

Unit 1 School Is Interesting

【单元主题 多维诵读】

【诵主题佳句】

1. My school life is filled with fun and learning.
我的校园生活既有学习也有玩乐。
2. There are not only many different kinds of courses in our school, but also various interesting activities.
我们学校不仅有很多不同种类的课程，还有各种有趣的活动。
3. With the help of our teachers, I've learned how to be a good person as well as plenty of knowledge.
在老师的帮助下，我学会了如何成为一个即品行端正又富有学识的人。
4. I hope to learn more knowledge and skills at school to prepare for my future.
我希望在学校学习更多的知识和技能，为我的未来做好准备。
5. From the bottom of my heart, I feel very lucky to meet such nice teachers and classmates and study in such a wonderful school.
从内心深处，我感到很幸运能够遇到这么好的老师和同学，能够在这么好的学校学习。

【咏主题时文】

| | |
|--|--|
| <p>主题时文</p> <p>Dear Jack,</p> <p>How is it going? ①Hearing that you're interested in what my school life is like, I'd like to share it with you.</p> <p>As a vocational school students, I ②not only learn Chinese, math and other subjects in the classroom but also receive skill training in workshops. After class, I can take part in various club activities, such as singing, dancing, drawing, playing football and so on. These activities help me relax and make more friends.</p> <p>In a world, my school life is ③so happy and meaningful that I enjoy it very much. What about you? Please write to me soon.</p> <p style="text-align: right;">Yours, Li Hua</p> | <p>名师点评</p> <p>①现在分词 hearing 后跟 that 引导的宾语从句作原因状语，开篇引入话题。</p> <p>②not only...but also... 连接并列语，阐述了职业学校学习的特点。</p> <p>③结尾用 so...that 引导状语从句，总结职业学校生活充满快乐与意义。</p> |
| <p>解读：这是一篇谈论校园生活的书信体作文。在写这类作文时，要根据信的内容考虑如何开头、展开和结尾。另外，可以用一些能承上启下的词语使行文更加连贯。</p> | |

Unit 2 We Are Friends

【单元主题 多维诵读】

【诵主题佳句】

1. Everyone needs friendship.
人人需要友谊。
2. True friendship lasts forever.
真正的友谊天长地久。
3. A life without a friend is a life without a sun.
人生在世无朋友，犹如生活无太阳。
4. Day by day, we became the best friend and stuck together like glue.
日复一日，我们成了最好的朋友，像胶水一样粘在一起。
5. Sometimes a misunderstanding occurs between friends unavoidably.
有时朋友之间难免有误会。

【咏主题时文】

| | |
|--|---|
| <p>主题时文</p> <p style="text-align: center;">Friendship</p> <p>①Friendship is one of the most valuable things in life. It is a bond that brings us happiness, support, and unforgettable memories. A true friend is someone who understands you and stands by your side, no matter what happens.</p> <p>I still remember the time my best friend helped me before an important exam. I was feeling very nervous, but she encouraged me and shared her tips for studying. ② It was her kindness and support that gave me the confidence to do my best. This experience showed me that friends can make a big difference in our lives.</p> <p>In my opinion, good friendships are like small treasures. They teach us how to share care, and grow together. It is important to cherish these relationships and show gratitude to our friends. ③After all, life is more colorful when we have friends to share it with!</p> | <p>名师点评</p> <p>①用“one of the +最高级+名词复数”的结构简单明了说出了友谊对人的重要性。</p> <p>②运用强调句结构 it was...that..., 肯定朋友对作者的帮助。</p> <p>③when 引导状语从句，重申友谊的巨大作用。</p> |
| <p>解读：这是一篇谈论友谊的议论文，该篇文章说理清楚，语言流畅，句式表达多样。首先，在文章开篇，作者开门见山地提出自己的观点——友谊是生命中最宝贵的东西之一。接着作者在第二段用自己接受朋友帮助的例子论证了友谊的重要性。最后，作者在结尾段做到了首尾呼应，重申了友谊的作用，使全文浑然一体。</p> | |

Unit 3 Sports Are Good for You

【单元主题 多维诵读】

【诵主题佳句】

1. There is no doubt that exercise is good for our health.
毫无疑问，运动对我们的健康有好处。
2. More and more people today are realizing the importance of regular physical exercise.
如今越来越多的人意识到规律地进行体育锻炼的重要性。
3. Sports can build our bodies, prevent us from getting too fat, and keep us healthy.
体育运动能增强我们的体质，防止发胖，以及保持身体健康。
4. Doing sports can not only reduce our stress but also make us more confident.
做运动不仅可以减轻我们的压力，还可以让我们更自信。
5. Taking exercise regularly can help me feel energetic and improve my study efficiency.
定期锻炼可以使我精力充沛并帮助我提高学习效率。
6. In short, doing sports benefits our health and makes us a better person.
简而言之，运动有益于我们的健康，使我们成为更好的人。

【咏主题时文】

| | |
|--|---|
| <p>主题时文</p> <p>①Sports benefit people in many ways. Doing sports can help us build a strong body and keep us fit. Besides, sports can raise our spirits. It is an effective way to reduce pressure and keep a pleasant mood. What's more, doing sports can make our life more colorful.</p> <p>②There are many kinds of sports which are fun and healthy. For example, playing badminton is a good start. It's not difficult and it can help you exercise nearly every part of your body. It also requires teamwork which can lead to a closer relationship with your friends. Swimming is also a good choice. ③When you swim in the water, you can leave all worries behind. It can also exercise your body and is good for your heart and lung.</p> <p>We all should keep the habit of taking exercise. Let's do sports every day and live a healthy life.</p> | <p>名师点评</p> <p>①单词 benefit 表示“有益于，有利于”，属于高级词用法。</p> <p>②这是一个高级句型，which 引导限制性定语从句，修饰先行词 sports，用法准确，彰显了作者的语法功底。</p> <p>③本句运用 when 引导的状语从句来增强表达。另外，本句还使用了 leave ... behind（把……抛诸脑后）的地道短语。</p> |
| <p>解读：这是一篇谈论运动与健康的议论文。文章第一大亮点是结构清晰：第一段首句开门见山提出作者的观点“体育在很多方面对人们有益。”第二段以羽毛球和游泳为例论证了第一段的观点。第三段呼吁大家养成运动习惯。文章第二大亮点是点睛词汇的运用。raise one's spirits 振奋精神；reduce pressure 减轻压力；keep a pleasant mood 保持愉快的心情；leave all worries behind 把所有的烦恼抛在脑后；keep the habit of ...保持...的习惯。</p> | |

Unit 4 How Can I Get There?

【单元主题 多维诵读】

【诵主题佳句】

1. Green travel, especially public transport, make a positive contribution to the environment and society.

绿色出行，特别是公共交通，对环境和社会做出了积极贡献。

2. In this way can we protect our environment and keep fit.

通过这种方式，我们可以保护环境并保持健康。

3. I hope through green travel can we protect the environment and save resources.

我希望通过绿色出行，我们可以保护环境，节约资源。

4. Green travel is not just about convenience; it's a responsibility to our planet.

绿色出行不仅是便利，更是我们对地球的责任。

5. In short, if everyone chooses green transportation, the environment will become better and better.

总之，如果每个人都选择绿色交通，环境就会越来越好。

【咏主题时文】

| | |
|---|---|
| <p>主题时文</p> <p style="text-align: center;">Green Travel</p> <p>① As more and more people begin to pay attention to the protection of the environment, the green travel has become a fashionable way of traveling. The green travel plays an important role in protecting the environment and promoting the development of the society.</p> <p>There are many advantages in the green travel. ② First, it can save energy and reduce air pollution. Second, it can improve the traffic condition. Third, Walking or cycling can provide us with a good opportunity to exercise.</p> <p>In a word, it's time to promote the green travel. ③ From now on, we should take public transport as much as possible when going out.</p> | <p>名师点评</p> <p>①as 引导状语从句，指出绿色出行成为一种潮流。</p> <p>②使用了 First、Second、Third 这类表示先后顺序的词列举观点，使文章结构清晰，富有条理。</p> <p>③使用高级表达 as much as possible 为文章增色不少。</p> |
| <p>解读：这是一篇倡议类作文。文章第一大亮点是结构清晰：第一段讲述绿色出行的现状；第二段列举绿色出行的优点；第三段，呼应第一段并提出倡议。文章第二大亮点是点睛词汇的运用。pay attention to 注意；play an important role in...在……方面起重要作用；promote the development of the society 促进社会发展；provide... with... 为……提供……。</p> | |

Unit 5 We Have Only One Earth!

【单元主题 多维诵读】

【诵主题佳句】

- 1. More and more people realized that protecting environment is very important.
越来越多的人意识到保护环境非常重要。
- 2. It's our duty to protect the environment.
保护环境是我们的义务。
- 3. The reason why we have to grow trees is that they can provide us with fresh air.
我们必须种树的原因使它们能供应我们新鲜的空气。
- 4. We should spare no effort to beautify our environment.
我们应该不遗余力地美化我们的环境。
- 5. All in all, everyone should make a contribution to protecting the environment.
总而言之，每个人都应该为保护环境做出贡献。

【咏主题时文】

| | |
|---|--|
| <p>主题时文</p> <p>Protect the Earth</p> <p>The earth is the only home for everyone on it. However, our earth has been polluted seriously. As vocational school students, we ①have the power to make a difference and help save the earth.</p> <p>First of all, we can begin with small things, such as saving water, planting more tress. In addition, it's important for us to stick to 3Rs (reduce, reuse, recycle). For example, we should try to reuse old textbooks, ②so people needn't cut down more trees to make paper. Last but not least, we'd better choose to ride a bike or take public transport instead of taking a private car to help stop air pollution.</p> <p>By doing our part, we can make a difference to the environment and create a better future for ourselves. ③Let's protect it together!</p> | <p>名师点评</p> <p>①使用了高级短语 have the power to do sth.。</p> <p>② so 引导结果状语从句。</p> <p>③祈使句结尾，丰富了文章的表达方式。</p> |
| <p>解读：这是一篇宣讲环境保护的作文。首先，本篇文章结构饱满。开篇点题说明环境现状及环境保护的重要性；第二段依次介绍环境保护措施；第三段总结环境保护的意义并呼吁大家保护环境。其次，本篇文章过渡自然。作者有效使用了语句间的连接成分，如 First of all, In addition, Last but not least, 这使得文章结构清晰，层次分明。另外，该篇文章句式丰富、准确。作者在第二段的描写中应用了 It's important for sb. to do something、had better do something 等句型，显示了其较高的语言应用水平。</p> | |

Unit 6 Not Just Tasty

【单元主题 多维诵读】

【诵主题佳句】

1. As the saying goes, you are what you eat.

俗话说：人如其食。

2. It is of great importance to maintain a healthy diet for our physical and mental health in order to live a fulfilling life.

为了过上令人满意的生活，保持健康的饮食对我们的身心健康非常重要。

3. Eating a balanced diet can help prevent diseases and promote overall physical well-being.

均衡饮食有助于预防疾病，促进整体身体健康。

4. A key to healthy eating is to eat slowly because it can allow your body to digest your food better.

健康饮食的关键是慢慢吃，因为它可以让你的身体更好地消化你的食物。

5. It is important to have some meat, beans, or dairy products in your daily diet, as they can provide the necessary protein for strong bones and muscle growth.

在日常饮食中摄入一些肉类、豆类或乳制品很重要，因为它们可以为强壮的骨骼和肌肉生长提供必要的蛋白质。

6. All in all, let's have a healthy diet and be a wise eater from now on.

总而言之，从现在开始，让我们保持健康的饮食，做一个吃得明智的人。

【咏主题时文】

| | |
|--|---|
| <p>主题时文</p> <p style="text-align: center;">Healthy diet habits</p> <p>As we all know, healthy diet habits ①play an important role in our daily life, and I'd like to share my diet habits with you.</p> <p>②First of all, start our day with a big breakfast. I have an egg and a cup of milk and some fruit because they are very nutritious. As for lunch, I often have lots of food rich in protein such as beef and seafood to provide my body with protein to help my bones grow. When it comes to dinner, I often eat an apple and vegetable salad. As the saying goes, "An apple a day keeps the doctor away." In addition, I never eat junk food like hamburgers, ice cream, Cola, because they do harm to our health.</p> <p>To sum up, I think I have healthy diet habits. ③Not only do I eat healthy food, but I also eat at a proper amount.</p> | <p>名师点评</p> <p>①用 play an important role in 表达健康饮食习惯在日常生活中的重要性。</p> <p>②巧妙使用了语句间的连接词，如：First of all, As for, When it comes to, In addition, 将一日三餐顺畅地连接起来。</p> <p>③Not only ...but also 连接并列句，前分句部分倒装，强调重视健康饮食，呼应前文。</p> |
| <p>解读：这是一篇宣讲健康饮食的作文。文章的框架为首段引入话题，介绍饮食习惯；正文具体介绍一日三餐的饮食及原因；最后一段总结自己的饮食习惯。除了流畅的作文结构之外，本文还应用了一些好词佳句。如：nutritional 营养的；rich in protein 富含蛋白质的；第二段首句运用祈使句 start our day with a big breakfast（一顿好的早餐是一天的开始）来丰富句式……</p> | |

Unit 7 When Disaster Strikes

【单元主题 多维诵读】

【诵主题佳句】

1. During an earthquake, it is important to stay calm and take quick action to stay safe.
在地震期间，保持冷静并迅速采取行动以确保安全非常重要。
2. It is necessary for us to learn how to protect ourselves when the earthquake happens.
我们有必要学会在地震发生时如何保护自己。
3. Last but not least, we should have strong belief to defeat it and never give up.
最后但同样重要的是，我们应该有坚定的信念战胜它，永不放弃。
4. Thanks to people's help, the loss was minimized.
多亏了人们的帮助，损失降到了最低。
5. We expect that these survival skills can help more people.
我们希望这些生存技能可以帮助更多的人。

【咏主题时文】

| | |
|--|--|
| <p>主题时文</p> <p>Today I'd like to talk about how to protect ourselves in the flood.</p> <p>① First, we should often watch the news about the flood during the rainy season. We need to prepare water, food and medicine before the disaster comes. Second, when a flood comes, we must move to higher places at once. Remember not to try to swim in the flood. Third, if the flood washes us away, we should keep calm and catch something made of wood.</p> <p>② I hope all of us remember these ways to keep safe.</p> | <p>名师点评</p> <p>① 使用了 First、Second、Third 这类表示先后顺序的词列举作者的建议，使文章结构清晰，富有条理。</p> <p>② 结尾运用宾语从句提出希望，与首段呼应。</p> |
| <p>解读：这是一篇建议类作文。文章的框架为首段引入话题——如何在洪灾中保护自己；正文给出具体建议；最后一段提出希望。除了流畅的作文结构之外，本文还运用了状语从句、祈使句、后置定语，为文章增色不少。</p> | |

Unit 8 Enjoy the Festivals

【单元主题 多维诵读】

【诵主题佳句】

1. It is traditionally held on August 15th in the Chinese lunar calendar.
中秋节传统上在中国农历八月十五日举行。
2. The festival has over two thousand years of history, which is usually said to honor the great poet Qu Yuan.
这个节日有两千多年的历史，通常被认为是为了纪念伟大的诗人屈原。
3. Children who are far away from home return to their families to get together on that day.
在这一天，远离家乡的孩子们会回家团聚。
4. During the festival, people usually pay a visit to relatives and good friends.
节日期间，人们通常会拜访亲友。
5. I hope that my letter will help you know more about Chinese festivals.
我希望我的信能帮助你更多地了解中国的节日。

【咏主题时文】

| | |
|--|--|
| <p>主题时文</p> <p>Dear Jack,</p> <p>I have learned from your letter that you take a great interest in the Lantern Festival. I am very glad to introduce it to you.</p> <p>The Lantern Festival is one of the biggest festivals in China. It ①falls on the 15th day of the first lunar month and marks the end of the Spring Festival. To celebrate this festival, people will have the family reunion dinners and eating tangyuan, a kind of sweet dumplings. ②After that, they will go outside to have a look at the lanterns which are made in the shape of different things and guess the riddles on the lanterns. What's more, you can also enjoy some wonderful folk performances, such as dragon dance, yangko (秧歌) and stilt shows (高跷表演).</p> <p>③I strongly suggest that you should pay a visit to China to celebrate the wonderful festival with us and experience the traditional Chinese culture.</p> | <p>名师点评</p> <p>① “fall on +日期” 表示“(节日等)适逢(某日), 正当(某日)”, 此处用得恰当传神。</p> <p>② After that、What's more 等过渡词的应用阐述了元宵节的不同活动, 增强了文章的条理性。</p> <p>③文章结尾运用宾语从句, 希望 Jack 能来中国亲身体验元宵节的魅力, 做到了与前文呼应, 自然收尾。</p> |
| <p>解读: 这是一篇书信类作文, 属于说明文文体。这篇文章从节日的日期和意义、节日的传统及习俗等方面展开介绍中国的传统节日——元宵节。本文时态采用一般现在时, 人称以第三人称为主, 以第一人称为辅。</p> | |