

中等职业学校公共基础课程用书

描红本

英语

书写天天练

基础模块·3

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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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3）》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，培养英语核心素养。

本书改变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3）》在实际教学中的课程安排来确定体例，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。我们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，建构起“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





“衡水体”英文书写详解	1
答题卡卷面书写指导	3
打好基础——26 个字母书写练习	5
Unit 1 Festivals Around the World	8
Warming Up & Listening and Speaking	8
Reading and Writing	11
Culture Understanding	15
Language Practice & Group Work	18
Unit 2 Community Life	22
Warming Up & Listening and Speaking	22
Reading and Writing	25
Culture Understanding	29
Language Practice & Group Work	32
Unit 3 Artificial Intelligence	35
Warming Up & Listening and Speaking	35
Reading and Writing	38
Culture Understanding	42
Language Practice & Group Work	45
Unit 4 Customer Service	47
Warming Up & Listening and Speaking	47
Reading and Writing	51
Culture Understanding	55
Language Practice & Group Work	59
Unit 5 Natural Wonders in the World	62
Warming Up & Listening and Speaking	62
Reading and Writing	66

Culture Understanding	70
Language Practice & Group Work	73

Unit 6 Living History of Culture 77

Warming Up & Listening and Speaking	77
Reading and Writing	80
Culture Understanding	84
Language Practice & Group Work	88

Unit 7 Natural Disasters 92

Warming Up & Listening and Speaking	92
Reading and Writing	96
Culture Understanding	100
Language Practice & Group Work	103

Unit 8 Role Models of the Times 106

Warming Up & Listening and Speaking	106
Reading and Writing	109
Culture Understanding	113
Language Practice & Group Work	116

“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字体，尤其适合中高考等电子阅卷场景。

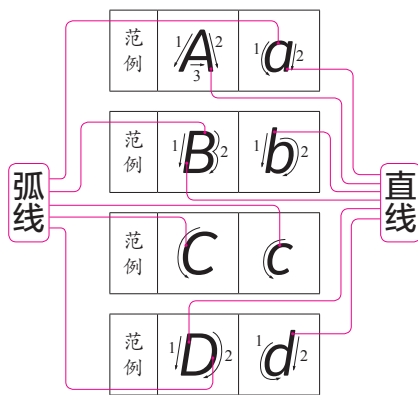
一、“衡水体”的特点

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，以柔和线条为主，避免尖锐折角。

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、无连写。



衡水体（字母大多无挑钩，不连笔）

Sam has an idea.

I can't reach it.

VS

意大利斜体（字母多挑钩，笔画形态多变）

Sam has an idea.

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，l 加小钩以区分大写的 I，y 以弧线代替直线。

衡水体（t、l 带钩，y 是弧线）

The boy kicked the

ball into the hole.

VS

手写印刷体（t、l 不带钩，y 是直线）

The boy kicked the

ball into the hole.

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:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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。

a c e m n o r s u v w x z

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

b d f h k l t

4. 字母 p、q、j、g、f、y 下部分不能太长

p q j g f y

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

¹A ²a ¹B ²b ¹C ¹c ¹D ²d ¹E ²e ¹F ²f
¹G ²g ¹H ²h ¹I ²i ¹J ²j ¹K ²k ¹L ¹l
¹M ²m ¹N ²n ¹O ¹o ¹P ²p ¹Q ²q ¹R ²r
¹S ¹s ²T ¹t ¹U ¹u ¹V ¹v ¹W ¹w ¹X ²x
¹Y ²y ¹Z ¹z

答题卡卷面书写指导



1. 不要连笔写

restaurant ✓

restaurant ✗

2. 字母的倾斜度要一致

We are Chinese. ✓

We are Chinese. ✗

3. 字母的大小要一致

many people ✓

many People ✗

4. 注意对齐原则

书写规则相同的字母底部和顶部要平齐。

Please quietly grab the yellow package.

加下划线的字母，底部和顶部平齐；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 quickly.

6. 单词内部的字母间不要写得太松或太紧

advance ✓

advance ✗

advance ✗

7. 标点符号要写在特定的位置上

英文标点符号的大小、粗细均匀，斜度适宜。英文标点一般只写在四线三格的上两格，位置与中文类似，如英文的句号应写在四线三格的中格偏下的位置。

, . : ; ? ! " ' - _



*"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



1 2 3 A A A

1 2 B B B

1 C C C

1 2 D D D

1 2 3 E E E

1 2 3 F F F

1 2 G G G

1 2 3 H H H

1 I I I

1 J J J

1 2 a a a

1 2 b b b

1 c c c

1 d d d

1 e e e

1 2 f f f

1 2 g g g

1 2 h h h

1 2 i i i

1 2 j j j



1/K²

K

K

1/k²

k

k

1/L

L

L

1/l

l

l

1/M²

M

M

1/m¹

m

m

1/N³
2

N

N

1/n¹

n

n

1/O

O

O

1/o

o

o

1/P²

P

P

1/p²

p

p

1/Q²

Q

Q

1/q¹

q

q

1/R²

R

R

1/r

r

r

1/S

S

S

1/s

s

s

2/T¹

T

T

1/t²

t

t

1/U

U

U

1/u

u

u



v v v

w w w

x x x

y y y

z z z

v v v

w w w

x x x

y y y

z z z

1

Unit

Festivals Around the World

Warming Up & Listening and Speaking



单词

festival festival festival

n. 节日 【例句】 The festival is traditionally held in October. 这个节日按照传统在 10 月份举行。

sign sign sign

n. 标志; 标记 【例句】 The sign on the wall says "No Smoking". 墙上的标识写着“禁止吸烟”。

reunion reunion reunion

n. 团圆 【例句】 The Mid-Autumn Festival is a time of reunion. 中秋节是团圆的日子。

bright bright bright

adj. 明亮的 【例句】 The room was filled with bright light. 房间里充满了明亮的光线。

symbol symbol symbol

n. 象征 【例句】 Red is often used as a symbol of love and passion in many cultures. 在许多文化中, 红色常被用作爱与激情的象征。

receive receive receive

v. 收到; 接到 【例句】 Have you received her invitation? 你收到她的邀请了吗?

harvest harvest harvest

n. 收获 【例句】 The autumn harvest is about to start. 秋收即将开始。

similar similar similar

adj. 相似的; 类似的 【例句】 The two houses are quite similar. 这两栋房子十分相似。

lunar lunar lunar

adj. 农历的 【例句】 The Chinese Lunar New Year is a very important traditional festival. 中国农历新年是一个非常重要的传统节日。

gala gala gala

n. 庆典; 盛会 【例句】 They held a charity gala to raise money for the poor. 他们举办了一场慈善晚宴为穷人筹款。



短语

one another *one another*

互相 【例句】We should respect one another's opinions. 我们应该尊重彼此的意见。

plan to do sth. *plan to do sth.*

计划做某事 【例句】We plan to go for a trip on the holiday. 我们计划假期去旅行。

get together *get together*

聚会，相聚 【例句】Let's get together next weekend, shall we? 我们下个周末聚一下，好吗？

invite sb. to do sth. *invite sb. to do sth.*

邀请某人做某事 【例句】I decided to invite my teacher to my wedding ceremony. 我决定邀请我的老师参加我的婚礼。

the beginning of *the beginning of*

……的开始 【例句】The company made a new plan at the beginning of the year. 这家公司在年初制订了一项新计划。

be similar to *be similar to*

与……相似 【例句】Her opinion is similar to mine. 她的观点与我的相似。

a big fan of *a big fan of*

非常喜欢…… 【例句】She is a big fan of classical music. 她非常喜欢古典音乐。

the Mid-Autumn Festival *the Mid-Autumn Festival*

中秋节 【例句】How do you usually celebrate the Mid-Autumn Festival? 你通常怎么庆祝中秋节？

Thanksgiving Day *Thanksgiving Day*

感恩节 【例句】Mum cooked a huge turkey for our Thanksgiving Day dinner. 妈妈为感恩节晚餐烹制了一只大火鸡。

the Spring Festival *the Spring Festival*

春节 【例句】The Spring Festival is the most important traditional Chinese festival. 春节是中国最重要的传统节日。

句型

The typical tradition is eating moon cakes.

典型的传统是吃月饼。

Family members get together and enjoy a big dinner.

家庭成员们聚在一起享用一顿丰盛的晚餐。

Today, I received an invitation from my Chinese friend Li Fei.

今天，我收到了我的中国朋友李菲的邀请。



I plan to go back home and celebrate a festival with my family.

我打算回家跟我的家人一起庆祝节日。

It's a reunion time for families and friends.

这是与家人和朋友团聚的时刻。



课文

Li Fei: Hey, Robert. I plan to go back home and celebrate a

李菲：嘿，罗伯特。我打算回家和家人一起庆祝节日。

festival with my family. Would you like to come?

你愿意来吗？

Robert Jones: Great! What festival are you going to celebrate?

罗伯特·琼斯：太棒了！你们要庆祝什么节日？

Li Fei: The Spring Festival. It's a reunion time for families

李菲：春节。这是与家人和朋友团聚的时刻。

and friends.

Robert Jones: When is the festival?

罗伯特·琼斯：这个节日在什么时候？

Li Fei: It falls on the 1st day of the first Chinese lunar month.

李菲：在农历正月初一。

It's the beginning of the Chinese New Year.

这是中国新年的开始。

Robert Jones: Sounds similar to Christmas in my country.

罗伯特·琼斯：听起来和我们国家的圣诞节很相似。

So how do you celebrate this festival?

那你们怎么庆祝这个节日呢？

Li Fei: There're a lot of activities to celebrate it. What I love

李菲：有很多庆祝活动。

most is enjoying the big reunion dinner and watching the

我最喜欢的是和家人一起吃团圆饭、

Spring Festival Gala with my family.

看春节联欢晚会。

Robert Jones: That's so nice. As a big fan of Chinese culture,

罗伯特·琼斯：那真是太好了。作为中国文化的忠实爱好者，

I am so happy to receive your invitation.

我很高兴收到你的邀请。



Reading and Writing

单词

fireplace fireplace fireplace

n. 壁炉 【例句】They sat in front of the fireplace, chatting and enjoying the warmth. 他们坐在壁炉前，一边聊天一边享受着温暖。

playful playful playful

adj. 打闹的；嬉戏的 【例句】The playful puppy kept chasing its tail. 那只顽皮的小狗不停地追着自己的尾巴跑。

express express express

v. 表达 【例句】Words can't express how excited I am. 言语无法表达我激动的心情。

nowadays nowadays nowadays

adv. 现在；现今 【例句】Nowadays, people live longer. 现今，人们更加长寿了。

traditional traditional traditional

adj. 传统的 【例句】Their way of thinking is very traditional. 他们的思维方式非常传统。

craft craft craft

n. 手艺；工艺 【例句】The children were taught simple paper-folding crafts in art class. 孩子们在美术课上学习了简单的折纸手工。

snack snack snack

n. 点心；小吃 【例句】Don't eat too many snacks before dinner. 晚餐前不要吃太多小吃。

mean mean mean

v. 意味着 【例句】Do you know what it means to be poor? 你知不知道贫穷意味着什么？

mark mark mark

v. 做记号；标示 【例句】She marked the important dates on the calendar with a special pen. 她用一支特殊的笔在日历上标记出重要的日期。

performance performance performance

n. 表演 【例句】What a wonderful performance! 真是一场精彩的表演啊！

短语

temple fair temple fair

庙会 【例句】We bought some traditional snacks at the temple fair. 我们在庙会上买了一些传统小吃。

in a... manner in a... manner

以……的方式 【例句】The boy hit his brother in a playful manner. 男孩以闹着玩儿的方式打了他哥哥一下。



prefer doing A to doing B *prefer doing A to doing B*

相比做 B, 更喜欢做 A 【例句】I prefer staying at home to going out on weekends. 跟外出相比, 我周末更喜欢待在家里。

for example *for example*

例如 【例句】There are many beautiful cities in China. For example, Hangzhou is famous for its West Lake. 中国有许多美丽的城市。例如, 杭州以西湖而闻名。

fill sth. with sth. *fill sth. with sth.*

将……装满…… 【例句】He filled his plate with delicious food. 他往自己的盘子里盛满了美味的食物。

wash away *wash away*

冲掉; 冲走 【例句】The heavy rain washed away the topsoil. 大雨冲走了表土层。

in the same way *in the same way*

同样地 【例句】You can solve this math problem in the same way as the previous one. 你可以用和上一道题同样的方法来解这道数学题。

enjoy oneself *enjoy oneself*

玩得愉快 【例句】On holiday, you should relax and enjoy yourself. 度假时, 你应该放松, 尽情享受。

the Water-Splashing Festival *the Water-Splashing Festival*

泼水节 【例句】During the Water-Splashing Festival, people splash water on each other. 在泼水节期间, 人们相互泼水。



句型

People prefer going to the temple fairs to buy traditional crafts.

人们更喜欢去庙会购买传统工艺品。

Children knock on the door for a treat of sweets or snacks.

孩子们敲门索要糖果或零食。

Christmas is one of the important festivals in Western countries.

圣诞节是西方国家的重要节日之一。

In weeks before Christmas Day, people begin to decorate their homes and gardens with lights.

在圣诞节前几周, 人们就开始用彩灯来装点他们的房子和花园。



Nowadays, people splash water at each other in a playful manner.

如今，人们以嬉戏打闹的方式互相泼水。

You know Christmas is knocking on the door and it's time to have some fun.

你知道圣诞节即将来临，是时候找点乐子了。

Can you come a little earlier?

你能稍微早点来吗？

课文

The Spring Festival marks the beginning of the Chinese

春节标志着中国农历新年的开始。

Lunar New Year. All the family members get together and

在除夕夜，所有的家庭成员都会团聚在一起，

have a family reunion dinner on New Year's Eve. In northern

吃一顿团圆饭。在中国北方，

China, people prefer watching yangge performances and

人们更喜欢看秧歌表演，

going to temple fairs to buy traditional crafts and taste

逛庙会去购买传统工艺品并品尝当地小吃。

local snacks. In southern China, people in Guangzhou, for

在中国南方，例如广州的人们，

example, like watching lion dances and visiting flower fairs

喜欢在这个节日期间看舞狮表演和逛花市。

during this festival. In Guangxi, Zhuang people will prepare

在广西，壮族人

a lot of rice for the coming new year, called "ya'nianfan",

会为即将到来的新年准备很多米饭，称为“压年饭”，

which means wealth and good luck.

它寓意着财富和好运。

Christmas is one of the important festivals in Western

圣诞节是西方国家的重要节日之一。

countries. It is celebrated on December 25th. In weeks before

它在12月25日被庆祝。



Christmas Day, people begin to decorate their homes and

在圣诞节前几周,

gardens with lights. They like decorating Christmas trees

人们就开始用彩灯来装点他们的房子和花园。

with colorful balls, bells and lights. All family members

他们喜欢用彩球、铃铛和彩灯来装饰圣诞树。

get together on Christmas Eve, sing Christmas songs and

所有的家庭成员会在平安夜团聚在一起, 唱圣诞歌曲,

express wishes. Children on that night will put a sock near

并表达祝福。在那天晚上, 孩子们会在睡觉前将一只袜子放在

the fireplace or a pillow before they go to bed, expecting

壁炉旁或者枕头边,

Santa Claus to fill it with gifts in their sleep.

期待圣诞老人在他们睡着时往袜子里装满礼物。

Songkran is the traditional New Year's celebration in

宋干节是泰国传统的新年庆祝活动。

Thailand. It has a long history and the way people celebrate

它有着悠久的历史, 而且人们庆祝这一节日的方式

the day has changed a lot. Nowadays, people splash water

也发生了很大的变化。如今,

at each other in a playful manner. They believe that if they

人们以嬉戏打闹的方式互相泼水。他们相信,

get wet with water on Songkran, the bad luck for the past

如果在宋干节这一天身上被水淋湿, 过去一年的厄运

year will be washed away and a new life of good luck is

就会被冲走,

coming.

随之而来的将是充满好运的新生活。

Culture Understanding

单词

attend attend attend

v. 出席; 参加 【例句】About fifty people will attend the meeting. 大约有 50 人将参加这个会议。

throughout throughout throughout

prep. 各处; 自始至终 【例句】They export their products to markets throughout the world. 他们把产品出口到世界各地的市场。

outfit outfit outfit

n. 全套服装 【例句】I need to buy a new outfit for my job interview. 我需要为求职面试买一套新衣服。

celebration celebration celebration

n. 庆祝; 庆典 【例句】The town was filled with joy during the festival celebration. 节日庆典期间, 小镇洋溢着欢乐的气氛。

various various various

adj. 各种各样的 【例句】She gave up the job for various reasons. 她由于种种原因放弃了这份工作。

ancestor ancestor ancestor

n. 祖先 【例句】We should remember our ancestors and respect their traditions. 我们应该铭记祖先, 尊重他们的传统。

worship worship worship

n. 崇拜; 崇敬 【例句】Idol worship among young people has both positive and negative aspects. 年轻人中的偶像崇拜有积极和消极两方面。

短语

full of full of

充满 【例句】The room is full of people. 这个房间里全是人。

take place take place

发生 【例句】Great changes have taken place in China during the past thirty years. 在过去的 30 年里, 中国发生了巨大的变化。

up to up to

多达; 直到 【例句】The number of people who attended the lecture was up to two hundred. 参加这个讲座的人数多达 200 人。

as well as as well as

除……之外; 也; 还 【例句】He is good at English as well as math. 他不仅擅长数学, 还擅长英语。

vary from... to... vary from... to...

从……到……不同 【例句】Prices vary from one shop to another. 价格因店而异。

rice cake rice cake

年糕 【例句】My mother makes delicious rice cakes with a special family recipe. 我妈妈用独特的家庭配方做出美味的年糕。

cold dish cold dish

冷盘 【例句】The restaurant offers a variety of cold dishes. 这家餐厅提供各式各样的冷盘。

句型

Throughout the whole continent, colorful festivals cover music, religion, culture, etc.

在整个大陆，丰富多彩的节日涵盖了音乐、宗教、文化等多个领域。

This is a celebration of traditional culture and a time for music and storytelling.

这是传统文化的庆典，也是欣赏音乐和讲述故事的时刻。

The exact date for Dong Year varies from village to village but falls during the period of late October to early November.

侗年的准确日期在每个村落都有所不同，但基本在每年十月下旬至十一月上旬之间。

On the eve of the Dong Year, the Dong usually prepare a dish called "cold dish" for the ancestor worship.

侗年前夕，侗族人民通常会准备一种叫“冷盘”的菜肴来祭祀祖先。

课文

Festival of the Dancing Masks in Africa

非洲——面具舞蹈节

Africa is a land full of festivals. Throughout the whole continent, colorful festivals cover music, religion, culture, etc.

丰富多彩的节日涵盖了音乐、宗教、文化等多个领域。

The Festima mask festival takes place every two years in Côte d'Ivoire. People from around forty different villages

来自约 40 个不同村落的人们



attend it, bringing their own styles of masks, and the

戴着各具特色的面具前来参加，

mask dances last throughout the day. The costumes range

面具舞蹈活动持续一整天。

from simple affairs to full body outfits made from grass,

活动服饰从简单装束到用草制成的全身行头一应俱全，

with masks up to two meters high on the heads of the

表演者头上戴着高达两米的面具。

performers. This is a celebration of traditional culture, and a

这是传统文化的庆典，

time for music and storytelling.

也是欣赏音乐和讲述故事的美好时刻。

Dong Year of Dong Ethnic Group in China

中国——侗族新年

People of Dong ethnic group in Hunan Province and the

湖南省和贵州省黔西南的侗族人民

southwest Guizhou Province of China celebrate Dong Year

通过各种传统活动庆祝侗年。

with various traditional activities. The exact date for Dong

侗年的准确日期在每个村落都有所不同，

Year varies from village to village but falls during the period

但基本在每年十月下旬

of late October to early November. Public celebrations

至十一月上旬之间。公共庆典活动包括

include the Lusheng Festival as well as Bullfighting.

芦笙节和斗牛赛。

In the days up to their new year, the Dong people make new

在临近新年的几天里，侗族人要制新衣、

clothes, clean their houses, make rice cakes, and prepare

扫房屋、做年糕、

pork and beef for the Dong Year feast. On the eve of the

宰猪牛来准备侗年宴席。

Dong Year, the Dong usually prepare a dish called “cold

侗年前夕，侗族人民通常会准备

dish” for the ancestor worship.

一种叫“冷盘”的菜肴来祭祀祖先。

Language Practice & Group Work

单词

appreciate appreciate appreciate

v. 欣赏 【例句】She walked in the forest, appreciating the beauty of nature. 她漫步于森林中, 欣赏着大自然的美。

expect expect expect

v. 期待; 盼望 【例句】We are expecting his arrival. 我们在期盼他的到来。

celebrate celebrate celebrate

v. 庆祝 【例句】How do you celebrate the Spring Festival? 你怎么庆祝春节?

decorate decorate decorate

v. 装饰; 点缀 【例句】She decorated the cake with fresh strawberries. 她用新鲜草莓装饰蛋糕。

tradition tradition tradition

n. 传统 【例句】We should respect different cultural traditions when traveling abroad. 在国外旅行时, 我们应该尊重不同的文化传统。

blessed blessed blessed

adj. 可喜的; 美好的 【例句】The birth of a healthy baby is a truly blessed event. 一个健康的婴儿的出生真是一件可喜的事情。

ceremony ceremony ceremony

n. 典礼; 仪式 【例句】Thank you for inviting me to your graduation ceremony. 谢谢你邀请我参加你的毕业典礼。

dispel dispel dispel

v. 驱散, 消除 【例句】How can we dispel their doubts and fears? 我们怎样才能消除他们的疑虑与恐惧?

household household household

n. 家庭 【例句】Most households now own at least one car. 大多数家庭现在至少拥有一辆汽车。

riddle riddle riddle

n. 谜; 谜语 【例句】Children love to solve riddles about animals and nature. 孩子们喜欢猜关于动物和自然的谜语。

短语

take a break take a break

休息一会儿 【例句】Why not stop to take a break? 为何不停下来休息一会儿呢?

prepare for prepare for

为……做准备 【例句】Susan is preparing for the speech. 苏珊正在为演讲做准备。

have a holiday have a holiday

休假；度假 【例句】I can't wait to have a holiday so that I can travel. 我迫不及待地想休假，这样我就能旅游了。

date back to date back to

追溯到 【例句】The history of this ancient city dates back to the 1890s. 这座古城的历史可以追溯到 19 世纪 90 年代。

in addition to in addition to

除……以外（还） 【例句】In addition to headaches, I also have a sore throat. 除了头疼，我的嗓子也疼。

the end of the end of

……的结尾；……的尽头 【例句】The end of the road leads to a beautiful lake. 这条路的尽头通向一个美丽的湖泊。

句型

I plan to go back home.

我打算回家。

People prefer watching yangge performances.

人们更喜欢看秧歌表演。

People in Guangzhou like watching the lion dance.

广州人喜欢看舞狮表演。

People begin to decorate their homes and gardens with lights.

人们开始用灯装饰他们的房屋和花园。

The whole class expects to attend the celebration.

全班同学都期待参加庆祝活动。

My son likes flying kites more than anything else.

我儿子最喜欢放风筝。

I prefer going to the library and museum on the weekends.

我更喜欢在周末去图书馆和博物馆。

I accepted the invitation, because I expected to try something new.

我接受了邀请，因为我期待尝试一些新事物。

She wanted to take trains, while I preferred taking a flight.

她想坐火车，而我更倾向于坐飞机。

课文

Basic information of the Lantern Festival

元宵节的基本信息

The Lantern Festival, or Yuanxiao Festival, is an important

灯节，又称元宵节，

traditional Chinese festival. In ancient China, the first

是中国的一个重要的传统节日。在中国古代，

Chinese lunar month is called the “yuan” month, and the

农历的第一个月被称为“元”月，

night means “xiao”, so the first full-moon night of a year is

“宵”代表夜晚，因此一年中的第一个满月之夜

called Yuanxiao Festival. It falls on the 15th day of the first

被称为元宵节。

Chinese lunar month and marks the end of the Chinese New

它在农历正月十五这一天，

Year celebration.

标志着中国新年庆祝活动的结束。

Origin of the Lantern Festival

元宵节的起源

This festival dates back to the Han Dynasty, with a history

这个节日可以追溯到汉朝，

of more than 2,000 years. Emperor Wu of the Han Dynasty

已有两千多年的历史。

ordered big ceremonies on the 15th day of the first Chinese

汉武帝下令在农历正月十五举行盛大的仪式，

lunar month to worship Taiyi, the God of Heaven in ancient

祭祀古代的天神太一，

times, for good weather and health. When Buddhism was

祈求风调雨顺、身体健康。

introduced into China, the emperors began to worship

佛教传入中国后，

Buddha by lighting lanterns in the palace and temples to

皇帝们开始在宫殿和寺庙里点灯礼佛，



dispel darkness. Until the Tang Dynasty, ordinary people

以驱散黑暗。直到唐朝，

were allowed to light lanterns on this day. Gradually, the

普通百姓才被允许在这一天点灯。渐渐地，

Lantern Festival developed as a folk festival.

元宵节发展成为一个民间节日。

Customs of the Lantern Festival

元宵节的习俗

In addition to a happy family reunion, every household also

除了一家人欢乐团聚之外，

hangs red lanterns in front of the gate. People can entertain

家家户户还会在门前悬挂红灯笼。

themselves by appreciating lanterns and guessing lantern

人们可以通过赏灯和猜灯谜来消遣娱乐。

riddles. Stilt-walking, drumming, dragon and lion dancing

踩高跷、敲鼓以及舞龙舞狮

are all traditional activities of this festival. A typical food on

都是这个节日的传统活动。

this day is yuanxiao, the sweet-tasting glutinous rice balls,

在这一天，一种具有代表性的食物是元宵，也就是香甜的糯米团子，

which means the reunion of the whole family.

它寓意着阖家团圆。