

B1U5 The admirable

Unit overview

This unit focuses on the topic of heroes and aims to help Ss understand what a hero means and how they behave, gain an in-depth understanding of the differences between heroes in Western and Chinese cultures, and inspire Ss to be heroes. The text in *Active reading* presents the life story of a true food hero, Yuan Longping, who devoted his whole life to ending hunger in the world. The text in *Further exploration* illustrates heroes in Western literature. Then the audio describes two Chinese heroes – Yue Fei and Zhao Yiman, aiming to help Ss know more about Chinese heroic figures in China’s traditional culture and revolutionary culture. In *Project*, Ss are asked to give a speech on the topic “A hero in my eyes.” The essay in *Extended reading* explains “heroes” in the form of question and answer, addressing four questions about “heroes.” The answers to these questions help Ss understand more about heroes, especially everyday heroism. By learning this unit, Ss can develop a deep understanding of heroes, tell the life story and describe the personal qualities of a hero in their eyes, and perform kind acts regularly.

Scenario

学生就读的大学将举行主题为“我眼中的英雄”英语演讲比赛，学生将参与此次比赛。

Active reading

(Yuan Longping: A true food hero)
阅读袁隆平的故事，分析袁隆平被称为“粮食英雄”的原因，进而思考什么样的人才是真正的英雄。

Further exploration – Text

(Heroes in Western literature)
阅读西方文学对英雄的介绍，理解英雄这一概念的来源及其内涵的历史演变过程，了解西方文化中英雄的含义。

Further exploration – Audio

(Chinese heroes)
聆听音频，了解中华优秀传统文化和革命文化中的英雄人物故事，弘扬和传承中华优秀传统文化和革命文化中英雄的内涵及其精神。

Project

思考英雄的含义，围绕一个自己心目中的英雄人物，讲述他的故事，描述他的品质。

Extended reading

(Search for the hero inside yourself)

阅读关于英雄的问答，进一步从不同的视角了解英雄的内涵，人类是否天生就具有成为英雄的特质，什么样的人更可能具有英雄行为，以及如何成为英雄。

Self-reflection

回顾整个单元的学习，反思在内容、语言、结构、交际和行为上的收获。

结合个人对英雄的理解，讲述自己眼中英雄的故事，阐释英雄之所以成为英雄的原因，认识到每个人都可能成为“平民英雄”，形成正确的英雄观，并能在自己的生活中做出英雄般的行为。

本单元课程思政元素备选清单

素材	课程思政参考点	二十大精神
Active reading (Yuan Longping: A true food hero)	<ul style="list-style-type: none"> 了解袁隆平的两个梦，个人梦想与中国梦、世界梦的融合； 领悟袁隆平的精神和品格； 认识袁隆平被称为“粮食英雄”的原因，进而思考什么样的人可以被称为英雄。 	通过本单元的学习，学生能够学会见贤思齐、崇尚英雄、争做先锋，并鼓励身边的人乃至全社会都践行英雄的优秀品质。同时，鼓励广大青年要怀抱梦想又脚踏实地，敢想敢为又善作善成，立志做有理想、敢担当、能吃苦、肯奋斗的新时代好青年，让青春在全面建设社会主义现代化国家的火热实践中绽放绚丽之花。
Further exploration – Text (Heroes in Western literature)	了解西方文化中英雄的含义	
Further exploration – Audio (Chinese heroes)	了解中华优秀传统文化和革命文化中的英雄人物故事，形成和传承中华优秀传统文化和革命文化中英雄的内涵及其精神。	
Extended reading (Search for the hero inside yourself)	从不同的视角了解英雄的内涵、人类是否天生就具有成为英雄的特质、什么样的人更可能具有英雄行为，以及如何成为英雄。	

Scenario

The scenario in this unit can be analyzed from the following aspects:

Setting: An English public-speaking competition (Formal)

Topic: A hero in my eyes

Identity: Speaker – Student contestants

Recipient – Teachers and students in the university

Purpose: To describe heroes and inspire students to learn from heroes

Teaching suggestions

T can help Ss brainstorm ideas about what a hero means, who their heroes are, and what their heroes have done. After Ss have identified their own heroes, T can ask them to try to describe the life experiences of their heroes and explain why they regard the person as a hero. Then T can ask them to share their ideas in groups.

After the tryout, T can ask Ss to reflect on their difficulties in four aspects, i.e., content (what difficulties they have in describing their heroes), language (what difficulties they have in expressions and sentence structures), structure (what difficulties they have in organizing a speech clearly and logically), and communication (what difficulties they have in making a speech inspiring), and write them down in the table in the Student's Book. T can also do a small survey to see which aspects are the most difficult points for most of the Ss in doing this project.

Active reading

In *Scenario*, Ss are expected to give a speech on the given topic “A hero in my eyes.” The text is the life story of a hero, Yuan Longping. It describes Yuan Longping's two dreams and how he devoted his life to pursuing his two dreams. It can help Ss better understand the theme of the unit, i.e., what a hero is and how a hero acts. Ss can learn the writing technique of describing a person's life story in chronological order.

Before you read

Teaching suggestions

This is a warm-up activity, so T can ask Ss not to look at the text beforehand. This activity can help activate Ss' prior knowledge about Yuan Longping's career, qualities, achievements, and so on. Ss are encouraged and expected to brainstorm as many ideas about Yuan Longping as possible based on their own knowledge.

Reference answers

Career:

- 1) Yuan was a plant scientist.
- 2) Yuan was a teacher at the Anjiang Agricultural School, Hunan Province between 1953 and 1971.

Admirable qualities:

sacrifice, determination, loyalty, courage, dedication, compassion, selflessness, conviction, perseverance, etc.

Achievements:

- 1) He cultivated the world's first high-yield hybrid rice strain.
- 2) He saved countless people from hunger.
- 3) He won the World Food Prize.

- 4) He won the Medal of the Republic, the highest national honor, for his groundbreaking research.

Famous quotes:

- 1) With the help of scientific and technological progress, China can completely solve its own food problem, and it can also help people of the world solve their food problem.
- 2) There's no secret to it; my experience can be summed up in four words: knowledge, sweat, inspiration, and opportunity.
- 3) Everyone is like a seed – we should try to be a good seed.

Other:

- 1) He was born in Beijing on September 7, 1930.
- 2) He passed away on May 22, 2021.
- 3) He graduated from Southwest Agricultural College (now part of Southwest University) in 1953.
- 4) He is known as the “Father of Hybrid Rice.”

Yuan Longping: A true food hero

Text interpretation

本文围绕“英雄”这一话题，融入了社会主义先进文化，讲述了享誉海内外的著名农业科学家、中国杂交水稻事业的开创者和领导者、“共和国勋章”获得者、被誉为“杂交水稻之父”的袁隆平追逐梦想的英雄事迹。文章从“理想照耀中国——庆祝中国共产党成立百年”展播活动重点剧目《功勋》切入，引出本文的主人公袁隆平，接着从袁隆平的两个梦入手，讲述他如何不忘初心，一步步实现梦想，坚韧不拔地走过一生。我们也随着作者的讲述沿着他一生的道路走了一遍。

文章分为三个部分。第一部分（第一和第二段）为引入部分，介绍了袁隆平的杰出贡献（文化实践）和他的两个梦。这两个梦既是他的个人梦想，也是中国梦和世界梦。

第二部分（第三至第六段）介绍了袁隆平的杰出贡献，以及他逐梦一生中的里程碑事件。在这一部分，教师可以借助语篇中的词汇、句子进行隐性的课程思政。

例1：第四段中 “It was estimated ... have helped feed an extra 70 million Chinese people each year.” 体现了袁隆平为实现中国梦作出的贡献。

例2：第四段中 “However, rather than limit his rice-growing techniques to China, Yuan shared them with the world.” “Since the 1980s, Yuan’s team has trained over 14,000 agricultural professionals in how to grow hybrid rice in over 80 developing countries.” 概括了袁隆平为解决全球粮食安全问题的世界梦（“让全世界都有饱饭吃”）作出的贡献。从袁隆平的个人行为也可以彰显中国人“穷则独善其身、达则兼济天下”的情怀，是中国推动构建人类命运共同体的真实写照，也充分阐释了中国特色大国外交理念的核心价值是蕴含着中华民族传统文化中“天下为公”的思想情怀的，是符合人类文明中崇尚和平友善的普遍诉求的。

例3：第六段中袁隆平的原话 “There’s no secret to it; my experience can be summed up in four words: knowledge, sweat, inspiration, and opportunity.” 表明了袁隆平的价值观，也是教师进行课程思政的抓手之一。

第三部分（第七段）以袁隆平的去世作为他一生的结束，并以他的话语激励学生“做一粒好种子”。

文章叙述了袁隆平一生为了梦想致力于水稻研究的事迹，体现了袁隆平不畏艰难、呕心沥血、苦苦追求，为解决中国人民和世界人民的吃饭问题做出的重大贡献。袁隆平的杰出成就不仅属于中国，而且影响世界。一个人的梦想能有多久，久到能够穿越一生。基于课文，教师可引导学生学习袁隆平半个多世纪矢志追求、奋斗至生命最后一刻、为我国农业科学事业发展做出重要贡献的逐梦精神。

这也是一篇典型的记叙文，在叙述袁隆平的事迹时以他实现自己两个梦想（禾下乘凉梦，杂交水稻覆盖全球梦）为主线，采用时间顺序，按照作者取得主要成就的人生阶段进行叙述，比如第三段中

的 in 1964、in 1970、in 1973、by the mid-1970s。教师可结合教材中的写作技能框 Describing a person's life story in chronological order 和技能框的练习活动 Complete the following timeline for Yuan Longping's story 引导学生关注这些时间表达，并在产出任务 Sharing your ideas 中有效使用。

Photo interpretation

本文配图是 2014 年 10 月 10 日 84 岁的袁隆平在湖南省怀化市溆浦县横板桥乡红星村超级稻基地视察超级稻的照片。教师可以在讲解课文前让学生围绕图片提问，也可以由教师围绕图片设计问题，引导学生在学习课文前更好地了解图片所蕴含的意义，激活学生的语言表达，隐性融入育人元素。比如，教师可以设计以下问题帮助激活学生关于袁隆平的语言与知识，预测课文内容：

- 1) Say three words that describe this picture.
- 2) What is Yuan Longping doing? Does he like doing this? How often do you think he does this?
- 3) Imagine you are in the picture, what question would you like to ask Yuan Longping in the picture?
- 4) Look at the picture with this text. What is the text going to talk about?

Language points

- 1 **Medal of the Republic**, a TV series **commemorating** the 100th anniversary of the Communist Party of China, tells the life stories of eight Chinese national heroes. (Para. 1)

commemorate: vt. do sth. to show that you remember and respect sb. important or an important event in the past 庆祝；为……举行纪念活动

Chinese National Day is celebrated on October 1 annually to commemorate the founding of the People's Republic of China.

Notes: Here “eight Chinese national heroes” refer to Li Yannian (李延年), Yu Min (于敏), Zhang Fuqing (张富清), Huang Xuhua (黄旭华), Shen Jilan (申纪兰), Sun Jiadong (孙家栋), Tu Youyou (屠呦呦), and Yuan Longping (袁隆平).

- 2 He once dreamed of creating rice crops taller than sorghum, with each ear of rice as long as a broom and each grain as big as a peanut. (Para. 2)

Notes: We use “as + adjective / adverb + as” to make comparisons when the things we are comparing are equal in some way. Here in this sentence, “ear of rice” and “grain” are compared with “broom” and “peanut,” respectively. This shows how precious Yuan’s dream was and how determinedly he worked to contribute to the food security of China and the world.

- 3 The first breakthrough was made in 1970, when his team found a **stretch** of wild rice which made developing a hybrid rice theoretically possible. (Para. 3)

stretch: n. [C] an area of land or water, esp. one that is long and narrow （尤指狭长的）一片地域，一片水域

There is an immense stretch of forest along the road.

- 4 By the mid-1970s, he had **determined** that planting hybrid rice would increase rice yields by 20 to 30 percent. (Para. 3)

determine: vt. find out the facts about sth. 查明；测定；确定

The test is used to determine who is most suitable for the job.

Notes: The word “by” in “by 20 to 30 percent” is used to show how much something has changed, or how much difference there is between things. For example:

House prices went down by 15 percent.

- 5 Yuan had **unlocked the secret to** hybrid rice, and became a hero to the people of China. (Para. 4)

unlock the secret to / of sth.: discover the most important facts about sth. 揭开某事的秘密

The divers have unlocked some of the secrets of the sea.

- 6 It was **estimated** that the production increases brought about by hybrid rice have helped feed an extra 70 million Chinese people each year. (Para. 4)

estimate: try to judge the value, size, speed, cost, etc. of sth., without calculating it exactly 估计；估算

It is estimated that the project will cost about 8,000 dollars.

Notes: Some common structures of the verb “estimate” under this meaning are “estimate that,” “be estimated to be / have / cost, etc.,” and “estimate how many / what, etc.” For example:

The total attendance at the concert was estimated to be over 50,000 people.
It is difficult to estimate how many people will attend the event, as registration is still ongoing.

- 7 **In 2004, Yuan won the World Food Prize and was credited with helping “create a more abundant food supply and more stable world.” (Para. 5)**

credit sb. with doing sth.: believe or say that sb. is responsible for doing sth., esp. sth. good 认为是……的功劳；把……归于

That team of scientists are credited with inventing the industrial robot.

Notes: The expression “credit A with B” can be replaced by “credit B to A.” For example, the above sentence can be rewritten as “The invention of the industrial robot is credited to that team of scientists.”

- 8 **Yuan kept chasing his two dreams into his 90s. (Para. 6)**

Notes: The word “into” in “into his 90s” is used for saying that something continues for a long time and ends part of the way through a later period (持续到；一直到). For example:

Jack didn’t get married until he was into his 50s.

- 9 **Yuan devoted his whole life to researching hybrid rice, helping billions achieve food security. (Para. 6)**

Meaning: Yuan used most of his time and effort to conduct research on hybrid rice, which guaranteed that billions of people would have sufficient food.

- 10 **His lifelong dedication to reducing hunger earned him wide recognition at home and abroad, and made him a heroic figure. (Para. 6)**

Notes: The preposition after “dedication” should be “to,” and a noun or gerund is followed.

- 11 **... “his mission to end hunger lives on.” (Para. 7)**

live on: continue to live or exist 继续活着；继续存在

Although Yuan Longping passed away, his spirit lives on.

- 12 **This humble but great man is worth remembering. (Para. 7)**

be worth doing: used for saying that there is a good enough reason for doing sth., because it is important, enjoyable, useful, etc. 值得……的

It is worth noting that young people today seem more connected than ever to their peers.

Getting the ideas

1

Teaching suggestions

This activity aims to help Ss use scanning strategy to locate specific information about Yuan Longping. T can ask Ss to identify the particular information by locating the key words in the activity, then read the surrounding text carefully to see if there is required information. For example, “dreams” is a keyword. T can ask Ss to locate “dreams” first in Paragraph 2, then ask them to locate other relevant information such as “enjoying the cool under ...” and “hybrid rice covering the world to help solve ...”

Reference answers

- 1) rice crops
- 2) global food scarcity
- 3) the “Father of Hybrid Rice”
- 4) high-yield hybrid rice strain
- 5) rice-growing techniques
- 6) food security
- 7) the first rank
- 8) the World Food Prize

2

Reference answers

- 1 I am impressed by “Yuan kept chasing his two dreams into his 90s.” Yuan Longping had dreams of ending hunger in the world, then he spent his life exploring rice fields with endeavor and devoted his whole life to conducting research on hybrid rice. Even in early 2021, when he was 91, he was still working. His story inspires us, the next generation of dreamers to achieve our dreams.
- 2 Knowledge is the foundation for scientific research. Conducting research involves profound professional knowledge. Sweat means the ability to bear hardship. Knowledge from books is important, but genuine knowledge also comes from practice. Inspiration is the sparks of thought. Write them down when sparks strike us. Chance favors the prepared mind. We should grasp the opportunities. For the successful cultivation of hybrid rice, Yuan Longping traversed the country many times, from north to south, searching high and low. His life story vividly embodies the significance of knowledge, sweat, insight, and opportunity.
- 3 Yuan Longping has left behind a precious legacy of the little rice seed to the world. He devoted his whole life to making his dream come true, which is a seed of a dream planted in every Chinese’s heart. Young people, as the future and the hope of China, should try to grow into good people, and be good seeds of the country.

Additional activity

Suppose your university wants to choose three most admirable people as role models. You have one minute to propose Yuan Longping to the committee. Summarize Yuan Longping’s personal qualities or achievements and present your recommendation.

This additional activity aims to help Ss summarize the most salient qualities and achievements of Yuan Longping based on *Active reading*. Here, T can ask Ss to rethink their answers to the before-reading activity and pick three qualities or achievements to present their recommendation.

Reference answers

Qualities: determination, dedication, selflessness, perseverance, etc.

Achievements:

- 1) He cultivated the world’s first high-yield hybrid rice strain.
- 2) He saved countless people from hunger.
- 3) He won the World Food Prize.
- 4) He won the Medal of the Republic, the highest national honor, for his groundbreaking research.

Analyzing writing techniques

Reference answers

- 1) developing a hybrid rice
- 2) a stretch of wild rice
- 3) the world's first
- 4) 14,000 agricultural professionals
- 5) World Food Prize
- 6) In 2019
- 7) In early 2021
- 8) On May 22, 2021

Building your language

Reference answers

1

- 1 save ... from
- 2 bring about
- 3 With the help of
- 4 go into
- 5 summed up

2

- 1 contribution
- 2 inspiration
- 3 scarcity
- 4 dedication
- 5 commemorate

3

- 1 During the 14th Five-Year Plan period (2021–2025), our research team aims to make technological breakthroughs in 20 new fields.
- 2 Volunteers and neighborhood committee workers tried their best to ensure the supply of essential living materials for neighborhood members during the COVID-19 pandemic, which earned them recognition and respect.
- 3 Dedicated researchers were credited with moving nuclear technology in China to the advanced international level through conducting only 45 nuclear tests.
- 4 The enduring efforts made by Chinese athletes in the Olympic Games can encourage many young people to chase their dreams.
- 5 This doctor devoted her whole life to researching the prevention and treatment of infectious disease, saving many patients' lives.

Sharing your ideas

Reference answers

In my eyes, Nan Rendong, chief scientist for the world's largest radio telescope – Five-hundred-meter Aperture Spherical Radio Telescope (FAST), is a hero.

Born in 1945, Nan was the top-scorer in the college entrance exam in his native Jilin Province before he enrolled in the department of radio electronics at Tsinghua University in 1963.

A bold idea came to Nan Rendong's mind in the early 1990s, and it took him more than two decades to fulfill his "unreachable" dream. The idea was to build a radio telescope measuring 500 meters in diameter. Nan was working as a visiting professor at the National Astronomical Observatory of Japan in the 1990s when he decided to try and realize his ambition.

Giving up the well-paid position at one of the world's top scientific research institutes, Nan returned to China in 1994 to lead the FAST project.

In March 2011, construction of the giant telescope began. As the chief scientist and chief engineer, Nan had to deal with some tough civil engineering problems.

Before the telescope started operation in September 2016, Nan was already diagnosed with lung cancer and his vocal cords were hurt during surgery. Despite the illness, he still flew about 2,000 kilometers to southwest China's Guizhou Province from Beijing to witness the launch of the project he worked on for 22 years.

Nan Rendong died of lung cancer on September 15, 2017 at 72. He was devoted, generous, modest, sincere, and selfless. He spared no efforts and made outstanding contributions to the development of Chinese astronomy.

Suggestions for evaluation

For this activity, Ss' sharing can be evaluated according to the following criteria:

- whether Ss identify their heroes
- whether Ss tell the life stories of their heroes in chronological order

Further exploration

The task in *Scenario* asks Ss to give a speech on the topic "A hero in my eyes." The text in this part can help Ss better understand what heroes mean in Western literature. The audio introduces two Chinese heroes. The input materials in this part provide more information about heroes in Chinese and Western cultures, which can prepare Ss for choosing their own heroes. Yuan Longping in *Active reading* is a heroic figure in advanced socialist culture, Yue Fei is a hero in fine traditional culture, and Zhao Yiman is a hero in revolutionary culture. T can help Ss compare and contrast what heroes mean in Chinese and Western culture.

Hero in Western literature (Text)

Culture notes

1 *Romeo and Juliet*

Romeo and Juliet is a tragedy written by William Shakespeare early in his career about the romance between two Italian youths, Romeo and Juliet. The play has been highly praised by literary critics for its language and dramatic effect. It was among Shakespeare's most popular plays during his lifetime and, along with *Hamlet*, is one of his most frequently performed plays. Romeo and Juliet are widely represented as archetypal (典型的) young lovers and star-crossed lovers (命运多舛的恋人).

2 ***The Lord of the Rings***

The Lord of the Rings is a novel by English writer and scholar J. R. R. Tolkien. Set in Middle-earth, intended to be Earth at some time in the distant past, the story began as a sequel (续篇) to Tolkien's 1937 children's book *The Hobbit*, but eventually developed into a much larger work. Written in stages between 1937 and 1949, *The Lord of the Rings* is one of the best-selling books ever written, with over 150 million copies sold.

The title refers to the Dark Lord Sauron, who, in an earlier age, created the One Ring to rule the other Rings of Power given to Men, Dwarves, and Elves, in his campaign to conquer all of Middle-earth. From homely beginnings in the Shire, a hobbit land which reminds you of the English countryside, the story ranges across Middle-earth, following the quest to destroy the One Ring mainly through the eyes of the hobbits Frodo, Sam, Merry and Pippin.

3 ***Harry Potter***

Harry Potter is a series of fantasy novels. The novels depict the lives of a young wizard, Harry Potter, and his friends Hermione Granger and Ron Weasley in the order in which they happened, all of whom are students at Hogwarts School of Witchcraft and Wizardry. The main storyline concerns Harry's struggle against Lord Voldemort, a dark wizard who intends to become immortal, remove the wizard governing body known as the Ministry of Magic from power, and take complete control of all wizards and Muggles (non-magical people).

The series was originally published in English in the United States. A series of many genres, including fantasy, drama, coming-of-age fiction, and the British school story (which includes elements of mystery, thriller, adventure, horror, and romance), the world of Harry Potter explores numerous themes and includes many cultural meanings and references.

Language points

1 **The earliest Western heroes inhabit the shadowy area of mythology, occupying a middle space between human experience and superhuman power and knowledge. (Para. 1)**

Meaning: The earliest Western heroes live in mythology about which little is known, and they take up that middle place between human and those who have much greater power and knowledge than ordinary human powers.

2 **... tricking the gods into giving fire to humans. (Para. 1)**

Notes: We can use "trick" in "trick sb. into doing sth.," e.g., "A man tricked Jenny into going to another country and took away her passport." We can also use "trick" in "trick sb. out of sth.," e.g., "The company was tricked out of 30 million dollars."

3 **In later Western literature, heroes are traditionally recognized by their courage, selflessness, and ability to rise to the occasion in a dangerous situation. (Para. 2)**

rise to the occasion: deal successfully with a difficult situation or problem, esp. by working harder or performing better than usual 成功应付困难局面或挑战

He is a hero who rises to the occasion and slip quietly away.

4 **Over the centuries, the adventures of heroes have filled the pages of countless books. (Para. 3)**

Notes: Here, “fill the pages of sth.” is a phrase. We can say “fill the pages of a book / books,” e.g., “We could fill the pages of books with all of the stories and happy memories we have of him.” We can also say “fill the pages of life,” e.g., “This year, let’s fill the pages of life with new experiences, beautiful memories and yummy food.”

5 **Heroes come in all shapes and sizes. (Para. 3)**

Meaning: Heroes exist in all shapes and sizes.

come in all / different / various (shapes and) sizes: be available or exist in many varieties 各色各样；包罗万象

Families come in all shapes and sizes, but love, safety, and sacrifice are universal themes for good parents.

6 **Both *The Lord of the Rings* and the *Harry Potter* series draw their inspiration from ancient stories and legends. (Para. 4)**

Notes: The expression “draw / derive / get inspiration from sth.” means “be inspired by or get a good idea from something.” For example:

This article is about how I draw inspiration from everyday life and use it to express my inner thoughts, create stories, and communicate with like-minded souls through art.

7 **But larger-than-life heroes who battle and overcome the forces of evil, when all the odds seem to be stacked against them, continue to fascinate us, in films, comics and video games. (Para. 4)**

larger than life: sb. who is larger than life attracts a lot of attention because they are more amusing, attractive, or exciting than most people （比大多数人）更有趣的，更具吸引力的；与众不同的

Few people take seriously the improbable storyline and the larger-than-life characters.

the odds are stacked against sb.: used to say that sb. is unlikely to be successful 形势对某人不利

The first step in succeeding when the odds are stacked against you is believing you can do it.

Notes: When “larger-than-life” is connected by hyphens, it acts as a compound adjective that can be used before a noun to modify it, as in “larger-than-life heroes.” When “larger than life” is written without hyphens, it usually functions as a predicative, e.g., “Most main characters in his books are larger than life.” The following are some examples of larger-than-life heroes: 1) Harry Potter in the *Harry Potter* series; 2) Frodo Baggins in *The Lord of the Rings*; 3) Sherlock Holmes, the famous English detective created by Arthur Conan Doyle.

1

Reference answers

1-B-a

2-A-c

2-C-b

2

Reference answers

1 The word “hero” comes from Greek, and it originally means “demigod.”

2 The phrase “rise to the occasion” means “deal successfully with a difficult situation or problem, especially

by working harder or performing better than usual.”

- 3 Emmanuel Cosmos Msoka is an innovator and an activist. It's no coincidence that the 18-year-old from Tanzania invented a crucial hygiene tool during the pandemic that has a water theme to it. "I was born at the foot of Africa's highest peak, Mount Kilimanjaro," he says, "The only place in my country where water turns to snow and ice." Emmanuel grew up with a desire to change the way things are normally done and to help solve social problems. That's what he's achieved. When COVID-19 arrived in Tanzania and his community struggled to combat the disease, he stepped up. His idea: a handwashing machine that uses foot pedals to function, in turn reducing the chance of spreading the virus. Since developing the technology, he's been able to supply over 400 handwashing stations across northern Tanzania. For his work, Emmanuel was appointed as a UNICEF Youth Advocate and nominated for the International Children's Peace Prize, awarded annually to a child who has made a significant contribution to advocating for children's rights.

Chinese heroes (Audio)

Scripts

(Part I)

- 1 The Chinese word for hero is *ying-xiong*. *Ying* refers to wit and wisdom; whereas *xiong* refers to power and courage. In Chinese culture, heroes are those who face difficulties head-on and make great contributions to the welfare of the people and the development and prosperity of the nation.
- 2 For generations, the values of Chinese culture have been preserved through stories, with different heroes representing different virtues. These figures still mean something very important to the people of China today. Here are two of them.
- 3 Yue Fei, who lived during the Southern Song Dynasty, is widely regarded as a patriotic military general and a person representative of loyalty. Back during the 12th century when the Jin troops from the north attacked his homeland, the Song territory, the young Yue Fei had to make a choice. On the one hand, he wanted to fight for his homeland. But on the other hand, he also wanted to stay at home to look after his mother. He didn't know what to do. To encourage him, his mother tattooed four Chinese characters on his back: *jin zhong bao guo*, meaning "serve the country with the utmost loyalty." To satisfy his mother's wish and perform his duty to his homeland, Yue Fei immediately went off to the battlefield. He became an excellent general, and never lost a battle in the fight against the Jin troops. It is said that once, with only 500 men, he defeated 100,000 enemies. He cared deeply for both his soldiers and civilians, and his spirit of loyalty lives on in his timeless poem "The River All Red."

(Part II)

- 4 Zhao Yiman, born in a rich family in Yibin City in 1905, is representative of China's revolutionary heroes. An early member of the Communist Party of China, she became a legendary heroine who led a group of people in the resistance against the Japanese invasion of northeast China. In November 1935, Zhao was caught by the Japanese invaders, but she remained loyal and refused to reveal any secrets of the Party in the face of the invaders' cruel torture. On August 2, 1936, Zhao was killed at only 31. She wrote her last words to her son, hoping he could learn from what she had done for the country. In 1996, a memorial hall dedicated to her was opened in Shangzhi, Heilongjiang Province, which was the location of key events in her heroic life and early death.

Language points

- 1 In Chinese culture, heroes are those who face difficulties **head-on** and make great contributions to the welfare of the people and the development and prosperity of the nation. (Para. 1)
head-on: *ad.* if sb. deals with a problem head-on, they do not try to avoid it, but deal with it in a direct and determined way (解决问题) 积极地, 认真地
She didn't have any doubts about meeting life head-on.
- 2 Yue Fei, who lived during the Southern Song Dynasty, is widely regarded as a patriotic military general and a person **representative** of loyalty. (Para. 3)
representative: *a.* typical of people or things in a particular group 典型的; 代表性的
Is a questionnaire answered by 1,000 people truly representative of the population as a whole?

Notes: Yue Fei is an enduring symbol of loyalty. Zhao Yiman is representative of China's revolutionary heroes. When we describe heroes, we may use the expression “representative of” to summarize their distinctive features.

- 3 To encourage him, his mother tattooed four Chinese characters on her son's back: *jin zhong bao guo*, meaning “serve the country with the **utmost** loyalty.” (Para. 3)

utmost: *a.* as much as possible, used for emphasizing a quality or feeling (用于强调某种品质或感情)
最大的, 极度的

Chemicals should be handled with the utmost care.

Notes: Here, we need to remind Ss that *jin zhong bao guo* is 尽忠报国, not 精忠报国.

- 4 To satisfy his mother's wish and **perform** his duty to his homeland, Yue Fei immediately **went off** to the battlefield. (Para. 3)

perform: *vt.* do sth., esp. sth. difficult or useful 做, 执行, 履行 (尤指有难度或有用的事)

Staff are expected to perform their duties in a manner that reflects the highest ethical and professional standards of conduct and performance.

Notes: A common collocation of the verb “perform” is “perform a task / job / duty.”

go off: leave a place, esp. in order to do sth. (尤指为了做某事) 离开, 走

When we could not find out what was wrong with the car, Billy went off to find a phone.

- 5 He cared deeply for both his soldiers and civilians, and his spirit of loyalty lives on in his timeless poem “The River All Red.” (Para. 3)

Notes: Here, “live on” has the same meaning with “live on” in Paragraph 7 of *Active reading*. “The River All Red” in Chinese is *Man Jiang Hong* (《满江红》), which is one of the most famous poems traditionally attributed to Yue Fei. The following is the Chinese version of this poem and its English version translated by Xu Yuanchong (许渊冲).

满江红·写怀
宋·岳飞

怒发冲冠，凭栏处、潇潇雨歇。
抬望眼，仰天长啸，壮怀激烈。
三十功名尘与土，八千里路云和月。
莫等闲、白了少年头，空悲切。

靖康耻，犹未雪。臣子恨，何时灭！驾长车，踏破贺兰山缺。
壮志饥餐胡虏肉，笑谈渴饮匈奴血。
待从头、收拾旧山河，朝天阙。

The River All Red

Translated by Xu Yuanchong (许渊冲)

Wrath sets on end my hair, I lean on railings where I see the drizzling rain has ceased.
Raising my eyes towards the skies I heave long sighs, my wrath not yet appeased.

To dust is gone the fame achieved at thirty years like cloud-veiled moon the thousand-mile land disappears.

Should youthful heads in vain turn gray, we would regret for aye.

Lost our capital, what a burning shame!

How can we generals quench our vengeful flame!

Driving our chariots of war, we'd go to break through our relentless foe.

Valiantly we'd cut off each head. Laughing, we'd drink the blood they shed.

When we've reconquered our lost land, in triumph would return our army grand.

- 6 In November 1935, Zhao was caught by the Japanese invaders, but she remained loyal and refused to reveal any secrets of the Party **in the face of** the invaders' cruel torture. (Para. 4)

in the face of sth.: in a situation where there are many problems, difficulties, or dangers 面对某事物（指问题、困难、危险）

This magnificent book is about loving in the face of dying.

- 7 In 1996, a memorial hall **dedicated to** her was opened in Shangzhi, Heilongjiang Province, which was the location of key events in her heroic life and early death. (Para. 4)

dedicate sth. to sb.: say at an official ceremony that a new building will have a special connection with a particular person as a sign of admiration or respect for them （在正式典礼上）以……命名（建筑物）

The monument, dedicated to the war dead, will be moved to a new location.

1

Reference answers

- 1) military general
- 2) fight for
- 3) stay at home to look after
- 4) serve the country
- 5) lost a battle
- 6) defeated

2

Reference answers

1905: Zhao Yiman was born.

1935: Zhao was caught by the Japanese invaders.

1936: Zhao was killed.

1996: A memorial hall dedicated to her was opened in Shangzhi, Heilongjiang Province.

Sharing your ideas

Reference answers

bravery, sacrifice, determination, loyalty, courage, stamina, dedication, compassion, selflessness, conviction, perseverance, honesty, moral integrity, strength, etc.

Selflessness:

Despite being diagnosed with terminal lung cancer in 2014, Nan Rendong continued to work around the clock to make the FAST project a success.

Courage & stamina:

Nan Rendong was admired for his courage and stamina in taking the FAST telescope from conception to completion.

Perseverance:

Heroes keep working on their goals, even after multiple setbacks. For example, Nan Rendong and his team spent nearly a decade searching in the mountains of southwestern China for a suitable spot to place such a gigantic facility, until they finally found the Dawodang depression in Pingtang, Guizhou to be the home of FAST.

Suggestions for evaluation

For this activity, Ss' work can be evaluated according to the following criteria:

- whether Ss list three personal qualities
- whether Ss use examples to explain these qualities

Project

Sample:

(*Words and expressions in red are from the input materials.)

Have you heard about Nan Rendong? In my eyes, Nan Rendong, who is known as the father of the world's largest radio telescope – Five-hundred-meter Aperture Spherical radio Telescope (FAST), is a hero because he **dedicated his whole life to** the “Sky Eye” and made the gigantic “Sky Eye” light the starry night.

Back in 1994, giving up the well-paid position at one of the world's top scientific research institutes, Nan returned to China to lead the FAST project. He was responsible for choosing its location, conducting feasibility studies, creating preliminary designs while determining its scientific goals and guiding research and tests on its key technologies.

With his expertise and **perseverance**, Nan Rendong led his team to **overcome** a number of formidable technical challenges during the construction. For instance, the first challenge Nan and his team met with was to identify a suitable location – a problem that took the astronomer 12 years to resolve. When Nan discovered a large crater hidden away in a mountainous area of Pingtang County, Guizhou Province, he knew immediately he had found what he was looking for. “This location was the best out of over 300 candidate sites,” Nan said at the time.

In March 2011, construction of the giant telescope began. As the chief scientist and chief engineer, Nan had to deal with some tough civil engineering problems. For instance, Nan had to climb up and down 100-meter-tall towers via narrow stairways countless times and assess the firmness of the subsoil with his own feet. From calculating the length of each cable to the precise installation of each reflective panel, Nan took care of numerous technical details.

Before the telescope started operation in September 2016, Nan was already diagnosed with lung cancer and his vocal cords were hurt during surgery. Despite the illness, he still flew about 2,000 kilometers to southwest China's Guizhou Province from Beijing to witness the launch of the project he worked on for 22 years.

He died of lung cancer on September 15, 2017 at the age of 72. His untimely **passing away** was just ten days before FAST was going to celebrate its first anniversary on September 25, 2017.

To sum up, I consider Nan Rendong to be my hero because he was devoted and selfless, and he **made outstanding contributions to** the development of Chinese astronomy.

Suggestions for evaluation

Components	Criteria / Traits
Content	<ul style="list-style-type: none">Relevance: Addressing the assigned task by giving a speech on the topic “A hero in my eyes”Appeal: Making an attractive opening by using some techniques listed in the communication skill box, for example, asking a question and having your audience answer
Organization	<ul style="list-style-type: none">Structure: Including well-organized introduction, body, and conclusionCoherence: Connecting the narration with signpost time expressions for coherenceTechnique: Describing the hero’s life story in chronological order
Language	<ul style="list-style-type: none">Diversity: Using an adequate range of vocabulary and sentence structuresAcquisition: Using as many as possible of the new words, expressions, and grammatical structures learned in the unitConcreteness and vividness: Using concrete and vivid words to describe the hero

Extended reading

In the previous parts, Ss learned to tell the life story of a hero and explain the meaning of “hero” in Western and Chinese cultures. This part provides an essay to help Ss make further exploration of the topic “hero” from another perspective: There is a hero inside everyone. The essay first raises a general question: Is the capacity to rise to the occasion and save lives in fact possessed by us all? Then the essay further explores this issue from the following four questions: 1) What is a hero? 2) Are we born to be heroes? 3) Do those who experienced sufferings have a higher chance of becoming heroes? 4) How do we go about training ourselves to be heroes? Ss can better understand the meaning of “hero” and how to be a hero by looking for the answers to the questions.

Search for the hero inside yourself

Language points

- 1 **At first glance**, the epic poems of ancient times and today’s newspaper headlines seem to have little in common. (Para. 1)

at first glance / sight: the first time that you look at sb. or sth., before you notice any details 乍一看；最初看到时

At first glance, these paintings all look the same; on closer look, they are quite different.

- 2 **For thousands of years, our attention has been captivated by brave souls who act selflessly to help the unfortunate when disaster strikes.** (Para. 1)

Meaning: For thousands of years, peoples’ attention has been attracted by those brave people who care about other people more than about themselves, and help the unfortunate people when disaster suddenly happens.

stike: v. (**struck, struck**) happen suddenly and have a harmful or damaging effect on sb. or sth. 侵袭；

爆发

Disasters tend to be worse for the poorest and most vulnerable at the moment they strike.

- 3 **What is a hero? Traditionally, the word “hero” often **conjures up** images of people sacrificing their own lives to save others in times of war, or attempting a dangerous rescue. (Para. 2)**

conjure sth. up: bring a thought, picture, idea, or memory to sb.'s mind 使浮现于脑海

When I was preparing for the debate, many street scenes were conjured up in my mind.

Notes:

1) The first sentence “What is a hero?” uses hypophora (设问). Hypophora is a rhetorical term for a strategy in which a speaker or writer raises a question and then immediately answers it. It aims to arouse curiosity, emphasize specific points, or introduce a topic or an idea. Hypophora is also used in Paragraph 3: “Are we born to be heroes? The short answer is yes.”

2) The verbs “attempt” and “make” are often used before “rescue” to describe an effort to save someone in danger. For example:

The firefighters attempted the rescue of the trapped passengers.

During the storm, the crew had to make a helicopter rescue at sea to save the sinking ship.

- 4 **This is supported by **research** into generosity. (Para. 3)**

research: *n.* [U] serious study of a subject, in order to discover new facts or test new ideas (对某一主题的) 研究, 探索

His team is going to carry out research into how developing countries could integrate the deployment of renewable energy technologies into their national development and science, technology and innovation strategies.

- 5 **An economist studied people’s brains when they gave money to charity, focusing on a part of the brain called the **nucleus accumbens**. (Para. 3)**

Notes: The term “*nucleus accumbens* (伏隔核)” is a major component of the *ventral striatum* (腹侧纹状体) and has long been thought to be a key structure involved in mediating motivational and emotional processes.

- 6 **The reason for this is that they can more easily **relate to** the victims, as they have been **through** similar experiences. (Para. 4)**

relate to: be able to understand a situation or the way sb. feels and thinks (对别人的问题、处境等) 认同, 理解

The TV program deals with scientific subjects that ordinary people can relate to.

through: *prep.* from the beginning to the end of a process or experience 经过 (全部的过程或经历)

It took her a long time to recover because she had been through a terrible experience.

- 7 **How do we **go about** training ourselves to be heroes? (Para. 5)**

go about sth.: start dealing with a problem, situation, or job in a particular way 着手做; 开始干

It’s advisable that you go about the task with a clear plan in mind.

- 8 **Heroism isn’t just about **putting yourself on the line** in a dramatic attempt to save lives. (Para. 6)**

put yourself / your neck on the line (for sb.): risk sth. bad happening to you (为某人) 冒险

Our police force and firefighters are recognized as heroes for they are putting their lives on the line for us every day.

Reference answers

- 1 C
- 2 A
- 3 D
- 4 D
- 5 A

Self-reflection

In this part, T can ask Ss to refer back to the Try it out in the Student's Book and reflect on what they have learned to complete the task. Ss can categorize their gains according to the same four aspects, i.e. content, language, structure, and communication. They can also reflect on how learning the unit may influence their action in daily life. Then they can write down their specific gains in the self-reflection table in the Student's Book.

Translation of the texts

Active reading

袁隆平：真正的粮食英雄

- 1 《功勋》是一部纪念中国共产党成立 100 周年的电视剧，它讲述了八位民族英雄的生平事迹。其中一位是伟大的农业科学家袁隆平，他也被誉为“杂交水稻之父”。他培育了世界上第一个高产杂交水稻品种，使得无数人免于饥饿。
- 2 袁隆平在许多场合都谈到过他的两个梦，一个是在长得比高粱还高的水稻下乘凉的梦，一个是杂交水稻覆盖全球，解决世界食物短缺的梦。实际上，第一个梦是他做过的一个真实的梦。他梦到他培育出来的水稻比高粱还高，穗子有扫帚那么长，籽粒有花生米那么大。在梦里，他可以在稻穗下乘凉。这个梦的实质是培育出能够为保障世界粮食安全做贡献的高产超级稻。袁隆平相信这些梦想都能够实现：“借助科技进步，中国完全能解决自己的吃饭问题，还能帮助世界人民解决吃饭问题。”
- 3 1964 年，袁隆平决定研究培育杂交水稻的可能性，他希望通过提高水稻产量来养活更多的人。第一次取得突破是在 1970 年，当时他的团队发现了一片野生水稻，这使得开发杂交水稻品种在理论上行得通。尽管大多数科学家认为以可持续的方式培育出结实而又高产的杂交水稻品种是一个不可能完成的任务，袁隆平却用他的研究攻破了这一难题。1973 年，袁隆平的团队成功培育出世界上第一个高产杂交水稻品种。到了 20 世纪 70 年代中期，他确定种植杂交水稻将能够使水稻增产 20%—30%。随着他的杂交水稻开始在农民中推广种植，世界上许多地方的饥荒也得以消除。
- 4 袁隆平揭开了杂交水稻的奥秘，成为了中国人民的英雄。据估计，杂交水稻所增产的粮食每年可以多养活 7,000 万中国人。不过，他并没有将水稻种植技术局限于中国，而是与全世界分享了这

些技术。自 20 世纪 80 年代以来，袁隆平的团队已经为 80 多个发展中国家培训了 14,000 多名杂交水稻技术人才。

- 5 2004 年，袁隆平荣获世界粮食奖，被誉为“创造了一个粮食供应更富足、更稳定的世界”。2019 年，袁隆平因其开创性的研究而获得了“共和国勋章”这一国家最高荣誉。
- 6 袁隆平直到 90 多岁还在追逐他的两个梦想。即便在 2021 年初，他也依旧在海南省三亚杂交水稻研究基地进行科学研究。袁隆平毕生致力于研究杂交水稻，帮助数十亿人获得粮食保障。他终生致力于减少饥饿问题，赢得了国内外广泛的认可，成为了一名英雄人物。“我没有秘诀。我的经验可以用四个词来概括：知识、汗水、灵感、机遇，”袁隆平在一次勉励青年人投身科学事业的视频中谈到。他把中国的现代农业科技推向了世界领先水平。他研发杂交水稻做出的贡献是他对全人类最大的馈赠。
- 7 2021 年 5 月 22 日，袁隆平逝世，享年 91 岁。他留给世间的水稻种子虽小，但弥足珍贵。袁隆平虽然已经离开了，但正如联合国经济和社会事务部的推文所言：“他消除饥饿的使命仍将延续。”袁隆平曾说：“人就像一粒种子，要做一粒好种子。”这位谦逊而又伟大的人值得我们铭记。

Further exploration

西方文学中的英雄

- 1 每种文化都有自己的英雄，英雄这一概念也会随着时间而改变。这里我们会探讨西方文学中的英雄。西方最早的英雄出现在神秘的神话中，本领介于人类与具备超人类力量和知识的神灵之间。他们一部分是人类，一部分是神灵。事实上，“英雄”一词源于古希腊语，意为“半神”，指的是父母中一方为神，另一方为人的神话形象。在那些最古老的神话中，英雄常常是通过发现、创造或是谋略——比如发现了火，或者诱骗神明把火种给予人类——成功改变了世界的面貌。
- 2 在后来的西方文学中，英雄之所以为英雄，传统意义上来讲，是因为他们勇敢、无私，能够在险境中应付自如。但他们毕竟是人类，不是超人，也正因为他们是人类这一点，我们才会对他们产生认同感。两千多年前，希腊哲学家亚里士多德在定义“悲剧英雄”时就做出了这样的阐释。他们不仅具备英雄特质，还具有最终导致其毁灭的致命缺陷。例如，在莎士比亚的《罗密欧与朱丽叶》中，罗密欧在爱情中不顾一切的激情使他成为极具魅力的人物，但这也直接导致了他死亡的悲剧。
- 3 几个世纪以来，无数书页都写满了英雄的冒险故事。事实上，如今“英雄”一词的含义之一是“书中的主角”，是与邪恶斗争的正义力量。英雄的形态体格千奇百怪。哈利·波特的形象是一个年幼学生，而《魔戒》中的两位主人公在体型上相差甚远：阿拉贡高大、强壮、英勇无畏，佛罗多则身材矮小、总是唯唯诺诺。然而，对大多数人来说，更能让我们产生认同感和同情心的却是霍比特人佛罗多，而不是人皇阿拉贡。
- 4 《魔戒》和《哈利·波特》系列都从远古神话故事和传说中汲取灵感。我们可能认为，现实情况大不一样，生活中那些无名英雄的故事从未被传颂，他们也没有做出拯救世界这样惊天动地的事情，但却是最值得我们钦佩和敬重的。不过电影、漫画和电子游戏中那些身陷绝境却与邪恶势力作斗争，并最终战胜它们的传奇英雄们，仍然深深地吸引着我们。

Extended reading

寻找自己内心的英雄

- 1 乍看上去，过去的史诗和今日的报纸头条似乎没有什么相似之处。但经仔细品读后，你会发现二者大多都是关于鼓舞人心的英雄事迹。几千年来，英雄总是为人们津津乐道。他们拥有勇敢的灵魂，在危难之际无私帮助不幸之人。我们常常歌颂英雄，将他们的勇敢与决心视作特殊且珍贵的品质。然而，是否我们所有人实际上都具备英雄那般迎难而上与拯救生命的能力呢？
- 2 什么是英雄？习惯上，“英雄”一词常常使我们联想到在战场上舍生取义或在危险情境中实施救援的那些人。英雄主义被理解为冒险帮助他人却不求任何个人回报的行为。实际上，根据一位科学作家的说法，我们都拥有成为英雄的能力。这位作家依据最近关于人类英雄本性的科学研究，认为典型的英雄与花时间做志愿工作或安慰伤心的朋友的人并无区别。
- 3 我们生来便是英雄吗？答案是肯定的。关于人类慈善之举的研究证实了这一点。一位经济学家研究了人们向慈善事业捐款时的脑部活动，他重点关注大脑中一个叫作伏隔核的区域。大家知道这个区域是大脑处理奖赏和快乐的区域。这位经济学家发现，当研究参与者们做出捐赠的决定时，他们大脑中的伏隔核区变得异常活跃。也就是说，研究参与者们认为帮助他人是件好事。原因很容易理解：当我们决定无私地给予他人帮助时，我们会想象这样做会如何让他们受益。这种利他行为会使我们拥有目标感，而目标感正是获得生命满足感的重要来源。这种满足感也将激励我们在未来更积极地参与到慈善和正义事业中去。
- 4 经历过苦难的人更有可能成为英雄吗？一位研究者先前对经历过深重苦难的人展开了一项调查，他们当中包括曾遭遇暴力袭击和自然灾害的受害者。研究发现，这些曾经历苦难的人更富有同理心。例如，海啸的幸存者更有可能捐款帮助遭遇类似自然灾害的受难者。原因在于他们曾有过类似的遭遇，更容易与受难者产生共鸣。
- 5 如何着手将我们自己练就成为英雄呢？一位心理学家认为，成为英雄最好先从每天行好事做起。比方说做一些简单的小事，比如给饿肚子的人买些吃的，或者在工作中支持不堪重负的同事。尽管这些小小的善举并不足以称得上是英雄之举，但科学家说，它们属于亲社会行为，而且还可以使我们理解他人的需要。日常行好事就是在生活中磨练我们的心智，如此一来，当出现需要我们拿出更多英雄气概的情况时，例如火场救人或打击犯罪，我们才能更好地承受压力。日常行好事能够培养我们的英雄气概，在未来的某一天，这种英雄气概可能成为决定生死的关键。
- 6 英雄主义不仅仅指为了拯救生命而将自己置于危险之中，它也可以是每天都在生活中做出小小的善举，而后者正是我们所有人都具备的能力。