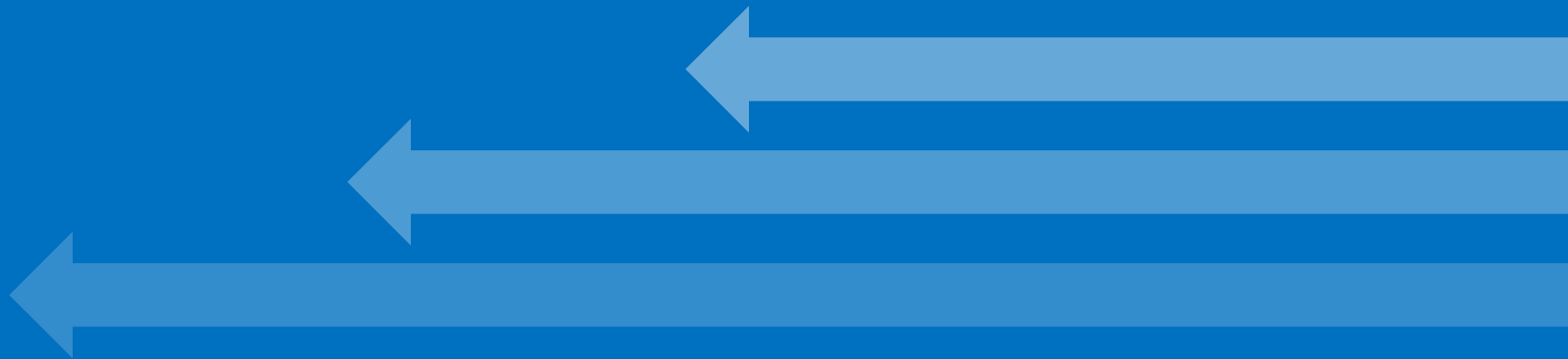


*senior high school education*

# Section III Using Language





课前预习设计

课堂提升素养

# 课前预习设计

课前预习设计

## 自读课文 疏通文脉大意

**Read the text on Page 32 carefully and then choose the best answer.**

1. What is the main cause of ill health?

A. Taking too much sugar.

B. Eating too much fat.

C. Having too many calories.

D. Taking less exercise.

A

2. In which way do people mainly take in extra sugar?

A. By eating extra desserts.

B. By overeating each meal.

C. Through vegetables and sweets.

D. Through sweets and sweet drinks.

D

3. What is mainly talked about in Paragraph 4?

- A. What to eat to be fit.
- B. When to eat each meal.
- C. How to eat healthily.
- D. The reasons to eat quickly.

C

4. What is the writer's attitude to eating?

A. Eat to live.

B. Live to eat.

C. Eat for fun.

D. Eat to enjoy.

A

## 精读课文 疏通理解障碍

### [读文清障]

- ①as to (=as for)至于, 关于
- ②make up组成, 构成
- ③insist坚持说(后跟的宾语从句用陈述语气); 坚决要求(后跟的宾语从句用虚拟语气)
- ④driver *n.* [熟词生义]驱动因素
- ⑤killer *n.* 杀手, 导致死亡的人(或动物、事物)
- ⑥calorie ['kæləri] *n.* 卡路里(热量单位)
- ⑦be likely to do sth.很可能做某事
- ⑧die from死于
- ⑨association [ə,səʊʃi'eɪʃn] *n.* 协会; 关联

⑩regardless of 不管；不顾

regardless [rɪ'gɑ:dləs] *adv.* 不顾；不加理会

⑪alone *adj.* 唯一，仅仅，只有(常放在名词或代词后用来加强语气)

⑫recommend *vt.* 推荐，建议

recommend doing sth. 建议做某事

recommend that sb. (should) do... 建议某人做.....

⑬limit...to... 把.....限制

在.....；局限于.....

⑭in other words 换句话说

⑮cut down on 削减；减少

⑯cut out 停止做；删去，删除；裁剪

⑰category ['kætəgəri] *n.* 类别；种类

- ⑱vitamin ['vitəmin; *NAmE* 'vaɪt-] *n.* 维生素
- ⑲fibre (*especially US fiber*)['faɪbə(r)] *n.* 纤维; 纤维制品
- ⑳rather than而不是
- ㉑quantity ['kwɒntəti] *n.* 数量; 数额  
large quantities of大量的
- ㉒besides *prep.*除.....之外还有 *adv.*而且
- ㉓dairy ['deəri] *adj.*奶制的; 乳品(业)的 *n.* 乳制品; 乳品店; 牛奶厂
- ㉔as with正如; 与.....一样; 就.....来说
- ㉕moderation [ˌmɒdə'reɪʃn] *n.* 适度; 合理
- ㉖ideal [aɪ'di:əl] *adj.*完美的; 理想的; 想象的 *n.* 理想; 完美的人(或事物)
- ㉗fundamental[ˌfʌndə'mentl] *adj.*根本的; 基础的; 基本的 *n.* 基本规律; 根本法则

- ②8 a key to.....的关键
- ②9 chew [tʃu:] *vi.& vt.* 咀嚼; 嚼碎 *n.* 咀嚼
- ③0 end up doing 结果是做.....
- ③1 allow sb. to do 允许某人做.....
- ③2 in addition (= besides) 而且, 加之
- ③3 consistent [kən'sɪstənt] *adj.* 一致的; 连续的  
be consistent with... 与.....一致
- ③4 for example (= for instance) 例如
- ③5 modest ['mɒdɪst] *adj.* 些许的; 谦虚的; 朴素的  
a modest amount of... 少量.....

③⑥trick [trɪk] *n.* 诀窍；计谋；把戏

one trick to... 一个.....的诀窍

③⑦rather 恰恰相反；而是

or rather 更确切些；更准确地说

③⑧start with (从.....)开始

③⑨have a healthy attitude towards 对.....有健康的态度

④⑩mostly *adv.* 多半，通常

④⑪be on the right track 思路或行为方式正确

be on the wrong track 思路或行为方式错误

## [原文呈现]

### HEALTHY EATING

There is much debate nowadays as to<sup>①</sup> what makes up<sup>②</sup> a healthy diet[1]. For example, scientists have insisted<sup>③</sup> for years that a big enemy of health is fatty food. However, there is increasing evidence that the real driver<sup>④</sup> of poor health is not so much fatty food, as it is sugar. [2] Heart disease is the number one killer<sup>⑤</sup> of Americans. And in America, people who receive 25% of their daily calories<sup>⑥</sup> or more through sugar are twice as likely to<sup>⑦</sup> die from<sup>⑧</sup> heart disease than people who receive less than 10% a day(*Journal of the American Medical Association*<sup>⑨</sup>, 2014). [3] This is true **regardless of**<sup>⑩</sup> how healthy the rest of their diet might be. Put more simply, while people continue to argue over whether or not fatty food is dangerous, we already know that sugar is a killer.

[1]此处是what引导的宾语从句，同时what在从句中作主语。

[2]本句中that引导同位语从句，解释说明evidence的具体内容；as it is是一种语言衔接结构，意为“事实上，实际情况是”，多用来陈述一种原因或状况，尤其是该原因或状况与预期或期待存在不同时。

[3]本句是主从复合句。句子的主干是“people...are twice as likely to die from heart disease than people...”，两个who均引导定语从句，分别修饰前面的先行词people。

Much of this extra sugar comes from sweets and sweet drinks. The average American gets 1/3 of his or her sugar through sweet drinks alone<sup>⑪</sup>. The American Heart Association recommends<sup>⑫</sup> that we limit ourselves to<sup>⑬</sup> less than 100—150 calories a day from sugar, which is less than what is usually contained in one can of sweet drink or in a single candy bar.[4] In other words<sup>⑭</sup>, if you want to be healthy, you have to cut down on<sup>⑮</sup> desserts, and cut out<sup>⑯</sup> sweet drinks altogether.

[4]本句是主从复合句。句子的主干是“The American Heart Association recommends that..”，that在recommend后引导宾语从句，从句用虚拟语气；其中which引导非限制性定语从句；定语从句中又包含what引导的表语从句。

Beyond this, you can keep healthy by consuming different **categories**<sup>⑰</sup> of fresh foods, especially fruit and vegetables, which are full of vitamins<sup>⑱</sup> and fibre<sup>⑲</sup> [5], rather than<sup>⑳</sup> processed foods. Processed foods often contain less nutrition, and have higher **quantities**<sup>㉑</sup> of sugar, salt, and fat than fresh ingredients. Besides<sup>㉒</sup> this, it is also important to have some meat, beans, or dairy<sup>㉓</sup> products in your diet, as they provide the necessary protein for strong bones and muscle growth. [6] As with<sup>㉔</sup> everything in life, moderation<sup>㉕</sup> is key. The **ideal**<sup>㉖</sup> diet is a balanced one, without too much or too little of any one thing.

[5]此处是which引导的非限制性定语从句。

[6]此处是as引导的原因状语从句。

Finally, a **fundamental**<sup>27</sup> key to<sup>28</sup> healthy eating is to eat slowly. It takes about twenty minutes from the time you start eating for your brain to tell your body that you are full. What this means is that people who **chew**<sup>29</sup> too quickly end up<sup>30</sup> eating too much food because they still feel hungry.[7] Eating slowly also allows your body to<sup>31</sup> digest your food better, and will allow you to enjoy your food more. In addition<sup>32</sup>, studies show that **consistent**<sup>33</sup> eating habits, for example<sup>34</sup>, taking three meals a day at the same time each day, [8] are better for our health. It is also better to eat a modest<sup>35</sup> amount of food each time, rather than to eat a lot in one meal, and then a little in the next.

[7]本句中what引导主语从句，what在从句中作宾语；that引导表语从句，表语从句中又包含who引导的定语从句和because引导的原因状语从句。

[8]此处是动词-ing形式的短语作例子说明前面的主语eating habits。

There is no one **trick**<sup>36</sup> to healthy eating. Rather<sup>37</sup>, healthy eating starts with<sup>38</sup> having a healthy attitude towards<sup>39</sup> food. One question you can ask yourself is, “Do I eat to live, or live to eat?” If you are using food mostly<sup>40</sup> for nutrition, then you are on the right track<sup>41</sup> with your diet. However, if food has become the centre of your life, you might be on the road to bad health. It is up to you to decide how you want to live, and to make the right decisions about your diet.[9]

[9]此处是固定句式It is up to sb. to do sth., 意为“由某人决定做某事”; and连接两个不定式短语to decide...和to make...。

## [课文翻译] 健康饮食

现在关于健康饮食的构成有很多争论。例如，多年来科学家一直认为健康的大敌是高脂肪食物。然而，越来越多的证据表明，健康不良的真正推手并非高脂肪食物，而是糖分。心脏病是美国人的头号杀手。在美国，每天从糖分中摄取25%或更高卡路里的人死于心脏病的可能性是日摄取量少于10%的人的两倍（《美国医学会杂志》，2014年）。无论他们其他方面的饮食多么健康，都确实如此。简单地说，当人们还在继续争论高脂肪食物是否有害时，我们已经知晓糖分是健康的杀手。

多余的糖分大多来自甜食和含糖饮料。一个普通的美国人单从含糖饮料中摄取的糖分就占三分之一。美国心脏协会建议我们将每日的糖分摄入量限制在100至150卡路里以下，这少于一听含糖饮料或一块糖果通常所含的糖分。换言之，如果你想健康，就必须减少甜点的摄入，并且完全不喝含糖饮料。

除此以外，为了保持身体健康，你还可以食用不同种类的新鲜食物，尤其是富含维生素和纤维的水果和蔬菜，而不是加工食品。与新鲜的食材相比，加工食品通常营养成分较低，糖分、盐分和脂肪含量更高。此外，在你的饮食中摄取一些肉类、豆类或奶制品也十分重要，因为这些食物为强壮骨骼、肌肉生长提供必要的蛋白质。适量是关键，生活中万事均如此。理想的饮食是均衡的，避免过多或过少摄入任何一种成分。

最后，健康饮食的基本要诀是细嚼慢咽。自开始进食起，大约20分钟后，你的大脑才会

告知你的身体“你吃饱了”。这意味着咀嚼得太快的人最终会吃太多食物，因为他们仍然感到饥饿。细嚼慢咽还能让你的身体更好地消化食物、更充分地享受美食。此外，研究表明，有规律的饮食习惯对我们的健康更有好处。例如，每天固定时间食用三餐。而且最好每餐摄入适量的食物，而不是上一餐吃得多，下一餐吃得少。

健康饮食没有诀窍。相反，健康饮食始于健康的饮食态度。你可以问自己一个问题：“我是为了活着而吃饭，还是为了吃饭而活着？”如果你吃饭主要是为了汲取营养，那么你已经在饮食上走对了路子。然而，如果食物已成为你生活的核心，那么你可能已踏上了不健康之路。由你来决定如何生活并做出正确的饮食选择。

## 自查语基 落实基本知能

### I. 核心词汇

根据语境写出正确的单词

1. my favorite dessert 我最喜欢的甜食
2. in the university canteen 在大学餐厅
3. be high in calorie 高卡路里
4. the American Medical Association 美国医学会
5. be full of vitamins and fibre 富含维生素和纤维
6. quantities of sugar 大量的糖
7. chew too quickly 咀嚼得太快
8. have an overall development 全面发展
9. the ideal diet 理想的饮食
10. a fundamental key to healthy eating 健康饮食的一个根本要点

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