

## (外研版 2021 版)高中英语必修一课文及翻译

### Unit 1 A new start

#### Understanding Ideas

#### My first day at senior high

Monday 4 September

1. After I had pictured it over and over again in my mind, the big day finally arrived: my first day at senior high! I woke up early and rushed out of the door in my eagerness to get to know my new school.

2. The campus was still quiet when I arrived, so I decided to explore a bit. I was looking at the photos on the noticeboard when I heard a voice behind me. “New here?” Turing around, I saw a white-haired man. “Yes,” I replied. “I’m wondering what life is going to be like here.” “Don’t worry,” he gave me a smile. “You’ll soon find out.”

3. How true these words were! When my English teacher stepped into the classroom, I was surprised to see the same man I had met earlier.

4. “Good morning, everyone. Before we start, please come to the front one by one and introduce yourself to the class. I’ll go first...”

5. “What?!” I tried to turn on my brain but the engine just wouldn’t start. “I should say my name, of course. But what else? What could I say to make a good first impression? Something about my insect collection, perhaps.” I was organizing my words in my head when the girl next to me gave me a nudge. “It’s your turn!”

6. With butterflies in my stomach, I breathed deeply. “Hi, I’m Meng Hao.” Everyone started laughing. I looked at them in panic. “Nice to know we share the same name,” said my new teacher. I had been too nervous to pay attention when he introduced himself! Although I was embarrassed, his words made me a lot more relaxed!

7. When we had all introduced ourselves, Mr Meng said, “Well done, everyone! I

know this isn't easy for many of you. But this is just the kind of thing you are going to face at senior high. Challenges like this might sometimes put you under pressure. But it all depends on what you do. Keep calm and be prepared. That way, you'll make the most of your time at senior high.”

8. People say, “Well begun, half done.” I guess this was a good beginning to my new school life.

## 我的第一天高中生活

9月4日星期一

我在脑海中进行一遍又一遍地想象之后，如今这一天终于来了：我高中生活的第一天！我一大早就起床冲出家门，迫不及待地想要了解我的新学校。

我来到时校园里还很安静，我决定四处探索一番。当我正在看布告栏上的照片时，身后忽然传来一个声音：“你是新生吗？”我转过身，看到一位白发老人。“是的，”我回答道，“我想知道这里的生活将是怎么样的。”“别担心，”他对我微微一笑，“你很快就会知道了。”

这话说得真是太对了！当我的英语老师走进教室时，我很惊讶地发现，他就是我之前遇到那位老人。

“大家早上好。开始上课前，请大家依次到前面来向全班介绍一下你自己。我先来……”

“什么？！”我试图让我的大脑运转起来，但引擎怎么就是无法启动。“当然，我得先介绍我的名字。还有呢？我该说些什么才能给别人留下一个不错的第一印象呢？也许应该说说我收藏昆虫标本的事。”我正忙着在脑海中组织语言，坐在我旁边的女孩轻轻推了我一下：“轮到你了！”

我心里七上八下、紧张万分。我深吸一口气说：“大家好，我叫孟浩。”大家开始大笑起来。我惊慌失措地看着他们。“很高兴我们同名啊。”我的新老师说。我刚才太紧张了，竟然没有仔细听老师的自我介绍！尽管有些尴尬，但他的话还是让我放松很多！

我们都介绍完后，孟老师说：“大家都做得很好！我知道这对你们很多人来说并不容易，但这正是你们在高中阶段将会面对的。类似的挑战有时可能会让大家倍感压力，但这一切都取决于你自己的努力。大家要时刻保持冷静，做好准备，这样就可以充分利用高中的时光了。”容易，但这正是你们在高中阶段将会面对的。类似的挑战有时可能会让大家倍感压力，但这一切都取决于你自己努力。大家要时刻保持冷静，做好准备，这样就可以充分利用高中的时光了。”

常言道：“好的开始是成功的一半。”我想，我的高中生活开了一个好头。

## Unit 1 A new start

### Developing ideas

#### High School Hints

##### 高中生活指南

Interviewer: Hello and welcome to School Talk! Today I'm joined by a former student of our school, Lisa Osborne. Lisa graduated from our school last June and is about to go to college in New York. Lisa, thank you for coming to share your suggestions for high school with us.

Lisa: Hi, everybody. I'm very glad to be back. I feel as if high school was only yesterday!

Interviewer: So what helped when you first started high school?

Lisa: Orientation Day was really helpful. It's a fantastic opportunity for new students to get to know the school and the other students. I even made some new friends! Just keep an open mind and take part in as much as possible.

Interviewer: That's sound advice for sure. But how did you deal with new challenges, like starting a new course?

Lisa: I had a chemistry test right at the end of the first week. I was frightened at the sight of the test paper. But then I figured I'd better just go all out and see what happens. If you fail, no problem—next time you can fail better!

Interviewer: So, hold your head up, then. But life is not always easy. You must have had some moments when you were disappointed. If so, how did you deal with them?

Lisa: As a member of the school volleyball team, I wasn't selected for the end-of-year competition. At first I was really sad, but later I realized that I joined the team for the love of the sport. It wasn't just about winning. So I kept working hard to support my teammates during our training. There's always a way to be part of something you love, isn't there?

Interviewer: Yes, I totally agree. Is there anything else in particular that you'd like to share with us?

Lisa: Looking back on my high school life, the most important advice I'd give is these wonderful words from the writer Maya Angelou. She said, "Be a rainbow in somebody else's cloud." So, give your friends a hand when they need it. And this will make you feel good, too.

Interviewer: Neat! Well, thanks again for coming to speak to us, Lisa. And good luck with college!

Lisa: Thank you.

采访人：大家好，欢迎收看《校园访谈》！本期嘉宾是我校校友莉萨·奥斯本。莉萨今年六月从我校毕业，即将在纽约上大学。莉萨，谢谢你来和我们分享你对高中的建议。

莉萨：嗨，大家好。我很高兴回到母校。我觉得高中生活就像是昨天发生的事一样历历在目！

采访人：那么，刚上高中时，有哪些事情对你有所帮助？

莉萨：迎新日真的很有帮助。这是新生了解学校和认识学生的绝佳机会。我那天结交了一些新朋友！只管敞开心扉，尽可能地参与其中。

采访人：这的确是个不错的建议。但是，你是如何应对新挑战的呢，比如学习一门新课程？

莉萨：开学第一周才结束时，我就有一场了化学考试。我看到试卷就害怕了。不过后来我就觉得，最好还是全力以赴考考看。如果这次考不好，没关系——下次你可以做得更好！

采访人：也就是说，诀窍就是永不放弃。但生活并非总是一帆风顺。你肯定有过灰心丧气的时候。这种情况下，你是如何应对的呢？

莉萨：作为学校排球队的一员，我没有入选年终赛。一开始我非常难过，但后来我意识到，我是因为热爱这项运动才加入球队的，并我赢球(是不是能上场)无关。所以，我在培训期间一直努力支持我的队友。对于自己热爱的事情，总有办法参

与其中，不是吗？

采访人：是的，我完全赞同。你还有什么特别想和我们分享的事情呢？

莉萨：回顾高中生活，我能给大家的最重要的建议就是作家玛雅·安吉洛的一句精彩名言。她说：“要成为别人云中的一道彩虹。”所以，当朋友需要帮助时要施以援手，这也会让你感觉很开心。

采访人：太棒了！好的，再次感谢你今天来和我们分享，莉萨。祝你在大学一切顺利！

莉萨：谢谢。

## Unit 2 Exploring English

### Understanding ideas

#### Neither Pine nor Apple in Pineapple

菠萝≠松树+苹果

Have you ever asked yourself why people often have trouble learning English? I hadn't, until one day my five-year-old son asked me whether there was ham in a hamburger. There isn't. This made me realize that there's no egg in eggplant either. Neither is there pine nor apple in pineapple. This got me thinking how English can be a crazy language to learn.

你有没有问过自己，为什么人们常常在学习英语方面有困难？我从未想过这个问题，直到有一天，我五岁的儿子问我 hamburger(汉堡包)里是否有 ham(火腿)。答案是没有。这让我意识到 eggplant(茄子)里也没有 egg(鸡蛋)。pineapple(菠萝)里既没有 pine(松树)，也没有 apple(苹果)。这让我陷入思考：对于学习者而言，英语到底可以有多疯狂呢？

For example, in our free time we can sculpt a sculpture and paint a painting, but we take a photo. And when we are traveling we say that we are in the car or the taxi, but on the train or bus! While we're doing all this traveling, we can get seasick at sea, airsick in the air and carsick in a car, but we don't get homesick when we get back home. And speaking of home, why aren't homework and housework the same thing?

例如，我们可以在闲暇时雕刻一座雕像(sculpt a sculpture)、画一幅画(paint a painting)，但我们只能拍一张照片(take a photo)。旅行时，我们坐汽车或出租车时是说坐在里面(in)，但是坐火车或公共汽车时却要说坐在上面(on)！同样，我们会在海上晕船(seasick at sea)、在飞机晕机(airsick in the air)、在车里晕车(carsick in a car)，但回到家里我们却不会“晕家”(homesick，实际意为“想家的，思乡的”)。说到家，为什么 homework(家庭作业)和 housework(家务)(这两个英语单词看起来很像意思却不是一回事呢？

If “hard” is the opposite of “soft”, why are “hardly” and “softly” not an opposing pair? If harmless actions are the opposite of harmful actions, why are shameless and shameful behaviors the same?

When we look out of the window and see rain or snow, we can say “it's raining” or “it's snowing”. But when we see sunshine, we can't say “it's sunshining”.

如果说 hard(硬)是 soft(软)的反义词，为什么 hardly(几乎不)和 softly(柔和地，轻柔地)却不是一对反义词呢？如果说 harmless actions(无害的行为)与 harmful actions(有害的行为)意思相反，为什么无耻的行为(shameless behaviors)和可耻的行为(shameful behaviors)反而是一回事？当我们望向窗外，看到雨(rain)或雪(snow)时，我们可以说正在下雨(it's raining)或正在下雪(it's snowing)。但当我们看到阳光(sunshine)时，我们不能说“正在下阳光”(it's sunshining)。

Even the smallest of words can be confusing. When you see the capitalized “WHO” in a medical report, do you read it as the “who” in “Who's that?” What about “IT” and “US”?

即使是最短小的单词都让人费解。当你在医学报告中看到大写的 WHO 时，你会把它读为 Who's that?中的 who 吗？那么“IT”和“US”又该怎么读呢？

You also have to wonder at the unique madness of a language in which a house

can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm is only heard once it goes off!

你也会对英语这门语言独有的疯狂感到惊奇。在英语里，房子烧成灰烬时，可说 **burn up**(字面意思是“烧上去”)，也可说 **burn down**(字面意思是“烧下去”)；填表时，你可以说 **fill in a form**(字面意思是“填入表里”)，也可以说 **fill out a form**(字面意思是“填到表外”)；而且只有闹钟走了(**go off** 字面意思是“离开”)以后你才能听到铃声！

English was invented by people, not computers, and it reflects the creativity of the human race. That is why when the stars are out, they are visible, but when the lights are out, they are invisible. And that is why when I wind up my watch, it starts, but when I wind up this passage, it ends.

英语是人创造的，不是计算机发明的，它反映了人类的创造力。这就是为什么 **stars are out**(星星出现了)时，我们能看到星星，而当 **lights are out**(灯光熄灭)时，我们却看不到灯光。这也是当我 **wind up my watch**(给手表上紧发条)以后表针开始走，而我 **wind up this passage**(将本文收尾)后这篇文章结束的原因。

## Unit 2 Exploring English

### Developing ideas

#### Misadventures in English

##### 英语尴尬事

Last week, our forum asked if you had any funny or strange stories about using English. We didn't expect to get so many posts. Here are some of our favourites, to remind us that some of the English we learn in the classroom is rather different from the English in the outside world!

上周，我们在论坛里问大家在使用英语时是否遇到过什么有趣或者离奇的事情。我们没想到会收到这么多回帖。以下是我们最喜欢的几篇，它们让我们意识到，有些在课堂上学到的英语和在课堂之外使用的英语真是不太一样！

Yancy: People say that the British always play safe with what they eat. Not true! I went to a summer school in Manchester and my English teacher was called Maggie. One day, a different teacher took our class. He told us that Maggie couldn't teach that day COZ she had a frog in her throat. Poor Maggie—but why did she try to eat such a big frog?

扬西：都说英国人吃东西很谨慎。才不是呢！我在曼彻斯特参加过一个暑期培训班，我的英语老师叫玛吉。有一天，另外一位老师来给我们代课。他说玛吉老师没法来上课，因为她的喉咙里卡了一只青蛙。可怜的玛吉老师——可是她为什么要吃这么大的青蛙呢？

135 comments

135 条评论

Sophie: When I first visited New York, I went to a downtown shopping centre to buy some winter boots. At the information desk at the entrance, I asked a lady where the shoe section was. She said that it was on the first floor. So I went up to the first floor, but couldn't find any shoes. I decided to leave. When I was looking for the exit, I saw that shoes were actually sold downstairs on the ground floor, not the first floor. Why did she give me the wrong information? X-(

索菲娅：第一次去纽约时，我去市中心一家购物中心买冬靴。我在入口处问服务台的女士卖鞋的地方在哪里。她说在二楼，于是我上到二楼，但并没有找到鞋子，所以决定离开。就在我找出口的时候，我发现鞋区是在一楼，不在二楼。她为什么告诉我错误的信息？X-(

128 comments

128 条评论

Julien: I've got an English penfriend, who I finally got to meet in London this summer. He had told me that his grandfather was "really wicked". But when I met his grandfather, I liked him a lot. I found it very odd. Why did my friend use a negative word about such a nice man?

朱利恩：我有个英国笔友，今年夏天我们终于在伦敦见面了。他以前跟我说他的爷爷“很邪恶”。可我一见到他的爷爷就很喜欢他。我觉得很奇怪。我的朋友为什么用一个贬义词来形容这么好的人呢？



63 comments

63 条评论

Zheng Xu: The British must have really high standards. I was part of a student exchange programme between a university in England and my university in China. I spent days preparing and writing my first English paper. I knew I had done a good job and was looking forward to getting a positive comment. When I got the paper back, I found my teacher had written the comment “Not bad!” Not bad? But there weren’t any errors in my paper. :-(

郑旭：英国人一定有很高很高的标准。我在中国上的大学和英国一所大学有一个交换项目，我作为交换生到英国学习。我的第一篇英语论文从准备到写作花了若干天时间。我知道自己写得很好，并期待得到着老师积极的评价。可是论文发下来后，我发现老师的评语竟然是“不算差！”不算差？可是我的论文里没有错误呀。 :-(

85 comments

85 条评论

## Unit 3 Family matters

### Understanding ideas

#### Like Father, Like Son

有其父必有其子

(The living room. Friday night. A table and two chairs at front centre. Grandfather and Father, seated at the table, are playing chess.)

(起居室。周五晚上。舞台正前方有一张桌子和两把椅子。祖父和父亲正坐在桌边下棋。)

Grandfather: And...I win!

祖父：嗯.....我赢了！

(Son enters room.)

(儿子进入房间。)

Father: Not again! Oh look, here comes my boy. How are you, son?

父亲：怎么又输了！哟，我的孩子来了。最近怎么样啊，儿子？

Son: (nervously approaching the table) Erm... Dad, can we talk?

儿子：(小心翼翼地走近桌子)呃.....爸爸，我们能聊聊吗？

Father: Sure! You know you can always turn to your dad for a chat.

父亲：当然！你随时都可以找你老爸聊天啊。

Son: OK. Here it is. I've decided not to go to university. I want to focus on my band and have a career in music when I leave school.

儿子：好吧。是这样，我决定不上大学了。我想专注搞我的乐队，毕业后走音乐这条路。

Father: (raising his voice in surprise) You can't be serious! What about your future career as a lawyer? !

父亲：(惊讶地提高声音说)你是在开玩笑吧！你不准备做律师了吗？！

Son: I knew you'd say that. You just assume I want to be a lawyer, but that's only because you are a lawyer.

儿子：我就知道您会这么说。您以为我想当律师，可那只是因为您自己是律师。

Father: What's wrong with being a lawyer? Lawyers help people and are respected by others.

父亲：当律师有什么不好？律师帮助别人，还受人尊重。

Son: Yes, but I'm not interested in law. I want to work in a studio, not a court.

儿子：的确，但我对法律不感兴趣。我想在录音棚里工作，而不是在法院工作。

Grandfather: (looking at Father) Calm down. OK?

祖父：(看着父亲)先冷静一下，好吗？

Father: (ignoring Grandfather's words) Stop daydreaming! Playing in a band is not a job.

父亲：(无视祖父的话)别再做白日梦了！搞乐队根本不是份工作。

Son: Of course it is! The music industry is developing fast now. Making music is a job.

儿子：当然是！现在音乐产业发展得很快。做音乐是一份工作。

Grandfather: (stepping between Father and Son and raising his voice) Hey! I told you to calm down, both of you!

祖父：(走到父亲和儿子中间，提高嗓门)嘿！我说了冷静一下，你们俩！

Father: But I told him to study something useful at university!

父亲：可我也说了他得去上大学，学些有用的东西！

Grandfather: (laughing) Easy, son! I remember when you were his age, you said that you wanted to be a professional football player.

祖父：(笑)别生气，儿子！我记得你像他这么大的时候，你说你想成为一名职业足球运动员。

Father: And you wanted me to be an engineer!

父亲：可您想让我做工程师！

Grandfather: I just wanted you to be happy, and an engineer—a happy engineer.

祖父：我只是希望你能快乐，而且能当一名工程师——一名快乐的工程师。

Father: But in the end, you just advised me to think carefully.

父亲：但最后您是建议我认真考虑。

Grandfather: Yes, and you have found the career that suits your talents. I'm so proud of you. Your son is proud of you, too.

祖父：是的，而且你找到能发挥你天赋的职业。我真为你感到骄傲。你儿子也为你感到骄傲。

Son: Of course I am, but I have different talents.

儿子：没错，但我的天赋不一样。

Grandfather: (turning to Son) Why don't you also take my advice and think carefully before jumping in with both feet?

祖父：(对儿子说)要不然你也按我说的，三思而后行？

Son: Well, I could try...

儿子：好吧，我可以试试……

Grandfather: If you go to university and play music at the same time, you will have two options for your future. And I'm sure playing in a band will help you make lots of new friends at university.

祖父：如果你边上大学边搞音乐，你的未来将有两种选择。而且，我相信加入乐队中能让你在大学里结交很多新朋友。

Father: Yes, lots of new lawyer friends!

父亲：是的，很多新的律师朋友！

Son: (with a sigh) Dad...

儿子：(叹了口气)爸爸……

(Curtain)(落幕)

### **Unit 3 Family matters**

#### **Developing ideas**

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