

练习删

主编 肖德好 高中英语

细分课时

分层设计

落实基础

突出重点

详答单本

选择性必修第一册 BS

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图书介绍



培养核心素养,聚焦主题语境



Unit 1 RELATIONSHIPS

主题素养积累

Many people expect that their friends will always be there. They expect friendships to last forever. Yet, friendships end and friends part company every day. Unfortunately, even the best maintained friendships can end.

Many friendships end because of a change in personality or lifestyle when friends just **drift apart** with time. The friendship slowly loses importance and finally disappears.

Sue said, "The end of our friendship was a gradual thing. I moved from one side of the metropolis to the other. We had over an hour's drive to see each other. For a year or so, we met less and less. Then our friendship ended." John wrote, "I didn't even know the friendship was over until I caught myself thinking of Alan as a former friend."

Other friendships **break up** suddenly from a disagreement or a move to another town.

Paul said, "When I moved to Seattle after college, our friendship abruptly died. We were both **struggling with** new jobs and didn't **keep in touch**. Now that friendship is so dead, I don't even call him when I go home."

Yet the biggest threat to a friendship is change. Lillian Rubin in her book Just Friends says, "Thus they change or grow in different ways, the friendship most likely will be lost."

Regardless of why, when, or how friendships end, there is always some pain of loss. When nothing can be done to mend the friendship, it is important to feel the pain fully. Then move on to enhance another friendship or build entirely new friendships.

【主题词句背诵】

- 1. part company (with/from sb)离开;分手;断绝关系
- **2**. maintain v. 保持,维持
- 3. drift apart 逐渐疏远
- 4. catch sb doing sth

发觉/当场发现某人正在做某事

- **5**. think of ... as ... 把 看作
- 6. break up 关系破裂
- 7. struggle with 斗争,疲于应付
- 8. keep in touch 保持联系
- 9. enhance v.提高;增强;增进
- **10**. Regardless of why, when, or how friendships end, there is always some pain of loss.

不管友谊因为什么、在什么时候或者以何种方式结束,人们总会感到一些失去的痛苦。

11. When nothing can be done to mend the friendship,



夯实语言基础,搭建知识框架



1. passionate adj. 热爱的, 酷爱的; 具有强烈信念的

(1)be passionate about... 对……充满热情
(2)passion n. 酷爱;激情;热爱
have/develop a passion for 酷爱……,喜爱……
(3)passionately adv. 热情地;激动地;炽

【活学活用】

(1)单句填空

①Instructors are ______(passion) educators who are experts in their fields and have undergone training and a background check.
②Sports fans care (passionate) as

usual about their home team's position in the league.

句型透视

(教材 P7) Sometimes it's enough to know they are standing by. 有时候,只要知道他们在身边就足够了。

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	句型公式	
:+	作形式主:	: 五.
: 11	TFIDALE	1日

【句式点拨】

当句子的主语是动词不定式、动名词或从句时,为了保持句子平衡,常使用 it 作形式主语,将真正的主语放在句子的后面。

【归纳拓展】

it 用作形式主语的常见句式:

(1)It is/was+形容词+that+从句.

It's natural/likely/strange that...

……是正常的/很可能的/奇怪的。

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课内基础巩固

● 单词拼写

- 1. Perseverance is a vital _____ (特性,品质) to possess in order to achieve success in any aspect of life.
- 2. Living and working with others can sometimes be complicated, and _____(幽默感) makes this easier.
- 3. People celebrate to show that they are _______(感激的) for the year's supply of food.
- 4. If you're _____(外向的), it is very easy for you to adapt to the new environment while studying abroad.
- **5.** The year 2022 was another historic moment for China, as Beijing won the election to _____(主办) the Winter Olympics.

6.	The	rou	tine	tasks	tha	t oc	cupy	mos	t of	the
	day	are	den	nandin	g,	but	they	can	also	be
				(0	vtra	ma)	row	rdin	ď	

● 短语填空

- 1. What appeals to us is not only his intelligence but also his (幽默感).
- 2. ____(对······热爱) something is the key to success.
- 3. What's online is _____(一系列的) talks, in conversation events and lectures given by our experts and special guests.
- **4.** He was 87 when he _____(去世), and had been working right up until his last illness.
- **5.** Though a bit worried about

课后素养提升

♥ 阅读理解

Two years ago, my 11-year-old son sat me down for a talk. "Mum, it's time," he said. "Hear me out: it's time we got actual TV. And you need an iPhone."

This funny conversation two years ago marked a shift in our relationship. Perhaps for the first time, I began to really listen to my son's opinion about our home technology. Since his reasoning was sensible and his suggestions within budget, I took his advice and was pleasantly surprised with the results.

I'd known for a while that my son understands technology better than I do. On airplanes, he grabbed my phone to put it in airplane mode. He wired the speakers in our house. After something

seriously, and to watch him mature in this way is an honour. As someone who's not much of a reader, he now searches instruction books. Without any prompting, he's even e-mailed and called, yes, made an actual phone call to customer service or tech support when sample products weren't working as expected.

I never imagined being a tech reviewer, but it's proved to be a valuable way to learn from, work with and enjoy time with my teen.

- ()1. What did the writer think of her son's advice?
 - A. It was unaffordable.
 - B. It was beyond reach.
 - C. It sounded reasonable.
 - D. It sounded surprising.

重视新高考写作,熟练高考新题型

● 应用文写作

假定你是李华,你的好友 David 和你约定本周末去民间工艺美术博物馆参观。请给你的留学生朋友 Bill 发一封邮件,邀请他参加,内容包括:

- 1. 写信目的;
- 2. 具体安排;
- 3. 期待回复。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

参考词汇:民间工艺美术博物馆 the Folk

Art Museum

Dear Bill,

● 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。

I blame it all on my dad's good intentions. You see, my writing career started when I was in elementary school, where there were various writing contests throughout the years. I'm assuming it was in the hopes of trying to get our young, little minds excited about the possibilities that writing could offer us in our lives. Then I'd come home, show my parents and my dad would say, "You did such a great job, honey! Wow, you must be a great writer!" I was probably a

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参考答案



Unit 1 RELATIONSHIPS

★ 提示: 加底纹词汇为复现词汇

Period One Topic Talk

课内基础巩固

0	单词拼写	6.	The routine tasks that occupy most of the
1.	Perseverance is a vital(特性,品		day are demanding, but they can also be
	质) to possess in order to achieve success in		(extreme) rewarding.
	any aspect of life.	•	—————————————————————————————————————
2.	Living and working with others can sometimes	1.	What appeals to us is not only his intelligence
	be complicated, and(幽默感) makes		but also his(幽默感).
	this easier.	2.	
3.	People celebrate to show that they are		something is the key to success.
	(感激的) for the year's supply of food.	3.	What's online is(一系列的)
4.	If you're(外向的), it is very easy		talks, in conversation events and lectures
	for you to adapt to the new environment		given by our experts and special guests.
	while studying abroad.	4.	He was 87 when he(去世),
5 .	The year 2022 was another historic moment		and had been working right up until his last
	for China, as Beijing won the election to		illness.
	(主办) the Winter Olympics.	5.	Though a bit worried about
6.	When I helped my(外甥) George		(在 ······ 落后) his advanced course and
	put some things in his truck, I noticed his		dealing with all the homework, he is more
	toolbox.		than happy to be there.
•	单句填空	(1)	句型训练
1.	The secret to a good career is finding	1.	Anxious parents do
	something that you are(passion)		to comfort nervous and crying children.
	about.		(what 引导的宾语从句)
2.	In addition to(host) the Olympics		焦虑的父母们尽其所能地安抚紧张哭闹的孩
	for the first time, China also ranked first in		子们。
	the medal table.	2.	The most important thing is to learn to
3.	Whichever and whatever you like, there is		control your temper in order not to do or say
	an(credible) theme park		.(定语从句)
	that will appeal to you!		最重要的是要学会控制你的脾气,不要做任
4.	I'm used to seeing small leaps in technological		何让自己后悔的事,不要说任何让自己后悔
	progress, but(occasional),		的话。
	there are things that will still shock me.	3.	I didn't know how
5 .	People like emojis because they add		to get along with my roommates. (it 作形式
	(emotion) meanings, and are quick and easy		主语)
	to use.		我不知道如何与室友们相处,这让我很心烦。



● 阅读理解

Two years ago, my 11-year-old son sat me down for a talk. "Mum, it's time," he said. "Hear me out: it's time we got actual TV. And you need an iPhone."

This funny conversation two years ago marked a shift in our relationship. Perhaps for the first time, I began to really listen to my son's opinion about our home technology. Since his reasoning was sensible and his suggestions within budget, I took his advice and was pleasantly surprised with the results.

I'd known for a while that my son understands technology better than I do. On airplanes, he grabbed my phone to put it in airplane mode. He wired the speakers in our house. After something was stolen from our front yard, he picked out, set up, and now monitors our security camera. When my computer died, I took him shopping with me.

As a teenager now, he has a busy social life, with skateboarding, basketball, and online gaming with his friends. I see our time together decreasing and our shared interests shrinking. That's why I jumped at the chance when a friend mentioned writing technology reviews. I'm a writer, but I'd need a partner who has more tech knowledge than me. When I presented the idea to my teen, he immediately accepted.

It's changed our relationship in surprising ways. Where he used to get annoyed quickly at my technical ignorance, he's learned to be more patient and explain things to me in a way that I can convey to an unknowing audience. The parent-child dynamics are not only changed; they're even slightly reversed—he's leading me. I'm asking him for help and advice. My son has risen to the occasion. He's taking it seriously, and to watch him mature in this way is an honour. As someone who's not much of a reader, he now searches instruction books. Without any prompting, he's even e-mailed and called, yes, made an actual phone call to customer service or tech support when sample products weren't working as expected.

I never imagined being a tech reviewer, but it's proved to be a valuable way to learn from, work with and enjoy time with my teen.

-)1. What did the writer think of her son's advice?
 - A. It was unaffordable.
 - B. It was beyond reach.
 - C. It sounded reasonable.
 - D. It sounded surprising.
- ()2. What is mainly talked about in Paragraph 3?
 - A. Prove her son's better mastery of technology.
 - B. Describe their close parent-child relationship.
 - C. Give examples of her son's interest in airplanes.
 - D. Express her satisfaction of her son's timely help.
-)3. Which is closest in meaning to the underlined word "reversed" in Paragraph 5?
 - A. Unrealistic.
- B. Opposite.
- C. Negative.
- D. Common.
-)4. What makes the writer feel honoured?
 - A. Her son's patience with their relationship.
 - B. Her son's attitudes to some unknown audiences.
 - C. Her son's growth and serious attitude to the work.
 - D. Her son's desire to change the parentchild dynamics.

₩ 阅读七选五

Developing interpersonal relationships

One of the biggest keys to happiness is having strong interpersonal relationships. I believe that relationships are key to leading a fulfilling and contented life. Like anything worth having in life, they take some work to develop and maintain.

In the spirit of clarity, it's a good idea to take a quick look at the definition of interpersonal relationships. 1. _____ This can extend from family to friends, to work associates, to neighbours, or clubs and on and on. It can be a relationship in any context or situation.

For instance, I've had strong short-lived relationships with people I've worked with on a project as well as one for 50 years with my brother. My two best friends and I live in different cities, but we get together several times a year and have a great time. I have a mentor I worked with over a decade ago and I still stay in touch with because we get along so well. 2.

We will briefly touch on developing interpersonal relationships. The best way to approach it is to be a good partner or friend as the situation desires. 3. ______ Do your part and help others as needed. Be a contributor who is also willing to help out when needed. As a friend, you simply follow the age-old piece of advice "to have a friend, you must first be a friend".

- 4. _____ That want-to-help attitude will put you with like-minded individuals who you'll probably hit it off with. The main thing to remember is that great interpersonal relationships can get formed any place or situation where you interact with other people. 5. _____
- A. That's how interpersonal relationships affect you.
- B. Interpersonal relationships serve to ease people's anxiety.

- C. For instance, ensure you are a good person to work with.
- D. All of these are examples of strong interpersonal relationships.
- E. Put some efforts into it and you'd be amazed at how that pays off.
- F. An interpersonal relationship is a strong association between people.
- G. If you're on a team, it should be something you'd like to help out with.

Ѿ 语法填空

A good teacher-student relationship will make learning enjoyable and interesting for the students.

As for the students, they must always respect their teachers. Students should be eager to learn as well as willing 5. _____ (work) hard. It 6. _____ (be) important to listen with attention in class and it's more important to learn to raise some questions and work out problems 7. new ways.

Above all, both students 8. ______ teachers have to focus on what they should do most. 9. ____ means that the students have to study hard and teachers have to be responsible when teaching. Besides, students and teachers have to respect each other, which is an 10. ____ (extreme) necessary basis of setting up a good teacher-student relationship.

班	级	
姓	名	
题	答語	
号	答题区	
阅理	读解	
1		
2		
3		
4		
ti	选五	
1		
2		
3		
4		
5		

Period Two Lesson 1 Teachers (Reading)

课内基础巩固

0	单词拼写		life I saw myself as a handsome and well-
1.	After many experiments, they succeeded in		presented young man.
	making(火箭) that could escape	2 .	With ever more tourists(涌入)
	Earth's gravity.		the site, the team behind the Archaeological
2 .	It is likely that hydrogen(燃料)		(考古的) Park of Pompeii have found a plan B.
	cell vehicles will be mass-produced and	3.	Before starting out, they spent
	launched in the near future.		(一些) days in Vancouver, seeing the sight.
3.	I often felt sleepy and dizzy, and	4.	I(过去常常) be a shy girl, but
	(缺少) passion.		with the help of Mr Lin, now I can speak
4.	The next time you start to feel anxious, try		with confidence in public.
	to reframe the situation and look at it from a	5 .	She believes that it is highly important to
	slightly different(角度).		bridge the digital divide and make sure that
5.	I think this life-changing experience is certainly		everyone(有接触·····的
	(值得做的), and I hope my		机会) the Internet and knows how to use
	child will study abroad in the future.		new technology.
(1)	单句填空	6.	As midnight approaches, Luo Yan takes his
	The expert gave us some examples of the		parents, wife and son outside to
•	(practice) applications VR has.		(使爆炸,燃放) firecrackers.
2	My muscles were aching and my knees		On a regular basis the time Johnson spends in
۷.			reading every day(加起来)
	shaking as we (drag) ourselves down the mountain towards home.		over four hours.
2	Everyone would be assigned a specific task,	(1)	句型训练
J.		1.	What impresses me most is
	and usually my role was to produce the		
1	(present).		whenever I come across difficulties. (that $\vec{\exists} I$
4.	Frank put the medicine in the top drawer to		导的表语从句)
	make sure it would not be(access)		给我印象最深刻的是每当我遇到困难,我的
_	to children.		叔叔总是激励我坚持自己的梦想。
5 .	The research on the monarch's	2 .	, "Where there is a
	(behave) has however led to a greater		will, there is a way."(as 引导的非限制性定
_	awareness of this creature.		语从句)
6.	Confucius (孔子) was a great thinker and		正如一句古老谚语所说,"有志者事竟成。"
	(educational), who was born	3.	He looked around and
	in 551 BCE in Shandong Province of China.		(catch)
•	短语填空		他环顾四周,发现一个男人正把手伸进一个
1.	(第一次) in my		乘客的口袋。

课后素养提升

● 完形填空

Paul Durietz is a social studies teacher from Illinois. Social studies explores various aspects of human __1_ and its interactions. Mr Durietz made up his mind to be a social studies teacher when he was just 11 years old, mainly because of his 2 and love for history.

Mr Durietz 3 his teaching job at Woodland Middle School in 1970. Ever since then, he's been 4 social studies at the same school. He loves sharing his knowledge of history with students. "Teaching is 5," he said. "Every day is different."

Things have <u>6</u> a lot since he began teaching. These days, he and the students use <u>7</u> and digital whiteboards instead of chalk and paper textbooks. With or without technology, Mr Durietz has used <u>8</u> activities to teach his students. For example, he has <u>9</u> virtual field trips and even mock elections to help students learn about politics. These <u>10</u> are the ones that he and his students enjoy most.

Being __11__ the social studies programme at Woodland Middle School, Mr Durietz is __12_ proud that his students tell him that they want to be history teachers because of him. He __13__ a point that people who want to be teachers should __14__ they are patient with their students. He also encourages them to choose __15__ that they care deeply about. "Keep working on what you love to do in life," he said.

- ()1. A. consumption
- B. society
- C. virtue
- D. psychology
- ()**2**. A. digest
- B. tendency
- C. ambition
- D. appetite
- ()3. A. attained
- B. entrusted
- C. involved
- D. employed

-)4. A. making use of
 - B. taking into account
 - C. applying himself to
 - D. keeping away from
-)**5**. A. upsetting
- B. interesting
- C. boring
- D. shocking
-)6. A. showed
- B. damaged
- C. tackled
- D. changed
-)**7**. A. headphones
- B. computers
- C. diagrams
- D. recorders
- ()**8**. A. creative
- B. conventional
- C. abstract
- D. severe
-)**9**. A. refused
- B. participated
- C. organised
- D. taken
- ()**10**. A. games
- B. activities
- C. incidents)11. A. in need of
- D. awardsB. in search of
- C. in honour of
- D. in charge of
-)12. A. extremely
- B. fortunately
- C. slightly
- D. instantly
-)**13**. A. forgets
- B. predicts
- C. prohibits
- D. demonstrates
-)**14**. A. reflect
- B. complain
- C. ensure
- D. explain
-)15. A. subjects
- B. properties
- C. drafts
- D. barriers

● 阅读七选五

What exactly is the importance of teachers in the current educational field? The last few years have witnessed the rise of education technology and online tutoring (辅导) firms.

1. ______ Such people, however, have completely ignored the one thing that makes

completely ignored the one thing that makes studying in a proper classroom irreplaceable and that is the importance of teachers.

The Internet has more information about any given topic than any one person can ever

hope to possess. 2. _____ Knowing that "tomato is a fruit" is information, and not putting it in a fruit salad is wisdom. This example does a perfect job in illustrating just how important wisdom is in daily life. Books and the Internet can give you information, but only a teacher can pass on wisdom. 3. _____

You can develop the most amazing online tutoring platform and fill it with amazing and interesting videos but it is never enough. Every single student is unique in his or her own way.

4. _____ They can hardly be sufficient for the problems that students face in their life outside the classroom. Only teachers who have spent time with their students can guide the students in a way that can help them figure a way out of any problem they might be facing in their life.

- 5. _____ While the list of reasons stating the importance of teachers is a bit too long to put in a single article, these two are enough to silence anyone who believes that going to school to be taught by proper teachers will soon become obsolete (淘汰的).
- A. Videos are made for a general audience, though.
- B. Wisdom, however, is something that it badly lacks.
- C. Teachers are also important in shaping the future of the youth.
- D. On this point, the importance of teachers should never be understated.
- E. Everything people can possibly learn is freely available on the Internet.
- F. These are just two ways that teachers have a big impact on their students.
- G. Many argue that they might one day completely

replace formal schooling.

● 语法填空

Xie Xiaohua, a special education teacher, has won the heart of hundreds of children with special needs and is called Mum Xiaohua by many of them.

"It is my greatest happiness and 1. _____ (fulfill) to care for them as they grow up," said 49-year-old Xie, who 2. _____ (work) at Yiyuan County Special Education School for the past 27 years.

Fully aware 3. the difference between special education and general education, Xie provides 4. (specialize) care for each student according to their physical condition. In 2013, Xie's workload became heavier after she 5. _____ (assign) to work at the school's rehabilitation (康复) centre. 6. (ensure) every child received scientific and targeted rehabilitation training, she worked out specific plans for them. For children with mental handicaps, Xie 7. (patient) coached them to master basic skills of taking care of themselves in daily life. She also spent lots of time training children with hearing and speech impairments to work on their pronunciation, which often caused her to develop 8. swollen throat.

Several years ago, the school launched a campaign of offering door-to-door education to students 9. _____ could not attend school because of severe physical disabilities. Xie was among over 30 teachers 10. _____ (task) with tutoring those students. "Although we do feel exhausted sometimes, we feel our work is valuable after witnessing their progress, even just a little bit," Xie said.

Period Three Lesson 2 How Do We Like Teachers' Feedback

课内基础巩固

0	单词护	写
1.	Other	stud

1.	Other students are not mature enough to
	(处理;应付) the challenges by
	themselves and may become depressed.
2 .	Students need to generate ideas, offer examples,
	apply concepts, and(提出) questions,
	as well as give presentations.
3.	It was actually a very clever means to
	(突出显示;标出) the importance of the Great
	Barrier Reef and the need to protect it.
4.	If we keep our body fit, we can enjoy life in
	a better(方式,方法).
5 .	Embarrassed and(羞愧的), I
	couldn't concentrate on anything.
•	单句填空
1.	Many people expressed a strong
	(prefer) for the original plan.
2 .	Although we had made full preparations,
	Susan's arrival still(upset) our
	plan.
3.	The(intend) of these adaptations
	is to make the classics more accessible to
	young readers.
4.	It was a challenging and(demand)
	job, but anyhow he managed to handle it
	properly.
5 .	The local government has adopted
	(effect) measures to decrease unemployment.
6.	Many animals are(sense) to the
	environment, which helps them to survive.
7 .	The fact is that no matter how nicely we
	dress, we can't be truly elegant unless we
	have good(manner).

lacksquare	短语填空
1.	Please(记下) a list of the
	things you want to buy. You will forget them
	otherwise.
2.	Whether you will be employed by a company
	(依靠) what skills you have.
3.	Don't(失去信心) when
	you fail to achieve your goal.
4.	In most cases, people who directly
	(指出) others' mistakes without considering
	their feelings are considered straightforward.
5 .	Americans have a preference for the direct
	style and I often fail to
	(谈到正题).
6.	Ms Weaver was strict and spoke
	(以直接的方式), but she was
	always encouraging and inspiring.
0	句型训练
1.	The manager decided to give preference to
	· (定语从句)
	经理决定优先考虑那些在这里工作多年
	的人。
2	Her biggest problem is
۷.	. (表语从句)
	她最大的问题是她在学校里和同学相处
	不好。
3.	71.AJ ⊙
0.	when you
	cannot fully understand what you learned. (it
	作形式主语)
	当你不能完全理解所学内容时,最好在课堂

上标出重点或做笔记。

● 阅读理解

Hanan Al Hroub, from Bethlehem in the West Bank, was awarded the Global Teacher Prize at a ceremony in Dubai. Hroub accepted the award "as a win for all teachers in general and Palestinian teachers in particular".

Hroub became a teacher after her children and husband were shot on their way home from school. "It changed my children's behaviour, personalities and studies," she said in a video. "I felt that I was alone in getting my children through this. No teacher had helped me get my children back on track."

With no help from the education system, Hroub decided to teach her children on her own. She started inventing games at home and inviting their neighbours' children to participate in. Gradually, her children's behaviour and grades began to improve. Now she teaches by using playing and learning at school to help children fight violence. "Some children may not directly experience violence in our country. However, they see it on the screens and on social media and that still affects them," Hroub said.

"I tell all the teachers, whether they are Palestinian or from around the world that 'Our job is humane and its goals are noble. We must teach our children that their only weapon is knowledge. 'Teachers could change the world."

Pope Francis announced in a video conference that Hroub had won the award. Francis said that a part of education is to teach children how to play in order to learn the joy of life and that teachers are the builders of peace and unity. "I would like to congratulate Hanan Al Hroub for winning this prize due to the importance that she gave to the role of playing in children's education," Francis said.

)1. Why did Hanan Al Hroub become a

teacher?

- A. To teach children to keep away from violence.
- B. To ease the effect of violence on her children.
- C. To promote education level for children.
- D. To introduce a new method of education.
-)2. How does Hroub educate children?
 - A. By learning and creating.
 - B. By watching and learning.
 - C. By participating and cooperating.
 - D. By playing and learning.
-)3. What is Hroub's attitude towards her job?
 - A. Objective.
- B. Disappointed.
- C. Faithful.
- D. Cautious.
-)4. What do the words of Hroub and Pope Francis have in common in the last two paragraphs?
 - A. They both valued teachers.
 - B. They were both against violence.
 - C. They both expressed hopes for children.
 - D. They both showed their feelings about the prize.

\mathbf{B}

Visitors won't find many straight rows in the organic garden at Martin Luther King Middle School in Berkeley, California. Sometimes the beds look like hearts, eyes, question marks or a rainbow. And then there's the lovely drainage ditch (排水沟), called the "Middle River", which laughing, muddy students carved right down the centre of their one-acre land.

As he looks around, Kelsey Siegel, the young teacher in charge of the garden, can't help but smile. "So many of the youth we work with have grown up in front of TV and video games. They haven't really had this experience of playing in the mud and water," he notes. The schoolyard farm "fills in something that's

missing in their lives".

Before they planted their garden five years ago with the help of highly-praised chef Alice Waters, few of the students at this multicultural Northern California school had even tasted vineripened (藤上自然成熟的) tomatoes, let alone raising seedlings. Teachers worried that some children weren't eating enough fresh fruits and vegetables at home, and the school wasn't much help either: like many state campuses, King replaced its hot-meal cafeteria years ago with a more cost-effective outdoor "snack-shack (小吃棚)".

For Waters, the founder of Berkeley's Chez Panisse restaurant, the thought of children having to rely on such reheated junk food-right in her own backyard—was too much to stomach. The small, visionary (有远见卓识的) woman is widely regarded as the Julia Child of organic cuisine in America, the person who's taught millions the joy of cooking simple dishes with locally grown, chemical-free produce. Waters remembers poking (戳) at mystery food in her school cafeteria as a kid. But today, she says, the spread of vending machines and fast food in America's schools has become downright evil. "What is it, one in three kids is overweight now? It's just horrifying," she sighs, drinking mineral water at a quiet table downstairs in her hugely popular restaurant, about a mile from the King campus. "I don't know what has to happen before we wake up."

- ()5. What does Paragraph 1 highlight?
 - A. Students' creativity in farming the schoolyard.
 - B. Students' knowledge of building the schoolyard.
 - C. The strange look of the organic garden.
 - D. The nice environment of the organic garden.
- ()**6**. What's the impact the garden has on students?
 - A. Unnoticeable. B. Predictable.
 - C. Modest. D. Far-reaching.
- ()7. What can we infer from the last paragraph?

- A. Waters preferred fast food to her school's mystery food.
- B. Waters is indifferent to what is happening to children.
- C. Waters has taught people to grow organic plants.
- D. Waters is deeply concerned about students' diet and health.
- **8.** What can be a suitable title for the text?
 - A. Field of dreams
 - B. Garden of peace
 - C. Junk-free restaurant
 - D. Cost-effective campus

₩ 语法填空

Yuelu Academy is one of the "four best academies in the whole country". It 1. _____ (be) well-known since Song Dynasty.

Located at Hunan University in Yuelu Region Changsha City, Yuelu Academy, 2. _____has a three-kilometre distance to the downtown, is listed as the national AAAA scenic area, national key scenic spot, national civilized tourism demonstration site and important heritage site under state 3. _____ (protect). The floor space of the academy is more than 31,000 m² and the construction area 4. _____ (reach) 11,000 m².

During 5. _______(it) long history, Yuelu Academy has been much popular for the famous people it has fostered (培养). 6. _______1916 and 1919, young Mao Zedong lived at the Banxue Room in Yuelu Academy several times to work on the revolutionary activities in search of the truth of 7. _______(save) the Chinese people. From then on, a number of Yuelu 8. ______ (teacher) and students devoted themselves to the revolutionary work in the new democracy and had a profound and everlasting influence on Chinese history.

In addition, the academy is also 9. _____ (real) famous for the elegance of the environment and beauty of the architecture. Nowadays, it serves as 10. _____ ancient heritage museum for demonstrating the ancient academy education and architectural style.

ı	班级			
	姓	名		
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	묵	答题区		
	阅理	读 解		
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Period Four Lesson 3 So Close, Yet So Far (Reading)

课内基础巩固

❶ 单词拼写	6. It's annoying, but I don't think I'll go to the
I. Each year, more than two(百万)	trouble to make an official
people visit the memorial.	(complain).
2. As the(截止日期) approached, I	7. I'd like to make an(appoint) with
had to stay up all night working on my laptop	the dentist to have my bad tooth pulled out.
to complete my assignment.	8 . The hiker found himself trapped in the forest,
3. Spreading out before me, branches of the	(desperate) searching for a
Rapa River(流动) through the	way out.
valley below.	9. What(depress) us was that the
1. Many young people, most of whom were	plane was unexpectedly delayed.
well-educated, headed for remote regions to	10 . Alfred was (intense) ambitious.
(追逐) their dreams.	obsessed with the idea of becoming rich.
5. He e-mailed his family using his	● 短语填空
(笔记本电脑), telling them about his experiences	1 . If you(与某人交往)
around the world.	positive-thinking people, you are definitely
6. As the door opened silently, Ann froze with	going to achieve success.
terror, unable to move an(英寸).	2 . Stop(对过分担心)
7. The main thing is reminding	your children—they live a comfortable and
(精神无法集中的) students that they need	happy life in China.
to pay attention in class.	3 (喋喋不休) with my
3. I felt ashamed of myself for being so	friends online has taken up most of my spare
(无礼的)to you yesterday.	time so far.
● 单句填空	4. The police car is running at a speed of 100
I. To prevent these harmful habits from	miles per hour to(追赶) the
(dominate) a teenager's life is essential.	truck ahead of it.
2. The dream of AI has been around for centuries,	5 . Tom sought his fortune in New York, but in
and the development of computers since the	vain,(最终) farming back in his
1940s has finally made it a(real).	hometown.
B. Being interrupted several times, the spokesman	6 . I(滚动浏览) the
has to delay (announce) the news.	whole text, but still I couldn't find the graph.
1. The news website updates the content of its	● 句型训练
webpages (constant) to provide readers with the latest news.	1. Not a single time
5. She(bend) down and picked up a	(倒装句)
. one(benu) down and picked up a	(四水町)

他一次也没有抱怨过。

mineral.

2. ______.(主语从句+表语从句) 让我们所有人感到吃惊的是他的西班牙语说 得如此流利。

 3.
 _____.(before 引导的状语从句)

 水句)
 不知不觉一个小时过去了。

课后素养提升

♥ 完形填空

I quit social media in college. This is how my life has changed. I'm a 19-year-old college student. In the past, I __1_ entire days, weeks and months on my phone. Despite being in constant __2_ with people, I had never been more alone. Just like any toxic relationship, it was time for a __3_.

I determined to try a year __4__ social media. Thus I began the official __5__. I began to quit various apps that stole hours of our waking lives. When I started the challenge, it was __6__ at first to resist the muscle memory of opening the __7__. So, every time I wanted to open one, I would either __8__ or text someone instead. If I had burning __9__ I wanted to share, I would set them down. If I desired __10__ and wanted to check in with loved ones, I would text.

By the first month, the __11__ to open the forbidden apps disappeared completely. I soon noticed some differences in how I __12__. On one five-hour car ride with friends, the only time I unlocked my __13__ was to control the music. This car ride became an incredible __14__ to talk with my friends. We sang along to classic rock and made plans for our trip.

This year has been a nice break from online life and a reminder of the beauty of a(n) ___15_world.

- ()**1**. A. checked
- B. spent
- C. handled
- D. dragged
- ()2. A. communication
- B. struggle

- C. competition
- D. cooperation
-)**3**. A. turnover
- B. workout
- C. break-up
- D. build-up
-)**4**. A. from
- B. with
- C. for
- D. off
- ()**5**. A. approval
- B. challenge
- C. presentation

C. effective

- D. performance
-)**6**. A. difficult
- B. natural
-)**7**. A. books
- D. normal
- ()1. A. DOOK
- B. computer
- C. apps
- D. diary
- ()8. A. complain
- B. defend
- C. call
- D. blame
- ()9. A. measures
- B. honours
- C. curiosity
- D. thoughts
-) **10**. A. socialization
- B. stimulation
- C. recognition
- D. attention
-)11. A. inspiration
- B. function
- C. reality
- D. enthusiasm
-)12. A. survived
- B. appearedD. behaved
- ()**13**. A. phone
- B. car
- C. camera

C. considered

- D. suitcase
-)14. A. entrance
- B. contrast
- C. opportunity
- D. innovation
-)**15**. A. primary
- B. offline
- C. unusual
- D. regular

₩ 阅读七选五

With such a wide range of platforms and devices available to the everyday reader, the physical book, while not yet extinct, may end up going that way. Why? 1.

班	级
	_
姓	名
答题区	题号
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	5

With a rapid increase in digital reading platforms, reading is no longer a common problem for bookworms. 2. _____ They're designed to simplify the process of reading on the go. You can select a book, track your progress, and even submit reviews. With no need to carry around physical books, readers are much more likely to pick up where they left off whenever and wherever they may be.

Readers can also carry around their favourite books within an e-reader. Common examples include the Amazon Kindle, Onyx Boox, and PocketBook. These hand-held devices offer fantastic portability, readability and variety.

3. _____ They are much smaller and lighter than physical books, making them an ideal option for those always on the go.

Social media has had a great effect on our reading habits. It governs our daily life. With physical books no longer a key form of entertainment for children, it has been replaced with digital alternatives. Social media has changed the ways in which we traditionally read and tell stories. 4.

As is known to us all, technology has changed the ways in which we read at home as well as in the classroom. 5. _____ Exposure to the digital potential of reading is introduced at an early age. Virtual learning platforms have also exploded in popularity in recent years. Technology in the classroom is no longer a luxury but a necessity to keep up with the modern age.

- A. There are a number of apps out there.
- B. Books and lessons are delivered online.
- C. We are still reading but just in a different way.
- D. Lots of people find it difficult to fit reading into their daily routine.
- E. Some e-readers also allow users to access

- the Internet for various purposes.
- F. There's nothing worse than realizing you have forgotten your favourite book.
- G. Here are some ways technology has transformed our reading habits in recent years.

● 语法填空

Digitalization, 1.	is	a	main
characteristic of the 21st century,	repr	ese	ents a
transformation of society to a wides	sprea	ıd ı	use of
digital technologies in various 2.			
(area) of life.			

However, experts noted that too much social media use is known to have a negative influence 3. _____ mental health. So they started a study to investigate how to improve mental health in this time of rapid digitalization.

The results of the study 4. ______(lead) by Dr Julia Brailovskaia of the Mental Health Research and Treatment Centre clearly showed that individuals who cut their social media use by 30 minutes a day 5. _____ used this time for physical activities could 6. _____ (significant) improve their mental health.

Participants who replaced 30 minutes of social media with exercise every day for two weeks 7. _____ (have) powerful results. They reported feeling happier, more satisfied, less stressed and less depressed. The positive effects lasted for at least six months after the study had ended.

"This shows us how vital it is 8. _____ (reduce) our availability online from time to time and to go back to our human roots," said Dr Brailovskaia. "These measures can be easily applied to people's 9. _____ (day) lives and they're completely free and, at 10. _____ same time, they help us to stay happy and healthy in the digital age."

Period Five Grammar

课内基础巩固

U	单句填空	·
1.	The two sides made peace eventually after	2 . The house was broken into and a lot of things
	they(be) in conflict for 2 months.	were stolen. The police found this when
2 .	It was the third time that he(win)	they arrived.
	the gold medal in the Olympic Games.	→
3.	Dick(quit) his previous job and	·
	was working as a volunteer when the journalist	3. Rose returned home from England. By that
	interviewed him.	time her son had graduated from college.
4.	No sooner had the performance	→
	(begin) than the lights went out, leaving	·
	the audience in the dark.	∰ 句型训练
5.	He(rush) out of the room	1. In the 1950s in the USA, most families had
	before I could catch him in time.	just one phone at home, and wireless phones
6.	Columbus and his crew came to the shores of	yet.
	the Caribbean Islands, mistakenly believing	在20世纪50年代的美国,大多数家庭的家里
	they(arrive) in Southeast Asia.	只有一部电话,而无线电话还没有被发明出来。
7 .	Though it was the first time that they had	2. That was the third time that
	met, they talked as if they(be)	in the league
	friends for many years.	match.
8.	All the wooden fences around the campus	那已经是他第三次在联赛中被他的对手击
	(tear) down by the time	败了。
	Jack returned to school from home.	3 . By 10 o'clock last night, we
9.	Mary (work) in Beijing for 5	from the audience.
	years, but she has never regretted moving	截止到昨晚 10 点,我们已经收到了 200 封听
	back to Tianjin.	众来信。
10.	I(hope) to meet Professor	4. He said
	Wang and talk over the research this morning,	before he retired.
	but he was too busy to set aside time.	———— 他说在他退休前他已经在那家工厂工作了
•	句型转换(合并成含有过去完成时的复合句)	20年。
1.	Most of the guests left when Tom arrived at	5 . I thought I
	the party. Tom was very disappointed.	a week before.
	→	我以为我一个星期前就把申请信寄出去了。

课后素养提升

● 阅读理解

 \mathbf{A}

Are you addicted to social media? You may

think you can quit it any time you want, but your body and brain may not agree. Staying deeply connected to your social networks can be costly.

Researchers took a look at how non-stop social networking can actually change your brain. Social media sites are used by one third of the global population, and 5-10% are unable to control their online usage due to a psychological addiction. Researchers call this addiction a substance addiction, namely, a similar effect of drug or alcohol on addicts.

There is a decline in the white matter (脑 白质) that controls emotional processing and decision making, largely because social media provides an immediate reward. When you post something online and someone "likes" it, you get the immediate reward—people's praise, and then your brain begins to long for these rewards. It's just like how a drug works.

Researchers also looked at how multitasking affects the brain. When you are dealing with a variety of tasks, devices, and websites, you have to constantly switch your thinking modes, which usually leads to the unbalanced distribution of attention. Also, multitasking could damage your ability to commit things to memory. Consider what happens when your phone vibrates (振 动). You feel the vibration and nine times out of ten, you pull your phone out to check, which will distract you from what you are doing.

Of course there is nothing wrong with using social media to stay in touch with family, friends, and colleagues, but as with everything else in life, moderation (适度) is the key. Moderation can not only help us on task, but also help control the side effects from overstimulating our brains with social media, mobile devices, and screen time.

-)1. What's the purpose of Paragraph 1?
 - A. To raise a question.
 - B. To give an example.
 - C. To bring up the topic.
 - D. To make an analysis.
-)2. What's the reason behind people's non-

stop social networking?

- A. Their fragile brain structure.
- B. The convenient Internet access.
- C. The pressure from fast city life.
- D. Their mental dependence on it.
-)3. According to the passage, which of the following outcomes can multitasking bring about?
 - A. An improvement in time management.
 - B. A decline in creativity.
 - C. A decrease in working efficiency.
 - D. An increase in sensibility.
-)4. What is the author's attitude towards social media?
 - A. Objective.
- B. Doubtful.
- C. Supportive.
- D. Critical.

 \mathbf{B}

I am neither Jewish nor Palestinian, and none of my six regular jobs have anything to do with foreign policy, but the other day I opened Twitter(now called X) after some time offline, only to find people I don't know demanding that I make a public statement about what's happening in the Middle East. It seemed that most of the people on social media had made a statement, including various well-known brands, celebrities and lifestyle influencers.

I saw lots of random citizens being told that if they didn't speak out, they, too, would have blood on their hands. Taking a stand on social media instantly will win wild applause but reduce complex issues to a simple yes or no.

Those social media posts without serious thinking are not what bother me most though. Instead, it's the idea that not posting is wrong that everyone needs to speak, all the time. It discourages shutting up and listening and letting the voices that matter the most be heard over the noise. It implies it's not OK to have any uncertainty about what's going on. It does not leave time or space for people to process disturbing events in their own minds or to gather more

information before pronouncing a judgement. It pressures people who don't have an opinion yet or are working out what they think to produce one opinion immediately and present it to an audience of total strangers on the Internet who will quickly judge whether it's appropriate or not.

"Nothing pays off like self-control of the tongue and pen," writes AA's co-founder Bill Wilson. "We must avoid quick-tempered criticism and extreme anger," which he calls "emotional idiot got trapped by pride and revenge." While I've regretted posting half-formed thoughts too quickly, I've never regretted waiting until I was less angry or not posting at all.

- ()5. Why does the author mention his/her race and jobs in the first paragraph?
 - A. To reflect the author's professional research background.
 - B. To introduce the topic of the widespread use of social media.
 - C. To discuss the impact of social media violating personal privacy.
 - D. To express dissatisfaction with commenting on something without personal ties.
-)**6.** What bothered the author most about social media posts?
 - A. Pressure to take a stand.
 - B. Shutting up and listening.
 - C. Lack of diversity in opinions.
 - D. Complex issues reduced to yes or no.
-)7. What can we infer based on what Bill Wilson said?
 - A. Avoiding creating argument is a virtue.
 - B. Quick-tempered criticism is rewarding.
 - C. Producing immediate opinion is an ability.
 - D. Control of what you say and write is beneficial.
- ()8. Which would be the best title for this text?
 - A. Speak out for the disadvantages in a social media age

- B. I don't have to post about my anger, neither do you
- C. Silence is golden: a guide to ignoring world issues like a pro
- D. Keep angry, keep reasonable: avoiding the mess on social media

● 语法填空

Dunhuang, located in Northwest China's Gansu Province, was 1. _____ important stop on the ancient Silk Road with a long history. What does it look like today?

From Dec. 5 to 8 in 2023, the show titled "The Dunhuang You Don't Know", 2. _____ (release) on social media platforms including Weibo and Douyin. Since 3. _____ (it) first public performance, the video series has got millions of views online.

The show, produced by the art programme centre of the China Media Group, focused on the modern way of life in Dunhuang, 4. (display) the inheritance (继承) and development of traditional Chinese culture. The programme referred to eight dimensions, including local cuisine, folk tradition and guochao, 5. means "native wave", and the use of traditional Chinese elements in fashion. One episode (集) guided viewers through the Mogao Grottoes and related exhibitions, providing insights 6. the historical and cultural significance behind the cave paintings. In another episode, the audience were taken to the night market 7. (taste) local food such as iron plate fish and hand-grabbed lamb.

In recent years, with a rise in the 8.
(popular) of $guochao$, modern artists 9
(transform) age-old art into
creative cultural products that appeal to young
consumers. This video series has also caught
people's attention through trendy and 10
(fashion) collections.

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	姓	名	
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	题号	答题区	
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	阅理	读解	
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