

6 Life



PART ONE Starter

SECTION A VOCABULARY

I. Match the words with the pictures.



1. vegetables _____
2. doctor _____
3. juice _____
4. sports _____
5. fever _____



II. Look at the above pictures again. Fill in the blanks with the words in the box. Change the form where necessary.

vegetable

doctor

juice

sports

fever

1. He's running a high _____. He needs to take a rest and drink more water.

2. The _____ advised me not to eat too much sugar.
3. I like drinking _____ because it is tasty and healthy.
4. She loves playing _____, and stays healthy.
5. Eating all kinds of _____ is good to your health.

SECTION B WATCHING

Helpful Words and Expressions

flu /flu:/ shot	流感疫苗; 感冒预防针
sore /sɔ:/ throat /θrəʊt/	嗓子痛
pharmacy /'fɑ:məsi/ <i>n.</i>	药房, 药店
refrain /rɪ'freɪn/ <i>vi.</i>	避免; 克制, 抑制
germ /dʒɜ:m/ <i>n.</i>	病菌, 细菌
immune /ɪ'mju:n/ <i>adj.</i>	免疫的
chain /tʃeɪn/ reaction	连锁反应
playgroup /'pleɪgru:p/ <i>n.</i>	托儿所, 幼儿园游戏组 (班)

I. Watch the short video clip and choose the best answer.

1. According to the video, how many Canadians get flu every year?
 - A) 7 million.
 - B) 17 million.
 - C) 170 thousand.
 - D) 700 thousand.
2. Which of the following is **NOT** mentioned as a symptom of flu?
 - A) A sore throat.
 - B) A fever.
 - C) Coughing.
 - D) Sleepiness.
3. According to the video, what is an effective way to stop the chain reaction of the flu?
 - A) Seeing a doctor.
 - B) Taking flu medicine.
 - C) Getting a flu shot.
 - D) Avoid meeting people.

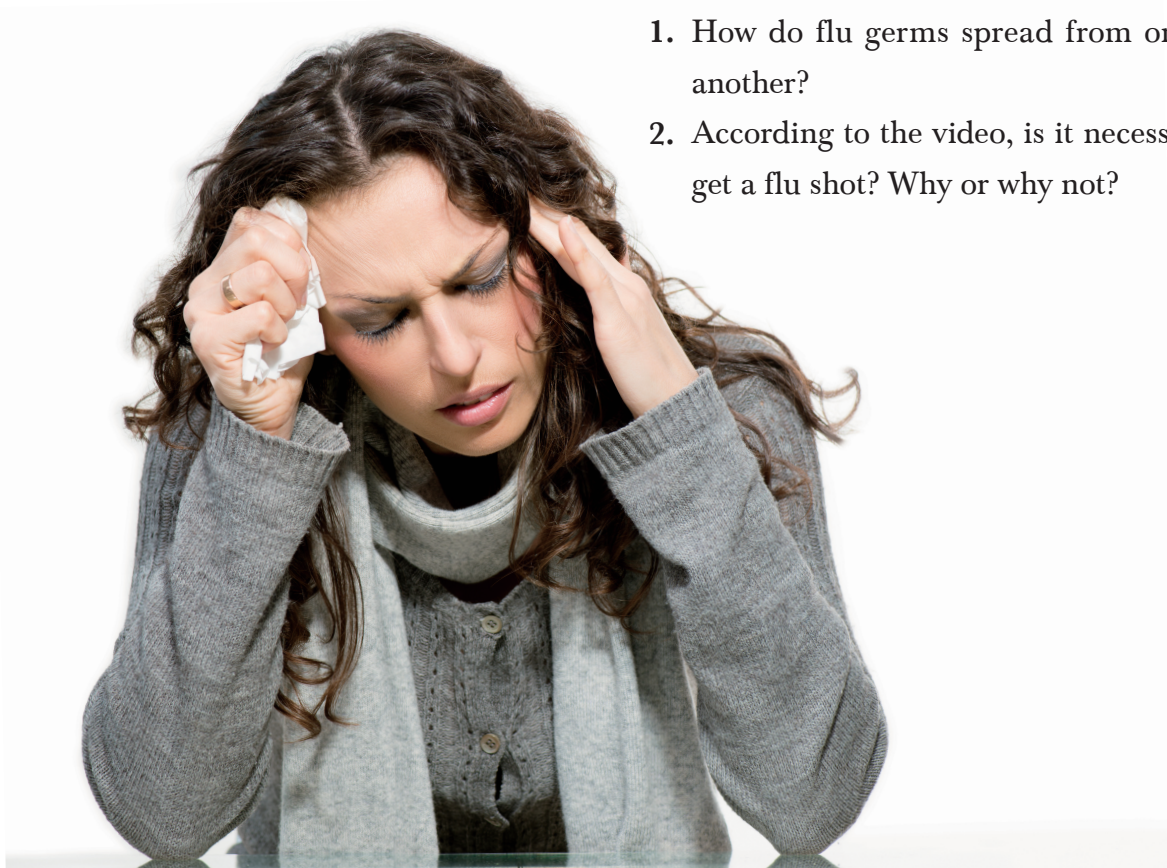
II. Fill in the blanks with what you have heard from the video about how the flu spreads. Use the words in the box.

cards shopping continuing transferring treatment

1. A greets her grandfather B at the pharmacy, _____ some germs onto his hands when she picks up an item on the floor that grandpa dropped.
2. Grandpa shakes hands with an old friend C who happens to be undergoing _____ for cancer and has a weak immune system.
3. C goes off to play _____ with friends.
4. Later that day the _____ cart that A held on to with her germy hand is then taken by customer D with her baby.
5. Mother D and baby go off to playgroup together, _____ the chain reaction.

III. Work in pairs. Discuss and answer the following questions.

1. How do flu germs spread from one person to another?
2. According to the video, is it necessary for us to get a flu shot? Why or why not?



PART TWO Listening and Speaking

SECTION A LISTENING

Helpful Words and Expressions

pale /peɪl/ <i>adj.</i>	苍白的
concerned /kən'sɜːnd/ <i>adj.</i>	担心的, 忧虑的
pressure /'preʃə/ <i>n.</i>	压力
assign /ə'saɪn/ <i>vt.</i>	分配; 指派
affect /ə'fekt/ <i>vt.</i>	影响
regularly /'regjʊləli/ <i>adv.</i>	经常地; 有规律地
figure /'fɪɡə/ <i>out</i>	想出; 解决
workout /'wɜːkaʊt/ <i>n.</i>	健身, 锻炼

I. Listen to the dialogue and decide whether the following statements are true (T) or false (F).

- _____ John could not sleep well lately.
- _____ John has already finished one of the two projects.
- _____ The woman thinks stress is bad for our health.
- _____ The woman suggests John should make more friends.
- _____ John will probably take more exercise later.

II. Listen to the dialogue again and fill in the blanks with the correct words.

Work Stress

W: Hi, John! You look pale. What happened?

M: Er ..., to tell the 1) _____, I've been having a hard time sleeping lately.

W: Did you have something on your mind? You look so 2) _____!

M: Well, I'm under a lot of pressure. My manager assigned me two projects. Now the 3) _____ are near, but I have finished neither of them.

W: Oh, I see. You have too much stress. You need to 4) _____. You

know, stress affects our health, and leads to many diseases.

M: Yeah, the stress is 5) _____ me. What can I do?

W: Maybe you can ask your colleagues to help you with the 6) _____.

M: That's a good idea.

W: By the way, you can 7) _____ out with friends somewhere, or do exercises regularly, such as yoga, jogging, or ball games.

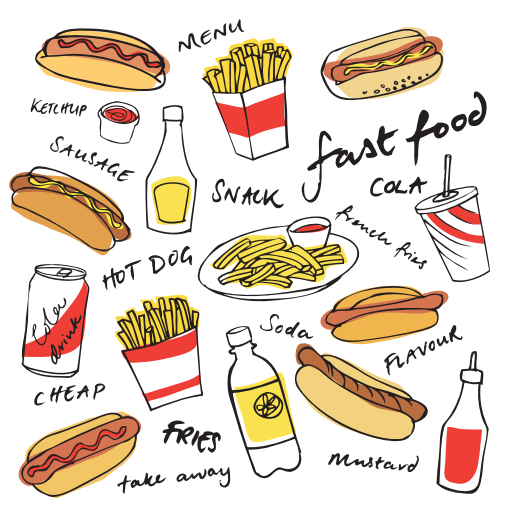
M: You're right. I will try to 8) _____ out which way fits me best.

W: Workout can really help you get relaxed and keep a good 9) _____.

M: 10) _____. I may also sleep better. Thanks a lot!

SECTION B SPEAKING

I. Look at the pictures and read the notes first. Then read the dialogue aloud in pairs.



Fast food

Fast food, such as hamburgers and chips, is mass-produced food that is usually prepared and served more quickly than traditional food and can be taken away to be eaten in the street.

Balanced diet

A balanced diet is a diet that has the proper quantities and varieties of foods needed to support people's health and growth.





Fast Food

A: Hi, Mike. **What do you think of fast food?**

B: Well, I think fast food is unhealthy, such as hamburgers, chips.

A: Why do you think so?

B: Because **fast food is high in sugar and fat. Eating too much of it makes you overweight.**

A: Then how can we eat healthily?

B: **A balanced diet is very important.** That means, we should eat all kinds of food.

A: It's easier said than done.

B: That's true, and that's why we should develop good eating habits.

A: Right. **But occasionally, I'd like to give myself a special treat to fried chicken.**

B: Haha ... that's OK.

II. Work in pairs. Make similar dialogues. Try to replace the information in bold above.

Doing Sports

Student A talks about a lack of physical exercise for some people.

Student B gives opinions about it and then offers suggestion.

PART THREE Intensive Reading

Text A

What Can Genetic Testing Really Tell You?

New Words and Expressions

genetic /dʒi'netɪk/	adj.	基因的；遗传的
lab /læb/	n.	实验室
disorder /dɪs'ɔ:də/	n.	疾病；紊乱
Heidi Rehm /'haɪdi rem/		海蒂·莱姆（女子名）
associate /ə'səʊʃɪət/	adj.	副的
pathology /pə'θɒlədʒɪ/	n.	病理学
explanation /ˌeksplə'neɪʃən/	n.	解释，说明
determine /dɪ'tɜ:mɪn/	vt.	决定，确定
gene /dʒi:n/	n.	基因，遗传因子
external /ɪk'stɜ:nl/	adj.	外部的，外面的，外在的
trigger /'trɪɡə/	n.	起因，触发
faulty /'fɔ:ltɪ/	adj.	有错误的；有缺点的
surface /'sɜ:fɪs/	n.	表面
sample /'sɑ:mpl/	n.	样品
cell /sel/	n.	细胞
pattern /'pætən/	n.	样本；图案；模式
scientist /'saɪəntɪst/	n.	科学家
rare /reə/	adj.	稀有的，罕见的
genetics /dʒi'netɪks/	n.	遗传学
possibility /ˌpɒsə'bɪlətɪ/	n.	可能性，可能
responsible /rɪ'spɒnsəbl/	adj.	负责的；有责任的
lifespan /'laɪfspæn/	n.	寿命，预期生命期限
complex /'kɒmpleks/	adj.	复杂的
theory /'θiəri/	n.	理论
design /dɪ'zaɪn/	v.	设计
infection /ɪn'fekʃən/	n.	感染，传染
secret /'si:kɪt/	n.	秘密
worth /wɜ:θ/	n.	价值

1. Once difficult and expensive even for the labs, genetic testing is fast becoming a cheap and easy consumer product. With just 200 dollars, you can find out your risk for a genetic disorder.
2. Heidi Rehm is associate professor of pathology at Harvard Medical School¹. She says it is most common for people to get tested when they either suspect or know that they have a genetic disease. For these people, genetic tests can provide an explanation for an illness and help doctors determine the best course of treatment. Others get such tests if they have family histories of a particular genetic disease. Even if they don't have the disease themselves they may worry about passing it on to their children. But she says there has been a recent trend of healthy people getting tested to predict whether they'll get certain diseases.
3. However, not all diseases are caused by genes. There are environmental and lifestyle factors. They may interact with your genes, but the external factors are the real trigger. But even if a disease is caused entirely by faulty genes, you may not be able to test for it. That's because genetic tests are mainly used for diseases with a strong connection between having a certain gene and getting a disease.
4. Genetic tests seem to be very simple on the surface. All that's required of you is a small sample of cells. It gets sent to a lab where the pattern of your DNA² is figured out. And scientists can compare it with "normal" or disease-causing patterns. Then, it's up to your doctor to figure out what these genes mean for your health.
5. Genetic tests are better at detecting so-called "rare diseases", but they're less useful when it comes to more common diseases, like heart disease. Genetics can increase the possibility of getting such diseases, but scientists still don't know how much. Part of the problem is that there may be dozens or hundreds of genes responsible for these diseases.
6. Can genetic tests predict how long you will live? Genes do seem to play a role in determining lifespan. Scientists have found that people with certain genes tend to live longer. But figuring out the likely date of your death is more complex than just testing for a few genes. In theory, you could design a genetic test. But that will only work if you live a careful life, which means no accidents, infections, or cancers.
7. For now, just enjoy your life, because you can't predict death. And if you decide to find out the secrets of your DNA with a test, don't take those results for more than their worth.

1 Harvard Medical School: 哈佛医学院, 世界顶尖医学院

2 DNA: 脱氧核糖核酸, 携带合成RNA和蛋白质所必需的遗传信息

SECTION A READING COMPREHENSION

I. Decide whether the following statements are true (T) or false (F) based on the text. Correct the false statements.

- () 1. Nowadays, you can take genetic testing with just 200 dollars.

_____.

- () 2. Genetic tests can help patients to know whether they have a genetic disease and how to get the best course of treatment.

_____.

- () 3. Healthy people take genetic tests to avoid their risk of getting certain diseases.

_____.

- () 4. Genetic tests are effective in detecting both rare and common diseases.

_____.

- () 5. Genes are not related to how long a person's lifespan is.

_____.

II. Work in pairs and answer the following questions.

1. Why do people want to get genetic testing? (Para. 2)

_____.

2. What may be the other reasons for diseases besides genetic disorders? (Para. 3)

_____.

3. How is genetic testing carried out? (Para. 4)

_____.

4. Why are genetic tests less useful for detecting more common diseases, like heart disease? (Para. 5)

_____.

5. Can genetic tests predict how long you will live? Why or why not? (Para. 6)
-

III. Complete the summary of Text A with the initial letters provided.

Genetic testing is becoming cheaper and easier than ever before. Some people take genetic testing because they either 1) s_____ or know they have a genetic disease. Other people get such tests if they have family 2) h_____ of a genetic disease. However, not all diseases are caused by genes. Environmental and lifestyle 3) f_____ are also important for diseases. Genetic tests seem to be simple. You can send a small 4) s_____ of cells to a lab and then the overall pattern of your DNA can be 5) f_____ out. Genetic tests are better at finding out the so-called “6) r_____ diseases”, but they may not be so useful when it comes to more common diseases, like heart disease. Genes seem to play a role in 7) d_____ lifespan, but actually one’s lifespan also depends on some other factors.

SECTION B LANGUAGE FOCUS

- I. Fill in the blanks with words from the box below. Change the form where necessary.

theory	surface	complex	possibility
secret	explanation	associate	disorder

1. I don’t believe you. Your _____ does not make any sense.
2. After all, when you choose one direction in life, you lose the _____ of another.
3. She seemed to be happy on the _____, but actually she was worried about her coming exam.
4. This situation is too _____ for me to handle.
5. Some teenage girls are affected by eating _____ because they are more likely to diet during this period of time.

6. We have an opportunity now to really discover the _____ of the space.
7. She often complains that her husband has not been promoted, and is still only _____ director of the office.
8. Achieving these goals is easy in _____, yet difficult in practice.

II. Replace the underlined part in each of the following sentences with a phrase from the box. Change the form where necessary.

provide ... for	compare ... with	on the surface
figure out	up to you	

1. They got many interesting findings by considering the differences and common features of Shanghai with London. _____
2. The organisation is always trying to give protection to women and children. _____
3. The police were looking into the accident to find out what had happened. _____
4. It is your right to decide whether you will go there or not. _____
5. According to the way it appears, this seems to be the best solution to the growing European economic problem. _____

III. Distinguish the following words which are similar in meaning or in spelling. Choose the correct word for each sentence. Change the form where necessary.

A. external; outside

external: *adj.* relating to the outside of sth. or of a person's body

outside: *adj.* not located in the main building; not included in or connected with a group, an organisation, etc.

adv. & prep. involving people who do not belong to the same group or organisation

e.g. They may interact with your genes, but the *external* factors are the real trigger. (Para. 3, Text A)

The city is largely cut off (隔绝) from the *outside* world.

1. He is hoping to have a chairman from _____ the company.
2. Low birth weight may be caused by _____ factors, such as smoking and drinking.
3. We camped a few miles _____ the town.

B. normal; usual

normal: *adj.* usual; typical, or expected

usual: *adj.* the same as what happens most of the time or in most cases

e.g. And scientists can compare it with “*normal*” or disease-causing patterns. (Para. 4, Text A)

Let’s meet at the *usual* time.

4. His voice sounded perfectly _____ although his shaking hands showed his nervousness.
5. After the treatment, my blood pressure gradually returned to its _____ level.
6. He was smiling as _____ when I met him yesterday.

C. accident; incident

accident: *n.* a situation in which sb. is hurt or sth. is damaged

incident: *n.* an event, especially one that is unusual, important, or violent

e.g. But that will only work if you live a careful life, which means no *accidents*, infections, or cancers. (Para. 6, Text A)

The *incident* showed that people don’t care about animal rights.

7. This _____ was the worst mass-shooting in U.S. history and triggered heated discussions on safety measures at American schools.
8. One in seven _____ is caused by sleepy drivers.
9. Don’t play with a knife, or you may cut yourself by _____.

IV. Study the examples below, and complete the following sentences in English according to the Chinese given.

A. **even if**

e.g. *Even if* they don't have the disease themselves they may worry about passing it on to their children. (Para. 2, Text A)

But *even if* a disease is caused entirely by faulty genes, you may not be able to test for it. (Para. 3, Text A)

Even if you have definite preferences about working with others, it's probably not a good idea to say so. (Text B, Unit 2, Book 2)

1. 即使他们说的是真的，这场辩论也不会结束。

_____, the
debate will not be over.

2. 即使明天会下雨，他们也会去游览。

_____, they will
go for an outing.

3. 即使她做了我们不喜欢的事，我们还是会爱她的。

_____, we will
still love her.

B. **according to ...**

e.g. *According to* Day's observation, the rural area of Bapan has no exercise culture. (Para. 4, Text B)

According to research, eating a good breakfast can improve memory, and test marks. (Text, Unit 5, Book 1)

According to Reynar, a few key soft skills are among the most valuable traits you can offer as an employee. (Text B, Unit 6, Book 2)

4. 根据协议，你们并没有权利向她要这笔钱。

_____, you don't
have the right to ask her for the money.

5. 据报道，这位超级巨星即将来我们城市开演唱会。

_____, the superstar is going to hold a concert in our city.

6. 据他所说，他昨天下午这个时候正在忙着修车。

_____, he was busy fixing his car this moment yesterday afternoon.

SECTION C TRANSLATION

Complete the following translations, using the given words or expressions in the brackets.

1. 在这个城市，环境污染变得极为严重，政府必须采取措施加以制止。(environmental)

_____ in the city that the government must take steps to stop it.

2. 我们应该为自己的人生负责，而不是依靠别人生活。(responsible for)

_____ and not depend on others.

3. 医生必须决定该使用什么治疗方案，否则这名患者将面临死亡的风险。(determine)

_____, or the patient will be at the risk of death.

4. 整个下午我们都在工作，试图找出这些数据意味着什么。(figure out)

We spent the whole afternoon working, _____.

5. 他们成功地设计了一款软件，用于帮助学生们在课外学习中互动交流。(interact with)

They have successfully designed a software to _____.

Text B

Secrets of Chinese Centenarians

New Words and Expressions

centenarian /ˌsentɪˈneəriən/	<i>n.</i>	百岁老人
John Day /dʒɒn deɪ/		约翰·戴 (男子名)
fascinating /ˈfæsmɪnɪŋ/	<i>adj.</i>	迷人的, 吸引人的
due /djuː/ to		由于, 因为
associate /əˈsəʊʃieɪt/ with		与……联系在一起
seed /siːd/	<i>n.</i>	种子, 籽
main course		主菜
regular /ˈregjələ/	<i>adj.</i>	定期的; 有规律的; 经常的, 习惯性的
observation /ˌɒbzəˈveɪʃən/	<i>n.</i>	观察; 注意
rural /ˈrʊərəl/	<i>adj.</i>	农村的, 乡下的, 田园的
physically /ˈfɪzɪkəli/	<i>adv.</i>	身体上; 生理上
remote /rɪˈməʊt/	<i>adj.</i>	遥远的; 偏僻的
mechanical /mɪˈkænikəl/	<i>adj.</i>	机械的
equipment /ɪˈkwɪpmənt/	<i>n.</i>	设备, 装备, 器材
roof /ruːf/	<i>n.</i>	屋顶
grandparent /ˈgrændˌpeərənt/	<i>n.</i>	祖父母
involve /ɪnˈvɒlv/	<i>vi.</i>	参加; 包含; 牵涉, 涉及
rear /rɪə/	<i>vt.</i>	抚养; 培养
tremendous /triˈmendəs/	<i>adj.</i>	极大的, 巨大的; 惊人的
in contrast /ˈkɒntrɑːst/ to		与……对比, 对照; 与……相反
prize /praɪz/	<i>vt.</i>	珍视; 重视; 欣赏
honorable /ˈɒnərəbl/	<i>adj.</i>	光荣的; 可敬的; 高贵的
stress /stres/	<i>n.</i>	压力; 紧张
society /səˈsaɪəti/	<i>n.</i>	社会
emergency /ɪˈmɜːdʒənsɪ/	<i>n.</i>	急诊
stressful /ˈstresfʊl/	<i>adj.</i>	有压力的; 紧张的
relieve /rɪˈliːv/	<i>vt.</i>	减轻, 缓解
conscious /ˈkɒnʃəs/	<i>adj.</i>	有意识的, 意识到的
beneficial /ˌbenɪˈfiʃəl/	<i>adj.</i>	有益的, 有利的

1. At 115, Boxin Huang is the oldest resident of China's Bapan Village¹, also called Longevity Village. But he's not very special there, where many live long past 100 years.

2. John Day, a doctor from Utah², visited the Chinese centenarians in Bapan and learned fascinating lessons about healthy lifestyle. "Most people think their lifespan depends on their genes, but the data don't support it," Dr. Day says. Research shows that only 25 percent of their longevity was due to genes, while the other 75 percent was affected by lifestyle. Things within your control can make all the difference in lifespan.

3. In Longevity Village, the fascinating thing is that villagers eat vegetables as part of all three meals, even breakfast. The food groups always associated with a healthy heart and long life are fruits and vegetables, nuts and seeds, beans, and fish. In Bapan, vegetables are always a main course. They eat a lot of fruits, nuts, and beans as well. "The longest-lived cultures use beans as a regular part of their diet," Day says.

4. According to Day's observation, the rural area of Bapan has no exercise culture. In Longevity Village, the elders laughed at him when he asked if they exercised, because they were outside, moving their bodies all day. Research data show that people who stay physically active get extra years of life. Day finds people of all ages engaged in physical activities like farming. Everything is done

by hand because this remote area had no mechanical equipment like power tools until very recently and, no televisions or computers.

5. Among those countries where people live longest, most are places where elders are respected. Day finds that in Longevity Village, 74 percent of the centenarians live in four-to-five-generation homes, all under the same roof. Villagers always ask the elders for advice; always serve them first at every meal. Grandparents are involved with the family and especially with child rearing. This social support has tremendous health benefits. In contrast to the U.S. experience, where youth is prized, in Longevity Village, the elders are valued. They become especially honorable when they reach the age of 100.

6. Stress, a major cause of illness, is becoming increasingly challenging in our society. In Day's experience, stress causes 80 percent of emergency room visits. Life is stressful, and connection matters in relieving stress. In Longevity Village, he finds a connection to nature, to the earth, to family and friends, community, and food.

7. Day believes that people can stay healthy and live longer by making conscious choices that are beneficial for a long life. He and his family have learned a lot from Longevity Village. "We're definitely going back," says Day.

¹ Bapan Village: 巴盘屯, 中国广西的一个村落, 人称“长寿村”

² Utah /'ju:tɑ:/: 犹他州 (美国州名)

I. Read the statements, tick (✓) the box and correct the wrong statements.

	Right	Wrong	Correction
1. In Bapan, villagers only eat vegetables for three meals.			
2. Villagers in Bapan prefer to stay physically quiet.			
3. The elders are very much respected in Bapan.			
4. In the U.S., the youth is less prized than the elders.			
5. Dr. Day believes that people can make conscious choices to live a more healthy life.			

II. Complete the summary of Text B with the words in the box.

fascinating	physical	involved	respected
associated	relieving	conscious	

China's Bapan Village is also called Longevity Village, where there are many people over 100 years old. John Day, a doctor from the U.S., visited this place and learned some 1) _____ lessons about a healthy lifestyle. The villagers eat a balanced diet. They eat many vegetables, fruits, nuts, beans, and fish, which are usually 2) _____ with a healthy heart and long life. The villagers engage in a lot of 3) _____ activities, moving their bodies all day outside. In Bapan, many villagers lived in four-to-five-generation homes, and the elders are very much 4) _____. Grandparents are 5) _____ with the family and especially with child rearing. Day also thinks that villagers in Bapan have a connection to nature, to the earth, to family and friends, which is important in 6) _____ stress. Day believes people can make 7) _____ choices about their lifestyle to stay healthy and live longer.

III. Choose the best answer based on the information contained in Text B.

1. According to Dr. Day, most people think their lifespan depends on their _____, but the data don't support it.
A) health B) food C) exercise D) genes
2. In Longevity Village, people eat vegetables as part of all three meals, and they use beans _____.
A) as the only main course of their diet B) as a regular part of their diet
C) mainly for breakfast D) as much as fish
3. The rural area of Bapan has no exercise culture because villagers _____.
A) do a lot of physical work like farming
B) enjoy the traditional lifestyle
C) don't believe there is a link between exercise and health
D) don't think they have much time to do exercise
4. Which of the following is true about the young people and the elders in Bapan?
A) The elders are ignored.
B) The young people are unable to make a decision.
C) The elders are valued.
D) The young people are prized.
5. According to Dr. Day, what matters in relieving stress?
A) Wealth. B) Connection. C) Knowledge. D) Medicine.

IV. Translate into Chinese the following paragraph from Text B.

Day finds that in Longevity Village, 74 percent of the centenarians live in four-to-five-generation homes, all under the same roof. Villagers always ask the elders for advice; always serve them first at every meal. Grandparents are involved with the family and especially with child rearing. This social support has tremendous health benefits.

PART FOUR Grammar

直接引语和间接引语

引用别人的话有两种方式，一种是直接引用别人的原句，即直接引语（direct speech）；另一种是用自己的话加以转述，即间接引语（indirect speech）。如：

“Most people think their lifespan depends on their genes, but the data don't support it,” Dr. Day says. (Para. 2, Text B)

She says it is most common for people to get tested when they either suspect or know that they have a genetic disease. (Para. 2, Text A)

直接引语和间接引语之间是可以相互转换的。当直接引语转换成间接引语时，应去掉引号，且句子也会做相应改变，应注意以下几点。

1. 陈述句的间接引语用连词that引导

He argued, “I have already tried my best in the contest.”

→ He argued that he had already tried his best in the contest.

2. 人称的变化

人称转换应忠实体现原意。①直接引语中的第一人称，间接引语中一般转换成第三人称；②直接引语中的第二人称，如果原话是针对第三人称说的，转换为第三人称；③如果原话是针对转述人说的，转换为第一人称。人称的转换包括人称代词、物主代词和名词性物主代词等。如：

① Alex said, “I will do my homework tonight.”

→ Alex said that he would do his homework that night.

② She said to Tom, “Can you lend your dictionary to me?”

→ She asked Tom whether / if he could lend his dictionary to her.

③ My father told me, “You should be more careful next time.”

→ My father told me that I should be more careful the next time.

3. 时态的变化

直接引语转换成间接引语时，引语中的谓语要和句子的谓语在时态上保持一致。如：

“I'm very glad to show you around my school,” Mary said to me.

→ Mary said to me that she was very glad to show me around her school.

Tom said, "We are watching TV when you come in."

→ Tom said they were watching TV when I came in.

Henry said, "I will have arrived in Wuhan by tonight."

→ Henry said he would have arrived in Wuhan by that night.

需要注意的是，在以下情况中，直接引语中的时态无需改变：当直接引语是客观真理或自然现象时；当直接引语是谚语或格言时；当直接引语中带有具体的过去时间状语时；当直接引语中有情态动词should, would, could, might, must, ought to, need等，或有used to, had better等短语时。如：

Our teacher told us, "Light travels faster than sound."

→ Our teacher told us that light travels faster than sound.

Mark said, "I went to college in 1993."

→ Mark said that he went to college in 1993.

He said, "She ought to have arrived in her office by now."

→ He said that she ought to have arrived in her office by then.

4. 指示代词、时间 / 地点状语、方向性动词的变化

	直接引语	间接引语
指示代词	this / these	that / those
时间状语	now	then
	today	that day
	tonight	that night
	this week (month, etc.)	that week (month, etc.)
	yesterday	the day before
	last week (month, etc.)	the week (month, etc.) before
	two days (weeks, years, etc.) ago	two days (weeks, years, etc.) before
	tomorrow	the next day
	next week (month, etc.)	the next / following week (month, etc.)
地点状语	here	there
方向性动词	come	go
	bring	take

5. 句子结构的变化

若直接引语为一般疑问句，其间接引语用连词whether或if引导，那么转换为间接引语时，原主句中的谓语动词said要改为asked，语序要改成陈述句的语序。直接引语为祈使句时，其间接引语用带to的不定式表达，前面的谓语可以根据语气使用ask, advise, tell, warn, order, request, suggest等。如：

My friend asked me, "Do you have a good time in Japan?"

→ My friend asked me whether I had a good time in Japan.

He said, "Come this way, please."

→ He asked me to go that way.

EXERCISES

I. Rewrite the following sentences, using indirect speech.

1. The teacher asked the class, "How many of you would like to join this contest?"

_____.

2. My mother said to me, "You can drink more water and take a good rest if you don't feel well."

_____.

3. I said to my boss, "I will have finished this project by the end of this month."

_____.

4. Tom said, "I was swimming when you called this time yesterday."

_____.

5. My father told me, "Hard work is the key to success."

_____.

II. Choose the correct indirect speech sentence from the two choices for the direct speech sentence.

1. My friend said, "I like reading Hemingway's novels very much."
A) My friend said he likes reading Hemingway's novels very much.
B) My friend said he liked reading Hemingway's novels very much.
2. I told Lucy, "I will have learned 10,000 words by the end of this semester."
A) I told Lucy I would have learned 10,000 words by the end of that semester.
B) I told Lucy I would have learned 10,000 words by the end of this semester.
3. "Don't play football on the street, little boys," the policeman said.
A) The policeman told the little boys did not play football on the street.
B) The policeman told the little boys not to play football on the street.
4. The teacher said, "You clean the classroom after class today, Tom."
A) The teacher said Tom cleaned the classroom after class that day.
B) The teacher asked Tom to clean the classroom after class that day.
5. Peter said to me, "It's a fine day. Let's go for a picnic in the park."
A) Peter said to me that it was a fine day and asked me to go for a picnic in the park with him.
B) Peter said to me that it was a fine day and let's go for a picnic in the park.
6. Jack asked Mary, "How is your sister now?"
A) Jack asked Mary how her sister was then.
B) Jack asked Mary how was her sister now.
7. Henry said, "John, do you often come here to read books?"
A) Henry asked John whether he often came here to read books.
B) Henry asked John whether he often went there to read books.
8. My friend asked me, "Can you show me your travel plan?"
A) My friend asked me if I can show him my travel plan.
B) My friend asked me if I could show him my travel plan.

PART FIVE Practical Writing

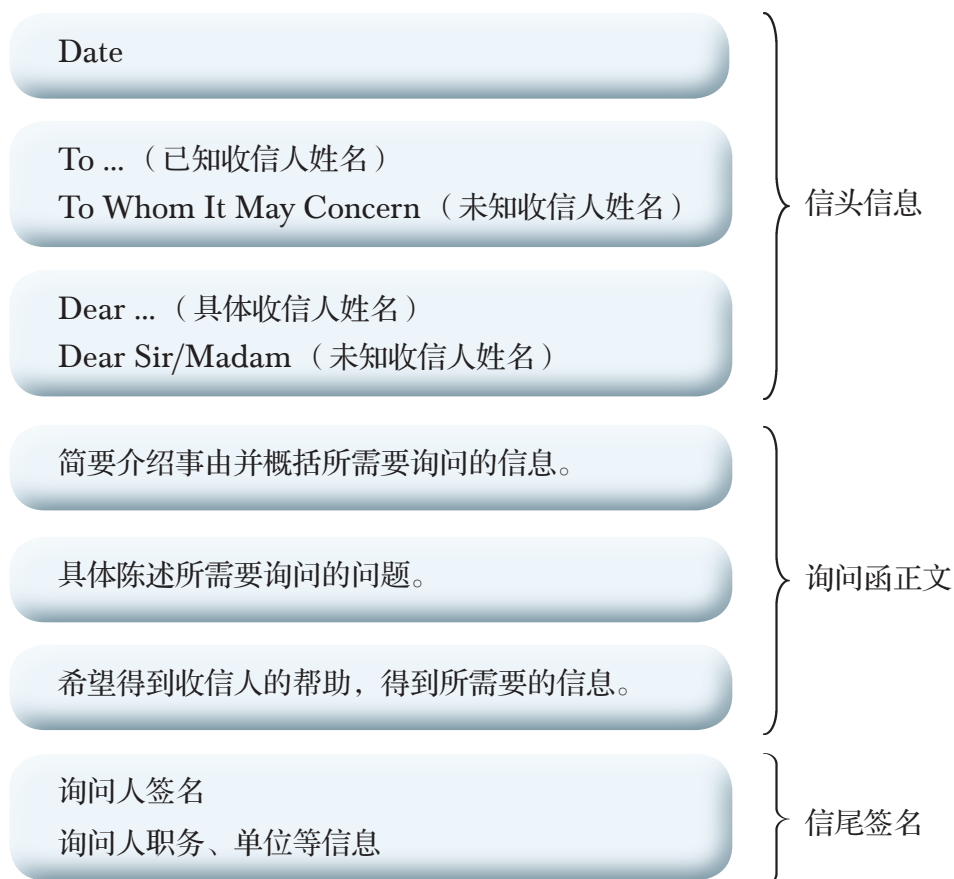
Inquiry Letter (询问函)

询问函是日常事务中用于请求解答疑问的信件。一般来说，写询问函是由于写信人在工作或学习上遇到问题或不理解的事情。例如，个人申请到国外大学学习或申请奖学金，就需要向大学招生部门索取相关表格和材料；个人代表公司向国外制造商索取有关产品资料，如商品目录、说明书等，也需要向相关人员提出询问。

询问函的结构包含三个部分：前言（自我介绍、说明目的）；主体（具体询问事宜）；结尾（表示感谢，期盼回复）。首先表明写作意图，说明写信的目的是要寻求什么样的信息；然后就某一具体问题进行咨询；最后表明获取信息的迫切心情，可以提供联系方式以便收信人与你联系，并表达你的感激之情。

询问函的语气通常比较正式、缓和、礼貌，要充分表达感激之情。同时，句式上要注意，语气直接的疑问句应慎重使用，用一些委婉的、能起到提问作用的陈述句更好。

1. 基本格式



2. 常用句型

- 1) I wonder if you can give me any advice on ...
- 2) I'd like to get some information on / about ...
- 3) I will be very grateful if you can offer me information on ...
- 4) Your attention to this letter will be highly appreciated.
- 5) I am expecting / looking forward to your earliest reply.

3. 范文

June 12, 2020

Dear Madam or Sir,

I am an English major in Central China Normal University, and I am writing to see if it is possible for you to provide me with some information about the summer camp programme your university holds for this summer.

To begin with, I'd like to get more information about the course arrangement. Can you give a brief introduction to the courses and professors? I also wonder whether there will be exams or not. Another concern is whether there is time for me to visit some places of interest in America on weekends.

I will be very grateful if you can offer me relevant information on the above questions. I'm looking forward to your earliest reply.

Yours sincerely,

Li Lu

WRITING PRACTICE

Write an inquiry letter based on the information given below.

假设你是动漫设计专业 (Animation Design) 学生王晓明, 想要参加本年度的校级英语竞赛, 现就参赛事宜向相关人员进行咨询:

- 1) 竞赛对参赛人员的要求;
- 2) 竞赛的具体时间;
- 3) 需要为竞赛做些什么准备。

PART SIX Project

Topic:

How to Live a Healthy Life

Work in groups to have discussions on how to live a healthy life. From the two texts in this unit, we have learned that both genetics and lifestyle can influence our health. Although we cannot do much about our genes, we can improve our lifestyle to stay healthy. Discuss in groups. You need to:

1. Form groups of 3-4 students;
2. Have group discussions, and write down your group findings;
3. Present your group findings to the class.

