

全品



教辅图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年创始人专注教育行业

全品学练考

AI智慧升级版

主编 肖德好

练习册

高中英语1

必修第一册 BS

北京
专版



本书为智慧教辅升级版

“讲题智能体”支持学生聊着学，扫码后哪里不会选哪里；随时随地想聊就聊，想问就问。



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01

培养核心素养，聚焦主题语境

Unit 1 LIFE CHOICES

主题素养积累

What career will it be in your future?



What are you going to be when you grow up? This question **is meant to make** the students think about what type of career they would like to pursue (追求). Their answer guides us in the advice we provide.

As a young teenager, I made the decision that I wanted to be a Doctor of Medicine. I was unable to **put my finger on** exactly when or how this came about, but by the time I was a senior in high school, I was sure of it.

I spent the next four years of my academic life **burying myself in** medical studies. In order to get the grades necessary to **be admitted to** a medical school, I spent large amounts of time in the library. From my sophomore year (大二) on, I was known around the campus as “Doc” Rogers.

At first, it was a bitter pill to swallow (吞咽). Fortunately, while enrolled (使加入) in graduate school, I found a part-time teaching job at a private high school in the south-west corner of Miami, Florida. **I enjoyed it so much that upon completing my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching.**

and then give them the tools they need to **be successful in** the course. **It's a perfect combination in which I take pride.**

Once again, what are you going to be when you grow up? My experience has led me to believe that the answer to this question requires a process of trial and error (反复试验). Every new endeavour (努力) you pursue, success you experience, failure you endure (忍受), place you visit, person you meet, class you take, etc. will assist you in narrowing it down as to what career will be an excellent fit for you.

【主题词句背诵】

1. be meant to do sth 应该/意在做事
2. put one's finger on 弄清; 正确指出
3. bury oneself in 致力于
4. be admitted to 被……录取; 准许进入
5. as sb mentioned above 正如前面某人提及的
6. be successful in... 在……中取得成功
7. As a young teenager, I made the decision **that I wanted to be a Doctor of Medicine.** (同位语从句) 少年时,我就决定要成为一名医学博士。
8. I enjoyed it **so much that upon completing** my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching. (结果状语从句; 如此……以至于; 介词+动名词: 一……就……) 我非常享受这一切,我一完成研究生学业,就回到了

02

夯实语言基础，搭建知识框架

词汇点睛

1. differ *vi.* 不同, 不一样, 有区别
(教材 P6) **differs** in many ways
在许多方面不同

- | | |
|-----------------------------|------------|
| (1) differ in... | 在……上不同 |
| differ from... | 与……不同 |
| (2) different <i>adj.</i> | 不同的 |
| be different from... in... | 与……在……方面不同 |
| (3) difference <i>n.</i> | 不同(点) |
| make a difference (to...) | (对……)有影响 |
| (4) differently <i>adv.</i> | 不同地 |

【活学活用】

(1) 单句填空

① It is not clear why dogs seem to have the ability to recognize _____ (differ) facial expressions in humans.

句型透视

(教材 P7) **One can't show high ideals without simple living; one can't have lofty aspirations without a peaceful state of mind.**

非淡泊无以明志, 非宁静无以致远。

句型公式

双重否定结构: not... without...

【句法分析】

not... without... 是一种双重否定结构, 表示的是肯定含义, 意为“没有……不……, 只有……才……”, 其中否定词 not 也可以替换为 never, hardly 等表示否定意义的词。

【活学活用】

写作金句

① (书面表达之演讲稿) One _____

课内基础巩固

I 单词拼写(每小题1分,满分4分)

1. She enjoys walking around the _____ (校园) to relax after a long day of classes.
2. My daily _____ (日程表) is quite tight because I have several important tasks _____ plus a meeting.
3. As a _____ student, I'm under great _____ (压力) to prepare for the college entrance exam.
4. In my _____ (以前的) job, I often worked long _____ shifts, which was really tiring.

II 单句填空(每小题1.5分,满分15分)

1. If you think your present job is very _____ (stress), it may be time to think about changing it.
2. John has a high _____ (expect) of

10. Many troubles arise _____ misunderstandings, and clear communication is the key to solving them.

III 短语填空(每小题2分,满分10分)

1. _____ (总而言之), _____ senior high school is an important stage in a student's life, filled with _____ challenges and opportunities for growth.
2. Growing up means it is necessary to _____ (做决定) independently and wisely.
3. The job doesn't pay very well, but _____ (从好的方面来说), the hours are very convenient.
4. On the evening of the Spring Festival, all of us would _____ (闲坐), enjoying

课后素养提升

I 语法填空(每小题1.5分,满分15分)

[2025·北京四中高一期中]

A

My daughter, Jane, never dreamed of receiving a letter from a girl of her own age in Holland. Last year, we were travelling across the Channel and Jane put a piece of paper 1. _____ her personal information on it into a bottle. She threw the bottle into the sea. She never 2. _____ (think) of it again, but ten months later, she received a letter from a girl in Holland. Both girls write to each other 3. _____ (regular) now. However, they have decided to use the post office. Letters will cost a little more, 4. _____ they will certainly travel faster.

B

Dieting, according to 5. _____ old joke,

(protect), sci-tech innovation and instruments demonstrating how to generate wind power.

II 阅读理解(每小题2分,满分8分)

[2025·北京丰台高一期中]

An art class

When Kelly was twelve, she started taking classes at Miss Grace's School for Art. She didn't like it at first: the "novice artists"—the kids who hadn't really done art before—worked mostly with clay, and Kelly was a terrible sculptor.

It wasn't until her third year that Kelly found something she was really good at—charcoal drawing (炭笔画). She loved watching the lines spread unevenly across the page as she moved the bits of charcoal back and forth over the paper.

One day, Sophia, the best artist in her class, sat down and set up her easel (画架) next to

I 阅读表达(第1、2题各2分,第3题3分,第4题5分,满分12分)

[2025·北京第一零九中学高一期中]

Nowadays, people are spending more hours on work. However, taking some time off is important for refreshing yourselves. If you're having trouble making time for a break, the recent research by the UCLA's Anderson School of Management suggests that treating your weekends like a vacation can make you happier.

The findings are based on a series of experiments. In one study of 441 workers, half of the test subjects were instructed to have a

II 应用文写作(满分20分)

假定你是红星中学高一学生李华,你的英语笔友 Jim 即将来北京交换学习,希望你向他介绍北京高中生的学习生活。请你给他写一封信,内容包括:

1. 介绍北京高中生的学习生活,如:开设学科情况、课堂学习方式、课外活动等;

2. 表达祝福。

注意:1. 词数100左右;

2. 开头和结尾已给出,不计入总词数。

Dear Jim,

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Unit 1 LIFE CHOICES

★ 提示：加底纹词汇为复现词汇

Period One Topic Talk

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 4 分)

1. She enjoys walking around the _____ (校园) to relax after a long day of classes.
2. My daily _____ (日程表) is quite tight because I have several important tasks plus a meeting.
3. As a senior student, I'm under great _____ (压力) to prepare for the college entrance exam.
4. In my _____ (以前的) job, I often worked long shifts, which was really tiring.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. If you think your present job is very _____ (stress), it may be time to think about changing it.
2. John has a high _____ (expect) of his wonderful life in the senior high school.
3. Solving complex maths problems in secondary school was always _____ (challenge) for me.
4. The _____ (injure) to his knee prevented him from playing in the game.
5. _____ (unfortunate), he was hit by a small car on his way to school at 9 am.
6. We hope we will develop _____ (confident) in speaking English and making friends.
7. His road to _____ (recover) after the accident was long and difficult, full of challenges.
8. Regular practice during leisure time can improve your language _____ (competent).
9. The teaching styles in senior high school differ _____ those in junior high school.
10. Many troubles arise _____ misunderstandings, and clear communication is the key to solving them.

❸ 短语填空(每小题 2 分,满分 10 分)

1. _____ (总而言之), senior high school is an important stage in a student's life, filled with challenges and opportunities for growth.
2. Growing up means it is necessary to _____ (做决定) independently and wisely.
3. The job doesn't pay very well, but _____ (从好的方面来说), the hours are very convenient.
4. On the evening of the Spring Festival, all of us would _____ (闲坐), enjoying the food and being together again.
5. Our city is a dynamic place with _____ (各种各样的) cultural events happening throughout the year.

❹ 句型训练(每小题 3 分,满分 9 分)

1. Plants _____ and animals are no exception. (双重否定句)
植物没有太阳不能活,动物也不例外。
2. _____ was that his answer should have caused so strong a reaction. (主语从句)
令他吃惊的是,他的回答竟然引起了如此强烈的反应。
3. People _____ will have the opportunity to take a virtual tour of several destinations before deciding where to go. (定语从句)
想去度假的人将有机会在决定去哪里之前虚拟游览几个目的地。

Ⅶ 语法填空(每小题 1.5 分,满分 15 分)

[2025·北京四中高一期中]

A

My daughter, Jane, never dreamed of receiving a letter from a girl of her own age in Holland. Last year, we were travelling across the Channel and Jane put a piece of paper 1. _____ her personal information on it into a bottle. She threw the bottle into the sea. She never 2. _____ (think) of it again, but ten months later, she received a letter from a girl in Holland. Both girls write to each other 3. _____ (regular) now. However, they have decided to use the post office. Letters will cost a little more, 4. _____ they will certainly travel faster.

B

Dieting, according to 5. _____ old joke, may not actually make you live longer, but it surely feels that way. Nevertheless, evidence 6. _____ (collect) since the 1930s that calorie restriction extends the lifespan and delays the appearance of age-related diseases in rats, dogs, fish and monkeys. Such results have inspired thousands of people to put up with constant hunger in the hope of living longer and 7. _____ (healthy) lives. They have also led to a search for drugs that imitate the effects of calorie restriction without the pain of going on an actual diet.

C

At a high-tech show staged at a primary school, students 8. _____ (attract) by a robot dog flipping over and dancing. It even bowed and shook their hands. “I got to touch the robot dog, and it was so interesting. I 9. _____ (work) hard and learn more about it in the future,” said Mou Yuejia, a student at the primary school in Tonghai county, Yunnan Province. The show was part of an activity to popularize science and technology at schools, and featured exhibits on ecological 10. _____

(protect), sci-tech innovation and instruments demonstrating how to generate wind power.

Ⅷ 阅读理解(每小题 2 分,满分 8 分)

[2025·北京丰台高一期中]

An art class

When Kelly was twelve, she started taking classes at Miss Grace’s School for Art. She didn’t like it at first; the “novice artists”—the kids who hadn’t really done art before—worked mostly with clay, and Kelly was a terrible sculptor.

It wasn’t until her third year that Kelly found something she was really good at—charcoal drawing (炭笔画). She loved watching the lines spread unevenly across the page as she moved the bits of charcoal back and forth over the paper.

One day, Sophia, the best artist in her class, sat down and set up her easel (画架) next to Kelly. Kelly felt a sinking feeling in her stomach. She’d actually found an art form that she enjoyed—and was good at—and now Sophia was going to outshine her again? Kelly fought back tears when Miss Grace entered the room.

“Hello class,” Miss Grace said, “We’ll continue to work on the project today.”

What masterpiece would Sophia have come up with?

Kelly looked at Sophia’s easel and she couldn’t believe it—it was a mess! For a brief moment, Kelly couldn’t actually believe her drawing was better than Sophia’s. But then she looked at Sophia, who was watching Kelly with an anxious expression.

“I... I couldn’t decide what to do,” Sophia said. “And you’re so good. Sometimes I feel like my stuff is just so bad in comparison.”

Kelly looked to see if Sophia was joking, but she seemed completely serious. Now Kelly was shocked. “I’m not talented ... Miss Grace seldom praises me. You’re the best one in our class!”

Sophia raised her eyebrows. “I might be a

really good copier of the stuff, but I have no idea what to do when it comes to making up my own images. You are so great at making new things out of the old stuff. I've loved your works."

"I've loved yours, too," Kelly said.
"Well, definitely not this one," Sophia said.
Kelly smiled. "Maybe not right now. But if you move these lines up..." she said, pointing her finger on Sophia's paper.

Sophia was quiet for a moment. "That's a great idea!" she said finally.

Kelly smiled and turned back to her drawing, looking every so often at Sophia's work to see that she was taking her advice, down to the last line.

- ()1. When Kelly started classes at the art school, she _____.
A. lacked confidence in drawing
B. was not good at the course
C. was often pushed by Miss Grace
D. did not get along with the other kids
- ()2. How did Kelly feel when Sophia sat beside her?
A. Frustrated. B. Bored.
C. Excited. D. Relieved.
- ()3. What did Kelly do in the art class?
A. She praised Sophia's creativity.
B. She inspired Sophia.
C. She decided to outshine Sophia.
D. She finished the drawing for Sophia.
- ()4. What can we learn from the passage?
A. Interest is the best teacher.
B. You are what you believe to be.
C. Everyone has their own strengths.
D. Hard work will eventually pay off.

Ⅶ 阅读七选五(每小题 2 分,满分 10 分)

When you get in a car, you expect it will have functioning brakes. When you pick up medicine at the drugstore, you expect it won't be polluted. But it wasn't always like this. The safety of these products was terrible when they first came to market. It took much research and regulation to figure out how users can enjoy the benefits of these products without getting harmed.

1. _____

Social media risks are everywhere. The dangers that algorithms (算法) designed to maximize attention represent to teens have become impossible to ignore. Other product design elements, often called "dark patterns", designed to keep people using for longer, also appear to tip young users into social media overuse. 2. _____ They say it's their users' fault for engaging with harmful content in the first place, even if those users are children or the content is financial trickery. They also claim to be defending free speech.

3. _____ Under the Digital Services Act, which came into effect in Europe, platforms are required to take action to stop the spread of illegal content and can be fined up to 6 percent of their global incomes if they don't do so. If this law is enforced, maintaining the safety of their algorithms and networks will be the most financially sound decision for platforms to make.

Despite these efforts, two things are clear. First, online safety problems are leading to real, offline suffering. Second, social media companies can't, or won't, solve these safety problems on their own. 4. _____ Even safety issues like cyberbullying that we thought were solved can pop right back up. As our society moves online to an ever-greater degree, the idea that anyone, even teens, can just "stay off social media" becomes less and less realistic. 5. _____

- A. And those problems aren't going away.
B. The current issues aren't really about offline suffering.
C. Platforms already have systems to remove violent or harmful content.
D. Similarly, social media needs product safety standards to keep users safe.
E. It's time we should require social media to take safety seriously, for everyone's sake.
F. Internet platforms, however, have shifted blame on the consumers whenever criticized.
G. Some authorities are taking steps to hold social media platforms accountable for the content.

班级	
姓名	
题号	答案区
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Period Two Lesson 1 Lifestyles (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 6 分)

1. I took my _____ (数码的) camera to parks to take some pictures of the beautiful scenery.
2. These apartments are of high _____ (质量), so they are a little more expensive than those ones.
3. She has a wide _____ (范围) of interests, including painting, hiking, and reading historical novels.
4. Keeping up with a healthy _____ (生活方式) is necessary to manage the challenges of a stressful modern world.
5. I find it really hard to _____ (拖) myself out and exercise regularly.
6. All in all, a smartphone has become a _____ (必需品) for most people in modern society.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. During my leisure time, I often participate in _____ (volunteer) work.
2. In secondary school, students can take part in _____ (vary) activities, from sports to music performances.
3. Living in an apartment close to the supermarket brings great _____ (convenient).
4. To ensure your computer is safe to use, the software should _____ (update) in time.
5. Taking part in this competition will _____ (definite) improve your confidence and acting skills.
6. I thought the new project would be challenging, but _____ (actual) it was quite easy.

7. Polar bears—like all wild animals—should be photographed from a safe _____ (distant).
8. Our school aims _____ (provide) students with more activities at leisure time.
9. Unfortunately, many secondary school students are addicted _____ online games.
10. The programme is targeted _____ senior citizens, helping them improve their physical condition.

❸ 短语填空(每小题 2 分,满分 10 分)

1. _____ (不时地), unexpected challenges arise that test our problem-solving skills.
2. With the aim of _____ (获得成功) in this company, you need to work hard.
3. She wanted to see the apartment _____ (亲自) before deciding whether to rent it.
4. Students _____ (易于) lower their heads when they feel sorry for some mistakes.
5. _____ (根据) the schedule, the meeting will be held at 10:00 am tomorrow in the conference room.

❹ 句型训练(每小题 3 分,满分 9 分)

1. I spend more time learning English every day _____.
_____. (目的状语从句)
我每天花更多的时间学英语,为的是今年我能取得更大的进步。

2. I brought my laptop to the library, _____
_____. (非谓语)
我带了笔记本电脑去图书馆,结果却发现门是锁着的。

3. We _____ will
be held again. (强调谓语)
我们确实希望这个有意义的活动还会再次举办。

课后素养提升

Ⅰ 完形填空(每小题 1.5 分,满分 15 分)

[2025·北京朝阳高一期末]

José is the caring director of a school in Nicaragua. And nothing brings him more satisfaction than giving to the students he cares about most. However, living on a low income _____ 1 _____ José's ability to show his generosity. He longed for a way to provide food and a joyful future for the children at his school but lacked the _____ 2 _____ to make it happen.

Everything _____ 3 _____ when Convoy of Hope brought agricultural training to his village. José learned new techniques about garden management. His previous methods were replaced by more _____ 4 _____ ones, like setting up a water-saving irrigation (灌溉) system for the dry seasons. With his new skills, José _____ 5 _____ planted a garden at his school. The produce from the garden not only provided fresh snacks for the students but also became a hands-on learning opportunity.

"Something that fills me with great joy is when the children get excited and can't wait to _____ 6 _____ activities in the garden," José said. The garden provides José with a _____ 7 _____ from daily stresses. "Maybe I had some difficulties in the day, but when I start to water the plants, I _____ 8 _____ the problems."

Strengthening individuals' skill sets all around the world, Convoy of Hope's agricultural programme _____ 9 _____ people to provide for their families and give back to their communities. But this project is more than teaching knowledge. Just as José said, "It has managed to put a smile

on children, and they feel a(n) _____ 10 _____ to move forward."

- () 1. A. proved B. developed
C. suggested D. limited
- () 2. A. time B. means
C. plan D. drive
- () 3. A. appeared B. stopped
C. changed D. remained
- () 4. A. expensive B. effective
C. difficult D. basic
- () 5. A. successfully B. quietly
C. suddenly D. nearly
- () 6. A. give up B. put off
C. carry out D. pay for
- () 7. A. break B. challenge
C. tip D. choice
- () 8. A. repeat B. value
C. present D. forget
- () 9. A. hires B. forces
C. equips D. reminds
- () 10. A. concern B. hope
C. honour D. weight

Ⅱ 语法填空(每小题 1.5 分,满分 15 分)

[2025·北京石景山高一期末]

A

My name is Lily. I find it a big challenge to be a member of the school debate team. I am sure it is a great opportunity 1. _____ (improve) my speaking skills, and I know I'll have to practise 2. _____ (hard) than ever before and learn to work harmoniously with my teammates. Though I may face many 3. _____ (difficulty), I will give my all to prepare for every competition and make steady progress.

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B

A recent survey has shown that the most common preferred fruit is the apple, a delicious and nutritious fruit with a long history, for 4. _____ people often show a strong liking. It 5. _____ (say) that the taste of a fresh apple can bring great satisfaction to many people across different cultures. In fact, the only negative association with apples is in some old tales. People talk about “an apple that has gone bad”, 6. _____ (suggest) someone who causes trouble or has a bad influence on others.

C

One popular aspect of British culture is its tradition of drinking tea. The British all know they enjoy black tea with 7. _____ drop of milk—English Breakfast Tea. Hundreds of years ago, tea first 8. _____ (appear) in England and quickly became a national favourite. When it arrived in London 9. _____ the late 17th century, it was seen as a luxury item for the upper class. Behind its popularity was the British East India Company, 10. _____ (lead) by Sir Josiah Child, who never imagined tea would become an essential in every British household.

Ⅷ 阅读七选五(每小题 2 分,满分 10 分)

[2024·中国人民大学附属中学高一统练]

Waste not, want not

Today, I live in Manhattan with my husband, Alex. I'm an IT specialist and Alex is a lawyer. Life's good, but sometimes I look at the way we live it and think of Ellie, my grandmother. Her favourite saying was “Waste not, want not.” 1. _____. Ellie carefully folded the paper from parcels and washed glass jars to use again. Frank, my grandfather, used old socks and pullovers (套头毛衣) to protect the plants in

winter. Nowadays, we go to a garden centre to buy special felt for that purpose. Have we all gone mad?

Such economy seems strange, even ridiculous, in our modern throwaway society, where everything is sold in boxes. 2. _____, but as a selling feature to make us want to buy them. Ellie and Frank would have seen the very idea of a “gift pack” as a cheat.

3. _____. The United States produces about 180 million metric tons of waste per year, 70% of which is packaging materials. The average American family uses up six trees' worth of paper a year. 4. _____, they would reach to the moon and back twelve times. “We can't go on like this,” I said to Alex. “Let's start at home. If everybody starts at home, then this madness will stop.”

5. _____. Of course, this meant that we produced a lot of waste, but I was shocked to find that this came to over six kilos per week. “Your grandma Ellie with her ‘Waste not, want not’ was really modern, wasn't she?” “Not really,” I said. “Ellie and their neighbours were just ordinary, traditional New Englanders. We've all gone mad since then.”

- A. Packaging is not only used to protect goods
- B. My grandparents threw almost nothing away
- C. In one week alone, we threw away five old magazines
- D. We didn't often go shopping and then cook meals at home
- E. As young Manhattan professionals, we buy a lot of “convenience food”
- F. But we pay a high financial and ecological price for our lovely packaging
- G. If you placed all the cans used in the United States, in one year end to end

Period Three Lesson 2 Understanding and Coping with Stress

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 8 分)

1. My grandfather told us the stories of his life in the _____ (军队).
2. His **previous** work experience gives him **confidence** to apply for a _____ (职位) in a big company.
3. The **stressful** work environment has caused a lot of _____ (紧张) among the employees.
4. **According to** the advice from the _____ (专家), we should pay more attention to the **quality** of the products.
5. We need to _____ (组织) our work more efficiently to meet the **goal**.
6. It is important to have a healthy balanced diet since teens are still growing and their bodies need a lot of nutrition to _____ (运转) well.
7. As an _____ (编辑), she is very good at using the **search engine** to find relevant information.
8. The _____ (咖啡馆) in the **downtown** area is very popular, where people like to **surf the Internet** while having a cup of coffee.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. _____ (frank) speaking, the job is **stressful**, but I believe in my **competence** to do it well.
2. I _____ (absolute) agree that we should start from small things, such as recycling **various** waste.
3. As a _____ (profession) photographer, he is very good at using **various** **digital hardware**.
4. He followed the doctor's advice, thus

_____ (**recover**) so quickly that it was beyond our **expectations**.

5. This plan is _____ (entire) different from the **previous** one, because it's more **challenging**.
6. His car broke down and he _____ (seek) help from passers-by.
7. When we're tired or _____ (stress) out, home is always a shelter for us to have a rest.
8. _____ some extent, the **social media** has changed our **lifestyle**; however, we should also be aware of its negative effects.
9. We should **remove** the old furniture _____ the **living room**, because it takes up too much space.
10. Though the housing price has been **reduced** _____ 10%, we still can't afford it.

❸ 短语填空(每小题 2 分,满分 8 分)

1. _____ (坦率地说), I am not satisfied with the **quality** of the **digital** products in this store.
2. The club has 60 girls and 20 boys. _____ (换言之), there are three times as many girls as boys.
3. He _____ (遭受) great **injury** to his back so he had to give up his training.
4. _____ (因为) the bad weather, the outdoor **voluntary** activity on **campus** had to be put off.

❹ 句型训练(每小题 3 分,满分 6 分)

1. After reaching your destination, you will have a day _____ . (非谓语)
到达目的地后,你将有一天时间来探索这座令人叹为观止的古城。

2. There are many people in this world _____
_____ truth, goodness and beauty,
and I am glad that I am one of them. (分词

作定语)

世界上有很多人依然相信真善美,我很高兴我是其中之一。

课后素养提升

Ⅶ 阅读理解(每小题 2 分,满分 16 分)

A [2025·北京日坛中学高一期中]

Turning the lights out or wearing a blindfold while eating could be a quick way to lose weight, according to scientists. The simple trick works because it stops diners eating for pleasure rather than for calories. It also triggers (引发) a part of the brain that is worried that unseen food may go bad.

An experiment by the University of Konstanz, in Germany, found that people who were blindfolded consumed nine percent fewer calories before they felt full, compared to those who could see. They also vastly overestimated how much they had eaten because they could not see how much was left on the plate. Blindfolded volunteers estimated they had eaten 88 percent more than they actually had.

Scientists believe that not seeing food on the table also allows the body to know when it is full in real time rather than remembering past experiences where it might have taken a full plate to feel full.

In the experiment, 50 people were blindfolded and 40 were allowed to see their food. All were told not to eat within two hours of the experiment. They were then given three 95g bowls of chocolate ice-cream and invited to eat for 15 minutes. Their bowls were taken away and the remaining ice-cream weighed, while the participants were quizzed on how much they thought they had eaten.

On average the group who could see ate 116g while the blindfolded group ate 105g. However, the blindfolded group believed they had eaten 197g while compared with 159g for the non-blindfolded volunteers. They were also asked how pleasant the ice-cream tasted and the blindfolded

group rated lower than those who could see.

“The experienced pleasure of eating was significantly lower in the blindfolded group. Not seeing the food might have decreased the appetite. Sight plays an important role in the eating experience and in the overall dining experience.”

Previous studies have shown that the visual influence of food plays a large part in the taste. While restaurants that allow diners to eat in the dark state that it triggers other senses, in fact eating in darkness is likely to taste far milder than usual.

- () 1. With the lights out, diners eat less partly because _____.
A. they want to quickly finish their meals
B. they trust their feelings more than ever
C. they focus more on fun than the calories
D. they are concerned about the quality of the food
- () 2. We can learn from the passage that the blindfolded group _____.
A. spent a much longer time eating the same food
B. believed they ate more than they really did
C. depended on past experiences to feel full
D. thought the food tasted better than usual
- () 3. The last two paragraphs tell us that _____.
A. diners are likely to lose their appetite eating in darkness
B. senses rather than sight play an important role in the taste
C. findings of this experiment differ from the previous studies
D. restaurants benefit a lot from allowing diners to eat in the dark

()4. The main purpose of the passage is to _____.

- A. provide statistics related to eating in the dark
- B. offer reasons for people to eat in the dark areas
- C. inform the readers of the result of an experiment
- D. persuade the readers to lose weight in a new way

B [2025·北京顺义第一中学高一月考]

It's a common experience: you're checking through a social media page, and you see pictures of friends travelling or going to parties. Suddenly you start to wonder why you're not doing those things. Are you missing out on something fun and exciting because you're locked into everyday life? This experience is known as FOMO—the fear of missing out. To some extent, people have always worried about missing out on social events. But with the rise of social media, FOMO is becoming much more common.

While wanting to take part in exciting things is completely normal, it can bring about some negative effects. For some people, it leads to obsession (着迷) with checking their phones to find out what other people are doing. Even while doing things that are fun or necessary, people can feel like there's something better going on elsewhere. This strong wish to connect can make them disconnect from the people they are actually with. It stops them from being satisfied with the good things in their lives. It can even be dangerous; some people try to check messages while driving.

So what can we do to overcome FOMO? Firstly, it's important to remember that what people tend to pick and choose to post on social media does not necessarily reflect their life overall, so we only know a small part of anyone

else's life. It's also important to accept your limitations. You cannot be everywhere and do everything that might be interesting, and that's OK. It might even be necessary to turn off your phone or log out of social media for a while. Stay away from the constant reminders of everything that's happening in the world. You can even set particular times in your day to check e-mail and social media. By stepping away for a time, you can view other people's lives in a reasonable way. Finally, focus on the things in front of you. Relish them, do them well and let everything else go. When you get fully involved in life, you'll worry less about what you're not doing.

Don't let the fear of missing out cause you to miss out on the good things you have in life. Relax, enjoy what you do and let other people enjoy their lives without envying them.

()5. According to the passage, what is FOMO?

- A. It's a social concern.
- B. It's an unusual experience.
- C. It's a physical problem.
- D. It's a born disadvantage.

()6. Experiencing FOMO, people may _____.

- A. like to drive fast
- B. be addicted to phone games
- C. prefer to stay alone
- D. be unsatisfied with real life

()7. What does the underlined word "Relish" probably mean?

- A. Balance.
- B. Change.
- C. Enjoy.
- D. Remember.

()8. According to the passage, what can help people overcome FOMO?

- A. Standing in others' shoes.
- B. Breaking their own limitation.
- C. Making friends as many as possible.
- D. Checking social media at specific times.

班级

姓名

题号
答题区

阅读理解

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Period Four Lesson 3 Your Life Is What You Make It (Reading)

课内基础巩固

① 单词拼写(每小题 1 分,满分 8 分)

1. You should _____ (联系) some professional experts in this field who can offer valuable advice.
2. The _____ (慈善机构) has done a lot of work to help those who suffer from natural disasters.
3. The new smartphone _____ (以……为特色) a high-quality camera and a large storage capacity.
4. There was a lot of _____ (笑声) in the café when we were chatting with friends.
5. Due to his excellent performance in the training course, he finally got the _____ (合格证书).
6. The road in the countryside is very _____ (布满灰尘的). Thus, it's not convenient to travel.
7. Due to the _____ (不稳定的) economy, many businesses are facing challenges.
8. The task is really _____ (困难的), so we need to seek more help.

② 单句填空(每小题 1.5 分,满分 15 分)

1. _____ (typical), people in this area go to the café downtown on weekends to reduce stress.
2. Her _____ (confident) in public speaking grew after she joined the debate club at school.
3. The new software has a _____ (power) function that can meet various needs.
4. The advertisement on social media is very

_____ (attract) and has drawn many people's attention.

5. Although it is challenging, it is a good chance for us to solve this problem _____ (independent).
6. I would appreciate it if you could take my _____ (apply) into account.
7. They showed thanks for the _____ (contribute) which was offered by people all over the province.
8. His _____ (eager) to learn new skills is obvious as he often reads various books.
9. The success of the athlete inspired many teens _____ (take) up sports and set higher goals.
10. We had intended _____ (go) hiking on that rainy afternoon, but were stopped by our parents.

③ 短语填空(每小题 2 分,满分 12 分)

1. We are proud that Lily will _____ (从……毕业) Harvard University this July.
2. I am writing to _____ (申请) the position as a volunteer for our English Festival.
3. The manager _____ (对……负责) organising the meeting and making sure everything goes well.
4. At that moment, _____ (各种各样的) thoughts were running through my head.
5. I treasure this as a good chance to broaden my mind _____ (以及) improve my spoken English.
6. She decided to _____ (放弃) her previous job and pursue a career as a professional artist.

Ⅳ 句型训练(每小题 3 分,满分 9 分)

1. _____
is bad for our health, especially for our eyes.
(非谓语)
在屏幕前待太久对我们的健康有害,特别是对我们的眼睛有害。
2. The doctors asked Paul many questions,

- _____. (伴随状语)
医生问了保罗许多问题,希望弄清楚他怎么了。
3. To be frank, _____ have a clear understanding of this. (部分否定)
坦率地说,并非所有的学生对此都有清楚的认识。

课后素养提升

Ⅴ 完形填空(每小题 1.5 分,满分 15 分)

[2025·北京理工大学附属中学高一期中]

When Susan was a high school senior, her English teacher Mr DiMeo gave the class a challenging task: recite a poem in front of the whole class.

“I had a mild stutter (结巴). I'd be 1 to get a word out that might begin with ‘D’ or ‘TH’, or I might say ‘the’ three times,” Susan said. The thought of getting up in front of her classmates and stuttering through the poem was too much to 2.

Susan went home and 3 how scared she was to her mum, who agreed to write a note asking for her to be 4 from doing the task in front of the whole class.

When the day of the recitation came, Susan recited the poem one-on-one to Mr DiMeo. When she was done, Mr DiMeo said something she'd never heard before: he 5 listening to her voice. For the first time, she considered the possibility that public speaking didn't have to be a source of 6.

Susan went on to graduate from high school and go to college. She never got to properly thank Mr DiMeo. But sometime after college, she 7 a job as a corporate trainer. The new position made her realize how big a(n) 8 he had had on her confidence.

“I stand up in front of people and speak,

and I do it all the time. If I do stutter once in a while, no big deal,” she said. Susan recently found a way to 9 her former teacher, and plans on sending him a letter expressing her appreciation.

In her mind, Mr DiMeo is an unsung hero, because he's a big reason why she has a successful career and life. “I don't know where I would have gone if I felt like I had to keep my voice 10 because I was afraid of embarrassing myself. I'd like to thank him for that kindness.”

- ()1. A. continuing B. struggling
C. pretending D. hoping
- ()2. A. share B. express
C. find D. bear
- ()3. A. taught B. proved
C. revealed D. promised
- ()4. A. excused B. prohibited
C. corrected D. discouraged
- ()5. A. avoided B. hated
C. imagined D. liked
- ()6. A. jealousy B. worry
C. boredom D. loneliness
- ()7. A. wanted B. offered
C. landed D. created
- ()8. A. impact B. idea
C. choice D. stress
- ()9. A. judge B. contact
C. study D. interview
- ()10. A. sweet B. loud
C. quiet D. deep

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Ⅶ 语法填空(每小题 1.5 分,满分 15 分)

[2024·北京人大附中高一期中]

A

Even though Tu Youyou is not interested in fame, she has become a scientist 1. _____ work is internationally renowned. Tu Youyou was noted 2. _____ her bravery in being a scientist during a difficult time for science in China, her ability 3. _____ (use) old wisdom and new methods to achieve her goals and the fact that her work bridged the Eastern and Western worlds, saving millions of lives. Today, Tu Youyou 4. _____ (continue) to conduct research despite her age.

B

In his recovery programme, Christopher Reeve engaged in a wide range of exercises 5. _____ (design) to rebuild muscle, and made remarkable progress. Shortly after, he managed to return to his film career and became a passionate and energetic advocate for people with back injuries and disabilities, 6. _____ (raise) millions of dollars in support of medical research. His positive attitude inspired many people who 7. _____ (stick) in illness.

C

Ludwig van Beethoven was a German composer. He is regarded as one of the greatest composers in the history of music. 8. _____ sets him apart is his ability to convey profound emotions through his compositions. In his twenties, he 9. _____ (be) very famous for his skills on the piano, but then he began to lose his hearing. Though he was challenged by the deafness, he continued to produce 10. _____ (amaze) pieces.

Ⅷ 阅读七选五(每小题 2 分,满分 10 分)

How to choose extracurricular activities

From sports to clubs to outside organisations, there are many activities to take part in outside the classroom. 1. _____ Fortunately, it

becomes quite easy once you figure out what you enjoy doing in general. With a little more careful thought, you can choose an activity that interests you.

Think about your interests and know your advantages. Before you start considering specific activities, take a step back. Think about what excites you and find your passions. 2. _____ Now that you have a better idea of what you like to do in general, decide on those that you are good at. Ask yourself what skills they show. Then find activities that require the same ones. Make sure that you will enjoy yourself by choosing an activity that lets you shine.

3. _____ In addition to your interests and advantages, know what you would like to improve about yourself. Use activities as a way to make yourself better. Find out new challenges, without the added stress of having to earn good grades at them. You can use activities to develop general skills that you may not have.

Find out what activities are available and look into each one. 4. _____ If the website seems incomplete, talk with your teacher or parents. Also look for calendar details, such as start-and-end dates, plus event schedules, to make sure it won't get in the way of anything else going on in your life. Once you have a list of activities that match your interests, do a little research. 5. _____

- A. Think about skills you want to develop.
- B. This can make choosing one a little difficult.
- C. Use your freshman year to explore your choices.
- D. In this way, you will have a better idea of what to expect.
- E. Also make sure that their culture is a good match for your own personality.
- F. Use these to decide on activities that will keep you interested for a long time.
- G. Search your school's website for a complete list of all the activities it provides.

Period Five Grammar

课内基础巩固

语法专练——动词不定式

❶ 用所给动词的适当形式填空(每小题 1.5 分,满分 7.5 分)

1. We'll do what we can _____ (help) the **editor** polish the article before publication.
2. More than once, our head teacher asks us _____ (develop) the habit of having a healthy **lifestyle**.
3. Though he often made his little sister cry, today he was made _____ (cry) by her.
4. **All in all**, actively communicating is the best way _____ (keep) a good relationship with people around you.
5. She should be the first student _____ (arrive) at the finish line, which was beyond our **expectations**.

❷ 语法与写作(每小题 3 分,满分 12 分)

1. I think it's **challenging** but necessary for you _____.
我认为你学习一门第二语言是有挑战性的,但是很有必要。
2. She was _____ an event promoting popular science in her community.
她是唯一一个在她的社区组织推广科普活动的人。
3. As a **volunteer**, the girl often visits sick kids in the hospital _____.
作为一名志愿者,这个女孩经常去医院看望生病的孩子,来使他们振作起来。
4. He feels it his duty _____

_____.

他认为帮助那些处于困境中的人是他的责任。

词法专练——(v.-ed & v.-ing)形容词

❸ 用所给动词的适当形式填空(每小题 1.5 分,满分 7.5 分)

1. Upon hearing the news, she definitely wore a _____ (disappoint) look on her face.
2. All the people fixed their eyes on me, which made me feel very _____.
(embarrass).
3. In the city, you can enjoy an _____ (amaze) view from the Sky Tower, which is the city's tallest tower.
4. The tight schedule left me _____ (stress) out and wanting to go to bed early.
5. Listening to the expert's _____ (inspire) speech, we were determined to make great efforts.

❹ 语法与写作(每小题 3 分,满分 9 分)

1. _____ that his name escaped me for the moment.
令人尴尬的是,我一时想不起他的名字了。
2. As a native Spanish speaker, I am _____ learning more about different cultures and languages.
作为一个母语为西班牙语的人,我有兴趣了解更多不同的文化和语言。
3. _____ have told me that he cares about me very much.
他担忧的眼神已经告诉我他很关心我。

Ⅶ 阅读理解(每小题 2 分,满分 14 分)

A [2025·北京师范大学附属实验中学高一期中]

I truly believe we all have a very special purpose in life, regardless of who we are or where we come from. After ten years of working for a major Wall Street bank, I wanted to do something challenging. So when I read a Merrill Lynch advertisement looking to hire more stockbrokers (股票经纪人), with great excitement, I made some phone calls and arranged to meet with one of its branch vice presidents. After this interview and interviews with twelve of his top stockbrokers, I eventually landed the job.

The first few months was a struggle. I lived on very little commission (佣金). Night after night, I left the office weary and exhausted, ready to give up, yet somehow returning the next morning to start a new day. Eventually, all the hard work bore fruit. In less than four years, I became one of the top sales people at my branch and increased personal sales by 1,700 percent. The success earned me a six-figure income, promotion and numerous sales awards.

Towards the end of my fourth year at Merrill Lynch, it hit me that something was missing. I thought long and hard about my goals. Then I remembered the time when I spoke to hundreds of people, while in college as a student leader, and years later, when I won a “Humorous Speech” championship. It dawned on me that every time I had a speaking engagement, I always came out of the experience with a wonderful, energetic, peaceful and magical feeling that was unmatched by anything else I did. I knew the extraordinary public-speaking skills I was blessed with could enable me to make a lasting difference and transform other people’s lives.

Then I took another daring risk, gave up everything and left the investment business for a more satisfying career as a motivational speaker. The beginning of my speaking journey was surprisingly similar to what I had first experienced at Merrill Lynch. However, nothing in the world comes close to the satisfying feeling I get when thousands of people tell me how much I have made a difference in their lives by motivating them to take risks and be the best they could be.

- () 1. Why did the author meet with a Merrill Lynch branch vice president?
- A. To employ more clerks.
B. To arrange an interview.
C. To get a position.
D. To make an advertisement.
- () 2. Which of the following best describes the author according to Paragraph 2?
- A. Patient and sincere.
B. Optimistic and creative.
C. Sensitive and successful.
D. Tough and competent.
- () 3. Which is the most suitable title for the text?
- A. Perseverance brings rewards
B. Dare to take risks
C. Reconsider your career choice
D. Speaking makes a satisfying job

B [2025·北京中关村中学高一期中]

Although it has been revealed in recent years that plants are capable of seeing, hearing and smelling, they are still usually thought of as silent. But now, for the first time, they have been recorded making ultrasonic (超声的) cries when stressed, which researchers say could open up a new field of precision agriculture where farmers listen for water-starved crops.

Itzhak Khait and his colleagues at Tel Aviv University in Israel found that tomato and tobacco plants made cries at frequencies humans cannot hear when stressed by a lack of water or when their stem is cut.

Microphones placed 10 centimetres from the plants picked up sounds in the ultrasonic range of 20 to 100 kilohertz, which the team says insects and some mammals would be capable of hearing and responding to from as far as 5 metres away. A moth may decide against laying eggs on a plant that sounds water-stressed, the researchers suggest. Plants could even hear that other plants are short of water and react accordingly, they speculate (推断).

On average, drought-stressed tomato plants made 35 sounds an hour, while tobacco plants made 11. When plant stems were cut, tomato plants made an average of 25 sounds in the following hour, and tobacco plants 15. Unstressed plants produced fewer than one sound per hour, on average.

It is even possible to distinguish between the sounds to know what the stress is. The researchers trained a machine-learning model to recognize between the plants' sounds and the wind, rain and other noises of the greenhouse, correctly identifying in most cases whether the stress was caused by dryness or a cut, based on the sound's intensity and frequency. Water-hungry tobacco appears to make louder sounds than cut tobacco, for example.

Enabling farmers to listen for water-stressed plants could "open a new direction in the field of precision agriculture", the researchers suggest. They add that such an ability will be increasingly important as climate change exposes more areas to drought.

"The suggestion that the sounds that drought-stressed plants make could be used in precision agriculture seems feasible (可行的) if it is not too costly to set up the recording in a field situation," says Anne Visscher at the Royal Botanic Gardens, Kew, in the UK.

She warns that the results can't yet be broadened out to other stresses, such as salt or temperature, because these may not lead to sounds. In addition, there have been no experiments to show whether moths or any other animal can hear and respond to the sounds the plants make, so that idea remains based on guesses for now, she says.

- () 4. The experiment by researchers at Tel Aviv University shows that _____.
A. tomato plants cry more often than tobacco when hurt
B. plant sounds can be heard by plants quite far away
C. humans can hear water-hungry plants crying
D. moths like laying eggs on stressed plants
- () 5. What is Anne Visscher's attitude towards the finding of the experiment?
A. Disapproving. B. Cautious.
C. Appreciative. D. Optimistic.
- () 6. Taking advantage of the new research finding, farmers can _____.
A. predict the drought
B. reduce greenhouse effects
C. diagnose plant conditions faster
D. detect and remove insects easily
- () 7. Which of the following would be the best title for the passage?
A. Plants get stressed just like us
B. Sounds of plants detected far away
C. Cries of plants break farmers' hearts
D. Plants scream in the presence of stress

班级

姓名

题号
答题区

阅读理解

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