man that he won't change his mind whatever you say.

这个老人很固执,不管你说什么他都不会改变主意的。

If you bear/keep something in mind, that means you remember it.

如果你把某件事记在心里,意思是你记住了它。



4-2 (2017浙江,阅读理解A, ***) Williams' two books helped Benjamin to make up his mind _____(be) a painter.

4-3 (2016浙江,完形填空, w)I made _____ my mind I would find out what was good in my present situation...

完成句子

- 4-4 (2019天津,1, ***)——我猜你想去打网球。
- ——你猜中了我的心思。那也正是我在想的事情。
- —I guess you want to go play tennis.
- —You _____. That's exactly what I was thinking too.

知识点

5 |disturb vt.打扰;搅乱;使烦恼

It was not polite to disturb your neighbours with loud music last night.(教材P17)昨晚用大声的音乐打扰你的邻居是不礼貌的。

*情景导学

People were disturbed about the lack of epidemic prevention materials in the USA, which was really disturbing, and the problem disturbed nearly every American. 人们对美国防疫物资的缺乏感到不安,这的确令人不安,并且这个问题几乎令每

易混辨析

个美国人都感到不安。

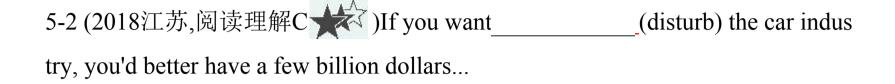
disturb	指在别人专心做某件事情或休息时打扰对方
interrupt	指打断别人的交谈或正在进行的事情
bother	指麻烦、拜托别人去做对方可能不乐意做的事情

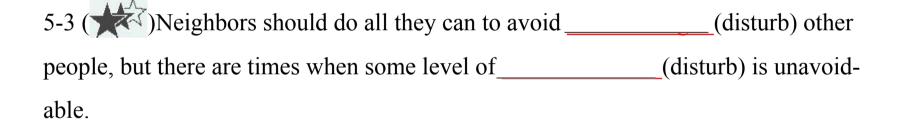
❷归纳拓展

- ①disturb sb. with sth.用某事打扰某人
- ② adj.引起烦恼的,令人不安的
- ③_____adj.烦恼的,心烦意乱的
- ④be disturbed_____ sth.因······而感到心神不安
- ⑤disturbance n.干扰;骚乱

单句语法填空

5-1 (2019课标全国 I ,完形填空,)However, I soon discover that much has changed since the days of ______(disturb) reports of camps among tons of rubbish.







翻译句子

5-4 (2017课标全国 II,七选五, ***) If someone knocks and it's not an important matter, excuse yourself and let the person know you're busy so they can get the hint (暗示) that when the door is closed, you're not to be disturbed.

知识点



|stress out焦虑不安;疲惫不堪

After starting high school,I felt stressed out and always relaxed by playing computer games.(教材P20)开始高中生活后,我感到焦虑不安,总是通过玩电脑游戏来放松。

҈情景导学

I think I've got one of the most stressful jobs there is.

我想我找到了一个压力最大的工作。

He looked like he was under a lot of stress the last time we met.

我们上次见面时,他看起来压力很大。

When we get stressed, we tend to breathe more quickly.

当我们变得焦虑不安时,我们往往会呼吸得更快。

❷归纳拓展

- ①stress n.压力;紧张;重音;强调
- ② stress在压力下
- ③lay stress on注重,重视;把重点放在
- ④_____adj.(事物)压力重的,紧张的
- ⑤_____adj.(人)焦虑不安的
- ⑥be stressed out感到紧张的;有压力的

单句语法填空

6-1 (2016课标全国 II,语法填空)If you feel ______(stress) by responsibilities at work, you should take a step back and identify(识别) those of greatness and less importance.

6-2 (People learn better about positive than negative outcomes ______stress.

6-3 (Workers with access to nature at the office—even simple views of trees and flowers—felt their jobs were less _____ (stress) and more satisfying.

翻译句子

6-4 (2019课标全国 I ,七选五, **)It turns out that just looking at green, growing things can reduce stress, lower blood pressure...

7 | worn out 筋疲力尽的;疲惫的

Playing was fun, but I felt even more worn out afterwards!(教材P20)

玩儿是有趣的,但后来我觉得甚至更累了!

情景导学

If you treat your coat so roughly, it will be worn out soon.

如果你这样粗暴地对待你的外套,它很快就会穿坏的。

It is said that the cloth wears well, so it sells very well.

据说这种布耐穿,所以很畅销。

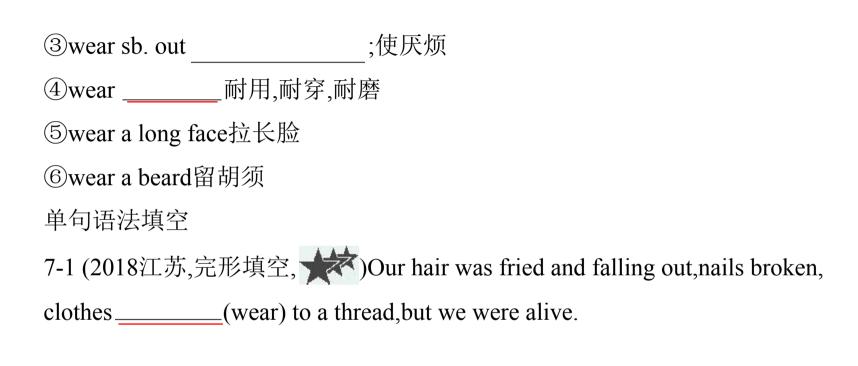
Some kids complained that the online classes have totally worn them out.

一些孩子抱怨说,网络课程已经完全把他们累坏了。

❷归纳拓展

①wear vt. & vi.穿,戴;磨损;留,蓄;面露;耐用

②wear _____用坏,穿破;磨损



7-2 ()In our modern world, when something ____ (wear) out, we throw it away and buy a new one.



完成句子

- 7-4 (★)The children, all of whom had played the whole day long, were _____(筋疲力尽).
- 7-5 (如果锻炼让你筋疲力尽), how can it be good for you?

知识点 8 |absorb vt.吸引全部注意力;吸收

Absorbing stress effectively, however, you must be sure to do something that completely takes your mind off everything else.(教材P22)然而,有效地吸收压力,你必须确保做一些完全把你的注意力从一切其他事情上转移开的事情。

情景导学

When absorbed in his work, he'd forget everything else.

当他全神贯注于工作时,他会忘记一切其他的事情。

With so much noise outside,I can't absorb myself in my study.外面这么吵,我无法专心学习。

If you drink on a full stomach, alcohol absorption is slow.如果你在饱腹的情况下喝酒,酒精的吸收会很慢。

- ❷归纳拓展
- ①absorb_____in某人全神贯注于/专注于
- ②absorb one's attention吸引某人的注意力
- ③absorbed adj.全神贯注的
- ④(be) absorbed_____全神贯注于
- ⑥表示"全神贯注于"的短语还有:

be lost in全神贯注于;沉浸于

be buried in埋头于;专心于

be occupied in忙于

单句语法填空

8-1 (2019课标全国 II,阅读理解D, **)These kids are so absorbed _____ their studies that I just sit back.

8-2 (2018课标全国III,阅读理解D, **)We both became_____(absorb) in the simplicity of playing together.

8-3 () ______ (absorb) in painting, John didn't notice evening approaching.

8-4 ()Both scattering and _____ (absorb) make an object look different from other objects around it, so you can see it easily.

翻译句子

8-5 (2019课标全国 I ,七选五, **) It takes sunscreen about fifteen minutes to start working, and that's plenty of time for your skin to absorb a day's worth of vitamin D.

聲结构▷情景破

知识点 1 |as引导时间状语从句

As teenagers grow up, they become more independent and start making their own decisions.(教材P14)随着青少年的成长,他们变得更加独立,开始做自己的决定。

常情景导学

Her eyesight was failing as she grew older.

她的视力随着年龄的增长而衰退。

As COVID-19 can spread from person to person, people should wear a face mask. 因为新型冠状病毒肺炎可以在人与人之间传播,所以人们应该戴口罩。

As is known to all, China is ahead in 5G networks globally. 众所周知,中国在5G网络方面全球领先。

Hot as the night air was, we slept deeply because we were so tired. 虽然夜晚的空气很热,但我们睡得很熟,因为我们太累了。

☑归纳拓展
① as引导时间状语从句时,意为 "",能和with复合结构互换;也可以意
为"当时"。
② as引导从句时,从句要用,即"形容词/副词/名词
动词+as+主语"形式(作表语的可数名词单数前如有冠词,冠词需要省去)。
③ as引导非限制性定语从句时,常位于句首,意为"";引导限制性定语
从句时,先行词前需有such、the same、so、as等修饰。
④as引导方式状语从句时,意为"按照";引导比较状语从句时,意为"和·····一
样"。
⑤as意为"因为"时,引导。

链接高考

指出句中加黑的as引导的从句的类型

1-1 (2019北京,阅读理解B改编, ***) As CanCandy's success grows, so does Moore's fame as a young businessman.

1-2 (2019浙江,完形填空, **) As you can imagine, the trip is no piece of cake.

1-3 (2018课标全国 II,完形填空, **) He was unconscious and as I looked at his face, something occurred to me.

1-4 (2017北京,阅读理解D, ***)But the problem should not be dismissed out of hand, as it has been by some AI researchers.

1-5 (2017天津,10, ***) I was watching the clock all through the meeting, as I had a train to catch.

同义句转换

1-6 (2017浙江,完形填空, ***)The books stayed hidden as the war continued.

→The books stayed hidden_____

1-7 (2017课标全国III,阅读理解D改编, **)We all have to accept that as we get older our reactions slow down.

 \rightarrow We all have to accept that our reactions slow down.



2 | 状语从句的省略

These bad habits, if left unchecked, could lead to more serious ones when they become adults. (教材P14)如果放任这些坏习惯不管,他们成年后,这些坏习惯可能 会导致更严重的坏习惯。

灣情景导学

When asked the meaning of "green with envy", she smiled.→When she was asked the meaning of "green with envy", she smiled. 当被问到"柠檬精"的意思时,她 笑了。

Stay with positive people while working towards your goals. →Stay with positive people while you are working towards your goals. 当你朝着你的目标努力时,你要和积极乐观的人待在一起。

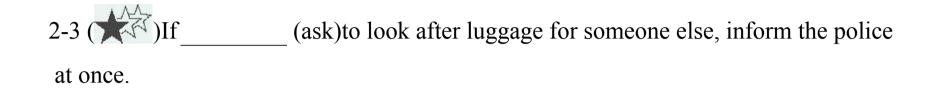
If possible, give these young men as much help as you can. →If it is possible, give these young men as much help as you can. 如果可能的话,给这些年轻人尽可能多的帮助。

❷归纳拓展

单句语法填空

2-1 (2018北京改编,10, ***)Ordinary soap, if_____(use)correctly, can deal with bacteria effectively.

2-2 ()Children, when _____ (accompany) by their parents, are allowed to enter the stadium.



同义句转换

- 2-4 ()It is so cold that you can't go outside unless fully covered in thick clothes.
- →It is so cold that you can't go outside______ in thick

clothes.

3 | whenever的用法

Whenever I went out with friends, I brought snacks from home, things that didn't have any added sugar: fruit, nuts, dried meat, etc. (教材P20) 每当我和朋友出去的时候,我都会从家里带一些小吃,一些没有添加任何糖分的东西:水果、坚果、肉干等等。

情景导学

Whenever he appears, he always wears a big smile.

→No matter when he appears, he always wears a big smile.无论他什么时候出现,他总是面带灿烂的笑容。

Whenever you want to come is fine with me.

你什么时候想来我都欢迎。

❷归纳拓展 whenever既能引导 ,也能引导让步状语从句。引导让步状语从句 时相当于 ,意为"无论什么时候"。"其他特殊疑问词+ever"也能引导让步状语从句和名词性从句,如whatever、whoever、however等。 同义句转换 3-1 (2019天津3月,阅读理解B,)Whenever he was within view, I would run away in fear. he was within view, I would run away in fear. 3-2 (2019北京,语法填空B, ***) No matter what you like to do, there is a way to get involved in various activities on Earth Day. → you like to do, there is a way to get involved in various activities on Earth Day.



单句语法填空

3-3 (2019天津3月,阅读理解B, wish Since then, _____ I visited my grandmother's house, I would rush to the kitchen for the stinky tofu with excitement.

灣语法▷精讲破

动词不定式作主语

【观察】

To see is to believe.眼见为实。

To lose your heart means failure.

=It means failure to lose your heart.灰心意味着失败。

To finish the work in ten minutes is very hard.

=It is very hard to finish the work in ten minutes.

十分钟之内完成这项工作是很难的。

Reading is my hobby, which nearly takes up all my spare time.阅读是我的爱好,它几乎占了我所有的业余时间。

It is a doctor's duty to heal the wounded and rescue the dying.救死扶伤是医生的职责。

It is impossible to rely on your parents all your life.

你一辈子都依赖你的父母是不可能的。

It is important for her to build up the little boy's confidence.对她来说树立起这个小男孩的自信是非常重要的。

It is impolite of you to disturb others.

你打扰他人是不礼貌的。

It seems impossible to persuade Jane to change her mind.

说服简改变主意似乎是不可能的。

It takes us nine years to build the Hong Kong-Zhuhai-Macao Bridge.建造港珠澳大桥花费了我们9年的时间。

It seldom occurred to them to wander a bit,to take a moment to see what's around them.他们很少想到要出去走走,花点时间看看他们周围的东西。

【归纳】

(1)动词不定式和动名词作主语的区别:①作主语特指一次性的、具
体的动作;②作主语泛指一般的或习惯性的动作。且作主语和表语的
不定式或动名词需保持一致。
(2)不定式作主语时,谓语动词常常用③形式。
(3)动词不定式短语作主语时,常用④作形式主语,真正的主语置于后面。结
构为"It is+adj./n.+(⑤/⑥sb.)to do sth."。
(4)如果表语是说明不定式的逻辑主语的性质、身份、特征的形容词,如care-
less、clever、good、kind、foolish、honest、lazy、nice、silly、wise等,不定式的
逻辑主语需由⑦引出。如果表语是表示事物客观情况的形容词,如diffi-
cult、easy、hard、important、impossible等,则由⑧引出不定式的逻辑主语。
(5)固定句型:It doesn't matter+that/what从句/ ⑨takes sb. some time to do
sth./⑩ occurred to sb. to do sth.等。

链接高考

单句语法填空

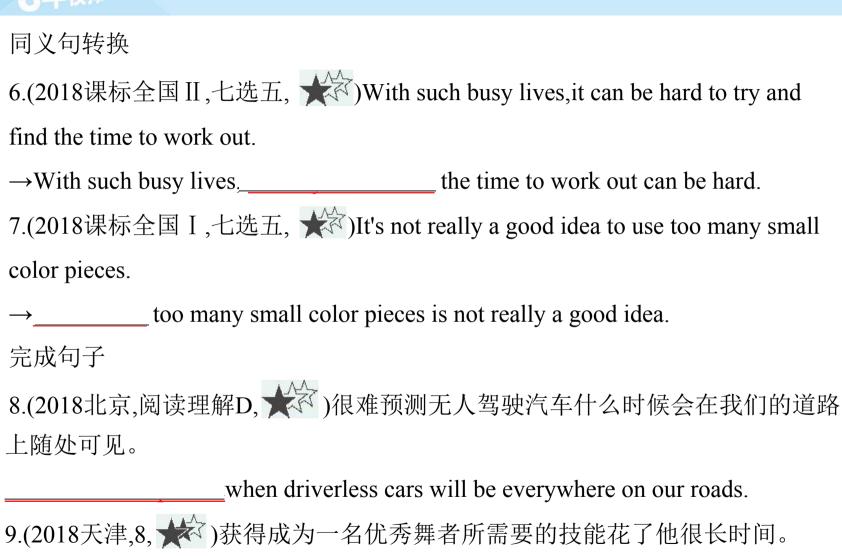
1.(2019天津,阅读理解D, ★★)Then we will know how important _____ is to have meaning in our life.

2.(2019北京,七选五, **)It's not a simple matter______(determine)the nature of talent.



4.(2018浙江11月,七选五, ***)Think of how long it_____(take) to listen to one of those messages.

5.(2018天津,完形填空, ***) It was a tradition _____ the school's old team to play against the new team at the end of spring practice.



to acquire the skills he needed to become a good dancer.