

Part 4 Writing

应用文写作

写作题目

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:

portion /'pɔːʃən/ noun [C]

the amount of a particular food that is served to one person, especially in a restaurant or a shop that sells food ready to be eaten

(食物的) 一份, 一客

1. 份量(portion)适当,避免浪费;
2. 蔬菜为主,少油少盐;

MSG /em.es'dʒiː/ noun [U]

abbreviation for monosodium glutamate

谷氨酸单钠盐, 味精 (monosodium glutamine / mɒn.ə.səʊ.di.əm

gluː.tə.meɪt/ 的缩写)

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。

cuisine /kwɪ'ziːn/ noun [U]

a style of cooking

烹饪, 烹调

Dear Jack,

I'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
布局	第一部分:对对方喜欢中餐感到高兴; 第二部分:建议对方选择适量的饭菜; 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。		

遣词造句

I .用本单元所学单词或短语填空

1. *cuisine* n.菜肴;烹饪

canteen /kæn'ti : n/ noun [C] (RESTAURANT)

a place in a factory, office, etc. where food and meals are sold, often at

a lower than usual price

食堂, 餐厅, 饮食部

2. canteen n. 餐厅

3. calorie /'kæl.ər.i/ n. 卡路里(热量单位)

chef /ʃef/ noun [C]

a skilled and trained cook who works in a hotel or restaurant, especially

the most important cook

(酒店或餐馆的) 厨师; (尤指) 厨师长, 大厨, 主厨

4. chef n. 厨师

5. cut down on 减少

6. cut out 停止食用; 戒除

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. 完成句子

(1) 中餐是最受欢迎的饮食之一, 但是可能油盐含量高。

Chinese cuisine is one of the most popular diets, but it can be high in oil and salt.

(2) 主菜份量经常很大。

Main dish portions are often quite large.

(3) 当你和家人在中餐厅吃饭的时候, 你最好少点菜。

You **had better order** fewer dishes when you have dinner with your family in Chinese **canteens**.

(4) 你应该尽量避免(吃)诸如烤羊肉串和红烧肉那样的菜。

braise /breɪz/ verb [T]

to cook food slowly in a covered dish in a little fat and liquid

(用文火) 炖, 焖

belly /'bel.i/ noun [C]informal

the stomach or the front part of the body between your chest and your legs

腹部, 胃

stomach /'stʌm.ək/ noun [C]

plural stomachs

an organ in the body where food is digested, or the soft front part of your body just below the chest

胃; 肚子, 腹部

You **should try to avoid** the dishes such as lamb kebabs and red braised pork belly.

(5)那些菜含有很高的卡路里。

The dishes have **high calories**.

答案 (1)cuisine;be high in

(2)Main dish portions

(3)had better order;canteens

(4)should try to avoid

(5)high calories

2.句式升级

(6)用表示因果关系的连词合并句子(2)(3)

Main dish portions are often quite large, so you'd better order fewer dishes when you have dinner with your family in Chinese canteens.

主菜的份量往往很大,所以在中餐厅与家人共进晚餐时,最好少点菜。

(7)用合适的衔接词连接句子(1)(6)

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.

中国菜是最受欢迎的饮食之一,但它的油和盐含量可能很高。更何况,主菜的份量往往很大,所以和家人在中国食堂吃饭时,最好少点菜。

(8)用定语从句合并句子(4)(5)

You should try to avoid the dishes which have high calories, such as lamb kebabs and red braised pork belly.

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, 亲爱的杰克:

I'm glad that your family like Chinese cuisine.

我很高兴你的家人喜欢中国菜。

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!

中国菜是最受欢迎的饮食之一,但它的油和盐含量可能很高。更何况,主菜的份量往往很大,所以和家人在中国食堂吃饭时,最好少点菜。然后分菜吃吧!

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.

选择含有大量蔬菜的菜肴。羊肉串、红烧五花肉等热量高的菜肴应尽量避免。请厨师少用油，少放盐，不放味精。

Have a good appetite.祝你们有一个很好的胃口。

Yours,此致,

Li Hua 李华

■写作积累

proper adjective (REAL)/ before noun /

real, satisfactory, suitable, or correct

适合的; 适当的; 恰当的; 正确的

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 [/'daɪ'dʒes.tɪv/消化的] system into confusion [/'kɒn'fju:ʒən/混乱状态].

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。

attach /ə'tæʃ/ verb [T] (CONNECT)

to fasten/扣紧], join, or connect something

系, 绑; 连接; 使附着; 附上; 固定

4.They don't attach importance to food quality, which may result in food poisoning[/'pɔɪ.zən.ɪŋ/中毒].

他们不注重食品质量,这可能导致食物中毒。

rely /rɪ'laɪ/ on/upon sb/sth

to need a particular thing or the help and support of someone or something in order to continue, to work correctly, or to succeed

依赖; 依靠; 依仗

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 some students	Good eating habits	My opinions
<ul style="list-style-type: none"> ●not have breakfast ●prefer snacks ●be particular about food [挑食] 	<ul style="list-style-type: none"> ●have various healthy diets [有各种健康饮食] ●take meals at a regular time and eat a proper 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.

众所周知，我们吃的食物塑造了我们。因此，养成健康的饮食习惯对我们来说非常重要。

→范文见本文档末尾→

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

植物性饮食

vegan /'vi :.gən/ noun [C]

a person who does not eat or use any animal products, such as meat,

fish, eggs, cheese, or leather

严格素食主义者 (不食用或不使用任何动物产品)

while conjunction (ALTHOUGH)

(also formal whilst/wailst)

despite the fact that; although

虽然; 尽管

whole food /'həʊl.fu : d/ noun [C or U] (UK also wholefood)

food that has not had any of its natural features taken away or any

artificial substances added

(不含人工添加剂的) 全天然食品, 全营养食品

abundance /əˈbʌn.dəns/ noun [S or U] formal

the situation in which there is more than enough of something

大量；充足；丰富

nutrient /ˈnjuː.tri.ənt/ noun [C]

any substance that plants or animals need in order to live and grow

养分；营养物，滋养物

protein /ˈprəʊ.tiːn/ noun [C or U]

one of the many substances found in food such as meat, cheese, fish, or

eggs, that is necessary for the body to grow and be strong

蛋白质

happily adverb (LUCKY)

having a good or lucky result

幸运地

fit in with sth

If one activity or event fits in with another, they exist or happen

together in a way that is convenient.

与…一致

yet /jet/ adverb, conjunction

(and) despite that; used to add something that seems surprising because of what you have just said

然而，尽管

overall / əʊ.və'ri : l/ adverb [before noun], adjective

in general rather than in particular, or including all the people or things in a particular group or situation

总的（来说）；全面的（地）；包括一切的（地）

broad /brɔ : d/ adjective (GENERAL)

including a wide range of things; general

广泛的；普遍的

flexible /'flek.sə.bəl/ adjective (ABLE TO CHANGE)

able to change or be changed easily according to the situation

可变动的；灵活的；可变通的

rigid /'rɪdʒ.ɪd/ adjective

not able to be changed or persuaded

顽固的；不易改变的

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.

什么是植物性饮食？它只是“素食主义者”的时尚新名词吗？虽然没有具体的定义，但以植物为基础的饮食方式侧重于食用以原始形式加工最少的植物性全天然食物，例如全天然谷物、水果、蔬菜、坚果和种子。它们富含维生素、矿物质，并为您的身体提供丰富的营养。遵循以植物为基础的生活方式并不一定意味着完全避免像素食主义者这样的动物产品。对于以植物为基础的饮食者来说，动物蛋白可以很好地适应生活方式，但它们更多地扮演着辅助角色。总体而言，“以植物为基础”更像是一种广泛而灵活的营养思维方式，而不是严格的饮食。以植物为基础的饮食，重点是简单、营养丰富的全天然食物。

particularly /pəˈtɪk.jə.lə.li/ adverb

especially, or more than usual

特别, 尤其, 异乎寻常地

journal /ˈdʒɜː.nəl/ noun [C] (MAGAZINE)

a serious[严肃的] magazine or newspaper that is published

regularly about a particular subject

杂志, 期刊; 报纸

cardiovascular /kɑːˈdi.əvˈvæs.kjə.lər/ adjective MEDICAL

specialized

relating to the heart and blood vessels[ˈves.əl/血管] (= tubes that

carry blood around the body)

心血管的

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.

为什么人们开始遵循植物性饮食？其中一个主要原因是对健康的好处。现在，研究比以往任何时候都更加显示，多吃植物少吃肉对健康有积极影响。特别是，以植物为基础的生活方式与心脏健康有关。在《美国心脏协会杂志》上发表的一项针对 10000 多名成年人的研究中，结果表明，那些食用更多植物性饮食的人患心血管疾病的风险降低 16%，死于心血管疾病的风险降低 32%。

promote /prə'məʊt/ verb (ENCOURAGE) [T]

to encourage people to like, buy, use, do, or support something

促进；促销，推销；推广

maintain /meɪn'teɪn/ verb [T] (CONTINUE TO HAVE)

to continue to have; to keep in existence, or not allow to become

less

维持；保持

occur /ə'kʊ : r/ verb (EXIST) [I + adv/prep]

to exist or be present in, among, etc.

存在；出现；发生

content /'kɒn.tent/ noun [S]

the amount of a particular substance contained in something

含量

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.

以植物为基础的生活方式还有助于促进减肥并有助于保持目标体重。减肥通常发生，因为饮食中包含富含纤维和高水分的食物，很容易让你感到饱。

external /ɪk'stɜː.nəl/ adjective

of, on, for, or coming from the outside

外面的；外表的；来自外部的

loaded /'ləʊ.dɪd/ adjective (RICH)

[after verb] informal

rich

富有的，有钱的

brighten /'braɪ.tən/ verb [I or T] (LIGHTER)

to (cause to) become lighter

(使) 发光； (使) 发亮

all-star /'ɔːl.stɑːr/ adjective [before noun]

having or including famous actors or players

全明星的, 众星云集的

antioxidant /.æn.ti'ɒk.si.dənt/ noun [C]

a substance that slows down the rate at which something decays

because of oxidization

抗氧化剂, 阻氧化剂, 防老(化)剂

furthermore /fɜːðə'mɔːr/ adverb formal

in addition; more importantly

此外, 而且

assist /ə'sist/ verb [I or T] formal

to help

帮助; 协助; 援助

line noun (LONG MARK)[C]

a long, thin[细的] mark[痕迹] on the surface of something

线, 线条

wrinkle /'rɪŋ.kəl/ noun [C] (LINE)

a small line in the skin caused by old age

(年老时皮肤上的) 皱纹

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.

跳上植物性饮食列车的另一个主要原因是外部效益。植物性食物富含维生素，有助于使皮肤光亮。其中一种基于植物的众星云集的维生素是维生素 C，它是一种强大的抗氧化剂。大量的水果和蔬菜含有维生素 C。此外，这些维生素有助于平滑皱纹，减少皱纹。

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:

complement/ 'kɒmplɪment/n.

补足物

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.

以植物为基础的饮食侧重于含有大量营养素的植物源全食品。动物蛋白可以作为补充物。

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.

人们开始遵循植物性饮食的主要原因之一是对健康的益处,尤其是降低患心血管疾病和死于心血管疾病的风险。

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.

植物性饮食也有助于促进减肥和保持目标体重,因为这些食物富含纤维和水分,很容易让你感到饱。

smooth /smu : ð/ verb (MAKE FLAT)[I or T]

to move your hands across something in order to make it flat

抚平; (使)平整

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

植物性食物富含维生素,有助于使皮肤光亮。它们还有助于抚平皱纹,减少皱纹。

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 *centers on*; 定语从句 that have a lot of nutrients 可以转换为形容词 *nutritious* 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 *with animal proteins serving as complements*。

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 *good for health*、*reducing*。

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*而且;除…之*

外还有衔接。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 丰富的纤维和水分形成饱腹感, 前面的部分可以转换为现在分词作结果状语 **helping to promote weight loss and maintain your goal weight**。

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 [而且, 加之, 再者, 此外] 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 [平滑] 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 **Vitamins [维生素] in plant-based foods assist in smoothing lines, reducing wrinkles and brightening your skin.**

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) [植物性饮食以营养丰富的植物源天然食品为中心, 辅以动物蛋白作为补充。] 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) [研究表明, 植物性饮食对健康有益, 尤其是降低患心血管疾病和死于心血管疾病的风险。] Besides, abundant fiber and water form the feeling of being full, helping to promote weight loss and maintain your goal weight.(要点 3) [此外, 丰富的纤维和水分形成饱腹感, 有助于促进减肥和保持目标体重。] Moreover, vitamins in plant-based foods assist in smoothing lines, reducing wrinkles and brightening your skin.(要点 4) [此外, 植物性食品中的维生素有助于抚平皱纹, 减少皱纹, 使皮肤光亮。]

写作积累

概要写作中常用的词类转换:

名词:

people—men, women, and children

人

Individual / ,ɪn.dɪ'vɪdʒ.u.əl/—a single person or thing, especially when compared to the group or set[群体] to which they belong

个人, 个体

career—the job or series of jobs that you do during your working life, especially if you continue to get better jobs and earn more money

生涯, 职业; 事业

profession—any type of work that needs special training or a particular skill, often one that is respected because it involves a high level of education

(尤指需要特殊训练或专业技能的) 职业

approach—a way of considering or doing something

(思考问题的) 方式, 方法, 态度

method—a particular way of doing something

方法, 方式

argument—a disagreement, or the process[过程] of disagreeing

争论; 争吵; 争辩; 争执

debate—(a) serious discussion of a subject in which many people take part

谈论, 讨论; 争论, 辩论

quarrel—an angry disagreement between two or more people or groups

争吵, 不和

fight—an argument or an occasion when someone uses physical force to try to defeat someone

争吵; 吵架; 打架

motherland—(同 fatherland) the country in which you were born, or the country with which you feel most connected

祖国

hometown—the town or city that a person is from, especially the one in which they were born and lived while they were young

家乡, 故乡

environment—the air, water, and land in or on which people, animals, and plants live

自然环境

surroundings—the place where someone or something is and the things that are in it

周围环境, 周围事物

behaviour—the way that someone behaves

行为, 举止

action—the process of doing something, especially when dealing with a problem or difficulty

(尤指应对问题或困难的) 行动; 行动过程; 行为

award—a prize or an amount of money that is given to someone following an official decision

奖; 奖项; 奖金; 奖品

reward—something given in exchange for good behaviour or good work, etc.

报答; 报偿; 酬谢; 奖赏

benefit—a helpful or good effect, or something intended[打算的] to help

利益, 好处; 优势

profit—money that is earned in trade or business after paying the costs of producing and selling goods and services

利润, 盈利

aid—help or support

帮助；支持

help—the act of helping another person

帮助，帮忙

present—something that you are given, without asking for it, on a special occasion, especially to show friendship, or to say thank you

(尤指表示友谊或致谢的) 礼物，赠品

gift—a present or something that is given

礼物；赠品

example—something that is typical of the group of things that it is a member of

典型；范例；实例

instance—a particular situation, event, or fact, especially an example of something that happens generally

实例；情况

reason—the cause of an event or situation or something that provides an excuse or explanation

原因；理由；解释

excuse—a reason that you give to explain why you did something

wrong

(辩解的) 理由, 借口

climate—the general weather conditions usually found in a particular

place

气候

weather—the conditions in the air above the earth such as wind, rain,

or temperature, especially at a particular time over a particular area

天气; 气象

contest—a competition to do better than other people, usually in which

prizes are given

比赛; 竞赛

competition—a situation in which someone is trying to win something

or be more successful than someone else

竞争

match—a sports competition or event in which two people or teams

compete against each other

比赛, 竞赛

race—a competition in which all the competitors try to be the fastest and to finish first

赛跑，速度竞赛

consequence—a result of a particular action or situation, often one that is bad or not convenient

(常指不好或不利的) 结果，后果

result—something that happens or exists because of something else

结果；后果

diet—the food and drink usually eaten or drunk by a person or group

(日常) 饮食

food—something that people and animals eat, or plants absorb, to keep them alive

食物；食品；(供植物生长的) 养料

directions—instructions that you give to someone about how to find a particular place

指路，指示路径

instructions—advice and information about how to do or use something, often written in a book or on the side of a container

用法说明；操作指南

energy—the power and ability to be physically and mentally active

精力; 活力; 干劲

strength—the ability to do things that need a lot of physical or mental effort

体力; 力气; 力量; 实力

force—physical, especially violent, strength, or power

力, 力量; 力气; (尤指) 暴力, 武力

power—ability to control people and events

影响力; 操控力; 势力

event—anything that happens, especially something important or unusual

(尤指重大或不寻常的) 事情, 事件

affair—a situation or subject that is being dealt with or considered

事务; 事情

affair—a situation or subject that is being dealt with or considered

事务; 事情

business—the activity of buying and selling goods and services

买卖 (货品或服务)

fault—a mistake, especially something for which you are to blame

过错, 过失; 责任

mistake—an action, decision, or judgment that produces an unwanted or unintentional result

错误; 过失

fault—a mistake, especially something for which you are to blame

过错, 过失; 责任

error—a mistake

错误; 谬误; 差错

Glimpse /glimps/—to see something or someone for a very short time or only partly

看一看; 瞥见

glance—a quick short look

瞥一眼, 迅速地看一眼, 扫视

labour—practical work, especially when it involves hard physical effort

劳动; (尤指) 体力劳动

work—an activity, such as a job, that a person uses physical or mental effort to do, usually for money

工作, 活儿; 劳动

job—the regular work that a person does to earn money

工作; 职业; 职位

task—a piece of work to be done, especially one done regularly,

unwillingly, or with difficulty

任务; (尤指经常、不情愿或很难做的) 工作; (苦) 差事

opinion—a thought or belief about something or someone

意见, 看法, 主张

idea—a suggestion or plan for doing something

意见, 想法, 主意; 计划

thought—the act of thinking about or considering something, an idea or

opinion, or a set of ideas about a particular subject

思考; 考虑; 思想

mind—the part of a person that makes it possible for him or her to

think, feel emotions, and understand things

头脑; 大脑

pattern—a particular way in which something is done, is organized, or

happens

方式, 形式; 模式

design—a pattern used to decorate something

图案

style—a way of doing something, especially one that is typical of a

person, group of people, place, or period

做事方式; (尤指) 风格, 作风

model—something that a copy can be based on because it is an

extremely good example of its type

模范, 典型, 榜样

practice—action rather than thought or ideas

实施, 实践

exercise—the use of something

行使; 运用; 使用

purpose—why you do something or why something exists

意图, 目的, 原因

aim—a result that your plans or actions are intended to achieve

目标, 目的; 意图

goal—an aim or purpose

目标; 目的

target—a level or situation that you intend to achieve

(想要实现的) 目标

scene—a view or picture of a place, event, or activity

情景, 场景, 场面

scenery—the general appearance of the natural environment, especially when it is beautiful

风景, 景色

sight—something that is in someone's view

所见之物; 景象

view—what you can see from a particular place, or the ability to see from a particular place

景象; 视野; 视域

shade—slight darkness caused by something blocking the direct light from the sun

阴处; 阴凉处

shadow—an area of darkness, caused by light being blocked by something

阴影, 影子

skill—*an ability to do an activity or job well, especially because you have practised it*

技能, 技巧

ability—*the physical or mental power or skill needed to do something*

(体力或智力方面的) 能力; 才能, 才智

symbol—*a number, letter, or sign used in mathematics, music, science, etc.*

符号, 代号, 记号

mark—*a symbol that is used for giving information*

标识; 记号

trip—*a journey in which you go somewhere, usually for a short time, and come back again*

(通常指短途的) 旅行, 行程

journey—*the act of travelling from one place to another, especially in a vehicle*

(尤指乘交通工具的) 旅行, 行程

wage—a particular amount of money that is paid, usually every week, to an employee, especially one who does work that needs physical skills or strength, rather than a job needing a college education

(尤指支付给体力劳动者并通常按周计算的) 工资, 工钱, 报酬

salary—a fixed amount of money agreed every year as pay for an employee, usually paid directly into his or her bank account every month

薪金, 薪水

pay—the money you receive for doing a job

工资, 薪金

income —money that is earned from doing work or received from investments

收入, 收益

动词:

promote—to encourage people to like, buy, use, do, or support something

促进; 促销, 推销; 推广

improve—to (cause something to) get better

改进, 改善

end—to finish or stop, or to make something finish or stop

(使) 结束; (使) 停止

finish—to complete something or come to the end of an activity

完成; (使) 完结

achieve—to succeed in finishing something or reaching an aim, especially after a lot of work or effort

(尤指经过努力) 完成; 达到; 实现

accomplish—to finish something successfully or to achieve something

完成; 实现; 达到; 做到

obtain—to get something, especially by asking for it, buying it, working for it, or producing it from something else

得到, 获得

acquire /ə'kwɪər/—to get something

取得, 获得; 购得; 学到

get—to obtain, buy, or earn something

获得, 得到; 买到; 挣得, 赢得

gain—to get something that is useful, that gives you an advantage, or that is in some way positive, especially over a period of time

(尤指经过一段时间逐渐) 取得, 获得, 赢得, 博得

produce—to make something or bring something into existence

生产； 出产； 制造

create—to make something new, or invent something

创造； 创建； 创作； 发明

affect—to have an influence on someone or something, or to cause a change in someone or something

影响； 侵袭； 感染； 打动

influence—to affect or change how someone or something develops, behaves, or thinks

影响

impact /ɪm'pækt/—to have an influence on something

(对…) 产生影响

favour—to give an advantage to someone or something, in an unfair way

优惠； 偏袒； 特别照顾

benefit—to be helped by something or to help someone

得益， 受惠； 使受益； 对…有帮助

profit—to earn money from something

从…赚钱； 从…获利

endanger—to put someone or something at risk or in danger of being harmed, damaged, or destroyed

使处于险境；危及；危害

threaten—to tell someone that you will kill or hurt them or cause problems if they do not do what you want

威胁，恐吓；扬言要

destroy—to damage something so badly that it cannot be used

毁坏，摧毁，毁灭

damage—to harm or spoil something

损害，危害；损坏；伤害

alter /'ɒl.tər/—to change something, usually slightly, or to cause the characteristics of something to change

(通常指轻微地) 改动，修改；改变，(使) 变化

transform—to change completely the appearance or character of something or someone, especially so that that thing or person is improved

使彻底改观；使大变样

change—to make or become different

改变，变化

enhance /ɪnˈhæns/—to improve the quality, amount, or strength of something

提高; 增加; 增强; 增进

strengthen /ˈstreŋ.θən/—to make something stronger or more effective, or to become stronger or more effective

增强, 加强; 巩固

emphasize /ˈem.fə.saɪz/—to show that something is very important or worth giving attention to

强调; 重视

stress—to give emphasis or special importance to something

强调, 着重

mend—to repair something that is broken or damaged

修理; 修补; 缝补

repair—to put something that is damaged, broken, or not working correctly, back into good condition or make it work again

修理; 修补; 修复; 整修

aid—help or support

帮助; 支持

help—to make it possible or easier for someone to do something, by doing part of the work yourself or by providing advice, money, support, etc.

帮助, 帮忙

separate—to (cause to) divide into parts

(使) 分离; (使) 分开

divide—to (cause to) separate into parts or groups

(使) 分开; (使) 分组

encourage /ɪn'kʌr.ɪdʒ/—to make someone more likely to do something, or to make something more likely to happen

刺激, 激励; 促进; 助长

inspire /ɪn'spaɪər/—to make someone feel that they want to do something and can do it

激励, 鼓舞

purchase /'pɜː.tʃəs/—to buy something

购买

buy /baɪ/—to get something by paying money for it

买, 购买

understand—to know the meaning of something that someone says

理解；明白；懂得

follow—to understand something as it is being said or done

理解，明白

ignore /ɪg'no : r/—to intentionally not listen or give attention to

不理睬，忽视

overlook / ,əʊ.və'lʊk/—to fail to notice or consider something or

someone

忽视；忽略，没注意到

neglect /nr'glekt/—to not give enough care or attention to people or

things that are your responsibility

疏于照管；忽视，疏忽

solve /sɒlv/—to find an answer to a problem

思索，思考

settle /'set.əl/—to reach a decision or an agreement about something, or

to end a disagreement

确定；决定；解决，结束（争端等）

book—to arrange to have a seat, room, performer, etc. at a particular

time in the future

预订; 预约

reserve /rɪ'zɜːv/—If you reserve something such as a seat on an aircraft or a table at a restaurant, you arrange for it to be kept for your use.

预订; 预约

try—to test something to see if it is suitable or useful or if it works

试; 试用; 尝试; 试验

attempt /ə'tempt/—to try to do something, especially something difficult
(尤指为完成难事而进行) 努力, 尝试

build—to make something by putting bricks or other materials together
建造, 修建

construct /kən'strʌkt/—to build something or put together different parts to form something whole

建造; 构筑; 构成, 组成

reduce /rɪ'duːs/—to become or to make something become smaller in size, amount, degree, importance, etc.

减少; 减小; 降低; 缩小

decrease /dɪ'kriːs/—to become less, or to make something become less
(使) 减少; (使) 下降; (使) 降低

allow—to give permission for someone to do something, or to not prevent something from happening

使有可能; 允许, 准许; 容许

permit—to allow something

允许, 准许

形容词:

elegant /'el.i.gənt/—An elegant idea, plan, or solution is clever but simple, and therefore attractive.

(想法、计划或办法) 巧妙的, 简捷的, 简练的

delicate /'del.i.kət/—able to measure very small changes

精细的, 精密的

glorious /'glɔ : .ri.əs/—very beautiful

美丽的; 壮丽的

splendid /'splen.dɪd/—excellent, or beautiful and impressive

极佳的, 非常好的; 华丽的; 壮丽的

famous—known and recognized by many people

著名的, 出名的, 有名的

celebrated /'sel.ə.breɪ.tɪd/—famous for some special quality or ability

著名的，闻名的，驰名的

massive /'mæs.ɪv/—very large in size, amount, or number

巨大的；大量的

enormous /ɪ'no : .məʃ/—extremely large

极大的；巨大的；庞大的

fundamental /,fʌn.də'men.təl/—forming the base, from which

everything else develops

基础的，基本的

essential /ɪ'sen.ʃəl/—necessary or needed

必要的，必不可少的

important—necessary or of great value

必需的；重要的；珍贵的

significant /sɪg'nɪf.ɪ.kənt/—important or noticeable

重要的；显著的

adequate /'æd.ə.kwət/—enough or satisfactory for a particular purpose

足够的；合格的；合乎需要的

abundant /ə'bʌn.dənt/—more than enough

大量的；充足的；丰富的

enough /ɪˈnʌf/—as much as or more than is wanted

足够；过多

unique /juːˈniːk/—being the only existing one of its type or, more generally, unusual, or special in some way

独一无二的；与众不同的；唯一的；独特的；罕见的

special /ˈspeʃ.əl/—not ordinary or usual

特殊的，特别的；不寻常的

identical /aɪˈden.tɪ.kəl/—exactly the same, or very similar

完全相同的；极为相似的

same /seɪm/—exactly like another or each other

相同的，同样的

valid /ˈvæl.ɪd/—having legal force

有法律效力的，有法律约束力的

effective /ɪˈfek.tɪv/—successful or achieving the results that you want

能产生预期结果的；有效的

boring /ˈbɔːrɪŋ/—not interesting or exciting

烦人的；乏味的；无聊的

dull /dʌl/—not interesting or exciting in any way

枯燥的，乏味的，无趣的

答案全解全析

Part 4 Writing

实战演练

应用文写作

One possible version:

Dear friends,

亲爱的朋友们:

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.

众所周知,我们吃的食物塑造了我们。因此,养成健康的饮食习惯对我们来说非常重要。然而,不良的饮食习惯在我们学生中仍然很普遍。有些人不吃早餐。有些人更喜欢吃零食。有些人讲究挑食,有些人吃得太多或喝得太多。

staple /'steɪ.pəl/ adjective [before noun]

basic or main; standard or regular

基本的,主要的;标准的,常规的

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.

为了保持健康,我们应该有各种健康的饮食,一般包括适量的鱼、肉、蔬菜、水果以及主食。此外,我们最好按时吃饭,每次吃适量的食物。

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

在我看来,我们应该努力养成健康的饮食习惯。只有这样,我们才能有足够的精力更好地学习。

That's all. Thank you!

就这样。谢谢!