



CANPOINT®

# 全品 高考复习方案

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作业手册  
**英语** BS

北京专版

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## Unit 1 LIFE CHOICES

## 训练 A 完形填空 + 语法填空 + 阅读理解 + 阅读理解

## ① 完形填空 [2023·北京东城高三期末]

文体:记叙文 主题:人与社会 词数:227

Jennifer finds Cecelia reading a newspaper alone in the room. “Hi Cecelia, do you 1 me? Jennifer.” The 91-year-old **resident** at Newburgh elder care centre says a friendly hello, but doesn’t seem to recognize Jennifer today.

It’s one nice spring afternoon. Jennifer invites Cecelia to go down to the 2. She helps Cecelia head to the **elevator**. Cecelia wheels herself forward, as Jennifer 3 guides her from behind.

The two have been getting to know each other over the past few months since Jennifer, the recent Boston University graduate, began to volunteer in the centre, 4 residents with Alzheimer’s disease (阿尔茨海默氏病).

Down in the **courtyard**, Cecelia begins reading a poem, slowly and lyrically (抒情地). Jennifer listens attentively, and then asks if Cecelia knows who wrote the poem, to help her with a “5 **stretch**”. Together, they reflect on the poem’s meaning. Cecelia’s deep understanding of the poem suggests that she is such a 6 lady. Jennifer tells Cecelia, “You’re the one who makes me 7 coming here every week. I love learning from you. You’re like my teacher.”

“You give the old people a 8 to think and to know they get good care,” Cecelia replies.

Jennifer’s relationship with Cecelia has played an important role in 9 her **passion** for looking after older generations. “We should take time to listen to them. Just listening is an act of 10,” Jennifer says.

- |                           |                     |                 |                |
|---------------------------|---------------------|-----------------|----------------|
| ( ) 1. A. hear            | B. understand       | C. trust        | D. remember    |
| ( ) 2. A. courtyard       | B. centre           | C. elevator     | D. room        |
| ( ) 3. A. bravely         | B. lightly          | C. gratefully   | D. immediately |
| ( ) 4. A. relying on      | B. looking into     | C. appealing to | D. caring for  |
| ( ) 5. A. hand            | B. leg              | C. brain        | D. back        |
| ( ) 6. A. frank           | B. wise             | C. modest       | D. humorous    |
| ( ) 7. A. look forward to | B. pay attention to | C. give in to   | D. object to   |
| ( ) 8. A. dream           | B. method           | C. chance       | D. plan        |
| ( ) 9. A. rediscovering   | B. exchanging       | C. consuming    | D. shaping     |
| ( ) 10. A. friendship     | B. kindness         | C. loyalty      | D. courage     |

## 重点词句回顾

## A. 词汇积累

- resident *n.* 居民
- elevator *n.* 电梯, 升降机
- courtyard *n.* 院子; 庭院
- stretch *n.* 伸展肢体; 延伸
- passion *n.* 热情

## B. 长难句分析

Jennifer listens attentively, and then asks if Cecelia

knows who wrote the poem, to help her with a “... stretch”.

【分析】这是一个主从复合句。if 引导宾语从句, 作动词 asks 的宾语; who 引导宾语从句, 作动词 knows 的宾语。

【译文】詹妮弗认真地听着, 然后问塞西莉亚是否知道这首诗是谁写的, 以帮助她“伸展一下……”。

A

文体:记叙文 主题:人与自然 词数:95

Nathen 1. \_\_\_\_\_ (cycle) along a remote road when he came across an abandoned kitten. Moved by her sad eyes and pitiful meowing, Nathen decided to adopt her and named her Milo. Together, they experienced kindness, 2. \_\_\_\_\_ (visit) charities, and rescued animals, forming an unbreakable bond. Milo especially liked going to the railway station near their home during rush hour, 3. \_\_\_\_\_ commuting (通勤) was challenging for most people. Often 4. \_\_\_\_\_ (find) sitting on a ticket gate, Milo greeted commuters and brought smiles to all she encountered, making the spring morning a little brighter.

B

文体:说明文 主题:人与自然 词数:71

Research suggests a connection between deforestation, 5. \_\_\_\_\_ (result) in poorer air quality, and increased rates of depression and anxiety. It has been revealed that countries with more forested land tend to see 6. \_\_\_\_\_ (few) cases of mental health disorders. In the 1980s, “forest bathing” was introduced as a therapeutic practice centred around trees to enhance the psychological benefits of outdoor experiences. Up till now, this practice 7. \_\_\_\_\_ (use) for treating patients.

C

文体:说明文 主题:人与自我 词数:68

Many of our actions are initiated by emotion. Challenging situations will arise in our lives and 8. \_\_\_\_\_ we handle these situations is a mark of how mature and independent we are. Keeping our emotions 9. \_\_\_\_\_ dominating our lives is essential because stable emotion brings a sense of contentment and calm. Luckily, there are many 10. \_\_\_\_\_ (help) techniques to control our emotions, such as meditation, yoga, and breathing exercises.

III 阅读理解

A [2024·北京海淀高三期中]

文体:说明文 主题:人与自我 词数:395

Demanding days seem designed to test our self-control. We all need to rely on willpower to avoid short-term **temptations** and **override** unwanted thoughts or impulses (冲动). The **prevailing** psychological theory proposed that willpower **resembled** a kind of battery. With each exercise of self-control, you exhausted this resource. Without a chance to recharge, that resource ran low, making it harder to maintain self-control. This process was known as “ego depletion”.

In 2010, however, psychologist Veronika Job published a study that questioned the foundations of “ego depletion” theory, with some interesting evidence that ego depletion depended on people’s **underlying** beliefs. In the study, Job divided participants into two categories: those with a “limited” view of willpower and those with a “non-limited” view of willpower, based on a prior questionnaire. She then gave the participants some standard laboratory tests examining mental focus, which was considered to depend on the reserves of willpower. The study found that people with a limited mindset tended to perform exactly as ego depletion theory would predict but that the non-limited individuals did not, which indicated that people’s beliefs about willpower could be self-fulfilling prophecies (预言). Those who believed willpower was easily depleted saw their self-control decrease, while those who believed in “mental stamina (耐力)” experienced no ego depletion.

Subsequent debates about the reliability of the laboratory tests of ego depletion emerged, but Job’s work demonstrated that mindsets significantly impacted real-life outcomes. Her follow-up study revealed that after completing demanding tasks, most participants recovered to some degree overnight, but those with non-limited mindsets actually experienced an increase in their productivity the following day, as if energized by the extra pressure.

If you already have a non-limited mindset about willpower, these findings might be a cause for self-satisfaction. For those with limited mindsets, hope is not lost. Learning about this science can help shift beliefs. Sharing this knowledge with others can further **consolidate** this shift. Moreover, recollecting times of engaging in taxing yet enjoyable tasks naturally shifts people's beliefs towards non-limited mindsets, as they see proof of their own mental stamina. To provide yourself with further evidence, you can conduct small self-control tests. As you realize your willpower's growth, you'll find resisting temptations and distractions easier.

While immediate miracles aren't guaranteed, perseverance will lead to a changed mindset and increased self-control, propelling actions towards personal goals.

- ( ) 1. "Ego depletion" theory shows that willpower \_\_\_\_\_.  
A. helps control your impulses  
B. reduces after exercising self-control  
C. is a test of your character  
D. is like a rechargeable battery
- ( ) 2. What can we learn from Job's two studies?  
A. Extra pressure boosts mental focus.  
B. Demanding tasks reduce mental focus.  
C. Reserves of willpower depend on mental focus.  
D. The change of mental focus relies on one's mindset.
- ( ) 3. Which of the following can build non-limited mindsets?  
A. Picturing your ideal university.  
B. Doing homework in front of a TV.  
C. Sharing science knowledge with friends.  
D. Recalling mastering a challenging piano piece.

## 重点词句回顾

### A. 词汇积累

1. temptation *n.* 诱惑
2. override *vt.* 推翻; 无视
3. prevailing *adj.* 普遍的; 盛行的
4. resemble *vt.* 类似; 与……相似
5. underlying *adj.* 表面下的; 隐藏的
6. consolidate *vt.* 加强; 巩固

### B. 长难句分析

The study found that people with a limited mindset tended to perform exactly as ego depletion theory would

predict but that the non-limited individuals did not, which indicated that people's beliefs about willpower could be self-fulfilling prophecies (预言).

【分析】这是一个主从复合句。前两个 that 引导宾语从句, 作动词 found 的宾语; as 引导方式状语从句; which 引导非限制性定语从句, 从句中 that 引导宾语从句, 作动词 indicated 的宾语。

【译文】研究发现, 心态受限的人倾向于完全按照自我损耗理论所预测的那样行事, 而心态不受限的人则没有, 这表明人们对意志力的信念可能是自我应验的预言。

B [2022 · 北京海淀高三期末]

文体: 议论文 主题: 人与社会 词数: 496

Millions watch the Oscars every year, but I'm always interested in the Razzies (金酸莓奖), which recognize **cinematic underachievement**. For all the attention given to what we like, what we dislike can be just as important, interesting and **empowering**.

French sociologist Pierre Bourdieu saw dislike as snobbery. He saw all judgements of taste, favourable or not, as performances of class. The rich could justify their place, he argued, by claiming to have more **refined** tastes. Knowing which literature or art to praise could signal to others their rightful place at the top of society. **Oversimplified** his theory might be, it is not entirely wrong.

Furthermore, dislikes are often used as a way not to stand apart but to fit in. It means learning the unspoken rules of what's OK to like or dislike, and to proclaim those likes or dislikes loudly for others to hear. When some of us swim against the social tide, we might be savvy (精明的) enough to label our likes as "guilty pleasures", which both acknowledges the rules and apologizes for violating them.

In my research, though, I found that dislike isn't just a form of snobbery.

Therefore, speaking about dislikes is an act of **resistance**—a refusal to allow public space to be **conquered** by the media content that doesn't connect.

What if, rather than resenting the show or the person, we simply embrace it in all of its embarrassing glory? By all means, pay attention to the advice to “ignore the haters”. But a lot can be learned by listening to the dislikers.

- ## 重点词句回顾

1. cinematic *adj.* 电影的; 影片的
2. underachievement *n.* 未发挥水平; 未展现实力
3. empowering *adj.* 使强大的; 增强掌控力的
4. refined *adj.* 文雅的; 有教养的
5. oversimplified *adj.* 过于简单化的
6. resistance *n.* 抵抗; 克制
7. conquer *vt.* 征服; 占领

When some of us swim against the social tide, we might be savvy (精明的) enough to label our likes as “guilty pleasures”, which both acknowledges the rules and apologizes for violating them.

【译文】当我们中的一些人逆社会潮流而动时，我们可能会足够聪明地将我们的喜好标记为“罪恶的快乐”，这既承认了规则，也为违反规则而道歉。



## 训练 B 阅读理解 + 阅读理解 + 阅读七选五 + 阅读表达

### ① 阅读理解

A [2024 · 北京海淀高三一模]

文体:应用文 主题:人与社会 词数:379

With all the **dietary** information online, it can be hard to know what tips to follow. Watch out for these words and expressions.

#### **Fat Is Good**

It doesn't matter if you are part of the fat is GOOD for you or BAD for you group. The important question to ask is the source of the fat. If it comes from a land-based animal, and is likely to be **solid** at room temperature, then it is saturated (饱和的) fat whereas if it comes from fish or plants, and it is likely to be **liquid** at room temperature, then it is unsaturated fat. All the **evidence indicates** that eating more unsaturated fat than saturated fat lowers your risk of dying early.

#### **Natural Sugar Is Better**

The vast majority of sugar we consume is sucrose (蔗糖). It is the white powdered stuff we cook with and is made up of glucose and fructose. How about sugar from honey? It is often marketed as natural and better for you. Actually, it just has its own distinct **flavour**, but is as sweet because of glucose and fructose.

#### **High-pH Water**

Some people think we need to eat alkali (碱) food to maintain our blood at a pH of 7.4. But everything we eat or drink passes through the stomach, which, at a pH of 1.5, is the most acidic part of the body. It is then neutralised to a pH of 7. So, nothing we eat will change the pH of our blood.

#### **Don't Eat Anything That You Can't Pronounce**

Whether foods are natural or highly processed, they are all full of chemicals. Are you supposed to fear "phenylthiocarbamide", because you can't pronounce it? This is simply the chemical responsible for the bitter taste found in brassicas, the plants in the cabbage and mustard family.

#### **Don't Eat Food With More Than Five Ingredients (佐料)**

Simple foods are not necessarily healthier for you. If I, **for instance**, use Chinese five spice powder in a recipe, that would count as one of the five ingredients. However, what if I added the typical **components** of five spice powder separately into a dish? Does that mean my recipe suddenly becomes bad because it has more than five ingredients?

- ( ) 1. According to the passage, healthier fat \_\_\_\_\_.  
A. can be found in fish and plants  
B. comes from land-based animals  
C. remains solid at room temperature  
D. can lower the death rate of elders
- ( ) 2. The passage suggests that \_\_\_\_\_.  
A. diets can help adjust the pH of our blood  
B. honey sugar can do more good than sucrose  
C. foods with more ingredients may be as healthy  
D. chemicals we can recognize are safer to take in
- ( ) 3. What is the main purpose of the passage?  
A. To compare tips on food choices.  
B. To introduce different health concepts.  
C. To recommend fitness recipes to readers.  
D. To warn us of some dietary misunderstandings.



## 重点词句回顾

### A. 词汇积累

1. dietary *adj.* 饮食的
2. solid *adj.* 固体的; 牢固的; 可靠的
3. liquid *adj.* 液体的; 清澈的
4. evidence *n.* 证据
5. indicate *vt.* 表明; 暗示
6. flavour *n.* 味道
7. component *n.* 组成部分; 成分; 零件
8. for instance 例如

### B. 长难句分析

If I, for instance, use Chinese five spice powder in a recipe, that would count as one of the five ingredients.

【分析】这是一个主从复合句。if 引导条件状语从句，中间插入了 for instance。主句的主语是 that，谓语是 would count。

【译文】例如，如果我在食谱中使用中国五香粉，那就算是五种佐料之一了。

B [2024·北京东城高三期末]

文体: 记叙文 主题: 人与自我 词数: 435

When I first heard about the improv (即兴表演) classes, I was torn. As an **introvert**, I feared getting on stage and **improvising** in front of strangers. However, I knew I wanted to work as a science **communicator** after finishing my PhD, so it seemed like the perfect opportunity to improve my speaking ability and gain confidence thinking on my feet.

During our first class, we learned a **core** concept of improv: “yes, and”. It means that, as improvisers, we accept what fellow performers say. If someone says that rhinos (犀牛) are librarians, for example, then rhinos are librarians. We do not question the logic; we say “yes” and continue with the scene as if nothing is wrong.

I got a taste of how difficult that was when **acting out** my first scene. My classmate turned to me and said, “Mum is going to be so mad.” Mad about what? My mind spun out ideas, and my inner critic shot them all down. We broke the car? No, that’s too easy. We failed a test? No, you don’t want your classmates thinking you’re stupid on the first day. I finally landed on an answer: “Yes, we’re going to be late for dinner.” The scene proceeded from there, and we eventually finished as two sisters who lost their way on a hiking trail.

The first few scenes were hard, but as weeks turned into months, I became more comfortable thinking on my feet and even started to enjoy our classes. I never silenced my inner critic entirely, but over time, I didn’t police my words with quite so much effort. I also became better at listening, relating to my conversation partners, and communicating clearly in the moment.

That training proved useful 6 months ago, when my experiments generated unreasonable data. Early on in graduate school, I would get stuck when this happened; my inner critic would assume I had made a mistake. But then, after embracing the “yes, and” concept, instead of getting discouraged, I kept exploring the data and ended up identifying a new type of cell—one that wasn’t behaving as expected. If I hadn’t accepted the possibility that the results were real, I would have missed out on the most exciting finding of my PhD so far.

All scientists can benefit from this lesson. If the data say rhinos are librarians, then it’s worth investigating whether rhinos are, in fact, librarians. Our job as scientists isn’t to generate data that support a preconceived (预想的) story. Our job is to say “yes, and”.

( ) 4. Why did the author take the improv classes?

- A. To improve her logical mind.
- B. To finish her PhD assignment.
- C. To develop her communication skills.
- D. To pursue her interest in performance.

( ) 5. How did the author feel during the first scene?

- A. Conflicted.
- B. Bored.
- C. Discouraged.
- D. Embarrassed.

( )6. According to the author, in her experiments, “yes, and” helped her \_\_\_\_\_.

- A. accept failures
- B. make a new discovery
- C. make up for a mistake
- D. correct unreasonable data

( )7. What can we learn from this passage?

- A. The unknown can be an inspiration.
- B. The unexpected can be rewarding.
- C. The unfortunate can be a chance.
- D. The unusual can be decisive.

## 重点词句回顾

### A. 词汇积累

- 1. introvert *n.* 内向的人
- 2. improvise *vi.* 即兴表演
- 3. communicator *n.* 传播者; 交流者; 沟通者
- 4. core *adj.* 核心的; 最重要的
- 5. act out 表演

### B. 长难句分析

But then, after embracing the “yes, and” concept, instead of getting discouraged, I kept exploring the data and ended

up identifying a new type of cell—one that wasn’t behaving as expected.

【分析】这是一个主从复合句。after 用作介词,后面接动词-ing 形式作宾语;keep doing sth 意为“一直做某事”;end up doing sth 意为“结果做了某事”;that 引导定语从句,修饰先行词 one;as expected 意为“正如预期的那样”。

【译文】但是,在接受了“是的,而且”概念之后,我没有气馁,而是继续研究这些数据,最终确定了一种新型细胞——一种未按预期表现的细胞。

## 阅读七选五 [2024·北京丰台高三一模]

文体:说明文 主题:人与自我 词数:261

“Find your **passion!**” When discussing future career options or **selecting** a **major** in college, your parents often say this. The very expression is meant to inspire. But is it good advice?

“Finding” a passion **implies** that it already exists and is simply waiting to be discovered. Unfortunately, this idea is not what science tells us. 1. \_\_\_\_\_

To study this, researchers use a **framework** of “fixed” and “growth” **mindsets**. They argue that encouraging people to “find” their passion may cause them to eventually believe that interests and passions are inborn and relatively unchangeable. 2. \_\_\_\_\_ **In contrast**, people who view interests and passions as developed have a growth mindset of interest.

Researchers have revealed that a fixed mindset of interest can decrease creativity. If people believe they are limited to only a few inborn interests and, in consequence, do not explore other areas, they may miss seeing important connections across domains. 3. \_\_\_\_\_

Evidently, people can do a lot to **embrace** a growth mindset of interest. First, realize that your interests and passions aren’t pre-existing. Take an active role in developing your passions. Second, practise positive self-talk. When you lack interest in a new task, pay attention to your inner dialogue. 4. \_\_\_\_\_ For example, change “I’m not interested in this” to “I’m not interested in this yet, but I know that interest can develop with time and engagement”.

5. \_\_\_\_\_ But a growth mindset of interest will help you remain open and curious. The science tells us we should work towards loving what we do. We might become more creative and resilient as a result.

- A. So can a growth mindset of interest be taught?
- B. Instead passions, like interests, are developed.
- C. People who think this have a fixed mindset of interest.
- D. Of course, not every activity will become a burning passion.
- E. As such, seeing interests as fixed limits their creative potential.
- F. Don’t expect that pursuing new interests will always be easy or exciting.
- G. Replace self-critical thoughts with positive ones that encourage growth and learning.

## 重点词句回顾

### A. 词汇积累

1. passion *n.* 激情
2. select *vt.* 挑选
3. major *n.* 专业
4. imply *vt.* 暗示
5. framework *n.* 框架; 构架
6. mindset *n.* 心态; 思维模式
7. embrace *vt.* 拥抱; 欣然接受
8. in contrast 相比之下

### B. 长难句分析

They argue that encouraging people to “find” their passion may cause them to eventually believe that interests and passions are inborn and relatively unchangeable.

【分析】本句是主从复合句。第一个 that 引导宾语从句, 作动词 argue 的宾语; 第二个 that 引导宾语从句, 作动词 believe 的宾语。

【译文】他们认为, 鼓励人们“找到”自己的激情可能会使他们最终相信, 兴趣和激情是与生俱来的, 相对而言是不可改变的。

## 阅读表达 [2023·北京东城高三一模]

文体: 说明文 主题: 人与自我 词数: 332

We all like to think that we are rational (理性的) thinkers, but poor decisions and choices are evident all around us: staying in bad relationships or boring jobs, taking up smoking, eating too much junk food; the list goes on. So why can't we make better decisions? One reason appears to be what psychologists call “decision fatigue”: the idea that we all have a limited store of energy for making decisions and practising self-control. For example, if you are ground down by everyday struggles, you have less mental energy for good decisions.

However, studies point to the fact that deciding things early in the day is likely to lead to better outcomes. Most of us will have had the experience of going to bed with a seemingly unsolvable problem, only to wake up with a flash of inspiration the next morning. So decisions made when we feel least tired are more likely to be the right ones.

Another worthwhile strategy is to pretend that you are advising an imaginary friend, rather than relating decisions to your own life. This creates a distance between you and the issues in question, and can help you to think logically rather than emotionally.

People often advise making lists of advantages and disadvantages, and then prioritizing the items in each list. This can certainly be helpful, but we need to be careful not to overthink every decision. We may overestimate the value of information, and sometimes it is better simply to go with our gut instinct (直觉).

Perhaps the most important thing we can do to minimize the possibility of regret is to make sure that our decisions are in line with our life values; in other words, to have a life vision and be true to it. Instead of asking ourselves questions such as “Which option is safer?” or “Which option is best financially?”, it is far better to ask “How will I feel about this when I'm 70?”.

1. What does “decision fatigue” mean?

2. Why do people tend to make good decisions early in the day?

3. Decide which part of the following statement is wrong. Underline it and explain why.

> Sometimes it is a good idea to go with our gut instinct to make decisions, because weighing advantages and disadvantages takes great efforts.

4. In addition to the strategies in the passage, please suggest another way to make good decisions. (In about 40 words)

## Unit 2 SPORTS AND FITNESS

### 训练 A 完形填空 + 语法填空 + 阅读理解 + 阅读理解

#### ① 完形填空 [2023·北京丰台高三一模]

文体:记叙文 主题:人与自我 词数:276

It had been an interesting soccer match. Jerry **was so absorbed in** it that everyone 1 his passion for sports. He also developed a 2 attitude towards **acquiring** such a soccer uniform. Whatever he desires, he asks his parents to **purchase** it in a split of seconds.

“Mum, I want a soccer uniform,” he begged his mother.

“OK,” said his mother, “but you need to have 3 .”

The days passed by, but he got no 4 from his parents. His dream seemed to collapse. However, Jerry never gave up his idea. He kept thinking how to achieve it as early as possible. A sparkling idea struck his mind. He could 5 one of his T-shirts, but what if his mother saw and scolded (责备)? Though anxious, he finally made up his mind.

He drew a circle with the help of a bowl and **modified** the soccer image onto the T-shirt. He also took 6 to avoid the spread of colour onto the other side of it. It was a remarkable piece of work.

“Jerry! What are you doing?” his mother suddenly appeared.

“I may not get the uniform, but I can try to paint the image on my T-shirt, I thought.” He was 7 to face his mother. But out of his expectation, his mother 8 him for his work, ignoring the mistake. She did not mind the T-shirt in the presence of the idea of painting.

“It’s OK,” said Mum.

“If we had **fulfilled** your every want, your inborn 9 would have been hidden. You wouldn’t have thought of other **alternatives** in getting the uniform. That adds to your 10 to achieve your goal,” she said.

“Thank you, mum.” He ran playfully.

- |                       |               |                   |                |
|-----------------------|---------------|-------------------|----------------|
| ( ) 1. A. controlled  | B. sensed     | C. supported      | D. expected    |
| ( ) 2. A. thirsty     | B. realistic  | C. cautious       | D. selfish     |
| ( ) 3. A. confidence  | B. motivation | C. inspiration    | D. patience    |
| ( ) 4. A. decision    | B. response   | C. judgement      | D. recognition |
| ( ) 5. A. purchase    | B. exchange   | C. paint          | D. sew         |
| ( ) 6. A. interest    | B. energy     | C. courage        | D. care        |
| ( ) 7. A. eager       | B. surprised  | C. afraid         | D. relieved    |
| ( ) 8. A. appreciated | B. blamed     | C. rewarded       | D. thanked     |
| ( ) 9. A. taste       | B. fondness   | C. talent         | D. fear        |
| ( ) 10. A. willpower  | B. honesty    | C. responsibility | D. tolerance   |

#### 重点词句回顾

##### A. 词汇积累

1. acquire *vt.* 获得
2. purchase *vt.* 买; 购买
3. modify *vt.* 修改; 修饰
4. fulfill *vt.* 实现; 满足
5. alternative *n.* 可供选择的事物; 替代物
6. be absorbed in 沉浸于

##### B. 长难句分析

Whatever he desires, he asks his parents to purchase it in a split of seconds.

【分析】这是一个主从复合句。whatever 引导让步状语从句,意为“无论什么”。

【译文】无论他想要什么,他都要求他的父母在几秒钟内买下它。

A

文体:记叙文 主题:人与自我 词数:88

An elderly couple has become stars in the marathon community. 1. \_\_\_\_\_ (win) at least 200 medals from sports meetings in the past ten years, they are regarded as role models by many people. Initially, the couple started running just 2. \_\_\_\_\_ (improve) their health. Later, they decided to challenge themselves and signed up for a marathon. Though neither of them had run a full marathon before, they managed to complete it. They believe no matter 3. \_\_\_\_\_ age it is, the marathon spirit of fighting to the end is essential.

B

文体:说明文 主题:人与社会 词数:91

The horse-face skirt, or *mamianqun* in Chinese, is a traditional Chinese skirt that dates back to the Song Dynasty. Traditionally it has two panels 4. \_\_\_\_\_ (attach) to a single waistband, which overlap in front of the body to form a “skirt door”, like the horse-face defenses on ancient city walls. It primarily 5. \_\_\_\_\_ (represent) a Chinese philosophical concept that harmonizes strength and gentleness. The skirt has gone beyond time and space to become a fashion item today. It 6. \_\_\_\_\_ (prefer) by fans of traditional clothing, who have continued to develop it.

C

文体:说明文 主题:人与自我 词数:89

It can be hard not to let negativity go into your day, especially during 7. \_\_\_\_\_ (stress) periods of life. A bit of optimism makes you become better and emotionally 8. \_\_\_\_\_ (healthy) in the long term. An optimistic person is always looking for the best in any situation and expecting that good things 9. \_\_\_\_\_ (happen). But being optimistic doesn't mean you go into denial and pretend everything is fine when it's not. It is a particular state of mind 10. \_\_\_\_\_ you hope for the best but prepare for the worst.

III 阅读理解

A [2024·北京东城高三二模]

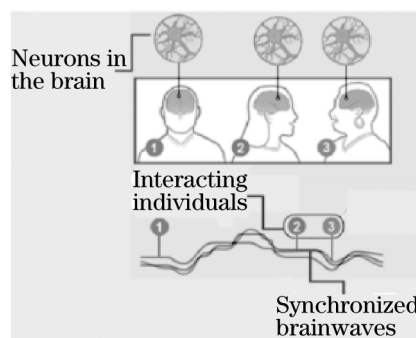
文体:说明文 主题:人与社会 词数:388

Neuroscientists usually investigate one brain at a time. They observe how neurons (神经元) fire as a person reads certain words, for example, or plays a video game. As social animals, however, those same scientists do much of their work together—brainstorming hypotheses, puzzling over problems and fine-tuning **experimental** designs. Increasingly, researchers are bringing that reality into how they study brains.

**Collective** neuroscience, as some practitioners call it, is a rapidly growing field of research. An early, **consistent** finding is that when people **converse** or share an experience, their brainwaves **synchronize**. Neurons in corresponding locations of the different brains fire at the same time, creating matching patterns, like dancers moving together. The experience of “being on the same wavelength” as another person is real, and it is visible in the activity of the brain.

Such work is beginning to reveal new levels of richness and complexity in sociability. In classrooms where students are engaged with the teacher, for example, their patterns of brain processing begin to synchronize with that teacher's and greater synchrony may mean better learning. Couples exhibit higher degrees of brain synchrony than non-romantic pairs, as do close friends compared with more distant **acquaintances**.

But much about the phenomenon remains mysterious—even scientists occasionally use the word “magic” when talking about it. One straightforward explanation could be that synchrony between brains is a result of shared experiences or simply a sign that we are hearing or seeing the same thing as someone else. But the







Much has been done to reduce the risks of challenge trials. Like respiratory syncytial virus (RSV), researchers have involved adults who are at a low risk of severe illness. These acts have already cut down a **massive** range of vaccine candidates. With their help, the world will soon have the first vaccines against RSV, which kills tens of thousands of newborn babies each year. But not all diseases are like these ones. We don't always know the dangers volunteers might face; we don't always have treatments ready. What then?

We could, of course, just avoid these questions entirely, and rely on other types of research. But that doesn't always work; sometimes, animal testing is tricky and uninformative, because the disease doesn't develop in the same way as it would in humans. In contrast, challenge trials can be deeply informative within weeks, with far fewer volunteers. And the benefits can be surprisingly high. Take the latest pandemic. At the end of last year, as the number of deaths is estimated to have reached about 17.8 million, it's also estimated that 20 million had been saved by vaccines. In the years to come, they will hopefully save millions more.

In order to make sure we are as protected as possible from current and future threats, we should try to **get rid of** the misbelief in challenge trials, making them a more familiar part of our tool kits. Perhaps the greatest reward of all would be to make sure participants' efforts are worthwhile: by designing trials to be fair and effective and applying them when and where they might make a real difference. In short, by helping them to save thousands, if not millions of lives.

- ( ) 4. The author tells the story of Edward Jenner mainly to \_\_\_\_\_.  
A. give a definition of challenge trials  
B. introduce the topic of challenge trials  
C. highlight the effectiveness of his vaccine  
D. explain the origin of the word "vaccination"
- ( ) 5. What can we infer from the passage?  
A. The issues behind challenge trials can be solved.  
B. The dangers of challenge trials outweigh the benefits they bring.  
C. Challenge trials can benefit numerous lives in spite of their risks.  
D. Challenge trials can set back the development of vaccine technologies.
- ( ) 6. What does the author intend to tell us?  
A. People should still be careful about challenge trials.  
B. A more open attitude should be taken towards challenge trials.  
C. Challenge trials guarantee participants protection against threats.  
D. More volunteers involved can improve the accuracy of challenge trials.
- ( ) 7. Which would be the best title for the passage?  
A. Should we use challenge trials to find cures?  
B. Can challenge trials be a block to medical progress?  
C. Can challenge trials be the end of infectious diseases?  
D. Should we replace animal testing with challenge trials?

## 重点词句回顾

### A. 词汇积累

1. deliberately *adv.* 故意地
2. infect *vt.* 使感染
3. assumption *n.* 假设
4. effectiveness *n.* 有效性
5. massive *adj.* 大量的
6. get rid of 摆脱

### B. 长难句分析

At the end of last year, as the number of deaths is estimated to have reached about 17.8 million, it's also estimated that 20 million had been saved by vaccines.

【分析】这是一个主从复合句。as 引导时间状语从句。it 是形式主语，真正的主语是 that 引导的从句。

【译文】去年年底，据估计死亡人数已经达到约 1780 万人的时候，疫苗据估计也挽救了 2000 万人。



## 训练 B 阅读理解 + 阅读理解 + 阅读七选五 + 阅读表达

### ① 阅读理解

A [2022·北京东城高三期末]

文体:应用文 主题:人与社会 词数:330

“For years, I **found myself walking** less and less. As I got older, aches and pains in my back and legs caused me to stay in my chair, watching TV and watching life go by. My doctor told me to be more active, and I tried. I tried **canes** and walkers... and I hated them. Dragging myself along, bent over, looking at the ground two feet in front of me—that didn’t seem like a fun way to get around. Then, one day, a friend introduced me to the Perfect Walker. Nothing is going to stop me now!”

Join millions of older Americans who are **rediscovering** the joy of walking!

The Perfect Walker is an **innovative mobility device** that can change your life. It enables you to stand upright when you walk—with your spine straight and your eyes looking straight ahead. Your weight is supported by your upper arms and shoulders, some of the strongest parts of your body. Traditional walkers force you to put the pressure of your body weight on your hands and wrists. You push them in front of you, looking at the ground instead of where you are going. The Perfect Walker moves with you, with your feet free to walk in a normal fashion. Its easy height-adjust system allows it to be the perfect height for anyone from 4’9” to 6’2” and supports up to 300 pounds. The new Stand Assist Handles enable you to distribute your weight across your arms and shoulders, not your hands and wrists, to help reduce back, neck, wrist pain and discomfort. It features comfortable arm pads, hand brakes, a fold-down seat and storage area with a backrest. It’s built with aircraft-grade aluminum to be strong yet lightweight, and its streamlined design and oversized wheels make it perfect for walking in the yard.

Why spend another day bent over and dragging yourself around—or worse yet, lying in front of the TV all day? Pick up the phone and take back your life.



Call now!!!  
1-888-235-1481  
Please mention  
promotion code 124876.

- ( ) 1. Who is talking about the Perfect Walker at the beginning?
- A. A user.                      B. The agent.                      C. A doctor.                      D. The producer.
- ( ) 2. What is the Perfect Walker’s biggest advantage over traditional ones?
- A. It serves a variety of functions.  
B. It’s made of aircraft-grade material.  
C. It features comfortable arm pads and a seat.  
D. It allows users to walk in an ordinary manner.
- ( ) 3. By dialing 1-888-235-1481, you can \_\_\_\_\_.  
A. place an order                      B. apply for membership  
C. ask for a free trial                      D. get a promotion code

### 重点词句回顾

#### A. 词汇积累

1. cane *n.* 手杖
2. rediscover *vt.* 重新发现
3. innovative *adj.* 创新的
4. mobility *n.* 易于行走的能力
5. device *n.* 设备
6. find oneself doing 不知不觉在做……

#### B. 长难句分析

It enables you to stand upright when you walk—with your spine straight and your eyes looking straight ahead.

【分析】这是一个主从复合句。when 引导时间状语从句；with your spine straight and your eyes looking straight ahead 是“with + 复合宾语”结构。

【译文】当你走路时，它能使你直立行走——脊柱伸直，眼睛直视前方。

I am better. Or sometimes I am worse. But either way I'm slowly **plodding along**, and that's good enough.

- ( )4. The author cried after the final training run because she \_\_\_\_\_.
- A. had to stop working out                      B. became physically worn out
- C. lost the data on the watch                  D. felt a sharp pain in the legs
- ( )5. The author used to view exercise tracking as \_\_\_\_\_.
- A. a fun hobby for enjoyment                  B. a strong need for recognition
- C. a method of escaping punishment        D. a way of being a better runner
- ( )6. What does “being better” mean to the author now?
- A. Getting pleasure out of winning races.     B. Being more focused on her life goal.
- C. Freeing herself from demanding tasks.     D. Improving her overall well-being.
- ( )7. What can we conclude from this passage?
- A. Adjustment brings happiness.              B. Passion is the key to success.
- C. Sports contribute to happiness.            D. Success equals self-improvement.

### 重点词句回顾

### A. 词汇积累

1. exhausting *adj.* 令人疲惫的
2. criticize *vt.* 批评
3. delete *vt.* 删除
4. treat oneself to 用……款待自己
5. go blank 变得空白
6. plod along 进展缓慢

### B. 长难句分析

What has become very clear to me since I quit tracking my runs is that I genuinely love doing them.

【分析】这是一个主从复合句。what 引导主语从句；since 引导时间状语从句；that 引导表语从句。

【译文】自从我停止追踪自己跑步以来,我很清楚的一点是,我真的很喜欢跑步。

文体:说明文 主题:人与社会 词数:326

As a doctor, I can give you a lot of useful advice about how to get healthy and stay that way, but you don't need me to tell you that exercise is good for you. Staying active can benefit the heart, the waistline, even the mind. 1. \_\_\_\_\_ More than 60% of American adults don't exercise regularly, and many say they don't exercise at all. More than 72 million are overweight, and almost all of them would like to lose the extra pounds. So, if exercise is such a good idea, why don't more people do it?

2. \_\_\_\_\_ Even as I write this, I am watching my two-year-old run around in circles. Kids seem to be born in constant **motion**, but along the way that behaviour changes.

The slowdown occurs for most at the beginning of college. Academic pressure and lack of organized sports are certainly part of the problem. A bigger part may be looking at life changes as an occasion to **blow up** old rules and not create new ones in their place. 3. \_\_\_\_\_ The demands of a new job usually mean less time at the gym. How about a new marriage? How many times have we seen just-married couples looking a lot heavier in first-**anniversary** photos than they did in the wedding pictures?

4. \_\_\_\_\_ People who set general goals, like "I will exercise in my free time", did a far worse job of **sticking to** that plan than people who made a firm **commitment**, like "I will walk to my friend's house and back every Monday, Wednesday, and Friday" did.

The good news is, there are solutions to all these. We can begin with exercises as simple as remembering to sit straighter or drink enough water. Specific workout plans can turn a general desire to exercise into a firm commitment. 5. \_\_\_\_\_

We may never again have the energy of a two-year-old, but getting back even a little of our early-life energy can make our later lives a whole lot healthier.

- A. Being in college is certainly part of the problem.
- B. This is especially so when it comes to staying fit.
- C. Not having a clearly defined exercise plan can hurt.
- D. We often wish to go back to our two-year-old selves.
- E. For instance, you can schedule a weekly gym visit with friends.
- F. Still, there's a real disconnect between what we know and what we do.
- G. The most puzzling part of our inactive nature is that we don't start out that way.

### 重点词句回顾

#### A. 词汇积累

1. motion *n.* 运动
2. anniversary *n.* 周年纪念日
3. commitment *n.* 承诺
4. blow up (使)爆炸;产生
5. stick to 坚持

#### B. 长难句分析

As a doctor, I can give you a lot of useful advice about how

to get healthy and stay that way, but you don't need me to tell you that exercise is good for you.

【分析】这是一个复合句。but 连接前后两个分句,表示转折;第二个分句中的 that 引导宾语从句,作动词 tell 的宾语。

【译文】作为一名医生,我可以给你很多关于如何获得健康并保持健康的有用建议,但是你不需要我告诉你锻炼对你有好处。

文体:记叙文 主题:人与自我 词数:337

When I think about running a timed mile in elementary school PE class, I can still feel the full-body sensation of stress. The mile run was part of the National Physical Fitness Test, a biannual assessment given to elementary through high school students, which included five events: the mile run, sit-ups, pull-ups or push-ups, a sit-and-reach and a shuttle run.

Twice a year, the top 15 percent of participants nationwide were honoured with a Physical Fitness Award. At my school, the winners' names were painted on one of the gym's walls. For years I stared admiringly at those names, wondering if I would ever make the cut. But no matter how hard I tried, I could never pull my chin above the bar.

I believe deeply in the value of physical activity for both the mind and the body. However, it wasn't until I was in my 30s and had run a half-dozen half-marathons, at a comfortable pace, that I even began to believe I was a sportswoman. I've heard similar stories from many people. My friend Natalia, a group fitness instructor, said that for years she saw herself as lacking athleticism thanks to her experience in PE class. It was only when she took a fitness class that she began to see herself as physically capable.

Their experiences, and my own, made me believe even if PE class and fitness assessment fail to make you develop a positive relationship with sports, there is definitely a positive opportunity to make it a source of joy in your life.

It's taken years to meet myself where I am. When I run a mile these days, I feel so good by the end that I want to run another. I still can't do a traditional pull-up, but a trainer at my gym recently introduced me to assisted pull-ups with resistance bands; I delight in finally feeling up to the task.

Fitness shouldn't be for the few. We all benefit from sports, whether we earn our names on the wall or not.

1. What is the National Physical Fitness Test?

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2. What was in her mind when the author stared at the names on the wall?

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3. Please decide which part is false in the following statement, then underline it and explain why.

*> According to the author, many people fail in PE class or fitness assessment and then they will find it difficult to make sports a source of joy in their life.*

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4. What do you think of the idea "fitness shouldn't be for the few" in the last paragraph? (In about 40 words)

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