



Section C Extended reading, Project,  
Assessment & Further study

Unit 4

英 语



## 重点短语

1. take pride in 为……自豪,为……骄傲
2. guard against 防范,防止,提防
3. fight a losing battle 打一场无望取胜的仗
4. live up to 达到,符合,不辜负
5. end up 最终成为,最终处于
6. hang over 使忧心忡忡,担心可能发生

## II. 阅读导学

快速阅读P53-54课文,完成下面表格。

Teenagers' negative thoughts on their physical	1. <u>appearance</u>
Where do they come from?	2. <u>beauty</u> in the media
	3. <u>Influence</u> of your friends

How can you deal with them?	5. <u>Avoid</u> following popular beauty standards blindly
	Remind yourself that you are 6. <u>unique</u> and
	7. <u>loved</u> by your family and friends
	Direct your attention away from 8. <u>negative</u> thoughts
	Focus on your strengths to 9. <u>help</u> you build your confidence
Judge yourself by what is on the 10. <u>inside</u>	

## 重点词汇

1 Dark thoughts about your physical appearance can **hang over** you all the time like a rain cloud.

关于你外表的负面想法可能会像雨云一样一直笼罩着你。(P53)

【词汇精讲】在本句中hang over意为“使忧心忡忡,担心可能发生”。

The danger of war **hung over** Europe.

战争的危机笼罩着欧洲。

## 【词汇拓展】

hang on	抓紧;坚持;不挂断
hang out	逗留;闲逛
hang one's head	低下头
hang back	退缩;踌躇不前
hang up on sb	挂某人的电话
get/have the hang of sth	学会做某事的技巧

He did not expect them to **hang on** much longer.

他估计他们坚持不了多久了。

We often **hang out** with our friends.

我们经常同朋友一起去闲逛。

## 【迁移应用】

用**hang**短语的适当形式填空

- (1) I saw him step forward for a moment but then hang back, nervously.
- (2) Hang on a minute; I' m nearly ready.
- (3) He said he' d call again, and hung up on me.
- (4) I used to hang out in supermarkets.



2 These thoughts can have a negative effect on people of any shape or size, both male and female, and it is important to **guard against** the causes behind them. 这些想法会对任何体形的人产生负面影响, 无论男女, 重要的是要防范其背后的原因。(P53)

【词汇精讲】在本句中guard against意为“防范, 防止, 提防”。

**Guard against** mispronunciation when you learn a foreign language.

学外语时要提防发音错误。

## 【词汇拓展】

guard sb from=keep sb from	保护
a guard against	防护.....的物件
off (one' s) guard	毫无防备
on guard	站岗
on (one' s) guard	防备
stand guard over	守卫

He reported the murder to the police **on guard**.

他将凶杀事件告知值班警察。

## 【迁移应用】

完成句子

(1)你一定要防止得感冒。

You must guard against catching a cold.

(2)这种药将会帮助你预防感冒。

This medicine will guard you from a cold.

3Teens who try to copy the looks of their favourite stars are **fighting a losing battle**—these standards are simply impossible for most of the population to live up to.

那些试图模仿他们最喜爱的明星形象的青少年们正在打一场无望取胜的仗——因为这些标准对大多数人来说是根本不可能达到的。(P53)

【词汇精讲】在本句中fight a losing battle意为“打一场无望取胜的仗”。

No one wanted to **fight a losing battle**.

没有人想打一场必败之仗。

## 【词汇拓展】

fight against 与.....作斗争

fight for 为.....而战

fight with 与.....并肩而战/用.....战斗

fight back 回击

fight about 争辩

He and his wife are always **fighting about** who will take the car.

他们夫妻俩经常为抢着用家里那辆汽车互相争吵。

## 【迁移应用】

完成句子

(1)别让孩子们在一起打架。

Try to stop the children from fighting against each other.

(2)他们一直在为祖国而战斗。

They have been fighting for their country.

(3)过去他们用弓箭作战。

They fought with bows and arrows in the past.

(4)想阻止新技术传播的人注定要失败。

Anyone who tries to stop the spread of new technology is fighting a losing battle.

4Teens who try to copy the looks of their favourite stars are fighting a losing battle—these standards are simply impossible for most of the population to **live up to**.

那些试图模仿他们最喜爱的明星形象的青少年们正在打一场无望取胜的仗——因为这些标准对大多数人来说是根本不可能达到的。(P53)

**【词汇精讲】** 在本句中live up to意为“达到,符合,不辜负”。

He finds it hard to **live up to** his ideals.

他认为很难达到自己的理想。

## 【词汇拓展】

live up to one' s promise

履行某人的诺言

live up to one' s name

名副其实

live up to expectations

按照期望做到,不负众望

live up to one' s reputation

不负盛名

live a/an... life

过.....的生活

live on/upon

以.....为主食;靠.....生活

live through

经历(灾难或困境)

live with

与.....住在一起;忍受

live by doing sth

靠做某事为生

I do not know how I **live through** those dog days.

我不知道怎样度过三伏天。



## 【迁移应用】

用**live**短语的适当形式填空

(1)The government has taken effective measures to live through the financial crisis.

(2)These people live on/upon meat and milk.

(3)No matter how bad the situation may be,you must live with it.

(4)They lived a happy life after their marriage.

5 They will only **end up** feeling worse about themselves. 他们到头来只会觉得自己更糟。(P53)

【词汇精讲】end up 意为“最终成为,最终处于”。

Don't drive your car like that, or you will **end up** dead.

不要那样开车,否则你会死于非命的。

We were going to go out, but **ended up** watching videos at home.

我们原计划外出,但结果却是在家看录像。

## 【词汇拓展】

- end up with 以/用.....结束/告终
- end up as 作为.....结束/告终
- end up in 最终..... (后面通常接表示地点的名词)
- end up by 以.....告终

The party **ended up with** the singing of *Auld Lang Syne*.

聚会最后以唱《友谊地久天长》而结束。

Stop spending so fast, or you will **end up as** a beggar.

不要大手大脚地乱花钱,否则你最终会沦为乞丐。

If you continue to steal, you will **end up in** prison.

如果你继续行窃,你最终会身陷囹圄。

He started with the aim of doing harm to others, only to **end up by** ruining himself.

他以损人开始,却以害己告终。

## 【迁移应用】

### 介词填空

(1) At the dinner we usually begin with soup and end up with fruit.

(2) As a child he wished to become a singer, but he ended up as a driver.

(3) After much discussion about holidays abroad we ended up in Hawaii.

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