Unit 6 Going Offline

Text: 14 Days with (Almost) No Internet: Did My Digital Detox Pay Off?

课后练习完整解析 **(题目+答案+翻译+解析)**

| Part I Comprehension Check 阅读理解

| 2.1 Focusing on Main Ideas 主旨理解

Complete the following paragraph with key information from the text.

Inspired by Paul Miller's personal experience of going one year with absolutely no internet, the writer went on his own short digital detox. He did it because having been plugged in 24-7 for a decade, he wanted to see what would happen if he went offline for a while. So during his winter vacation to Mexico, he didn't go online except to check his email. As a result, he discovered that technology is no evil and technology is already a(n) part of him now. Nevertheless, he also came to the conclusion that it is the reading of thoughtful articles and good books, not snacky online content, that nourishes the mind.

答案:

Ans: internet; digital detox; offline; online; no; part; reading; not; nourishes

| 互联网；数字排毒；离线；在线；不是（邪恶的）；一部分；阅读（深度文章）；不是（碎片内容）；滋养（心灵）

析: 考查对课文主旨的理解。作者受 Miller 启发进行 14 天断网实验，发现技术本身不是问题，关键是要用深度阅读滋养心灵，而非沉迷碎片内容。

| 2.2 Digging into Detail 细节理解

1. [Para. 3] What did Miller discover after his unique personal experience of going offline one full year?

Ans: Miller discovered that actually technology had very little to do with his life's problems, and that without the net he had started becoming more "out of touch with life."

| 米勒在断网一年后发现了什么？他发现技术实际上与他的生活问题几乎没有关系，而且没有网络后他反而变得更加"与生活脱节"。

析: Para.3 原文：technology had very little, if anything, to do with his life's problems。关键短语 have nothing/little to do with = 与...无关。Miller 原以为断网能解决问题，结果发现并非如此。

2. [Para. 5] Why did the writer decide to go on a digital detox?

Ans: Because having been plugged in 24-7 for a decade, he felt the urge to free himself from it all and wanted to see what would happen.

| 作者为什么决定进行数字排毒？因为十年来他全天候在线，感到一种想要从中解脱的冲动，想看看会发生什么。

析: Para.5 原文：I've been plugged in 24-7... the line between digital and real gets blurred。plugged in 24-7 = 全天候在线。urge = 强烈的欲望/冲动。

3. [Para. 7] What did he do when he took a break from being active on the internet during this vacation?

Ans: He ate delicious seafood, surfed, and fixed up his hut on the beach. He didn't go online except to check email periodically.

| 他在假期断网期间做了什么？他吃美味海鲜、冲浪、修理海滩小屋。除了定期查看邮件外没有上网。

析: Para.7 列举了具体活动：ate seafood, surfed, fixed up hut。periodically = 定期地。except to check email = 除了查邮件。

4. [Para. 10] What does "my connected reality" refer to?

Ans: It refers to the writer's digitally connected life — being online, using social media, and living in a world where technology is an integral part.

| "我的连接现实"指的是什么？指作者的数字连接生活——在线、使用社交媒体、生活在技术不可或缺的世界中。

析: connected reality = 连接的现实（数字生活）。Para.10 上下文：as I dive back into my connected reality = 当我重新投入连接的现实。

5. [Para. 11] What did the writer long for in the absence of snacky online reading contents?

Ans: He started to crave longer, thoughtful articles and good books — reading that nourishes his mind.

| 在没有碎片化在线内容时，作者渴望什么？他开始渴望更长的、有深度的文章和好书——能滋养心灵的阅读。

析: Para.11 原文：what I started to crave... was longer, thoughtful articles and good books。crave = 渴望。nourish = 滋养。snacky content = 碎片化内容（像零食一样）。

| 2.3 Understanding Difficult Sentences 难句理解

1. [Para. 3] In fact, Miller realized that without the net he had started becoming even more "out of touch with life."

A) As a matter of fact, Miller realized that without the internet he had started becoming even more disconnected from life. <-

B) In fact, Miller realized that life had started to become more quiet without a network of relationships.

Ans: B

| 事实上，米勒意识到没有网络后他反而变得更加"与生活脱节"。

析: out of touch with life = 与生活脱节/失去联系。注意加引号表示是比喻用法，不是字面意思。A 正确理解了句意。

2. [Para. 5] ...I've been plugged in 24-7, living in a world where the line between digital and real gets a bit blurred at times.

A) ...I've been getting connected all day long, so going online or offline actually makes no difference.

B) ...I've been getting online round-the-clock, living in a world in which the difference between virtual and real sometimes becomes unclear. <-

Ans: B

| 我一直全天候在线，生活在一个数字与现实界限有时变得模糊的世界中。

析: plugged in 24-7 = 全天候连接（24 小时 7 天）。blurred = 模糊的。B 正确：virtual(虚拟的) and real(真实的)的界限变得不清楚。A 错误理解了句意。

3. [Para. 6] Still, I'd forgotten one key lesson along the way: moderation.

A) In addition, I'd forgotten one key lesson on my way to the company that I should free myself altogether from the digital reality.

B) Nevertheless, I'd forgotten a very important lesson all these years that I should spend only a reasonable amount of time online. <-

Ans: B

| 然而，我一路走来忘记了一个关键教训：适度。

析: moderation = 适度/节制。along the way = 一路走来（比喻人生历程）。B 正确理解了 moderation 为"合理的在线时间"。

4. [Para. 8] I found myself reflecting on how living and breathing tech has let me experience some of the most rewarding moments of my life.

A) I realized I was thinking about how the time I spent living a completely digital life has provided me with great satisfaction and benefits. <-

B) I discovered I was reflecting on how tech developments have made me hold my breath every day and let me experience some of the most exciting moments of my life.

Ans: A

| 我发现自己反思：全天候与技术共生的生活让我经历了人生中最有价值的时刻。

析: living and breathing tech = 与技术共生（像呼吸一样自然）。rewarding = 有回报的/值得的。A 正确。B 误解了 breathing 为"屏住呼吸"。

5. [Para. 12] So instead of funny cat pictures, dive into some of the great "long reads" that show up on your screen.

A) So don't look at funny cat pictures, but spend your time reading some great long articles that show up on your screen. <-

B) So instead of looking at funny cat pictures, learn how to swim by following the detailed instructions that show up on your screen.

Ans: A

| 所以，不要看搞笑猫咪图片了，去读一些出现在你屏幕上的优秀长篇文章吧。

析: instead of = 而不是。dive into = 投入/沉浸于（比喻用法，不是"潜水"）。long reads = 长篇文章。A 正确。B 误解了 dive into 为"学游泳"。

| Part II Focusing on Language in Context 语言聚焦

Key Words & Expressions:

internet online publish detail unique amazing despite promising stuff criticize urge media scan surf emergency unlike interact thoughtful nourish related pay off make waves turn out smell the flowers have (much/something/nothing...) to do with if anything plug in at times for a while fix up end up (doing sth./in sth.) stay in touch with no wonder (that ...) fall/get into the habit of in the absence of

| 1.1 Fill in the Blanks 选词填空

Fill in the blanks with words or phrases from the box below. Change the form where necessary.

criticize despite emergency interact media publish scan stuff unique urge nourish at times fix up for a while have (much/something/nothing, ...) to do with if anything in the absence of no wonder (that ...) plug in smell the flowers

1. Betty has been on a diet (节食减肥) for a long time, but she looks a bit heavier, _____.

Ans: if anything

| 贝蒂节食很久了，但如果有什么变化的话，她看起来还胖了一点。

析: if anything = 如果有什么的话（用于强调相反情况）。注意与 if any 的区别。

2. Keeping your laptop _____ all the time will kill its battery (电池) faster.

Ans: plugged in

| 一直保持笔记本电脑插电状态会更快地损耗电池。

析: plug in = 插上电源/连接。keep + past participle (plugged in) 表示保持某种状态。

3. Talking, dancing, playing a game — all of these activities allow you to _____ with other people.

Ans: interact

| 交谈、跳舞、玩游戏——所有这些活动都让你与他人互动。

析: interact (with) = 互动/交流。inter = between（之间）+ act = 互相作用。

4. Much to my annoyance (生气), whenever I _____ her, she always comes up with an excuse.

Ans: scan

| 令我恼火的是，每次我浏览她的（信息），她总是找借口。

析: scan = 浏览/快速查看。注意与 scan(扫描)的区别，此处意为"快速看"。

5. While Facebook remains the most popular social _____ site, its growth has gradually slowed down.

Ans: media

| 虽然 Facebook 仍是最受欢迎的社交媒体网站，但其增长已逐渐放缓。

析: social media = 社交媒体。media = medium 的复数形式，意为"媒介/媒体"。

6. Order all your camping _____ online today, everything you need to make a camping trip easier and more enjoyable!

Ans: stuff

| 今天就在线订购所有露营用品，让你露营更轻松愉快！

析: stuff = 东西/物品（非正式用语）。不可数名词，不变形。

7. One of the first flight training lessons taught to student pilots is how to perform a(n) _____ landing in a small airplane.

Ans: emergency

| 飞行学员最先学到的课程之一是如何在小飞机上进行紧急降落。

析: emergency = 紧急情况/突发事件。emergency landing = 紧急降落。emerge(出现) + ncy = 紧急。

8. When you read the newspaper, you're probably not reading it word-by-word, instead you're _____ the text.

Ans: scanning

| 读报纸时，你可能不是逐字阅读，而是在浏览文本。

析: scan = 浏览/略读。此处用进行时态 scanning。

9. In one of my first articles _____ on LinkedIn, I wrote about the importance of public speaking to every leader.

Ans: published

| 在我最早发表于 LinkedIn 的文章中，我写了公开演讲对每个领导者的重要性。

析: publish = 发表/出版。此处用过去分词 published 作后置定语，表被动。

10. _____ that story book was indeed very popular, but it was not long before the demand declined.

Ans: No wonder

| 难怪那本故事书确实很受欢迎，但没过多久需求就下降了。

析: No wonder (that) = 难怪/怪不得。后接从句。

11. Movie ticket prices have reached an all-time high. _____ some people choose instead to watch movies at home.

Ans: No wonder

| 电影票价格创历史新高。难怪有些人选择在家看电影。

析: No wonder = 难怪。注意句首大写。

12. _____ anyone to spend New Year's Eve with, I went to watch a show alone and I truly enjoyed it.

Ans: In the absence of

| 没有人陪我过除夕，我独自去看了一场演出，真的很享受。

析: in the absence of = 在...不在场的情况下/缺乏...时。此处"没有"任何人陪伴。

13. In a recent study, more than 20% of drivers said they cannot resist the _____ to send or check messages while driving.

Ans: urge

| 最近一项研究中，超过 20%的司机说他们无法抵抗开车时发信息或查看信息的冲动。

析: urge = 强烈的欲望/冲动。resist the urge to do sth = 抵抗做某事的冲动。

14. There is no doubt that human activity _____ climate change, and climate will continue to change unless we reduce our carbon emissions (碳排放).

Ans: has much to do with

| 毫无疑问，人类活动与气候变化有很大关系，除非我们减少碳排放，否则气候将继续变化。

析: have much to do with = 与...有很大关系。此处用第三人称单数 has。

15. Every child is _____, with their own needs, preferences and talents.

Ans: unique

| 每个孩子都是独特的，有自己的需求、偏好和天赋。

析: unique = 独特的/独一无二的。uni = one（一个）。

| 1.2 Replace the Underlined Part 替换画线部分

Replace the underlined part in each of the following sentences with a word or phrase from the box below. Write your answer in the brackets. Change the form where necessary.

make waves unlike turn out unique detail

1. Different from her father, who is a remarkable writer, Ella doesn't seem to have any interest in reading and writing.

Ans: unlike

| 与她父亲不同——她父亲是杰出作家——Ella 似乎对读写没有任何兴趣。

析: Different from -> unlike。unlike = prep. 与...不同。un = not + like = 不像。

2. This washing machine factory has introduced a very unusual technological innovation making the job of housewives easier.

Ans: unique

| 这家洗衣机厂引进了一项非常独特的技术创新，使主妇们的工作更轻松。

析: very unusual -> unique。unique = 独一无二的/独特的。注意 unique 比 unusual 语气更强。

3. Amy Chua's book Battle Hymn of the Tiger Mother attracted a lot of interest when it was published in 2011.

Ans: made waves

| Amy Chua 的《虎妈战歌》2011 年出版时引起了轰动。

析: attracted a lot of interest -> made waves。make waves = 造成轰动/引起关注。注意过去时 made。

4. Of all the things my grandma used to say, I remember this best of all — everything you worry about will prove to be all right.

Ans: turn out

| 奶奶说过的所有话中，我记得最清楚的是——你担心的一切最终都会没事的。

析: prove to be -> turn out。turn out = 结果是/证明是。后接 to be + adj.。

5. Every year a report comes out describing fully which cities in America had the highest crime (犯罪) rates from the previous year.

Ans: detailing

| 每年都会出一份详述美国城市犯罪率最高城市的报告。

析: describing fully -> detailing。detail = v. 详述。此处用现在分词 detailing 作伴随状语。

| 1.3 Complete the Sentences 补全句子

Complete each of the following sentences after the model with the word or phrase in brackets. Make changes or additions where necessary.

1. A study has found that the vast majority of college graduates work in jobs that aren't strictly _____. (related)

Ans: related to their majors

| 研究发现大多数毕业生的工作与专业不严格对口。

析: related to = 与...有关。需要补充宾语 their majors 使句意完整。

2. No matter how busy you are, you should remember to _____ you love and care about. (stay in touch with)

Ans: stay in touch with the people

| 无论多忙，都要记得与你爱和关心的人保持联系。

析: stay in touch with = 与...保持联系。需要补充宾语 the people。

3. Make sure you _____ unhealthy foods for breakfast; instead, start your day with a simple, balanced (平衡的) meal. (fall into the habit of)

Ans: don't fall into the habit of eating

| 确保不要养成吃不健康早餐的习惯；相反，用简单均衡的餐食开始新的一天。

析: fall into the habit of = 养成...的习惯。否定形式 don't fall into the habit of。后接动名词 eating。

4. I always believe that hard work _____ in one way or another, though not necessarily in money. (pay off)

Ans: pays off

| 我始终相信努力工作总会以某种方式得到回报，虽然不一定是金钱上的。

析: pay off = 取得回报。第三人称单数 pays off。in one way or another = 以某种方式。

5. Is it worth the time and money to _____? It's a question for a lot of old car owners these days. (fix up)

Ans: fix up an old car

| 花时间和金钱修一辆旧车值得吗？这是如今很多旧车车主的问题。

析: fix up = 修理/翻新。需要补充宾语 an old car 使句意完整。

| Part III Usage 用法 — Double Negative (双重否定)

A double negative is a grammatical construction occurring when two negatives are used in the same sentence, like not uncommon, not an unusual sight, etc. In standard English, two negatives produce a weakened affirmative. Thus not uncommon means rather common.

课文例句: What I learned from my short experiment was actually not too unlike what Miller learned. (Para. 8) = What I learned was actually quite like what Miller learned.

Pick a word from the box below and complete the sentences with a double negative construction.

unattractive unrealistic uninteresting unrelated unusual

1. There are no _____ things, only uninterested people.

Ans: uninteresting

| 没有无趣的事物，只有不感兴趣的人。

析: no + uninteresting = 并非无趣（双重否定表肯定）。

2. His poor health is not _____ to his unhealthy way of life.

Ans: unrelated

| 他身体不好与不健康的生活方式不是没有关系。

析: not + unrelated = 有关的（双重否定表肯定）。

3. Happiness is not an _____ goal. It is a matter of choice. You can choose to be happy.

Ans: unrealistic

| 幸福并非是不切实际的目标。这是一种选择。你可以选择幸福。

析: not + unrealistic = 现实的/可实现的。

4. You're actually not alone, and what's happened to you is not _____.

Ans: unusual

| 你其实并不孤单，发生在你身上的事并不罕见。

析: not + unusual = 常见的/寻常的。

5. Believe it or not, most women do not look _____ in business suits, although their movement seems a little bit restricted (限制).

Ans: unattractive

| 信不信由你，大多数女性穿职业装并非不好看，虽然活动似乎有点受限。

析: not + unattractive = 好看的/有吸引力的。

| Part IV Sentence Patterns 句型练习

Complete each of the following sentences in English according to the Chinese given.

Pattern 1: No wonder... (难怪...)

Pattern 2: As it turns out... (结果是/事实证明...)

1. 彼得是玛丽的哥哥，难怪他使我如此想起她。

Ans: Peter is Mary's elder brother! No wonder he reminds me so much of her.

|

析: No wonder + 从句。remind sb of sb = 使某人想起某人。

2. 约翰放弃了高薪工作，听上去不可相信，可事实却是这样。

Ans: John has quit his high-paid job. That sounds unbelievable, but as it turns out, it is true.

|

析: as it turns out = 结果是/事实证明。后接从句。

3. 怪不得昨晚我睡不着觉，白天我喝了太多咖啡。

Ans: No wonder I couldn't sleep last night — I drank too much coffee during the day.

|

析: No wonder + 从句。couldn't sleep = 过去时否定。

4. 你确实懂得如何控制预算，怪不得你在银行有那么多存款。

Ans: You really know how to control your budget. No wonder you have so much savings in the bank.

|

析: No wonder + 从句。savings = 储蓄（可数名词复数）。

5. 会议终于结束了，可是结果我们却没做出任何决定。

Ans: The meeting is finally over. But as it turns out, we didn't make any decision.

|

析: as it turns out = 结果是。make a decision = 做决定。

| Part V Comprehensive Practice 综合练习

Complete the following dialogues, using the words and phrases in brackets. Make changes or additions where necessary.

1. A: What is it that interests you so much? You've been on the net for so long.
B: Advertisements. You know, as you _____, you will _____ advertisements for products that you are interested in. (internet, at times, surf)

Ans: surf the internet, at times, see

|

析: surf the internet = 上网冲浪。at times = 有时。see advertisements = 看到广告。

2. A: You know what? A new series of Harry Potter e-books will be released soon and it even comes with annotations (注解) by J.K. Rowling.
B: Really? It's _____. And it has already been turned into eight _____ movies. (thoughtful, amazing)

Ans: amazing, thoughtful

|

析: amazing = 令人惊异的。thoughtful = 有深度的/经过深思的。此处修饰 movies。

3. A: As CEO of a social media company, much of my life is spent online. I need to slow down and enjoy the small wonders of life.
B: Absolutely. If you don't take the time to once in a while _____, to _____ on a mental level, you _____ burning yourself out (筋疲力尽). (end up, smell the flowers, nourish)

Ans: smell the flowers, nourish your mind, will end up

|

析: smell the flowers = 轻松一下。nourish your mind = 滋养心灵。end up doing sth = 最终...。

4. A: Traditional brick-and-mortar (实体的) stores can still benefit shoppers, but to stay competitive, they have begun to do _____, and the future _____.
B: Yes, but _____ the success of their e-business, many of them find it still a challenge to attract walk-in customers back. (despite, online, promising)

Ans: business online, looks promising, despite

|

析: do business online = 在线经营。look promising = 看起来有前途。despite = 尽管。