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基础教育行业专研品牌

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2021-2025

高考真题 考点突破

全国
适用

AI
智慧
教辅

一流选题
一流精析

主 编 肖德好



- 全题目AI精讲
- 重点题优师精讲
- 个性化错题本
- 配套真题原卷

考向追踪

英语

长江出版传媒

崇文书局

为什么高考前一定要刷高考真题？

真题是高考复习备考的“黄金资料”，核心价值在于：

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错题本



AI讲题



真题精讲



真题原卷

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为熊猫饲养员教英语
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城乡 BMI 变化趋势与分析

邀请外教做访谈
邀请留学生体验“小组学习室”

询问外教稿件进展
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以保护海洋为主题的征文比赛
向英文报 Youth 创刊十周年表达祝愿
参观学生国画作品展

认识我们身边的植物

评议用手机拍摄短视频的现象
中国交通发展
做明智的在线学习者
向新西兰学生访问学校致欢迎辞

英语报增设栏目二选一

阅读体裁——应用文

■ 题组1 人与自然——生态保护

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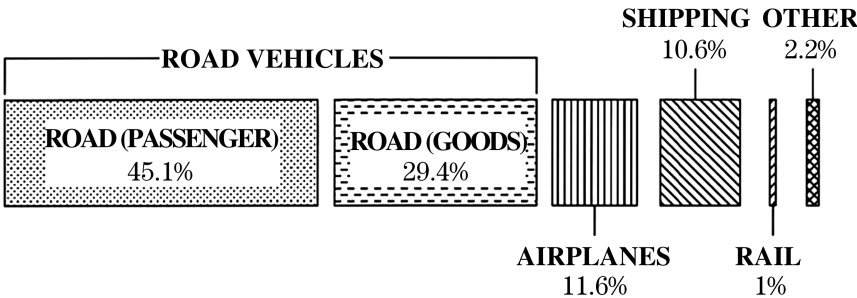
难度: ★★★ 限时: 20 分钟 满分: 22.5 分 得分: _____

Passage One [2025·全国一卷·A篇阅读]

The greening of planes,
trains and automobiles

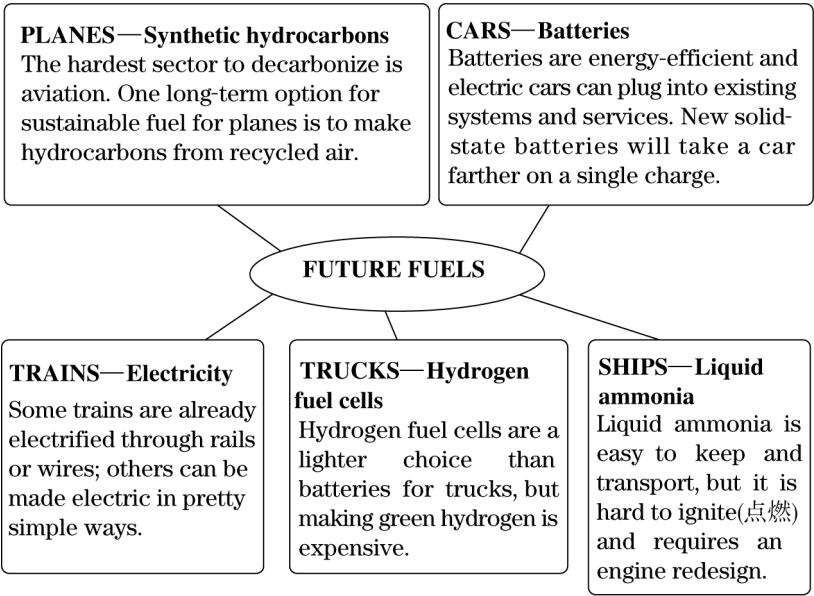
Moving goods and people around the world is responsible for a large part of global CO₂ emissions (排放). As the world races to

decarbonize everything, it faces particular problems with transportation—which accounts for about a quarter of our energy-related greenhouse gas emissions. Here’s the breakdown of the emissions in 2018 for different modes of transport.



The fuels for transport need to be not just green, cheap and powerful, but also lightweight and safe enough to be carried around. Each

mode of transport has its specific fuel needs. Much is still to be settled, but here are some of the solutions to get us going green.



This energy transition (变革) is global, and the amount of renewable energy the world will need is “a little bit mind-blowing,” says mechanical engineer Keith Wipke at the National Renewable Energy Laboratory. It’s estimated

that the global demand for electricity could more than double by 2050. Fortunately, analyses suggest that renewables are up to the task. “We need to speed up the development of green energy, and it will all get used,” says Wipke.

- () 1. What percentage of global transport emissions did road vehicles account for in 2018?
- A. 11.6%. B. 45.1%.
C. 74.5%. D. 86.1%.
- () 2. Which mode of transport can go green comparatively easily?
- A. Planes. B. Trucks.
C. Trains. D. Ships.
- () 3. What does Wipke suggest regarding energy transition?
- A. Limiting fuel consumption.
B. Putting more effort into renewables.
C. Improving energy efficiency.
D. Making electricity more affordable.

Passage Two [2024·新课标 I 卷·A 篇阅读]

HABITAT RESTORATION TEAM

Help restore and protect Marin’s natural areas from the Marin Headlands to Bolinas Ridge. We’ll explore beautiful park sites while conducting invasive (侵入的) plant removal, winter planting, and seed collection. Habitat Restoration Team volunteers play a vital role in restoring sensitive resources and protecting endangered species across the ridges and valleys.

GROUPS

Groups of 5 or more require special arrangements and must be confirmed in advance. Please review the List of Available Projects and fill out the Group Project Request Form.

AGE, SKILLS, WHAT TO BRING

Volunteers aged 10 and over are welcome. Read our Youth Policy Guidelines for youth under the age of 15.

Bring your completed Volunteer Agreement Form. Volunteers under the age of 18 must have the parent/guardian approval section signed.

We’ll be working rain or shine. Wear clothes that can get dirty. Bring layers for changing weather and a raincoat if necessary.

Bring a personal water bottle, sunscreen, and lunch.

No experience necessary. Training and tools will be provided. Fulfills (满足) community service requirements.

UPCOMING EVENTS

Time	Meeting Location
Sunday, Jan. 15 10:00 am—1:00 pm	Battery Alexander Trailhead
Sunday, Jan. 22 10:00 am—2:30 pm	Stinson Beach Parking Lot
Sunday, Jan. 29 9:30 am—2:30 pm	Coyote Ridge Trailhead

- () 4. What is the aim of the Habitat Restoration Team?
- A. To discover mineral resources.
B. To develop new wildlife parks.
C. To protect the local ecosystem.
D. To conduct biological research.
- () 5. What is the lower age limit for joining the Habitat Restoration Team?
- A. 5. B. 10. C. 15. D. 18.
- () 6. What are the volunteers expected to do?
- A. Bring their own tools.
B. Work even in bad weather.
C. Wear a team uniform.
D. Do at least three projects.

Passage Three

[2023·新高考全国 II 卷·A 篇阅读]

Yellowstone National Park offers a variety of ranger programmes throughout the park, and throughout the year. The following are descriptions of the ranger programmes this summer.

Experiencing Wildlife in Yellowstone (May 26 to September 2)

Whether you’re hiking a backcountry trail (小径), camping, or just enjoying the park’s amazing wildlife from the road, this quick workshop is for you and your family. Learn where to look for animals and how to safely enjoy your wildlife watching experience. Meet at the Canyon Village Store.

Junior Ranger Wildlife Olympics (June

5 to August 21)

Kids can test their skills and compare their abilities to the animals' of Yellowstone. Stay for as little or as long as your plans allow. Meet in front of the Visitor Education Centre.

Canyon Talks at Artist Point (June 9 to

September 2)

From a classic viewpoint, enjoy Lower Falls, the Yellowstone River, and the breathtaking colours of the canyon (峡谷) while learning about the area's natural and human history. Discover why artists and photographers continue to be drawn to this special place. Meet on the lower platform at Artist Point on the South Rim Drive for this short talk.

Photography Workshops (June 19 & July 10)

Enhance your photography skills—join Yellowstone's park photographer for a hands-on programme to inspire new and creative ways of enjoying the beauty and wonder of Yellowstone.

6/19—Waterfalls & Wide Angles: meet at

Artist Point.

7/10—Wildflowers & White Balance: meet at Washburn Trailhead in Chittenden parking area.

- () 7. Which of the four programmes begins the earliest?
- A. Photography Workshops.
B. Junior Ranger Wildlife Olympics.
C. Canyon Talks at Artist Point.
D. Experiencing Wildlife in Yellowstone.
- () 8. What is the short talk at Artist Point about?
- A. Works of famous artists.
B. Protection of wild animals.
C. Basic photography skills.
D. History of the canyon area.
- () 9. Where will the participants meet for the July 10 photography workshop?
- A. Artist Point.
B. Washburn Trailhead.
C. Canyon Village Store.
D. Visitor Education Centre.

■ 题组2 人与自我——广告信息 » 答案: 121页

难度: ★★★

限时: 20 分钟

满分: 22.5 分

得分: _____

Passage One [2025 · 全国二卷 · A 篇阅读]

English market towns to visit in the UK

English market towns come in many shapes and sizes. Each has a personality shaped by the goods and services produced and traded for centuries. But each town has more to do than shop.

Hereford, Herefordshire

Hereford has remained a lively market town since 1189. Skirting the town square, you'll find lovely shops, eateries, and the Black and White House Museum. The Hereford Cathedral is the most impressive building in town. It's also home to an ancient library. One of the four original copies of the Magna Carta is displayed there.

Ludlow, Shropshire

Ludlow is known as the Foodie Centre of England. Butcher shops, greengrocers, bakeries, and cheese shops line the town square. Bordering the square, the Ludlow Castle is a "must explore" medieval stronghold. The three-day Ludlow Food Festival is held each September.

Shrewsbury, Shropshire

Getting to Shrewsbury Town Centre from London is challenging but worth the anxiety. The River Severn has a significant turn through town, almost making an island of Shrewsbury Town Centre. The shape creates a perfect market where goods could be shipped and received using the river as a highway. Flowers are everywhere—hanging baskets, window boxes, and planters—

just what you imagine in an attractive English market town.

Mevagissey, Cornwall

Even if you haven't been to the small fishing village Mevagissey, you've probably seen it in a movie or British TV show. The working harbor (港口) took shape in 1774. Fishermen go out to sea daily and sell their fish in harbor-side markets. Don't leave the harbor without a traditional Cornish pie. It's delicious.

- () 1. Where can you find an original copy of the Magna Carta?
- A. In the Ludlow Castle.
B. In the Foodie Centre of England.
C. In the Hereford Cathedral.
D. In the Black and White House Museum.
- () 2. What is a feature of Shrewsbury Town Centre?
- A. It's situated near a big island.
B. It's almost surrounded by water.
C. It's known for its flower festival.
D. It's easily accessible from London.
- () 3. What does the author suggest visitors do in Mevagissey?
- A. Try the Cornish pie.
B. Watch a British TV show.
C. Go fishing in the sea.
D. Take pictures of the harbor.

Passage Two [2024 · 新课标 II 卷 · A 篇阅读]

Choice of walks for beginner and experienced walkers

The Carlow Autumn Walking Festival is a great opportunity for the beginner, experienced or advanced walker to enjoy the challenges of Carlow's mountain hikes or the peace of its woodland walks.

Walk 1—The Natural World

With environmentalist Éanna Lamhna as the guide, this walk promises to be an informative tour. Walkers are sure to learn lots about the habitats and natural world of the Blackstairs.

Date and Time: Saturday, 1st October, at 9:00

Start Point: Scratoes Bridge

Walk Duration: 6 hours

Walk 2—Introduction to Hillwalking

Emmanuel Chappard, an experienced guide, has a passion for making the great outdoors accessible to all. This mountain walk provides an insight into the skills required for hillwalking to ensure you get the most from future walking trips.

Date and Time: Sunday, 2nd October, at 9:00

Start Point: Deerpark Car Park

Walk Duration: 5 hours

Walk 3—Moonlight Under the Stars

Walking at night-time is a great way to step out of your comfort zone. Breathtaking views of the lowlands of Carlow can be enjoyed in the presence of welcoming guides from local walking clubs. A torch (手电筒) along with suitable clothing is essential for walking in the dark. Those who are dressed inappropriately will be refused permission to participate.

Date and Time: Saturday, 1st October, at 18:30

Start Point: The Town Hall

Walk Duration: 3 hours

Walk 4—Photographic Walk in Kilbrannish Forest

This informative walk led by Richard Smyth introduces you to the basic principles of photography in the wild. Bring along your camera and enjoy the wonderful views along this well-surfaced forest path.

Date and Time: Sunday, 2nd October, at 11:45

Start Point: Kilbrannish Forest Recreation Area

Walk Duration: 1.5 hours

- () 4. Which walk takes the shortest time?
- A. The Natural World.
- B. Introduction to Hillwalking.
- C. Moonlight Under the Stars.
- D. Photographic Walk in Kilbrannish Forest.
- () 5. What are participants in Walk 3 required to do?
- A. Wear proper clothes.
- B. Join a walking club.
- C. Get special permits.
- D. Bring a survival guide.
- () 6. What do the four walks have in common?
- A. They involve difficult climbing.
- B. They are for experienced walkers.
- C. They share the same start point.
- D. They are scheduled for the weekend.

Passage Three

[2023 · 新高考全国 I 卷 · A 篇阅读]

Bike rental & guided tours

Welcome to Amsterdam, welcome to MacBike. You see much more from the seat of a bike! Cycling is the most economical, sustainable and fun way to explore the city, with its beautiful canals, parks, squares and countless lights. You can also bike along lovely landscapes outside of Amsterdam.

Why MacBike

MacBike has been around for almost 30 years and is the biggest bicycle rental company in Amsterdam. With over 2,500 bikes stored in our five rental shops at strategic locations, we make sure there is always a bike available for you. We offer the newest bicycles in a wide variety, including basic bikes with foot brake

(刹车), bikes with hand brake and gears (排挡), bikes with child seats, and children's bikes.

Prices

	Hand Brake, Three Gears	Foot Brake, No Gears
1 hour	€7.50	€5.00
3 hours	€11.00	€7.50
1 day (24 hours)	€14.75	€9.75
Each additional day	€8.00	€6.00

Guided City Tours

The 2.5-hour tour covers the Gooyer Windmill, the Skinny Bridge, the Rijksmuseum, Heineken Brewery and much more. The tour departs from Dam Square every hour on the hour, starting at 1:00 pm every day. You can buy your ticket in a MacBike shop or book online.

- () 7. What is an advantage of MacBike?
- A. It gives children a discount.
- B. It offers many types of bikes.
- C. It organizes free cycle tours.
- D. It has over 2,500 rental shops.
- () 8. How much do you pay for renting a bike with hand brake and three gears for two days?
- A. €15.75. B. €19.50.
- C. €22.75. D. €29.50.
- () 9. Where does the guided city tour start?
- A. The Gooyer Windmill.
- B. The Skinny Bridge.
- C. Heineken Brewery.
- D. Dam Square.

■ 题组3 人与自我——学习

» 答案: 121页

难度: ★★★

限时: 20 分钟

满分: 22.5 分

得分: _____

Passage One [2025 · 浙江 1 月考 · A 篇阅读]

Interlibrary Loan (ILL) provides teachers,

students and staff with access to books that are checked out or not owned by our own libraries,

as well as digitized copies of articles and book chapters from our collection.

Who Can Borrow?

Current students, teachers (including retired) and staff can request items through ILL. Interlibrary loan is not available to former students, guest borrowers or fee-card holders.

How Long Does It Take?

Articles are usually received within 1—2 days and books in 5—10 days. However, obtaining items that are rare, recently published or in high demand may take longer. To speed up the process, please make sure the information you submit through the ILL Request Form is accurate.

Length of Loans

Loan periods are established by the lending library. All due dates are noted on the label. Borrowed items are subject to recall by the lending library. Any restrictions established by the lending library will be indicated on the label. No renewals (续借) are allowed for physical items borrowed through ILL.

Notification/Delivery Options

For a physical item, you will be notified by e-mail when it arrives. Items are picked up at one of our libraries—the one you selected in the ILL Request Form. For an article or book chapter, you will be notified by e-mail when it is available. To obtain the article or chapter, click on the link provided in the e-mail and log into your ILL account. Once in your account, select Electronic Articles Received.

Interlibrary Loan Fees

Library Type	Loan Cost	Article/Chapter Cost
Non-Profit Libraries	\$ 15	\$ 10
For-Profit Libraries	\$ 20	\$ 12
International Libraries	\$ 25	\$ 15

- () 1. Who can use the ILL service?
A. Former students.
B. Guest borrowers.
C. Retired teachers.
D. Fee-card holders.
- () 2. What is a rule for borrowing a print book through ILL?
A. Pay an extra fee for delivery.
B. Renew it before the due date.
C. Pick it up at the lending library.
D. Return it when it is recalled.
- () 3. How much do you pay for two articles obtained from an international library?
A. \$ 15. B. \$ 20.
C. \$ 24. D. \$ 30.

Passage Two [2023 · 全国乙卷 · A 篇阅读]
PRACTITIONERS

Jacqueline Felice de Almania (c. 1322) highlights the suspicion that women practising medicine faced. Born to a Jewish family in Florence, she moved to Paris where she worked as a physician and performed surgery. In 1322 she was tried for practising unlawfully. In spite of the court hearing testimonials (证明) of her ability as a doctor, she was banned from medicine.

Tan Yunxian (1461—1554) was a Chinese physician who learned her skills from her grandparents. Chinese women at the time could not serve apprenticeships (学徒期) with doctors. However, Tan passed the official exam. Tan treated women from all walks of life. In 1511, Tan wrote a book, *Sayings of a Female Doctor*, describing her life as a physician.

James Barry (c. 1789—1865) was born Margaret Bulkley in Ireland but, dressed as a man, she was accepted by Edinburgh University to study medicine. She qualified as a surgeon in 1813, then joined the British Army, serving overseas. Barry retired in 1859, having practised her entire medical profession living and working as a man.

Rebecca Lee Crumpler (1831—1895) worked as a nurse for eight years before studying in medical college in Boston in 1860. Four years later, she was the first African American woman to receive a medical degree. She moved to Virginia in 1865, where she provided medical care to freed slaves.

- () 4. What did Jacqueline and James have in common?
- A. Doing teaching jobs.
B. Being hired as physicians.
C. Performing surgery.
D. Being banned from medicine.
- () 5. How was Tan Yunxian different from the other practitioners?
- A. She wrote a book.
B. She went through trials.
C. She worked as a dentist.
D. She had formal education.
- () 6. Who was the first African American with a medical degree?
- A. Jacqueline Felice de Almania.
B. Tan Yunxian.
C. James Barry.
D. Rebecca Lee Crumpler.

Passage Three

[2022·新高考全国 I 卷·A 篇阅读]

Grading Policies for

Introduction to Literature

Grading Scale

90—100, A; 80—89, B; 70—79, C; 60—69, D; Below 60, E.

Essays (60%)

Your four major essays will combine to form the main part of the grade for this course: Essay 1 = 10%; Essay 2 = 15%; Essay 3 = 15%; Essay 4 = 20%.

Group Assignments (30%)

Students will work in groups to complete

four assignments (作业) during the course. All the assignments will be submitted by the assigned date through Blackboard, our online learning and course management system.

Daily Work/In-Class Writings and Tests/ Group Work/Homework (10%)

Class activities will vary from day to day, but students must be ready to complete short in-class writings or tests drawn directly from assigned readings or notes from the previous class' lecture/discussion, so it is important to take careful notes during class. Additionally, from time to time I will assign group work to be completed in class or short assignments to be completed at home, both of which will be graded.

Late Work

An essay not submitted in class on the due date will lose a letter grade for each class period it is late. If it is not turned in by the 4th day after the due date, it will earn a zero. Daily assignments not completed during class will get a zero. Short writings missed as a result of an excused absence will be accepted.

- () 7. Where is this text probably taken from?
- A. A textbook.
B. An exam paper.
C. A course plan.
D. An academic article.
- () 8. How many parts is a student's final grade made up of?
- A. Two. B. Three.
C. Four. D. Five.
- () 9. What will happen if you submit an essay one week after the due date?
- A. You will receive a zero.
B. You will lose a letter grade.
C. You will be given a test.
D. You will have to rewrite it.

难度: ★★★

限时: 20 分钟

满分: 22.5 分

得分: _____

Passage One [2024 · 全国甲卷 · A 篇阅读]

Each ARTS FIRST festival is a unique annual celebration of the Harvard community's artistic creativity. We invite you to join us for the coming ARTS FIRST. We look forward to welcoming you as we showcase the creativity of the Harvard arts community through performances, art exhibitions and art-making activities. The festival is a public event for Harvard and community members of all ages.

Light Awash in Watercolour

Learn about the materials and qualities of watercolour paint with experts from the Harvard Art Museums Materials Lab. Try your hand at some of the painting tricks used by artists whose works will be in the upcoming exhibition of American Watercolours, 1880—1990: Into the Light.

Spineless Artists: Invertebrate Creativity

From webs to cocoons, invertebrates (无脊椎动物) create some of nature's most delicate and beautiful designs. Join Javier Marin from the Harvard Museum of Natural History to learn how insects and other invertebrates dance, inspire fashion and create art, while making your own spineless artists out of craft (手工艺) materials.

Wheel Throwing

Join instructors from the Ceramics Programme and great potters from Quincy, Cabot and Mather Houses for demonstrations using the potter's wheel. Then create your own masterpiece!

Knitting and Pom-Pom Making

Join the Harvard Undergraduate Knitting Circle to make pom-poms and tassels out of thread, or pick up a pair of needles and learn to knit (编织).

- () 1. What do we know about ARTS FIRST?
- A. It is an exhibition of oil paintings.

- B. It offers art courses for all ages.
- C. It presents recreational activities.
- D. It is a major tourist attraction.

- () 2. Which programme will you join if you're interested in drawing pictures?
- A. Light Awash in Watercolour.
- B. Spineless Artists: Invertebrate Creativity.
- C. Wheel Throwing.
- D. Knitting and Pom-Pom Making.
- () 3. What can you do together with Javier Marin?
- A. Practise a traditional dance.
- B. Make handcrafts.
- C. Visit a local museum.
- D. Feed invertebrates.

Passage Two [2024 · 浙江 1 月考 · A 篇阅读]

Tom Sawyer play is an adventure

A 35-minute hand-clapping, foot-stomping musical version of a Mark Twain favourite returns with this Tall Stacks festival.

Tom Sawyer: A River Adventure has all the good stuff, including the fence painting, the graveyard, the island and the cave. It is adapted by Joe McDonough, with music by David Kisor. That's the local stage writing team that creates many of the Children's Theatre of Cincinnati's original musicals, along with the holiday family musicals at Ensemble Theatre.

This year Nathan Turner of Burlington is Tom Sawyer, and Robbie McMath of Fort Mitchell is Huck Finn.

Turner, a 10th-grader at School for Creative and Performing Arts, is a familiar presence on Cincinnati's stages. He is a star actor of Children's Theatre, having played leading roles in *The Legend of Sleepy Hollow* and *The Wizard of Oz*, and is fresh from Jersey Production *Ragtime*.

McMath is a junior at Beechwood High School. He was in the cast of *Tom Sawyer* when it was first performed and is a Children's Theatre regular, with five shows to his credit. This summer he attended Kentucky's Governor's School for the Arts in Musical Theatre.

Note to teachers: Children's Theatre has a study guide demonstrating how maths and science can be taught through *Tom Sawyer*. For downloadable lessons, visit the official website of Children's Theatre.

- () 4. Who wrote the music for *Tom Sawyer: A River Adventure*?
- A. David Kisor.
B. Joe McDonough.
C. Nathan Turner.
D. Robbie McMath.
- () 5. What can we learn about the two actors?
- A. They study in the same school.
B. They worked together in *Ragtime*.
C. They are experienced on stage.
D. They became friends ten years ago.
- () 6. What does Children's Theatre provide for teachers?
- A. Research funding.
B. Training opportunities.
C. Technical support.
D. Educational resources.

Passage Three [2022 · 全国乙卷 · A 篇阅读]

Henry Raeburn (1756—1823)

The Exhibition

This exhibition of some sixty masterpieces celebrating the life and work of Scotland's best loved painter, Sir Henry Raeburn, comes to London. Selected from collections throughout the world, it is the first major exhibition of his work to be held in over forty years.

Lecture Series

Scottish National Portrait (肖像画) Gallery presents a series of lectures for the general

public. They are held in the Lecture Room. Admission to lectures is free.

<i>An Introduction to Raeburn</i> Sunday 26 Oct. , 15:00 DUNCAN THOMSON	<i>Raeburn's English Contemporaries</i> Thursday 30 Oct. , 13:10 JUDY EGERTON
<i>Characters and Characterisation in Raeburn's Portraits</i> Thursday 6 Nov. , 13:10 NICHOLAS PHILLIPSON	<i>Raeburn and Artist's Training in the 18th Century</i> Thursday 13 Nov. , 13:10 MARTIN POSTLE

Exhibition Times

Monday—Saturday 10:00—17:45 Sunday 12:00—17:45

Last admission to the exhibition: 17:15. There is no re-admission.

Closed: 24—26 December and 1 January

Admission

£ 4. Children under 12 years accompanied by an adult are admitted free.

Schools and Colleges

A special low entrance charge of £ 2 per person is available to all in full-time education, up to and including those at first degree level, in organised groups with teachers.

- () 7. What is the right time for attending *Raeburn's English Contemporaries*?
- A. Sun. 26 Oct.
B. Thurs. 30 Oct.
C. Thurs. 6 Nov.
D. Thurs. 13 Nov.
- () 8. How much would a couple with two children under 12 pay for admission?
- A. £ 4. B. £ 8.
C. £ 12. D. £ 16.
- () 9. How can full-time students get group discounts?
- A. They should go on Sunday mornings.
B. They should come from art schools.
C. They must be led by teachers.
D. They must have ID cards with them.

阅读体裁——记叙文

■ 题组1 人与社会——教育

» 答案: 122页

难度: ★★★

限时: 20 分钟

满分: 30 分

得分: _____

Passage One [2025 · 全国一卷 · B 篇阅读]

In my ninth-grade writing class last year, I met a cowboy who saved his town, a strict father who demanded his son earn straight A's, and a modern-day Juliet who died of heartbreak after her parents rejected the love of her young life. More than once, I found myself wondering just how my students, who'd created these people, knew their subjects so well.

But things were different for their first essay, which was about the question: "Why is writing important?" Most of the essays filled less than one page, and few contained a sentence that could be interpreted as a thesis (论点) statement. I was shocked. Then I realized that the problem was the question itself. They could have written pages on the necessity of computers, but writing, in and of itself, simply didn't strike them as important. This would have to change.

As a new unit started, I asked everyone to write a persuasive piece on a health-related topic of their choice. This time they found the exercise much more interesting. For the next two assignments, a personal-narrative unit followed by a creative-writing workshop, I only required that the piece meet the specifications of its genre (体裁) and that it contain a thesis. The results were staggering. The students took on diverse topics and turned in stories, 10 to 20 pages each, with characters that broadened my view and touched my heart.

I walked into class believing that writing is important as a means of communication. However, my students demonstrated something more important to me. When the final bell rang in June, I walked away with a yearbook full

of messages about writing's most powerful significance—the ability to connect people, to put us in another's skin, to teach us what it means to be human.

- () 1. Who are the people mentioned at the beginning of Paragraph 1?
- A. Ninth graders.
B. Students' parents.
C. Modern writers.
D. Fictional characters.
- () 2. Why did the students perform poorly in writing their first essay?
- A. They were not given enough time.
B. They had a very limited vocabulary.
C. They misunderstood the question.
D. They had little interest in the topic.
- () 3. What does the underlined word "staggering" in Paragraph 3 mean?
- A. Mixed. B. Amazing.
C. Similar. D. Disturbing.
- () 4. What does the author's experience show?
- A. Teaching is learning.
B. Still waters run deep.
C. Knowledge is power.
D. Practice makes perfect.

Passage Two [2025 · 浙江1月考 · B 篇阅读]

When I was a child I was often told what not to eat. "You don't want to get fat" was on constant repeat throughout my childhood. It really messed up my relationship with food—something that took me years to overcome. Because of this, I'm careful not to connect what my kids weigh with their worth as people. I encourage my daughter to make healthy snack choices and often dissuade (劝阻) her from a second dessert. But one day when I heard her saying "I think I'm too fat," my heart sank. It

made me wonder if giving her advice on snacks was having an unintentionally negative impact.

According to Charlotte Markey, a professor of psychology, food is one of the rare subjects where, as parents, saying less is more. “There are so many things in parenting that are good to talk through, but I’m not convinced that food is one of them,” she says. “It just creates some worries and insecurities in kids that aren’t necessarily healthy.”

Instead, she recommends applying a well-known concept among nutrition experts called the “Division of Responsibility,” where parents provide a variety of mostly healthy foods to their kids at fixed times, and the kids themselves decide what and how much they want to consume—even if that means occasionally eating more cookies than carrots.

Allowing kids to eat what they want also exposes them to the natural consequences of their decisions. “When your child says, ‘My stomach hurts,’ you can say, ‘Well you had a lot of sugary foods and you might feel better if you made some other choices,’” says Markey. “Let them feel like they have some control over it.”

I’ve been trying out these strategies and I’ve found that when I’m less restrictive, they do make better decisions. “Feeding is a long game,” says Markey. “The food you have available makes a huge difference. Even if they don’t eat it, they’re seeing it. And then all of a sudden it clicks.”

- () 5. What can be inferred about the author from the first paragraph?
- A. She is upset by her kids’ weight.
B. She is critical of the way she was fed.
C. She is interested in making food.
D. She is particular about what she eats.
- () 6. Which of the following would Markey disapprove of?
- A. Allowing kids to eat cookies occasionally.

- B. Offering various foods to kids at fixed times.
C. Explaining to kids the risks of taking snacks.
D. Talking with kids about school at mealtimes.

- () 7. What should kids do according to the “Division of Responsibility”?
- A. Make diet decisions on their own.
B. Share their food with other kids.
C. Eat up what is provided for them.
D. Help their parents do the dishes.
- () 8. What does the author think of the strategies she has been following?
- A. Costly. B. Complex.
C. Workable. D. Contradictory.

Passage Three

[2023·新高考全国Ⅱ卷·B篇阅读]

Turning soil, pulling weeds, and harvesting cabbage sound like tough work for middle and high school kids. And at first it is, says Abby Jaramillo, who with another teacher started Urban Sprouts, a school garden programme at four low-income schools. The programme aims to help students develop science skills, environmental awareness, and healthy lifestyles.

Jaramillo’s students live in neighbourhoods where fresh food and green space are not easy to find and fast food restaurants outnumber grocery stores. “The kids literally come to school with bags of snacks and large bottles of soft drinks,” she says. “They come to us thinking vegetables are awful, dirt is awful, insects are awful.” Though some are initially scared of the insects and turned off by the dirt, most are eager to try something new.

Urban Sprouts’ classes, at two middle schools and two high schools, include hands-on experiments such as soil testing, flower-and-seed dissection, tastings of fresh or dried produce, and work in the garden. Several times a year, students cook the vegetables they

grow, and they occasionally make salads for their entire schools.

Programme evaluations show that kids eat more vegetables as a result of the classes. “We have students who say they went home and talked to their parents and now they’re eating differently,” Jaramillo says.

She adds that the programme’s benefits go beyond nutrition. Some students get so interested in gardening that they bring home seeds to start their own vegetable gardens. Besides, working in the garden seems to have a calming effect on Jaramillo’s special education students, many of whom have emotional control issues. “They get outside,” she says, “and they feel successful.”

- () 9. What do we know about Abby Jaramillo?
- A. She used to be a health worker.

- B. She grew up in a low-income family.
C. She owns a fast food restaurant.
D. She is an initiator of Urban Sprouts.

- () 10. What was a problem facing Jaramillo at the start of the programme?
- A. The kids’ parents distrusted her.
B. Students had little time for her classes.
C. Some kids disliked garden work.
D. There was no space for school gardens.
- () 11. Which of the following best describes the impact of the programme?
- A. Far-reaching. B. Predictable.
C. Short-lived. D. Unidentifiable.
- () 12. What can be a suitable title for the text?
- A. Rescuing school gardens
B. Experiencing country life
C. Growing vegetable lovers
D. Changing local landscape

■ 题组2 人与社会——创新公共服务 >> 答案: 123页

难度: ★★★

限时: 20 分钟

满分: 30 分

得分: _____

Passage One [2025 · 全国二卷 · B 篇阅读]

Kathy Ho teaches high school inside Lucile Packard Children’s Hospital Stanford (LPCH). “Sometimes I don’t like saying that I’m a teacher,” says Ho. “People get in their minds an idea of what teachers do, but that’s not really what it is here.”

“Here” is room 386, where each year, about 500 LPCH patients also become students. The hospital school is free of parents, doctors, and medical procedures. It’s a place of learning. About half of Ho’s students stay for a week or less; others are there for more than a year. Most of Ho’s students will recover, which means that preparing them to return to school is an increasingly important component of care.

Still, in room 386, academics don’t come first. Physical health and mental health are the priority. “If you’re scared about something and thinking only about that, there’s no way you’re going to be able to learn,” Ho says. “I’m a

coach, an adviser, and a comforter, and that’s what it means to be a hospital teacher.”

There are up to 30 students at any given time in Ho’s class. She generally works with their regular teachers to get lessons and tests being used at their home schools. Some teachers don’t give the kids any assignments; they express sympathy instead. “I feel like it is a disservice to the kids,” Ho says. “They think their teachers don’t care about their schoolwork.”

Ho recognizes the psychological benefit of helping kids keep up with their peers (同龄人) outside the hospital. “I actually think the medicine is only a small piece for some problems,” says Julie Good, director of pain management services at LPCH. “It’s about problem-solving around what it means to have a full life. Those kids have dreams. School can keep those dreams alive by giving kids a way to learn and grow.”

- () 1. Who does Ho teach at LPCH?
A. Sick children. B. Young nurses.
C. Medical students. D. Patients' parents.
- () 2. What is a characteristic of Ho's job?
A. Prioritizing academics.
B. Encouraging innovation.
C. Treating various diseases.
D. Playing multiple roles.
- () 3. What does the underlined word "it" refer to in Paragraph 4?
A. Offering regular lessons.
B. Paying extra attention.
C. Assigning no schoolwork.
D. Showing no sympathy.
- () 4. How does the hospital school benefit the students according to Good?
A. It eases peer pressure.
B. It helps them live in hope.
C. It frees them from aches.
D. It entertains them with stories.

Passage Two [2024 · 新课标 II 卷 · B 篇阅读]

Do you ever get to the train station and realize you forgot to bring something to read? Yes, we all have our phones, but many of us still like to go old school and read something printed.

Well, there's a kiosk (小亭) for that. In the San Francisco Bay Area, at least.

"You enter the fare gates (检票口) and you'll see a kiosk that is lit up and it tells you can get a one-minute, a three-minute, or a five-minute story," says Alicia Trost, the chief communications officer for the San Francisco Bay Area Rapid Transit—known as BART. "You choose which length you want and it gives you a receipt-like short story."

It's that simple. Riders have printed nearly 20,000 short stories and poems since the programme was launched last March. Some are classic short stories, and some are new original works.

Trost also wants to introduce local writers

to local riders. "We wanted to do something where we do a call to artists in the Bay Area to submit stories for a contest," Trost says. "And as of right now, we've received about 120 submissions. The winning stories would go into our kiosk and then you would be a published artist."

Ridership on transit (交通) systems across the country has been down the past half century, so could short stories save transit?

Trost thinks so.

"At the end of the day all transit agencies right now are doing everything they can to improve the rider experience. So I absolutely think we will get more riders just because of short stories," she says.

And you'll never be without something to read.

- () 5. Why did BART start the kiosk programme?
A. To promote the local culture.
B. To discourage phone use.
C. To meet passengers' needs.
D. To reduce its running costs.
- () 6. How are the stories categorized in the kiosk?
A. By popularity. B. By length.
C. By theme. D. By language.
- () 7. What has Trost been doing recently?
A. Organizing a story contest.
B. Doing a survey of customers.
C. Choosing a print publisher.
D. Conducting interviews with artists.
- () 8. What is Trost's opinion about BART's future?
A. It will close down.
B. Its profits will decline.
C. It will expand nationwide.
D. Its ridership will increase.

Passage Three [2024 · 浙江 1 月考 · B 篇阅读]

When was the last time you used a telephone box? I mean to make an actual phone call—not to shelter from the rain. Ages ago, right? The

last time I used a phone box for its intended purpose was...2006. I was conducting auditions (试演) for my play in my tiny old shared house in London. Hoping to impress some talented actors to come and work for me for nothing, I spread some throws over the sofas and lit candles to make it seem a bit more “young professional”.

As I rushed outdoors to empty the wastepaper baskets, the door swung shut behind me. Suddenly I was locked outside. My mobile phone was inside, but luckily there was a telephone box across the street. So, I called Directory Assistance, got put through to our landlady’s managing agent, and had a spare key sent to me with just enough time to get back in before the actors arrived.

As it has been many years since I last used one, I should hardly be surprised that there are no longer any public telephones near my house. The last one standing has just been turned into a “mini community library”: any passer-by can “borrow” a book from its shelves, and return it later, or replace it with another title from their own collection.

For a few months after the “library” opened, I didn’t bother taking a look, as I had assumed that it would be stuffed full of cheesy love stories. Then I noticed folk conducting spring cleans dropping boxes of voluminous books on various subjects there. And these books were free. This unbeatable price-point encouraged me to experiment with dozens of

titles that I would never normally consider buying. And I’ve discovered some great books!

If I ever get trapped outside my house again, my local telephone box will, sadly, no longer be able to connect me with my keys. But it can certainly keep me entertained while I wait for my wife to rescue me.

- () 9. What does the word “it” underlined in the first paragraph refer to?
- A. The play.
B. The shared house.
C. The sofa.
D. The telephone box.
- () 10. Why did the author use the telephone box in 2006?
- A. To place an urgent call.
B. To put up a notice.
C. To shelter from the rain.
D. To hold an audition.
- () 11. What do we know about the “mini community library”?
- A. It provides phone service for free.
B. Anyone can contribute to its collection.
C. It is popular among young readers.
D. Books must be returned within a month.
- () 12. Why did the author start to use the “library”?
- A. He wanted to borrow some love stories.
B. He was encouraged by a close neighbour.
C. He found there were excellent free books.
D. He thought it was an ideal place for reading.

■ 题组3 人与自我——职业探索与成长

» 答案: 124页

难度: ★★★

限时: 20 分钟

满分: 30 分

得分: _____

Passage One [2024 · 新课标 I 卷 · B 篇阅读]

“I am not crazy,” says Dr William Farber, shortly after performing acupuncture (针灸) on a rabbit. “I am ahead of my time.” If he seems

a little defensive, it might be because even some of his coworkers occasionally laugh at his unusual methods. But Farber is certain he’ll have the last laugh. He’s one of a small but

growing number of American veterinarians (兽医) now practising “holistic” medicine—combining traditional Western treatments with acupuncture, chiropractic (按摩疗法) and herbal medicine.

Farber, a graduate of Colorado State University, started out as a more conventional veterinarian. He became interested in alternative treatments 20 years ago when he suffered from terrible back pain. He tried muscle-relaxing drugs but found little relief. Then he tried acupuncture, an ancient Chinese practice, and was amazed that he improved after two or three treatments. What worked on a veterinarian seemed likely to work on his patients. So, after studying the techniques for a couple of years, he began offering them to pets.

Leigh Tindale’s dog Charlie had a serious heart condition. After Charlie had a heart attack, Tindale says, she was prepared to put him to sleep, but Farber’s treatments eased her dog’s suffering so much that she was able to keep him alive for an additional five months. And Priscilla Dewing reports that her horse, Nappy, “moves more easily and rides more comfortably” after a chiropractic adjustment.

Farber is certain that the holistic approach will grow more popular with time, and if the past is any indication, he may be right: since 1982, membership in the American Holistic Veterinary Medical Association has grown from 30 to over 700. “Sometimes it surprises me that it works so well,” he says. “I will do anything to help an animal. That’s my job.”

- () 1. What do some of Farber’s coworkers think of him?
- A. He’s odd. B. He’s strict.
C. He’s brave. D. He’s rude.
- () 2. Why did Farber decide to try acupuncture on pets?
- A. He was trained in it at university.

- B. He was inspired by another veterinarian.
C. He benefited from it as a patient.
D. He wanted to save money for pet owners.
- () 3. What does Paragraph 3 mainly talk about?
- A. Steps of a chiropractic treatment.
B. The complexity of veterinarians’ work.
C. Examples of rare animal diseases.
D. The effectiveness of holistic medicine.
- () 4. Why does the author mention the American Holistic Veterinary Medical Association?
- A. To prove Farber’s point.
B. To emphasize its importance.
C. To praise veterinarians.
D. To advocate animal protection.

Passage Two [2023 · 全国乙卷 · B 篇阅读]

Living in Iowa and trying to become a photographer specializing in landscape (风景) can be quite a challenge, mainly because the corn state lacks geographical variation.

Although landscapes in the Midwest tend to be quite similar, either farm fields or highways, sometimes I find distinctive character in the hills or lakes. To make some of my landscape shots, I have travelled up to four hours away to shoot within a 10-minute time frame. I tend to travel with a few of my friends to state parks or to the countryside to go on adventures and take photos along the way.

Being at the right place at the right time is decisive in any style of photography. I often leave early to seek the right destinations so I can set up early to avoid missing the moment I am attempting to photograph. I have missed plenty of beautiful sunsets/sunrises due to being on the spot only five minutes before the best moment.

One time my friends and I drove three hours to Devil’s Lake, Wisconsin, to climb the

purple quartz (石英) rock around the lake. After we found a crazy-looking road that hung over a bunch of rocks, we decided to photograph the scene at sunset. The position enabled us to look over the lake with the sunset in the background. We managed to leave this spot to climb higher because of the spare time until sunset. However, we did not mark the route (路线) so we ended up almost missing the sunset entirely. Once we found the place, it was stressful getting lights and cameras set up in the limited time. Still, looking back on the photos, they are some of my best shots though they could have been so much better if I would have been prepared and managed my time wisely.

- () 5. How does the author deal with the challenge as a landscape photographer in the Midwest?
- A. By teaming up with other photographers.
B. By shooting in the countryside or state parks.
C. By studying the geographical conditions.
D. By creating settings in the corn fields.
- () 6. What is the key to successful landscape photography according to the author?
- A. Proper time management.
B. Good shooting techniques.
C. Adventurous spirit.
D. Distinctive styles.
- () 7. What can we infer from the author's trip with friends to Devil's Lake?
- A. They went crazy with the purple quartz rock.
B. They felt stressed while waiting for the sunset.
C. They reached the shooting spot later than expected.
D. They had problems with their equipment.

- () 8. How does the author find his photos taken at Devil's Lake?
- A. Amusing. B. Satisfying.
C. Encouraging. D. Comforting.

Passage Three

[2021 · 新高考全国 I 卷 · B 篇阅读]

By day, Robert Titterton is a lawyer. In his spare time though he goes on stage beside pianist Maria Raspopova—not as a musician but as her page turner. “I’m not a trained musician, but I’ve learnt to read music so I can help Maria in her performance.”

Mr Titterton is chairman of the Omega Ensemble but has been the group's official page turner for the past four years. His job is to sit beside the pianist and turn the pages of the score so the musician doesn't have to break the flow of sound by doing it themselves. He said he became just as nervous as those playing instruments on stage.

“A lot of skills are needed for the job. You have to make sure you don't turn two pages at once and make sure you find the repeats in the music when you have to go back to the right spot,” Mr Titterton explained.

Being a page turner requires plenty of practice. Some pieces of music can go for 40 minutes and require up to 50 page turns, including back turns for repeat passages. Silent onstage communication is key, and each pianist has their own style of “nodding” to indicate a page turn which they need to practise with their page turner.

But like all performances, there are moments when things go wrong. “I was turning the page to get ready for the next page, but the draft wind from the turn caused the spare pages to fall off the stand,” Mr Titterton said. “Luckily I was able to catch them and put them back.”

Most page turners are piano students or up-and-coming concert pianists, although Ms Raspopova has once asked her husband to help her out on stage.

“My husband is the worst page turner,” she laughed. “He’s interested in the music, feeling every note, and I have to say: ‘Turn, turn!’ Robert is the best page turner I’ve had in my entire life.”

- () 9. What should Titterton be able to do to be a page turner?
- A. Read music.
B. Play the piano.
C. Sing songs.
D. Fix the instruments.

() 10. Which of the following best describes Titterton’s job on stage?

- A. Boring. B. Well-paid.
C. Demanding. D. Dangerous.

() 11. What does Titterton need to practise?

- A. Counting the pages.
B. Recognizing the “nodding”.
C. Catching falling objects.
D. Performing in his own style.

() 12. Why is Ms Raspopova’s husband “the worst page turner”?

- A. He has very poor eyesight.
B. He ignores the audience.
C. He has no interest in music.
D. He forgets to do his job.

■ 题组4 人与自然——可持续生活

» 答案: 125页

难度: ★★★

限时: 20 分钟

满分: 30 分

得分: _____

Passage One

[2023·新高考全国 I 卷·B 篇阅读]

When John Todd was a child, he loved to explore the woods around his house, observing how nature solved problems. A dirty stream, for example, often became clear after flowing through plants and along rocks where tiny creatures lived. When he got older, John started to wonder if this process could be used to clean up the messes people were making.

After studying agriculture, medicine, and fisheries in college, John went back to observing nature and asking questions. Why can certain plants trap harmful bacteria (细菌)? Which kinds of fish can eat cancer-causing chemicals? With the right combination of animals and plants, he figured, maybe he could clean up waste the way nature did. He decided to build what he would later call an eco-machine.

The task John set for himself was to remove harmful substances from some sludge (污泥). First, he constructed a series of clear

fibreglass tanks connected to each other. Then he went around to local ponds and streams and brought back some plants and animals. He placed them in the tanks and waited. Little by little, these different kinds of life got used to one another and formed their own ecosystem. After a few weeks, John added the sludge.

He was amazed at the results. The plants and animals in the eco-machine took the sludge as food and began to eat it! Within weeks, it had all been digested, and all that was left was pure water.

Over the years, John has taken on many big jobs. He developed a greenhouse-like facility that treated sewage (污水) from 1,600 homes in South Burlington. He also designed an eco-machine to clean canal water in Fuzhou, a city in southeast China.

“Ecological design” is the name John gives to what he does. “Life on Earth is kind of a box of spare parts for the inventor,” he says. “You put organisms in new relationships and observe

what's happening. Then you let these new systems develop their own ways to self-repair.”

- () 1. What can we learn about John from the first two paragraphs?
- A. He was fond of travelling.
B. He enjoyed being alone.
C. He had an inquiring mind.
D. He longed to be a doctor.
- () 2. Why did John put the sludge into the tanks?
- A. To feed the animals.
B. To build an ecosystem.
C. To protect the plants.
D. To test the eco-machine.
- () 3. What is the author's purpose in mentioning Fuzhou?
- A. To review John's research plans.
B. To show an application of John's idea.
C. To compare John's different jobs.
D. To erase doubts about John's invention.
- () 4. What is the basis for John's work?
- A. Nature can repair itself.
B. Organisms need water to survive.
C. Life on Earth is diverse.
D. Most tiny creatures live in groups.

Passage Two [2023·浙江1月考·B篇阅读]

Live with roommates? Have friends and family around you? The chances are that if you're looking to live a more sustainable lifestyle, not everyone around you will be ready to jump on that bandwagon.

I experienced this when I started switching to a zero waste lifestyle five years ago, as I was living with my parents, and I continue to experience this with my husband, as he is not completely zero waste like me. I've learned a few things along the way though, which I hope you'll find encouraging if you're doing your best to figure out how you can make the change in a not-always-supportive household.

Zero waste was a radical lifestyle movement

a few years back. I remember showing my parents a video of Bea Johnson, sharing how cool I thought it would be to buy groceries with jars, and have so little trash! A few days later, I came back with my first jars of zero waste groceries, and my dad commented on how silly it was for me to carry jars everywhere. It came off as a bit discouraging.

Yet as the months of reducing waste continued, I did what I could that was within my own reach. I had my own bedroom, so I worked on removing things I didn't need. Since I had my own toiletries (洗漱用品), I was able to start personalising my routine to be more sustainable. I also offered to cook every so often, so I portioned out a bit of the cupboard for my own zero waste groceries. Perhaps your household won't entirely make the switch, but you may have some control over your own personal spaces to make the changes you desire.

As you make your lifestyle changes, you may find yourself wanting to speak up for yourself if others comment on what you're doing, which can turn itself into a whole household debate. If you have individuals who are not on board, your words probably won't do much and can often leave you feeling more discouraged.

So here is my advice: lead by action.

- () 5. What do the underlined words “jump on that bandwagon” mean in the first paragraph?
- A. Share an apartment with you.
B. Join you in what you're doing.
C. Transform your way of living.
D. Help you to make the decision.
- () 6. What was the attitude of the author's father towards buying groceries with jars?
- A. He disapproved of it.
B. He was favourable to it.
C. He was tolerant of it.
D. He didn't care about it.

- () 7. What can we infer about the author?
- She is quite good at cooking.
 - She respects others' privacy.
 - She enjoys being a housewife.
 - She is a determined person.
- () 8. What is the text mainly about?
- How to get on well with other family members.
 - How to have one's own personal space at home.
 - How to live a zero waste lifestyle in a household.
 - How to control the budget when buying groceries.

Passage Three

[2022 · 新高考全国 I 卷 · B 篇阅读]

Like most of us, I try to be mindful of food that goes to waste. The arugula (芝麻菜) was to make a nice green salad, rounding out a roast chicken dinner. But I ended up working late. Then friends called with a dinner invitation. I stuck the chicken in the freezer. But as days passed, the arugula went bad. Even worse, I had unthinkingly bought way too much; I could have made six salads with what I threw out.

In a world where nearly 800 million people a year go hungry, “food waste goes against the moral grain,” as Elizabeth Royte writes in this month's cover story. It's jaw-dropping how much perfectly good food is thrown away—from “ugly” (but quite eatable) vegetables rejected by grocers to large amounts of uneaten dishes thrown into restaurant garbage cans.

Producing food that no one eats wastes the water, fuel, and other resources used to grow it. That makes food waste an environmental problem. In fact, Royte writes, “if food waste were a country, it would be the third largest producer of greenhouse gases in the world.”

If that's hard to understand, let's keep it as simple as the arugula at the back of my refrigerator. Mike Curtin sees my arugula story

all the time—but for him, it's more like 12 boxes of donated strawberries nearing their last days. Curtin is CEO of DC Central Kitchen in Washington, D. C., which recovers food and turns it into healthy meals. Last year it recovered more than 807,500 pounds of food by taking donations and collecting blemished (有瑕疵的) produce that otherwise would have rotted in fields. And the strawberries? Volunteers will wash, cut, and freeze or dry them for use in meals down the road.

Such methods seem obvious, yet so often we just don't think. “Everyone can play a part in reducing waste, whether by not purchasing more food than necessary in your weekly shopping or by asking restaurants to not include the side dish you won't eat,” Curtin says.

- () 9. What does the author want to show by telling the arugula story?
- We pay little attention to food waste.
 - We waste food unintentionally at times.
 - We waste more vegetables than meat.
 - We have good reasons for wasting food.
- () 10. What is a consequence of food waste according to the text?
- Moral decline.
 - Environmental harm.
 - Energy shortage.
 - Worldwide starvation.
- () 11. What does Curtin's company do?
- It produces kitchen equipment.
 - It turns rotten arugula into clean fuel.
 - It helps local farmers grow fruits.
 - It makes meals out of unwanted food.
- () 12. What does Curtin suggest people do?
- Buy only what is needed.
 - Reduce food consumption.
 - Go shopping once a week.
 - Eat in restaurants less often.