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高考复习方案

主编：肖领好

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英语

YLNJ

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Unit 1 Back to school

(限时:30 分钟)

I 阅读理解

A [2023·安徽池州高三教学质量统一监测]

文体:记叙文 主题:人与自我 词数:335

Miss Baugh taught seventh-grade social studies. She was the kind of teacher that perhaps everyone has had at least once: **scary**. In class, she always taught us to take school seriously. She had been teaching for a long time and I was as afraid of her as anyone, including the boys who were typically naughty in the back row.

But I also had a life outside of school and had just discovered cheap objects for pranks. One such prop had two parts: an ink bottle painted to look as though it had overturned, and a piece of shiny black metal shaped like a pool.

Of all the people I could have **tricked**, unexpectedly I chose Miss Baugh. At the beginning of the class, I opened her book and placed the prop on one of the pages. Then I waited for the fun. When Miss Baugh saw the bottle and the **spilled** ink, she **let out** a little cry and looked for something to wipe up the ink. The trick had succeeded beyond my expectations. But then I suddenly knew I had no control over what would happen next. When Miss Baugh tried to remove the ink with a paper towel, she discovered it was just a piece of black metal. She picked it up, her eyes sweeping the classroom with a deadly gaze. Then came the question: "Who did this?"

After some hesitation, I raised my hand. Miss Baugh fixed me with a stare that terrified me, and my classmates. And then, most unexpectedly, she laughed. "Well, it certainly fooled me!" she said. She returned the prop to me, and for a few seconds a sweet little aged lady appeared right where Miss Baugh stood.

We got back to having a class. But something had changed for me. I began to realize that, if someone like Miss Baugh had a warm heart beneath that crusty surface, then other crusty people would

probably do, too. That may have been the most valuable lesson I learned.

() 1. Which words best describe Miss Baugh according to Paragraph 1?

- A. Serious and experienced.
- B. Easy-going and selfless.
- C. Naughty and demanding.
- D. Scary and narrow-minded.

() 2. What does the underlined word "pranks" probably mean in Paragraph 2?

- A. Bets.
- B. Experiments.
- C. Tricks.
- D. Strategies.

() 3. What can we learn from Paragraph 4?

- A. Miss Baugh's stare wasn't as terrifying as before.
- B. The author was given away and finally raised his hand.
- C. Miss Baugh burst into laughter and gave the prop back.
- D. A little aged lady entered the classroom to give a lecture.

() 4. What valuable lesson did the author learn?

- A. Crusty people can be easily changed.
- B. Crusty people may be friendly to others.
- C. Crusty people are difficult to get along with.
- D. Crusty people are sensitive to others' feelings.

B [2023·广东广州天河区高三模拟]

文体:说明文 主题:人与社会 词数:339

Few businesses can run without computers, giving keyboard shortcuts **incredible** importance. Schools view typing courses as necessary. But what are we giving up as handwriting loses its significance?

Brain power, according to science. Researchers from Princeton University and the University of California conducted a series of studies to demonstrate the differences between students who wrote out their notes and those who typed them. Study participants took notes on a lecture using one

of the two methods and were tested 30 minutes after the lecture, and again a week later.

The results showed both types of notetakers did well on the first test. The longhand notetakers had a stronger grasp of the overall concept. Students with the handwritten notes were also able to better remember and understand the concept of the lecture a week later, and were more open to understanding new ideas.

According to Pam Mueller, lead author of the study, “Our findings suggest even when laptops are used as intended, they may still be harming academic performance.” Part of the reason is that it was faster to take notes on the laptop; using exactly the same words meant they weren’t truly engaged in the content. But notetakers using pen and paper tended to digest the material better and could rephrase it in their own words.

Although typing notes using exactly the same words can help in recalling facts in the short term, it takes the focus away from the main points of the lesson. “**Ironically**, the feature that makes their laptop notetaking so attractive—the ability to take notes more quickly—was what **weakened** learning,” educational psychologist Dr Kenneth Kiewra told *The Wall Street Journal*.

Computers aren’t going away soon, but that doesn’t mean paper notebooks become outdated. In fact, it is best to start using them at an early age. University of Indiana researchers compared brain scans of five-year-olds—some who practised writing letters down, and some who just looked at the letters. Those who wrote out the letters had more **enhanced** and adult-like brain activity.

- () 5. In the study, what were the participants asked to do?
- A. Compare typing and handwriting.
B. Take notes by typing or handwriting and take tests.
C. Take two tests right after taking notes on the lecture.
D. Take notes using exactly the same words on the lecture.
- () 6. What does the underlined word “longhand” in Paragraph 3 mean?

- A. Fast. B. Flexible.
C. Typing. D. Handwriting.

- () 7. What contributes to better learning in note-taking?
- A. Using the exact words.
B. Introducing modern tools.
C. Writing as quickly as possible.
D. Rephrasing the learning material.
- () 8. What would be the best title for the text?
- A. Typing matters in a way.
B. A pen is better than a keyboard.
C. Handwriting builds your brain power.
D. Handwriting or typing is a question.

II 阅读七选五 [2023·江苏南通高三三模]

文体:说明文 主题:人与自我 词数:296

The best feeling about going back to school is seeing all your friends. You get the chance to tell each other your holiday experiences. 1. _____ You have to start from scratch(从头开始). Here are tips that will work for you.

- Do not be scared.

It is not unhealthy to be scared on your first day of school. Remember that each student has gone through the same process. 2. _____ Your new school can have the best team and the **competitive** drama programme. Try and focus on things that make you want to go to that school. You will not have any reason to be scared.

- Know your surroundings.

It is good to be familiar with the new environment. 3. _____ It will help you take less time to go to your lesson and settle down before the teacher arrives. Knowing the surroundings will give you confidence because you will not have to **ask around**. It will make you feel better and ready for anything that comes your way.

- 4. _____

Do not try to change the person you are because of the new environment. Do not do that just to fit into a group of students. In the end, it will not be worth it. It is for people to love you the way you are. You are perfect the way you are. You have no reason for changing yourself.

- Connect with people.

The worst part about moving to a new school is making friends. There is a possibility that you know

some students from your new school. You can try and connect with the people you know first. They will introduce you to other people, and that is how you will make friends. 5. _____ Go to the people you know and hang out.

- A. Be yourself.
- B. Do not be alone.
- C. Please the other kids.
- D. Going to a new school can be pretty challenging.
- E. Try to look at the positive side of joining a new school.
- F. It is advisable to know where the different rooms are located.
- G. Often the scariest part of change is not knowing what it looks like.

III 语法填空 [2023·河北石家庄高三模拟]

文体:记叙文 主题:人与自我 词数:228

A video clip of Zhang Huiyu, a Chinese girl with visual impairment (受损), 1. _____ (passionate) reciting “Ode to the Yellow River” had attracted a lot of attention online. The 16-year-old was a seventh-grade student in Tianshui Special Education School. 2. _____ (suffer) from cataracts (白内障), Zhang faces grave 3. _____ (challenge) in learning.

“When I was in an ordinary primary school, I had a hard time with study and I couldn’t read the papers clearly in exams. 4. _____ when I came to the special education school, I even found a completely blind teacher was giving a class, 5. _____ inspired me to work hard to become a special education teacher in the future,” Zhang said.

For the students in the visual impairment department, after receiving nine-year compulsory education, they would either go to high school to prepare for the special national college entrance examinations or integrate into society with their 6. _____ (acquire) vocational skills. In the past two years, 57 students from this vocational high school 7. _____ (take) the special “gaokao” and 34 of them have been admitted to colleges and universities.

China’s regulation on education for the disabled requires access 8. _____ nine-year compulsory education for all school-age children and adolescents with disabilities. No schools are allowed 9. _____ (decline) their appeal for schooling. The 10. _____ (require) is simplified as “full coverage and zero rejection”.

重点词句回顾

A. 词汇积累

1. scary *adj.* 可怕的, 恐怖的
2. trick *vt.* 愚弄, 戏弄
3. spilled *adj.* 洒出的, 泼出的
4. let out 发出(声音)
5. incredible *adj.* 难以置信的
6. ironically *adv.* 讽刺地
7. weaken *v.* 削弱
8. enhanced *adj.* 提高的, 增强的
9. competitive *adj.* 有竞争力的
10. ask around 四处询问

B. 熟词生义

view *n.* (个人的) 意见; 看法; 景色, 风景 → *vt.* 看, 观看; 把……视为

Schools **view** typing courses as necessary. (阅读 B, Para. 1)

【译文】学校认为打字课程是必要的。

C. 靓句借鉴

Researchers from Princeton University and the University of

California conducted a series of studies to demonstrate the differences between students who wrote out their notes and those who typed them. (阅读 B, Para. 2)

【赏析】两个 who 引导定语从句, 分别修饰先行词 students 和 those。

【译文】普林斯顿大学和加利福尼亚大学的研究人员进行了一系列研究, 以证明手写笔记的学生和打字的学生之间的差异。

D. 长难句分析

Part of the reason is that it was faster to take notes on the laptop; using exactly the same words meant they weren’t truly engaged in the content. (阅读 B, Para. 4)

【分析】that 引导表语从句, 表语从句中 it 作形式主语, 后面的不定式短语作真正的主语; using exactly the same words 是现在分词短语作主语。

【译文】部分原因是在笔记本电脑上记笔记更快; 使用完全相同的词语意味着他们没有真正专心于内容。

Unit 2 Let's talk teens

(限时:35 分钟)

① 阅读理解

A [2023·山东烟台高三一模]

文体:说明文 主题:人与社会 词数:341

Parenting styles have changed over the years **in response to** the rapid changes in the world. Whether it is tapping technology or applying the best parenting practices to meet a parenting need, parents nowadays generally invest more time in finding out how best to raise their children.

Modern parents often **look to** the Internet and social media **for** parenting advice. The availability of resources has helped modern parents engage more in their children's development, both academically and emotionally. Modern parents are also more eager to find out effective parenting methods to help them raise disciplined and confident children.

A modern parenting style that has emerged is helicopter parenting, where parents are much too focused on their children. They help children with tasks they're capable of doing on their own, like selecting activities and friends for them, or calling their teachers about homework matters. Such a parenting style can hold back the development of the children's ability to handle responsibilities independently. Children might be ill-equipped with life skills such as doing laundry(洗衣), clearing their plates or coping with their schoolwork. Always protecting children from failures may also prevent them developing **adaptability** and acquiring skills like problem-solving.

On the other hand, parents in the past tended to monitor less. Children were given more control over how to manage their schoolwork and choose their friends. Domestic helpers were also not the norm then; hence children of the past were often expected to shoulder the responsibilities of caring for younger brothers and sisters and managing housework. Living in the pre-Internet age, parents were less informed about different parenting methods, and their parenting styles were guided more by their personalities, common sense and friendly advice from the extended family and

neighbours, rather than by social media influences or parenting websites.

There is no one right way to raise a child. Each child is unique and should be raised differently by parents who are present but not wandering, who are supportive but not controlling, and who protect but not care too much.

- () 1. What does the underlined word “tapping” mean in Paragraph 1?
- A. Employing. B. Tracking.
C. Monitoring. D. Identifying.
- () 2. What is a distinctive characteristic of helicopter parenting?
- A. Flexible. B. Efficient.
C. Conventional. D. Overinvolved.
- () 3. What do we know about parents in the past?
- A. They educated kids in a rigid way.
B. They underestimated their kids' independence.
C. They afforded kids more space for self-growth.
D. They tended to stay away from social activities.
- () 4. What does the text mainly tell us?
- A. How to raise all-round children.
B. How to enhance parent-child bonds.
C. How parenting modes have shifted over the years.
D. How information technology boosts people's lifestyles.

B [2023·吉林重点中学高三调研测试]

文体:说明文 主题:人与社会 词数:336

According to a recent study, teens explore more than adults and it helps them learn better than grown-ups. The study notes when adults attempt something new but get a negative result, they often won't try it again.

Dr Alison Gopnik, one of the co-authors, said “That might seem like the most basic kind of intelligence—even rats stay away from a path leading to a shock. The downside is that we will never learn the world is more **complicated**. Teens, however, have intense curiosity and drive to explore

and this helps them learn many different things quickly.”

Together with NYU scientist Emily Liquin, Gopnik conducted a scientific experiment to test if teens’ drive to explore more than grown-ups influences the way they learn.

They gave 64 teens and 87 adults a game where each placed different blocks on a machine with one rule: if the machine **lights up**, they get a prize consisting of a star, but if the machine doesn’t light up, they lose twice as much. The goal of the game was to discover that all the blocks work except for the ones with white spots.

Most of the teens were able to figure out the rule correctly, whereas more than 70% adults couldn’t, but it came at a cost: the teens earned fewer stars.

The experiment shows adults often **leap** to faster conclusions, while teens are more willing to explore and gather more information before they decide on a result.

The experiment only studied thirteen to fifteen-year-olds compared to adults in the United States, noting more research is needed to generalize it to a broader population and context, according to the paper.

Gopnik concludes, “We grown-ups are often so anxious to **exploit** that we don’t explore, so afraid of losing stars that we miss the chance to learn something new. Teens, however, are natural explorers, willing to **sacrifice** stars for the sake of information. We need both types of thinking to grow up, but adults might learn something from those curious kids.”

()5. Why did Gopnik mention rats in Paragraph 2?

- A. To show adults’ avoiding bad results is understandable.
- B. To discover whether adults are much cleverer than rats.
- C. To tell us rats are appropriate subjects in experiments.
- D. To suggest that rats are clever enough to choose safe paths.

()6. What do we know about the experiment?

- A. It aimed to test if teens have more drive to explore.

B. Most adults could understand the game rule correctly.

C. Teens got better results than adults in the game.

D. It has some limitations and needs further research.

()7. What does Gopnik mean according to the last paragraph?

- A. Adults’ way of thinking should be abandoned.
- B. The two ways of thinking should be combined.
- C. Teens are better at getting information.
- D. Adults should learn to think in teens’ way.

()8. Based on the study, which of the following is desirable in educating teens?

- A. Inspiring teens to explore regardless of risks.
- B. Encouraging teens to be brave to try new things.
- C. Motivating teens to draw conclusions quickly.
- D. Teaching teens not to care about gains and losses.

II 语法填空 [2023·江苏南京高三二模]

文体:记叙文 主题:人与社会 词数:227

China National Traditional Orchestra (乐团) launched its youth theatre group in Beijing on Sunday. At the opening, centring around “Bringing Chinese stories to the world”, the group’s new productions and touring plans for this year 1. _____ (announce).

In January, the orchestra, QFun Theatre and Guangzhou Opera House coproduced a children’s play *Ben Cao Gang Mu*. From this cooperation, the orchestra and QFun Theatre decided to create a youth theatre group, 2. _____ (aim) to integrate Chinese traditional music with theatre and tell Chinese stories 3. _____ the angle of children and teenagers.

The young members of the newly 4. _____ (establish) theatre group performed *Ben Cao Gang Mu* at the event, as well as poetry recital *A Spring Morning* and choir singing *Looking for the Moon*. “Art can help children open up their curiosity and 5. _____ (imagine). I hope there will be a place where children’s creativity can be 6. _____ (true) inspired and exercised. That is 7. _____ we decided to establish this youth theatre group,”

said Zhao Cong, head of the orchestra.

This year, the theatre group plans to launch 8. _____ international tour to bring *Ben Cao Gang Mu* to the world. The group's new 9. _____ (origin) play *The Book of Odes*, combining traditional Chinese music and magic tricks, will also be produced later this year. Now all the members 10. _____ (prepare) hard for their play.

III 完形填空[2023·河北张家口高三二模]

文体:记叙文 主题:人与自我 词数:217

Matthew began working on the brakes of his truck immediately he got home late on a Monday. For safety, he couldn't 1 repairing his truck any longer. His teenage son, Dalin, came to help. Matthew couldn't get a good 2, so he slid his body under the truck to hit it. But when the rotor (刹车盘) bounced off, the truck moved forward and 3 right on top of him.

Matthew couldn't breathe, move or yell. This was definitely a 4 situation. Seeing this, Dalin was scared. 5, he sprang into action despite his fear and was 6 enough to lift the truck a little. Dalin 7 as hard as he could to get the truck up just enough for his father to roll out.

The 8 left Matthew with a separated shoulder. Matthew was taken to the hospital for his 9. Everything happened so fast. Matthew couldn't remember how he 10. "Later, we looked at our security cameras and realized Dalin 11 the truck enough for me to roll out. My son is my 12. He saved my life," Matthew recalled.

Not only the father but also everyone was 13 for Dalin's bravery and quick thinking. It was a situation that could have easily 14 differently were it not for his quick 15.

- ()1. A. give up B. carry on
C. set about D. put off
()2. A. consequence B. idea
C. angle D. start
()3. A. switched B. fell
C. covered D. spread
()4. A. shameful B. scary
C. familiar D. discouraging
()5. A. Thankfully B. Eventually
C. Obviously D. Unfortunately
()6. A. enthusiastic B. patient
C. strong D. willing
()7. A. kicked B. struck
C. thought D. tried
()8. A. accident B. explosion
C. fight D. exposure
()9. A. madness B. collapse
C. injury D. breakdown
()10. A. felt B. escaped
C. separated D. emerged
()11. A. lifted B. pushed
C. protected D. detected
()12. A. instructor B. superior
C. guide D. hero
()13. A. responsible B. qualified
C. grateful D. eager
()14. A. ended B. changed
C. reacted D. behaved
()15. A. service B. response
C. recover D. change

IV 重点词句回顾

A. 词汇积累

1. in response to 回应
2. look to...for... 指望; 依赖
3. adaptability *n.* 适应性
4. complicated *adj.* 复杂的
5. light up 照亮; 发亮
6. leap *v.* 跳跃
7. exploit *v.* 利用
8. sacrifice *v.* 牺牲

B. 熟词生义

1. drive *v.* 驱动; 驾驶 → *n.* (人的) 强烈欲望, 本能需求, 动力
Teens, however, have intense curiosity and **drive** to explore

and this helps them learn many different things quickly.
(阅读 B, Para.2)

【译文】然而,青少年有强烈的好奇心和探索的动力,这有助于他们快速学习许多不同的东西。

2. generalize *v.* 概括; 归纳 → *v.* 扩大……的运用; 将……类推到(较大的范围)

The experiment only studied thirteen to fifteen-year-olds compared to adults in the United States, noting more research is needed to **generalize** it to a broader population and context, according to the paper. (阅读 B, Para.7)

【译文】该论文称,该实验只将美国13至15岁的青少年和成年人进行了对比,并指出需要更多的研究,以将其推广到更广泛的人群和背景中。

Unit 3 Getting along with others

(限时:30 分钟)

① 阅读理解

A [2023·江苏苏锡常镇四市高三调研]

文体:说明文 主题:人与社会 词数:359

Have you ever been in mid-conversation with someone, when you look over and find them standing in the same position as you or holding the same facial expression? It may seem like they have consciously (有意识地) copied you, but it is much more likely that it is the chameleon (变色龙) effect **at play**.

The chameleon effect is the unconscious imitation (模仿) of another person's gestures or behaviour. Just as a chameleon attempts to match any environment's colours, people acquire the behaviour of others to bring them closer together and help make their interactions smooth.

The chameleon effect was **confirmed** in an experiment by psychologists John Bargh and Tanya Chartrand in 1999. The first part of their experiment included 78 people, who each spoke with an experimenter. During the test, Bargh and Chartrand studied whether **participants** would copy the actions of someone they hadn't met before, like moving the foot and touching the face. The second part measured the impact that copying someone has on the person being imitated.

In the first stage, participants increased their face touching by 20% and their foot movement by 50% while in conversation about a photograph with the experimenter. The individuals weren't aware of what they were being studied for, and the photograph was used to catch their attention to ensure unconscious acts. The second stage involved half of the participants being copied, and then rating the likeability of the experimenter. The results showed that those who were imitated scored the experimenter higher. It has shown that when someone copies our behaviour, we develop more positive feelings about them. These interactions could be about a person unconsciously hoping to be liked, and forming a moment of connection.

The main reasons behind humans' imitation are positive. However, when people carry this

chameleon effect to the extreme, they can lose their sense of self. Those who change their entire personalities in different groups often **go undetected**. But more common signs of the chameleon effect are easier to notice. Next time you are in a social gathering, take a look around and you might just see some chameleons for yourself.

- () 1. Why do people acquire others' behaviour?
- A. To match the environment's colour.
B. To attract others' attention.
C. To establish a connection with others.
D. To adapt to the surroundings.
- () 2. How did the experimenter guarantee participants' unconscious behaviours?
- A. By directing their attention to a photo.
B. By keeping an eye on their actions.
C. By telling them the purpose of the study.
D. By evaluating the impacts of imitation.
- () 3. What conclusion can be drawn from the experiment?
- A. People tend to like those who imitate their behaviour.
B. Too much of the chameleon effect can be beneficial.
C. People imitating others are not easy to be detected.
D. The copied movements help people to feel relaxed.
- () 4. Which of the following shows the chameleon effect according to the passage?
- A. Students adopt teachers' accents for fun after class.
B. People change their habits to please others on purpose.
C. A comedian copies a celebrity vividly on stage.
D. A husband and his wife share similar behaviour over time.

B [2023·海南琼海嘉积中学高三三模]

文体:说明文 主题:人与社会 词数:331

People with similar body odours (气味) are more likely to “click” and become instant friends, according to several experiments. “When we first

meet other people, we sometimes experience an immediate strong click that makes us feel as if we have already been good friends for years,” says Inbal Ravreby at the Weizmann Institute of Science in Israel.

She wondered if this may have something to do with body odours, because previous research has found that we sniff (嗅) each other without awareness on meeting—for example, by lifting our hand to our nose after shaking someone’s hand. Ravreby and her colleagues took on 20 pairs of same-sex, **non-romantic** friends—half female and half male who said they clicked **straight away** on first meeting.

An electronic nose—a **device** that senses the chemical components of odours—was used to sniff T-shirts that had been worn by each of the participants. The nose found that body odours were more similar between the friend pairs than between random pairs that were formed by mixing up the participants. A group of 25 independent adults who sniffed the participants’ T-shirts also reported that the friend pairs smelled more alike than random pairs did.

Next, Ravreby and her colleagues employed 17 people who had never met previously and used the electronic nose to analyse their body odours. Each individual then took turns playing a non-verbal game with other participants of the same sex. The results **were consistent with** the earlier experiments: the pairs that smelled more like each other were more likely to report feeling as if they had clicked during this game.

The findings **make sense** because research shows that we tend to become friends with people who are like us, for example, **in terms of** age, education, religion, physical appearance, personality and values, says Ravreby. Animals also use smell to help decide who is a friend or an enemy, such as dogs that sniff each other’s body when they meet in a park, she says.

- ()5. Why did Inbal Ravreby conduct the experiments?
- To contradict previous studies.
 - To collect people’s different body odours.
 - To distinguish the chemical components of odours.

D. To find out the potential connection between instant friends.

- ()6. What is the electronic nose used for?
- Playing games with robots.
 - Identifying strangers’ T-shirts.
 - Testing participants’ body odours.
 - Evaluating participants’ body conditions.
- ()7. What are the participants asked to do during the experiment?
- Play a game without talking.
 - Describe their body smell.
 - Tell their preference for a friend.
 - Remember their physical appearances.
- ()8. What can be inferred from the last paragraph?
- Dogs make friends more easily than other animals.
 - People are somewhat like animals in making friends.
 - Animals prefer to make friends through non-verbal games.
 - Personality and values play a key role in people’s making friends.

文体:说明文 主题:人与自我 词数:272

Sometimes it seems easier to love others than it does to love yourself, but self-acceptance is an important part of developing healthy relationships with others. 1. _____. It also means living your own life as honestly as you can. Luckily, with a little practice and patience, you can learn to love yourself, too.

Know the dangers of a lack of self-love. A lack of self-love can lead you to make harmful choices. It can lead to the harmful dependence on others for validation, which makes people set aside their own needs in order to gain others’ approval. 2. _____.

Discard your negative filter. 3. _____. Too much focus on negative or less favourable events in your life can make these events seem disproportionately (不成比例地) important. If you find yourself complaining that everything that happens to you is bad, try to find a little evidence to the contrary. It is very unlikely that everything is really bad.

4. _____. Some people have trouble accepting anything less than perfection from themselves. If you find yourself pursuing perfectionism and feeling negative about yourself when you are less than perfect, take three simple steps. Stop your current line of thinking, then focus on the effort that will be required to work towards a goal, and then steadily apply the required effort.

Celebrate and reward yourself. This is the fun part of self-love: rewarding yourself! 5. _____, celebrate it with a nice dinner at your favourite fancy restaurant. Think of all of the hard work you do every day, and find a reason to reward yourself with something nice. Buy yourself the new book or video game you've had your eye on.

- A. Avoid perfectionism
- B. Reflect on the effects of self-love
- C. If you have had a significant accomplishment
- D. When you are thinking negatively about yourself
- E. It can also prevent emotional recovery and progress
- F. Loving yourself means recognizing your own self-worth
- G. Focusing only on the negative in your life is a bad habit

III 语法填空

[2023·四川成都石室中学高三二诊]

文体:议论文 主题:人与社会 词数:200

Clara 1. _____ (seat) on an Airlines flight to L. A. 2. _____ a flight attendant

asked an urgent question over the loudspeaker, "Does anyone on board know American Sign Language (ASL)?"

Clara had been studying ASL for the past year and she'd be able to finger-spell into a man's palm, so she pressed the call button. The flight attendant came and explained the situation, "We have 3. _____ passenger who's blind and deaf." The passenger seemed to want something, but the flight attendants couldn't understand 4. _____ he needed.

Clara unfastened her seat belt, walked towards the front of the plane, and 5. _____ (kneel) by the aisle seat of Tim Cook. 6. _____ (gentle) taking his hand, she signed "Are you OK? What do you need?". Cook asked 7. _____ some water.

For the next hour, she talked about her family and her plans for the future. Cook told Clara how he had gradually become blind and shared stories of his. "Although Tim couldn't see her, she looked attentively at his face with such 8. _____ (kind)," a passenger said.

"Clara was 9. _____ (amaze)," a flight attendant told Alaska Airlines in a blog interview. "You could tell Tim was very relaxed 10. _____ (have) someone he could talk to, and she was such an angel."

重点词句回顾

A. 词汇积累

- 1. at play 起作用;正在玩耍
- 2. confirm *v.* 证实
- 3. participant *n.* 参与者
- 4. go undetected 未被发现的;未被察觉的
- 5. non-romantic *adj.* 非浪漫的;与浪漫情感无关的
- 6. straight away 立刻,马上
- 7. device *n.* 设备
- 8. be consistent with 与……一致
- 9. make sense 有意义
- 10. in terms of 在……方面,从……方面(说来)

B. 熟词生义

rate *n.* 比率,速度;价格,费用→*v.* 评估,评价,估价
The second stage involved half of the participants being copied, and then **rating** the likeability of the experimenter. (阅读 A, Para. 4)

【译文】第二阶段一半的参与者被模仿,然后给实验者的受欢迎程度评分。

C. 靓句借鉴

Have you ever been in mid-conversation with someone,

when you look over and find them standing in the same position as you or holding the same facial expression? (阅读 A, Para. 1)

【赏析】when 引导时间状语从句,且句中含有“find + 宾语 + 宾补”结构。

【译文】你有没有那种情况:当你和某人在谈话时,你望过去,发现他们和你站立姿势一样,或者表情相同?

D. 长难句分析

"When we first meet other people, we sometimes experience an immediate strong click that makes us feel as if we have already been good friends for years," says Inbal Ravreby at the Weizmann Institute of Science in Israel. (阅读 B, Para. 1)

【分析】when 引导时间状语从句,that 引导定语从句,修饰先行词 click,as if 引导方式状语从句。

【译文】以色列魏茨曼科学研究所的 Inbal Ravreby 说:“当我们第一次见到其他人时,我们有时会立即感觉非常合拍,这让我们觉得我们好像已经是多年的好朋友了。”

Unit 4 Looking good, feeling good

(限时:35 分钟)

① 阅读理解

A [2023·广东梅州高三一模]

文体:记叙文 主题:人与自我 词数:283

When my son first began competing in school chess tournaments, I often **chatted with** other parents. **Occasionally**, I would ask if they played chess themselves. Normally, the reply was no. When I volunteered that I was learning to play, their tone was cheerfully joking, “Good luck with that!” If this game is so good, why are adults ignoring it? Seeing someone playing smart phone games, I preferred to say, “Why are you having your kids do chess while you play?”

Sure, we parents had work to do, work that helped pay for the lessons our kids were enjoying. But I was also wondering if we were sending an **unnoticeable** message that learning was for the young. During one tournament, I saw a group of parents playing chess! Just then, a group of kids passed me. “Why are adults learning chess?” one asked, in an apparently joking tone.

I **was tired of** sitting on the sidelines. I wanted in, and that is why I got a membership card and started **throwing myself in**. “Early on, I was nervous, even the master can sometimes play badly,” as one grandmaster put it, “a fan never.” And a fan I was. It was three hours of concentration and thinking with my phone off. It felt like a gym where I was trained to solve problems with focus, memory, logic, and occasional headaches. And of course hours of absence of digital devices would never be no good for thinking sharply.

Being a beginner can be hard at any age, but it gets harder when you are older. The phrase “adult beginner” has an fairly gentle pity. It implies the learning of something that you should have perhaps already learned.

- ()1. What can we learn about other parents from their remarks?
- A. They were ignoring other learners.
B. They agreed on the idea of learning chess.

C. They gave congratulations to the author.

D. They thought it odd for an adult to learn chess.

- ()2. How did the child in the second paragraph perceive adults learning chess?

A. Laughable. B. Imaginable.

C. Understandable. D. Sensible.

- ()3. What do the underlined words “sitting on the sidelines” mean in Paragraph 3?

A. Not being noticed.

B. Not being involved.

C. Expressing confusing ideas.

D. Following what others do.

- ()4. What did the author think of his experience of learning to play chess?

A. It helped him remain calm.

B. It made him proud of himself.

C. It helped him train his brain.

D. It made him look rather funny.

B [2023·山东济南高三三模]

文体:说明文 主题:人与社会 词数:321

Walter Benjamin, the German philosopher, once noted that boredom was the “dream bird that **hatches** the egg of experience”. However, the creative flights of fancy which often **arise from** having little to do are being killed off by social media, researchers argued. Viewing mindlessly through **attention-grabbing** posts and videos prevents “profound (深层的) boredom” that can drive people on to new passions or skills. Instead, people find themselves **in a state of “superficial boredom”**, which does not motivate creative thoughts.

Dr Timothy Hill, leader of the research team at the University of Bath, said, “The problem we observed was that social media can ease superficial boredom. But that also consumes time and energy, and may prevent people progressing to a state of **profound** boredom, where they might discover new

passions. Profound boredom may sound like a negative concept but, in fact, it can be intensely positive if people are given the chance for undisturbed thinking and development.”

Researchers interviewed 15 people during the pandemic (流行病), when boredom was more likely because of **restrictions**. Many described being trapped in regularly daily walks and watching television, with many turning to social media to pass the time. But although the participants said that social media provided a temporary escape from superficial boredom, it also appeared to exacerbate it, leaving them feeling they had wasted their time.

The pandemic was a painful and consuming experience for thousands of less fortunate people. But there are stories of those in lockdown who found new hobbies, careers or directions in life. Switching off devices could help people reach the state of boredom which pushes them on to new hobbies or achievements.

This research has given us a window to understand how the “always-on”, 24/7 culture and devices that promise an abundance of information and entertainment may be fixing our superficial boredom but are actually preventing us from finding more meaningful things.

- () 5. Why are Walter Benjamin’s words mentioned?
- A. To call for attention to the research on boredom.
- B. To comment on the strategies to face loneliness.
- C. To offer advice on developing creative thinking.
- D. To clarify the problem caused by social media.
- () 6. Which of the following may Dr Timothy Hill agree with?
- A. Profound boredom is of value.
- B. Social media can fuel passions.
- C. The research has some limitations.
- D. Creative thinking is easily disturbed.

- () 7. What does the underlined word “exacerbate” in Paragraph 3 probably mean?
- A. Avoid. B. Break.
- C. Inspire. D. Worsen.
- () 8. What is a suitable title for the text?
- A. Why people enjoy boredom
- B. How boredom helps kill time
- C. Why superficial boredom may be good for you
- D. How social media blocks creative ideas

II 语法填空 [2023·安徽马鞍山高三质量监测]

文体:说明文 主题:人与社会 词数:223

A recommendation to drink eight glasses of water a day has become accepted wisdom and often appears in health guidance. A latest study, however, reveals that people have 1. _____ wide range of water intakes. Many people only require about 1.5 to 1.8 litres a day, 2. _____ (low) than the two litres typically recommended.

“The current recommendation is not supported 3. _____ (scientific) at all,” said the researcher. “Most of the scientists are not sure 4. _____ this recommendation came from.”

One issue is that previous estimates of water requirements have tended 5. _____ (ignore) the water content of food, which can contribute a substantial proportion(比例) of our overall intake. If you just eat bread and bacon and eggs you will not get much water from food, but if you eat meat, vegetables, fish, pasta and rice you can get about 50% 6. _____ your water needs.

The study shows that a “one-size-fits-all policy” for water intake is not supported by the data in most 7. _____ (situation). Although drinking more water than your body requires 8. _____ (be) unlikely to be harmful to health, clean drinking water is not free to produce, the researchers point out. “If 40 million adults in the UK were following the 9. _____ (suggest) and they drank half a litre of clean water more than they need each day, that’s 20m litres of 10. _____ (waste) water every day.”

文体:记叙文 主题:人与自我 词数:257

I never knew I was legally blind until my 17th birthday. I'd been going to 1 all the time to support my sister because of her eyes. That day, I also got 2 and was told that I had the same 3 as my sister. I could finally make sense of my very 4 vision.

After that day, I never spoke about it.

When I was 26, I got a job. I was always trying to be better in the 5 that nobody would ever discover my condition.

At work, I used humour to 6 my disability. Even smaller things would 7 me, like being unable to see the gender symbol on the toilet door, but I tried very hard to find 8 so that my colleagues couldn't "catch me out".

Over time, I became worn out trying to 9 that I could see. I had to see my doctor. It was a(n) 10 moment in my healing journey. The doctor told me that it wasn't my eyes that were the problem, it was my 11 with my eyes. He also told me I had damaged my eyes by not being 12 for my vision and not asking for help. He advised me to take some time off work so that my eyes could recover. On that day, I 13 to begin the journey that I am on today, of 14 who I am.

Since then, I've been myself, doing social activities. I've stopped 15 about what other people think and whether I am going to fail.

- | | |
|----------------------|-------------------|
| ()1. A. lawyers | B. doctors |
| C. chemists | D. professors |
| ()2. A. taken back | B. calmed down |
| C. checked up | D. operated on |
| ()3. A. task | B. condition |
| C. goal | D. response |
| ()4. A. cloudy | B. normal |
| C. sharp | D. broad |
| ()5. A. fear | B. event |
| C. doubt | D. hope |
| ()6. A. hide | B. cure |
| C. explain | D. forget |
| ()7. A. comfort | B. delay |
| C. attract | D. affect |
| ()8. A. places | B. details |
| C. solutions | D. results |
| ()9. A. pretend | B. promise |
| C. discover | D. admit |
| ()10. A. safe | B. important |
| C. quiet | D. awkward |
| ()11. A. device | B. satisfaction |
| C. boredom | D. relationship |
| ()12. A. happy | B. anxious |
| C. responsible | D. grateful |
| ()13. A. decided | B. waited |
| C. hesitated | D. remembered |
| ()14. A. protecting | B. distinguishing |
| C. describing | D. accepting |
| ()15. A. joking | B. worrying |
| C. asking | D. dreaming |

重点词句回顾

A. 词汇积累

1. chat with 和……聊天
2. occasionally *adv.* 偶尔
3. unnoticeable *adj.* 不引人注意的
4. be tired of 讨厌, 厌烦
5. throw oneself in 投身于
6. hatch *v.* 孵化
7. arise from 源于
8. attention-grabbing *adj.* (言语或行为)引人注目的
9. in a state of 处于……状态
10. superficial *adj.* 表面的;肤浅的
11. profound *adj.* 深刻的
12. restriction *n.* 限制

B. 熟词生义

progress *n.* 进展, 进步 → *v.* 进展, 推进
But that also consumes time and energy, and may prevent people **progressing** to a state of profound boredom, where they might discover new passions. (阅读 B, Para. 2)

【译文】但这也会消耗时间和精力,并可能阻止人们进入极度无聊的状态,在那种状态下他们可能会发现新的激情。

C. 靓句借鉴

Many described being trapped in regularly daily walks and watching television, with many turning to social media to pass the time. (阅读 B, Para. 3)

【赏析】句中含有“with + 宾语 + 宾补”结构。

【译文】许多人描述自己被困在日常散步和看电视中,许多人转向社交媒体打发时间。

D. 长难句分析

But although the participants said that social media provided a temporary escape from superficial boredom, it also appeared to exacerbate it, leaving them feeling they had wasted their time. (阅读 B, Para. 3)

【分析】although 引导让步状语从句, that 引导宾语从句, leaving... 为现在分词短语作结果状语。

【译文】但是,尽管参与者表示,社交媒体提供了一种暂时摆脱表面无聊的方式,它似乎也加剧了无聊,让他们觉得自己浪费了时间。

写作强化练 应用文写作 (建议信) + 读后续写 (亲情)

(限时:35 分钟)

Ⅰ 应用文写作 [2023·湖南部分学校高三模拟]

假定你是李华,你的英国朋友 Jim 最近因为在人际交往中不好意思拒绝别人而感到烦恼,他发来邮件向你求助。请你给他回复邮件提供建议。

注意:1. 写作词数应为 80 个左右;

2. 可以适当增加细节,以使行文连贯。

Dear Jim,

Yours,

Li Hua

Ⅱ 读后续写 [2023·湖南长沙一中高三一模]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

I had a dream from primary school: to work in television. My parents owned a little grocery store, so we were definitely not fancy people. Thankfully, my dad had raised me to have a lot of confidence. He often said, "You can do anything you want to do." My dad was particularly supportive. He was my steady rock—always there for me.

With his help and encouragement, I was admitted to the radio and television arts programme at Ryerson in Toronto. I really loved the programme and worked hard and I was named the most outstanding graduate. I felt like I was already living my dream. I began to think that maybe I could apply for an internship in CBC or CTV.

Luckily, *Global Television* had just started broadcasting in Canada that year. I thought to myself: I'm new and they're new, so if I'm going to get to know one person at *Global*, it might as well be the president. I was scared, but I knew deep down inside that this was what I wanted. When I called my dad and told him my plan, he said, "Good, Faye. That's exactly what you should do."

With my heart just about pounding out of my body, I called up the president of *Global Television*. Suddenly Mr Slaight was on the phone. "I've heard that your studio facilities are amazing. I

could come at eleven o'clock on Monday or eleven o'clock on Sunday for a tour. What would suit you better?" I caught him totally off guard. He stuttered a bit, and then picked a day. When I hung up, I was scared but excited.

I arrived at the studio on the appointed day. When Mr Slaight took me around, he looked at me and said, "What do you want?" He sounded furious but curious. "All I want is a chance to audition. I just want you to know my face. That's all I'm asking."

I didn't know whether I'd ever hear from him again, but two weeks later, his secretary called, "Mr Slaight wants to know if you'd like to come and audition for a new school life show." I immediately answered, "Sure!"

注意:续写词数应为 150 个左右。

Paragraph 1:

When I arrived at the station, I went direct into the audition and began my short performance. _____

Paragraph 2:

Finally came the day of my first public appearance on live TV with my parents at home watching. _____

题组限时提能练（一） 阅读理解 + 阅读理解 + 阅读七选五 + 完形填空

（限时：35 分钟）

❶ 阅读理解

A [2023·黑龙江齐齐哈尔高三二模]

文体：记叙文 主题：人与社会 词数：318

During the summer and early autumn, before heavy snow blankets the mountains, Irakli Khvedaguridze gets to his patients on his white horse, Bichola. Later in the season, when the snow is too deep for the horse to go, he can only travel on foot. He never visits a patient without packing a knife, a gun and a box of food that will last for at least two days.

“Each time you step out, no matter the season or weather, you know that anything could happen in the wild,” says Khvedaguridze.

Khvedaguridze is the only licensed doctor across nearly 386 square miles of mountainous land in northeast Georgia, and serves as a lifeline for the community of the people who remain in this remote area throughout the eight months of winter.

After graduating from the Tbilisi State Medical University in 1970, Khvedaguridze took his first job at a hospital in central Georgia. In 2010, instead of retiring, he took on the permanent post in Tusheti.

“For me, there’s no night or day,” he says. “If they call for help, I have to go. It’s my duty.”

More frequently, he tends to common health problems such as back pain and heartburn. One day, a young man sitting nearby and quietly smoking cigarette complained about shortness of breath.

“Get that cigarette out of your mouth, then!” Khvedaguridze ordered.

The man immediately threw the cigarette into the fire in front of him and has stopped smoking since then.

Khvedaguridze’s 59-year-old neighbour, Elza Ivachidze, is another patient. When she complained of pain in her back last summer, Khvedaguridze treated her with traditional pain killers.

“He often gives us traditional medicines,” says Ivachidze, adding that she worries about what will

happen once Khvedaguridze is gone. “He’s the best doctor we have ever had.”

“The day will eventually come,” Khvedaguridze says. “I don’t know if the next doctor will risk his life to work here.”

() 1. Why does Irakli Khvedaguridze always take a box of food with him?

- A. He has to feed his white horse.
- B. He is always ready to help the poor.
- C. He might be trapped on the way.
- D. He wants to share it with his patients.

() 2. What can we learn from the young man’s reaction?

- A. He trusted the doctor.
- B. He felt very embarrassed.
- C. He was really angry.
- D. He was frightened by the doctor.

() 3. What is Elza Ivachidze worried about?

- A. The doctor’s worsening health.
- B. Irakli Khvedaguridze’s retirement.
- C. The high cost of the treatment.
- D. The effectiveness of the medicines.

() 4. Which of the following is a suitable title for the text?

- A. The living conditions in Tusheti are still very hard
- B. Traditional medicines are warmly welcomed in Georgia
- C. The people in Tusheti appeal for more licensed doctors
- D. This retired doctor braves mountains in northeast Georgia

B [2023·山西临汾高考考前适应性训练]

文体：说明文 主题：人与社会 词数：335

Imagine you bought a new shirt and did not intend to buy a new jacket; however, you suppose that the new shirt makes the old jacket look worn. You weaken and buy a new jacket, new trousers, even new shoes. Before you realize it, you have a whole new wardrobe. And maybe an empty bank account.

This is called the Diderot Effect. Denis Diderot, a well-known French philosopher, was the co-founder and writer of *Encyclopedia*. However, he was too badly off to afford a dowry(嫁妆)for his daughter. His only valuable possessions were books. Hearing of Diderot's financial troubles, Catherine the Great, the Empress of Russia, offered to buy his library at a high price. Shortly after this lucky sale, Diderot acquired a new dressing gown(长袍)which had a huge effect on his life. As he wrote in the article in 1769, the new dressing gown made his other belongings seem old and unattractive. Thus, he began replacing them.

According to many social scientists, it resulted from a psychological need for our possessions to go together and to reflect our self-image. In 1988, anthropologist Grant McCracken coined the term "the Diderot Effect" to describe this need and its influence on consumerism.

Marketers utilize this need by displaying products in what McCracken calls Diderot Unities. An example is the Swedish furniture company IKEA, whose marketing uses two kinds of Diderot Unities in its shops, website and catalogue. One is dividing items like lamps and rugs into various furniture "families". The other is displaying items in fully furnished rooms. Shops count on all of these to create the Diderot Effect, making the buyer want the entire package.

We may occasionally give in to the Diderot Effect, but knowing it exists can help us resist it so we don't regret our purchases. Before buying something, ask yourself, is it necessary? Then, buy items that match what you already have. And remind yourself that a new chair won't transform your bedroom into a showroom!

- ()5. What can we infer about Denis Diderot from Paragraph 2?
- A. His belongings were out of style.
B. He showed interest in nothing but books.
C. He kept on buying new items after the lucky sale.
D. His new dressing gown landed him in financial troubles.
- ()6. Why are people always buying things they don't actually need?

- A. To improve their social status.
B. To show off their beauty and elegance.
C. To make their belongings better matched.
D. To cater for the needs of family members.
- ()7. What does the underlined word "utilize" mean in Paragraph 4?
- A. Get rid of.
B. Ignore.
C. Affect.
D. Take advantage of.
- ()8. What can be a suitable title for the text?
- A. Keep an eye on your bank account
B. Embrace minimalism: less is more
C. The Diderot Effect: a two-edged sword
D. Have you ever given in to the Diderot Effect?

II 阅读七选五 [2023·广东湛江高三一模]

文体:说明文 主题:人与自然 词数:269

Hardscaping refers to non-organic features of a landscape such as pathways, driveways, walls, steps, and other human-made structures. The three Rs, which are common to many sustainability efforts, apply to hardscaping: reduce, reuse, and recycle. 1. _____

Reduce run-off

You can reduce rainwater run-off by using permeable (可渗透的) materials that allow rainwater to get into the soil below. 2. _____ Because, to use permeable materials, you need to dig deeper to set into multiple layers (层) of sand, tiny stones, and other materials that allow rainwater to permeate well, using them under a tree can disturb or even destroy roots that keep trees healthy and upright. It's also a good idea to slope (倾斜) any impermeable surface to direct rainwater to your garden to save from watering it.

Use recycled materials

Consider using materials that are recycled from reclaimed (再生的) concrete, glass, or other construction materials that might otherwise end up in a landfill. 3. _____ Your local landfill might sell other usable materials as well. Recycled wood can be used to make borders between different areas. Just make sure it hasn't been treated with chemicals, especially if you grow food nearby.

Support local wildlife

4. _____ Using permeable hardscape makes the soil below beneficial to them, whether they are earthworms, ground-nesting bees and other beneficial insects, important micro-organisms, or plant roots. Between hardscaped areas, plant native trees and flowers to create wildlife habitats.

5. _____

With careful planning and action, you can enjoy the convenience brought by hardscaping and at the same time be considerate to the environment and local wildlife.

- A. Those materials are seemingly useless.
- B. All these are essential to a healthy ecosystem.
- C. They aren't suitable for all landscapes, however.
- D. Don't forget there are creatures living under the top soil.
- E. You can get such things from many landscaping suppliers.
- F. Rainwater is an important source of our underground water.
- G. Add "support local wildlife", and you're ready for sustainable hardscaping.

完形填空 [2023·山东济南高三二模]

文体:记叙文 主题:人与自然 词数:247

In 2013, my husband Robin took a new job in Ghana. We relocated from London, where I worked as a photographer, to the capital, Accra. Robin worked, but my visa didn't permit me to, and I was left homesick and lacking 1. With few people around, I turned to 2. I photographed horses and considered the outdoors the place where I felt most 3.

In September 2018, after one bad thunderstorm, I found a bird, barely a month old, on the ground. He was 4 by his flock(群). His eyes were shut, too young to 5 alone. I placed him in a cardboard box and stayed up all night, researching how to 6 him. I spoke to an expert who said it would take 12 weeks to prepare him for the 7.

For the next 84 days, the 8 bird lived on me. He would fly alongside me. As he learned to

fly, he'd make short 9 from my hand, to my shoulder, and then settled on my hair. I 10 named him because I had to 11 myself that he needed to return to the wild. In return for putting his life back on course, he 12 me by giving me purpose. Three months later, he was 13 enough and flying farther from me. It was time for him to go. Then on a clear day when his flock returned, Robin and I took him out and the little bird flew away with them.

14 him taught me how to live in the present. Last year, I joined local conservation efforts. That, along with the 15 that any little creature can make a difference, is what he left me.

- ()1. A. purpose B. interest
C. experience D. confidence
- ()2. A. family B. sports
C. nature D. school
- ()3. A. grateful B. alive
C. stressed D. scared
- ()4. A. envied B. controlled
C. recognized D. abandoned
- ()5. A. survive B. fight
C. escape D. play
- ()6. A. go with B. care for
C. focus on D. speak about
- ()7. A. travel B. stay
C. wild D. change
- ()8. A. rare B. lazy
C. proud D. tiny
- ()9. A. noises B. dances
C. flights D. stops
- ()10. A. kindly B. cheerfully
C. once D. never
- ()11. A. remind B. promise
C. cheat D. motivate
- ()12. A. attracted B. honoured
C. shocked D. rewarded
- ()13. A. high B. strong
C. smart D. calm
- ()14. A. Raising B. Tolerating
C. Evaluating D. Amusing
- ()15. A. secret B. message
C. news D. lesson