



教辅图书



功能学具



学生之家

基础教育行业专研品牌

30<sup>+</sup>年创始人专注教育行业

ZHUTIUJING  
DUXIE

# 主题 语境 读写

主 编 肖德好

高中英语

必修第二册 WY

# CONTENTS

## 目录

### 饮食与文化

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	英国最好的美国风味餐厅	应用文 写 002
◆ Tuesday	阅读理解	人与社会	纽约餐馆邀请祖母做饭	记叙文 写 004
◆ Wednesday	阅读理解	人与社会	农产品市场减少食物浪费	新闻报道 写 006
◆ Thursday	阅读理解	人与社会	传统食物与文化的联系	说明文 写 008
◆ Friday	阅读七选五	人与社会	如何通过食物建立亲密关系	说明文 写 010
◆ Saturday	完形填空 + 语法填空	人与社会	非营利组织提供食物	记叙文 写 012
		人与社会	上海传统美食青团	说明文 写 012
◆ Sunday	渐进写作微技能：优秀句子的表达技巧(一)并列句			写 014
	主题语境写作：饮食与文化			写 015

### 节日与庆典

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	西班牙西红柿节	应用文 写 017
◆ Tuesday	阅读理解	人与社会	自闭症儿童的圣诞节	说明文 写 019
◆ Wednesday	阅读理解	人与社会	烟花的替代品	说明文 写 021
◆ Thursday	阅读理解	人与社会	中外节日	说明文 写 023
◆ Friday	阅读七选五	人与社会	中国新年的今昔	说明文 写 025
◆ Saturday	完形填空 + 语法填空	人与社会	春节期间的善行	记叙文 写 027
		人与社会	青岛国际啤酒节	新闻报道 写 027
◆ Sunday	渐进写作微技能：优秀句子的表达技巧(二)定语从句的写作(1)			写 029
	主题语境写作：节假日活动			写 030

### 运动与健康

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	几项风靡全球的运动	应用文 写 032
◆ Tuesday	阅读理解	人与自我	成功的轮椅篮球运动员	记叙文 写 034
◆ Wednesday	阅读理解	人与自我	锻炼对健康的作用	说明文 写 036
◆ Thursday	阅读理解	人与自我	短时间高强度的活动有益健康	说明文 写 038
◆ Friday	阅读七选五	人与自我	步行与健康	说明文 写 040
◆ Saturday	完形填空 + 语法填空	人与自我	一次长跑比赛	记叙文 写 042
		人与社会	法国奥委会收到中国青花瓷	新闻报道 写 042
◆ Sunday	渐进写作微技能：优秀句子的表达技巧(三)定语从句的写作(2)			写 044
	主题语境写作：保持健康			写 044

舞台与荧幕

星期	题型	主题	体裁	
Monday	阅读理解	人与社会	经典电影介绍	应用文 写 046
Tuesday	阅读理解	人与社会	EveR 6 指挥乐团首秀	新闻报道 写 048
Wednesday	阅读理解	人与社会	歌剧和电影的交融与创新	说明文 写 050
Thursday	阅读理解	人与社会	悲伤电影助力儿童成长	议论文 写 052
Friday	阅读七选五	人与社会	塔希提舞的历史	说明文 写 054
Saturday	完形填空 + 语法填空	人与自我 人与社会	聆听, 爱之觉醒 Sommier 对中国戏剧的热爱	记叙文 写 056 新闻报道 写 056
Sunday	渐进写作微技能: 优秀句子的表达技巧(四) 状语从句的写作(1) 主题语境写作: 舞台与荧幕			写 058 写 060

旅行

星期	题型	主题	体裁	
Monday	阅读理解	人与自然	到埃达克岛旅游	应用文 写 061
Tuesday	阅读理解	人与自然	一次冒险之旅	夹叙夹议文 写 063
Wednesday	阅读理解	人与社会	“旅行盲盒”	说明文 写 065
Thursday	阅读理解	人与自我	慢旅行	说明文 写 067
Friday	阅读七选五	人与社会	如何在秋天进行徒步旅行	说明文 写 069
Saturday	完形填空 + 语法填空	人与社会 人与社会	第一次出国游 介绍堪培拉	记叙文 写 071 说明文 写 071
Sunday	渐进写作微技能: 优秀句子的表达技巧(五) 状语从句的写作(2) 主题语境写作: 旅行			写 073 写 074

环境保护

星期	题型	主题	体裁	
Monday	阅读理解	人与自然	保护环境的公益组织	应用文 写 076
Tuesday	阅读理解	人与自然	拯救濒危物种的历程和感悟	记叙文 写 078
Wednesday	阅读理解	人与自然	关注和保护非洲森林象	说明文 写 080
Thursday	阅读理解	人与自然	共同努力阻止气候变暖	议论文 写 082
Friday	阅读七选五	人与自然	取代塑料	说明文 写 084
Saturday	完形填空 + 语法填空	人与自然 人与自然	垃圾变装饰品 汾河受到污染	新闻报道 写 086 说明文 写 086
Sunday	渐进写作微技能: 优秀句子的表达技巧(六) 运用 it 作形式主语的高级句型 主题语境写作: 环境保护			写 088 写 089

参考答案

写 091

## 一、产品设计背景

在“新课标、新教材、新高考”的体系下，英语教学急需按照“主题语境”要求组织的素材。

- **新课标**（2017版）：明确提及的核心是主题语境，分为三大主题，32个子主题，主题下结合语篇载体进行纵深的挖掘，语言知识及其他则附着在主题语境和语篇类型中。
- **新教材**：每册新教材均按照新课标主题语境编写，纯新课文等急需大量拓展教材之外的语言素材训练载体。
- **新高考**：新高考最大特点是加大了写作分值和比重（共40分），新高考卷最大的分值比重就在于阅读和写作。新高考导向清晰明确，这就要求同步教学要以主题语境和语篇为载体展开深入教学。

## 二、产品理念

本书是对接“三新”方向的素材抓手，匹配新教材单元主题语境，科学划分题型，每天一小练（10~15分钟），重心突出语篇阅读与写作，稳步提升语言素养。

## 三、产品特点

**1. 结构**：内容对接“三新”——依据新课标理念（2017版）精心编排，匹配新教材单元主题语境，吻合新高考考查导向。

### 2. 以单元主题语境引领的拓展方向的阅读+写作

● **阅读**：本书所选训练的试题均为最新试题，素材来源广泛，用词地道，选材新颖。本书所选材料均经过精挑细选，是高中英语读写训练的最佳素材。

● **写作**：突出精读训练，“读后有练，读后有写”。

在阅读中精深词汇，通过在语篇中学习词汇进而学会运用来培养学生的语用能力。写作能力的培养也是通过对语篇中出现的句型进行仿写来达到的。以读促学，以读促写。

**3. 写作进阶**：本书的写作具备两种维度——渐进写作微技能和主题语境写作。每册图书既结合新教材又同时结合新高考写作题型，均从微技能角度切入，循序渐进，全面助力提升学生的写作水平。

# 饮食与文化

## Monday 阅读理解

练新鲜时文 拓主题语境

词数 282

难度 ★★★

建议用时 5 分钟

正确率 \_\_\_\_/3

### Four top American diners in the UK

Diners have been serving classic comfort food since the early 1900s. We've picked our top UK options for a taste of Americana.

#### Billy Bob's Parlour, Skipton

This **cheerful** restaurant might be located deep in the heart of the Yorkshire Dales, but it's quite popular, particularly with families. There is a large play area out front, where your children can have a good time. Once you've finished taking photos of the interior(内部), sink your teeth into a mushroom Swiss burger or enjoy a **refreshing** glass of sarsaparilla from a soda fountain.

#### Camden Diner, London

Inside the recently-redecorated space, discover the features of a typical American diner: think shining leatherette booths(卡座), colourful posters and a menu featuring plenty of burgers and hot dogs. Save space for the Snickers milkshake: chock-full of chocolate, toffee sauce, peanut butter and ice cream.

#### Bobby Jo's Diner, Southend-on-Sea

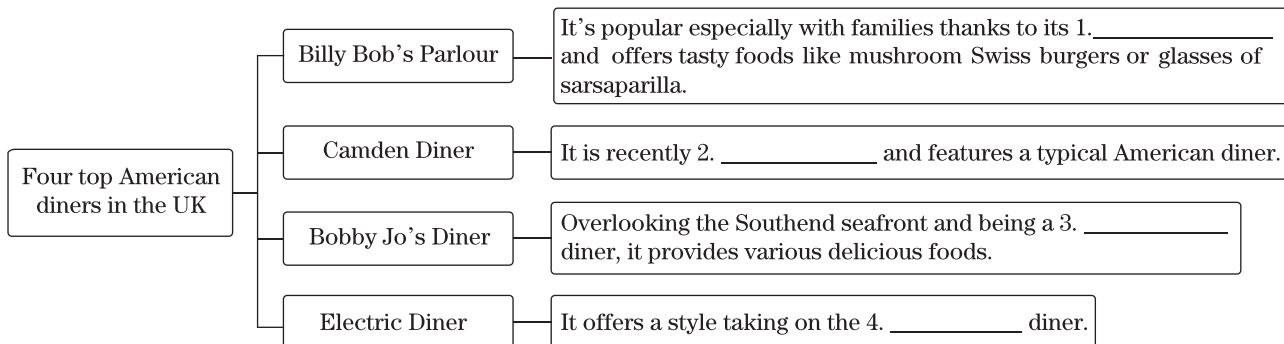
**Overlooking** the Southend seafront, this 1950s-style diner serves up nostalgic(怀旧的) charm in spades. Settle into one of the blue booths and get ordering: the menu includes American classics like sloppy burgers and chilli cheese dogs, as well as the decidedly British scampi and chips. There's also a tempting series of thick shakes to enjoy, with flavours like bubblegum and banoffee.

#### Electric Diner, London

With its exposed brick walls, dim lighting and dark wood counter, this Notting Hill **hangout** offers a style **taking on** the classic diner. On the menu, you're expected to see classics like milkshakes and cheeseburgers, but also steak tartare with sourdough and blackened sea bass with cucumber, fennel and lime. Pair your meal with the Almost Naked & Famous—a tasty cocktail of pisco, Aperol, green wine, passion fruit and orange juice.

- ( ) 1. Why is Billy Bob's Parlour especially attractive to families?
- A. It is well-located. B. It is child-friendly.
- C. It is well-decorated. D. It is newly-restored.
- ( ) 2. Which diner allows you to have a sense of history when you're dining?
- A. Camden Diner, London.
- B. Electric Diner, London.
- C. Billy Bob's Parlour, Skipton.
- D. Bobby Jo's Diner, Southend-on-Sea.
- ( ) 3. What do Camden Diner and Electric Diner have in common?
- A. They are in the city centre.
- B. They are famous for booths.
- C. They serve some same foods.
- D. They are decorated with posters.

## 语篇分析



## 词海拾珠

1. cheerful *adj.* 令人愉快的, 高兴的 → \_\_\_\_\_ *n.* 欢呼声, 喝彩声; 欢乐的气氛 *v.* 欢呼, 喝彩; 鼓励, 鼓舞
2. refreshing *adj.* 令人耳目一新的; 清凉的; 使人精神焕发的 → \_\_\_\_\_ *v.* 使恢复精力, 使凉爽
3. overlook *v.* 俯视, 眺望; 忽略, 未注意到; 不予理会, 视而不见
4. hangout *n.* (某一群人)常去的地方; 聚集地
5. take on 呈现; 承担; 聘用

### 【举一反三】

#### 名词动用

名词动用是英语中的一种语法现象, 指的是某些名词在句中用作动词, 具有动词的特性, 如表示动作或行为。

[原句再现] Pair your meal with the Almost Naked & Famous—a tasty cocktail of pisco, Aperol, green wine, passion fruit and orange juice.

点餐的时候要配上 Almost Naked & Famous 鸡尾酒, 它是一款由皮斯科白兰地、阿佩罗酒、绿酒、西番莲果和橙汁调制而成的美味鸡尾酒。

pair *vt.* 配对; 使成对 *n.* 一双, 一对; (站或走在一起的) 两人; (有某种关系的) 一对

#### [猜测词义]

- (1) I quickly lower myself, **ducking** my head to avoid looking directly into his eyes so he doesn't feel challenged. ( )
- (2) Nearly one home in ten across the country is **wired** up to receive TV via cable. ( )
- (3) McIntyre and his colleagues **documented** a widespread death of big trees that was evident even in wildlands protected from woodcutting or development. ( )
- (4) Once the police had **cornered** her in the basement, she gave herself up. ( )
- (5) Since graduation, I have **authored** nationally published children's books and over 300 stories and articles. ( )

## 句型透视

[原句] Once you've finished taking photos of the interior (内部), sink your teeth into a mushroom Swiss burger or enjoy a refreshing glass of sarsaparilla from a soda fountain.

[分析] 本句是一个主从复合句。句中 once 引导 \_\_\_\_\_ 从句, 主句中并列连词 or 连接两个祈使句 sink your teeth into a mushroom Swiss burger 和 enjoy a refreshing glass of sarsaparilla from a soda fountain。

[翻译] 拍完室内的照片后, 不妨大口咬下一个蘑菇瑞士汉堡, 或者在冷饮柜台喝一杯清爽的沙士饮料。

[仿写] 一旦你决定了要参加, 请填写所附申请表并把它寄给我。

\_\_\_\_\_, please fill in the attached application form and send it to me.

词数 355

难度 ★★★

建议用时 7 分钟

正确率 \_\_\_\_/4

Maybe you grew up eating food made by your grandmother—those mouth-watering dishes that bring back sweet, **cherished** memories. Perhaps it was Italian lasagna or Chinese dumplings. Now, at Enoteca Maria, a unique restaurant in New York City, you can eat the culinary (烹饪的) equivalent (对等物) of your grandmother's cooking.

When Joe Scaravella opened his restaurant, he named it after his mother. At his unique Italian restaurant, half of the menu is always Italian, while the other half includes cuisines from all over the world. It's not professional chefs that are **calling the shots** in the kitchen; instead, it's grandmothers—or nonnas! Each night, a grandmother from a different country designs a fresh menu, honouring her favourite native cuisine.

"I was born and raised in Brooklyn," Scaravella writes on Enoteca Maria's website. "Both my parents were hard workers and seldom home. Actually the head of the household in our family was my mother's mum, Nonna Domenica. She's the one who passed down to us her culture with her culinary traditions."

After moving from Brooklyn to Staten Island in 2006, Scaravella noticed an open storefront on Hyatt Street. That's where Enoteca Maria now stands. "I remember my grandmother going to the market every day bringing her shopping cart," Scaravella recalls. "She stopped at the vegetable shops and bit a peach or tasted a cherry; if they were good, she would buy them. Otherwise, she would spit them out on the ground. I was amazed that nobody ever **complained about** it, but after all, everybody there knew her."

When the restaurant first opened, several local Italian grandmothers from different Italian regions would take turns to cook their own special dishes. When people from different cultures visited the restaurant to get a taste of **authentic** Italy, Scaravella decided to **extend** his winning **formula** to include women from across the globe, and thus, in 2015, the "Nonnas of the World" **initiative** was born.

"It seemed to make sense to celebrate every culture," he said. Around 30 women from different nationalities rotate (轮值) in the kitchen. Now the restaurant is open only on Fridays, Saturdays and Sundays. Although it's usually crowded, the nonnas don't seem nervous.

( ) 1. **What is special about Enoteca Maria?**

- A. It is intended for old people.
- B. It mainly serves American food.
- C. Half of its menu changes daily.
- D. Most of its chefs are professional.

( ) 2. **Why does Scaravella recall his early family life?**

- A. To honour his grandmother.
- B. To look back on his childhood happiness.
- C. To share his consistent interest in cuisines.
- D. To give his reason for opening the restaurant.

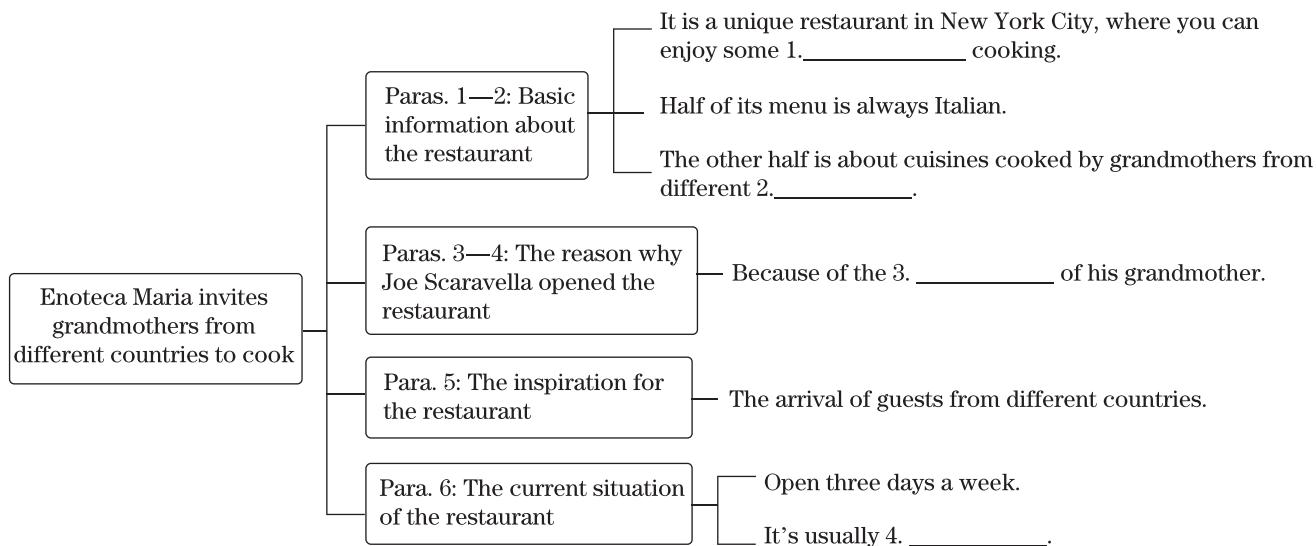
( ) 3. **What inspired Scaravella to change the way his restaurant does business?**

- A. The arrival of guests from different countries.
- B. The celebrations of different cultural traditions.
- C. The application letters from more grandmothers.
- D. The increasing demands on authentic Italian food.

( ) 4. **What do we know about the current situation of the restaurant?**

- A. About 30 women work every day.
- B. It is quite busy almost every day.
- C. It is only open three days a week.
- D. It is expanding around the island.

## 语篇分析



## 词海拾珠

- cherished *adj.* 珍爱的, 珍藏的 → cherish *v.* 珍爱, 珍视
- call the shots 发号施令; 控制
- complain about 抱怨
- authentic *adj.* 正宗的; 真迹的; 逼真的; 真实的
- extend *v.* 扩展; 使伸长; 延长; 提供; 给予 → \_\_\_\_\_ *n.* 延伸; 扩大; 延期, 延长期; 扩建部分, 延伸部分
- formula *n.* 规划, 方案; 配方, 处方; 公式, 方程式
- initiative *n.* 倡议; 新方案

### 【举一反三】

mouth-watering *adj.* 令人垂涎的

“名词 + 连字符 + 动词现在分词”可以构成形容词。

【原句再现】 Maybe you grew up eating food made by your grandmother—those **mouth-watering** dishes that bring back sweet, cherished memories.

也许你是吃着你的祖母做的食物长大的——那些令人垂涎的菜肴能勾起甜蜜、珍贵的回忆。

### 【猜测词义】

- (1) His heart condition is not **life-threatening**. ( )
- (2) Modern houses have many **labour-saving** devices, which make housework easier. ( )
- (3) The first simple 2D avatars (虚拟形象) appeared in **role-playing** computer games in the 1980s. ( )
- (4) Soon his doctors developed a piece of **speech-generating** equipment that allowed him to speak. ( )

## 句型透视

【原句】 At his unique Italian restaurant, half of the menu is always Italian, while the other half includes cuisines from all over the world.

【分析】 本句是并列句。句中 while 用作并列连词, 表示前后分句的对比或转折, 意为“\_\_\_\_\_”; while 也可以引导让步状语从句, 常置于句首, 它的意思相当于 although/though, 意为“虽然, 尽管”; 此外, while 还可以引导时间状语从句, 意为“当……时”。

【翻译】 在他独特的意大利餐厅里, 菜单上一半总是意大利菜, 而另一半则包括来自世界各地的菜肴。

【仿写】 每个人都渴望成功, 而成功只属于勤奋的人。

Everyone desires to succeed \_\_\_\_\_.



词数 344

难度 ★★★★★

建议用时 7 分钟

正确率 \_\_\_\_/4

**Stretching** across 800 acres on the eastern side of the Mexican metropolis(大都市), the Central de Abastos has over half a million daily visitors. From the early hours of dawn, buyers from markets **far and wide** come to select produce for the day's business. "Thirty to 40,000 tons of food is sold here daily," says Graciela de Paz Fuentes, a leader of Mexico City's government. "Products arrive from every state in Mexico and 15—20 countries and the food market supplies 356 public markets and countless family-run shops across the metropolitan area."

However, this food market is also a huge source of food waste. "About 20 million tons of food is lost or wasted every year in Mexico," says Lina Pohl Alfaro, the representative of the Food and Agriculture Organization (FAO) in Mexico City for the United Nations.

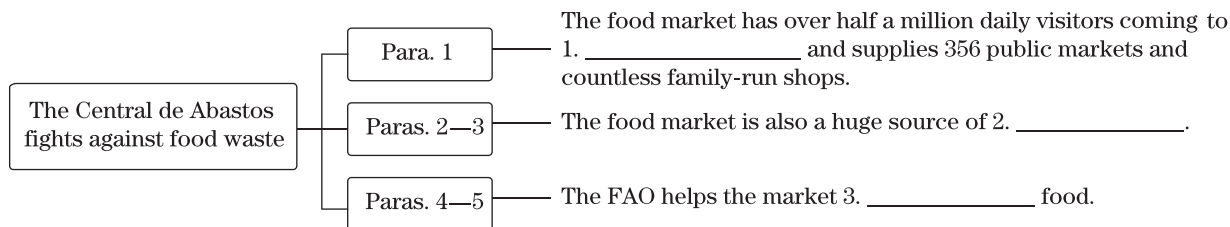
In his 31 years selling bananas and watermelons at the Central de Abastos, Jorge Gutiérrez has always seen waste as a business expense, with 1% to 2% of his product going bad before he can sell it. "I can't lie; if fruit gets **overripe**, it would go to the Dumpster(大垃圾桶)."

Noticing hundreds of tons of food going to waste at the market every day, the FAO partnered with the Central de Abastos to turn wasted food into more meals for people who need them. "We go through the market to gather donations and try to teach sellers the **principles** of reusing and recycling everything we can," says Graciela de Paz Fuentes.

Gutiérrez is one of the sellers taking part in the programme. "Now, if I see I have too many watermelons and won't be able to sell them, I will call the Itacate," he says. Itacate is the name of a government-run **warehouse** at the far end of the market. When Gutiérrez makes the call, a city worker shows up at Gutiérrez's stand and takes the unsold watermelons to the Itacate. From there, the food is **distributed** among Mexico City's 450 soup kitchens. So far, the programme has contributed to reducing the market's daily food waste by 24%.

- ( ) 1. What is the Central de Abastos described as in the first paragraph?
- A. A developed big city. B. A busy produce market.  
C. A busy tourist attraction. D. A promising food centre.
- ( ) 2. What does the author intend to do by mentioning Lina Pohl Alfaro's words?
- A. Present a fact. B. Confirm the belief.  
C. Share an opinion. D. Make comparisons.
- ( ) 3. How does the FAO attempt to reduce food waste at the Central de Abastos?
- A. By establishing more soup kitchens in the area.  
B. By building more government-run warehouses.  
C. By developing positive awareness among sellers.  
D. By distributing the wasted food among the poor.
- ( ) 4. What do we know about Jorge Gutiérrez?
- A. He is confused about food waste.  
B. He is in favour of the programme.  
C. He makes donations to people in need.  
D. He loses money for bad management.

## 语篇分析



## 词海拾珠

- stretch *v.* 延伸; 伸展
- far and wide 到处, 四处
- overripe *adj.* 过熟的 → ripe *adj.* 成熟的
- principle *n.* 道德原则; 法则; 原则; 观念
- warehouse *n.* 仓库, 货栈, 货仓
- distribute *v.* 分发, 分配; 分销; 散布, 使分布 → \_\_\_\_\_ *n.* 分布; 分配; 分发

### 【举一反三】

一词多义 produce

【原句再现】 From the early hours of dawn, buyers from markets far and wide come to select **produce** for the day's business.

从黎明时分起, 来自四面八方的市场的采购商就来挑选用于当日生意的农产品。

produce *n.* 产品; (尤指) 农产品 *v.* 生产, 制造; 生长, 生育; 引起, 导致; 培养; 制作, 拍摄(电影、戏剧等)

### 【猜测词义】

(1) According to the World Bank, around 70 million tonnes of waste is **produced** in Africa each year.

( )

(2) The shop sells only fresh local **produce**.

( )

(3) Our cat **produced** four kittens during the course of the night.

( )

(4) The Internet has made a great impact on how news is **produced**.

( )

(5) The drug is known to **produce** side effects in human.

( )

## 句型透视

【原句】 Noticing hundreds of tons of food going to waste at the market every day, the FAO partnered with the Central de Abastos to turn wasted food into more meals for people who need them.

【分析】 本句是一个主从复合句。句中现在分词短语 noticing hundreds of tons of food... 作 \_\_\_\_\_, 其中的现在分词短语 going to waste 作 \_\_\_\_\_; 不定式短语 to turn wasted food into more meals 作 \_\_\_\_\_; who 引导 \_\_\_\_\_ 从句, 修饰名词 people。

【翻译】 注意到每天有数百吨食物在市场上被浪费, 粮农组织与阿巴斯托斯中心合作, 将浪费的食物转化为更多的食物, 提供给需要它们的人吃。

【仿写 1】 看到如此可怕的景象, 我感到寒意从我的背上涌了出来。

\_\_\_\_\_, I could feel the coldness flooding from my back.

【仿写 2】 这个问题让我琢磨了一整晚。

The question kept \_\_\_\_\_ for the whole night.

词数 288

难度 ★★★

建议用时 7 分钟

正确率 \_\_\_\_/4

There is more of a connection between food and culture than you may think. On an **individual** level, we grow up eating the food of our culture. It becomes a part of who we are. Many **associate** food from our childhood with warm feelings and good memories and it ties us to our families, holding a special and personal value for us. Food from our family often becomes the **comfort** food we seek as adults in times of frustration and stress.

On a large scale, traditional food is an important part of culture. It also operates as an expression of culture **identity**. Immigrants bring it wherever they go, and it is a symbol of pride in their culture and means of **coping with** homesickness.

Many immigrants open their own restaurants and serve traditional dishes. However, the food does not remain exactly the same. Some materials needed to make traditional dishes may not be readily **available**, so the taste and flavour can be different from what they would prepare in their home countries. Additionally, immigrants do not only sell dishes to people from the same countries as them, but to people from different countries. Therefore, they have to make small changes in the original dishes to **cater to** a wider range of customers. Those changes can create new flavours that still keep the cultural significance of the dishes.

We should **embrace** our heritage through our traditional food but also become more informed about other cultures by trying their food. It is important to remember that each dish has a special place in the culture to which it belongs, and is special to those who prepare it. Food is a window into culture, and it should be treated as such.

( ) 1. What can we learn from the first paragraph?

- A. Food has little connection with culture.
- B. People usually dislike the food they ate in childhood.
- C. Comfort food from family can relieve adults' negative emotions.
- D. Food only holds value for individuals, not for families.

( ) 2. What does the underlined "it" in Paragraph 2 refer to?

- A. The national culture.
- B. The specific traditional food.
- C. A traditional expression of food.
- D. The old-fashioned taste.

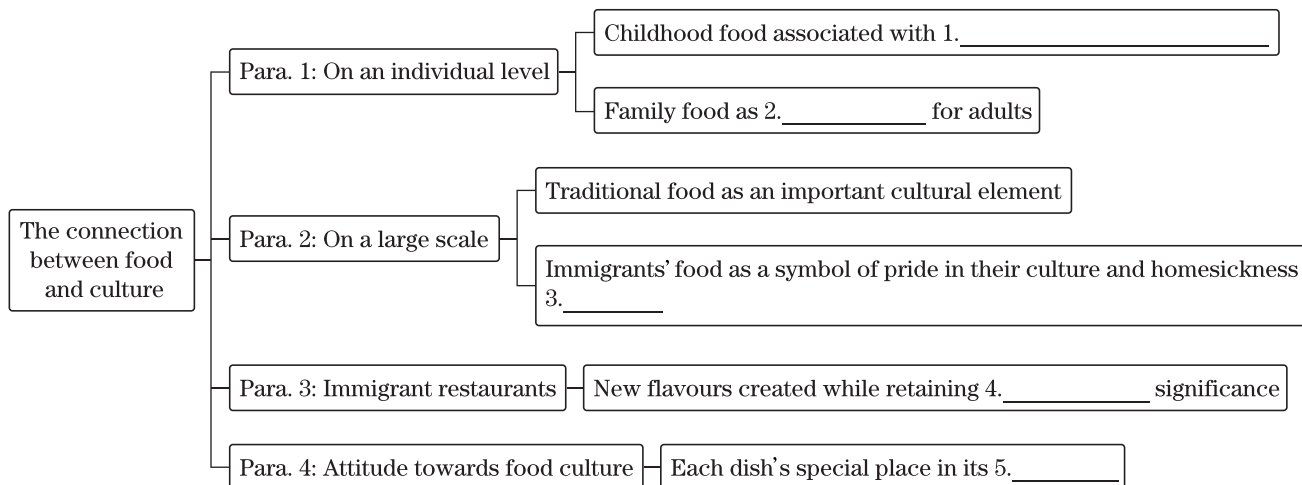
( ) 3. Why do some immigrants have to change the original dishes in their restaurants?

- A. To attach cultural importance to their dishes.
- B. To announce the beginning of their life on foreign soil.
- C. To present their own food culture in a new way.
- D. To make the dishes popular among customers.

( ) 4. What's the author's attitude towards different food cultures?

- A. Negative.
- B. Unfair.
- C. Positive.
- D. Opposed.

## 语篇分析



## 词海拾珠

- individual *adj.* 个人的; 个别的
- associate *v.* 联想; 联系; 交往 → \_\_\_\_\_ *n.* 协会; 社团; 联想 → \_\_\_\_\_ *adj.* 相关的
- comfort *v.* 安慰; 使舒适 *n.* 舒适; 安慰; 令人感到安慰的人或事 → \_\_\_\_\_ *adj.* 舒服的 → \_\_\_\_\_ *adj.* 不舒服的 → \_\_\_\_\_ *adv.* 舒服地
- identity *n.* 身份; 特性
- cope with 解决; 应对; 处理
- available *adj.* 可获得的; 有空的 → \_\_\_\_\_ *n.* 可用性; 有效性
- cater to 迎合; 满足……的需求
- embrace *v.* 拥抱; 欣然接受; 包含 *n.* 拥抱

### 【举一反三】

一词多义 operate

【原句再现】 It also **operates** as an expression of culture identity.

它也作为一种文化身份的表达方式发挥作用。

operate *v.* 操作, 运转, 运行; 经营, 管理; 动手术, 开刀; 起作用, 产生影响

【猜测词义】

- (1) The machine **operates** day and night. ( )
- (2) He **operates** a small business in the city. ( )
- (3) The doctor will **operate** on the patient tomorrow. ( )
- (4) The new law **operates** to protect the rights of consumers. ( )

## 句型透视

【原句】 It is important to remember that each dish has a special place in the culture to which it belongs, and is special to those who prepare it.

【分析】 本句中第一个 it 是 \_\_\_\_\_, 真正的主语是后面的动词不定式短语“to remember ...”; 动词 remember 后的 that 引导的是 \_\_\_\_\_; to which it belongs 是一个“介词 + 关系代词”引导的 \_\_\_\_\_, 修饰先行词 culture; who prepare it 是由关系代词 who 引导的 \_\_\_\_\_, 修饰先行词 those.

【翻译】 重要的是要记住, 每一道菜肴在其所属的文化中都占有特殊的地位, 并且对于那些烹饪这道菜的人来说是特别的。

【仿写】 重要的是要记住, 每一个挑战在其所属的个人成长历程中都有着独特的作用, 并且对于那些勇敢面对挑战的人来说都是宝贵的经验。

It is important to remember that every challenge has a unique role in the journey of personal growth \_\_\_\_\_, and serves as a valuable lesson for \_\_\_\_\_.

词数 237

难度 ★★★

建议用时 7 分钟

正确率 \_\_\_\_/5

Who doesn't love a warm, delicious and satisfying meal? Food is what keeps human bodies full of nutrients and it provides the energy needed to go through life. 1. \_\_\_\_\_ People often use food to **bond with** others through shared meals, food gifts and participating in celebrations.

Gathering with friends and family, or even with strangers, nourishes(滋养) more than our bodies. 2. \_\_\_\_\_ What really matters is that the social interaction of the meal **setting** encourages people to pay attention to each other and to connect.

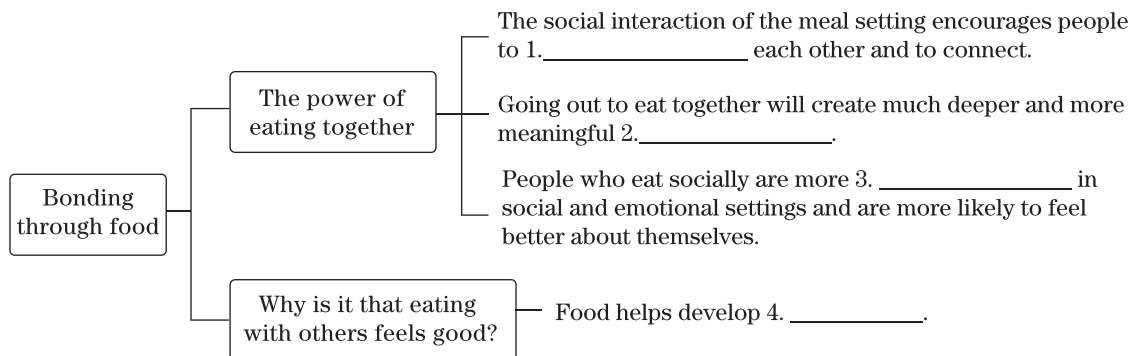
So how can people include these essential “bonding through food” **sessions** in their lives? Some suggest going out to eat with friends, family members or co-workers **bimonthly** or even weekly. After all, we all need to eat anyway, right? 3. \_\_\_\_\_

Research conducted by the University of Oxford showed that people who eat socially are more well adjusted in social and **emotional** settings. 4. \_\_\_\_\_ And although many people eat their meals alone, 76 percent of the people questioned think sharing a meal is a good way to bring people closer.

5. \_\_\_\_\_ A study conducted by the University of Chicago concludes that it is all about trust. Food helps develop trust since eating the same food together with someone else suggests that both parties are willing to bring the same thing into their body. It's only natural that trust and cooperation are likely to develop **as a result of** this bonding experience.

- A. But there is more to eating than just survival.
- B. So why is it that eating with others feels good?
- C. Food is used as a way to come together and enjoy.
- D. Moreover, they're more likely to feel better about themselves.
- E. This will create much deeper and more meaningful interactions.
- F. Similar food consumption creates a sense of closeness in adults.
- G. And what's interesting is that it's not necessarily the actual food that makes the meal so important.

## 语篇分析



## 词海拾珠

1. bond with (sb) 增强(与某人的)信任关系;建立(与某人的)互信关系
2. setting *n.* (某事发生的)环境,场合;(戏剧、小说或电影的)场景,背景
3. session *n.* (某项活动的)一段时间,一场
4. bimonthly *adv.* 一月两次地
5. emotional *adj.* 情感的,情绪的;激动人心的,有感染力的→ \_\_\_\_\_ *n.* 感情;情感;情绪
6. as a result of 由于,因为

### 【举一反三】

一词多义 conduct

【原句再现】 Research **conducted** by the University of Oxford showed that people who eat socially are more well adjusted in social and emotional settings.

牛津大学进行的研究表明,和他人一起吃饭的人能更好地适应社交和情感环境。

conduct *n.* 行为,举止;管理方法 *v.* 实施,进行;组织;安排;带领;指挥;传导

### 【猜测词义】

- (1) The guide **conducted** us around the ruins of the ancient city. ( )
- (2) We are **conducting** a survey to find out what our customers think of their local bus service. ( )
- (3) Copper **conducts** electricity, but plastic does not. ( )
- (4) For Europeans, law is a statement of basic principles of civilized **conduct**. ( )
- (5) Dennis had recently begun a successful career **conducting** opera. ( )

## 句型透视

【原句】 It's only natural that trust and cooperation are likely to develop as a result of this bonding experience.

【分析】 本句中 it 作 \_\_\_\_\_, that 引导 \_\_\_\_\_ 从句。

【翻译】 信任和合作可能会因为这种亲密的经历而增进,这是很自然的。

【仿写】 我们需要时间去习惯我们的新环境,这是很自然的。

词数 246

难度 ★★★

建议用时 15 分钟

正确率 \_\_\_\_/15

“Over 6,200 children under the age of five suffer from hunger every day,” says Tim Suter, president of DKC, a **nonprofit** organization that provides meals to people in need. Each November, Suter and DKC 1 a meal-packing event.

“DKC is one of the largest mobile pack 2 in Illinois and one of the longest running in America,” Suter told me during my recent 3. Across four days in November, DKC volunteers prepared pre-packaged meals containing protein, vitamins, and **grains**. The 4 of **ingredients** was designed by scientists at US-based food companies Cargill and General Mills.

This year, over 4,200 volunteers packed nearly 1.2 million meals, with **financial** 5 from donors. In the past 14 years, the effort has 6 the delivery of 17 million meals to people in need worldwide. “I believe we’re at our best when we 7 others,” Suter said.

During my visit, hundreds of volunteers packed meals. “I 8 to help people who are less 9 than I am, and to make a 10 in somebody’s life,” said Riley Reynolds, 17, from Dakota, Illinois. As Riley and other volunteers packed meals, music was being played, and an announcer was 11 them.

“This is one of the most 12 things we can do for those in need,” said Frank Roberts, vice president of First National Bank of Omaha, which is an event **sponsor**. When asked his 13 part of the effort, Roberts replied, “Seeing all these people 14 together for a wonderful 15.”

- |                         |                |                 |                  |
|-------------------------|----------------|-----------------|------------------|
| ( ) 1. A. organize      | B. register    | C. attend       | D. assist        |
| ( ) 2. A. programmes    | B. missions    | C. events       | D. activities    |
| ( ) 3. A. stay          | B. visit       | C. effort       | D. participation |
| ( ) 4. A. group         | B. design      | C. amount       | D. mixture       |
| ( ) 5. A. support       | B. development | C. income       | D. increase      |
| ( ) 6. A. showed        | B. included    | C. meant        | D. proved        |
| ( ) 7. A. accompany     | B. serve       | C. motivate     | D. rescue        |
| ( ) 8. A. manage        | B. intend      | C. attempt      | D. hope          |
| ( ) 9. A. fortunate     | B. wealthy     | C. active       | D. delighted     |
| ( ) 10. A. change       | B. difference  | C. hit          | D. list          |
| ( ) 11. A. sympathizing | B. persuading  | C. challenging  | D. encouraging   |
| ( ) 12. A. difficult    | B. popular     | C. impactful    | D. valuable      |
| ( ) 13. A. favourite    | B. essential   | C. major        | D. promising     |
| ( ) 14. A. play         | B. study       | C. work         | D. relax         |
| ( ) 15. A. agent        | B. cause       | C. organization | D. team          |

词数 208

难度 ★★★

建议用时 7 分钟

正确率 \_\_\_\_/10

Every year, from mid-March to early April, as the Qingming Festival approaches, Zhang Min’s life revolves around the green rice balls known 1. \_\_\_\_\_ *qingtuan*.

A native of Shanghai in her early 50s, Zhang 2. \_\_\_\_\_ (previous) ran a restaurant for over a decade. Thanks to her wonderful cooking skills, she 3. \_\_\_\_\_ (win) a loyal following since she shared her tasty treats in the media, with *qingtuan* being one of her most sought-after treats.

The delicacy is made of rice flour 4. \_\_\_\_\_ (mix) with fresh green grass juice. In recent years,



driven by key influencers on social media and the publicity generated by the new fillings introduced every year by Shanghai food brands, 5. \_\_\_\_\_ popularity of this seasonal delicacy has got to nearly every corner of the country, beyond 6. \_\_\_\_\_ (it) traditional production area in the Jiangnan.

This increase in popularity is clear not only in the long 7. \_\_\_\_\_ (line) forming outside Shanghai's historic stores but also in the hundreds of thousands of orders placed on e-commerce platforms.

For Zhang, the 8. \_\_\_\_\_ (grow) popularity of *qingtuan* means a flood of orders from her friends and relatives in the three weeks leading up to Qingming. Nevertheless, she welcomes the 9. \_\_\_\_\_ (busy) season of the year and celebrates the popularity of *qingtuan*, 10. \_\_\_\_\_ she says shows the magic of Chinese cooking tradition.

### 词海拾珠

1. nonprofit *adj.* 非营利的;不以营利为目的
2. grain *n.* 谷物,谷粒;颗粒,细粒
3. ingredient *n.* (食品的)成分,原料;要素,因素
4. financial *adj.* 财政的,金融的→ \_\_\_\_\_ *n.* 财政,金融 *v.* 提供资金
5. sponsor *n.* 赞助者;赞助商 *v.* 赞助;为慈善活动捐资,为义赛捐款;主办

#### 【举一反三】

构词法:前缀 pre-

前缀 pre-表示“……前的;预先……”。

【原句再现】 Across four days in November, DKC volunteers prepared **pre-packaged** meals containing protein, vitamins, and grains.

在11月为期四天的时间里,DKC的志愿者们准备了含有蛋白质、维生素和谷物的预包装食品。

#### 【猜测词义】

(1) The whole purpose of Roots & Shoots is to educate young people, from **pre-schoolers** to university students, so they can help to build a future that is secure and live together in peace with nature.

( )

(2) Each session had **pre-assigned** discussion topics, making it very unlikely that a debate would develop.

( )

(3) The restaurant opens four times a week for **pre-booked** dinners only.

( )

(4) The bank's US operation reported first-half **pre-tax** income of \$ 217.5 million.

( )

(5) If possible, send the information in the **pre-addressed** envelope provided by your bank.

( )

### 句型透视

【原句】 “This is one of the most impactful things we can do for those in need,” said Frank Roberts, vice president of First National Bank of Omaha, which is an event sponsor.

【分析】 本句是一个主从复合句。句中 we can do for those in need 是 \_\_\_\_\_ 从句,省略了关系代词 \_\_\_\_\_,修饰先行词 things; vice president of First National Bank of Omaha 作 \_\_\_\_\_,说明 Frank Roberts 的身份; which is an event sponsor 是 \_\_\_\_\_ 从句,修饰先行词 First National Bank of Omaha。

【翻译】 “这是我们能为那些有需要的人所做的最有影响力的事情之一,” 弗兰克·罗伯茨说,他是奥马哈市第一国民银行的副总裁,该银行是该活动的赞助商。

【仿写】 奥姆洛夫一直安静地站在他身边,巧妙地指挥管弦乐队演奏这首世界上已知的最令人惊叹的音乐作品。

The whole time, Umlauf stood quietly by his side, skilfully guiding the orchestra through the most amazing piece of music \_\_\_\_\_.



渐进写作微技能：优秀句子的表达技巧(一)并列句

学 写作知识

并列句由两个或两个以上并列而又独立的简单句构成。在并列句中,这些简单句常由并列连词连在一起。并列连词所连接的简单句被称为分句。

► 常见并列句的类型及并列连词

类型	连词
并列关系 (递进关系)	and, both ... and ..., not only ... but also ..., when, neither ... nor ...
转折关系	but, yet, whereas
选择关系	or, or else, either ... or ..., not ... but ...
因果关系	for, so
对比关系	while

如：  
[2025·浙江1月考] Filming short videos **not only** helps us record precious memories, **but** it **also** helps us make friends on campus.  
拍摄短视频不仅帮助我们记录珍贵的回忆,而且有助于我们在校园内交朋友。

► 并列连词构成的常用句式

1. and 构成的句式
- (1)祈使句 + and + 陈述句(祈使句相当于一个条件状语从句,and 后面的句子相当于一个表示结果的主句)。如：  
Work hard **and** your efforts will pay off. (= If you work hard, your efforts will pay off.)  
努力学习,你的努力会得到回报。
- (2)名词词组 + and + 陈述句(名词词组相当于一个条件状语从句,其中常含有 more, another 等

- 词)。如：  
**Another try, and** you'll achieve success.  
再试一次,你就会取得成功。
2. or (else)构成的句式
- (1)祈使句 + or (else) + 陈述句。如：  
**Seize the chance, or (else)** you'll regret.  
抓住这次机会,否则你会后悔的。
- (2)名词词组 + or (else) + 陈述句。如：  
**More healthy food, or** your body will break down sooner or later.  
多(吃)健康食品,不然你的身体迟早会垮掉。
3. when 构成的句式
- (1)sb be doing sth when ... 某人正在做某事,这时……。如：  
Last Monday, I **was walking** in the street **when** I suddenly saw an old man fall off his bicycle.  
上周一,我正在街上散步,这时我突然看到一位老人从他的自行车上摔了下来。
- (2)sb be about to do sth when ... 某人正要做某事,这时……。如：  
I **was about to give up** **when** my father came in with his familiar smile.  
我正要放弃,这时我父亲带着他熟悉的微笑进来了。
- (3)sb had just done sth when ... 某人刚做完某事,这时……。如：  
I **had just finished** sweeping the floor **when** the telephone rang.  
我刚刚扫完地,这时电话铃响了。

练 写作技能

- I. 根据句意完成句子,注意并列句的特点
1. The lecture will be held in the school hall next Monday, \_\_\_\_\_.  
\_\_\_\_\_.
- 这场讲座将于下周一在学校礼堂举行,所有学生都需按时到达。

2. \_\_\_\_\_  
wonderful folk music items like performances of *erhu* and *guzheng*, but also you can give a performance to us in person.  
你不但会欣赏到像二胡和古筝表演这样精彩的

民间音乐节目,而且你还能亲自为我们进行表演。

3. Some students were responsible for picking the watermelons; some students put the watermelons into the baskets \_\_\_\_\_ filled with watermelons to the specified place. (注意:分号表示并列)

一些学生负责摘西瓜,一些学生把西瓜放到筐子里,而其他把装满西瓜的筐子搬到指定的地方。

## II. 用适当的并列连词填空

My weekends are never dull because I have a variety of activities to choose from. On Saturdays and Sundays, I often find myself making decisions about how to spend my free time, and I use different ways to express these choices.

When it comes to outdoor activities, I'm always torn between two options. I can either go hiking in the nearby mountains, enjoying the fresh air and beautiful views, 1. \_\_\_\_\_ ride my bike along the riverside, feeling the wind against my face. Sometimes, I even manage to do both hiking 2. \_\_\_\_\_ biking if I have enough energy.

I'm also passionate about indoor hobbies. I'm not only interested in reading classic novels to expand my imagination 3. \_\_\_\_\_ also love watching documentaries to gain knowledge about different cultures. On the other hand, 4. \_\_\_\_\_ playing video games nor watching mindless TV

shows appeals to me. Instead, I prefer activities that challenge my mind 5. \_\_\_\_\_ nurture my creativity.

My weekends are a perfect blend of relaxation and self-improvement. Whether I'm exploring nature 6. \_\_\_\_\_ delving into a good book, I always make sure my time is well-spent, not just for fun 7. \_\_\_\_\_ for personal growth as well.

## III. 根据汉语提示完成下面的语篇,并背诵并列句

### Balancing school life

A high school student's life is 1. \_\_\_\_\_ (既有挑战又有回报). 2. \_\_\_\_\_ (我们不仅需要) to study hard for exams, 3. \_\_\_\_\_ (而且我们也不得不参加) extracurricular activities to develop skills. Some students love sports, 4. \_\_\_\_\_ (而其他人更喜欢艺术俱乐部). 5. \_\_\_\_\_ (可是), time management is key. You should plan your tasks carefully, 6. \_\_\_\_\_ (否则你可能会感到压力很大). Joining a study group can help, **for** it encourages teamwork and reduces stress, **yet**, remember: 7. \_\_\_\_\_ (既不是无休止的游戏时间) **nor** putting things off will lead to success. When you feel tired, take a short break, 8. \_\_\_\_\_ (但是要始终专注于你的目标). **Otherwise**, you might miss opportunities to grow.

## 主题语境写作: 饮食与文化

### 话题总述

“饮食与文化”是高中英语新课标主题语境内容的要求之一,也是高考英语常考话题之一,涉及的相关内容主要包括中国的饮食文化、主要菜系及其特点;饮食与文化、饮食与健康、饮食与环保的关系;中外特色菜肴及饮食文化差异。

### 词句复现

#### [常见词块]

1. 增强某人的体质

2. 保持均衡的饮食

3. 富含……

4. 合某人的口味

5. 好胃口

6. 摄入,吸收

7. 含……高/低

8. 对……有益/有害

9. 节食

10. 各种各样的

[常见表达]

1. \_\_\_\_\_ whose culture of food plays an important part in its development.

中国是一个历史悠久的国家,其饮食文化在其发展过程中起着举足轻重的作用。

2. I feel glad to know your interest in Chinese food culture, \_\_\_\_\_

知道你对中国的饮食文化感兴趣,我感到很高兴。中国的饮食文化在民族传统文化中占有重要的地位。

3. Chinese chefs see to it that seasonings are added at the right time \_\_\_\_\_

中国厨师确保在适当的时候添加调味品以便保留主要原料的天然风味。

4. \_\_\_\_\_, it helps to preserve the flavours and nutrients of the food.

尽管蒸的过程比煮的慢,它有助于保留食物的风味和营养。

5. Great attention is paid to aesthetic appreciation of the food \_\_\_\_\_

对食物的审美被给予了极大的关注,因为食物应该不仅在味道和气味上,而且在颜色和外观上俱佳。

主题范文背诵

你校英文报“Diet and Health”栏目正在开展有关健康饮食的主题活动,向全体同学征稿,请你以“Be a healthy eater”为题目,用英语写一篇短文,向该栏目投稿。内容包括:

1. 健康饮食的重要性;
2. 分析原因;
3. 你的提议。

注意:1. 写作词数应为 80 个左右;

2. 可适当增加细节,以使行文连贯。

【精彩美文】

Be a healthy eater

As we know, healthy eating is of great

importance, which ensures our physical and mental well-being.

Firstly, keep a balanced and varied diet by consuming different kinds of fresh foods, which provide essential nutrients for our bodies. Moreover, consistent eating habits are recommended because a well-balanced diet can help prevent diseases while promoting our energy. Undoubtedly, eating a balanced and rich diet may also improve our mood as well as reduce anxiety.

Therefore, let's try to be a healthy eater from now on. Only in this way can we lead a happy and healthy life.

主题写作仿写

假定你是李华,你的外教 Peter 对中国的饮食文化非常感兴趣,他想请你推荐一种中国传统食物,请你写一封邮件回复他。内容包括:

1. 食物名称;
2. 简要描述;
3. 推荐理由。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

【参考范文】

Dear Peter,

I know 1. \_\_\_\_\_ (你喜欢中国的饮食), so I'm writing to recommend a popular drink—the soybean milk.

Soybean milk can date back to the Han Dynasty. Its white colour makes it look like a cup of milk, but it is actually made from beans. 2. \_\_\_\_\_ (当被加热时), it gives off a refreshing smell. Additionally, it is delicious as well as nutritious 3. \_\_\_\_\_ (因为它富含植物蛋白). 4. \_\_\_\_\_ (正如研究显示), soybean milk can help control blood pressure and keep the skin young.

5. \_\_\_\_\_ (如果你感兴趣), have a try. I'm sure you'll fall in love with it.

Yours,  
Li Hua