

UNIT 4 早读材料

班级_____ 姓名_____ 小组_____

【必备词汇】

1. **beneficial** adj.有益的
2. **ask sb. for advice** 向某人征求意见
3. **make some suggestions** 提出一些建议
4. **view** n. 观点
5. **recommendation** n.推荐; **be highly recommended** 强烈建议
6. **be addicted to** 对.....上瘾
7. **significant** adj.有重大意义的
8. **propose** v.建议
9. **give sb. some advice on** 给某人提关于.....的建议
10. **concerning/regarding/as to/with regard to** 关于
11. **express one's views on...** 表达某人对.....的看法
12. **practical** adj.实用的
13. **prefer** 更喜欢
14. **personally** 就我个人而言
15. **learn a lot about** 了解许多关于.....
16. **moreover** 此外,而且
17. **a better choice** 更好的选择
18. **take...into account/consideration** 考虑.....;
19. **as well as** 也, 和

【高分句式】

一、 a good start

1. **Having learnt that** our library is planning to buy new books, **I'm willing to recommend**

some books to you.

得知我们图书馆准备买新书，我愿意向您推荐一些书。

2. **Glad/Pleased/Delighted to know that** you are traveling in Shanghai, **I think it is a good choice to** visit Huangpu River.

很高兴得知你在上海旅游，我认为参观黄浦江是个不错的选择。

3. I have learned that you **have some trouble in...** and would like to **give/offer you the following suggestions.**

我知道你在.....方面有困难，因此我想给你提如下建议。

4. **When it comes to/As for...**, the following are my suggestions. /My suggestions are **as follows.**

当涉及/关于.....，我的建议如下。

5. I'm writing to **give you some suggestions/give you a hand.**

我写这封信的目的是给你一些建议/帮助。

6. I'm **extremely delighted** to receive your letter **asking for my advice on** how to fit in the new school life.

很高兴收到你的来信，信上询问我关于如何适应新的学校生活。

7. Here are my some suggestions.

这有我的一些建议。

二、 a rich body

1. **The reason why I recommend this book is that** it emphasizes the importance of good habits.

我推荐这本书的原因是它强调好习惯的重要性。

2. It is a good way to **broaden your mind, through which** you can learn different cultures of the world.

这是一个很好的可以拓宽视野的方式。通过这种方式，你可以了解到世界上的不同文化。

3. **First of all**, you should listen to the teacher carefully and **take notes** in class so that you can **go over** your lessons **as soon as you can** after class.

首先，你应该认真听老师讲课。上课做好笔记，以便下课后可以及时复习。

4. I recommend it **mainly for the following two reasons.**

我推荐它主要有以下两个原因。

5. **In my opinion/As far as I'm concerned/Personally, it would be wise to** take the following action.

在我看来，采取如下行动是明智的。

6. I think it would **be of benefit/beneficial** if you...

我认为如果.....，将会受益。

7. **Doing...**is a good/great/better choice.

做.....是一个好的/棒的/更好的选择。

8. It is also a good idea/also helps to do..., **which can...**

做.....也不错，这能.....

三、 a beautiful ending

1. If you **need further information, don't hesitate to contact me.**

如果你需要更多信息，请联系我。

2. I'll be more than happy if you can **take** my recommendation/ideas **into consideration.**

如果你能考虑我的建议/想法，我会非常高兴。

3. I hope that my suggestions/advice will **be beneficial/of benefit to** you.

我希望我的建议对你有益。

4. I hope you will find my suggestions/advice helpful/useful/ practical/beneficial.

我希望你认为我的建议有帮助/有用/实用/有益的。

四、美文欣赏

你班上周开展了以“How Can We Build up Our Bodies?”为题的讨论，结果如下：1.均衡饮食提供充足营养；2.参与体育运动，强身健体；3.睡眠充足才能精力充沛。请根据讨论结果给班级英语角写一篇短文。

How Can We Build up Our Bodies?

Last week, students in our class had a heated discussion on **how we can build up our bodies.**(宾语从句)

We all consider **it** a good habit **to have a balanced (it 形式宾语后加 to do)**diet that **provides** our bodies **with** adequate nutrition.

Besides, sports can **contribute to building up** our bodies. What's more, we all believe that enough sleep can **make us energetic** and keep us healthy.

As far as I am concerned, the tips we listed are amazingly good for keeping healthy. However, I think **only when we stick to what we choose can we** have healthier bodies. (倒装句)