

《夸克英语笔记》使用声明：

我们不提供任何纸质版、完全免费且不提供任何付费服务。我们坚持公益、非营利原则，提供英语 PDF 资源，只为让优质内容触手可及。在非商业用途下，欢迎自由分享。本笔记会定期更新并修复发现的错误，最新版本以官网为准。

Lesson 51 Reward for Virtue

对美德的奖赏 一般过去时

与课文关联的 9 个单词(点击每个单词可查看详细介绍) 

reward /rɪ'wɔ:d/ n. 报偿 v. 给奖赏

virtue /'vɜ:tju:/ n. 美德

diet * /'daɪət/ n. 节食

forbid * /fə'bid/ v. 禁止

hurriedly /'hʌrɪdli/ adv. 匆忙地

embarrass /ɪm'bærəs/ v. 使尴尬

guiltily /'gɪltɪli/ adv. 内疚地

strict /strikt/ adj. 严格的

occasionally /ə'keɪʒnəli/
adv. 偶尔地

课文理解 管住嘴、迈开腿 难度：3 级

※ My friend, Hugh, has always been fat, but things got so bad recently that he decided to go on a diet.

『 **so...that...** (结果状语从句) 太...所以...(本身翻译为：如此...以至于...不符合中文表达) 』

- The ball struck him **so hard that** he nearly fell into the water.
- The one with the money got **such a fright that** he dropped the bag.

『 **things** 可以表示“情况，情形，状况，形势”等 』

- You're **surely made things worse.** 你肯定把事情搞得更糟了。
- How are **things** going on with you? 你过得怎么样?

『 **on a diet** 节食 』

- The doctor put him **on a strict diet.** 医生让他严格控制饮食。

- I once went **on a diet** for a week and then I gave up. 我曾经节食了一个星期，然后我放弃了。

※ **First of all**, he **wrote out** a long list of all the foods **which were** forbidden.

『 **the foods which were forbidden = the forbidden foods** 被禁止的食物 』

- the Forbidden City 紫禁城; 故宫
- The Forbidden Kingdom 天庭; 《功夫之王》
- the Forbidden Forest 禁忌森林

first of all 首先(all里的first=首要的)	at first 首先(在first上=顺序) at first..., then... 起先...然后...
First of all I must see your passport.	Though, at first , Byrd and his men were able to take a great many photographs...

※ The list **included** **most of the things** (that) **Hugh loves**: butter, potatoes, rice, beer, milk, chocolate; and sweets.

『 **most of...** 大部分... 』

- They will be coming by train and **most of** the young people in the town will be meeting them at the station.
- **Most of** Debbie's school friends will be waiting for her on the English coast.
- Many pedal their tricycles, but **most of** them prefer to push or drag them.

include (广义)包含(全部事物)	contain (容器里)包含(部分事物)
<ul style="list-style-type: none"> • It included three bags of sweets. • Does the bill include a tip? • We're including you in our team. 	<ul style="list-style-type: none"> • Most vegetables contain fibre. 大多数蔬菜含有纤维。 • This drink doesn't contain any alcohol. 这种饮料不含任何酒精。 • Some mushrooms contain a deadly poison. 有些蘑菇含有致命毒素。

※ Yesterday I **paid** him a visit.

『 **pay sb. a visit** 拜访某人(付出一个访问) 』

- Pay you a visit. 拜访你
- pay a visit to sb./someplace 拜访某人/某地.

- call up sb./at someplace 拜访某人/某地
- have a visit = visit 访问

※ I rang the bell and was not surprised to see that Hugh was still as fat as ever.

『 as...as ever 像往常一样，照旧，依然 』

- as clean as ever 比较状语
- as quiet as ever 比较状语
- as fat as he ever was 比较状语从句

be surprised to do sth. 对做某事感到惊讶	be surprised at sth. 对某事感到惊讶
<ul style="list-style-type: none"> • I was surprised to find a \$100 bill in my pocket. (我惊讶地发现口袋里有一张 100 美元的钞票。) • She was surprised to hear that her friend had gotten married. (她惊讶地听到她的朋友已经结婚了。) • They were surprised to learn that their company was going bankrupt. (他们惊讶地得知他们的公司要破产了。) 	<ul style="list-style-type: none"> • I was surprised at the high cost of the repairs. (我对修理费用之高感到惊讶。) • She was surprised at the lack of effort he put into the project. (她对他对这个项目投入的精力不足感到惊讶。) • They were surprised at the government's decision to cut funding for education. (他们对政府削减教育资金的决定感到惊讶。)

※ He led me into his room and hurriedly hid a large parcel under his desk.

lead sb. into (进门)	<ul style="list-style-type: none"> • He led her into the living room. (他带她进了客厅。) • The police led the suspect into the interrogation room. (警察带嫌疑人进了审讯室。) • Could you please lead me into the conference room? (请带我进会议室好吗?)
show sb. out (出门)	<ul style="list-style-type: none"> • I'll show you out. (我送你出去。) • The waiter showed the guests out of the restaurant. (服务员送客人出了餐厅。) • Please show me out when you're ready. (你准备好了就送我出去吧。)
see sb. off (送行)	<ul style="list-style-type: none"> • I'll see you off at the airport. (我在机场送你。) • They saw their friends off at the train station. (他们在火车站送别了朋友。)

- We **saw** him **off** as he boarded the ship. (我们看着他登上船挥手告别。)

- **Take someone to** 带某人去某个地方 (侧重于目的地)
- **Bring someone to** 带某人来某个地方 (侧重于来源)
- **Walk someone to** 陪某人走到某个地方 (侧重于陪伴)
- **Escort someone to** 护送某人去某个地方 (侧重于安全)

※ **It was obvious that he was very embarrassed.** 主语从句

『 **obviously = it was obvious that...** (it 为形式主语) 显然... 』

- He was **obviously** very embarrassed.
- **Obviously**, he was very embarrassed.
- **His embarrassment** was **obvious**.
- **That he was very embarrassed** **was** obvious. 去掉形式主语

※ **When I asked him what he was doing, he smiled guiltily and then put the parcel on the desk.**

When 引出的时间状语从句，包括了一个接双宾语的宾语从句。然后使用and将句子并列。

事情1 (when + 从句)	事情2 (宾语从句连接)	分割(时间状语从句)	事情3 (whens的主句1)	并列	事情4 (主句2)
When I asked him	what he was doing	,	he smiled guiltily	an d	then put the parcel on the desk.

※ **He explained that his diet was so strict that he had to reward himself occasionally.** 宾语从句里包括了so...that 结果状语从句。

主句	宾语从句	
He explained	that his diet was	so strict that he had to reward himself occasionally. 结果状语从句
他解释到	解释的内容	

✧ It **contained** five large bars of chocolate and three bags of sweets!

『 **include** v. 包含 (抽象的包括) 』

『 **contain** v. 包含 (实体容器可能真实的装入) 』

扩展知识 易混淆词 **Raise & Rise** 难度: 3 级

<p>raise (靠外力升起) 作动词时只能作及物vt.动词</p>	<p>即它必须跟宾语。它可以表示“举起, 往上提, 使...升高”等含义</p>	<ul style="list-style-type: none"> • Will those who agree with me please raise their hands? • Why did they raise prices? • Heavy rains have raised the level of the river this year.
<p>rise (自主升起) 作动词 时通常为不及物vi.动词</p>	<p>表示“起立, 起床, (日、月等) 升起”等含义</p>	<ul style="list-style-type: none"> • You're still in bed and the sun has already risen! • All the students rose when the teacher came into the classroom.

<p>lie</p>	<p>说谎(规则变化)</p>	<p>lied lied lying</p>
	<p>躺/处于; 位于</p>	<p>lay lain lying</p>
<p>lay</p>	<p>lie 的过去式</p>	
	<p>放置、摆放/产卵;下蛋</p>	<p>laid laid laying</p>

<p>lay (laid, laid) vt. 置, 搁, 下蛋, 准备</p>	<p>lie (lay, lain) vi. 躺, 平卧</p>
<ul style="list-style-type: none"> • I laid your clothes on the bed so you could put them away. • If you can't cook the dinner, you can at least lay the table. 	<p>Are you going to spend the whole morning lying in bed?</p>

1. I in bed till 10 o'clock last Sunday morning.
2. It is nice to get up in the morning, but it's nicer to in bed.
3. those parcels on the floor, please.

4. Haven' t you ■ the table yet?

beat vt. 打败, 战胜, 胜过, 超过

win vt. 在...获胜 (成功), 赢得, 获得, 夺得

- They **beat** their enemy, though they were fewer in number.
- I **beat** you. 我打败了你。表示一个球队打败另一个球队也用 beat。

Who **won** the race/ the war? **beat** 后面接对手, win 不能接对手。

原型 (do)	过去式 (did)	过去分词 (done)	现在分词 (doing)
forbid	forbade	forbidden	forbidding
lead	led	led	



work on all cylinders

全力以赴; 火力全开; 运转顺畅

共有2道练习题(解题方法与答案需要在“ncego.com”笔记官网查看)

1. How long ago _____ his diet? (单选)

- A、 will he begin B、 has he begun C、 was he beginning
D、 did he begin

2. He was very embarrassed. He felt _____. (单选)

- A、 shy B、 shameful C、 hot D、 uncomfortable

受限于个人水平, 笔记若有疏漏之处, 恳请发送邮件至 hibenba@gmail.com 批评指正。

同时可通过网址(ncego.com)页面底部“举报”错误 (更新于:2026-03-01)。

一场孤独的修行, 需要相信积累的力量。专注当下、珍惜时间、心怀感恩、顶峰相见。