



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

ZHUTIUJING
DUXIE

主题 语境 读写

主 编 肖德好

高中英语

选择性必修第三册 RJ

CONTENTS

目录

艺术

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会 青少年艺术活动	应用文	写 02
◆ Tuesday	阅读理解	人与自我 学习素描的经历	夹叙夹议文	写 04
◆ Wednesday	阅读理解	人与社会 欣赏艺术助益身心健康	说明文	写 06
◆ Thursday	阅读理解	人与社会 凡·高博物馆与宝可梦合作	新闻报道	写 08
◆ Friday	阅读七选五	人与社会 中国艺术	说明文	写 10
◆ Saturday	完形填空	人与自我 艺术启迪自我	夹叙夹议文	写 12
◆ Sunday	渐进写作微技能：应用文写作之建议信			写 14
	主题语境写作：艺术			写 15
	读后续写微技能：心理及情绪描写			写 16

健康的生活方式

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会 在线运动课程平台	应用文	写 19
◆ Tuesday	阅读理解	人与自我 地球明信片图片的启示	记叙文	写 21
◆ Wednesday	阅读理解	人与自我 过度控制对心理健康的影响	说明文	写 23
◆ Thursday	阅读理解	人与自我 秤上数字难断健康	说明文	写 25
◆ Friday	阅读七选五	人与自我 过敏成因与应对研究	说明文	写 27
◆ Saturday	完形填空	人与自我 滑板速降	记叙文	写 29
◆ Sunday	渐进写作微技能：应用文写作之邀请信			写 31
	主题语境写作：健康的生活方式			写 31

环境保护

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自然 拯救濒危物种的历程和感悟	记叙文	写 33
◆ Tuesday	阅读理解	人与自然 “电子种子”载体	说明文	写 35
◆ Wednesday	阅读理解	人与自然 推动 AI 绿色化	说明文	写 37
◆ Thursday	阅读理解	人与自然 共同努力阻止气候变暖	议论文	写 39
◆ Friday	阅读七选五	人与自然 个人助力地球环保	说明文	写 41
◆ Saturday	完形填空	人与自然 垃圾变装饰品	新闻报道	写 43
◆ Sunday	渐进写作微技能：应用文写作之申请信			写 45
	主题语境写作：环境保护			写 46
	读后续写微技能：积极的心理及情绪表达			写 47

逆境与勇气

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自我	五个大器晚成者	应用文 写 50
◆ Tuesday	阅读理解	人与自我	接纳天生残疾的自己	记叙文 写 52
◆ Wednesday	阅读理解	人与自我	激发青少年的勇气	说明文 写 54
◆ Thursday	阅读理解	人与自我	逆境促人成长变强	说明文 写 56
◆ Friday	阅读七选五	人与自我	失味厨师再创传奇	记叙文 写 58
◆ Saturday	完形填空	人与自我	威廉·卡特成功的故事	记叙文 写 60
◆ Sunday	渐进写作微技能：应用文写作之求助信			写 62
	主题语境写作：逆境与勇气			写 62

诗 歌

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	诗歌的节奏	说明文 写 64
◆ Tuesday	阅读理解	人与社会	诗歌课的影响	记叙文 写 66
◆ Wednesday	阅读理解	人与社会	诗歌药房	说明文 写 68
◆ Thursday	阅读理解	人与社会	谷歌人工智能工具写诗	说明文 写 70
◆ Friday	阅读七选五	人与自我	写诗的方法	说明文 写 72
◆ Saturday	完形填空	人与自我	留华学子领悟中国诗	记叙文 写 74
◆ Sunday	渐进写作微技能：应用文写作之感谢信			写 76
	主题语境写作：诗歌			写 77
	读后续写微技能：负面的心理及情绪表达			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。

艺术

词数 292

难度 ★★★

建议用时 7 分钟

正确率 ____/3

Art activities for teens

Art & Design Lab for Teens

Saturday, July 5, 3:00 pm—5:00 pm

Start your weekend **off with** some art and **inspiration!** Each Saturday we offer new gallery adventures, different materials and techniques to feed your creativity. Spend some time or **stop by** to connect with artists and other creative teens.

For ages 13—18, no registration required.

Fee: free.

Five-Day Course

Monday, July 17—Friday, July 21

This year's Teenage Art School explores how artists react to a place, **combining** text and pictures to create statements about life. A famous artist, Sarah Yates, will guide your exploration of working with paints.

This free course is for 14- to 17-year-olds. Whether art is a hobby you **value** deeply or something you are studying, Teenage Art School will help you develop your skills as an artist. There is also a chance to gain the Bronze Arts Award.

Porcelain (瓷器) in the Making

Saturday, June 8, 10:00 am—3:00 pm

What can art-making **materials** tell us about the natural world, global trade, social and cultural frameworks, and artists' ideas? This series of gallery conversations and studio experiences immerses (使沉浸) participants in **hands-on** exploration while exploring the history of a material which was once so highly prized in China that it was known as “white gold”.

Materials provided; pre-registration required.

Fee: regular: \$ 50; membership: \$ 30.

Contemporary Gallery

July 26—August 2

Join us as we **close out** our Teen Artist Academy with an annual exhibition and a dance performance. Artworks created by the youth in our Teen Artist Academy, a 3-week summer camp where teens, aged 14—17, learn to plan and construct **specific** public artworks will be **on exhibit**. This event is free and open to the public.

() 1. What can Five-Day Course offer children?

- A. Some artists' guidance.
- B. Examples of healthy hobbies.
- C. A chance to win a prize.
- D. Creations about an artist's life.

() 2. How much will you pay for porcelain-making to buy 2 membership tickets and 1 regular ticket?

- A. \$ 130.
- B. \$ 110.
- C. \$ 90.
- D. \$ 150.

() 3. Which of the following art activities lasts the longest?

- A. Five-Day Course.
- B. Contemporary Gallery.
- C. Porcelain in the Making.
- D. Art & Design Lab for Teens.

词海拾珠

1. start... off with 以……开始
2. inspiration *n.* 灵感; 启发 → _____ *vt.* 激发; 启示; 鼓舞 → _____ *adj.* 有灵感的; 受鼓舞的; 受启发的 → _____ *adj.* 鼓舞人心的; 启发灵感的
3. stop by 顺路拜访
4. combine *vt.* 使融合; 使联合, 使结合 → _____ *n.* 结合; 混合; 联合
5. value *v.* 珍视, 重视; 给……估价 *n.* 价值; 价值观; 重要性; 数值 → _____ *adj.* 贵重的; 可估价的 → valuation *n.* 估价; 评价 → _____ *adj.* 无价值的 → _____ *adj.* 极宝贵的; 无法估价的
6. material *n.* 材料; 原料; 衣料; 布料 *adj.* 物质的; 重要的
7. hands-on *adj.* 动手的; 实际操作的
8. close out 结束
9. specific *adj.* 明确的; 具体的; 特定的 → _____ *adv.* 特意; 具体地; 明确地
10. on exhibit 展出

【举一反三】

一词多义 value

[原句再现] Whether art is a hobby you **value** deeply or something you are studying, Teenage Art School will help you develop your skills as an artist. 无论艺术是你非常珍视的爱好, 还是你正在学习的内容, 青少年艺术学校都会帮助你发展作为艺术家的技能。

value *v.* 珍视, 重视; 给……估价 *n.* 价值; 价值观; 重要性; 数值

[猜测词义]

- (1) The documentary highlights the cultural **value** of traditional festivals. ()
- (2) Our school's motto "Integrity First" reflects its core **values** of honesty and responsibility. ()
- (3) In maths class, we learned that the **value** of $\sqrt{2}$ is approximately 1.4142. ()
- (4) Students should **value** feedback from teachers to improve their academic performance. ()
- (5) The second-hand bookstore **valued** my old textbooks at ¥80 based on their condition. ()
- (6) The biology teacher explained the ecological **value** of wetlands in maintaining biodiversity. ()

句型透视

[原句] This series of gallery conversations and studio experiences immerses (使沉浸) participants in hands-on exploration while exploring the history of a material which was once so highly prized in China that it was known as "white gold".

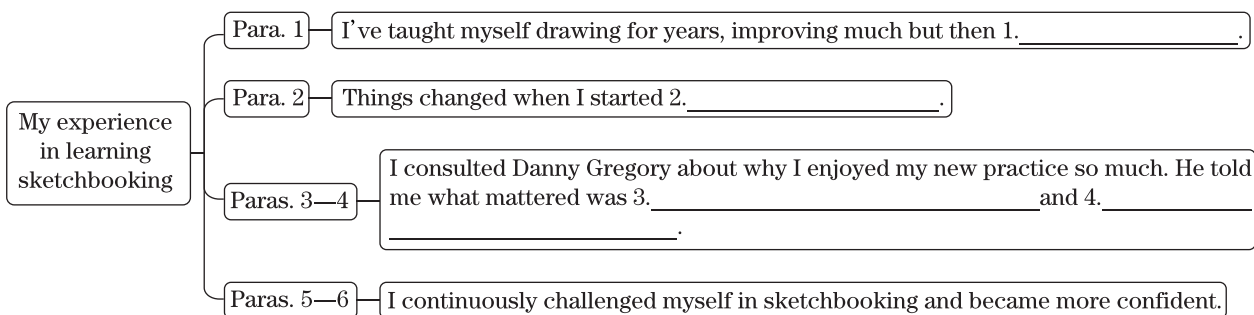
[分析] 这是一个主从复合句。句中 while exploring 是 _____ 从句的省略形式, 省略了主语和 be 动词; which 引导 _____ 从句, 修饰先行词 material; so... that... 引导结果状语从句。

[翻译] 这一系列的画廊对话和工作室体验让参与者沉浸在实践探索中, 同时探索一种曾经在中国被高度重视而被称为“白金”的材料的历史。

[仿写] 筹备音乐节时, 我们真心希望你能加入我们, 这一定会让演出更加成功。

_____ (省略), we sincerely hope you can join us, _____
_____ (定语从句).

语篇分析



词海拾珠

1. repetition *n.* 重复 → _____ *v.* 重复
2. go nowhere 毫无进展
3. click *v.* 被突然明白,豁然开朗;点击
4. mindset *n.* 观念模式;思维倾向
5. become/be taken by 被……吸引或迷住
6. preparatory *adj.* 预备的;筹备的 → _____ *v.* 准备;筹备 → _____ *n.* 准备;筹备
7. portrait *n.* 肖像;半身照;描绘

【举一反三】

一词多义 observe

[原句再现] But I started varying my coffee routine to find new places where I could **observe** life.

但我开始改变喝咖啡的习惯,以寻找能够观察生活的新场所。

observe *v.* 观察;看到;评论;遵守;庆祝

[猜测词义]

- (1) Families **observe** New Year's Eve by staying up, a way to welcome the new year. ()
- (2) Scientists **observed** the rare bird's migration patterns using satellite tracking devices. ()
- (3) It's essential for everyone to **observe** traffic rules to maintain safety on the road. ()
- (4) The critic **observed** that the novels' ending left too many loose ends. ()
- (5) We **observed** a rainbow form after the rain stopped. ()

句型透视

[原句] I spoke to Danny Gregory, a writer who blogs and makes videos about sketchbooking, to try to figure out why I had become so taken by my new practice.

[分析] 这是一个主从复合句。句中 a writer... sketchbooking 是 _____; who 引导 _____ 从句,修饰先行词 writer; to try to figure out... 是不定式短语作目的状语; why 引导 _____ 从句。

[翻译] 我和 Danny Gregory 聊了聊,他是一位作家,写博客并且制作关于素描的视频,我想弄明白为什么我对自己的新做法如此着迷。

[仿写] 杜甫是一位用笔墨记录世间痛苦的诗人,他站在一片疮痍的村庄旁,想弄明白为什么战火似乎永远烧不完,让那么多人无家可归。

Du Fu, _____ (同位语), stood by the ruined village to figure out _____ (宾语从句), leaving so many people homeless.

词数 332

难度 ★★★

建议用时 7 分钟

正确率 _____ /4

The simple act of looking at a piece of **visual** art can boost your well-being, a new research study has found, and this benefit can be gained in a hospital **setting** as well as an art gallery.

Artworks which were included in the study include famous pieces such as *The Scream* by Edvard Munch, *The Starry Night* by Vincent van Gogh, and other pieces of modern and contemporary art. The authors of the study have called on health care providers and policymakers to integrate art into mental health strategies as a low-cost and easily-accessible resource.

Previous research has suggested that viewing art might influence mood or stress, but the research was limited and **inconsistent**, they say. This study examined decades of scattered(零散的) research, providing for the first time a clear and **comprehensive** overview(概述) of when, where and why art viewing is used to promote well-being.

The review of 38 previously published studies covering a total of 6,805 participants was conducted by a team of psychologists from three famous universities. It has been published this week in *The Journal of Positive Psychology*.

The study found that viewing art can improve eudemonic well-being—this is well-being associated with meaning in life and personal growth.

These benefits were observed in a variety of locations—in museums and galleries as well as clinics and hospital settings and also through the medium of virtual reality. A wide range of art types including figurative, abstract, modern and contemporary paintings, photography, sculpture and installations were found to boost well-being.

“People often **think of** art **as** a luxury, but our research suggests that viewing art—whether as a hobby or as a targeted health **intervention**—can meaningfully support well-being,” said MacKenzie Trupp, lead author and researcher at the University of Vienna, Radboudumc, and Donders Institute. “By reframing art as a low-cost, **accessible** well-being resource, this research opens up exciting possibilities of integrating art into everyday environments and public health strategies.”

() 1. **What do the study authors suggest about visual art as a resource?**

- A. It is mainly accessible in luxury galleries.
- B. It can be made affordable and easy to reach.
- C. It requires high costs for health care use.
- D. It is only effective in professional art settings.

() 2. **How is this study different from previous ones?**

- A. It is comprehensive.
- B. It has lasted decades.
- C. It was done by citizen scientists.
- D. It was carried out in hospitals.

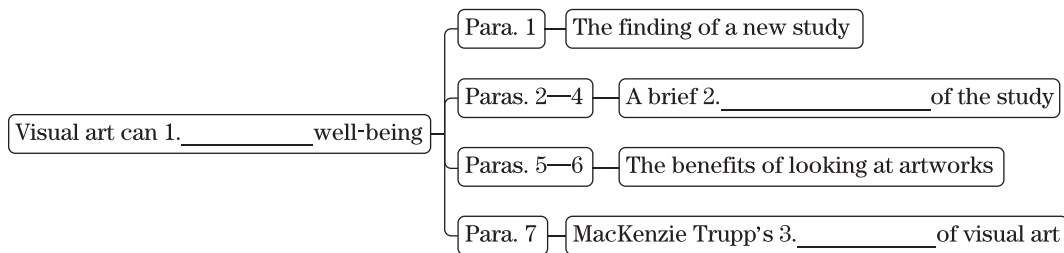
() 3. **What might be the prospect of visual art in Trupp's opinion?**

- A. It will be collected as a luxury.
- B. It will be developed as a main subject.
- C. It will be used to help patients to recover.
- D. It will be explored as a low-cost natural resource.

() 4. **What can be the best title for the passage?**

- A. The importance of art in daily life
- B. Viewing art can improve well-being
- C. Exploring well-being by means of art
- D. The link between art creation and well-being

语篇分析



词海拾珠

1. visual *adj.* 视觉的;视力的→ _____ *adv.* 视觉上;外表上→ _____ *v.* 想象;使形象化;可视化→ _____ *n.* 视力;视觉;想象;愿景→ visualization *n.* 可视化;形象化
2. setting *n.* 环境,场合
3. inconsistent *adj.* 不一致的,不协调的→ _____ *adj.* 一致的;始终如一的;持续的→ _____ *adv.* 一贯地;始终如一地;持续地
4. comprehensive *adj.* 综合性的;全面的
5. think of... as... 把……视为……
6. intervention *n.* 干预,介入→ _____ *vi.* 干涉;调停
7. accessible *adj.* 易得到的;可进入的;可使用的→ _____ *adv.* 可接近地;可得到地

【举一反三】

一词多义 conduct

[原句再现] The review of 38 previously published studies covering a total of 6,805 participants was **conducted** by a team of psychologists from three famous universities.

来自三所著名大学的心理学家团队对38项先前发表的研究进行了回顾,涉及6805名参与者。

conduct *v.* 实施,进行;指挥;带领;表现;传导 *n.* 行为,举止;经营方式,管理方法

[猜测词义]

- (1) She has the ability to **conduct** a band with great passion. ()
- (2) The team will **conduct** a survey on student preferences next week. ()
- (3) The guide will **conduct** us through the ancient castle this afternoon. ()
- (4) Metals **conduct** electricity much better than nonmetals. ()
- (5) His calm **conduct** during the crisis won everyone's respect. ()

句型透视

[原句] The review of 38 previously published studies covering a total of 6,805 participants was conducted by a team of psychologists from three famous universities.

[分析] 本句是一个_____。句子主干“the review was conducted by a team of psychologists”是一个_____; of 38 previously published studies covering a total of 6,805 participants 是作_____的介词短语; covering a total of 6,805 participants 作_____, 修饰名词_____。

[翻译] 来自三所著名大学的心理学家团队对38项先前发表的研究进行了回顾,涉及6805名参与者。

[仿写] 这项对50份近期发布的报告的分析涉及10 000多名受访者,由来自两所顶尖研究机构的社会学家团队完成。

The analysis _____ involving over 10,000 respondents _____ by a group of sociologists from two top research institutes.

词数 362

难度 ★★★★★

建议用时 7 分钟

正确率 ____/4

Art museums allow you to see some of the greatest paintings and sculptures in the world. Viewing art can be inspirational for adults, but children who are used to more hands-on activities can be easily bored with this passive experience.

That's why the Van Gogh Museum in Amsterdam is partnering The Pokémon Company to teach school-aged children one of the Netherlands' most famous artists. Pokémon-themed exhibits are part of the Van Gogh Museum's 50th anniversary celebration, according to a press release from the museum.

"This cooperation will allow the next generation to get to know Vincent van Gogh's art and life story in a new way. The Van Gogh Museum and The Pokémon Company have **drawn on** many years of educational expertise to create a special experience for children and their caregivers," Emilie Gordenker, general director of the Van Gogh Museum, said in the press release.

Vincent van Gogh was a Dutch **impressionist** painter who lived from 1853 to 1890. This prolific artist created over 2,100 artworks including 860 oil paintings. The museum that bears his name contains some of his most **iconic** paintings as well as works by Van Gogh's **contemporary** artists.

For this special cooperation, artists from the company created works that were inspired by some of Van Gogh's famous paintings, reported *Forbes*, including featuring Pikachu shown in a work that was inspired by *Self-Portrait with Grey Felt Hat*. There are also hands-on activities for kids aged 6 and up, which include teaching the young visitors how to draw Pikachu—one of the most **recognizable** characters of the Pokémon brand.

Art offers so many benefits to children including encouraging creativity, improving problem-solving skills, helping fine motor skills, as well as visual-spacing development. The new cooperation at the Van Gogh Museum will encourage kids to grow and to appreciate fine art at the same time. And that is a win-win situation.

() 1. **Why do art museums fail to engage children?**

- A. Children are not motivated by viewing art.
- B. Children prefer outdoor activities to indoor ones.
- C. Children are not interested in famous artists like Van Gogh.
- D. Children find it hard to understand some paintings and sculptures.

() 2. **What is the main idea of Paragraph 3?**

- A. The progress of the cooperation.
- B. The demand for the cooperation.
- C. The significance of the cooperation.
- D. The participants of the cooperation.

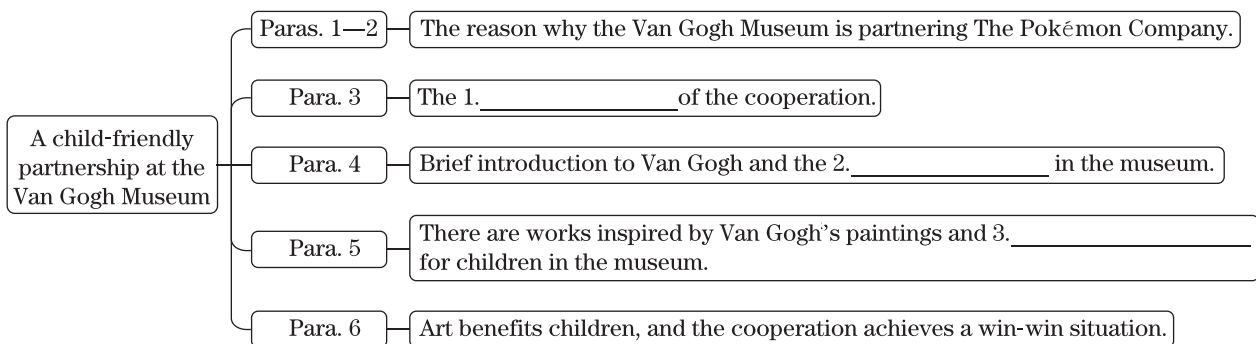
() 3. **What does the underlined word "prolific" mean in Paragraph 4?**

- A. Inspiring.
- B. Fruitful.
- C. Energetic.
- D. Popular.

() 4. **How will the special cooperation at the Van Gogh Museum benefit children?**

- A. Help children become professional artists.
- B. Teach children the history of the Van Gogh Museum.
- C. Develop children's affection for art.
- D. Inspire children to draw paintings featuring Van Gogh and Pikachu.

语篇分析



词海拾珠

- draw on 凭借;利用
- impressionist *n.* 印象派画家 → _____ *n.* 印象,感想 → _____ *adj.* 令人敬佩的;给人深刻印象的
- iconic *adj.* 符号的;图标的;偶像的
- contemporary *adj.* 同时代的;当代的,现代的
- recognizable *adj.* 容易认出的;易于识别的 → _____ *v.* 辨别出;承认;认可 → _____ *n.* 承认;认出;赞誉

【举一反三】

一词多义 bear

[原句再现] The museum that **bears** his name contains some of his most iconic paintings as well as works by Van Gogh's contemporary artists.

以凡·高名字命名的博物馆收藏了一些他最具代表性的画作,以及和他同时代的艺术家的作品。

bear *v.* 有(某个名称);携带;具有;容忍;承担(责任);心怀(感情);生(孩子);结(果实),开(花) *n.* 熊

[猜测词义]

- (1) My mother couldn't **bear** waste—she always made us eat everything on our plates. ()
- (2) The old scholar **bears** deep affection for classical poems, often reciting them softly. ()
- (3) At Christmas the family all arrive at the house **bearing** gifts. ()
- (4) He was born into a family that **bore** an ancient and honoured name. ()
- (5) The sturdy bush, after enduring storms, begins to **bear** sweet fruits by early autumn. ()
- (6) He must **bear** the burden of fixing the mess, as his careless choice led to it. ()

句型透视

[原句] For this special cooperation, artists from the company created works that were inspired by some of Van Gogh's famous paintings, reported *Forbes*, including featuring Pikachu shown in a work that was inspired by *Self-Portrait with Grey Felt Hat*.

[分析] 这是一个主从复合句。第一个 that 引导 _____ 从句,修饰先行词 works;动名词短语 featuring Pikachu 放在介词 including 后作其宾语,进一步说明创作的作品包括什么;过去分词短语 shown in a work 作定语,修饰 Pikachu;第二个 that 引导 _____ 从句,修饰先行词 work。

[翻译] 据《福布斯》报道,为了这次特别的合作,该公司的艺术家们创作了以凡·高的一些名画为灵感的作品,其中有幅作品里有皮卡丘,这幅作品的灵感来自《戴灰色毡帽的自画像》。

[仿写] 我申请这个交换项目,包括在接收学校学习课程和体验那些与植根于我们自己国家的文化所不同的文化。

I'm applying for the exchange programme, including _____ and experiencing cultures different from those _____ (后置定语).

词数 259

难度 ★★★

建议用时 7 分钟

正确率 ____/5

In early times, Chinese art often served as a means to **submit to** the will of heaven through ceremony and sacrifice. People believed proper rituals (仪式) would bring good fortune from spirits.

1. _____ This communication with gods occurred during the Shang Dynasty, which showed that art acted as a bridge between the human world and heaven.

As society evolved, however, the role of art began to expand beyond the ceremonial respect. Ancient Chinese society, rooted in farming, **emphasized** understanding nature's patterns and living **in accord with** it. Therefore, the concept of "Tian Ren He Yi" (Heaven-Human Unity) was reflected in various forms of artistic creation. 2. _____

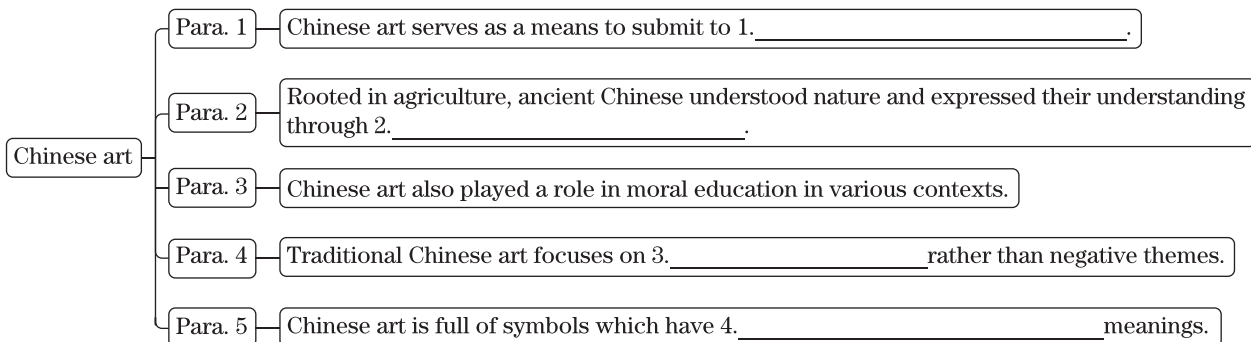
3. _____ Ancient wall paintings showed virtuous (品德高尚的) individuals performing good **deeds** while those with poor conduct committing evil acts, thus serving as a moral warning. Portraits focused on **moral** qualities of the subject rather than their physical appearance, as seen in Confucian-inspired paintings where a scholar's humility might be represented by slightly lowered shoulders.

However, traditional Chinese art avoids themes like war or death, focusing instead on **uplifting** subjects. Even lifeless objects such as rocks are painted as living symbols of universal energy. 4. _____ Unlike Western abstract art, traditional Chinese art rejects pure form without meaningful content.

At the same time, Chinese art is full of **symbols**: bamboo, which can be bent by **circumstance** but never broken, suggests the scholar's spirit, while jade, valued for its crystal purity, symbolizes noble character. 5. _____ And pine trees, twisted yet enduring, represent survival in hardship. These symbols are all positive and inspiring, which show that Chinese people cherish noble qualities and life, making Chinese art truly unique.

- A. Meanwhile, art also served moral education.
- B. No artwork was accepted unless it carried noble meaning.
- C. Winter plums, blooming in snow, indicate unyielding quality.
- D. As time passed, art was closely tied to agricultural production.
- E. Therefore, traditional Chinese landscape paintings are still very popular.
- F. Bronze vessels were made for sacrifice to the spirits of family ancestors.
- G. Gradually, art shifted from religious purposes to expressing human understanding of nature.

语篇分析



词海拾珠

1. submit to 顺从
2. emphasize *v.* 强调 → _____ *n.* 重点; 强调
3. in accordance with 按照; 和……相一致
4. deed *n.* 行为
5. moral *adj.* 道德的 *n.* 道德标准; 寓意 → _____ *n.* 道德; 品行 → _____ *adj.* 不道德的
6. uplifting *adj.* 令人振奋的; 鼓舞人心的
7. symbol *n.* 象征; 符号 → _____ *adj.* 象征性的; 符号的 → _____ *v.* 象征; 使用符号
8. circumstance *n.* 环境; 条件; 状况; 命运

【举一反三】

一词多义 commit

[原句再现] ... while those with poor conduct **committing** evil acts, thus serving as a moral warning.
……而品行不端的人作恶多端, 以此起到道德警示的作用。

commit *v.* 犯(错误、罪行等); 承诺, 保证; 投入(时间、精力等); 牢记, 记住

[猜测词义]

- (1) We must **commit** those warm moments to memory, letting them light up life's journey. ()
- (2) The man was arrested for **committing** theft by breaking into the neighbour's house. ()
- (3) Despite the pressure, she **committed** herself to leading the team to finish the project. ()
- (4) He has **committed** two hours every evening to practising maths problems. ()

句型透视

[原句] ... bamboo, which can be bent by circumstance but never broken, suggests the scholar's spirit, while jade, valued for its crystal purity, symbolizes noble character.

[分析] 本句为主从复合句。由并列连词 _____ 连接两个分句, 形成对比。句中 which 引导 _____, 修饰 bamboo; 过去分词短语 valued for its crystal purity 作 _____, 修饰 jade。

[翻译] ……竹子, 虽能被命运折弯却永不折断, 象征着文人的风骨; 而玉石, 因其晶莹纯净而备受珍视, 象征着高尚的品格。

[仿写] 书籍虽被岁月磨损却永存智慧, 象征着知识的永恒价值; 而笔因书写万千思想备受青睐, 代表着创造的力量。

Books, _____, symbolize the permanent value of knowledge, while pens, _____, represent the power of creation.

词数 278

难度 ★★★

建议用时 15 分钟

正确率 ____/15

I used to believe talent was everything until I met Ms Carter in ninth grade. She taught art, and her classroom walls were covered with students' paintings—some **messy**, some 1, but all uniquely **expressive**.

One day, she challenged me to join her after-school class. **Hesitant** but curious, I 2 a brush. My first still-life painting was a 3—the apples looked flat, and the colours were mismatched. **Frustrated**, I almost 4 when Ms Carter sat beside me. “Art isn't about perfection,” she said. “It's about 5 what you feel.”

I kept trying. Weeks later, while sketching a sunset scene, I 6 **spilled** blue paints across my canvas. Instead of panicking, I **blended it into** the sky. Ms Carter 7, “Now that's interesting!” For the first time, I felt **a spark of** 8 in my work.

But **comparison** crept in. A classmate's abstract piece won a school award, while mine was **labeled** “too traditional”. I 9 my style entirely, copying **bold** techniques but losing my voice. Ms Carter noticed. “Why seek others' 10 when your own **perspective** matters?” she asked.

It took months to 11 her words. I began painting ordinary things—cracked sidewalks, my dog's muddy paws—with 12 details. Slowly, my canvases were filled with stories only I could tell.

Last month, our school exhibited my series “Quiet Moments”. A freshman approached me, saying, “Your art feels... 13.” That simple comment, offered with 14 eye contact, meant more than any trophy (奖杯).

Now I understand: creativity isn't a race. It's a quiet 15 to uncover what really **exists** within you, **guided** by your own honest feelings.

- | | | | |
|-----------------------|-----------------|----------------|------------------|
| ()1. A. delicate | B. concrete | C. specific | D. visual |
| ()2. A. picked up | B. put up | C. dealt with | D. made up |
| ()3. A. success | B. creation | C. disaster | D. wonder |
| ()4. A. apologized | B. quit | C. protested | D. persisted |
| ()5. A. proving | B. constructing | C. capturing | D. guaranteeing |
| ()6. A. purposely | B. accidentally | C. precisely | D. literally |
| ()7. A. sighed | B. joked | C. whispered | D. cried |
| ()8. A. pride | B. gratitude | C. liberation | D. courage |
| ()9. A. defended | B. abandoned | C. simplified | D. insisted |
| ()10. A. approval | B. guidance | C. fame | D. encouragement |
| ()11. A. process | B. question | C. grasp | D. criticize |
| ()12. A. complex | B. predictable | C. unexpected | D. amusing |
| ()13. A. noble | B. realistic | C. subjective | D. humble |
| ()14. A. steady | B. generous | C. repeated | D. energetic |
| ()15. A. competition | B. experiment | C. recognition | D. exploration |

词海拾珠

1. messy *adj.* 凌乱的, 杂乱的 → _____ *n.* 混乱 *v.* 弄乱
2. expressive *adj.* 有表现力的; 富于表情的 → _____ *v.* 表达; 表露; 快递邮寄 → _____ *n.* 表达; 表示; 表情; 感情
3. hesitant *adj.* 犹豫的 → _____ *v.* 犹豫, 迟疑 → _____ *n.* 犹豫, 迟疑
4. frustrated *adj.* 感到沮丧的; 失意的; 挫败的 → _____ *v.* 使沮丧; 使懊恼; 挫败; 阻挠 → _____ *n.* 沮丧; 懊恼; 挫败; 受阻 → _____ *adj.* 令人沮丧的; 令人懊恼的
5. spill *v.* 泼洒, 溢出
6. blend... into... 把……融合到……(背景)中
7. a spark of (指品质或感情) 一线, 一点
8. comparison *n.* 比较 → _____ *v.* 比较; 对照; 将……比作
9. label *v.* 贴标签于; 把……称为 *n.* 标签; 绰号
10. bold *adj.* 大胆的, 敢于冒险的; 粗体的 *n.* 粗体; 黑体
11. perspective *n.* 视角; 观点, 看法
12. exist *v.* 存在 → _____ *n.* 存在 → _____ *adj.* 现存的
13. guide *v.* 引导; 指导; 为……引路 *n.* 指南; 导游; 指导者 → _____ *n.* 指导; 引导 → guided *adj.* 有指导的; 有向导的 → _____ *n.* 指导方针; 准则; 参考

【举一反三】

前缀 mis-表示“错误; 不当; 坏; 否定”等含义, 加在动词、名词或形容词前, 构成新的词, 表达与原词相反或错误的概念。

[原句再现] ...the apples looked flat, and the colours were **mismatched**.

……那些苹果看起来毫无立体感, 而且色彩搭配也不协调。

[猜测词义]

- (1) They had seriously **miscalculated** the effect of inflation. ()
- (2) We had the **misfortune** to run into a violent storm. ()
- (3) The product was **misabeled**, so customers bought the wrong size. ()
- (4) Parents must teach their kids how to avoid any kind of social **misconduct**. ()
- (5) The **misshapen** clay pot still showed the effort he put into it. ()

句型透视

[原句] It's a quiet exploration to uncover what really exists within you, guided by your own honest feelings.

[分析] 这是一个主从复合句。该句 to do 不定式表 _____; 句中“what really exists within you”为 _____ 从句; guided by... 为过去分词短语作 _____, 表 _____, 逻辑主语与主句主语一致。

[翻译] 这是一场安静的探索, 旨在发现你内心真正存在的东西, 由你自己的真实感受所指引。

[仿写] 勇气是一场安静的抗争, 旨在面对最让我们恐惧的事物, 由我们自己的坚强意志所支撑。

Courage is a quiet struggle to face _____ (宾语从句), _____ (状语).

渐进写作微技能：应用文写作之建议信

学 写作知识

【写作指南】

建议信是写信人向收信人对某事提出的建议和忠告。信的内容要包括写信的原因、建议的内容、提出建议的理由。建议信要求简明扼要、目的明确,具有合理性和说服力,同时注意礼貌用语,避免绝对化。具体写作步骤一般是“三段式”,具体为:

开头段:简短自我介绍(可选),明确写作目

的,用一句话概括建议方向。

主体段:段落布局要按建议的重要性或逻辑顺序展开,通常以 Firstly, Secondly, Thirdly 或 To begin/start with, Then, Later, Last but not least 依次陈述建议,肯定对方的同时向其提出具体的建议或忠告,用语要礼貌,使其欣然接受。

结尾段:总结建议价值,表达鼓励与信心,并乐意提供进一步的帮助。

练 写作技能

I. 根据汉语提示完成下列句子

- I have received your letter _____
_____ (说你在学习中文方面有困难), so I'm writing to offer you some suggestions.
- I'm very sorry to learn that you are in a difficult situation and _____
_____ (对如何提高学习效率感到苦恼).
- _____ (首先,养成每天阅读的习惯) can significantly expand your vocabulary.
- _____ (你需要做的是努力学习英语), which is a good way of getting more opportunities to communicate with others.
- What's more, we should reduce the homework burden on students so that they can have more time to sleep and take exercise. _____
_____ (只有这样学生的健康状况才能大大改善).
- I sincerely hope _____
_____ (这些建议将作为切实可行的方法提高你的学习效率), and you are bound to make remarkable progress. _____ (请随时与我联系), if you need further guidance.

II. 根据汉语提示完成下面的语篇,并背诵短文

学校新建的图书馆前的空地即将绿化,现通过校英语报 *Colourful Campus* 征求学生的建议。假如你是李华,请给编辑 Martin 写封邮件,内容包括:

- 绿化布局; 2. 设计理由。

注意:写作词数应为 80 个左右。

【参考范文】

Dear Martin,

Hearing our school is to green the empty space in front of the new library, 1. _____ (我想要分享我的建议).
2. _____ (这将会是一个好主意) to plant colourful flowers in the east part 3. _____ (在那里学生可以享受自然之美). And trees and benches can be arranged in the west section 4. _____ (以便供给学生一个学习和放松的地方). Besides, the central part can be covered with grass with a sculpture standing there, 5. _____ (反映我们学校的文化).
6. _____ (感谢您考虑我的建议). I hope our school will become more beautiful.

Yours,
Li Hua

主题语境写作：艺术

话题总述

“艺术”是高中新课标话题之一，也是高考评价体系中提高审美意识的重要部分。该话题主要包括各种文学类型、艺术形式、文化名人以及艺术家等方面。“艺术”这个话题与我们的实际生活密切相关，对于学生了解国内外的艺术形式以及它们的特点、历史、发展与创新等都有帮助。该话题能够引导学生接受和尊重不同国家和民族的艺术形式，并亲身感受艺术的魅力。

词句复现

[常见词块]

1. 随着音乐跳舞

2. 根据……改编……

3. 主演

4. 为……而设计

5. 以……为根据

6. 以……为背景

7. 美感

8. 赋予……生命/生命力/活力

9. 扮演……角色

10. 演出，上演

[常见表达]

1. The Chinese Ink Painting Exhibition mainly focuses on the history of the traditional Chinese ink paintings and displays famous paintings from different dynasties, _____

中国水墨画展主要关注中国传统水墨画作的历史，并展出不同朝代的著名绘画作品，从这个展览中你有望深入了解中国文化的发展。

2. As you know, Beijing Opera is one of the most influential operas in China, _____

_____.

正如你所知道的那样，京剧是中国最有影响力的戏剧之一，它拥有 200 多年的历史。

3. In addition to improving creativity, learning music also cultivates many skills _____

_____.

除了提高创造力，学音乐还可以培养许多技能，让你的孩子受益终生。

4. _____

the audience truly felt the elegance and depth of ancient Chinese culture.

正是在中国传统舞蹈缓慢流畅的动作中，观众真正感受到了中国古代文化的优雅与深厚。

主题范文背诵

[2024·新课标 I、II 卷]

假定你是李华，上周五你们班在公园上了一堂美术课。请你给英国朋友 Chris 写一封邮件分享这次经历，内容包括：

1. 你完成的作品；2. 你的感想。

注意：写作词数应为 80 个左右。

【精彩美文】

Dear Chris,

I'm writing to share with you an art class I had in a park last Friday.

We were asked to draw or paint something **that impressed us most. Inspired by the fantastic scenery**, I decided to create a watercolour of the small bridge over the park's pond, **surrounded by blooming flowers**.

The entire experience was incredibly refreshing. **Being surrounded by nature not only** sparked my creativity **but also** offered a much-needed break from the usual hustle and bustle of school life. I felt **a deep sense of peace as I painted**.

In a word, it was not just an art class; it was a moment of connection with nature **that I truly cherished**.

Yours,

Li Hua

主题写作仿写

假定你是李华,上周你校举办了艺术节活动。请你为校英文报写一篇报道,内容包括:

1. 活动时间、地点;
2. 活动内容;
3. 活动反响。

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】

The art festival

1. _____ (为了帮助学生进一步理解艺术), our school held the art

festival last Sunday in the Student Service Centre. A great number of participants from three grades 2. _____ (积极参与其中). We 3. _____

(不仅欣赏了各种类型的传统中国画), but also had an opportunity to display our modern artworks, like the electronic Kong Ming lantern. Besides, we shared our feelings with others and took photos for memory. The festival 4. _____ (结果很成功) and 5. _____ (它被高度认可) by most of the participants.

读后续写微技能: 心理及情绪描写

一、心理及情绪描写的原则

1. 落实“细微处”描写

在描写人物的心理活动和情绪时,一定要突出细节,所有的感情都体现在“细微处”,所以尽量不用笼统的词,如 smile, cry 等,而用相关的细节性词汇或词组。例如:

Lily wore a shining smile on her face.

(对比:Lily smiled happily.)

分析:wore a shining smile 用词组的形式更加突出细节,展示了细微和精致的“微笑”描写。

2. 体现“多样性”结构

在进行人物心理及情绪描写时,可以多采用非谓语动词等形式,作为谓语动作的伴随状态,从而使描写到位,并体现语法结构的多样性。如:

(1) Her eyes were filled with tears, and she offered her sincere thanks to the man.

(2) Tears filling her eyes, she offered her sincere thanks to the man.

分析:句(1)在描写“哭泣”时,用到了 her eyes were filled with tears。而句(2)则把这句改成了独立主格结构 tears filling her eyes,描写更细致,同时也体现了句式的多样化,展示了高超的语言运用能力。

3. 展示“丰富化”修辞

除了选择细致的心理及情绪描写词汇和多样化的句式表达外,提升语言层次的另外一种方式是多使用修辞手法。例如:

I feel like I am floating in an ocean of sadness.

分析:句中把“悲伤”比喻成“像漂浮在悲伤的海洋

里”,展示了用修辞手法来体现细节描写的丰富性。

二、心理及情绪描写的方法

(一) 肢体动作 + 情感词汇

1. I felt so unhappy about what he had said that I just sank into the sofa and cried.

他说的话让我感到很不开心,我一屁股坐在沙发上哭了起来。

2. The expression on her face upset Mr Smith deeply. With a heavy heart, Mr Smith walked home.

她脸上的表情让史密斯先生很难过,他心情沉重地走回了家。

3. He paused, and covered his face with his hands/buried/hid his face in his hands, too upset to speak.

他停了下来,双手掩面,难过得说不出话来。

(二) 神态描写 + 情感词汇

1. She held the letter, her hands shaking and her eyes showing deep sorrow of being totally forgotten.

她拿着信,双手颤抖,眼睛流露出被完全遗忘的深深的悲伤。

2. A look of anxiety flashed across his face, his eyebrows knitted into a deep frown.

他的脸上闪过一丝焦虑,眉头紧紧地皱了起来。

3. The man's eyes softened, his face breaking into a grateful smile as he accepted the yogurt.

那人的眼神变得柔和了,当他接过酸奶时,他的脸上出现了感激的微笑。

(三) 借用修辞手法或无灵主语句

1. His last word went like a bullet to her heart. She burst into tears and ran out of the room.

(比喻)

他最后一句话像颗子弹一样扎入她的心里。她突然哭了起来,跑出了房间。

2. The moon winked at me through the clouds above. (拟人)

月亮透过云层向我眨了眨眼睛。

3. As he looked at Katherine, great sorrow/sadness clouded his eyes. (无灵主语句)

他看着凯瑟琳,满眼忧伤。

4. When he heard the news of his friend's accident, a frown stood on his face and his face clouded over. (无灵主语句)

当他听说他朋友发生事故的消息时,他眉头紧锁、满脸愁容。

(四) 直接描写和间接描写

心理描写可以揭示人物的内心世界,表达人物的性格、特点、感情和思想等。心理描写可以运用直接描写和间接描写两种方法。

1. 直接描写:直接写出人物心里的感受、想法或打算,会直接出现表达心理活动的词(比如“害怕”“想”“打算”),常用“I felt”“she thought”“he planned”等句式。如:

(1) He turned to me, with his eyes full of horror.

他转向我,眼里充满了恐惧。

(2) Fear slowly creeps up on her.

恐惧慢慢地蔓延到她身上。

2. 间接描写:不直接说人物在想什么、感受如何,而是通过人物的动作、表情、说话方式等外在表现,让读者猜到人物的内心。句子里不会直接出现“恐惧”。如:

(1) Her face turned pale and she stood there tongue-tied.

她脸色苍白地站在那里,说不出话来。

(2) She shook all over, feeling like sitting on pins and needles.

她浑身颤抖,觉得如坐针毡。

【跟踪演练】

I. 翻译句子

1. The loneliness and grief/sadness/sorrow _____.

孤独和悲伤不断涌上心头。

2. _____, Jenny felt her face burning and found herself unable to speak for a few minutes.

珍妮深感内疚,觉得自己的脸在发烫,发现自己有好几分钟说不出话来。

3. Tony cannot hide the joy of his heart, _____.

托尼抑制不住内心的喜悦,像小鸟一样飞进了家门。

4. I felt hot on my face, cold sweat in my hands and _____.

我觉得脸上火辣辣的,手心里满是冷汗,心头像有上千个蚂蚁爬过。

5. Before exams, I always _____.

考试前,我总是紧张不安。

II. 语境续写

When the bell rang, the English teacher was about to give out the test papers she had corrected. Tom 1. _____

_____ (屏住呼吸并且不断低语),

“Teacher, please show me mercy.” Nervous and worried, he couldn't help squeezing his sleeves and 2. _____

_____ (感到他的心跳得越来越快). He tried to 3. _____

_____ (停止胡思乱想,但是无济于事). He thought he might fail the test this time. “How will the teacher blame me? Will mum scold me? Dad,

oh, he is on business now... But if he comes back what if ... Oh, I dare not think about it any longer.” After 4. _____

(内心激烈挣扎) he finally got his paper.

