



Listening and speaking

Tips

发/f/和/V/这两个摩 擦音时,上齿应接触下 唇。发/θ/和/ð/这两 个摩擦音时, 舌尖应置 于上下齿之间。发/S/ 和/Z/这两个摩擦音时, 舌尖应抵齿龈。另外, 因为 /V/、/ð/ 和 /Z/ 这 三个音是浊辅音 读时 声带应振动。

Pronunciation and listening skills

The pronunciations of the fricatives (摩擦音) in each group are difficult to distinguish. Listen carefully and check () the words you hear. Then read these words and try to make clear their differences.

- 1 few-view
- 3 fine-vine
- 5 rice—rise
- 7 sick—thick
- mouse-mouth

- 2 safe—save
- 4 bath—bathe
- 6 bus—buzz
- 8 sing—thing
- 10 breeze—breathe





Conversations

Conversation 1

Listen to a conversation and complete the following sentences with what you hear.

demanding adj. 要求高的 colleague n. 同事 open-minded adj. 开明的 complain v. 抱怨

Word tips

What do you know about Jason?

- He is 1) _____ with his work as usual.
- He works in one of the world's 2) _____ companies, which is quite demanding.
- He's been working in this company for 3) _____ years.
- He gets a lot of 4) _____ at work.

INIT

- 2 Listen again and check (✓) the reasons why Jason feels satisfied with his present job.
 - 1 He has a big office.
 - 2 He is well-paid.
 - **3** His boss is open-minded.
 - 4 His colleagues are helpful.
 - **5** His job provides good opportunities for promotion.
 - 6 There is not much pressure at his work.
- Role-play a conversation in pairs according to one of the following situations. You may refer to the Functional Language.

SITUATION 1

B had dinner last night in the restaurant that A had recommended. Now they are talking about the restaurant and B expresses his / her satisfaction with everything there.

SITUATION 2

A and B are talking about a painting A has just finished. B feels quite satisfied with the painting.

GUIDED CONVERSATION

- A: Ask for B's opinion about the restaurant / painting.
- B: Speak highly of the restaurant / painting.
- **A:** Ask why B feels satisfied with the restaurant / painting.
- **B**: Give reasons for your satisfaction.
- A: Show agreement / thanks.

EXPRESSING SATISFACTION

I'm satisfied / content with...

I'm really pleased / delighted with...

I'm so happy with...

I'm glad to see...

... is good / satisfactory / satisfying.

I like... very much.

I enjoy... very much.

FUNCTIONAL LANGUAGE



Word tips

fed up *adj.* 厌烦的;不满的 stressed out *adj.* 焦虑紧张的 promotion *n.* 晋升;提升 pick on 故意刁难 dwell on 老是想着 positive *adj.* 积极的

Conversation 2

- Listen to a conversation and decide whether the following statements are true (T) or false (F).
 - 1 Jack isn't satisfied with his present work.
 - 2 The sales goal is always possible for Jack to achieve.
 - **3** Miss Green enjoys picking on Jack.
- 2 Listen again and match the people in Column A with the information in Column B.

Column A	Column B
Jack	wants to increase sales.
Jane	feels a bit fed up.
Miss Green	managed to find some time to jog.

Role-play a conversation in pairs according to one of the following situations. You may refer to the Functional Language.

SITUATION 1

A is telling B that he / she is disappointed with the living conditions of the dorm.

SITUATION 2

A is telling B that he / she is dissatisfied with his / her own performance in the basketball game this afternoon.

GUIDED CONVERSATION

- **A:** Show dissatisfaction with the dorm / performance in the basketball game.
- B: Ask for the reason.
- A: Tell B the reason.
- **B**: Encourage A to be positive / confident.
- A: Show thanks.

FUNCTIONAL LANGUAGE

EXPRESSING DISSATISFACTION

I'm displeased / discontented / dissatisfied / disappointed with...

I'm really disappointed.

I don't really like...

Sorry, but... is not satisfactory.

... is not very nice / good enough.

JNIT

Passage

- Listen to a passage and decide whether the following statements are true (T) or false (F).
 - 1 Different people have different ideal jobs because everyone has his own interest
 - 2 The speaker has decided to become a teacher partly because he can earn a lot of money.
 - 3 To the speaker, being a teacher can make him improve with the students.
- 2 Listen again and answer the following questions by filling in the blanks with what you hear.
 - 1 For how many reasons does the speaker choose to be a teacher?
 - What can the two long vacations offer the speaker?

 They could offer him a(n) ______ for reflection, research, and writing.
 - What kind of opportunity does the job of teaching provide for the speaker?

 The opportunity to motivate himself to keep on _____.
- 3 Work in pairs to do the following activities.
 - 1 Match the jobs with the following pictures.
 - A scientist
- B worker
- C singer

- D teacher
- E reporter
- F football player













- 2 What's your ideal job? Describe it to your partner.
- 3 List three reasons for your choice.

Word tips

ideal adj. 理想的 academic adj. 学业的 calendar n. 日程表 vacation n. 假期 reflection n. 深思 motivate v. 激励; 驱使

Reading

Overview

/e may often be asked by others: What do you want to be when you grow up? What is your dream? The answer is likely to be different at each stage of our life because we are growing and changing all the time. But what is the eternal pursuit of life? On the way to finding the answer, we work hard for our goals, we cooperate with and rely on others, and we learn to appreciate both success and failure, just like in a football game. After going through all these experiences, we might come to the conclusion: Whatever path we may follow in life, happiness is the ultimate destination.

Passage A

Pre-reading

Match the interest areas in the left column with the possible careers in the right column.

If you are interested in	then you might like to be a(n)
law	singer / dancer / composer
sports	flight attendant (航空服务员) / tour guide
music	programmer / network engineer / software engineer
computers	athlete / personal trainer / bodyguard
traveling	judge / policeman / lawyer

- 2 Work in groups to discuss the following questions.
 - 1 What did you dream to be when you were young? And how about now?
 - 2 Do you think you can realize your dream? Why or why not?

In kindergarten, my class was asked, "What do you want to be when you grow up?" Crayons danced across sheets of paper to illustrate our dream jobs. Our drawings were hung in the hallway for our parents to see at Back to School Night. I remember looking down the line and seeing pictures of ballet dancers dancing, firefighters putting out a big fire, and spacemen leaping across the moon—jobs that were seen as typical dreams of five-yearolds.

My picture showed a stick figure with brown hair holding a bottle of orange juice over something like a counter. Underneath was my hardly readable handwriting: When I grow up, I want to work at the Market Basket because it would be fun to swipe orange juice across the scanner at the checkout counter. To this day

grow up 长大 crayon /'kreɪɒn/ n. 彩色蜡笔 sheet /fixt/ n. 一张; 一片 illustrate /'ɪləˌstreɪt/ v. 说明; 阐明 hallway /'hɔːlˌweɪ/ n. 走廊; 过道 ballet /'bæleɪ/ n. 芭蕾舞 firefighter /'faɪə,faɪtə/ n. 消防员 put out 扑灭; 熄灭 spaceman /'speis,mæn/ n. 宇航员 leap /lixp/ v. 跳; 跳跃 stick figure n. 人物线条画 counter /'kauntə/ n. 柜台 underneath /ˌʌndəˈniːθ/ adv. 在底下; 底下 readable /'riːdəbl/ adj. 清晰的; 易于识读的 handwriting /'hænd,raɪtɪŋ/ n. 笔迹; 字迹 swipe /swarp/ v. 刷(卡、条形码等) scanner /'skænə/ n. 扫描器; 扫描仪 checkout /'t∫ekaut/ counter n. 付款处; 收银台



my parents won't let me forget that out of everything I could have wished to be, my five-year-old **self** wished to work at the local **grocery store**.

When we are young, questions of what we want to be when we grow up are common. Yet we are not expected to **respond** with an answer that is **likely** to come true. When we become teens, we are asked the very same question twice as often. The difference is that we are supposed to answer with **confidence**.

As **teenagers**, we are expected to know exactly what we want to be and how we are going to achieve that goal. Not all of us can be so sure. Even though I am in high school, I cannot answer **confidently**. But I don't consider that a

bad thing. How am I supposed to know what I will want to spend my time doing at age 40?

When I think about the future, I definitely don't see myself working at the Market Basket, but in reality, if that was what would make me happy, I would do it. So, the next time someone asks me what I want to be when I grow up, I will simply say "happy."

Happiness is a **destination** for everyone. We may want to take different **paths** in life, but we all want to be happy wherever we end up. Choose your path, but don't worry too much about whether your choice is right or not. Make a mistake or two and try new things. But always remember: If you're not happy, you're not at the end of your journey yet.

destination / $_i$ destr'ner $_i$ n/ $_n$. 目的地; 终点 path / $_i$ pa: $_i$ θ/ $_n$. (人生的)发展路线,轨迹 end up 最终到达

self /self/ n. 自己; 自我 grocery /ˈgraysari/ store

grocery /'grəusəri/store n. 食品杂货店

respond /rɪ'spɒnd/ v. 作出反应;回应

likely /'laɪkli/ adj. 可能的

be supposed to do sth. 应该做某事;被期望做某事

confidence /'konfid(ə)ns/ n. 信心

teenager /ˈtiːnˌeɪdʒə/ n. (年龄在13岁到19岁之间的)青少年

even though 虽然; 尽管

confidently /'kpnfid(ə)ntli/ adv. 有信心地

Comprehension

- Choose the best answer to each of the following questions.
 - 1 Which of the following is NOT mentioned as a typical dream of five-yearolds?
 - A Being ballet dancers.
 - B Being policemen.
 - C Being firefighters.
 - D Being spacemen.
 - 2 Why did the writer want to work at a grocery store?
 - A Because it was common.
 - B Because it was likely to come true.
 - C Because it would be fun.
 - D Because it was well-paid.
 - 3 What is the main idea of the passage?
 - A Whatever career one chooses, happiness is the real destination.
 - B One should always keep to his childhood dream.
 - C One should try different things to enrich his life.
 - D One can clearly know his dream only when he grows up.



2 Complete the following summary with words from the passage.

When asked about my 1) in k	kindergarten, I drew a picture
of a stick figure with brown hair holding a bot	tle of orange juice over a
2), showing that I wanted to work	k at the Market Basket
because it would be fun to 3) ora	nge juice across the scanner
at the checkout counter. As a 4),	I am expected to know my
exact dream and how I will 5) tha	t goal. However, I am not so
6) about it even when I am in hig	h school. With growing up, I
gradually realize what I want is 7)	wherever I end up.

Vocabulary and structure

- 1 Compare each pair of words and complete the following sentences with the right one. Change the form if necessary.
 - 1 reading, readable
 The words and numbers in the table should be clearly ______
 I haven't had time to do much ______ lately.

 $_{_{
m JNIT}}$

2	draw, drawing has never been my interest.					
	I've never be	een able to				
3	like, likely					
		that the	boss will agree	with our plan.		
	He always _	to sle	eep late on Sund	days.		
4	confidence,	, confidently				
	She stepped	d on	to the stage and	d began to sing.		
	"Of course	we will win," the	football team c	aptain said with	·	
2 C	omplete the	following sente	nces with prop	er prepositions	s or adverbs.	
1	Their childre	n have all grown	ar	nd left home nov	V.	
2		n th				
3		·(暴雨) of rain pu			_	
4	Henry alway	s seems so conf	ident, but	reality he	e's very shy.	
5	There are sto	udy questions	the e	nd of each unit.		
	3 Add the suffix "-ness" to the words given below. Then complete the following sentences with the words thus formed. 13 后缀 -ness 一般加在形容					
	dark	shy	lonely	tired	kind	词后构成抽象名词,表示 "······的性质,状态,特
1		ercame her	, she be	ecame a very su	ccessful public	点"。如: happy + ness = happiness 快乐; 幸福;
2	speaker.	ara all in				sick + ness = sickness
2		are all in	`			疾病; polite + ness = politeness 礼貌。
3		oved by the				pointeness 和歌。
4 5		riends does not a _ is one of the mo			·	
3			ost common cat	3503 01 311033.		
4 C	ombine the f	ollowing senter	nces using "evo	en though."		4
		I am in high sch	_	_		even though 用于引导让步
		nough I am in hi		•		状语从句,表示"尽管;虽
	Or:	· ·	_	ven though I am	•	
1		d job. I enjoyed it	•	8	8	于句中。
2	It was rainin	g. She went out.				-
3	I take exerci	se regularly. I am	still gaining we	eight.		-
						_

- 4 He was wounded. He went on fighting.
- **5** They loved each other. They quarreled (争吵) from time to time.

Translation

- 1 Translate the following sentences into Chinese.
 - 1 My picture showed a stick figure with brown hair holding a bottle of orange juice over something like a counter.
 - **2** Yet we are not expected to respond with an answer that is likely to come true.
- 2 Translate the following Chinese sentences into English with the help of the words or phrases given in brackets.

1	他实现了自己成为一名歌手的愿望。(come true)
	His wish to
2	这趟火车可能要晚点了。(likely)
	This train

3 我的建议是演讲的时候要充满信心。(confidence)
My advice is _______

Passage B

Pre-reading

- 1 Work in groups to discuss the following questions.
 - 1 Do you like football? Why or why not?
 - 2 Do you think there are any similarities between living a life and playing football? If yes, what are they?

UNIT



Since I was five years old, I have been playing the game of football. I believe that football is not just a ball game, but also a game about life. When I am not on the field, I enjoy watching other kids play the game. They play without fear, reason and with a huge **grin** on their faces. As I've grown into the real world, I have begun to see the ties between life and football.

As I look down the line, I see everyone **dripping sweat**. I see the pain on each player's face. The coach blows the **whistle** and everyone starts rushing to the other end of the field. When things get hard, like what we experience in our **workouts**, there is no giving up. If we give up and quit, we may lose and be defeated. This **applies** to the real world as well. If you lose your job,

grin /grɪn/ n. 咧嘴笑;露齿笑grow into 开始适应drip /drɪp/ v. 滴(水等)sweat /swet/ n. 汗;汗水whistle /'wɪsl/ n. 哨子workout /'wɜːkaut/ n. 锻炼;训练apply /ə'plaɪ/ v. (对……)适用; (对……)有效as well 也;还

you have to go out and find a new one because you have to pay the bills. You can't quit because you will end up with nothing. Life isn't always fun and it can be **extremely** hard. Whether it is holding the state **championship** or getting a promotion, hard work always **reaps rewards**.

To be successful in football, you need to come together and be a team. You can't run forward if someone doesn't run back; you can't pass if there is nobody to pass to; you can't win if there is no team. You all have to work together no matter what your differences may be. This **teamwork** can be applied in the **exact** same way to your career. You will need to rely on co-workers to do their part while you do yours, coming together to get the job done. Now, you and your partners have faith in each other, and this faith will do great things.

Football is all about building and relying on relationships with others. Through all the blood, sweat, and tears you and your **teammates** have gone through, you now have a strong friendship that could last a **lifetime**. You have learned to trust each other. You know they will do anything for you, and you would do the same for them.

Football gets a lot of attention for the stars and the teams, but in my eyes it is more than that. I see life lessons that are there for us to learn and prepare us for the real world. For me, football has been and continues to be an **inspiration** in the game of life.

extremely /ɪk'stri:mli/ adv. 非常; 极其 championship /'tʃæmpiənʃɪp/ n. 冠军 reap /ri:p/ v. 收获; 获得 reward /rɪ'wɔːd/ n. 奖励; 回报 teamwork /'ti:mˌwɜːk/ n. 合作; 配合 exact /ɪg'zækt/ adj. 精确的; 确切的 rely on 指望; 信赖 teammate /'ti:mˌmeɪt/ n. 队友 go through 遭受; 经历

lifetime /'laɪf',taɪm/ n. 一生;终生

inspiration /ˌɪnspəˈreɪʃn/ n. 启发灵感的人(或物)



_{JNIT}

Comprehension

- Decide whether the following statements are true (T) or false (F).
 - 1 Since the writer was five years old, he has been playing the game of football.
 - 2 To be successful in football, all teammates must work together despite their differences.
 - 3 In our career, we need to rely on co-workers to do their part while we do ours, which is different from the game of football.
 - 4 Football is all about building and relying on relationships with others.
 - **5** The writer regards football as an inspiration in his life.

2 Work in groups to discuss the following questions.

- 1 What can football players get through all the blood, sweat, and tears they and their teammates have experienced?
- 2 What life lessons does the writer see from the game of football?

Vocabulary and structure

Match the words in Column A with their definitions in Column B.

Column A	Column B
drip	sb. who plays or works on the same team with you
extremely	to let liquid fall in the shape of small drops
workout	sb. or sth. that gives you new ideas and the enthusiasm to create sth. with them
reap	a series of physical exercises that you do to keep your body strong and healthy
teammate	correct and including all the necessary details
exact	very much
inspiration	to get sth. as a result of what you have done

3 After cleaning the bathroom, _ (我们可以把厨房也打扫一下).

4

2 Complete the following sentences with the words given below.

	grin	whistle	extremely	championship
	promotion	reward	teamwork	lifetime
1 2 3 4 5 6 7 8	They've held the The judge blew h Only The clerk was gir This is a(n) During her	for the last of th	•	time. n salary. o get it done. rld wars.
3 Co 1 2 3 4 5	She needs time Even when facin Very few people He is going	to grow g difficulties, she n dare go a very diffi	vith proper preposition the new working ever gave on stormy nights cult time, so we show can do nothing	environment buld help him.
4 Co	omplete the follo rackets into Engli ample: If v the real wo	wing sentences b ish using the expr ve give up and quit, v rld as well (这也适用	y translating the C ession "as well." ve may lose and be de	hinese given in efeated. <u>This applies to</u>
2	(我妹妹也要去).	can speak English;		

(你也去上海吗)? We can go together.

4

as well 意为"又;也",相 当于 too 或 also,常位于句 末,无需用逗号与前面的句 子隔开。

UNIT

Translation

- 1 Translate the following sentences into Chinese.
 - 1 Whether it is holding the state championship or getting a promotion, hard work always reaps rewards.
 - **2** Football gets a lot of attention for the stars and the teams, but in my eyes it is more than that.
- 2 Translate the following Chinese sentences into English with the help of the words or phrases given in brackets.

1	我们都将从这项重要研究中受益。	(reap)
---	-----------------	--------

We will all _____

2 他说他奶奶正遭受着一场疾病。(go through)

Can we ______?



Oral work

Work in groups to do the following activities.

1 Interview several classmates about what sports they like and how well they can do them.

very well	quite well	badly	not at all
			#
			-
	very well	very well quite well	very well quite well badly

2 Discuss the result of your interview and find out what sport is played very well by most of your classmates.

Grammar

The present simple tense & the past simple tense (一般现在时和一般过去时)

一、一般现在时

- 一般现在时表示经常发生的动作或现在存在的状态。一般现在时用动词的原形或第三人称单数来表示。
 - 一般现在时主要有以下几种用法:
- 1 表示现在的情况或状态。如:
 - 1) She is at work.
 - 2) Judy lives in Beijing now.
- **2** 表示经常性、习惯性、反复性的动作,常与 always, often, usually, sometimes, every day 等时间状语连用。如:
 - 1) My sister reads English every morning.
 - 2) Simon often plays football after school.
- 3 表示永恒的真理,不能和特定的时间连用。如:
 - 1) Two plus four is six.
 - 2) The moon goes around the Earth.
- **4** 表示按计划、规定将要发生的动作,但只限于少数动词,即 arrive, begin, close, come, end, go, leave, open, return, start, stop 等。如:
 - 1) The train leaves at 8:30 a.m. and arrives at 8:30 p.m.
 - 2) School begins in September.

二、一般过去时

- 一般过去时主要表示过去某一时间发生的动作或存在的状态。一般过去时用动词的过去式表示。
 - 一般过去时主要有以下几种用法:
- 1 表示在过去的某一时间发生的动作或存在的状态,常与表示过去时间的词语连用: yesterday, this morning, just now, a moment ago, in May, last night / week / year, once upon a time, the other day, before 等。如:
 - 1) He left for London yesterday.
 - 2) We visited their university last Friday.
 - 3) She suffered a lot in her childhood.

- 表示过去习惯性的动作。如: 2
 - 1) We often played tennis together last year.
 - 2) Sometimes we went to the countryside to visit our uncle when we were young.
- 表示客气的询问,常用于口语中,代替一般现在时,使口气显得委婉。如:
 - 1) I wondered if you could give me a lift.
 - 2) I wanted to ask if I could borrow your car.

E,	70	roicoc
		rcises
1		noose the correct tense of the verbs in brackets to complete the llowing sentences.
	1 2	Paul a teacher, but he a doctor 10 years ago. (is / was) Susan usually up at six o'clock in the morning, but she up one hour late this morning. (gets / got)
	3	She in Ningbo years ago and now she in Shanghai. (lives / lived)
	4	She often in the library before graduation. Now, she often in the bookstore. (reads / read)
2		omplete the following sentences with the correct tense of the verbs in ackets.
	1	Danny usually (play) computer games in the afternoon, but he
		(watch) a football match on TV yesterday afternoon.
	2	He (major) in Law at college and now (be) a lawyer.
	3	Her teacher (tell) her that light (travel) faster than sound.
	4	I (hope) you could give me some advice.
	5	The shop (open) at 10:00 a.m.

Writing

Topic sentences

主题句是某一段落主旨大意的概括,它能引导读者的思路,使段落的中心思想一目了然。大多数的主题句出现在段落的开头,开宗明义;有些主题句出现在段尾,概括全段;有时主题句也出现在段中。还有些段落没有明显的主题句,需要读者自己来概括总结。

Sample 1

<u>Colors of clothing are often closely related to your mood</u>. Red makes you feel active and alive. Blue, on the other hand, can be calming or it can be depressing. If you wear yellow, you will probably feel happy. Black can look wonderful and cool, or it can look plain, depending on how you accent it.

此段的主题句位于段首,开门见山地指出衣服的颜色和个人心情关系密切。接下来 的几句话围绕该主题具体地说明了不同的颜色可能代表什么心情。

Sample 2

Californians and New Englanders are both Americans. They speak the same language and obey the same federal (联邦的) laws. <u>But they are very different in their way of life.</u> Mobility (流动性) has made a great impression on the culture of Californians; lack of mobility is a mark of the customs and morality of New Englanders.

此段的前两句指出加州人和新英格兰人的相似之处,接下来的第三句是主题句,同时也是过渡句,说明他们在生活方式上有诸多不同。

Sample 3

English is spoken by pilots and airport control operators of the world. Over 70 percent of the world's mail is written in English. More than 60 percent of the world's radio programs are in English. <u>Clearly English is a mostly used international language</u>.

此段的前三句先具体说明英语在航空、书信、广播等方面的广泛使用,最后一句概 括说明英语是一种最常用的国际化语言,为结论性主题句。 Writing

E	xercise
CI	hoose a proper topic sentence for each of the following paragraphs.
1	I start the day by enjoying a refreshing swim. Then I walk along the beach and collect shells. Later you'll find me relaxing in the warm sunshine and making sandcastles. Then I sleep for a while before I open the basket of food and drinks that I always take with me. A This is how I spend a day on vacation B I went to the seaside every year C I get relaxed on vacation
2	Just as I settle down to read or watch TV, he demands that I play with him. If I get a telephone call, he screams in the background or knocks something over. I always have to hang up to find out what's wrong with him.
3	How much do you remember of what you have learned over the past academic year? How many of your high school classmates could you call by name right now? How many times a week do you forget appointments and other details of everyday life? Take it easy, A you should seek consultation from doctors B you need not worry about this all the time C we all forget all kinds of things all the time

Culture express

Attitudes to work



Work is central for many Americans in defining their sense of identity and self-worth. Even those who can afford not to work choose to work. To many, work is an end in itself: The sense of accomplishment is as much of a reward as the paycheck (工资) or pension (退休金) plan.



Japanese society values hard work. It is believed in Japan that no time should be wasted during work hours. Moreover, unpaid overtime is very common in Japan. It is thought that the high level of stress and so much overtime causes "karoshi"—a Japanese word meaning "death by overwork."



French society respects hard work, but not overwork. "Work hard but enjoy life" is the rule to follow. The French work 35 hours a week and enjoy as an official right a long holiday of five weeks a year. They also have more national holidays than people in the United States or the United Kingdom do.

Work in groups to discuss the following questions.

- 1 What do you think of the attitudes to work in the U.S.A., Japan, and France?
- What kind of job would you like to have after graduation: a stressful, high-income job, or an easier, modest-income one, a job that you do not like but comes with a high income, or a job that you like but is not well-paid? Why?