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高考复习方案

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作业手册
英语
主题版

新高考地区



延边教育出版社

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训练 1 阅读理解(2篇) + 阅读七选五 + 应用文写作

(限时:30 分钟)

① 阅读理解

A [2023·新高考全国 II 卷]

Turning soil, pulling weeds, and harvesting cabbage sound like tough work for middle and high school kids. And at first it is, says Abby Jaramillo, who with another teacher started Urban Sprouts, a school garden programme at four low-income schools. The programme aims to help students develop science skills, environmental awareness, and healthy lifestyles.

Jaramillo's students live in neighbourhoods where fresh food and green space are not easy to find and fast food restaurants outnumber grocery stores. "The kids literally come to school with bags of snacks and large bottles of soft drinks," she says. "They come to us thinking vegetables are awful, dirt is awful, insects are awful." Though some are initially scared of the insects and turned off by the dirt, most are eager to try something new.

Urban Sprouts' classes, at two middle schools and two high schools, include hands-on experiments such as soil testing, flower-and-seed dissection, tastings of fresh or dried produce, and work in the garden. Several times a year, students cook the vegetables they grow, and they occasionally make salads for their entire schools.

Programme evaluations show that kids eat more vegetables as a result of the classes. "We have students who say they went home and talked to their parents and now they're eating differently," Jaramillo says.

She adds that the programme's benefits go beyond nutrition. Some students get so

interested in gardening that they bring home seeds to start their own vegetable gardens. Besides, working in the garden seems to have a calming effect on Jaramillo's special education students, many of whom have emotional control issues. "They get outside," she says, "and they feel successful."

()1. What do we know about Abby Jaramillo?

- A. She used to be a health worker.
- B. She grew up in a low-income family.
- C. She owns a fast food restaurant.
- D. She is an initiator of Urban Sprouts.

()2. What was a problem facing Jaramillo at the start of the programme?

- A. The kids' parents distrusted her.
- B. Students had little time for her classes.
- C. Some kids disliked garden work.
- D. There was no space for school gardens.

()3. Which of the following best describes the impact of the programme?

- A. Far-reaching.
- B. Predictable.
- C. Short-lived.
- D. Unidentifiable.

()4. What can be a suitable title for the text?

- A. Rescuing school gardens
- B. Experiencing country life
- C. Growing vegetable lovers
- D. Changing local landscape

B

Few businesses can run without computers, giving keyboard shortcuts an

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*.

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 the printing letters, 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

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. Many people have gone through that road. 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 single 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 应用文写作

假定你是李华,上周末你校举办了为期两天的美食节。请你为校英文报写一篇报道,内容包括:

1. 活动准备;
2. 活动现场概述;
3. 活动反响。

注意:1. 词数 80 个左右;

2. 短文的题目和首句已为你写好,不计入总词数。

A two-day food festival

An annual food festival was held last weekend in our school.

[illegible]

训练2 完形填空+语法填空+读后续写

(限时:35分钟)

Ⅰ 完形填空

William was one of my students. He adored plants but struggled with his reading. After the mid-term test, William's 1 showed no sign of improvement. Until the last few weeks of the year, when we 2 the life cycle of plants, William excelled. I'd never seen him so 3 in the classroom.

As a class project, each child planted a sunflower seed in one of the containers and 4 its growth. I did this every year, with varying 5. Planting the seeds was exciting for many of the students, the 6 part much less so. It took too long to see results from daily watering, and most kids lost 7 and interest. As a result, they forgot to 8 their sunflowers-to-be.

But not William. Every afternoon, William made sure all the containers were 9 and nurtured (培育). By the last week of school, the 10 were about four inches tall, which really 11 me. In years past, few seeds successfully produced new shoots. And those that did had never gotten so tall. But these were 12. These were William's sunflowers.

This is what it means to be a 13. At that moment, I knew I didn't have to 14 William. I'd seen that special seed planted inside him. Others would too. And, one day, he'd start to 15, mature and shine—just like his sunflowers.

- ()1. A. intelligence B. image
C. condition D. grade
()2. A. studied B. changed
C. completed D. disturbed
()3. A. realistic B. devoted
C. odd D. embarrassed
()4. A. limited B. forecast

- C. maintained D. admired
()5. A. results B. achievements
C. ratings D. methods
()6. A. best B. growing
C. easy D. picking
()7. A. chance B. courage
C. patience D. ability
()8. A. show off B. sell out
C. carry away D. care for
()9. A. filled B. watered
C. cleaned D. repaired
()10. A. plants B. containers
C. shoots D. seeds
()11. A. puzzled B. bothered
C. benefited D. amazed
()12. A. similar B. different
C. natural D. organic
()13. A. teacher B. gardener
C. parent D. teenager
()14. A. criticize B. praise
C. evaluate D. concern
()15. A. bend B. explore
C. grow D. respond

Ⅱ 语法填空

The “relaxing and inspiration” area set up in a library at Guangdong University of Finance & Economics has unexpectedly become 1. _____ hit online.

According to the library staff, the university 2. _____ (set) up the “relaxing and inspiration” area for many years, which is named to reflect its purpose and has become popular among students. Currently, the library is 3. _____ (continuous) planning and improving the area to make it more comfortable for students.

The library director, Wang Zhongzheng, explains that the main purpose of setting up this special zone is to provide students with a

place 4. _____ (relax), rest and inspire creativity after studying. Nowadays, the library has six “relaxing and inspiration” areas next to the study and reading area, 5. _____ students can rest, have a snack, and enjoy the beautiful city landscape.

The area is equipped 6. _____ outdoor tables, chairs, greenery, and other facilities. The library is also planning to upgrade the zone by incorporating 7. _____ (element) of tradition and modernity to meet the needs of young students.

Wang Zhongzheng believes that the popularity of the “relaxing and inspiration” area demonstrates a positive and simple way for young people to cope with stress, which is worthy of 8. _____ (recognize) and encouragement. He also recommends that such an area 9. _____ (establish) in more schools and workplaces to satisfy the people who seek a peaceful and 10. _____ (inspire) environment.

III 读后续写

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。

Joyce is in the fourth grade and he joined the noisy children of his class as usual. “Children! Silence!” Ms Mangat suddenly entered the class. She announced next week would be “math week”. “I’d like each of you to work on a project. You could do it individually or in a group,” she instructed. “The topic for the project needs approving tomorrow and it has to be displayed at the maths week exhibition. The best project will be awarded and there is also a surprise gift from my side,” she added.

Joyce, who is extremely good at maths, sat in the corner seat of the first bench with Karan, an average. Karan asked Joyce if they

could work on the maths project together. Joyce replied in a prideful tone, “Ha-ha you want to join me. I think I will do the project on my own.” Joyce wanted to get awarded and the surprise gift all for himself from Ms Mangat.

After deep consideration, Joyce decided to work on a maths magic quiz on the circuit board. The next day in school, Ms Mangat arrived in the classroom and all the children submitted their topics for the maths exhibition. They all chose to work in a group except Joyce. In the following days, Joyce gathered all the materials for the project such as wires, bulbs (灯泡), a switch and a thin plywood board (胶合板). He worked out a few mathematical basic operations to be fixed on the board so that when the wire of the circuit touched the right answer, the bulb glowed. Joyce completed the project and was happy with the result.

The evening before the exhibition, while packing his school bags, Joyce again checked the project to see if it was working fine. Alas! All the lights that were to glow did not seem to light at all. Without finding the reason, Joyce was tense. However, he decided to take the same project to the school as he couldn’t change the topic at the last minute. Then came the next day, and everybody was fascinated in the exhibition.

注意:续写词数应为150个左右。

Paragraph 1:

It was Joyce’s turn to display his project. _____

Paragraph 2:

Finally, the teacher announced Karan’s team was the winner. _____

训练 1 阅读理解(2篇) + 阅读七选五 + 应用文写作

(限时:30 分钟)

① 阅读理解

A

On an extremely cold December night, fire trucks arrived in the sleepy little town of Manton, Michigan and shot to Chittle's home. Was it because of a fire or a child climbing too high to a dangerous place? Rather, it was for helping make a dream come true.

Outdoor activities and a slow pace of life are a mainstay in this rural town. When people were unable to leave the community, Scott Chittle decided they needed a safe place to come together and something joyful during the winter months. And what is a better outdoor activity to get people outside than ice skating?

To fulfil his dream, Chittle downloaded instructions on how to build an ice rink and then ordered a 3,000-square-foot waterproof cloth and some wood to create walls online. It took 12 fire trucks to get enough water to fill the plot.

It took a little time and some neighbourly persuasion as Chittle went door to door to convince people to come to see his creation, and soon Chittle's backyard ice rink became a Manton hot spot. Children were skating and shooting, a fire was burning, and hot chocolate was steaming in to-go cups. "When things were tough, it was a place," says Chittle's neighbour Audrey Hooker. "It was fantastic because we just came together and became calm and happy instead of concerned."

But the goodwill didn't stop with Chittle.

When the community heard how much money he used to make this project happen, everyone stepped forward. A fundraiser brought in about

\$1,300, and letters flooded to Chittle's home stuffed with cash. "Almost 30 complete strangers knocked on my door to just shake my hand and say thank you, most of them handing me money as well and three asking for a hug," says Chittle. "This has been a community thing. It's more than me. I want to show the rest of the world what a little effort and the best intentions can do."

()1. Why did fire trucks come to Manton?

- A. To deal with an emergency.
- B. To send water to the community.
- C. To ensure people's safety in the town.
- D. To help with Chittle building the ice rink.

()2. What did Chittle do to carry out his project?

- A. Persuade his neighbours to make donations.
- B. Purchase a piece of land behind his house.
- C. Turn to the Internet for tips and materials.
- D. Research the popular lifestyles in Manton.

()3. How did the ice rink affect the community?

- A. It made the community popular in Manton.
- B. It slowed down the pace of the residents' life.
- C. It offered people there comfort and company.
- D. It inspired the residents to do outdoor activities.

()4. What does the underlined sentence in the last paragraph mean?

- A. Everyone could make a difference to society.
- B. Chittle received acts of kindness from others.
- C. The community got better due to the ice rink.
- D. Chittle had goodwill to the whole community.

B

Teenagers whose non-cognitive (非认知的) skills are poorly developed are more likely to suffer from health problems later in life, according to a new research by a group of experts from the University of Manchester.

Rose Atkins of that university, along with her colleagues set out to investigate non-cognitive skills as they are one of the least explored determining factors of health and well-being, despite the fact that evidence surrounding their importance is growing quickly.

These skills are conscientiousness (尽责性), which tells how hard-working, careful and stubborn an adolescent is, and neuroticism (神经质), which shows how worried, unhappy and fearful an adolescent is.

The researchers used data on a group of individuals who were followed throughout their life and carried out statistical analysis to study the relationship between adolescent non-cognitive skills and later-life health. The non-cognitive skills were reported by teachers, based on the behaviour of students at age 16.

The study found that individuals whose adolescent conscientiousness is higher deal with stress in adulthood better, and are at a lower risk of some diseases. And individuals whose adolescent neuroticism is higher have a poorer

health-related quality of life in adulthood and are at a greater risk of some diseases.

The researchers conclude that policies to improve adolescent conscientiousness and reduce adolescent neuroticism would offer the most long-term health benefits to those with the poorest health. “There is a growing body of evidence that suggests school-based interventions to improve non-cognitive skills can have lasting positive effects on important life outcomes,” said Rose. “Extra-curricular activities and work experience have also been shown to improve these skills. Having a greater focus on the improvement of non-cognitive skills at both primary and secondary school levels would be a positive policy decision. However, these skills are also determined by factors like family income, parental education, and parental investment. Therefore, more complex public policy is needed to reduce social inequality.”

()5. What can be inferred about non-cognitive skills?

- A. They can fall into three categories.
- B. They are mainly developed in childhood.
- C. Their importance has been totally ignored.
- D. Their impact on health doesn't get enough attention.

()6. How did the researchers do their research?

- A. They carried out a large survey.
- B. They collected data from individuals.
- C. They followed 16-year-old individuals.
- D. They compared data from other research.

()7. What do the researchers think their findings suggest?

- A. Improving teens' non-cognitive skills isn't that challenging.

- B. Schools should reduce the time for extra-curricular activities.
- C. Measures should be taken to improve teens' non-cognitive skills.
- D. Social inequality is the major cause of poor non-cognitive skills.

() 8. What is the main idea of the text?

- A. Teens' health in later life can be predicted.
- B. Teachers can improve students' non-cognitive skills.
- C. The importance of non-cognitive skills is being recognized.
- D. Non-cognitive skills in adolescents affect their health in later life.

II 阅读七选五 [2023 · 全国乙卷]

Indoor plants might look as if they just sit around not doing much, but in many ways they are the unsung heroes of the home. 1. _____, but studies have shown that they can promote people's well-being by improving their mood (心情), reducing stress and helping their memory. What's more, indoor plants are easy to look after and are not very expensive.

What are indoor plants?

Indoor plants, also known as house plants or pot plants, are plants that like to grow indoors. Many of these species (物种) are not ideally suited to growing outside in the UK, especially in the winter. 2. _____.

Why are indoor plants good for you?

Will Spoelstra, who works at the Royal Botanic Gardens, says, "3. _____. I find during the winter months, plants around the house can really lift your mood." Several studies have backed this up and found that indoor plants can improve creativity, focus and memory. There is also research showing that pot plants can clean the air around them by removing harmful gases, such as carbon dioxide.

They also remove some harmful chemicals from paints or cooking. 4. _____.

Which plants can you grow?

Aloe vera, peace lilies and spider plants are some of the species that are easy to grow indoors. You can buy plants from supermarkets, garden centres or online. Younger plants are often cheaper than fully grown ones, and you get to care for them as they mature—which is part of the joy of owning plants. "5. _____," Spoelstra says. "It can bring a new interest and focus into people's lives and help to make the link between home and nature."

- A. All plants are different
- B. Not only do they look beautiful
- C. There are many benefits to growing plants indoors
- D. Instead, they grow better inside, where it is warmer
- E. Plants like peace lilies and devil's ivy are among the best
- F. Changing the pot of your plant from time to time will also help
- G. Learning about the requirements of each plant can be very rewarding

III 应用文写作

为培养学生的独立生活能力,你校英语俱乐部举办“我是生活小能手”征文活动,请你写一篇文章,介绍你拿手的生活技能,内容包括:

- 1. 具体的一项生活技能;
- 2. 你在生活中获得的体验。

注意:写作词数应为 80 个左右。

I am competent in _____

训练2 完形填空+语法填空+读后续写

(限时:35分钟)

Ⅰ 完形填空

My dad is a kind, gentle man with few words. But the words were always appropriate to the situation I was facing.

As a teen, when I 1 with making sense of the world around me, he taught me the right 2 of the world. When I was offered the chance to be a manager of an organization as an undergraduate student, I asked him for advice 3 he was a senior manager of a large company. His advice was simple, “Only when you become the manager can you have a vision for how you can be 4 with managing an organization within your power; management isn’t about power and it’s about 5.” I learned what I needed was not only to be 6 for my team but also to have leading ability.

My dad is 86 now, living on his own. He keeps a positive attitude despite the 7 that aging brings. Although we live quite far away from each other, we talk daily on the phone, and he shares the 8 of my young family. As I tell him how we’re 9 cycling or on a trip or out to play tennis, now his typical response is, “Do it while you can.” This is very important. We can’t 10 the future, which is always hard to be aware of.

Dad trusted me, and 11 me each time I was sad or 12. He rarely “lectured me”. His patience and 13 have been true gifts in my life. Whenever I doubt my ability and my motivation, I 14 recall his valuable advice, “Do it while you can. Seize the day and 15 it to the fullest.” It’s enough to “just get me started”.

- ()1. A. compared B. equipped
C. complained D. struggled

- ()2. A. view B. location
C. decision D. response
()3. A. although B. because
C. until D. while
()4. A. assisted B. argued
C. charged D. monitored
()5. A. atmosphere B. leadership
C. virtue D. missions
()6. A. responsible B. grateful
C. sufficient D. convenient
()7. A. principles B. awards
C. occasions D. challenges
()8. A. despair B. tension
C. joy D. relief
()9. A. setting about
B. looking through
C. figuring out
D. showing off
()10. A. assume B. predict
C. seek D. admit
()11. A. ensured B. inspired
C. battled D. pressed
()12. A. absorbed B. pleased
C. satisfied D. disappointed
()13. A. wisdom B. strictness
C. care D. push
()14. A. gradually B. naturally
C. absolutely D. regularly
()15. A. approach B. desire
C. enjoy D. claim

Ⅱ 语法填空

Every family member has a role to play. Parents and other adults are responsible for making sure that the basic needs of the family 1. _____ (meet). Their jobs also include teaching and practising good health habits. They have a responsibility to model good communication 2. _____ other

health skills. They also should encourage young people in the family 3. _____ (practise) these skills.

Not all responsibilities in the family fall on parents and other adults. Children have special jobs, too. In many 4. _____ (family), for example, children share the household chores. 5. _____ (help) around the house is one way to demonstrate that you are responsible. Another way to contribute to the health and 6. _____ (happy) of your family is by showing appreciation. To appreciate 7. _____ (mean) to value someone or something. Saying “thank you” to the person who cooks dinner, for example, is a good way to do that. You could also help with the dishes, carry groceries, or 8. _____ (voluntary) do other tasks. As a teen, your role may also include helping other family members. You may be asked to spend time with a grandparent 9. _____ has trouble getting around, or help a brother or sister 10. _____ homework. However you choose to help, it’s important to realize that your support helps make your family healthy.

III 读后续写

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。

One Saturday morning, Jeremy woke up to a quiet house. Usually Mum was awake making breakfast and cleaning the kitchen, but not today. At the sound of his mum coughing, Jeremy knocked on her bedroom door and asked with great concern, “Mum, are you OK?” “Honey,” Mum said weakly. “I have a terrible cold. You can have cereal (麦片) for breakfast and watch cartoons. I’m going to stay in bed.”

Jeremy poured some cereal into a bowl and

ate the pieces dry. Mum must feel very bad if she was staying in bed all day. How could Jeremy help? First, he wiped up the crumbs of cereal he left on the kitchen counter. He also put away the cereal box neatly, so the kitchen looked just as it did when he woke up. But what else could he do? Jeremy thought Saturday was the day when Mum did the laundry. Jeremy loved to watch the clothes spinning in the machine. That should be fun! He ran to his room to get the laundry basket, inside which there was his mother’s favourite white dress, among other clothes and a pair of red socks.

Jeremy opened the door to the washer and put the clothing inside. He had watched Mum do the laundry lots of times, so he knew where to find the washing powder and how to pour it into the machine. Finally, he closed the door and pressed the big button that said “START”. Jeremy looked through the round glass window. Water was pouring in, and the machine was starting to spin, making his clothing tumble around. That was easy!

Jeremy watched cartoons until he heard the washing machine beep. That meant the washing was done. Jeremy opened the door to take out the damp clothes. He took out a few at a time and moved them into the dryer. Everything seemed clean, and Jeremy felt proud. Then he pulled out a pink dress.

注意:续写词数应为150个左右。

Paragraph 1:

But he remembered there was no pink dress in the laundry basket. _____

Paragraph 2:

Holding the neatly folded pink dress, Jeremy nervously knocked at his mum’s bedroom door again. _____

训练 1 阅读理解(2篇) + 阅读七选五 + 应用文写作

(限时:30 分钟)

I 阅读理解

A [2023·浙江1月考]

Live with roommates? Have friends and family around you? The chances are that if you're looking to live a more sustainable lifestyle, not everyone around you will be ready to jump on that bandwagon.

I experienced this when I started switching to a zero waste lifestyle five years ago, as I was living with my parents, and I continue to experience this with my husband, as he is not completely zero waste like me. I've learned a few things along the way though, which I hope you'll find encouraging if you're doing your best to figure out how you can make the change in a not-always-supportive household.

Zero waste was a radical lifestyle movement a few years back. I remember showing my parents a video of Bea Johnson, sharing how cool I thought it would be to buy groceries with jars, and have so little trash! A few days later, I came back with my first jars of zero waste groceries, and my dad commented on how silly it was for me to carry jars everywhere. It came off as a bit discouraging.

Yet as the months of reducing waste continued, I did what I could that was within my own reach. I had my own bedroom, so I worked on removing things I didn't need. Since I had my own toiletries (洗漱用品), I was able to start personalising my routine to be more sustainable. I also offered to cook every so often, so I portioned out a bit of the cupboard for my own zero waste groceries. Perhaps your

household won't entirely make the switch, but you may have some control over your own personal spaces to make the changes you desire.

As you make your lifestyle changes, you may find yourself wanting to speak up for yourself if others comment on what you're doing, which can turn itself into a whole household debate. If you have individuals who are not on board, your words probably won't do much and can often leave you feeling more discouraged.

So here is my advice: lead by action.

- () 1. What do the underlined words "jump on that bandwagon" mean in the first paragraph?
- A. Share an apartment with you.
B. Join you in what you're doing.
C. Transform your way of living.
D. Help you to make the decision.
- () 2. What was the attitude of the author's father towards buying groceries with jars?
- A. He disapproved of it.
B. He was favourable to it.
C. He was tolerant of it.
D. He didn't care about it.
- () 3. What can we infer about the author?
- A. She is quite good at cooking.
B. She respects others' privacy.
C. She enjoys being a housewife.
D. She is a determined person.
- () 4. What is the text mainly about?
- A. How to get on well with other family members.
B. How to have one's own personal space at home.

- C. How to live a zero waste lifestyle in a household.
- D. How to control the budget when buying groceries.

B

Cutting 20% of sugar from packaged foods and 40% from beverages could prevent 2.48 million cardiovascular disease events, 490,000 cardiovascular deaths, and 750,000 diabetes cases in the US over the lifetime of the adult population, according to a micro-simulation study published in *Circulation*.

A team of researchers from Massachusetts General Hospital (MGH), the Friedman School of Nutrition Science and Policy at Tufts University, Harvard T.H. Chan School of Public Health and New York City Department of Health and Mental Hygiene (NYC DOHMH) created a model to simulate and quantify the health, economic, and equity impacts of a pragmatic sugar-reduction policy proposed by the US National Salt and Sugar Reduction Initiative (NSSRI). As a partnership of more than 100 local, state and national health organizations convened by the NYC DOHMH, the NSSRI released draft sugar-reduction targets for packaged foods and beverages in 15 categories in 2018. This February, NSSRI finalized the policy with the goal of industry voluntarily committing to gradually reformulate their sugary products.

Ten years after the NSSRI policy goes into effect, the US could expect to save \$4.28 billion in total net health care costs, and \$118.04 billion over the lifetime of the current adult population (ages 35 to 79), according to the model. Adding the societal costs of lost productivity of Americans developing diseases from excessive sugar consumption, the total cost savings of the

NSSRI policy rises to \$160.88 billion over the adult population's lifetime. These benefits are likely to be an underestimation since the calculations were conservative. The study also demonstrated that even if partial industry observed the policy, it could generate significant health and economic gains.

"Sugar is one of the most obvious additives in the food supply to reduce to reasonable amounts," says Dariush Mozaffarian, MD, DrPH, co-senior author and leader of the Friedman School of Nutrition Science and Policy at Tufts University. "Our findings suggest it's time to implement a national programme with voluntary sugar reduction targets, which can generate major improvements in health health disparities, and healthcare spending in less than a decade."

- ()5. Why was the NSSRI policy introduced?
- A. To protect people's health.
B. To improve the quality of goods.
C. To cure the sugar-related illnesses.
D. To attract people's attention.
- ()6. Whose cooperation is the most important in carrying out the policy?
- A. Teenagers'. B. Companies'.
C. Customers'. D. Researchers'.
- ()7. What is the main idea of Paragraph 3?
- A. The government makes profits from the policy.
B. The policy will bring great benefits to health.
C. The policy will save a huge amount of money for the US.
D. Manufactures can gain much from their goods.
- ()8. What can be inferred about the adoption of the NSSRI policy?
- A. It has received little support.
B. It is a short-sighted decision.

C. It damages the benefits of manufacturers.

D. Its benefits appear in many aspects.

III 阅读七选五

We all know that leading a healthy lifestyle is essential, but sometimes it's hard to stick to good habits. If you're looking to make some changes and improve your health, this blog post is for you! 1. _____

Get moving.

It's no secret that exercise is good for you. Not only does it help to improve your overall health, but it can also boost your mood and increase your energy levels. 2. _____ This could include going for a brisk walk, riding your bike, or taking a fitness class. There's no need to go all out. Even moderate activity around your house, such as working in your garden, can benefit significantly.

Reduce or get rid of sugar.

Sugar can cause inflammation (发炎) and worsen existing health conditions like diabetes and heart disease. 3. _____ When you cut sugar out of your diet, you'll likely notice an improvement in your energy levels, mental clarity, and overall sense of well-being. You may even drop a few pounds.

Drink more water.

Your body comprises about 60% water. It helps flush toxins from your body, carry nutrients to your cells, and keep your skin healthy. It helps improve your mood and energy levels and helps you lose weight. 4. _____ Also, it may surprise you how much better you feel.

Get enough sleep.

A good night's sleep is one of the best things you can do for your health and wellness. When you sleep enough, your body has adequate time to recharge and heal from the day's activities, which also helps to improve

focus and concentration, and help boost your mood. 5. _____

A. It can also lead to weight gain and make you feel exhausted.

B. You may have heard the advice to drink eight glasses of water a day.

C. These tips can help you get the restful sleep you need to feel your best.

D. Here are some simple tips that can help you turn things around within 30 days.

E. So next time you're feeling tired, reach for a glass of water instead of a cup of coffee.

F. One way to make exercising easier is to set a daily goal of 30 minutes of physical activity.

G. However, when you don't get enough rest, you're more likely to have trouble concentrating.

III 应用文写作

假定你是李华,你将参加一个以“Live a green life”为主题的英语演讲活动,现需写一篇英语演讲稿。内容包括:

1. “绿色生活”的意义和方式;

2. 发出号召。

注意:写作词数应为80个左右。

Ladies and gentlemen,

素养提升练 1 阅读理解 + 阅读理解 + 阅读理解

(限时:20 分钟)

● 阅读理解

A

Can people who understand the emotions of others better interpret emotions conveyed through music? A new study by an international team of researchers suggests the abilities are linked.

The study's results provide a foundation for future research that could test the impact of socially engaged music listening on social cognitive ability, and whether listening to music can be added to therapeutic (治疗的) techniques used in social skills training for individuals with autism spectrum disorder (自闭症谱系障碍).

The findings were published recently in a scientific journal of the American Psychological Association. The study was led by Benjamin A. Tabak, assistant professor of psychology. "Empathy (共情) is most often thought of in the context of social interactions, but there are many other forms of social communication, including music," Tabak said. "Music can convey meaning and emotion and also bring emotional responses, but what is responsible for its emotional power is poorly understood."

Tabak and his colleagues wanted to test their theory about empathy and music. For the purposes of this study, they measured the ability to correctly understand others' thoughts and feelings—empathic accuracy—and the extent to which one feels the emotions that another feels.

"We thought it would be interesting to study whether people who more accurately understand others' thoughts and feelings might

also be more accurate in understanding what musicians are intending to convey through music," Tabak said. "Similarly, we wanted to know whether people who tend to feel the emotions that others are experiencing also tend to feel the emotions conveyed through music."

The initial set of findings found support for both hypotheses. In particular, the results suggest that empathic accuracy as a skill extends beyond interpersonal interactions into music. Tabak believes that the study provides tentative support for the theory that music is first and foremost a social behaviour that gradually develops to help individuals connect with others and better understand and manage their social environment.

- () 1. What can the study result be used to do?
 - A. Be the basis for the next study.
 - B. Apply music to social skills training.
 - C. Decide the music suitable for treating autism.
 - D. Test the impact of music on emotions.
- () 2. About the link between music and emotions, what needs further understanding?
 - A. The effect of music.
 - B. The academic support.
 - C. The function of music.
 - D. The emotions music expresses.
- () 3. What is Tabak's attitude towards the study?
 - A. Ignorant.
 - B. Doubtful.
 - C. Confident.
 - D. Pessimistic.

- ()4. Which can be the best title for the text?
- A. The social behaviour music reflects
- B. The ability to accurately understand empathy
- C. Research will set foundation for further research
- D. Research shows the role empathy may play in music

B

My phone rang after I boarded a plane. It was my former PhD adviser calling to tell me an article had just been posted that identified errors in a paper we'd published in *Nature*. My stomach dropped when I knew many critics were demanding a retraction (撤回). The plane soon took off. I spent the 16-hour flight processing a mix of emotions—disbelief, embarrassment, frustration—and wondering what this would mean for my career.

After the plane landed, I took out my laptop and logged on the airport WiFi so I could read the critique myself. It was harsh and thorough, pointing out several fundamental flaws in our methods and in the basic data, which we'd gathered from other studies.

The fallout was swift and intense. I received a flood of e-mails and messages. Some were from supportive colleagues, but many were harshly critical of our work. I felt deeply embarrassed by the criticism.

When it became clear that the retraction was unavoidable, I formally offered my resignation to my department head. He didn't accept it, saying a resignation wasn't needed considering the errors in the paper were honest mistakes.

The experience helped me grow as a scientist. I learned that it is better to be open and responsible, even if it means admitting

mistakes. I can't expect myself to know everything as a scientist and my work will be stronger if I seek out diverse expertise and opinions.

In the end, the reality is that the retractions are a necessary part of the science process—and one that shouldn't be viewed only through a negative lens (透镜). Retractions can also be an opportunity to learn and improve. Honest mistakes happen, and researchers should be encouraged, not punished, for doing the right thing and retracting flawed work.

- ()5. What news did the author get after boarding the plane?
- A. Some mistakes were found in his published paper.
- B. His research paper would be published.
- C. His adviser demanded that he should retract his paper.
- D. His career might be influenced by his paper.
- ()6. What does the underlined word "fallout" mean?
- A. Answer. B. Pain.
- C. Result. D. Shame.
- ()7. Why was the author's resignation refused?
- A. He corrected his mistakes in the paper.
- B. He made the mistakes unintentionally.
- C. He had a very good reputation of honesty.
- D. He was believed to publish sound science.
- ()8. What lesson did the author learn from his experience?
- A. Honest mistakes are necessary in science.

- B. Scientists had better know everything.
- C. Admitting mistakes is really embarrassing.
- D. Mistakes can be a good chance to learn.

C

From the roar of a crowd to the quiet of a library, sound and silence might seem like polar opposites. However, according to a new research, our brains perceive them in the same way. Silence may not be a sound, but scientists say we can truly hear it.

In this new study, researchers examined how people experience silence using well-known auditory illusions (错觉). The illusions are meant to test the perception of noise, but for the study, the team adapted them to measure people's response to silence, instead.

"If you can get the same illusions with silences as you get with sounds, then that may be obvious that we literally hear silence after all." Chaz Firestone, a co-author of the study and cognitive scientist at Johns Hopkins University, says in a statement.

In the study, participants were tricked by these "silence illusions" in a similar way to how people are typically fooled by the sound versions of the experiments.

The researchers prepared seven experiments and tested them on 1,000 study participants. In one experiment, researchers played a recording that sounded like background noise in a crowded place. In the first half of the recording, the background noise was interrupted by two separate periods of silence. In the second half, one continuous period of silence was inserted (嵌入). Researchers asked participants which silence felt longer—the combination of the first two periods of silence, or the second uninterrupted one. Most participants thought the continuous

silence was longer, but it was actually the same length as the two shorter silences combined.

These results were consistent with previous research that examined auditory illusions, which used two separate sounds and one continuous sound. With that illusion, people also perceived the continuous sound as longer than the two separate ones together.

Similar findings across the seven experiments suggested that humans experience silence and sound in much the same way: they can distort (扭曲) our perception of time.

- ()9. Why did researchers use auditory illusions in the new study?
- A. To help people perceive sounds.
 - B. To test people's adaptability to noise.
 - C. To measure how people respond to silence.
 - D. To remind people to be quiet in the library.
- ()10. What can we infer from Paragraph 5?
- A. Illusions of silence fool people's brains.
 - B. The three periods of silence are of the same length.
 - C. Sound is usually difficult for people to perceive.
 - D. Participants chose a recording and played it.
- ()11. Where is this text most likely from?
- A. A diary.
 - B. A journal.
 - C. A novel.
 - D. A guidebook.
- ()12. What is the best title for the text?
- A. We can truly hear silence like a sound
 - B. Sound and silence are actually the same
 - C. Auditory illusions affect our perception ability
 - D. Our brain has the ability to perceive sound and silence