

Unit 4 Book 1 练案

I. Fill in the blanks with proper words

1. rescue

What are the _____ workers and soldiers doing in the flood-hit area? 在受灾地区, 救援人员和士兵在做什么?

They were _____ by helicopter. 他们被直升机救走了。

Ten fishermen were saved in a sea _____. 在一次海上营救行动中, 十名渔民获救。

Many people burst into tears when a _____ carried a girl out of the ruins.

当一名救援者从废墟里抱出一个女孩时, 在场的许多人不禁潸然泪下。

Internet _____ camps in South Korea and China try to save kids addicted to the screen.

韩国和中国的网络救援营试图拯救沉溺于手机的小孩。

Firefighters rescued a child _____ a burning building. 消防队员从着火的大楼里救出了一个孩子。

Keys: rescue, rescued, rescue, rescuer, rescue, from

2. damage

The earthquake caused serious _____ to the house. 地震给这所房子造成了严重的损坏。

Which buildings were _____ in Seoul? 首尔哪些建筑物受损?

Smoking seriously _____ your health. 吸烟严重损害健康。

The fire badly _____ the town hall. 火灾使市政厅遭到严重破坏。

The storm didn't _____ much damage to crops. 暴风雨并未对庄稼造成严重损失。

Keys: damage, damaged, damages, damaged, do

3. destroy

Nearly everything in the city _____. 城里几乎所有的东西都被毁了。

They've _____ all the evidence. 他们销毁了一切证据。

Heat gradually _____ vitamin C. 加热会逐渐破坏维生素 C。

You have _____ my hopes of happiness. 你毁掉了我得到幸福的希望。

A man can _____ but not defeated. 人可以被毁灭, 但无法被打败。

Those already sold are to be recalled for repair, replacement or _____.

已经销售的要召回修理、替换或销毁。

Keys: was destroyed, destroyed, destroys, destroyed, be destroyed, destruction

4. death

Before modern medicine changed the laws of nature, many children _____ of common childhood diseases. (2015 广东)

在现代医学改变自然法则之前, 许多儿童死于常见的儿童疾病。

You may drink, smoke, be overweight and still reduce your risk of _____ early by running. (2018 全国)

你可以喝酒, 吸烟, 肥胖, 但通过跑步你仍然可以降低死亡率。

Mr. Holden returned home from his holiday upset and convinced his pet was _____. (2015 陕西)

当 Holden 先生度假回到家时, 他很伤心, 因为他确信的自己的宠物已经死了。

He thought that Joe must be _____, but he didn't want to leave immediately. (2014 全国 I)

他认为 Joe 一定死了, 但他不想立刻离开。

It should not cause _____ traffic accidents. (2017 天津) 这不应该导致致命的交通事故。

The _____ and what you need to apply depend on the program. (2019 全国卷 I)

最后期限以及你需要申请些什么取决于项目。

I knew it was the difference between life and _____ (2017 北京卷)

我知道这是生与死之间的差别。

Only five years after Steve Jobs' _____, smart-phones defeated conventional PCs in sales. (2017 江苏)

仅在 Steve Jobs 去世五年后，智能手机就在销售量上击败了传统电脑。

Keys: died, dying, dead, deadly, deadlines, death, death

5. affect

A bad home environment can _____ a child's healthy growth. 不良的家庭环境能影响儿童的健康成长。

The thoughts and behaviors of a teacher will _____ those of his pupils.

教师的思想和言行将影响到其学生的品质。

The illness has _____ both her mental and physical health. 这种疾病损害了她的身心健康。

They were deeply _____ by the news of her death. 她死亡的消息使他们悲伤不已。

You might also begin to notice the _____ not only on your health but in your pocket. (2018 浙江卷)

你可能也会开始注意到，它不仅对你的健康，而且对你的经济都有影响

The weather _____, both good and bad, are felt in many places. (2016 江苏卷)

天气的影响，无论好的还是坏的，在很多地方都能察觉到。

Your house may have an effect _____ your figure. (2015 全国 II) 你的住处可能对你的身材有影响。

Headaches are one of the _____ effects of the drug. 头痛是这种药物的副作用之一。

They have reduced pollution through _____ measures. (2014 全国卷)

So far there is no _____ way to get rid of it. (2018 北京卷) 到目前为止还没有有效的方法摆脱它。

There are actually healthier ways that can work just as _____. (2015 重庆卷)

实际上有更加健康而且同样有效的方法。

Regardless of your choice of course, you'll develop your language ability both quickly and _____. (2016 天津卷)

无论你选的那一门课，你都能迅速而有效地培养你的语言能力。

When communication becomes more _____, people are able to contact one another no matter where they are and at whatever time they wish to. (2014 江西卷) 当交流变得更加高效时，人们就可以随时随地彼此联系。

Now that Chicago's waste water was draining _____ into the Chicago River, the city's next step was to clean the polluted river. (2015 湖南卷)

既然芝加哥市的废水更高效地排入了芝加哥河，该市的下一步举措就是治理这条被污染的河流。

Understanding your own needs and styles of communication is as important as learning to convey your _____ and emotions. (2014 湖南卷) 理解你自己的需求与交流风格就像学会表达你的喜爱与感情一样重要。

Keys: affect, affect, affected, affected, effects, effects, on, side, effective, effective, effectively, effectively, efficient, efficiently, affection

6. shelter

Workers built _____ for survivors whose homes had been destroyed.

救援人员为那些家园被毁的幸存者盖起了避难所。

People were running for the shelter _____ the storm. 人们跑着找地方躲避暴风雨。

Many are sleeping in the open because they have no _____. 很多人因为没有栖身之所，只好露宿在外。

Perhaps I _____ my daughter too much. 也许我对女儿保护过度了。

Some parents want to shelter their children _____ any harm.

一些父母想要保护他们的孩子不受一点伤害。

Keys:shelters, from, shelters, sheltered, from

7. crack

There were deep _____ that appeared in the well walls. 井壁上出现了深深的裂缝。
This cup has a _____ in it. 这杯子有一道裂痕。
The glass will _____ if you pour hot water into it. 别往玻璃杯里倒热水，不然会烫裂杯子。
The ice _____ as I stepped onto it. 我一踩冰就裂了。
The little boy failed _____ the walnut. 小男孩没能砸开核桃。
She dropped a plate and _____ it this morning. 今天早上她把一个盘子掉在地上打破了。
Keys:cracks, crack, crack, cracked, to crack, cracked

8. as if

It seemed as if the world _____ (be) coming to an end. 世界似乎要到末日！！
It seems as if our team _____ (be) going to win. 看来我们队要胜了。
She stood at the gate as if she _____ (be) waiting for someone. 她站在门口好像在等人。
Some people like to talk about film stars' personal life as if they _____ (be) close friends.
一些人喜欢谈论影星的私生活，好像他们是亲密朋友。
She loves the boy as if she _____ (be) his mother. 这男孩，就好像她是他的母亲一样。
It was John who broke the window. Why are you talking to me as if I _____ (do) it?
打破窗子的是约翰，为什么你和我说话，好像是我打破的。
He walked in as if he _____ (buy) the school. (2012 广东)
Keys:were, is, was, were, were, had done, had bought

9. ruin

The bad weather _____ our trip. 坏天气毁了我们的旅行。
My new shoes got _____ in the mud. 我的新鞋被泥浆毁了。
The crops _____ by the heavy rain. 农作物被大雨全毁了。
Everywhere survivors looked, there was nothing but _____. 幸存者无论朝哪里看，除了废墟什么也没有。
The house has fallen _____ ruins. 房子倒塌成了废墟。
Drinking was the _____ of him. 酗酒毁了他。
In less than one minute, a large city lay _____. 在不到一分钟内，一座大城市就沉沦在一片废墟之中。
The castle now lies _____. 这个城堡现在已成为一片废墟。

destroy/damage/ruin

The earthquake _____ almost the whole town. 地震几乎毁灭了整个城镇。
His hope of being a writer was _____. 他想成为一个作家的希望破灭了。
Hundreds of houses in the area were _____ by the storm. 暴风雨毁坏了这个地区数以百计的房屋。
The accident did a lot of _____ to his car. 这次车祸使他的车受到很大的损坏。
The floods _____ many precious paintings. 这次水灾毁坏了很多人珍贵的画。
You'll _____ your health if you go on like this. 这样下去你会毁了你的身体的。
Keys:ruined, ruined, were ruined, ruins, into, ruin, in ruins, in ruins, destroyed, destroyed, damaged, damage, ruined, ruin

10. shock

The little boy was speechless with shock. 那小男孩_____得说不出话来。

He has never recovered from the shock of his wife's death. 他从未从妻子去世的_____中恢复过来。

Don't touch that wire or you'll get a shock. 别碰那根电线, 不然你会_____的。

People were in _____—and then, later that afternoon, another big quake shook Tangshan again.

人们惊呆了。接着, 在下午晚些时候, 唐山又发生了一次大地震。

The news of his death _____ all of us. 他死亡的消息我们所有的人都感到震惊。

Everyone in the street _____ by the news. 街上所有的人都被那条消息震惊了。

She is still _____ shock after the accident. 事故发生后到现在, 她仍然处于休克状态。

I was _____ to hear the _____ news. 听到这个令人震惊的消息, 我感到很震惊。

Keys: 震惊, 打击, 触电, shock, shocked, was shocked, in, shocked, shocking

11. trap

The thick smoke and flames _____ people upstairs. 浓烟和火焰把人们困在了楼上。

The children _____ in the burning building were saved at last. 被困在燃烧着的楼房里的孩子们最后得救了。

A fox was caught in a _____. 一只狐狸掉进了陷阱里。

Some women see marriage as a _____. 有些妇女把婚姻视作围城。

Soon after the quakes, the army sent 150,000 soldiers to Tangshan to dig out those who _____ and to bury the dead.

地震后不久, 部队派了 15 万名战士到唐山将受困的人们挖出来, 并将死者掩埋。

Some of the workers _____ the ruins. 有些工人被困在废墟中。

They trapped her _____ marrying their son. 他们诱使她嫁给他们的儿子。

Keys: trapped, trapped, trap, trap, were trapped, were trapped in, into

12. bury / 'beri / vt. 掩埋; 埋葬

破拆法: bu(不)+r(让)+y(养) 助记: 既然不让养, 就把它埋了吧。

He died at the age of 80 and was _____ in his homeland. 他 80 岁去世了, 被安葬在他的家乡。

I was looking for my handbag, which _____ under a pile of old newspapers.

我正在找被埋在一堆旧报纸下面的手提包。

He buried his face _____ his hands and wept. 他双手掩面而泣。

She had learnt _____ her feelings. 她已经学会了感情不外露。

My father buried his head / himself _____ his newspaper.

= My father _____ his newspaper. 我父亲专心致志地看他的报纸。

_____ my book, I didn't realize it was raining. 我专心致志地看书, 没注意到下雨了。

Keys: l. buried, was buried, in, to bury, in, was buried in, Buried in

13. breathe

Slowly, the city began to _____ again. 慢慢地, 这座城市又开始出现了生机。

It's good for the health _____ deeply. 做深呼吸对身体有益。

Most people don't realize that they are _____ polluted air. 大多数人没有意识到自己正呼吸着污染了的空气。

You can see peoples' _____ on a cold day. 冷天能看到人们呼出的空气。

She _____ a deep breath. 她做了一次深呼吸。

By mile 17, I became out of _____ and the once injured ankle hurt badly. (2018 北京)

跑到 17 英里的时候，我变得上气不接下气，受伤的脚踝疼的要命。

I paused to _____ my breath and then positioned myself to take the best photo of this panorama(全景).(2017 天津)
我停下来恢复呼吸，并找好位置去拍一幅最佳的全景照。

Keys:breathe, to breathe, breathing, breath, took, breath, caught

14. effort

With strong support from the government and the tireless _____ of the city, a new Tangshan was built upon the earthquake ruins. 在政府的大力支持和全市人民的不懈努力下，一个新的唐山在地震废墟上建成了。

You should put more _____ into your work. 你应该更加努力地工作。

All my _____ ended in failure. 我的一切努力最后都无济于事。

A winner is one with _____ great effort of will. 成功者是有着强大努力意志的人。(2018 北京)

So I _____ an effort to be on time when I meet my friends. 所以当我与朋友见面时，我努力做到守时。

He was _____ an effort to control himself. 他努力控制自己的情绪。

These flowers, with or without human care, whether or not some people appreciate, always _____ every effort to open their flowers. 这些花儿，不管有没有人在意，不管是不是有人欣赏，总是要竭尽全力开出自己的花朵。

Dear fellow students, let's start right now and _____ no effort to do a little bit every day, every hour, and every minute!

亲爱的同学们，让我们从现在起，每一天，每一小时，每一分钟，都不遗余力地做一点贡献！

Keys: efforts, efforts, efforts, a, make, making, make, spare

15. suffer

Within a few days she had become seriously ill and _____ great pain. 几天的时间，她就病得很严重了，疼痛难忍。

The company _____ heavy losses last year. 公司去年出现巨额亏损。

They _____ terribly when their son was killed. 儿子遇难之后，他们悲痛欲绝。

At least he died suddenly and didn't _____. 起码他死得很突然，没遭受痛苦。

He suffered _____ poor eyesight and could no longer read properly. 他视力不好，再也不能正常阅读了。

Some were found alive, though they were _____ from terrible injuries. 有些人被发现还活着，尽管他们受到了严重的伤。

He appears to be strong and healthy, but he suffers _____ heart disease. 他看上去强健，其实他患有心脏病。

This new cancer treatment offers hope to many _____. 这新的癌症治疗法给许多病人带来希望。

We must bring _____ and hunger to an end in the world. 我们必须结束世界上的苦难和饥饿。

A man who fears _____ is already suffering from what he fears.

害怕承受痛苦的人，他已经在承受害怕本身所带来的痛苦了。

Keys:suffered, suffered, suffered, suffer, from, suffering, from, sufferers, suffering, suffering

16. supply

Russia supplies the European countries _____ natural gas.

= Russia supplies natural gas _____ the European countries.

俄罗斯向欧盟国家输送天然气。

The supplies which _____ to the disaster area were collected from around the country.

向灾区提供的物资是从全国各地收集的。

Our water _____ has been cut off. 我们断水了。

Books were _____ short supply. 书籍供应短缺。

Key: with, to, were supplied, supply, in

17. survive

She's feeding the baby who _____ the earthquake 她正在喂养地震中幸存的婴儿。
 Many birds didn't _____ the cold winter. 很多鸟死于这次严冬。
 She survived her husband _____ ten years. 丈夫死后她又活了十年。
 Of the six people injured in the crash, only two _____. 因这次撞车事故受伤的六人中，只有两人活了下来。
 Companies must be able _____ in the marketplace. 公司必须有能力在市场竞争中生存下去。
 Some strange customs have survived _____ earlier times. 有些奇怪的风俗是从早年留存下来的。
 I can't survive _____ £40 a week. 一星期 40 英镑，我无法维持生活。
 Everywhere _____ looked, there was nothing but ruins. 幸存者无论朝哪里看，除了废墟什么也没有。
 Many firms will die, but the _____ will get stronger than before. 许多公司将会倒闭，但是幸存下来的会更强大。
 I think life is a struggle for _____. 我认为生活就是一场奋力求生的斗争。
 If cancers are found early there's a high chance of _____. 如果癌症在早期发现的话，存活的几率会很高。
 Keys: survived, survive, by, survived, to survive, from, on, survivors, survival, survival

18. calm

We should _____ calm in the face of danger. 我们在危险面前要保持镇静。
 You will go somewhere quiet to calm your friend _____. 去个安静的地方让你的朋友平静下来。
 He took a deep breath to calm _____ down. 他深吸了一口气使自己平静下来。
 Gradually I _____ down and lost my anxiety. 我渐渐平静了下来，忘掉了焦虑。
 It's a hot and _____ day. I'd rather stay at home than go out. 天气炎热无风，我宁可待在家里也不想出门。
 In an emergency, she is always _____. 在紧急关头，她通常很冷静。
 The street is _____ at midnight. 深夜的街道非常安静。
 The girl is _____ and popular. 这个女孩很文静，很受欢迎。
 The man is very strange and _____. 这个男人非常奇怪，而且少言寡语。
 When asked about the accident, he stayed _____. 当被问起这起事故时，他保持了沉默。
 The _____ butterflies look like flowers. 那些静止的蝴蝶看起来像花朵。
 I like to sit in front of the door and overlook the _____ lake. 我喜欢坐在门前，远眺平静的湖面。
 Keys: keep/stay/remain, down, himself, calmed, calm, calm, quiet, quiet, silent, silent, still, still/calm

19. strike

The undersea quake _____ around 7:00. 海底地震发生在 7 点左右。
 The ship _____ a rock. 船触礁了。
 The child ran into the road and _____ by a car. 孩子跑到公路上给车撞了。
 _____ while the iron is hot. 趁热打铁。
 They went _____ for more money. 他们为了得到更多的钱而罢工。
 The workers _____ were all fired. 罢工工人都被解雇了。
 It suddenly _____ me how we could improve the situation.
 我一下子明白我们如何能改善局面了。
 Keys: struck, struck, was struck, Strike, on strike, on strike, struck

34. deliver/di'livə(r)/ vt. & vi. 递送；传达；发表；接生

However, dangerous conditions and damaged roads will make it difficult to _____ food and supplies.

然而，危险的状况和被毁坏的道路将使运送食物和供应品变得困难。

Do you have your milk _____? 你的牛奶是让别人送吗?

We promise _____ within 48 hours. 我们承诺在 48 小时内送到。

The president will _____ a speech about the economic development. 总统将就经济发展发表讲话。

Lin Qiaozhi often went late at night _____ a baby for a poor family. 林巧稚经常在深夜去为贫苦家庭的产妇接生。

She was delivered _____ a healthy boy. 她生下一个健康的男孩儿。

Keys: deliver, delivered, to deliver, deliver, to deliver, of

II. Fill in the blanks with proper forms of the given phrases.

slide into, a flood of, do damage to, have an effect on, shelter sb/sth from sb./sth., as if, in ruins, in shock, be trapped in, be buried in, hold one's breath, make an effort, suffer from, in the open air, come to power, with the aid of, sweep away, on strike, in summary

1. She looked around _____ (she were) in search of something.
2. People put up shelters _____.
3. I _____ books these days since the finals are coming.
4. It was very splendid once, but it is _____ now.
5. What you say or do will _____ others.
6. Michael is the greatest singer to me, and when they said he was dead, I was just _____.
7. I don't want to _____ my tiny little world, wasting the precious times.
8. _____, this was a disappointing performance.
9. It seemed possible that the US and China could _____ some form of trade war.
10. It's possible to _____ for three minutes, with practice.
11. The astronauts will _____ a carbon-dioxide headache. (2015 湖南卷)
12. The Republican Party _____ in 2016.
13. It shows that if you _____ to change, you can.
14. You can't _____ your brother _____ blame in the accident.
15. He succeeded _____ a new method he discovered.
16. Fishermen, tourists, hotels, homes, and cars _____ by huge wave.
17. We went _____ in support of our demands but nothing came of it.
18. As _____ problems and worries catches you up, sometimes it is the best way to talk to someone who would hear you out.

Keys: as if, in the open air, am buried in, in ruins, have an effect on, in shock, be trapped in, In summary, slide into, hold one's breath, suffer from, came to power, make an effort, shelter...from, with the aid of, were swept away, on strike, a flood of