

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智慧教辅

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练习册

高中英语

选择性必修第一册 YLNJ



本书为AI智慧教辅

“讲题智能体”支持学生聊着学，扫码后哪题不会选哪题；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 Food matters

主题素养积累

Culture and cuisine

The French author Jean Anthelme Brillat-Savarin once wrote, "Tell me what you eat, and I will tell you what you are." **Put more simply**, this means **"You are what you eat."** Most people today **relate** this saying **to** healthy eating. However, Brillat-Savarin was actually **referring to** our personality, character, and culture.

Chinese cuisine is **a case in point**. We first travelled to Shandong Province in the eastern part of North China. My favourite dish there was boiled dumplings served with vinegar. I observed that family is important to the people there. **It has become a favourite traditional dish of the people in North China, where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help.** Later, I learnt that the most famous food in Shandong is pancake rolls stuffed with sliced Chinese green onions.

region, what kinds of lives they lead, and what they like and do not like. **What we can say, however, is that culture and cuisine go hand in hand, and if you do not experience one, you can never really know the other.**

(人教版选择性必修二 Unit 3 改编)

【主题词句背诵】

1. put more simply 更简单地
2. You are what you eat. 人如其食。
3. relate... to... 把……和……联系在一起
4. refer to 指的是
5. a case in point 典型的例子, 恰当的例证
6. at a minimum 至少
7. go hand in hand (两件事)密切相关
8. It has become a favourite traditional dish of the people in North China, **where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help.** (定语从句)

02

夯实语言基础，搭建知识框架

词汇点睛

1. combination *n.* 结合体; 结合, 联合
(教材 P2) No matter how bad my mood is, that perfect **combination** is always enough to lift my spirits.

不论我情绪有多差, 这种绝妙的组合都足以令我振作。

- (1) in combination with 与……联合
(2) combine *vt.* & *vi.* (使)结合, (使)混合
combine... and/with... 把……和……结合起来

【活学活用】

(1) 单句填空

① [2023 · 新高考全国 I 卷] With the right _____ (combine) of animals and plants, he figured, maybe he could clean up waste the way nature did.

句型透视

1. (教材 P2) Whenever I feel lonely, I have a secret recipe that never fails: rice, milk and sugar, cooked low and slow. 每当我感到孤独时, 我都有一个屡试不爽的秘方: 把大米、牛奶和糖放到一起, 用小火慢炖。

句型公式

“疑问词-ever”引导的状语从句

【句式点拨】

本句中 whenever I feel lonely 是 whenever 引导的状语从句, whenever 可以用 no matter when 替换。

【归纳拓展】

1. “疑问词-ever/no matter + 疑问词”引导状语从句, 表示“无论……, 不管……”, 用于该句型的引

课内基础巩固

① 单词拼写(每小题1分, 满分10分)

1. If we _____ (降低) the age limit, more people will sign up for the competition.
2. I often have a short walk after supper to help _____ (消化) the food.
3. The _____ (味道) of **creamy** ice cream is so attractive that I keep my mouth watering.
4. The milk has gone _____ (馊的), so they will go to the supermarket to buy some fresh.
5. Chinese _____ (甜点) are typically lighter and less sweet than Western ones.
6. It is important to be extra careful while we bike in the foggy weather to ensure s_____.
7. She c_____ to work to burn extra **calories**

physical and _____ (emotion) health.

6. These noodles cooked by my father tasted so _____ (salt) that we had to add some **vinegar** to eat them.
7. She felt _____ (relieve) to find her lost wallet lying under the sofa.
8. Personalized workout plans can _____ (generate) by the latest version of the software.
9. Smoking is **linked** _____ numerous health problems, including lung cancer and heart disease.
10. Seeing my baby's smiles always put me _____ a good **mood** whenever I returned home from work.

课后素养提升

Ⅶ 完形填空(每小题1分, 满分15分)

When I was a child, my mum never forced me to finish my food. Instead, she 1 me to try everything three times: first, to taste it; second, to get accustomed to the 2; and lastly, to confirm if I truly 3 it. After three tries, she wouldn't make me eat it again.

Days ago, I watched my daughter frown when she 4 took her second and then her third 5 of spinach, her least favourite food. I was reminded of how this rule had 6 my life. It helped me overcome fears and encouraged me to carry on until I achieved 7.

As I grew older, I carried this 8 with me. When faced with something outside my comfort zone, I reminded myself to try it at

- | | |
|-----------------------|--------------------|
| () 3. A. ordered | B. preferred |
| C. disliked | D. finished |
| () 4. A. unwillingly | B. greedily |
| C. happily | D. shamefully |
| () 5. A. drink | B. bite |
| C. picture | D. view |
| () 6. A. arranged | B. confused |
| C. fixed | D. shaped |
| () 7. A. balance | B. success |
| C. understanding | D. greatness |
| () 8. A. belief | B. phenomenon |
| C. incident | D. moment |
| () 9. A. losing | B. deciding |
| C. leaving | D. planning |
| () 10. A. mother | B. challenger |
| C. writer | D. winner |
| () 11. A. amused | B. thoughtful |

Ⅳ 写作

第一节 应用文写作(满分15分)

[2025·河北邯郸高二期中]

假定你是李华。你校将于下周六举行“我的拿手菜(My Special Recipe)”大赛, 并举办健康饮食讲座。你的留学生朋友 Jackson 对中国饮食很感兴趣, 请你用英语写一封 e-mail 邀请他参加此次活动。内容包括以下要点:

1. 活动时间和地点;
2. 活动的内容和意义。

注意: 1. 词数 80 个左右;

2. 可以适当增加细节, 以使行文连贯。

第二节 读后续写(满分25分)

[2025·湖北楚天协作体高二期中]

阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

Sometimes, I had dirt under my fingernails. Mum said that was OK, as long as I washed hard before dinner. She understood because she was a gardener like me except that she said little vegetables tasted best. I might be small, but I liked veggies BIG.

Mum grew carrots the size of my little finger. I grew carrots as long as my arm. Mum grew tomatoes that looked like beans, so sweet and tiny. We put them in our mouths by the handful. I grew tomatoes so big that one piece

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Unit 1 Food matters

★ 提示：加底纹词汇为复现词汇

Period One Welcome to the unit & Reading—Reading comprehension

● 阅读理解(每小题 2.5 分, 满分 30 分)

A [2025 · 广东深圳高二期中]

Seeing the text from Kathy: “A family picnic this weekend?”, I found my hands began to sweat; my heart beat hard. I wanted to yell, “No! Why would you suggest that? I thought we were friends!” I hated picnics.

My hatred of them began as a child. I always got carsick and it was hot all the way. Air conditioning in vehicles was pretty much unheard of in the 1980s in Birmingham, and my mother insisted on having all the windows closed because of the unpleasant smell of gas. We would arrive at some faraway destination, usually a car park with a field attached next to a plant, and unpack tasteless sandwiches, nearly cold sausage rolls and disgusting salads. My mother sat in a relaxed way on a rug (小毯子) while we girls were playing nearby or maybe lying next to her. But for me this was a time when I suffered a lot. It was frightening to be attacked by ants or spot a dead rabbit in the grass.

As an adult, I'd avoided all picnics, but this time I couldn't. I just said yes, without letting Kathy sense my true feeling about them. She is my best friend and sometimes you must make sacrifices for people you like a lot. “I'll bring the food, and you bring the drink,” she said.

My ridiculously enthusiastic family and I arrived at the picnic site. My expectations were

low. Kathy and her husband Dave unloaded folding tables, chairs, a table cloth and... a cool box of delicious food mostly purchased from a local deli (熟食店), which does all manner of pre-prepared salads and cold cuts. There was fresh bread, olives, even candles to keep away insects, music, and wine. It was completely delightful. There may have been children playing around too, even if one of them did find a dead bird (told you!). I am now a picnic enthusiast and we're planning another. I'm even reading up on picnic recipes for it!

- () 1. What was the author's attitude towards Kathy's suggestion according to Paragraph 1?
- A. Supportive. B. Opposed.
C. Indifferent. D. Embarrassed.
- () 2. What can be inferred from the author's childhood picnics?
- A. The food was delightful.
B. She enjoyed the journey.
C. She thought the wild unpleasing.
D. She could talk with her mother alone.
- () 3. Why did the author accept Kathy's picnic invitation?
- A. Because she didn't want to hurt Kathy's feelings.
B. Because her family wanted to have the picnic.
C. Because she liked the picnic place.
D. Because Kathy promised her a good picnic.

- ()4. What did the author write the text for?
- A. To remember an unforgettable trip.
 - B. To record her memories of family picnics.
 - C. To express her thanks to her friend Kathy.
 - D. To describe her changed attitude to picnics.

B [2025·四川成都高二期中]

People are motivated to try a vegetarian (素食的) diet for different reasons—from ethical and religious, to potential health and environmental benefits. But many people have a hard time sticking to it. In fact studies show many self-reported vegetarians actually do consume some animal products.

“A lot of people who want to be vegetarian are perhaps not able to,” says Dr Nabeel Yaseen, of Northwestern University Feinberg School of Medicine. “We wanted to know if genetics (遗传学) is part of the reason,” he says.

Yaseen and his team members compared the DNA of about 330,000 people. They found 34 genes (基因) that may play a role in sticking to a strict vegetarian diet. And they identified 3 genes that are more tightly linked to the feature.

“What we can say is that these genes have something to do with vegetarianism,” Yaseen says. “Perhaps vegetarians have different variants of these genes that make them able to choose a strict vegetarian diet,” he explains. The study is published in *PLOS ONE*, a peer-reviewed science journal.

Interpreting the genetic role is not exactly an easy task to finish. Humans have thousands of genes and there are millions of tiny variations

(变异) in DNA building blocks, known as single nucleotide polymorphisms (SNPs), where you can see differences between individuals.

To identify SNPs that are connected with the particular feature of sticking to a vegetarian diet, Yaseen and his workmates did a genome-wide connection study. When they found one SNP connected with vegetarianism, they looked to see the genes around it in the same area.

Of the three genes most strongly connected with vegetarianism, the authors say two of them (known as NPC1 and RMC1) have important functions in lipid- or fat-metabolism. The study can't answer exactly how genetic differences could shape or influence vegetarians, but Dr Yaseen has some ideas. His research has disclosed many unknown aspects of genetics.

- ()5. Why did Dr Nabeel Yaseen research vegetarians?
- A. To understand health benefits of vegetarianism.
 - B. To investigate genetics in vegetarian devotion.
 - C. To study the environmental impact of vegetarianism.
 - D. To explore the cultural aspects of vegetarianism.
- ()6. What can we learn about genes from Yaseen's study?
- A. They have the same variations.
 - B. They determine vegetarian fat.
 - C. They may influence vegetarianism.
 - D. They play no role in dietary choices.
- ()7. What is the author's attitude to Yaseen's findings?
- A. Critical.
 - B. Appreciative.
 - C. Unconcerned.
 - D. Doubtful.

- ()8. What is the best title for the text?
- A. The benefits of vegetarianism
 - B. The diet research on vegetarians
 - C. Challenges in maintaining a vegetarian diet
 - D. The role of genetics in vegetarian devotion

C [2025·河南百师联盟高二期中]

Who doesn't love a warm, delicious and satisfying meal? Food is what keeps human bodies full of nutrients and it provides the energy needed to go through life. But there is more to eating than just survival. People often use food to bond (建立密切联系) with others through shared meals, food gifts and celebrations. As the Better Health Channel reports, food is used by people in all countries and cultures around the world as a way to come together and enjoy.

Gathering together with friends and family, or even with strangers, nourishes (滋养) more than our bodies. And what's interesting is that it's not necessarily the actual food that makes the meal so important. The social interaction of the meal setting encourages people to pay attention to each other and to connect, *Life* magazine reports.

So how can people include these important "bonding through food" practices into their lives? Some suggest going out to eat with friends, family members or coworkers bimonthly or even weekly. Going out to eat or sharing meals with others creates much deeper and more meaningful interactions when compared to other joint activities like watching a movie or TV together.

Research conducted by the University of Oxford showed that people who eat socially are more well adjusted in social and emotional settings and are more likely to feel better about themselves. And although many people eat their

meals alone, 76 percent of the people questioned think sharing a meal is a good way to bring people closer.

So why is it that eating with others feels good? A study conducted by the University of Chicago concludes that it is all about trust. According to the research, food helps develop trust since eating the same food together with someone else suggests that both parties are willing to bring the same thing into their body. It's only natural that trust and cooperation are likely to develop as a result of this bonding experience.

- ()9. What is the purpose of sharing meals beyond survival?
- A. To provide energy for the body.
 - B. To bring people together socially.
 - C. To serve as a form of entertainment.
 - D. To celebrate personal achievements.
- ()10. What can we know from the *Life* magazine's reports?
- A. Social interaction during meals is significant.
 - B. Meals are primarily for nutritional purposes.
 - C. The food itself is the most important aspect.
 - D. Eating alone is more beneficial than sharing meals.
- ()11. How can people put "bonding through food" into practice?
- A. By sharing food gifts more often.
 - B. By watching movies or TV together.
 - C. By spending more time with the family.
 - D. By eating together with others regularly.
- ()12. Why does sharing meals feel good?
- A. It provides a sense of belonging.
 - B. It offers an opportunity for relaxation.
 - C. It develops trust between individuals.
 - D. It allows for the sharing of diverse opinions.

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Period Two Welcome to the unit & Reading—Language points

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 10 分)

1. If we _____ (降低) the age limit, more people will sign up for the competition.
2. I often have a short walk after supper to help _____ (消化) the food.
3. The _____ (味道) of **creamy** ice cream is so attractive that I keep my mouth watering.
4. The milk has gone _____ (傻的), so they will go to the supermarket to buy some fresh.
5. Chinese _____ (甜点) are typically lighter and less sweet than Western ones.
6. It is important to be extra careful while we bike in the foggy weather to ensure s _____.
7. She c _____ to work to burn extra **calories** and stay fit every morning.
8. The programme aims to provide a relaxing atmosphere for students to talk with n _____ speakers.
9. The local art a _____ organized an exhibition featuring young painters' works.
10. The shared love for music formed a strong b _____ between the two strangers.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. The city's charm lies in a _____ (combine) of modern architecture and historical sites.
2. Totally ignoring table manners, he _____ (greedy) grabbed the last piece of bread on the plate with his bare hands.
3. The dumplings were filled with _____ (vary) fillings, such as pork, shrimp, and vegetables.
4. The therapist listened attentively, _____ (gentle) guiding the patient to express his **emotions** bravely.
5. Physical exercise is important for both our

physical and _____ (emotion) health.

6. These noodles cooked by my father tasted so _____ (salt) that we had to add some **vinegar** to eat them.
7. She felt _____ (relieve) to find her lost wallet lying under the sofa.
8. Personalized workout plans can _____ (generate) by the latest version of the software.
9. Smoking is **linked** _____ numerous health problems, including lung cancer and heart disease.
10. Seeing my baby's smiles always put me _____ a good **mood** whenever I returned home from work.

❸ 短语填空(每小题 2 分,满分 12 分)

1. These pills should _____ (奏效) and you'll feel much better in no time.
2. Whenever I encounter difficulties, she will encourage me and help me _____ (振作起来).
3. Many villagers had to _____ (从……离开) their homeland to earn a living.
4. Nowadays, the increasing number of road accidents _____ (迫切需要) traffic safety measures to save lives.
5. There is no denying that the secret to good health _____ (在于) a balanced diet and regular exercise.
6. After hearing the good news, she smiled _____ (如释重负).

❹ 句型训练(每小题 3 分,满分 12 分)

1. _____, their children deserve some time with them every day.
父母不管有多忙,每天都应该抽一些时间和孩子们在一起。

2. _____, I saw some students playing there. (非谓语)
朝窗外望去,我看见一些学生在那边玩耍。
3. I'd like a second opinion _____.

我在做决定之前,想听听别人的意见。

4. I think _____ in this rapidly changing world. (形式主语)
我认为在这个快速变化的世界中,保持终生学习者的状态至关重要。

课后素养提升

Ⅴ 完形填空(每小题 1 分,满分 15 分)

When I was a child, my mum never forced me to finish my food. Instead, she 1 me to try everything three times: first, to taste it; second, to get accustomed to the 2; and lastly, to confirm if I truly 3 it. After three tries, she wouldn't make me eat it again.

Days ago, I watched my daughter frown when she 4 took her second and then her third 5 of spinach, her least favourite food. I was reminded of how this rule had 6 my life. It helped me overcome fears and encouraged me to carry on until I achieved 7.

As I grew older, I carried this 8 with me. When faced with something outside my comfort zone, I reminded myself to try it at least three times before 9. It motivated me to pursue my dream of becoming a 10.

Now, my once-picky eater daughter made me 11 by saying, "Mummy, I actually like the green leaves of the spinach now." The three-try rule 12!

If I hadn't followed that rule, I'd still be 13 in a job I hated. In my thirties, I followed my ambition to become an author. After two unsuccessful 14 with a publishing house, I took a deep breath and tried for a third time, which led me to a life I now 15. As for my daughter, she's grown into a teenager who finds pleasure in eating spinach.

- () 1. A. helped B. advised
C. hurried D. **impressed**
- () 2. A. **flavour** B. smell
C. temperature D. sight

- () 3. A. ordered B. preferred
C. disliked D. finished
- () 4. A. unwillingly B. **greedily**
C. happily D. shamefully
- () 5. A. drink B. bite
C. picture D. view
- () 6. A. arranged B. confused
C. fixed D. shaped
- () 7. A. balance B. success
C. understanding D. greatness
- () 8. A. belief B. phenomenon
C. incident D. moment
- () 9. A. losing B. deciding
C. leaving D. planning
- () 10. A. mother B. challenger
C. writer D. winner
- () 11. A. amused B. thoughtful
C. grateful D. surprised
- () 12. A. mattered B. **generated**
C. worked D. changed
- () 13. A. expert B. cautious
C. ordinary D. stuck
- () 14. A. interviews B. attempts
C. exchanges D. adventures
- () 15. A. experience B. respect
C. enjoy D. regret

Ⅵ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·湖南长沙高二期中]

Most Americans love Chinese food. However, the Chinese food served in most American restaurants is very different from the authentic cuisine enjoyed daily by people living in China. 1. _____ Then many Chinese immigrants had trouble landing a job in America. To make a living, some of them opened restaurants. Over

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these years, Chinese cuisine has been adapted to reflect Western influences.

2. _____ The Chinese food found in Western restaurants is mainly cooked through frying. Many dishes are cooked using various frying methods. However, traditional Chinese food is rarely cooked through frying. Instead, methods such as baking, steaming, boiling and fermenting (发酵) are more commonly used.

Another big difference between authentic and westernized Chinese food is the ingredients used. 3. _____ Some ingredients—like carrots, onions and tomatoes—are not often used in authentic Chinese cooking. In addition, while you can find some Western cuisines that use strange meats like pig ears, most Western cultures are pretty conservative about the meats they consume. Authentic Chinese food, in contrast, uses a wider variety of protein sources, including tofu, snake, chicken feet, duck blood and many more that westerners generally wouldn't choose to eat.

4. _____ Sweet and Sour Chicken, for example, has no equivalent (同等物) in traditional Chinese cuisine. Similarly, the fortune cookie is a completely American invention.

Indeed, there are numerous differences between authentic and westernized Chinese cuisine, but Western palates (味觉) adapt to new flavours easily. 5. _____

- A. The history of westernized Chinese food started in the mid-1800s.
- B. Westernized Chinese food features vegetables that are common in Western cuisines.
- C. There are so many regions in China, and they all prepare their dishes a little bit differently.
- D. So it may only be a matter of time before authentic Chinese food becomes popular in America.
- E. Many of the most popular Chinese dishes in the West are not served in Chinese restaurants at all.

F. Deep-frying food is quick, which is why you can usually get your Chinese food in just a few minutes.

G. One of the main differences between authentic and westernized Chinese food lies in cooking methods.

Ⅶ 语法填空 (每小题 1.5 分, 满分 15 分)

[2025·河北部分学校高二期中联考]

Noodles have been a beloved food worldwide for thousands of years. But did you ever wonder who made the very first noodles?

The earliest known noodles, made from millet and dating back 4,000 years, 1. _____ (discover) in 2002 in an ancient Chinese village, inside 2. _____ upside-down clay bowl. Around the same time, traders from the Middle East brought wheat to China, 3. _____ (lead) to the development of long wheat noodles, and chefs today can stretch dough into 3-metre noodles in just minutes.

The myth that Marco Polo introduced pasta to Italy after his travel in China may be untrue, 4. _____ (possible) a creation of an American magazine to boost pasta consumption. Marco Polo's writings indicate noodles enjoyed wide 5. _____ (popular) in Italy, as he compared them to Italian pasta. The earliest 6. _____ (write) record of pasta outside China is from the Middle East, about 1,600 years ago, detailing dried noodles as a travel food. These noodles were 7. _____ (taste), portable, and didn't spoil, making them perfect for long 8. _____ (journey). Historians believe noodles were spread from the Middle East or Central Asia by traders 9. _____ were introduced to Italy well before Marco Polo.

So who really invented noodles remains unknown, with a history as twisted as a bowl of spaghetti. Despite this, the world is grateful 10. _____ the invention, which has added flavour and variety to cuisines across the globe.

Period Three Grammar and usage & Integrated skills

课内基础巩固

❶ 单句填空(每小题 1.5 分, 满分 12 分)

1. One of the most effective ways to **relieve** stress is _____ (step) outside, breathe in the fresh air, and immerse yourself in nature's beauty by simply enjoying the **scenery**.
2. It is important _____ (have) a positive **atmosphere** in the workplace, as it greatly influences employee productivity.
3. The purpose of education is _____ (develop) a fine personality in children.
4. I **bet** Josephine must have had the disease very _____ (mild) as she showed no symptoms.
5. It's hardly possible _____ (learn) a foreign language without making painstaking effort.
6. My dream is _____ (open) my own **bakery** and share my love of baking with the community.
7. Which book _____ (read) next depends on your current interest and reading goal.
8. To learn a musical instrument is _____ (cultivate) patience and artistic perception.

❷ 语法与写作(每小题 3 分, 满分 15 分)

1. It is a great honour for me _____ to compete in this match.
我很荣幸能代表我的国家参加这场比赛。
2. Maria and Peter lived in a coastal city and the greatest pleasure in summer for them _____ after school.
玛丽亚和彼得住在一个沿海城市, 夏天他们最大的乐趣就是放学后去他们当地的海滩游泳。

3. It is impossible for these **elderly** people _____ in such a short period of time.

对于这些老年人来说, 在这么短的时间内掌握这么多新的技能是不可能的。

4. My ambition is _____ in China after graduation.

我的志向是毕业后在中国创业。

5. What we're trying to do this year for Earth Day is _____.

今年我们在地球日想做的就是给人们一个机会去做一些有意义的事情。

❸ 语篇填空(每小题 1.5 分, 满分 15 分)

[2025 · 广东汕头高二期中]

Eugene Kwak wanted to do more for farmers

1. _____ his New York City routine—shopping at farmers' markets. Eugene decided he could use his experience as an architect and professor to create a space for farming, food, and people to come together through agritourism and education.

His first step was 2. _____ (find) land in the Hudson Valley. With the help of a local friend, Eugene found a piece of 15-acre land 3. _____ was previously part of a dairy farm that fitted his needs. Then, Eugene was ready to move forward by finding a farmer whom he wanted to partner. This time as 4. _____ landowner, he looked for a(n) 5. _____ (suit) farmer to give the land new life with a vegetable operation. 6. _____ exchange, he offered a free 30-year land lease (租期) and below-market rent on half of a two-family house he was in the process of building on the property.

Eugene designed the 7. _____ (arrange) himself to empower a young farmer by providing the opportunity to farm worry-free and for a long time.

Eugene found 8. _____ (he) match with Jack Whettam and Melissa Phillips, a couple

from California 9. _____ (seek) an opportunity to farm in the Hudson Valley. The couple started Hidden Acre Farm on the property in early 2019. The farmers 10. _____ (help) to connect to market opportunities in New York City.

课后素养提升

Ⅳ 完形填空(每小题 1 分,满分 15 分)

[2025·陕西汉中高二期中]

When I was young, I struggled with body image and disordered eating. I used disordered eating to 1 my emotions and feel more in control of my life. Afterwards, I'd over-exercise to 2 my body for what I'd eaten, especially if I thought the 3 too much.

But later I realized how unhealthy my 4 were. A happier life was possible, the one in which I'd hang out with friends and join in enjoyable exercise in my free time 5. I wanted to have a wonderful life filled with amazing 6. In response to it, I stopped punishing my body and began to 7 it right. My body and I had done nothing wrong in eating and enjoying food, but my life would be happier once I was 8.

Once I became healthier, I dove back into 9. I attended Zumba classes with an old roommate. I 10 how cool it was and how privileged I was that my body could do so many fancy dance moves. I even became one of the 11 of the technique award.

We live in a world where feeling okay about our eating and body image is close to 12 sometimes. But a healthy life is the one that everyone should 13 for. I'm so 14 that I'm able to exercise my body through dancing, and here I want to 15 other particular abilities of my body.

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|-----------------------|-----------------|
| () 1. A. deal with | B. give up |
| C. find out | D. hand in |
| () 2. A. examine | B. cheat |
| C. punish | D. defeat |
| () 3. A. money | B. amount |
| C. debt | D. expectation |
| () 4. A. contests | B. associations |
| C. surgeries | D. behaviours |
| () 5. A. easily | B. actively |
| C. unluckily | D. sadly |
| () 6. A. secrets | B. trips |
| C. prizes | D. memories |
| () 7. A. keep | B. change |
| C. treat | D. make |
| () 8. A. smarter | B. quieter |
| C. healthier | D. thinner |
| () 9. A. medicine | B. dance |
| C. paint | D. writing |
| () 10. A. realized | B. responded |
| C. doubted | D. imagined |
| () 11. A. poems | B. winners |
| C. designers | D. sellers |
| () 12. A. impossible | B. unfortunate |
| C. incorrect | D. terrible |
| () 13. A. wait | B. elect |
| C. study | D. fight |
| () 14. A. careful | B. hopeless |
| C. peaceful | D. grateful |
| () 15. A. celebrate | B. invent |
| C. discover | D. hide |

V
阅读七选五(每小题 2.5 分,满分 12.5 分)

Every 40 seconds someone in the US has a stroke (中风), and about three-quarters occur in people aged 65 or older. 1. _____. And the lifestyle steps you take can be especially powerful in avoiding a stroke. Here's what you can do now to reduce your risk.

2. _____. Take high blood pressure for example, which some research suggests is responsible for almost half of all strokes. A heart-healthy eating plan may help control it. Also try to limit salt intake, maintain a healthy weight, and exercise regularly.

3. _____, ask your doctor what levels you should try to achieve and whether medicines are proper. Staying out of the high blood pressure range can be challenging with age due to the higher possibility for medicine side effects. Another important condition to watch out for is Atrial Fibrillation (AFib) (房颤), an irregular and often rapid heartbeat, which affects at least 10 percent of people over age 80. 4. _____.

A heart-healthy lifestyle can reduce that risk. But older adults may still develop it, so report irregular heartbeats, chest pressure, shortness of breath, and dizziness to your doctor right away. 5. _____, the American Heart Association says people over age 65 should have a yearly examination to check for the condition. Treatments include blood thinners and the surgical (外科手术的) implantation of a pacemaker.

Type-2 diabetes (糖尿病) and high blood fat make you more likely to have a stroke as well, so it's also important to get them under control.

- A. As AFib is regarded as incurable
- B. Because AFib sometimes has no signs
- C. But about 80 percent of all strokes are preventable

- D. When it is easy for you to control your blood pressure
- E. If your blood pressure is high even with the above measures
- F. People with AFib are about five times as likely to have a stroke
- G. Keeping certain conditions at bay can cut the likelihood of a stroke

VI
语法填空(每小题 1.5 分,满分 15 分)

[2025·重庆第八中学高二期中]

Recently, a unique food trend has gained 1. _____ (popular) among young people in China. Known as “leftover food blind boxes”, these innovative meal options provide a convenient and 2. _____ (significance) way to enjoy delicious food while also reducing food waste. To date, this concept 3. _____ (receive) the attention of many curious young individuals. The concept of “leftover food blind boxes” originated abroad, specifically from an app called Too Good To Go that started in Denmark in 2015. Its goal is 4. _____ (fight) against food waste by offering surplus (剩余的) unsold food from nearby stores and restaurants 5. _____ a reduced price.

Inspired by videos posted by Chinese creators living abroad 6. _____ shared their experience, Chinese consumers and businesses have quickly accepted the idea, 7. _____ (lead) to similar operations in major Chinese cities like Beijing, Shanghai, and Chengdu. The operational methods of the “leftover food blind box” model can vary between stores. Some boxes contain pre-packaged meals 8. _____ (base) on a store's sales before the evening, while others allow customers to choose from 9. _____ still remains in the store around closing time. However, the latter option is less common. The contents of the blind boxes are often only revealed upon opening, adding 10. _____ element of surprise to the dining experience.

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Period Four Extended reading & Project & Assessment

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 10 分)

1. Due to the _____ (潮湿的) conditions, the natives tend to use pepper as one of the key ingredients in their dishes.
2. _____ (朴素的) and simple clothes are appropriate for school wear.
3. The old book's pages were torn at the _____ (边缘) from years of frequent use.
4. Working in such a positive and energetic _____ (气氛), all the employees are in a good mood.
5. His speech focused on _____ (多样的) issues, including education, economy, and environmental policy.
6. First, combine 300 g _____ of flour with two eggs and appropriate water.
7. The latest app v _____ includes new features to enhance user experience significantly.
8. The production of saucers reached its peak during the Song Dynasty, with millions produced each year.
9. With precise timing and skill, the chef expertly fried the steak to a perfect golden-brown.
10. The teacher explained this complex scientific concept by using simple everyday examples.

❷ 单句填空(每小题 1.5 分,满分 12 分)

1. The supermarket places a strong _____ (emphasize) on building strong bonds with its customers.
2. _____ (innovate) is essential for businesses to stay competitive in the market.
3. The dog's collar should fit _____ (loose) around its neck so it can breathe and move comfortably.
4. "Twenty years is a long time," he smiled _____ (bitter).

5. So far, he _____ (consume) about 300 calories through his morning run.
6. The coach's words stimulated the team _____ (give) their all in the game and lowered their stress before the match.
7. I _____ (impress) by delicious dishes available at the buffet, which included steak, dumplings, desserts, etc.
8. The stressful day at work left me in a bad mood and with no appetite _____ dinner.

❸ 短语填空(每小题 2 分,满分 8 分)

1. He decided to _____ (投身于) studying for the upcoming exam to ensure a good grade.
2. The teacher often _____ (放任学生们) in the library to choose their own books and explore their interests.
3. The view from the top of the mountain was _____ (美得不得了); I had never seen such breathtaking scenery before.
4. The neighbourhood association _____ (破裂) as members gradually lost interest in community projects.

❹ 句型训练(每小题 3 分,满分 9 分)

1. A wolf escaped from the Dorford Zoo this morning and _____ still at large in the Dorford area.
今天早上,一只狼从多尔福德动物园逃脱,人们相信它仍在多尔福德地区,未被捕获。
2. They said when they arrived there, _____ the Great Wall was so long.
他们说当他们到达那里时,他们首先发现的是长城是那么长。
3. Lucy is _____ we all like her. 露西是一个如此可爱的女孩,以至于我们都喜欢她。

Ⅴ 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·江苏盐城七校联考高二期中]

Whether they are long, slim, or wide, our tongues may be even more unique than we give them credit for. An analysis suggests that each of us may have a unique “tongue print” just as we have individual fingerprints.

Averaging about just 10cm in length, with only the front two-thirds visible, our tongues are covered in hundreds of small buds, known as papillae, some of which hold our taste buds, whereas others enable our tongues to sense texture (口感), friction, and touch. “These are critical for interaction and transport of food and liquids in the mouth,” said Rayna Andreeva, a PhD student at the University of Edinburgh, who led the research.

But while the taste function of papillae has been well researched, far less is known about the differences in shape, size and patterns of papillae between different people. To investigate, Andreeva and her colleagues thus trained AI computer models to learn from thousands of microscopic scans of individual papillae, taken from silicone moulds (硅胶模型) of 15 people’s tongues, mapping their size, characteristics and location on the tongues’ surfaces.

Ultimately, the researchers found that a single papilla could predict someone’s gender and age with moderate accuracy, up to 67%—75%, and even the specific individual could be identified from the 15 study participants with about 48% accuracy (a random predictor would have an accuracy of just 6.66%). “We were surprised to see how unique these tongue features are to each individual,” said Professor Rik Sarkar at the University of Edinburgh.

The research could provide new insights into how tongue features correlate with various foods, according to the researchers. “Imagine

being able to design individually targeted food according to the conditions of specific people and thus ensure they can get proper nutrition while enjoying their food,” Andreeva said. “For instance, a better understanding of the physical mechanisms that happen when different people eat chocolate could lead to alternatives that offer a similar feel and sensation but with a lower fat content.”

- () 1. What does the second paragraph mainly talk about?
- The impact of tongue size on food preferences.
 - The functions of the different parts of our tongue.
 - The psychological reactions to food consumption.
 - The significant role of papillae in food perception.
- () 2. What was the primary focus of Andreeva and her colleagues’ research?
- How different patterns of papillae affect people’s taste.
 - How physical features of papillae vary among individuals.
 - What factors contribute to the differences in tongue papillae.
 - What methods can be used to measure the differences in papillae.
- () 3. Which of the following statements might Rik Sarkar agree with?
- People of the same age share similar tongue papillae.
 - Tongue papillae can be used as a means of identification.
 - The size and distribution of tongue papillae change with age.
 - It is hard to predict one’s gender based on tongue papillae alone.

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- () 4. How can the research potentially benefit food producers?
- A. By improving their food production efficiency.
- B. By enhancing their food preservation techniques.
- C. By making food catering to the consumers' needs.
- D. By having more ways to improve the taste of food.

B [2025·河北衡水中学高二期中]

Do you ever wonder about what the term “locally-grown food” means? Do you wonder where your food comes from? Locally-grown food and sustainability are on the rise, and it's important to know why this trend in farming matters.

Hawaii, in particular, is a pretty isolated place. About 85 percent of food is imported. Much of what gets to their table depends on what comes to use by ship. Sometimes, one notices there is no milk or other product left at the grocery store because there is a problem with a barge (驳船).

Steven Chiang, a professor from University of Hawaii, pointed out that in Hawaii, the cost of labour is high for people who might want to farm the land. Since many different groups or individuals own small pieces of land, getting access to farmland is also difficult.

However, Chiang added, “There are many benefits to growing food locally on the islands and elsewhere.” For one, they can hold onto traditions and the types of food they like. Food in soil will have the chance to mature more, and maybe absorb more nutrition. Areas of land that might be used for other things, like new apartments or office buildings, can be preserved. Also, plants can extract the carbon dioxide in the air, benefiting the environment.

Chiang said that there was more to locally-grown food than just those benefits. “Having

local food helps make people aware of where their food comes from,” he said. When people are disconnected from the food system and don't know where their food comes from, there's a tendency to make potentially negative choices. “Because we're so efficient at shipping and importing,” he added, “we don't realize or know what it takes, and that can lead to poor decisions that can harm us all.”

So what can you do? In Hawaii, there are many opportunities to volunteer at local farms. But in other areas around the world, you can do your part by supporting and buying locally-grown food. You can also help spread awareness by educating your friends and family. You can even grow your own food—in a container in your kitchen or in your backyard!

- () 5. What can be inferred about Hawaii's food supply?
- A. Hawaii relies heavily on imported food.
- B. Hawaii's cost of living is low for farmers.
- C. Hawaii's grocery stores are often short of milk.
- D. Hawaii's farmland is enough for all local needs.
- () 6. Which is a benefit of growing food locally?
- A. Lowering the cost of local labour.
- B. Increasing the variety of imported food.
- C. Preserving land for non-agricultural use.
- D. Offering quick access to imported food.
- () 7. What is Chiang's attitude towards locally-grown food?
- A. Negative. B. Doubtful.
- C. Undecided. D. Favourable.
- () 8. What is the author's purpose of writing the last paragraph?
- A. To encourage gardening at home.
- B. To advocate sustainable practices.
- C. To promote local farming in Hawaii.
- D. To discourage buying imported food.

Period Five Writing

① 阅读理解(每小题 2.5 分,满分 20 分)

A [2025·浙江衢州五校联盟高二期中]

Enjoying a juicy watermelon is one of summer's greatest pleasures, particularly when you don't have to avoid any seeds. Indeed, humans have adapted many fruits to be seedless in search of a more pleasant eating experience.

The navel orange (a sweet orange that is usually seedless), for example, came about after a random genetic mutation (随机的基因突变) produced a single branch with seedless fruit long ago. Cuttings of the branch were joined to other trees, and today, all of the world's navel oranges are copies of this original. A similar discovery led to seedless grapes, which are thought to first appear in ancient Rome before making their way to the Americas in the 1870s.

Scientists have a few guesses about why plants might have developed these abilities. For one, plants can hybridize (杂交) more easily than some kinds of animals, and hybridization unlocks the new potential. Even if some combinations don't pan out, researchers have documented examples of "hybrid advantage", in which a hybrid is fitter than either of its parents. Lastly, because the purpose of fruit is to draw animals near to help spread their seeds, parthenocarpy, the production of fruits without fertilization (受精), may ultimately allow trees to produce more fruit at a lower energetic cost if they don't need to make seeds, too.

Regardless of why seedless fruits exist, they represent an interesting thought experiment, according to Stacey Smith, a plant evolutionary biologist at the University of Colorado Boulder. On the one hand, many are unable to continue

surviving without human involvement, but on the other hand they're also wildly successful for that same reason. There are very few, if any, wild navel oranges, and yet it's estimated that California will produce 76 million cartons of them this year alone.

"My personal take is that all plants under human care have won in some sense, because they don't have to make more of themselves. We do it for them," Smith told Live Science. "Just because they're not reproducing sexually and making seeds, who cares? We will never stop eating watermelons, and being able to make seedless ones just means we eat more watermelons."

- () 1. What is the similarity between the orange and grape mentioned in the text?
- A. Being native to ancient Rome.
B. Being seedless due to genetic change.
C. Being grown from seeds rather than cuttings.
D. Being joined to other plants for a sweeter taste.
- () 2. What does the underlined phrase "pan out" in Paragraph 3 probably mean?
- A. Die out. B. Fall through.
C. Work out. D. Come apart.
- () 3. Why is the existence of seedless fruits considered a thought experiment?
- A. It contributes to the balance of nature.
B. People still have doubts regarding seedless fruits.
C. Seedless fruits have a high demand but limited production.
D. It inspires thinking on natural selection and human activity.

- ()4. What is the best title of the text?
- A. The journey of seedless fruits: from mutation to market
 - B. Seedless fruits: a human-aided evolutionary wonder
 - C. Genetic mutations: the only way to create seedless fruits
 - D. Hybridization: the key to seedless fruits' success

B [2025·四川内江高二期中]

3D printing is becoming more and more popular. We are now able to create things we need very quickly and easily using 3D printers. But can you imagine printing food?

Some scientists are trying to revolutionize the dining experience by doing this. They hope that having a 3D printer in the kitchen will be as common as the microwave oven or blender.

Scientists say that it'll be quite easy: you simply have to select a recipe and put the raw food “inks” into the printer. You can also modify the instructions to make the food exactly how you want it. This means that it would be very quick and easy to create tasty and nutritious meals.

Using 3D printers to create your meals would also be saving the environment. There would be less need for traditional growing, transporting and packaging processes as food production would be a lot more efficient. For example, alternative ingredients (原料) such as proteins from algae, beetroot leaves and insects could be converted into tasty products.

Printing food could also help people who suffer from dysphagia (a swallowing disorder). They could program the printer to print softer versions of their favourite foods so that they would not have trouble swallowing them.

However, some people think that a future of 3D food printing would be a disaster. It could take away many jobs, including those from

growing, transporting and packaging food. Imagine a world where there was no need for farming or growing crops and the same tastes could be printed from a raw “food ink”. Likewise, traditional cafes and restaurants might lose business. Also, there are concerns about the nutritional value of printed food: Is it really possible to get the nutrients we need from food-based inks and gels (凝胶)?

What's more, cooking and eating together with family and friends has long been a traditional and enjoyable activity. It is hard to imagine a world where the pleasure of cooking is dead and meals can be created at the touch of a button.

- ()5. Which of the following best describes 3D food printing?
- A. Quick and popular.
 - B. Easy and efficient.
 - C. Nutritious and tasty.
 - D. Soft and convenient.
- ()6. Why do some think that 3D food printing would be a disaster?
- A. Traditional food would disappear.
 - B. Many people could lose their jobs.
 - C. It would affect the people's health.
 - D. We could all eat the same food.
- ()7. What can we infer from the passage?
- A. 3D food printing will replace traditional cooking.
 - B. 3D printing food can treat dysphagia.
 - C. 3D food printing would hurt our tradition of food culture.
 - D. 3D food printing would be a failure.
- ()8. Which of the following can be the best title for the text?
- A. 3D food “printing”: coming to the kitchen
 - B. Can 3D printing create everything?
 - C. 3D printing food will be in fashion!
 - D. The disadvantage of 3D food printing

II 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2025·江西南昌高二期中]

A large part of the world's total sugar supply comes from beets. Most markets carry this sugar, but it may not always be clearly labeled. You may think the white sugar you just bought is made from sugar cane. 1. _____

Beets have been an important crop in human agriculture for centuries, with evidence of their planting dating back to ancient civilizations in Europe. However, it was not until the 16th century that beets' potential as a source of sugar was realized. 2. _____ Later, they slowly spread to America.

One key advantage of using beets for sugar is that compared to sugar cane, beets can be planted in cooler regions. 3. _____ Beet sugar is also easier to produce, just requiring very basic processing. So in consideration of the cost-effective characteristics, beets are an attractive alternative to sugar cane.

4. _____ The initial step involves washing and cutting up the beets, followed by passing them through a machine that forces hot water past the beet pieces. The resulting juice is then combined with liquids squeezed from the beets. The mixture is then heated, leading to a thick, sweet liquid. Finally, the liquid is further processed to obtain beet sugar, which is chemically nearly identical to sugar cane sugar.

The quantities of beet sugar and sugar cane sugar can be used equally in baking recipes. 5. _____ While some people are able to tell a difference, many others can't tell whether a baked treat has been made with beet sugar or sugar cane sugar. So beet sugar sometimes can replace sugar cane sugar in a baking recipe.

- A. Beets can be easily processed.
- B. But its source may be actually beets.
- C. The flavour of baked foods is quite similar.
- D. Let's look at how exactly to make beet sugar.

E. In most cases, people tend to eat sugar cane sugar.

F. Besides, beets are tougher and able to grow on land of poor quality.

G. Therefore, beet sugar processing plants began to be built in Europe.

III 语法填空(每小题 1.5 分,满分 15 分)

[2025·山东日照校际联合考试高二期中]

Sichuan cuisine, 1. _____ was developed as early as the Western Han Dynasty (202 BC—AD 8), developed quickly during the Tang Dynasty (618—907) and the Song Dynasty (960—1279) and is celebrated in the works of the ancient Chinese 2. _____ (poet) Du Fu and Lu You. In recognition of that history, in 2010, the United Nations Educational, Scientific and Cultural Organization (UNESCO) named Chengdu a “City of Gastronomy”, 3. _____ (make) the capital of Southwest China's Sichuan Province the first city in Asia to be accorded that honour.

When modern Sichuan cuisine was taking shape more than three centuries ago, chilli peppers (辣椒) from America 4. _____ (introduce) to the region—an ingredient that gives Sichuan dishes their distinctive character to this day. According to a local guidebook 5. _____ (publish) in 1909, the chilli peppers are used very frequently in 1,328 Sichuan-style recipes in the book.

In recent years, as Chengdu has enhanced 6. _____ (it) image on the world stage as the birthplace and development centre of Sichuan cuisine, the city's specialty has also become more popular 7. _____ (global), showcasing its charm and vitality in international exchanges.

For many foreign political figures and celebrities, “interaction” with Sichuan cuisine is 8. _____ must-have experience. When David Cameron was serving 9. _____ the prime minister of the United Kingdom, he visited Chengdu specifically 10. _____ (enjoy) Sichuan tea and hot pot.

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IV 写作

第一节 应用文写作(满分 15 分)

[2025·河北邯郸高二期中]

假定你是李华。你校将于下周六举行“我的拿手菜(My Special Recipe)”大赛,并举办健康饮食讲座。你的留学生朋友 Jackson 对中国饮食很感兴趣,请你用英语写一封 e-mail 邀请他参加此次活动。内容包括以下要点:

1. 活动时间和地点;
 2. 活动的内容和意义。
- 注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

第二节 读后续写(满分 25 分)

[2025·湖北楚天协作体高二期中]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

Sometimes, I had dirt under my fingernails. Mum said that was OK, as long as I washed hard before dinner. She understood because she was a gardener like me except that she said little vegetables tasted best. I might be small, but I liked veggies BIG.

Mum grew carrots the size of my little finger. I grew carrots as long as my arm. Mum grew tomatoes that looked like beans, so sweet and tiny. We put them in our mouths by the handful. I grew tomatoes so big that one piece covered a whole pizza.

Last summer, Mum was growing tiny pumpkins (南瓜). I was growing the biggest pumpkin ever. I was trying to win at the harvest fair (丰收集市).

I chose the best place, right by where Mum grew her zucchini (西葫芦). I planted the pumpkin seed (种子) and I watered it. When

the baby plant came up, I fed and protected it carefully. And it grew. The first flower opened and the next day, a baby pumpkin grew at the bottom of the flower.

Over the next few weeks, the little pumpkin got bigger. I carefully took off each new flower after it opened so that the plant would grow only one big pumpkin, instead of many little ones. It needed all of its power to make the biggest pumpkin ever.

When summer got hot, I gave my pumpkin more water and love. To avoid the zucchini plants being sad, I gave the zucchini water, too.

My pumpkin became orange as it became ready. And still it grew. It was the biggest pumpkin ever. Bright as the late summer sun. It was round as a planet, so my friend Kam called it Planet Pumpkin. The harvest fair was the next day, and Planet Pumpkin was going to win. Mum cut my pumpkin from the vine (藤蔓) so I could place it in my truck, but it was too big to lift by myself. Mum helped. So did Kam.

注意:续写词数应为 150 个左右。

Paragraph 1:

After much hard work, we almost got the pumpkin in the truck. _____

Paragraph 2:

The next day at the harvest fair, Mum, Kam, and I won sixth prize in the zucchini competition. _____

► 单元小测

Unit 1

Ⅰ 单句填空(每小题 1.5 分, 满分 18 分)

1. The project's success depends _____ (essential) on team cooperation and resource management.
2. The great changes in China over the past few years made a deep _____ (impress) on the foreign visitors.
3. To our _____ (relieve), clothes and blankets have been distributed among the people in that earthquake-stricken area.
4. The **steak** was seasoned with a _____ (mix) of **pepper** and garlic, creating a mouth-watering **flavour**.
5. The nurse comforted the **elderly** patient with _____ (gentle), offering words of encouragement and support.
6. Eating slowly improves _____ (digest) and helps the body absorb nutrients better.
7. Technological **innovation** drives the _____ (expand) of renewable energy industries worldwide.
8. Employing body language _____ (appropriate) can help you break down communication barriers.
9. Excessive energy _____ (consume) contributes to environmental pollution and climate change.
10. The yoga class included **multiple** stretches and poses to _____ (loose) tight muscles and improve flexibility.
11. I often add lemon to _____ (boil) water for a refreshing drink in summer.
12. The _____ (fog) weather, in **combination** with the heavy rain, made driving conditions extremely dangerous.

Ⅱ 短语填空(每小题 2 分, 满分 12 分)

1. I was feeling cold, so I turned up the heater, and it _____ (起作用) in warming up the room.
2. After John's father passed away, John's mental health started to _____ (崩溃) and he became severely depressed.
3. The people living in poverty now _____ (迫切需要) basic human necessities such as shelter, food, and medicine.
4. The diving experience in the beautiful **bay** was _____ (好得不得了)—I saw so many colourful and **adorable** fish.
5. After graduating from college, she became a teacher and _____ (投身于) the cause of education.
6. A good night's sleep in your own bed must _____ (正合需要) after a long flight.

Ⅲ 句型训练(每小题 3 分, 满分 15 分)

1. _____, I think of my grandfather, who used to be a **chef**.
每当见到这位白发老人,我就想起自己的祖父,他曾经是一名厨师。
2. _____, I spotted a new **bakery** that had just opened up. (非谓语)
从学校走回家的途中,我发现一家新开的面包店。
3. It takes some time for one _____ before settling down.
在安顿下来之前,一个人需要一段时间来适应新环境。

4. _____ more than 20 million shared bikes will have been put into operation nationwide by 2026.

据估计,到2026年,全国将有2000多万辆共享自行车投入使用。

5. When I feel unhappy, her encouraging words _____.

当我感到不开心的时候,她鼓励的话语将会让我感觉好些。

Ⅳ 完形填空(每小题1分,满分15分)

Kishwar Chowdhury, who has won millions of hearts with her native food, came a long way from being a home chef to a *MasterChef Australia* (Australia's cooking show) finalist, winning the judges with Bengali food.

The 38-year-old has quite a 1 background to the cooking industry. Kishwar was born and brought up in Melbourne. According to her education, she completed her graduation in Australia, and after that, she 2 her post-graduation degree in London. Then she took up a part-time job in Germany followed by which she 3 six years in Bangladesh 4 her own business there and became a successful business owner. Because of her 5 in cooking, her family encouraged her to take part in the *MasterChef Australia* competition and she became the 6.

She had cooked a 7 range of Bengali dishes, leaving the recipes on the world map by 8 world-class judges. In her finale, Kishwar 9 Panta Bhaat and Aloo Bharta which is basically a poor man's food made of 10 rice and never found in any restaurant. This very choice has made every Bengali across the borders 11. Kishwar dreams of writing a cookbook on Bengali 12. She hopes to 13 Bengali food to the coming 14. She is here to 15

Bengali cuisine and bring light to it in the Australian audience and also around the world.

- ()1. A. constant B. contrasting
C. connective D. common
- ()2. A. pursued B. succeeded
C. consumed D. searched
- ()3. A. wasted B. squeezed
C. spent D. spared
- ()4. A. establishing B. estimating
C. completing D. copying
- ()5. A. patience B. experience
C. fund D. talent
- ()6. A. leader B. partner
C. chef D. finalist
- ()7. A. casual B. wide
C. free D. relevant
- ()8. A. impressing B. inspiring
C. reminding D. awarding
- ()9. A. possessed B. bought
C. presented D. promised
- ()10. A. precious B. leftover
C. occasional D. fresh
- ()11. A. emotional B. sensitive
C. scared D. conscious
- ()12. A. appetite B. culture
C. cuisine D. literature
- ()13. A. take over B. toss down
C. pass down D. set up
- ()14. A. activities B. themes
C. population D. generations
- ()15. A. feel B. honour
C. affect D. equal

Ⅴ 阅读理解(每小题2.5分,满分10分)

[2025·江苏连云港高二期中]

A Japanese candy company has produced gummy candy (软糖) that tastes like an “imaginary fruit” called Kiraspika.

The gummy candy market continued to

expand throughout 2023, with fruit-flavoured gummies being the most popular. While there are plenty of fruit flavours to choose from, including fruit combinations, companies are still limited to the fruits available in our world. But what if someone broke down barriers and started making candy that tastes like imaginary fruits? That was the genius idea that Japanese sweets maker Kanro recently came up with. Two months ago, the company launched a new type of gummy candy that tastes like “Kiraspika no Mi”, a made-up fruit with an original flavour, design, and even an origin story.

According to the Kanro official website, the star-shaped Kiraspika only grows in the mountainous region of Blue Knife, where temperatures drop to -50 degrees Celsius in winter. It is very difficult to obtain, as when the fruit ripens, on a full-moon night around the winter solstice, the fruit explodes as a mechanism to spread its seeds. Pieces of the fruit fly at a speed of 300 metres per second, and a direct hit can be fatal.

Everything about Kiraspika was invented in Kanro’s fruit lab where its flavour experts combined various existing flavours to create an entirely original one. According to its designers, the Kiraspika-flavoured gummy candy has a mysterious sweetness combined with a slice of sourness, but many tasters have their own description. To some, the Kiraspika flavour can be compared to that of an energy drink; others say it tastes a bit like a spicy apple, while some compare its sweetness to that of cherry gummies, combined with a tongue-numbing spiciness. It is the mystery of the flavour and the personal interpretations that make Kanro’s product so popular. Having been launched in September in the 7-Eleven convenience store chain, Kiraspika

gummies have been selling out, and the Japanese company is already working on new creations in its Fantasy Fruit Lab.

- () 1. Which can describe the special gummy candy?
- A. It had no flavour at all.
B. It only appeared in the story.
C. It had a combined flavour of fruit.
D. It tasted like nothing you’ve ever eaten.
- () 2. Why did Kanro post on the official website?
- A. To sell products online.
B. To impress consumers.
C. To retell a story.
D. To introduce a fruit.
- () 3. What will the Japanese company do next?
- A. Imagine a story.
B. Market its new product.
C. Expand its business.
D. Explore more fruits.
- () 4. Which of the following can be the best title for the text?
- A. A Japanese gummy candy tastes like a fruit that doesn’t exist
B. Japanese gummy candies are mainly made from various fruits
C. A Japanese company achieves big success in gummy candies
D. A Japanese company constantly comes up with novel ideas

❶ 阅读七选五(每小题 2.5 分, 满分 12.5 分)

Try to picture the world before refrigerators. That may be difficult! 1. _____ They may also help store leftovers there after dinner. Yes, life today would be quite different without refrigerators. How did people keep their food fresh before these machines were around?

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2. _____ In cold areas, ancient people could freeze their food. They could then store it in ice and snow. Warmer places allowed for drying food in sunlight. Experts say these early practices gave people the option to settle and form communities.

One advanced method of food storage arose in Persia around 400 BC. People there stored food in structures called Yakhchal, which were buildings made from mud brick to keep ice frozen during even the warmest summer months. During the Middle Ages, people stored meat by salting or smoking it. 3. _____ These foods could then be stored in cool places, like caves, allowing people to save food for difficult times.

Later, buildings called ice houses or ice pits were built upon the idea of the Yakhchal. Such ice houses were very common by the 1800s. At the end of the 19th century, many people kept their food fresh in iceboxes made of wood. 4. _____ Ice delivery businesses grew with more homes requiring ice to store food.

By the 1930s, many people were using electric refrigerators to keep food fresh. 5. _____ Many refrigerators today come with built-in ice makers. Some people even choose smart refrigerators that can help them with meal plans and grocery shopping.

- A. They would also dry many foods, including grains.
- B. These containers held large blocks of ice to keep food cool.
- C. No one knows for sure how people first learned to store food.
- D. With no means to store food, ancient people often went hungry or even died.
- E. After all, kids today are used to grabbing a snack from the fridge after school.

- F. Since then, growth in technology has led these machines to become more advanced.
- G. Actually, people found different ways to keep their food fresh thousands of years ago.

Ⅶ 语法填空(每小题 1.5 分,满分 15 分)

[2025·浙江 A9 协作体高二期中]

In ancient times, the names of contributions of many talented women often went unrecorded in history. One such 1. _____ (remark) woman was Wu, a Chinese cook from the Southern Song Dynasty (1127—1279), 2. _____ culinary creations are preserved in the book called *Wushi Zhongkui Lu*.

3. _____ little is known about Wu herself, her recipes (食谱) have become a source of pride for Chinese cooking. In recent years, a moon cake recipe from her ancient cookbook 4. _____ (gain) popularity.

Distinct from traditional flour-based moon cakes, this unique cake is crafted from glutinous rice, 5. _____ (earn) itself the nickname “snow moon cake” or “Southern Song snow moon cake” 6. _____ its white appearance.

Every year, as Mid-Autumn Day approaches, moon cake sales reach their peak. Many brands will busily offer their own forms of “snow moon cakes”, highlighting their 7. _____ (healthy) ingredients (成分) with less calories and sugar content.

In addition to the moon cakes 8. _____ (inspire) by ancient recipes, numerous museums in China have introduced culturally creative 9. _____ (one). For instance, the National Museum of China staged moon cakes themed around the traditional myth of Chang’e and the jade rabbit this year. The cakes came in a box that doubled as a small lamp, following 10. _____ shape of a Tang Dynasty bronze mirror.