天

中等职业学校公共基础课程用书

书写天天练

基础模块・2

主编 华腾新思职教高考研究中心



每天练一点 练出**好**成绩

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定价: 29.90元





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英语 书写天练

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在数字化时代背景下,规范、清晰的英文书写不仅是中职学生语言素养高的重要体现,也是其应对学业测评与谋求职业发展的必备技能。为响应教育部对中职英语"基础性、应用性、职业性"的定位要求,本书以中等职业教育《英语(基础模块2)》为蓝本,构建"书写训练与语言学习深度融合"的实践体系,助力学生在提升卷面表现力的同时发展英语核心素养。

本书突破传统字帖单一的临摹模式,紧扣职教高考电子阅卷标准,以"衡水体" 为载体,植入标准化书写规范,并提供了详细的"答题卡卷面书写指导"。

本书根据《英语(基础模块 2)》在实际教学中的课程安排来设置体例,共包含八个单元,每个单元分为 Warming Up & Listening and Speaking、Reading and Writing、Culture Understanding 和 Language Practice & Group Work 四个模块,每个模块又包含了单词、短语、句型和课文四项内容,旨在让学生在练习英文书写的同时巩固所学的核心知识点。

学生的每一次运笔,不仅是笔尖与纸面的对话,也是知识向能力的转化。希望学生通过每日半小时的系统训练,练就工整规范的书写能力,提升卷面识别度,构建起"规范书写—精准记忆—职业应用"的良性循环,让英文书写真正成为打开学业精进与职业发展之门的金钥匙。

编者



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"衡水体"英文书写详解



"衡水体"是一种以规范、清晰、工整著称的英文书写风格,尤其适合中高考等电子阅卷场景。

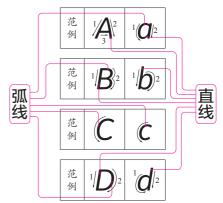
一、"衡水体"的特点

1. 字形圆润饱满,竖笔直

"衡水体"是一种非常工整的字体,竖线笔直,弧线 饱满,字母弧度自然,避免尖锐折角,以柔和线条为主。

2. 字母间无交叉,简洁无连笔

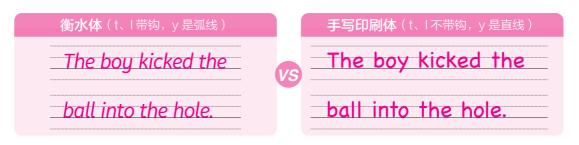
与"意大利斜体"相比,"衡水体"清晰而简洁,起笔、收笔不带钩,字母间无交叉,没有连写趋势。



質水体(字母大多无挑钩,不连笔) 意大利斜体(字母多挑钩,笔画形态多变) Sam has an idea. Vs I can't reach it. I can't reach it.

3. 字母 t 和 l 带钩, y 是弧线

与"手写印刷体"相比,"衡水体"字母t增加了附钩,1加小钩以区分大写的I,y以弧线代替直线。



二、"衡水体"书写规范

1. 大写字母一样高,占中上两格,上端不顶第一条线,下端紧贴第三条线

"衡水体"字母的占位,以传统的四线三格来说明: 26 个大写字母一样高,占中上两格, 书写时上边不能顶着第一条线(字母顶部与第一条线之间的留白约 3/5 格高),下边要抵着第三 条线。例如:

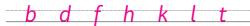
ABCDEFGHIJKLMNOPQRSTUVWXYZ

2. 只占中间格的字母,必须写满格

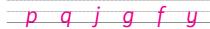
字母 a、c、e、m、n、o、r、s、u、v、w、x、z(共13个)只占中间格,上端紧贴第二条线,下端紧贴第三条线。

acemnorsuvwxz

3. 字母 b、d、f、h、k、l、t 上部分出头不能太长, f 的那一横必须在第二条线上或者 附近



4. 字母 p、q、j、g、f、y 下部分不能太长



5. 字母要紧贴横线格写,p、q、j、g、f、y下部分略出横线

__Judy's frog jumps past grey pyramids quickly.__

三、26个字母的笔顺



答题卡卷面书写指导

restaurant		restaur	ant	×
2. 字母的倾斜度要一致				
We are Chinese	S	le are	Chinese.	×
3. 字母的大小要一致		.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	· · · · · · · · · · · · · · · · · · ·	
many people		many P	eople	×
l. 注意对齐原则				
书写规则相同的字母底部和顶部等	要平齐。			
Please quietly gro	ab the yell	<u>ow packa</u>	ige.	
加下划线的字母,底部	邓和顶部平齐; 所	有红色字母亦是	如此。	
5. 单词之间空一个小写字母 a 的	宽度			
The boy is running qu	uickly.			
6. 单词内部的字母间不要写得太	松或太紧			
advance 🗸 o	advance		ndvance	
7. 标点符号要写在特定的位置上	<u>:</u>			
英文标点符号的大小、粗细应均匀	匀, 斜度应适宜。	英文标点一般	只写在四线三村	各的上海

位

"I can't believe it," she exclaimed. "But is it true? He said
he would never come back; However, I still have hope—
maybe he'll change his mind!"

8. 把单线格看成四线三格里的第三条线

平时的考试中,学生主要在单线格上书写。脱离了四线三格的辅助,学生想要将英文字母写得整齐,在卷面上获得高分,就要把单线格看成四线三格里的第三条线,这样才知道从哪里落笔,把字母写得整齐美观。

We may not choose the world. We have hardly any choice.

打好基础——26个字母书写练习



$\frac{1}{3}$ A A	1(Q /2
1 B 2	1 b b
	d d
	<u>e</u> , e e
1 = 2	
	1
1 3 2	
	•2

	ME
L	/

1/2	KK	1/ K (2 K	
1	LLL		
1/ 2	M M	im m	
1 3 2	A		
1	0 0		
	PP		
1 2	Q Q		
1/R/2	RR		
15	5 5	Ŝ S	
2	T		
	U U		

打好基础——26 个字母书写练习 🅖 🥏

V	V	V	<u> </u>	V	V
	W	W	₩ .	W	W
1) 2	X	X	1 2	X	X
1\/2	Y	Y	1 y /2	y	y
<u></u>	Z	Z	1	<u>Z</u>	Z



Warming Up & Listening and Speaking

ticket	ticket	ticket
n. 入场券; 票 【 例句 】T	The bus ticket costs two dollars for a s	single ride. 单程公交车票两美元一张。
local	tocal	local
adj. 当地的 【 例句 】The	local people are very friendly and he	lpful. 当地人非常友好且乐于助人。
daily	daily	daily
adj. 每天的 【 例句 】I go	for a walk in the park as part of my of	daily routine. 我每天都会去公园散步,这是我的日常安排之一。
travel	travel	travel
n. 旅行 【 例句 】My favo	rite part of travel is trying local foods	s. 旅行中我最喜欢的部分是品尝当地美食。
agency	agency	agency
<i>n</i> . 代理公司 【 例句 】The	travel agency helped us book a grea	t vacation package. 这家旅行社帮我们预订了一个很棒的度假套餐。
product	product	product
n. 产品 【 例句 】Their lat	est product is a huge success in the n	narket. 他们的最新产品在市场上大获成功。
reservation	reservation	reservation
n. 预订 【 例句 】I made a	reservation at the Grand Hotel for no	ext Friday night. 我预订了下周五晚上在格兰德酒店的房间。
double	double	double
adj. 双人的 【 例句 】The	double bed in the guest room is very	comfortable. 客房里的双人床非常舒适。
cover	cover	cover
ν. 覆盖 【 例句 】Snow cov	ered the entire mountain, turning it i	nto a white wonderland. 雪覆盖了整座山,将它变成了一片白色的仙境
famous	famous	famous
adj. 著名的 【 例句 】This	restaurant is famous for its tradition	al Italian dishes. 这家餐厅以传统意大利菜肴而闻名。
ethnic	ethnic	ethnic

adj. 民族的 【例句】It's important to respect ethnic cultures when visiting new places. 去新地方旅行时,尊重民族文化非常重要。

iourneu iourneu iourneu

n. 旅行 【例句】Our journey across the desert was long but full of amazing views. 我们穿越沙漠的旅行很长,但风景令人惊叹。

experience experience experience

ν. 感受; 经历 【例句】She experienced deep sadness after losing her pet. 失去宠物后, 她感到非常难过。

national national national

adj. 全国的 【例句】The Great Wall is a national treasure and a must-visit attraction for tourists. 长城是国家级宝藏,也是游客必去的景点。

retire retire retire

ν. 退休 【例句】My father will retire next year after 40 years of working as a teacher. 我父亲当了 40 年老师,明年就要退休了。

短语

book tickets – †

订票 【例句】I just booked tickets online for the art exhibition—it was so convenient! 我刚在网上订了艺术展的票,非常方便!

scenic spot scenic spot

景点 【例句】I took some amazing photos at that scenic spot with the mountains and the river. 我在那个有山有河的景点拍了一些令人惊艳的照片。

in front of in front of

在……的前面 【例句】There's a big tree in front of my house, providing shade in the summer. 我家房子前面有一棵大树,夏天能遮阳。

alt year round alt year round

全年;一年到头 【例句】She goes swimming at the pool all year round to stay fit. 她一年到头去泳池游泳以保持健康。

worth doing sth. worth doing sth.

值得做某事 【例句】Reading daily is worth doing to expand your knowledge and vocabulary. 每天阅读值得做,它能拓展你的知识和词汇量。

can't wait to do sth. can't wait to do sth.

迫不及待地做某事 【例句】I can't wait to explore the ancient temples in Kyoto next month. 我迫不及待想下个月去京都探访古寺。

<u>make a travel plan — make a travel plan</u>

制定旅行计划 【**例句】**The guide helped us make a travel plan for the 5-day hiking trip. 导游帮我们制定了为期 5 天的徒步旅行计划。

familų suite familų suite

(家庭)套房 【例句】Our family of five needed a family suite to stay comfortably. 我们五口之家需要一间家庭套房才能住得舒适。

have interest in have interest in

对……感兴趣 【例句】Do you have any interest in learning a new language? 你对学习新语言有兴趣吗?



か 句型

这里最有名的景点是什么?

Could you tell us more about Shanari-La

你能给我们多讲讲香格里拉吗?

I can't wait to get there

我迫不及待地要去那里。

We'll be there in 20 minutes

我们将在20分钟后到达那里。

I'm interested in...and I'm searching for a produc

我对……感兴趣, 我正在找……的产品。

Why not take a look as

为什么不看看……呢?



A guide is making an on-the-way introduction to his tour 导游正在旅游大巴上向他的旅行团进行沿途介绍。 aroup on the coach.

Guide: We are now in the north of Yunnan Province. In front 导游: 我们现在在云南省北部。

of us is Shanari-La.

我们前方就是香格里拉。

Tourist: Look at the snowu mountains!

游客:看那些雪山!

Guide: That's right. The upper part of the mountains is 导游:没错。

covered by snow all year round. The mountains have all 这些山的上部终年积雪。

kinds of wild animals.

山上栖息着各种各样的野生动物。

Tourist: What is the most famous scenic spot here?

游客: 这里最有名的景点是什么?

Guide: There are a great many!

导游: 那就太多了!

Tourist: Sounds great! So we'll be able to see many

游客: 听起来太棒了!

beautiful places.

那我们可以看到很多美丽的地方。

Guide: You certainly will. It's really worth visiting.

导游: 你们肯定会的。这里真的值得一游。

Tourist: Could you tell us more about Shangri-La?

游客: 你能给我们多讲讲香格里拉吗?

Guide: Yes. Shanari-La is also rich in ethnic culture. On our

导游: 好的。香格里拉的民族文化也十分丰富。

iourneu you will experience their special songs and dances.

在旅途中, 你们将体验到他们独特的歌舞。

Tourist: I can't wait to get there.

游客: 我都迫不及待想到那儿了。

Guide: Well, we'll be there in 20 minutes.

导游: 嗯, 我们 20 分钟后就能到。

Reading and Writing

单词		
dynasty	dynasty	dynasty
n. 朝代 【 例句 】The Tang	g Dynasty was followed by the Song I	Dynasty. 唐朝之后是宋朝。
major	major	rnajor
<i>adj</i> . 主要的 【例句】 The	major activity on weekends is going s	shopping with friends. 周末的主要活动是和朋友一起去购物。
avoid	avoid	avoid
ν 避免 【 例句 】To avoid	getting lost, we should carry a map w	rith us. 为了避免迷路,我们应该随身携带一张地图。
luggage	luggage	luggage
n. 行李 【 例句 】She care	fully packed her luggage for the week	tend trip. 她为周末旅行仔细地打包了行李。
quit	quit	quit
ν. 放弃 【 例句 】She quit	eating junk food and started cooking	healthy meals at home. 她戒掉了吃垃圾食品,开始在家做健康餐。
throughout	throughout	throughout
prep. 遍及; 到处 【例句	The disease is spreading throughout	t the region. 这种疾病正在这个地区蔓延开来。
record	record	record
ν. 记录 【 例句 】She reco 消費习惯。	rds her daily expenses in a notebook t	to track her spending habits. 她在笔记本上记录日常开支,以跟踪自己的
effort	effort	effort
n. 努力 【例句】The tean	n's success was due to their combined	effort. 这个团队的成功取决于他们的共同努力。
finally	finally	finally
adv. 终于 【例句】After y	years of saving, they finally bought th	eir dream house. 攒了多年钱后,他们终于买下了梦想中的房子。
well-known	well-known	well-known
adj. 著名的 【 例句 】He i	s a well-known writer with many best	tselling books. 他是一个著名的作家,有很多畅销书。
discover	discover	discover
ν 发现; 找到 【例句】 Γ	Ooctors discovered a new treatment the	nat can cure the disease in just two weeks. 医生发现了一种新疗法,仅常

两周就能治愈这种疾病。

短语 对 …… 感兴趣 【例句】He became interested in playing basketball at an early age. 他从小就对打篮球感兴趣。 照顾;注意 【例句】The nurse took care of the patient all night and barely got any sleep. 护士整夜照顾病人,几乎没合眼。 放弃 【例句】Don't give up so easily—success often comes just after you feel like quitting. 别轻易放弃——成功往往就在你快想放弃 时出现。 在 …… 的支持下 【例句】With the support of his classmates, he made great progress. 在同学们的支持下, 他取得了巨大进步。 出发 【例句】The explorers set off to find the lost city. 探险家们出发去寻找那座失落的城市。 为了 【例句】They planted trees in order to improve air quality in the neighborhood. 他们种树是为了改善城区的空气质量。 各种各样的 【例句】There are all sorts of entertainment activities in the amusement park. 游乐园里有各种各样的娱乐活动。 【例句】The store closed early due to a power outage in the area. 商店因该区域停电而早早关门。 因为;应归于 因……知名 【例句】The ancient city is well-known for its well-preserved ruins and rich history. 这座古城因其保存完好的遗迹和悠久 的历史而闻名 【例句】The news that the great leader had passed away spread quickly. 那位伟大领袖去世的消息很快传开了。 去世

非常喜好 【例句】They have a passion for outdoor sports and go hiking every weekend. 他们非常喜好户外运动, 每周末都去徒步旅行。

【例句】During tough times, it's important to hold on to hope and keep going. 在困难时期,坚持希望并继续前行很重要。

坚持



∅ 句型

In order to have more first-hand experiences, he avoided traveling comfortably.

为了得到更多的第一手体验,他避开了舒适地旅游。

Although he experienced all sorts of difficulties. Xu never thought of quitting.

尽管经历了各种各样的困难,徐从未想过放弃。

Xu spent over 30 years traveling throughout the country.

徐花了30多年的时间在全国各地旅行。

At what age did he set off for his first trip?

他第一次出发去旅行是在多大年纪?



The Life Story of Xu Xiake

徐霞客传

Xu Xiake is a famous traveler in the Ming Dynasty. He 徐霞客是明朝著名的旅行家。

became interested in books about different places at an 他从小就对有关不同地方的书籍感兴趣

early age and wanted to travel. When he was 19, his father 并且想要去旅行。当他19岁的时候,他的父亲去世了,

died and he had to take care of his mother. However, Xu 他不得不照顾他的母亲。然而,

never gave up his dream of traveling.

徐从未放弃他的旅行梦想。

With the support of his family, Xu set off for the first time 在家人的支持下, 徐在 22 岁第一次出发,

at the age of 22 and took four major trips in his lifetime.

—生中进行了四次重大旅行。

In order to have more first-hand experiences, he avoided 为了得到更多的第一手体验,

traveling comfortably. Xu chose to go almost everywhere 他避开了舒适地旅游。徐选择几乎全程步行,

on foot and carried his luggage on his back. Although he #自己背着行李。

experienced all sorts of difficulties, Xu never thought of 尽管经历了各种各样的困难,

quitting.

徐从未想过放弃。

Xu spent over 30 years traveling throughout the country. He 徐花了30 多年的时间在全国各地旅行。

Carefully studied the places he passed through and recorded 仔细研究他经过的地方并将他的经历和发现记录在日记中。

his experiences and discoveries in his diary. Due to his effort, 由于他的努力,

the diary finally became The Travel Notes of Xu Xiake. It is 这本日记最终成为《徐霞客游记》。

well-known for its value in Chinese history.

它在中国历史上具有重要价值,这一点众所周知。

Culture Understanding

curiosity	curiosity	curiosity
n. 好奇心 【例句】Childi	ren's natural curiosity helps them lear	n about the world. 孩子们天生的好奇心帮助他们了解世界。
curious	curious	curious
adj. 好奇的 【 例句 】She	is curious about the story behind the	old photo. 她对这张旧照片背后的故事感到好奇。
sightseeing	sightseeing	sightseeing
1. 观光;游览 【 例句】 1 动时间。	The package tour includes two days of	sightseeing and one day of free time. 跟团游包含两天观光和一天自由?
observe	observe	observe
· 观察 【例句】We need	to observe how plants grow in differe	nt conditions. 我们需要观察植物在不同条件下的生长情况。
oleasure	pleasure	pleasure
n. 快乐; 乐事 【例句】 T	he children's laughter filled the room	with pleasure. 孩子们的笑声让整个房间充满了快乐。
seek	seek	seek
2. 寻找 【 例句 】They are	seeking the truth behind the incident.	他们在寻找事件背后的真相。
flavor	flavor	flavor
』. 风味 【 例句 】The flav	or of this wine improves after it's bee	n opened for a while. 这种酒打开一段时间后风味会更好。
orove	prove	prove
v. 证明 【 例句 】This disc	overy proves the existence of a new e	lement. 这个发现证明了一种新元素的存在。
短语		
•	: 1	

on the other hand on the other hand

另一方面;换句话说 【例句】The new policy will reduce costs for businesses; on the other hand, it might lead to job cuts. 新政策会降低企业成本;但另一方面,它可能导致裁员。

connect with connect with

与……联系 【例句】I always connect with my family through video calls when I'm traveling. 旅行时,我总是通过视频通话与家人联系。

seek to do sth. seek to do sth.

寻求做某事 【例句】They seek to find a peaceful solution to the conflict. 他们寻求找到一种和平解决冲突的方法。

as much... as possible as much... as possible

尽可能多的…… 【例句】Drink as much water as possible to stay hydrated during hot weather. 天气炎热时, 尽可能多喝水以保持水分

historic sites historic sites

历史遗迹 【例句】The guide introduced us to the historic sites in detail. 导游详细地给我们介绍了这些历史遗迹。



A tourist is a person who travels for pleasure and a traveler is someone who experiences a trip in depth.

游客是为享乐而旅行的人, 而旅行者则是深入体验旅程的人。

A tourist feels the need to get as much sightseeing as possible.

游客觉得有必要尽可能多地进行观光游览。



Are You a Traveler or a Tourist?

你是个旅行者还是个游客?

A tourist is a person who travels for pleasure and a traveler 游客是为享乐而旅行的人,

is someone who experiences a trip in depth. A tourist is m旅行者则是深入体验旅程的人。

someone who travels simply to see and a traveler is a 游客旅行时只想简单地看一眼,

person who looks carefully, who observes with curiosity, 而旅行者仔细观看, 带着好奇心观察。

and who seeks to connect with the place he/she visits, with 并试图与他/她所访问的地方、

its history, its flavors, and its people.

它的历史、它的风味、它的人民建立联系。



A tourist feels the need to get as much sightseeing as 游客觉得有必要尽可能多地进行观光游览。

possible. The idea is that to visit a place and experience it, 其理念是, 要探访并体验—个地方,

you must visit buildings, museums and historic sites. Back 你必须参观那里的建筑、博物馆和历史遗迹。

home, photographs of yourself in these locations help prove 回到家后,你在这些地点拍摄的照片有助于证明你曾身临其境。

that you were there. A traveler, on the other hand, does not 另一方面,旅行者则无需匆忙赶路。

need to rush. The really important thing is to go with the 真正重要的事情是用清醒的感官前行,

Senses awake, with a hunger to learn, to discover, to ask 标構求知、探索、提问的渴望,

questions, and to be surprised by what may be found along 并为沿途可能的发现而感到惊喜。

the way.

Language Practice & Group Work

finally	finally	finally
adv. 终于 【例句】]	He finally admitted his mistake and ap	ologized to everyone. 他终于承认了自己的错误,并向所有人道歉。
major	major	major
adj. 主要的 【 例句 】	Water pollution is a major environm	ental issue in this area. 水污染是这个地区的主要环境问题。
experienc	e experience	experience
v. 感受, 体验; 经历	【例句】They are going to experien	nce a new way of learning. 他们将体验一种新的学习方式。
throughou	<u>ıt throughou</u> i	throughout
prep. 遍及;到处 【 遍了全国,并将所到		roughout the country and wrote about every place he visited. 三十多年来,他方
record	record	record
ν. 记录 【例句】 Th	e device records the heart rate of the p	atient. 这个设备记录病人的心率。
cuisine	cuisine	cuisine
n. 烹饪;菜肴 【例 味而闻名全球。	句】Italian cuisine is famous worldw	ride for its pasta, pizza, and rich flavors. 意大利菜肴因其意面、披萨和浓郁原
cover	cover	cover
沒覆盖 【例句】Sh	e covered her shoulders with a shawl to	o stay warm. 她用一条披肩襄住肩膀以保暖。
avoid	avoid	avoid
沒避免 【例句】He	always double-checks his work to avo	pid making mistakes. 他总是反复检查工作,避免出错。
quit	quit	quit
,放弃 【 例句】 Af	ter years of trying, he finally quit drink	ring alcohol. 经过多年努力,他终于戒酒了。
effort	effort	effort
n. 努力 【例句】Le	arning a new language requires a lot o	f effort and patience. 学习一门新语言需要付出很多努力和耐心。
discover	discover	discover
ν. 发现, 找到 【例	句】She discovered her talent for pair	nting when she took an art class in college. 大学时上了一节美术课,她发现"
自己的绘画天赋。		

tocal local local

adj. 当地的 【例句】The local market sells the freshest vegetables—I buy all my greens there. 当地市场卖的蔬菜最新鲜,我都是在那儿买青菜。

national national national

adj. 全国的 【例句】The government announced a national policy on education reform. 政府宣布了一项全国性的教育改革政策。



take care of take care of

照顾;注意 【例句】She spends her weekends taking care of stray cats in the neighborhood. 她周末会在社区照顾流浪猫。

give up give up

放弃 【例句】She had to give up her plan due to lack of money. 由于缺钱,她不得不放弃她的计划。

set off set off

出发 【例句】The clock said four minutes past eleven when we set off for London. 我们出发前往伦敦时,时钟显示是 11:04。

in order to in order to

为了 【例句】They worked overtime in order to finish the project ahead of schedule. 他们加班是为了提前完成这个项目。

all sorts of all sorts of

各种各样的 【例句】The market sells all sorts of fresh fruits and vegetables every morning. 市场每天早上都卖各种各样的新鲜水果和蔬菜。

∅ 句型

Xu set off for the first time at 22 and took four major trips in his lifetime.

徐在22岁时首次启程,一生中共完成四次重要旅程。



Hello! My name is Anthony. I'm from France. I want to visit 大家好! 我是安东尼,来自法国。

Beijing during the summer holiday. I love nature, and I also

我想在暑假期间去北京旅游。我热爱大自然,

want to try some delicious traditional food there.

也想尝尝那里的一些传统美食。

Hi everybody! I'm Joey, and I'm from New Zealand, I'm 大家好! 我是乔伊,来自新西兰。

going to visit Beijing this year because I'm very interested in ^{我打算今年游览北京,}

Chinese history and culture.

因为我对中国的历史和文化有着浓厚的兴趣。

Hi! My name is Elena, and I'm from Russia. I want to 大家好! 我是艾琳娜,来自俄罗斯。

experience some Chinese culture and see the natural beauty 我想体验一些中国文化,

there, but my main goal is to find out which university is the 成常那里的自然美景,

best for me.

但我的主要目标是找到最适合我的大学。