

Unit 12 A Break from Life

第01讲 Unit 12 Text B New Words and Phrases & 课文讲解 & Exercises (1)

1. Unit 12 New Words and Phrases
2. Text B Self-Esteem and Body Image
3. Exercises

New Words

skinny adj. very thin, especially in a way that you find unpleasant or ugly 极瘦的; 干瘦的; 皮包骨头的

curly adj. having a lot of curls or a curved shape 有鬃发(或毛)的; 卷曲状的

adjust v. to get used to a new situation by changing the way you behave and/or think 适应; 习惯
worthwhile adj. important, enjoyable, interesting, etc. worth spending time, money or effort on 重要的; 令人愉快的; 有趣的; 值得花时间(或花钱、努力等)的

puberty n. the period of a person's life during which their sexual organs develop and they become capable of having children 青春期

tempting adj. something that is tempting is attractive, and makes people want to have it, do it, etc. 吸引人的; 诱人的; 有吸引力的

celeb n. a famous person 名人

bloomer n. a mature grown up 完全成熟的人

temporary adj. lasting or intended to last or be used only for a short time; not permanent 短暂的; 暂时的; 临时的

spurt n. a sudden increase in speed, effort, activity or emotion for a short period of time (速度、干劲、活动或感情的) 短时激增, 迸发

permanently adv. lasting for a long time or for all time in the future; existing all the time 永久地; 永恒地; 长久地

gene n. a unit inside a cell which controls a particular quality in a living thing that has been passed on from its parents 基因

embarrassed adj. (of a person or their behaviour) shy, awkward or ashamed, especially in a social situation (人或行为) (尤指在社交场合) 窘迫的, 尴尬的, 害羞的

mature v. to become fully grown or developed 成熟; 长成

bulked-up adj. being bigger, thicker and heavier 胀大的; 发起来的

influence v. to have an effect on the way that somebody behaves or thinks, especially by giving them an example to follow 影响; 对...起作用

criticize v. to say that you disapprove of somebody/something; to say what you do not like or think is wrong about somebody/something 批评; 批判; 挑剔; 指责

hurtful adj. (of comments) making you feel upset and offended 伤感情的; 伤害自尊的

peer n. a person who is the same age or who has the same social status as you 身份(或地位)

相同的人；同龄人；同辈

racial adj. happening or existing between people of different races 种族的；种族间的

ethnic adj. connected with or belonging to a nation, race or people that shares a cultural tradition 种族的；民族的

prejudice n. an unreasonable dislike of or preference for a person, group, custom, etc., especially when it is based on their race, religion, sex, etc. 偏见；成见

ignorance n. a lack of knowledge or information about something 无知

independent adj. having or earning enough money so that you do not have to rely on somebody else for help 自立的；自食其力的

boost v. to make something increase, or become better or more successful 使增长；使兴旺

optimistic adj. expecting good things to happen or something to be successful; showing this feeling 乐观的；抱乐观看法的

capable adj. having the ability or qualities necessary for doing something 有能力的；有才能的

lifestyle n. the way in which a person or a group of people lives and works 生活方式；工作方式

combination n. two or more things joined or mixed together to form a single unit 结合体 联合体 混合体

verify v. to check that something is true or accurate 核实； 查对； 核准

ultimately adv. in the end; finally 最终； 最后； 终归

nutritious adj. (of food) very good for you; containing many of the substances which help the body to grow 营养丰富的

Key Words

adjust v. to get used to a new situation by changing the way you behave and/or think 适应； 习惯
词形变换： n. adjustment 调整， 调节

adj. adjustable 可调节的

adjusted 调整过的， 调节了的。

例句：

How did you adjust to college life?

你是怎么适应大学生活的？

You can adjust the height of the chair.

你可以调节椅子的高度

tempting adj. something that is tempting is attractive, and makes people want to have it, do it, etc. 吸引人的； 诱人的； 有吸引力的

词形变换： vt. tempt 诱惑； 引起； 冒…的风险； 使感兴趣

n. temptation 引诱； 诱惑物

例句： That cake looks very tempting. 那蛋糕的样子让人嘴馋。

It was a tempting offer. 这是个诱人的提议。

embarrassed adj. (of a person or their behaviour) shy, awkward or ashamed, especially

in a social situation (人或行为) (尤指在社交场合) 窘迫的, 尴尬的, 害羞的

词形变换: vt. embarrass 使局促不安; 使困窘; 阻碍

adj. embarrassing 使人尴尬的; 令人为难的

n. embarrassment 窘迫, 难堪

例句: I've never felt so embarrassed in my life!

我一生中从未感到如此难堪过!

criticize v. to say that you disapprove of somebody/something; to say what you do not like or think is wrong about somebody/something 批评; 批判; 挑剔; 指责

词形变换: n. criticism 批评; 考证; 苛求

critic 批评家, 评论家; 爱挑剔的人

adj. critical 鉴定的; 批评的, 爱挑剔的

例句: You were quite right to criticize him.

你批评他批评得很对。

racial adj. happening or existing between people of different races 种族的; 种族间的

词形变换: racist n. 种族主义者 adj. 种族主义的

race n. 属, 种; 种族, 人种

v. 参加比赛; 比速度, 参加竞赛; 全速行进

例句: Local police are trying to defuse racial tension in the community.

当地的警察竭力缓和这个社区种族间的紧张局面。

Phrases and Expressions

put...down to make somebody look or feel stupid, especially in front of other people 使(当众)出丑; 使出洋相; 让某人现眼

go through to experience or suffer something 经历, 遭受

be linked to to be connected in some way 与...有联系

fill out to become larger, rounder or fatter 膨胀; 扩张; 长胖; 长肥

feel good to feel happy, confident, etc. 感到愉快(或有信心等)

keep track of to have information about what is happening or where somebody/something is 了解...的情况(或动态)

Self-Esteem and Body Image

I'm fat. I'm too skinny. I'd be happy if I were taller, shorter, had curly hair, straight hair, a smaller nose, bigger muscles, longer legs.

Do any of these statements sound familiar? Are you used to putting yourself down? If so, you're not alone. As a teen, you're going through a ton of changes in your body. And as your body changes, so does your image of yourself. Lots of people have trouble adjusting, and this can affect their self-esteem.

Why Are Self-Esteem and Body Image Important?

Self-esteem is all about how much people value themselves, the pride they feel in themselves, and how worthwhile they feel. Self-esteem is important because feeling good about yourself can affect how you act. A person who has high self-esteem will make friends easily, is more in control

of his or her behavior, and will enjoy life more.

Body image is how someone feels about his or her own physical appearance. For many people, especially those in their early teens, body image can be closely linked to self-esteem, that's because as kids develop into teens, they care more about how others see them.

What Influences a Person's Self-Esteem?

Puberty

Some teens struggle with their self-esteem when they begin puberty because the body goes through many changes. These changes, combined with a natural desire to feel accepted, mean it can be tempting for people to compare themselves with others. They may compare themselves with the people around them or with actors and celebs they see on TV, in movies, or in magazines.

But it's impossible to measure ourselves against others because the changes that come with puberty are different for everyone. Some people start developing early, others are late bloomers. Some get a temporary layer of fat to prepare for a growth spurt; others fill out permanently, and still others feel like they stay skinny no matter how much they eat. It all depends on how our genes have programmed our bodies to act.

The changes that come with puberty can affect how both girls and guys feel about themselves. Some girls may feel uncomfortable or embarrassed about their maturing bodies. Others may wish that they were developing faster. Girls may feel pressure to be thin but guys may feel like they don't look big or muscular enough.

Outside Influences

It's not just development that affects self-esteem, though. Many other factors (like media images of skinny girls and bulked-up guys) can effect a person's body image too.

Family life can sometimes influence self-esteem. Some parents spend more time criticizing their kids and the way they look than praising them, which can reduce kids' ability to develop good self-esteem.

People also may experience negative comments and hurtful teasing about the way they look from classmates and peers. Sometimes racial and ethnic prejudice is the source of such comments. Although these often come from ignorance, sometimes they can affect someone's body image and self-esteem.

Healthy Self-Esteem

If you have a positive body image, you probably like and accept yourself the way you are. This healthy attitude allows you to explore other aspects of growing up, such as developing good friendships, growing more independent from your parents, and challenging yourself physically and mentally. Developing these parts of yourself can help boost your self-esteem.

A positive, optimistic attitude can help people develop strong self-esteem. For example, saying, "Hey, I'm human" instead of "Wow, I'm such a loser" when you've made a mistake, or not blaming others when things don't go as expected.

Knowing what makes you happy and how to meet your goals can help you feel capable, strong,

and in control of your life. A positive attitude and a healthy lifestyle (such as exercising and eating right) are a great combination for building good self-esteem.

Tips for Improving Your Body Image

Some people think they need to change how they look or act to feel good about themselves. But actually all you need to do is change the way you see your body and how you think about yourself.

The first thing to do is recognize that your body is your own, no matter what shape, size, or color it comes in. If you're very worried about your weight or size, check with your doctor to verify that things are OK. But it's no one's business but your own what your body is like. Ultimately, you have to be happy with yourself.

Next, identify which aspects of your appearance you can realistically change and which you can't. Everyone (even the most perfect-seeming celeb) has things about themselves that they can't change and need to accept, like their height, for example, or their shoe size.

If there are things about yourself that you want to change and can (such as how fit you are), do this by making goals for yourself. For example, if you want to get fit, make a plan to exercise every day and eat nutritious foods. Then keep track of your progress until you reach your goal. Meeting a challenge you set for yourself is a great way to boost self-esteem!

Exercises

I. Checking Your Comprehension - Section A

Directions: Read the following statements and mark Y (for Yes) if the statement agrees with the information given in the text; N (for, No) if the statement contradicts the information given in the text; NG (for Not Given) if the information is not given in the text.

() 1. One's body changes may change one's self-image.

『正确答案』Y

『答案解析』第二段第五句 And as your body changes, so does your image of yourself. 当你的身体改变时, 你的自我形象也会改变。

() 2. Self-esteem is how someone feels about his or her own physical appearance.

『正确答案』N

『答案解析』第三段第一句 Self-esteem is all about how much people value themselves, the pride they feel in themselves, and how worthwhile they feel. 句意, 自尊是关于人们有多重视自己, 他们对自己感到自豪, 以及他们觉得自己有多有价值。自尊关乎内在价值感, 而不是外在的容貌。

() 3. It's possible to measure ourselves against others because the changes that come with puberty are not different for everyone.

『正确答案』N

『答案解析』第六段第一句 But it's impossible to measure ourselves against others because the changes that come with puberty are different for everyone. 题目和文章内容完全相反。

() 4. Self-esteem is affected by both inside and outside influences.

『正确答案』 Y

『答案解析』第三个黑体字的标题 Outside Influences 部分阐述了自尊心的外部影响，第四个黑体字标题 Healthy Self-Esteem 及之后的一句 If you have a positive body image, you probably like and accept yourself the way you are. 说明这部分讲的是自尊心的内部影响。

() 5. A positive body image allows you to explore other aspects of growing up.

『正确答案』 Y

『答案解析』第十一段前两句 If you have a positive body image, you probably like and accept yourself the way you are. This healthy attitude allows you to explore other aspects of growing up, ...

() 6. There are several tips for improving self-esteem.

『正确答案』 Y

『答案解析』最后一个黑体字的小标题 Tips for Improving Your Body Image 提供了一些改善形象的方法。这一部分的最后一句 Meeting a challenge you set for yourself is a great way to boost self-esteem! 迎接你为自己设定的挑战是增强自尊的好方法。所以通过给自己设定一些目标，也可以间接提升自信。

第 02 讲 Unit 12 Text B Exercises (2)

I Checking Your Comprehension - Section B

1. Self-esteem is important because _____ .

『正确答案』 feeling good about yourself can affect how you act

『答案解析』第三段第二句 Self-esteem is important because (题目) feeling good about yourself can affect how you act (答案) .

2. Many factors, such as development and media images of skinny girls and bulked-up guys, can affect _____ .

『正确答案』 a person's body image

『答案解析』第八段第二句 Many other factors (like media images of skinny girls and bulked-up guys) can effect (题目) a person's body image too (答案) .

3. The many changes some teens go through when they begin puberty mean it can be tempting for people _____ .

『正确答案』 to compare themselves with others

『答案解析』第五段第二句 These changes, combined with a natural desire to feel accepted, mean

it can be tempting for people (题目) to compare themselves with others.

4. _____ is how someone feels about his or her own physical appearance.

『正确答案』 Body image

『答案解析』 第四段第一句. Body image (答案) is how someone feels about his or her own physical appearance (题目).

5. A positive, optimistic attitude can help people develop _____.

『正确答案』 strong self-esteem

『答案解析』 第十二段第一句 A positive, optimistic attitude can help people develop (题目) strong self-esteem (答案).

6. If there are things about yourself that you want to change and can, you should _____.

『正确答案』 do this by making goals for yourself

『答案解析』 最后一段第一句 If there are things about yourself that you want to change and can (题目) (such as how fit you are), do this by making goals for yourself (答案).

II Building Your Vocabulary - Section A

1. Animals in the zoo have lost the _____ to catch food for themselves. (capable, capability)

『正确答案』 capability

『答案解析』 capable 形容词, capability 名词。选择名词作动词 have lost 的宾语, 失去独自捕食的能力。

2. It is the _____ of wit and political analysis that makes his articles so readable. (combine, combination)

『正确答案』 combination

『答案解析』 combine 动词, combination 名词。选择名词做主语。

【知识补充】强调句: 英语常用的强调结构是 "It is (was) + 被强调部分 (主语、宾语或状语) + who (that) ..."

例句: It was yesterday that he met her.

他是在昨天遇到的她。

3. She went through a period of emotional _____ after her marriage broke up. (adjust, adjustment)

『正确答案』 adjustment

『答案解析』 adjust 动词, adjustment 名词, 选择名词作宾语。婚姻破裂后, 她经历了一段感情调整期。

4. His _____ behaviour at the dinner table caused much embarrassment. (ignorance, ignorant)

『正确答案』 ignorant

『答案解析』 ignorance 名词, ignorant 形容词, 选择形容词修饰名词 behavior, 他在餐桌上无知的行为使人很尴尬。

5. The bad reviews of her new book were very _____ to her. (hurt, hurtful)

『正确答案』 hurtful

『答案解析』 hurt 名词、动词或形容词 (受伤的; 痛苦的; 受损的), hurtful 形容词 (伤感情的, 伤自尊的; 造成损害的)。选择形容词作表语。两个选项都有形容词的词性, 选择含义正确的。句意, 对她新书的差评使她很伤心。

6. She had decided to settle _____ in France. (permanent, permanently)

『正确答案』 permanently

『答案解析』 permanent 形容词, permanently 副词。选择副词修饰动词 settle。句意: 她已决定在法国永久定居。

II Building Your Vocabulary - Section B

Directions: Fill in the blanks with the words given below. Change the form where necessary.

tempt v. embarrass v. prejudice n./v. push v./n.
verify v. criticize v. vary v. destination n.

1. His claims were suspect, but we had no way of _____ whether these claims were true.

『正确答案』 verifying

『答案解析』 介词 of 后面加名词、动名词作介词的宾语。句意, 他的说法令人怀疑, 但我们没有办法证实这些说法是否属实。

2. It's just that I have got no way of defending or _____ the things that I wasn't involved in.

『正确答案』 varying

『答案解析』 or 并列两个动名词, 共同做介词 of 的宾语。结合句意, 只是我没有办法为那些我没有参与的事情辩护或者做出改变。

3. In college, my friends were too _____ to head out with me, even for a coffee.

『正确答案』 embarrassed

『答案解析』 too...to 结构, 以肯定形式表示否定意义, 译作“太...以至不能”。句意: 我的朋友们都不好意思和我一起出去。

4. The government was _____ for not taking the problem seriously.

『正确答案』 criticized

『答案解析』选择动词过去分词补全被动语态。句意：政府因为没有认真对待这个问题而受到批评。

5. He wore no jewelry or indication of rank (身份, 级别) so as not to _____ robbery during his travels.

『正确答案』tempt

『答案解析』选择动词原形, 补全不定式。句意, 他没有佩戴珠宝, 也没有显示身份, 以免在旅行中遭到抢劫。

6. They must face their own self-image and also try to cope with the _____ of others.

『正确答案』prejudice

『答案解析』选择名词做介词 with 的宾语, 句意, 他们必须面对自己的自我形象, 也要努力应对他人的偏见。

II Building Your Vocabulary - Section C

1. He was put _____ for the way he worked, especially when others were doing everything so effectively.

『正确答案』down

『答案解析』put down 固定搭配, (当众)出丑, 使出洋相, 让某人现眼。

2. Pay increases will now be linked _____ performance in almost all walks of life.

『正确答案』to

『答案解析』be linked to, 固定搭配, 与...有联系。如今, 几乎各行各业的工资增长都将与业绩挂钩

3. She cares deeply _____ environmental issues and practices what she believes to be green in her everyday life.

『正确答案』about

『答案解析』care about 固定搭配, 担心, 关心。

4. I compared the copy _____ the original, but there was not much difference.

『正确答案』with

『答案解析』compare...with 固定搭配, 与...相比较。

5. He is amazingly cheerful at the idea of what he is going to go _____ in the upcoming program.

『正确答案』through

『答案解析』go through 经历, 遭受。

6. Please don't hesitate to ask if you cannot keep track _____ what I'm telling you.

『正确答案』of

『答案解析』keep track of 固定搭配, 了解...的情况(或动态)。

第03讲 Unit 12 Text B Exercises (3)

第三部分：概括段落大意和补全句子（第16~25题，每题1分，共10分） 课本第186页
阅读下面短文，请完成短文后的2项测试任务：

(1) 从第16~20题后所给的6个选项中为第①~⑤段每段选择1个正确的小标题；

(2) 从第21~25题后所给的6个选项中选择5个正确选项，分别完成每个句子。

解题方法 ①先浏览16~20题的选项，②然后再去看文章，③根据理解做出段意的正确选择，④如果拿不准，找词的对应，文章中反复出现的词对应正确的段意。⑤完成21~25题细节题。

- A. Mistakes encourage taking risks
- B. Mistakes practice telling truth
- C. Mistakes make powerful teachers
- D. Mistakes are as important as successes
- E. Mistakes focus our attention
- F. Mistakes make things work

Five Reasons to Celebrate Mistakes

①Mistakes have a way of focusing our attention and putting crucial problems right in our face. Mistakes light (v. 点亮) a path for us. When we own up to (承认) our mistakes, we often know exactly what's not working and what we can do to fix it.

『正确答案』① E. Mistakes focus our attention.

『答案解析』与本段第一句对应。Mistakes have a way of focusing our attention...

②There is one sure way to avoid mistakes and that's to avoid life. The writer who never finishes a book will never have to worry about getting negative reviews. The comedian who never performs in front of an audience is sure to avoid telling jokes that fall flat. When we are comfortable with making mistakes, we're more likely to take risks and tackle projects. Celebrating mistakes involves wisdom. Effective people don't set goals with the idea of making mistakes. Instead, they aim to reach those goals while accepting the risk of error.

『正确答案』②Mistakes encourage taking risks.

『答案解析』本段首句含义，有一种方法可以避免错误，那就是逃避生活。也就是说，错误是不可避免的。后面两句都是举例子。第四句，When we are comfortable with making mistakes, we're more likely to take risks and tackle projects. 末句，Instead, they aim to reach those goals while accepting the risk of error. 都在谈 take risks。

③Imagine working at a company that has no standards—where mistakes are not distinguished from successes and no one is held accountable for (对...负责) errors. We could turn in the most careless and the crudest (最粗暴) pieces of work we'd ever done, and they would get treated, the same as our best work. We'd never be able to count on (指望) having the supplies we needed because no one would complain when vendors (供货商) failed to deliver. Projects

could go permanently unfinished and no one would say anything.

In an atmosphere (气氛) where there's no difference between failure and success, the word "mistake" would be without meaning. Mistakes can happen only when people are truly committed to making things work.

『正确答案』③F. Mistakes make things work.

『答案解析』本段假设了, 如果没有错误发生, 那么一切工作都将停摆。最后一句 Mistakes can happen only when people are truly committed to making things work. 只有当人们真正致力于工作时, 错误才会发生。做事情, 就会犯错。懒政怠工才不会有错误。

④The word "mistake" derives meaning only by comparison to what we desire. Noticing and admitting our mistakes reminds us of what we really want to have, do, and be. Mistakes offer us an opportunity to practice truth telling. With this act come the rewards of honesty and frankness, including self-knowledge and the capacity for change. As we tell the truth about our mistakes, we can benefit by releasing shame and blame. Fixing mistakes and preventing them from happening again are key goals.

『正确答案』④ B. Mistakes practice telling truth.

『答案解析』本段第三句 Mistakes offer us an opportunity to practice truth telling. 本段探讨了诚实面对错误, 才能更好地改进。

⑤Mistakes are usually more instructive (有益的; 教育性的) than successes — and often far more interesting. The lessons we learn from making mistakes often stick with us for a lifetime. We can translate those lessons into new values and behaviors that make a profound (意义深远的) difference. With all these potential benefits from mistakes, we have plenty of reasons to celebrate them.

『正确答案』⑤ C. Mistakes make powerful teachers.

『答案解析』本段首句 Mistakes are usually more instructive than successes — and often far more interesting. 失败比成功更具教育意义, 通常更有趣。通过这个表述, 可以排除D。本段反复重现 lesson, 讲我们从错误当中学习, 那么可见, 错误是教导我们有力的老师。

Task 2

- A. stick with us for a lifetime
- B. what we can do to fix it
- C. committed to making things work
- D. accepting the risk of error
- E. worry about being criticized
- F. committed to making things work

21. We often know through mistakes what's going wrong and _____.

『正确答案』 B. what we can do to fix it

『答案解析』第一段第二句 When we own up to our mistakes, we often know exactly what's not working and (题目) what we can do to fix it (答案)。

22. If a writer never finishes his book, he will never have to _____.

『正确答案』 E. worry about being criticized

『答案解析』第二段第二句 The writer who never finishes a book will never have to (题目) worry about getting negative reviews.

23. Effective people aim to reach their goals while _____.

『正确答案』 D. accepting the risk of error

『答案解析』第二段末句 Instead, they aim to reach those goals while (题目) accepting the risk of error (答案)。

24. People can make mistakes only when they are truly _____.

『正确答案』 F. committed to making things work

『答案解析』第三段末句 Mistakes can happen only when people are truly (题目) committed to making things work (答案)。

25. We can learn some lessons from making mistakes, which often _____.

『正确答案』 A. stick with us for a lifetime

『答案解析』第五段第二句 The lessons we learn from making mistakes often (题目) stick with us for a lifetime (答案)。

第三部分：概括段落大意和补全句子（第16~25题，每题1分，共10分） 课本第272页

阅读下面短文，请完成短文后的2项测试任务：

(1) 从第16~20题后所给的6个选项中为第①~⑤段每段选择1个正确的小标题；

(2) 从第21~25题后所给的6个选项中选择5个正确选项，分别完成每个句子。

解题方法 ①先浏览16~20题的选项，②然后再去看文章。③根据理解做出段意的正确选择，④如果拿不准，找词的对应，文章中反复出现的词对应正确的段意。⑤完成21~25题细节题。

A. Being naive

B. Easy targets

C. Being frugal (节俭的)

D. Protecting information

E. Shredding documents

F. Seeking help

Identity Theft

① College students have a lot to worry about: tests, quizzes, homework, organizations, and jobs. One thing they might not think they should worry about is identity theft. Identity theft

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/758111067131006050>