





主 编 肖德好





科学与科学家

	星期	题型		主题	体裁		
٠	Monday	阅读理解	人与社会	美国的一项科学竞赛	应用文	写 02	
٠	Tuesday	阅读理解	人与社会	高中生在数学领域的成就	记叙文	写 04	
٠	Wednesday	阅读理解	人与社会	深度思考时大脑的神经机制	说明文	写 06	
٠	Thursday	阅读理解	人与社会	Neuralink 技术与测试	说明文	写 08	
٠	Friday	阅读七选五	人与社会	验证科学假设的方法	说明文	写 10	
٠	Saturday	完形填空	人与社会	可推荐音乐的系统	记叙文	写 12	
٠	Sunday	主题语境写作:科学与科学家					
		读后续写微技能:动作描写(一)					

文化沟通与交流

	星期	题型		主题	体裁			
٠	Monday	阅读理解	人与社会	留学项目	应用文	写 18		
٠	Tuesday	阅读理解	人与社会	英国人布鲁诺学习中医	记叙文	写 20		
٠	Wednesday	阅读理解	人与社会	文化影响网络情感帖子	说明文	写 22		
٠	Thursday	阅读理解	人与社会	流芳园	说明文	写 24		
٠	Friday	阅读七选五	人与社会	交换生项目的益处	说明文	写 26		
٠	Saturday	完形填空	人与社会	马可波罗游历中国	记叙文	写 28		
٠	Sunday	渐进写作微技能: 高考英语写作中的高级词汇						
		主题语境写作: 文化沟通与交流						

饮食与文化

	星期	题型		主题	体裁	
٠	Monday	阅读理解	人与社会	英国最好的美国风味餐厅	应用文	写 33
•	Tuesday	阅读理解	人与社会	华裔创办的美食博客	记叙文	写 35
•	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 37
٠	Thursday	阅读理解	人与社会	免下车体验的法式面包房	说明文	写 39

٠	Friday	阅读七选五	人与自我	烹饪对心理健康的好处	说明文	写 41			
٠	Saturday	完形填空	人与社会	非营利组织提供食物	记叙文	写 43			
٠	Sunday	主题语境写作: 饮食与	主题语境写作:饮食与文化						
		读后续写微技能:动作描写(二)							

长途旅行

	星期	题型		主题	体裁		
• [Monday	阅读理解	人与社会	看北极光的最佳地点	应用文	写 49	
•	Tuesday	阅读理解	人与社会	环游世界	记叙文	写 51	
• \	Wednesday	阅读理解	人与社会	植物公园的苔藓资源	说明文	写 53	
•	Thursday	阅读理解	人与社会	生态旅游	议论文	写 55	
♦ F	Friday	阅读七选五	人与社会	环保旅行	说明文	写 57	
• :	Saturday	完形填空	人与社会	火山岩岛屿旅游经历	记叙文	写 59	
• :	Sunday	渐进写作微技能: 句子的润色提升技巧					
		主题语境写作:长途旅行					

急救

	星期	题型		主题	体裁			
٠	Monday	阅读理解	人与社会	急救课程	应用文	写 64		
٠	Tuesday	阅读理解	人与社会	74 岁的救生员	记叙文	写 66		
٠	Wednesday	阅读理解	人与社会	帮助心脏病患者的手机应用	说明文	写 68		
٠	Thursday	阅读理解	人与社会	旁观者效应	说明文	写 70		
٠	Friday	阅读七选五	人与社会	急救的好处及方法	说明文	写 72		
٠	Saturday	完形填空	人与社会	老人心脏骤停获无人机救助	记叙文	写 74		
٠	Sunday	渐进写作微技能:句子间的逻辑关系						
		主题语境写作: 急救						
		读后续写微技能:构建	动作链			写 78		

参考答案

写 81



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:本书的写作具备三种维度——渐进写作微技能、主题语境写作和读后续写微技能。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功底。

科学与科学家

Monday 阅读理解

练新鲜时文 拓主题语境

词数 242 难度 ★★★ 建议用时 5分钟 正确率 /3

The National Science Bowl

The National Science Bowl is an academic contest in the US where thousands of middle and high school students annually showcase their scientific **expertise** across various topics, from biology to astronomy. Sponsored by the Department of Energy, it aims to encourage national scientific **excellence**. Featuring a quiz-show style with buzzer (抢答器) challenges, the competition emphasizes teamwork, research skills, and a passion for science. Starting from regional and state levels, winning teams **progress to** the national finals in Washington, D. C. Since 1991, this event has inspired a deep appreciation of science among students nationwide.

Learn more about this science fair in our guide here.

Eligibility (资格): Open to all middle and high school students in the US.

Subjects: All scientific subjects from physics and ecology to chemistry and trigonometry.

Awards: Trophies, scholarships, and other honours.

Judging criteria: The competition is designed to be fast-paced and buzzer-based, so it is important to be able to quickly and **accurately** answer questions. It is important to work well with your teammates and to communicate effectively.

Team formation: Each team must consist of 4 students, 1 **alternate**, and 1 adult mentor, and they must be from the same school.

Timeline: From February to March, various institutions will be hosting regional science bowls, where the winner will advance to the national competition held in Washington D.C. in late April—May.

()1. Who can apply to this academic contest?

- A. Those who have finished full-time university studies.
- B. Those who are studying in a middle school in the US.
- C. Those who work as a professor in a technical institution.
- D. Those who have published scientific papers for a master's degree.

()2. When will the national competition be held?

- A. In late January—February. B. From February to March.
- C. From late March to April. D. In late April—May.

()**3**. What can be known from this text?

- A. A team's performance is judged by their speed and accuracy.
- B. Each team is made up of six students from different schools.
- C. This contest calls for students' capacity for independent thinking.
- D. The National Science Bowl is an academic contest only about physics.





词海拾珠

- 1. expertise *n*. 专门知识;专门技能;专长→expert *n*.专家
- **2**. excellence n. 优秀;杰出;卓越→ adj. 优秀的;杰出的;卓越的
- **3**. progress to sth 接着做(另一件事);晋级
- **4**. accurately *adv*. 精确地;准确地→_____ *adj*. 精确的;准确的→_____ *n*. 精确(性);准确(性)
- **5**. alternate *n*. 代替者;候补者 *adj*. 交替的;间隔的 *v*. 交替;轮流→alternative *n*. 可供选择的事物 *adj*. 可供替代的

【举一反三】

合成词:名词/形容词/副词-过去分词

此类合成词用作形容词,常描述事物的状态、特征或人们的感受。

[原句再现] The competition is designed to be **fast-paced** and **buzzer-based**, so it is important to be able to quickly and accurately answer questions.

竞赛节奏快,采用抢答方式,因此能够快速准确地回答问题很重要。

[猜测词义]

(1)People spend less time preparing what they eat, thanks to **mass-produced** foods and fast food.

	()
(2) It's great to live in a closely-knit community.	()
(3)Some experts say that home-schooled children may not receive a well-round	ded education.	
	()
(4)An absent-minded person often forgets what he has promised.	()
(5) You will often find passengers getting on buses joking with drivers and doctor	s making light-heart	ed jokes
to ease their patients' worries.	()



[原句] Sponsored by the Department of Energy, it aims to encourage national scientific excellence. Featuring a quiz-show style with buzzer (抢答器) challenges, the competition emphasizes teamwork, research skills, and a passion for science.

[分析] 句子中的过去分词 sponsored 作_____, 与主语 it 构成被动关系;现在分词 featuring 作_____,与主语 competition 构成主动关系。

[翻译] 它由(美国)能源部赞助,旨在鼓励全国初高中学生展现卓越的科学水平。该竞赛以问答节目形式为特色,设置了抢答挑战环节,强调团队合作、研究技能和对科学的热情。

[仿写] 我凝视着丹尼,安慰地拍拍他,"亲爱的,我很快就回来!"(非谓语动词)

Denny, I patted him comfortingly, "Honey, I will come back soon."

Tuesday 阅读	理解					练新鲜时文	拓主题语境
词数	330 难	፪度 ★★★	建议用时	7 分钟	正确率	/4	

Two years ago, a couple of high-school classmates worked a **mathematical** wonder. It was a trigonometric (三角学的) proof of the Pythagorean theorem (毕达哥拉斯定理). Now, both 19, they've just reported finding 10 more proofs of it. For over 2,000 years, such proofs were considered impossible. That, however, didn't discourage Ne'Kiya Jackson and Calcea Johnson. The two teens published their new ones on October 28, 2023 in American Mathematical Monthly.

"People have the impression that you have to be struggling for years and years before you can actually produce some new mathematics," says Lozano-Robledo, a mathematician from the University of Connecticut. But Jackson and Johnson show that "you can make a surprise even as a high-school student".

Mathematician Jason Zimba announced the first trigonometric-based proof of the Pythagorean theorem in 2009. The second came six years later, from mathematician Nuno Luzia. These were the only two until 2022, when Jackson and Johnson presented their first proofs. The teens first formally presented their work at an American Mathematical Society meeting in March 2023. Afterward, they **set out to** publish their findings in a peer-reviewed maths journal.

"This proved to be the most awesome task of all," Jackson and Johnson noted in their paper. They had to write up their work and learn new skills. But working on their early proof and studying Zimba's "**inspired** the **creative** process", Jackson says. "From there we developed additional proofs." And, Johnson adds, "It was important to have our proofs published to show that our work is correct and respectable."

Publishing the proofs was a big **achievement**. But that doesn't mean the story is over. Now, "other people might take the paper and **generalize** those proofs, or generalize their ideas, or use their ideas in other ways," Lozano-Robledo says. "It just opens up a lot of mathematical conversations." Jackson hopes that the proofs will inspire other students to see that barriers are part of the process. "Stick with it, and you might find yourself achieving more than you thought possible."

()1. Why does the author quote the words of Lozano-Robledo in Paragraph 2?

- A. To praise the commitment of mathematicians.
- B. To highlight the teens' remarkable breakthrough.
- C. To stress the difficulty of becoming an expert.
- D. To compare the teens' proofs with the previous ones.

()2. What may Jackson and Johnson agree with based on their findings?

- A. Past experience and achievements promote success.
- B. Peer recognition is the only goal of their research.
- C. Learning new skills is less important than innovation.
- D. Imperfections in the theorem fuel their exploration.

()**3**. Which of the following words can best describe Jackson and Johnson?

- A. Organized and modest. B. Creative and generous.
- C. Understanding and knowledgeable. D. Intelligent and determined.
- ()4. What does the last paragraph mainly talk about?
 - A. The process of obtaining proofs. B. The improvement of the theorem.
 - C. The impact of the teens' achievement. D. The summary of the teens' findings.







- **1**. mathematical adj. 数学的→mathematics n. 数学→ _____ n. 数学家
- 2. set out to do sth 着手做某事
- 3. inspire vt.激励;赋予灵感→_____ n. 灵感
- 4. creative *adj*.创造性的→_____ vt.创造
- 5. achievement n. 成就→_____ vt. 实现
- 6. generalize v. 推广;概括
- 7. stick with sth 坚持某事

【举一反三】

一词多义 present

[原句再现] These were the only two until 2022, when Jackson and Johnson **presented** their first proofs. 在 2022 年杰克逊和约翰逊提出她们的首批证明之前,(这样的证明)仅有这两个。

present adj. 当前的;出席的 n.礼物;目前,现在 vt.授予,颁发,赠送;提交;陈述;出现,到场

[猜测词义]

(1) The present situation requires us to take immediate action.	()
(2) The carpet was a wedding present from the Prime Minister.	()
(3) The headmaster presented the award to the student.	()
(4) How many people were present at the meeting?	()
(5)She was told to present herself at the Town Hall at 11:30 for the induction ceremony.	()



[原句] "People have the impression that you have to be struggling for years and years before you can actually produce some new mathematics," says Lozano-Robledo, a mathematician from the University of Connecticut. [分析]本句为主从复合句。that 引导______从句;在此从句中,before 引导______从句。a mathematician from the University of Connecticut 是 Lozano-Robledo 的______,对其进行身份说明。 [翻译]来自康涅狄格大学的数学家洛萨诺-罗布利多说:"人们有一种印象,认为在能够真正创造出一些新的数学成果之前,你必须努力奋斗多年。" [仿写]他一路狂奔后还没来得及喘口气,就冲进了屋子,迫不及待地要告诉杰克逊这个好消息:他们已经被大学录取了。

, he rushed into the house and couldn't

wait to tell Jackson the good news

Wednesda	ay I	阅读理解						练新鲜时文	拓主题语境
词	数	328	难度	****	建议用时	7 分钟	正确率	/4	

Imagine the last time you concentrated deeply to solve a challenging problem like a maths puzzle or a chess move. Little by little, it seemed that your problem **effortlessly** resolved itself on the mental blackboard of your mind.

In recent research, my colleagues and I set out to investigate the neural mechanisms underlying these experiences. Specifically, we sought to understand what occurs within the brain when a person **engages in** abstract and demanding thought.

Previous studies concentrated on brain activity during the brief consideration of problems that take mere seconds to solve. However, our study took a different approach by using more complex maths challenges, which are more similar to the **tricky** puzzles.

We **recruited** 22 university students to join in maths programmes. They were asked to solve a series of complex maths problems while they were undergoing functional magnetic resonance imaging (MRI) scans which allowed us to observe changes in brain activity as they handled the problems.

We found the brain regions associated with maths processing were highly active during the task, particularly in those with **extensive** maths expertise. Furthermore, as the students deeper researched into the problems, their brains showed increased connectivity between different regions, indicating a **heightened** state of concentration.

The findings could potentially aid scientists in **gaining a broader understanding of** the power of concentration, which suggest that developing expertise in a particular field can enhance the brain's ability to concentrate. This may be due to the fact that the brain filters out (过滤掉) irrelevant information and focuses on the most critical aspects of a problem. Additionally, their extensive experience may have led to the formation of neural pathways that **facilitate** more efficient problem-solving.

In conclusion, our study provides valuable insights into the neural mechanisms underlying deep concentration and the role of expertise in enhancing this ability. As we continue to explore these phenomena, we may gain a deeper understanding of the cognitive processes that strengthen human performance.

()1. What is the main difference of the recent study from previous ones?

- A. It focuses on easy problems. B. It adopts a different strategy.
 - D. It adopts a unreferit stra
 - C. It uses advanced technology. D. It helps solve maths challenges.

()2. What is mainly talked about in Paragraph 4?

- A. The research tool. B. The research basis.
- C. The research subject. D. The research process.

()**3**. What do the research findings suggest?

- A. Higher expertise can make the brain more focused.
- B. Extensive experience can facilitate problem-solving.
- C. Our brain can tell the critical information from others.
- D. With the power of concentration comes higher efficiency.

()4. What is the purpose of the research?

- A. To identify the most effective maths learning methods.
- B. To promote the use of MRI scans in neuroscience research.
- C. To explore the neural mechanisms behind deep concentration.
- D. To compare the brain activity of maths experts and non-experts.



Paras.1-2: Lead to the topic-study the brain's neural activity during a person's thought. 1.

Paras. 3—4: The 2. of the research: 22 university students' brain activities were monitored when they solved 3.

Neural mechanisms of deep concentration: how expertise enhances problem-solving in the brain

Para. 5: The research 4. :Maths-related brain regions were 5. , with increased connectivity signaling deep focus.

Para.6: Significance: Aid scientists in gaining a broader understanding of 6.

Para.7: Conclusion: The research advances understanding of deep focus and suggests future research into 7.

- **1**. effortlessly *adv*.轻松地;毫不费劲地→ *adj*. 不费力的;容易的→effort *n*.努力
- 2. engage in(使)从事,参加
- **3**. tricky adj. 难对付的,棘手的;狡猾的,诡计多端的→ n. 诀窍;计谋;把戏 vt. 欺骗;欺诈
- 4. recruit vt. 招收; 招募
- 5. extensive *adj*.广阔的;广泛的;大量的→_____ *vt*. 扩展;使伸长;延长
 6. heighten *vt*. (使)加强,提高,增加→_____ *n*. 身高;高度→high *adj*. n. 身高; 高度→high adj. 高的, 有某高度的
- 7. gain a broader understanding of 获得对……的更广泛的理解
- **8**. facilitate vt.促进;促使;使便利

【举一反三】

否定前缀 ir-

ir-常加在以 r 开头的单词前,表示否定意义,如 irregular(不规则的)。

[原句再现] This may be due to the fact that the brain filters out (过滤掉) irrelevant information and focuses on the most critical aspects of a problem.

这可能是由于大脑过滤掉了不相关的信息,并聚焦于问题的最关键的方面。

「猜测词义]

(1)He found the delicious-looking cake irresistible .	()
(2)Education plays an irreplaceable role in our lives.	()
(3) It's irresponsible of him to leave the children alone.	()

[原句] They were asked to solve a series of complex maths problems while they were undergoing functional magnetic resonance imaging (MRI) scans which allowed us to observe changes in brain activity as they handled the problems.

[分析]本句为主从复合句。句中 while 引导	_从句,意为"同时";which	引导	_从句,
指代前面的 functional magnetic resonance imaging (MRI)	scans;as 引导	从句。	

[翻译] 他们被要求在解决一系列复杂的数学问题的同时接受功能性核磁共振成像(MRI)扫描,这使我们能 够观察到他们在处理问题时大脑活动的变化。

「仿写1〕我们花了几个周末修理和粉刷小船。我更换了褪色和破裂的坐垫,同时,我的朋友们修理了发 动机。

We spent several weekends repairing and painting the boat. I replaced the faded and cracked seat cushions

[仿写 2] 当 Kris 和 Robin 继续他们的志愿者工作时,他们面临着许多挑战,这让他们感到无助。

, they were faced with many challenges,

Thursday 阅读理解		练新鲜时文	拓主题语境

建议用时 7分钟

正确率

/4

难度 ★★★

American billionaire Elon Musk has shown a technology designed to use a computer chip inside the head to control the brain. During a video **demonstration** on Friday, Musk provided details about the system, called Neuralink.

Musk says he hopes the technology can be used to treat nervous **disorders** and help spinal(脊椎的) injury victims regain body movement. Musk also believes the system could be used in the future to improve intelligence to help humans **keep up with** supercomputers and artificial intelligence(AI) technology.

During the demonstration, Musk showed off a model of the Neuralink device. It is about 23 millimetres wide. It is designed to be placed into a person's head. Small wires would connect the device directly to the brain.

The Neuralink system is currently being tested on pigs, with plans to seek government **approval** for human testing sometime in the future.

During the demonstration, Musk showed off a pig named Gertrude. He explained that Gertrude had a Neuralink fixed inside its head. The device is meant to record nerve activity in the pig's nose and mouth. Musk said the company had three pigs, each with two chips. He described the animals as "healthy, happy and **indistinguishable** from a normal pig". Musk said the company was able to predict with high accuracy a pig's leg movement on a running machine using data from the chip.

Musk noted that Neuralink first wanted to use the device on people with severe spinal injuries to help them talk and move using their brainwaves. He said he was hopeful that, in the long term, those people could regain "full-body motion".

Neuroscientists not linked to the company said the **presentation** suggested Neuralink had made great progress with the technology. However, they warned that many more studies would be needed to test the long-term success of such devices.

()1. What's the purpose of designing the device Neuralink?

A. To improve supercomputers.

词数 316

C. To develop artificial intelligence.

()2. What does Musk think of Neuralink?

- A. It is safe and effective. B. It is improving rapidly.
- C. It is making the pigs healthier. D.
- ()3. What's neuroscientists' attitude towards Neuralink?
 - A. Positive. B. Negative.
 - C. Objective. D. Indifferent.
- ()4. Which of the following can be the best title for the text?
 - A. A medical problem is about to be overcome
 - B. Computers will soon control human brains
 - C. New advanced technology will change our life
 - D. Musk shows technology linking computers to brains

B. To treat certain illness.

- D. It is improving rapidly.
- D. It will soon be fixed in humans.

D. To promote advanced technology.





- **1**. demonstration n. 演示,展示;证明,说明→_____ vt. 示范,演示;证明,说明
- **2**. disorder n. 疾病,紊乱;杂乱,混乱
- **3**. keep up with 与……齐步前进, 与……并驾齐驱, 跟上……
- **4**. approval *n*. 批准,通过;同意,赞成→_____ *v*. 批准,通过;赞成,同意
- 5. indistinguishable adj. 无法区分的,无法辨别的→_____ adj. 可区分的,可辨别的→ _____ v. 区分,辨别
- 6. presentation n. 展示会,发布会;展示,呈现→_____ vt. 展示,展现

【举一反三】

一词多义 note

[原句再现] Musk **noted** that Neuralink first wanted to use the device on people with severe spinal injuries to help them talk and move using their brainwaves.

马斯克指出,Neuralink 最初想把这个设备用在有严重脊椎损伤的人身上,帮助他们利用脑电波说话和活动。 note n. 笔记;便条,短笺;注释;钞票,纸币;音符;语气 vt.指出;注意,留意

[猜测词义]

(1)He left a note to say he would be home late.	()
(2)I always go over my revision notes just before I go into an exam.	()
(3) The report notes that 40 percent of lawyers entering the profession are women.	()
(4)He played the first few notes of the tune.	()
(5)Suddenly, I noted that the rain had stopped.	()
(4)He played the first few notes of the tune.	()

句型透视

[原句] Musk also believes the system could be used in the future to improve intelligence to help humans keep up with supercomputers and artificial intelligence(AI) technology.

[分析] 本句是主从复合句。句中 Musk also believes... 是主句, the system could be used in the future... technology 是______从句,省略了引导词 that。在从句中,不定式短语 to improve intelligence 和 to help humans... technology 都作_____。

[翻译]马斯克还认为,该系统未来可以用来提高智力,帮助人类跟上超级计算机和人工智能技术的步伐。

[仿写]为了跟上工作进度,Penny往往午饭时间也在工作。

Penny tended to work through her lunch hour

Friday I	阅读-	し选五						练新鲜时文	拓主题语境
	词数	273	难度	****	建议用时	7 分钟	正确率	/5	

Scientists test their hypothesis (假设) either through experiments or **fieldwork** and the process is filled with changes.

Carry out experiments

1. _____. You make a simpler-scale or smaller-scale version of the part of the real world you want to study. In an experiment, a scientist tries to look at how just one thing affects the subject they are working on. The difficult part is creating an environment in which only one thing changes. That is why scientists use test tubes, and other small, **enclosed** settings for their experiment. 2. _____.

Conduct fieldwork

In fieldwork, a scientist goes into an uncontrolled environment, a specific place in the world, and records exactly what is observed there at the time. 3. ______. So fieldwork is almost always new and original. The difficult part with fieldwork is that while you are recording your observations, you must make sure that you yourself are not interfering (干涉) with your subject simply by being there. For instance, you cannot count birds in a tree if you scare any away.

4._____

Scientists are like **detectives**—they try to solve mysteries. Experiments are part of a scientist's detective kit. When you want to prove a theory true or false, create an experiment that will test one thing you can observe. You have an idea that if you set up a controlled situation and purposely change only one thing, this change will cause something else to happen. 5. _____. If your change causes something else to happen, this "something else" is called the responding **variable**, because it is responding to the change.

- A. Create variables
- B. Watch the process
- C. You are studying a unique situation every time
- D. It is much easier to control things in such environments
- E. And the thing you purposely change is called the changing variable
- F. You focus your attention on just a few things, instead of on everything
- G. Experimental observations are made in a controlled environment that you create





Scientists create environments that are 1.

Scientists go into uncontrolled environments that are almost always 2. _____ and 3. _____.

The difficult part is that you must make sure you are not interfering with your subject.

In this way, scientists can prove a theory true or false.

- 1. fieldwork n. 实地研究
- 2. carry out 执行,贯彻,完成
- 3. enclosed adj. (用墙等)围住的,封闭的;附上的→enclose vt. (用墙、篱笆等)把……围起来;附上
- 4. scare...away 把……吓走
- 5. detective n. 侦探→_____ vt.发现;查明
- 6. variable *n*. 可变情况;变量;可变因素 *adj*. 多变的;易变的;可变的→_____ v. (使)不同;(使)变 ψ : (ψ) 化; (ψ) 化; (ψ) 个同; (ψ) 化; (ψ) 个同; (ψ) 化; (ψ) 个同; (ψ) 个问; ({\psi}) \rightarrow (\psi) ψ (ψ) 个问; ({\psi}) \rightarrow (\psi) ψ (ψ) ψ) (ψ) (

【举一反三】

一词多义 subject

[原句再现] In an experiment, a scientist tries to look at how just one thing affects the **subject** they are working on.

在一项实验中,科学家试图观察一个事物是如何影响他们正在研究的对象的。

subject *n*.实验对象;科目;主题,话题,题材;主语 *vt*.使臣服;使顺从 *adj*.(可能)受……影响的,受……支 配的;臣服的;取决于,视……而定

[猜测词义]

(1) I tend to set a goal for every subject at the beginning of each term.	()
(2)She has made a series of documentaries on the subject of family relationships.	()
(3)We need male subjects between the ages of 18 and 25 for the experiment.	()
(4) In recent years, she has been subject to attacks of depression.	()
(5) The Roman Empire subjected most of Europe to its rule.	()

[原句] The difficult part with fieldwork is that while you are recording your observations, you must make sure that you yourself are not interfering (干涉) with your subject simply by being there.

[分析]本句是一个主从复合句。第一个 that 引导_____从句; while 引导_____从句;第二个 that 引导_____从句, being there 作介词 by 的宾语。

[翻译] 实地研究的困难之处在于,当你记录你的观察结果时,你必须确保你自己不会在那里干涉到你的实验 对象。

[仿写] 最重要的是你应该尽你最大的努力去帮助那些需要帮助的人。

The most important thing is _____

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Saturday	
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Saturday	

词数 258 难度 ★★★

建议用时 15 分钟

正确率 /15

Doing research can be a chance to help others. Amritha, 14, built a system that uses people's <u>1</u> to music to recommend songs that **put them at ease**. Her <u>2</u> was to improve the effectiveness of music **therapy** for mental health. Amritha's system uses **sensors** to <u>3</u> someone's heart rate and sweat while they are enjoying music. Then, the system uses that <u>4</u> to recommend other music that helps the person relax.

When asked what <u>5</u> this project, "I've been a musician for more than half of my life," said Amritha. "When others around me are listening to me playing the instruments, they all face different <u>6</u>. So that's where I get the idea to start this project to find a(n) <u>7</u> way to measure the **relaxation** when people are listening to different types of music."

Amritha's system can help find out what musical <u>8</u> impact our emotions and our relaxation the most. "That was one of my <u>9</u> parts, because it was something I was really curious about," said Amritha. She found the musical key **played a role in** music's relaxation <u>10</u>. Moreover, Amritha said, "I also found the timbre(音色) was relaxing, which I didn't <u>11</u>."

Amritha shared she'd <u>12</u> this project because there's still a lot left to uncover. She'd like to apply brainwaves, besides the heart rate and sweat, to <u>13</u> how people respond to music. "I think that could also give <u>14</u> into why we feel this way when we're enjoying music," Amritha said. "Because <u>15</u> it **has much to do with** the brain."

()1. A. approaches	B. responses	C. attitudes	D. exposure
()2. A. suggestion	B. theme	C. solution	D. goal
() 3 . A. transform	B. measure	C. predict	D. compare
()4. A. strategy	B. method	C. information	D. instruction
() 5 . A. inspired	B. supported	C. launched	D. enhanced
()6. A. energies	B. emotions	C. sufferings	D. threats
()7. A. unbelievable	B. vivid	C. objective	D. extraordinary
()8. A. features	B. contents	C. types	D. signals
() 9 . A. individual	B. mysterious	C. valuable	D. favourite
()10. A. potential	B. performance	C. form	D. characteristic
()11. A. believe	B. expect	C. admit	D. doubt
()12. A. come up with	B. put up with	C. carry on with	D. take control of
()13. A. document	B. handle	C. calculate	D. track
()14. A. insight	B. research	C. devotion	D. reflection
()15. A. seemingly	B. probably	C. apparently	D. generally

1. put sb at ease 使某人放松或感到平静;使不拘束;使自在

2. therapy n. 治疗,疗法;心理治疗

- 3. sensor n. 传感器
- 4. relaxation n. 放松;消遣;娱乐活动→_____ v. 放松;休息;(使)冷静,放心→_____ adj.
 放松的;冷静的→_____ adj. 令人放松的;轻松的

5. play a role in 在……中起作用/扮演角色

6. have much to do with 与……有很大关系

【举一反三】

一词多义 key

[原句再现] She found the musical key played a role in...

她发现音乐的调在……中起作用。

key n. 调;钥匙;关键;(计算机或乐器等的)键 adj. 最重要的;关键的 vt. 用键盘输入,键入;用钥匙划坏 (汽车)

[猜测词义]

(1)Remember to look other people in the eye—it's the key to creating a connection with people.

	()
(2)Please hand in your keys at reception on your departure from the hotel.	()
(3)Press the return key to enter the information.	()
(4) One key area which has a major impact on reading performance, is reading for	enjoyment rat	her than
simply for the study or schoolwork purpose.	()

[原句] So that's where I get the idea to start this project to find an objective way to measure the relaxation when people are listening to different types of music.

[分析] 本句是一个主从复合句。句中 where 引导_____从句,不定式短语 to find an objective way to measure the relaxation 作______; when people are listening to different types of music 是 when 引导的 从句。

[翻译]因此,就在那时我萌生了启动这个项目的想法,希望找到一种客观的方法来衡量人们听不同类型音乐时的放松程度。

[仿写] 这就是他消磨很大一部分闲暇时光的地方。

This was ______ a great deal of his free time.

(

)

Sunday

主题语境写作:科学与科学家

"科学与科学家"是高中英语新课标主题语境内 容要求之一,也是高考英语常考话题之一。它包括中 外科学家的重要贡献及其性格特点和高尚品格,学生 要理解科学精神的内涵,知晓中国科学技术发展的伟 大成就以及科学与生活、艺术和未来发展的关系。

[常见词块]

- **1**. 随着……的发展
- 2. 对……有影响
- 3. 取得突破性进展
- 4. 充分利用
- 5. 面临新的机遇和挑战
- 6. 使我们的生活更舒适、更方便
- 7. 献身于……,致力于……
- 8. 全神贯注于做某事,沉浸于做某事
- 9. 埋头于(做)某事
- 10. 决心做某事
- [常见表达]
- 1.

, thus benefiting

millions of people at home and abroad.

正是他的创造力和决心促成了他的巨大成功,从 而惠及国内外数百万人。

 His spirit always inspires me to face challenges and to become a person ______

他的精神总是激励我去面对挑战,成为一个对社 会有用的人。 3.

she remains modest and hard-working. 尽管她已经取得了如此巨大的成就,但她仍然谦 虚和努力。

4. To our excitement and delight, she was awarded the Nobel Prize,

使我们兴奋和高兴的是,她获得了诺贝尔奖,成 为第一个获得诺贝尔奖的中国女性。

 With the development of science and technology, many new inventions have sprung up,

随着科技的发展,许多新发明已经涌现,这使我 们能够享受更舒适、更方便的生活。

主题范文背诵

假如你参加了驻英国大使馆(Embassy of China in the UK)举办的"科学周"活动,请你写一篇英语短 文,对此进行报道。内容包括以下要点:

- 1. 活动目的和意义;
- 2. 活动内容;
- 3. 你的看法。
- 注意:1. 词数 80 个左右;
- 2. 可适当增加细节,以使行文连贯。

【精彩美文】

I attended "Science Week" held by Embassy of China in the UK, which aimed at helping the local people to have a better understanding of China and its great scientific achievements.

There were a variety of activities, such as listening to lectures and watching scientific movies. At the same time, participants can also have a good knowledge of many famous scientists like Tu Youyou, who has been awarded for her discovery of artemisinin, a vital new treatment for malaria.

In my opinion, it not only helps me know science better but also introduces our country and its development, which is of great benefit to the world.

主题写作仿写

假定你是李华,你的外国笔友 Jeff 得知你参加 了学校学生会主办的"我最敬佩的科学家"故事分享 会,于是发邮件询问有关情况。请你回复邮件,内容 包括:

- 1. 感谢关注;
- 2. 分享内容;
- 3. 你的感想。
- 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 Jeff,

I'm glad to know that you are interested in the story-sharing meeting with the theme "The scientist I admire most" held by the Students' Union of our school. I would like to tell you some details about it.

读后续写微技能:动作描写(一)

读后续写中常常通过动作的细节描写来推动故 事情节的发展,塑造人物形象。动词是句子的灵魂, 而动作的执行者是人物。对人物的动作描写往往是 通过他/她的一言一行、一举一动体现出来的,而这 些举动又是靠一个或多个部位的配合完成的。在 此,我们对动作描写进行了分类:

一、头部、面部动作描写:

 The child raised her head, revealing a tearstained face.

那个孩子抬起头,露出一张泪痕斑斑的脸。

- I lowered/ducked/bowed my head timidly and dared not look at my father's cloudy face.
 我胆怯地低下头,不敢看爸爸那张阴云密布的脸。
- I asked where Steve was and she nodded in the direction of the kitchen.

我问史蒂夫在哪儿,她朝厨房的方向点了点头。

- An idea flashed through his mind. 他脑子里闪过一个念头。
- Her face flushed/burned with anger. 她气得脸通红/发烫。
- He had a slight frown on his face.
 他微微皱眉。
- 二、嘴部动作描写:
- She leaned over and whispered something in his ear.

In the activity, we all enthusiastically introduced the scientists 1.

(我们最敬佩的), such as Newton, Einstein, Chen Jingrun, etc. The scientist I admire most is Qian Xuesen, 2.

(他是航天

领域最杰出的代表人物之一). 3	
(我最敬佩他的) is 4	-

(他克服重重困难回到祖国) and participated in the construction of China.

这些科学家的鼓舞), we are determined to become the pillars of our motherland.

Yours, Li Hua

她探过身去附耳跟他说了些什么。

 Reuben murmured a thank you and ran home all the way.

鲁宾喃喃地说了声谢谢,然后一路跑回家。

- **3**. Our mouths **dropped open** in surprise. 我们惊奇地张大了嘴。
- He straightened up and looked at me, openmouthed.

他直起身,目瞪口呆地看着我。

 He looked out of the window, biting his lip, as if thinking.

他看向窗外,咬着嘴唇,仿佛在思考。

 "Here, mum! Here!" Tom yelled out as he ran to her side.

"这里,妈妈!这里!"汤姆边跑向她边喊。

 When she saw him, she let out a cry/scream of horror.

当她看到他时,她发出了惊恐的叫声。

 The audience was shocked as well," she said with a bright/broad smile.

"观众也感到震惊,"她灿烂地笑着说道。

9. He was beaming/grinning/smiling from ear to ear.

他笑得合不拢嘴。

- 10. He looked shocked, but then burst into laughter.
 他看起来很震惊,但随后突然大笑起来。
 三、眼部动作描写:
- As he looked at Katherine, great sorrow clouded his eyes. 当他看着凯瑟琳时,他满眼忧伤。
- He stood silently, tears rolling/streaming down his cheeks. 他静静地站着,眼泪顺着面颊流了下来。
- Tears welled up in Anne's eyes. 安妮热泪盈眶。
- Singing happily, she gazed/stared at her surroundings with large, innocent eyes. 她高兴地唱着歌,用天真的大眼睛注视着周围的 环境。
- We all gather in front of the television, waiting to catch a glance/glimpse of his face. 我们都聚集在电视机前,等待着看一眼他的脸。
- She laughed, her eyes shining/sparkling/ twinkling/glittering with excitement. 她笑了,眼里闪烁着兴奋的光芒。
- His eyes grew wide/widened with horror at what she had done.
 看到她所做的事,他惊恐地睁大了眼睛。
- 四、鼻子和耳部动作描写:
- She wrinkled her nose as if she had just smelled a bad smell.

她皱着鼻子,好像刚闻到了难闻的气味。

2. Taking a deep breath, Mary pushed open the door and stepped inside.

玛丽深吸了一口气,推开门走了进去。

He pressed his ear against the door, but heard nothing.

他把耳朵贴在门上,但是什么也听不到。

I pricked up my ears to catch what they were saying.
 Thus to IT II have the catch by (1, 4)

我竖起耳朵去听他们在说什么。

 He went home with the teacher's warning ringing in his ears.
 回家的路上,老师的警告一直在他的耳边萦绕。

【跟踪演练】

Ⅰ. 单句翻译

1. When James was told Katherine was also here, his eyes 被告知凯瑟琳也在这儿时,詹姆斯惊讶地睁大了 眼睛。 **2**. Jack , tears in his eyes. 杰克抬起头,热泪盈眶。 **3**. Mary and moved aside, making space for the next customer. 玛丽低声道了个歉,然后挪到一边,给下一个顾 客腾出地方。 **4**. All sorts of nightmarish pictures 各种各样可怕的画面在我大脑里出现。 **5**. Her ears at the sound of his name. 一听到他的名字,她的耳朵就竖了起来。 Ⅱ. 语段训练 场景一:家庭晚餐时的情景 At the dinner table, Mum placed a plate of broccoli(西兰花)in front of me. I 1. (皱起了鼻子) at the sight, making my younger brother giggle. "Eat your vegetables," Mum said firmly. I 2. (低下头), unwilling to meet her gaze. Suddenly, Dad asked about my school project. I 3. (抬起头,眼中满是沮丧). "It's a mess," I 4. _____(喃喃地说). Dad leaned over and 5. (小声说), "Let's figure it out together." His words made me smile slightly, and I 6._____(感激地点了点头). 场景二:购物惊喜 In the supermarket, my best friend suddenly tugged at my sleeve. "Look over there!" 1. _____ (她兴奋地 指着喊道). I 2. (顺着她的目光) and saw my favourite band's limited-edition album. (我惊讶得张 3. 大了嘴巴), and I 4.

_____(眼睛闪闪发亮地盯着它). "We have to get it!" I exclaimed, 5. _____(笑得 合不拢嘴). My friend nodded vigorously, and we rushed towards the shelf, 6. _____

(我们兴奋得心怦怦直跳).

场景三:公园小插曲

While we were playing frisbee games in the park, my frisbee accidentally hit an old man. I ran over, 1. ________(眼中满是担忧). "I'm so sorry," I said, 2. _______(声 音颤抖). The old man 3. _______(微微皱了 下眉) at first but then 4. ______(突然大笑 起来). "It's okay, kid," he said 5. _______ (笑容满面). I 6.

(我松了一口气), and my face flushed with embarrassment. My friend witnessed the scene and we both 7. ______ (竖起耳朵) to make sure if the old man needed any help.

Ⅲ.读后续写填空

А

【前情回顾】 感恩节快到了,Spring 老师让学生们交 一份有趣的作业——画出他们想感恩的东西。大部 分学生画了 感恩节好吃的东西,但是有一个叫 Douglas 的学生的画却与众不同。Douglas 家庭贫 困,不爱和同学交流,总是站在 Spring 老师旁边。他 画了一只手,他的画引起了老师和同学们的关注,同 学们纷纷讨论他画的是谁的手。

Then the children went on to other assignments, and Miss Spring paused at Douglas' desk. She 1. _____ (弯下腰), and softly asked him whose hand it was. The little boy 2.

(把目光移开,小声说道),"It's yours, Miss Spring." She recalled the time when she had taken his hand and walked with him here and there so that he would not get isolated. She recalled how often she had said "Take my hand, Douglas. We'll go to play outside." or "Let me show you how to hold your pencil." Douglas was most thankful for his teacher's hand. The young woman was deeply touched.

Brushing away her tears, she cleared her throat. "Boys and girls, now I'd like to have your attention. Douglas drew a hand of mine. Can you

guess	what	the	reason	might	be?"	The	children
3.				(面)	面相慮	₽, — A	金困惑).
"I an	n grate	eful	for you	r kindr	iess,	Miss	Spring,"
Dougl	as stoo	d up	and 4.				
	_(用作	氐沉亻	旦坚定的	」 声音说	j)."T	hat m	eans a lot
				_			

to me." The whole class 5. _____(为……鼓掌欢呼)Douglas, 6. _____

(他眼中闪烁着喜悦和感激的光芒). He might not always say thanks, but he would remember the hands that reached out to him.

В

【前情回顾】田径队联合队长珍妮由于面临和家人 分离的痛苦,倍感沮丧,频繁缺席训练。为了在即将 到来的锦标赛前鼓舞珍妮,"我"组织了一次团队聚 会,让大家互赠礼物和留言,以表达对彼此的支持和 鼓励,珍妮备受感动。在锦标赛中,整个团队团结一 心,最终赢得了冠军。

As the team gathering began, there was tension in the air. Apparently, Jenny was still upset, 1.

_____ (她的头低垂着). With a comforting heart, I kicked things off, emphasizing our bond as a team. My gift for Jenny was a photo of our team, 2._____

(with 复合结构:每个人都为她获得第一名而鼓 掌). Gradually, our teammates showered each other with encouraging words and gifts. "To our captain, you are the rock!" Words like this 3.

_____(缓解了她的紧张并且温暖了她

的心). Jenny 4._____ (再也无法抑制自己的眼泪). "Let's make it together, as a team!" she said, 5._____

(递给我一幅我们在一起的画).

The day of the tournament arrived. Jenny stood beside me, a look of resolve on her face. When the game began, the seven of us gave it our all, 6.____

(with 复合结构:珍妮带

头). So close were we that 7.

_(我们的心似乎一起跳动). Not

surprisingly, Jenny led us to the championship. 8._____(随着最后的口哨吹起), we erupted in cheers. We really made it as a team. But deep down, I knew we were more than a team—we were a family, with love and understanding, where everyone was valued!