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作业手册
英语
主题版

沈阳出版发行集团
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Unit 1 学校生活

训练 1 阅读理解(2篇) + 语法填空 + 完形填空

(限时:30分钟)

1 阅读理解

A [2025 · 全国一卷]

文体:记叙文 主题:人与社会 词数:313

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.

B [2025 · 广西高三5月联合测评]

文体:说明文 主题:人与自我 词数:378

A new paper indicates that giving college students more autonomy leads to better attendance and improved performance. In one experiment, students were given the choice to make their own attendance mandatory (强制的). In contrast to common belief, students came to class more reliably under this "optional-mandatory attendance" policy than students whose attendance had been required.

"Students know they will face significant distractions. By making their attendance mandatory, they exercise self-control over their future behaviour," says first author Simon

Cullen, an assistant professor in the philosophy department at Carnegie Mellon University. “We are born curious, and we naturally enjoy mastering many challenging learning tasks, but controlling course policies can weaken that motivation.”

Many educators worry that given the choice, students would choose the easiest path possible. However, this study paints a different picture. “Anytime in a class that you give freedom to choose, you give students the feeling of control over their education,” says Danny Oppenheimer, a coauthor of the article.

A second experiment indicated that when given the option to switch to an easier homework stream, 85%-90% of students chose to tackle the more challenging work. The “optional-mandatory homework” policy led students to spend more time on their assignments and to learn more compared to students who were forced to complete the same work. “The thought was that giving them greater control over their own learning would prepare them for the real world,” Cullen says. “Students can be driven to excel in our classes by the same sources of motivation that drive them to pursue countless projects that require no external motives. But only if we let them choose to learn.”

The researchers caution that their findings, while promising, have limitations. The study was limited to a small number of students, and more research is needed to determine if the results will stay the same across different types of institutions and student populations. “We’re super excited about these results, but we’re also eager to see how our interventions work across a range of settings,” Cullen says. “We’re particularly interested in exploring how autonomy might benefit students from disadvantaged backgrounds and those with disabilities.”

()5. What can we learn about the “optional-mandatory attendance” policy?



错题本 如何高效提分?
扫我定制思路!

- A. It is the key to students' academic success.
- B. It only works for students with self-control.
- C. It improves students' self-discipline and motivation.
- D. It finds favour with many educators right from the start.

()6. What can be inferred from the second experiment?

- A. Students prefer easier assignments.
- B. Students complete tasks more efficiently.
- C. Students are greatly distracted by other things.
- D. Students are motivated to do more challenging tasks.

()7. What will be the focus of the future study according to Cullen?

- A. Promoting autonomy in other colleges.
- B. Testing the findings' broader applicability.
- C. Involving poor students in the experiment.
- D. Increasing the number of student participants.

()8. Which of the following can be a suitable title for the text?

- A. The route to self-control lies in student autonomy
- B. The motivation for learning is linked to mandatory policies
- C. More autonomy stimulates students' attendance and learning
- D. Optional-mandatory attendance policy causes great debate

❶ 语法填空 [2025 · 湖南岳阳高三模拟]

文体:新闻报道 主题:人与社会 词数:237

For Chen Honghan, a student from Nizhuhe Village in Xuanwei, Yunnan, the dangerous three-hour mountain hike to school has been replaced by a safe 30-minute journey thanks to the “cloud school bus”.

Nizhuhe Village, situated deep in the mountains, was once linked to Wanquan Primary School by a dangerous journey along cliffside (悬崖边) 1. _____ (path). Every school

day, Chen and her classmates 2. _____ (brave) muddy, narrow routes and makeshift stone steps just 3. _____ (reach) their school high atop the cliffs. It was no wonder that those parents 4. _____ children faced safety risks on these daily trips remained constantly worried.

This challenging journey changed 5. _____ (remarkable) in 2017 with the launch of Nizhuhe Grand Canyon eco-tourism project. A cliffside lift and a cable car (缆车), 6. _____ (construct) in 2022, offer villagers free access to the peak. Today, the “cloud school bus” combines a bus ride, a 268-metre lift, and a 200-metre cable car, transforming 7. _____ previous dangerous trip into a safe and enjoyable experience.

The impact has been far-reaching. Chen, who once considered 8. _____ (drop) out due to the dangers, now safely takes her younger sisters to school. Beyond safeguarding children, the project has boosted tourism, turning 9. _____ was once an overlooked village into a tourist destination. Villagers have seized the opportunity and significantly improved their livelihoods by launching businesses, 10. _____ farmstays, coffee shops, and guesthouses.

完形填空 [2025 · 安徽 A10 联盟高三三模]

文体:记叙文 主题:人与自然 词数:260

When I created a hiking course for seventh and eighth graders, I added a curriculum centred around mindfulness, writing and creating art. I thought the sun would shine down upon us, and we'd be 1. _____ fascinated by nature. But when we had our first class, it wasn't what I had 2. _____. I had the students pile rocks and used the rocks to talk about 3. ____ our lives—choosing joy over stress. My students weren't into it. I went home feeling 4. _____.

Then it 5. _____ me: these young teens simply needed freedom to explore. So I abandoned my 6. _____ lessons and let them wander through the woods, observing and enjoying their surroundings. The 7. _____ was remarkable. Their faces lit up with joy each week.

Living in northern Michigan sometimes meant we went outside in freezing cold weather, but giving them space worked 8. _____. They threw snowballs, collected bird feathers, 9. _____ the changing leaves and watched as rivers flowed by.

One day, they were 10. _____ land art with rocks and autumn leaves when a man appeared, playing the flute. The students gathered around him and 11. _____ for him after the song was over. One boy skipped back to his creation, declaring, “I'm so 12. _____. ”

The students didn't need 13. _____ lesson plans or art supplies. All they needed was 14. _____ being outdoors. From then on, that's all I gave them.

15. _____ gave them space to forget all their daily worries and be kids again.

- () 1. A. occasionally B. naturally
- C. intentionally D. temporarily
- () 2. A. come across B. put down
- C. responded to D. hoped for
- () 3. A. balancing B. transforming
- C. controlling D. influencing
- () 4. A. rewarded B. defeated
- C. motivated D. amused
- () 5. A. warned B. assumed
- C. impressed D. struck
- () 6. A. entertaining B. inspiring
- C. structured D. well-received
- () 7. A. discovery B. change
- C. performance D. creativity
- () 8. A. opportunities B. desires
- C. wonders D. resources
- () 9. A. observed B. folded
- C. painted D. tore
- () 10. A. displaying B. studying
- C. evaluating D. creating
- () 11. A. waited B. applied
- C. clapped D. searched
- () 12. A. delighted B. surprised
- C. worried D. exhausted
- () 13. A. realistic B. flexible
- C. fancy D. original
- () 14. A. just B. also
- C. even D. hardly
- () 15. A. Belief B. Nature
- C. Distance D. Communication

训练2 阅读理解(2篇) + 阅读七选五 + 应用文写作

(限时:35分钟)

① 阅读理解

A [2025·湖北黄冈高三一模]

文体:新闻报道 主题:人与自我 词数:304

It's back-to-school time again, and among the ranks of new university students are working professionals.

Two new adult learners at Xi'an Jiaotong-Liverpool University (XJTLU) in Suzhou say despite the challenges of returning to school after years away, they believe it'll be worth it. Both plan to strengthen their professional skills with master's degrees from XJTLU's International Business School Suzhou.

While Hamed Azimidizaj has become an experienced engineer and manager over nearly 15 years in the car industry, he wants to broaden his knowledge. Originally from Iran, he's lived in China for five years. "Now I see that experience alone is not enough. You need to bring knowledge to the industry in order to make improvements, and I'm seeking to learn more so that I can make a change," he says.

Qin Qian, marketing manager at the Taicang branch of a German environmental testing equipment company, is responsible for driving new business development strategies. She hopes to build a system to expand the company's business with new markets in China.

"In today's competitive business world, just keeping up with rapid technological advances is not enough," she says. "How can my team make the company more competitive? How can we successfully break into new markets? I've been thinking about these questions for two years, and eventually I came to believe the best way is to further my studies in this field."

For students considering further study, Azimidizaj says Suzhou provides a comfortable environment, with its mix of modern facilities and ancient culture. Qian advises others thinking about going back to school to make careful decisions and then pursue goals wholeheartedly. "Sometimes, choice is more important than effort. Making good decisions matters because mistakes are expensive," says Qian. "But once you've decided, you should go after it with everything you've got. Life is too short to wait."

()1. What do Azimidizaj and Qian plan to do at XJTLU?

- A. Teach professional skills.
- B. Conduct engineering research.
- C. Enhance their career capabilities.
- D. Expand their social connections.

()2. Which word best describes Azimidizaj?

- A. Farsighted. B. Hesitant.
- C. Generous. D. Conservative.

()3. What is the purpose of Qian's further study?

- A. To improve her knowledge for international business.
- B. To escape the competitive pressure in her current job.
- C. To explore opportunities in the environmental industry.
- D. To develop a systematic approach for market expansion.

()4. What can we learn from Qian's words?

- A. Think twice before you act.
- B. Opportunity knocks but once.
- C. The early bird catches the worm.
- D. Actions speak louder than words.

American teenagers are increasingly confiding (吐露秘密) in Sonny, a hybrid AI-human chatbot positioned in schools struggling with shortages of mental-health counselors. Developed by Sonar Mental Health, this innovative “well-being companion” blends AI-generated responses with real-time human review to provide emotional support in underserved districts.

Sonny’s unique model integrates licensed professionals in psychology, social work, and crisis intervention, who inspect AI-suggested replies, edit them, or craft personalized responses. Sonar CEO Drew Barvir explains that the AI acts as a “co-pilot” to human counselors, allowing staff to monitor 15-25 chats at the same time. The system employs advanced algorithms (算法) to detect high-risk language—such as threats of self-harm or violence—automatically alerting parents or school administrators when necessary. Currently, Sonny serves over 4,500 middle and high school students across nine districts, mainly in low-income and rural areas lacking mental-health service.

The US faces a severe counselor shortage. While the American School Counselor Association recommends one counselor per 250 students, the national average is 1 : 376, with 17% of high schools having no counselor at all.

To address this divide, Sonny was introduced. Among 175 registered users, 53% engage with Sonny multiple times monthly, with message volume spiking during exam periods. This trend led the school to partner with experts to teach stress-coping strategies. Notably, Berryville observed a 26% drop in student

behavioural offenses after Sonny’s launch. Sharp credits this success to the platform’s accessibility and nonjudgemental nature, with students calling it a “safe space” to express anxieties. Sonny’s hybrid design—combining AI’s 24/7 availability with human empathy—proves particularly vital in regions where traditional counseling resources are scarce.

As schools nationwide tackle rising mental-health demands, tools like Sonny highlight technology’s potential to supplement—not replace—human caregivers, ensuring no student is left without support.

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

- Working principles of Sonny’s model.
- The detection of high-risk language.
- The achievements of Sonar CEO.
- Sonny’s wide service range.

() 6. Why does the author cite some figures in Paragraph 4?

- To discuss effective stress-coping strategies.
- To underline Sonny’s popularity and success.
- To analyse Sonny’s unique nature and potential.
- To compare different counseling resources.

() 7. What does the underlined word “supplement” probably mean in the last paragraph?

- Overtake.
- Monitor.
- Aid.
- Challenge.

() 8. Which of the following is the best title for the passage?

- US schools face shortage of counselors
- “Safe space” in mental health education
- Hybrid chatbot fills mental health gap
- AI counseling gets trendy in psychology

● 阅读七选五 [2025 · 山东泰安高三二模]

文体:说明文 主题:人与自我 词数:233

The final year of senior high school is a critical yet challenging period, marked by intense academic pressure and emotional stress. Below are practical methods to help students manage stress and increase learning efficiency.

Prioritize time management

Creating a realistic timetable is foundational. Divide study sessions into 45-minute blocks with 10-minute breaks to prevent burnout. Use tools like planners or apps to track deadlines and arrange time for weak subjects. 1. .

Combine physical and mental wellness

Physical activity is proven to lower cortisol (皮质醇) levels. Daily exercise, such as walking, dancing, or cycling, can improve moods and sharpen focus. 2. _____ . Even 5 minutes of deep breathing before studying can calm nerves and improve cognitive performance.

Build a support network

Isolation will increase stress. Share academic challenges with peers, teachers, or family to gain perspective. Schools offer consulting services.

3. _____. A strong support system provides emotional relief and practical advice, helping you handle difficulties effectively.

Improve study techniques

4. _____ . Thus, adopt active learning methods: summarize notes aloud, use flash cards for memorization, or teach concepts to peers. For instance, the Pomodoro Technique (25 minutes of study + 5-minute breaks) enhances concentration.

In conclusion, while stress is unavoidable during senior high school, adopting these strategies above can help you manage it.

effectively. 5. _____. Stay positive, and you will overcome any challenges!

- A. Turn to professionals if overwhelmed
- B. Nothing is more significant than study
- C. Generally, passive strategies are ineffective
- D. Therefore, you should be modest and hard-working
- E. Pair this with mindfulness practices like deep breathing
- F. Remember, being healthy is the key to academic success
- G. A structured routine reduces anxiety and promotes a sense of control

III 应用文写作

「2025 · 辽宁大连育明高级中学高三二模」

假定你是李华,你校加拿大交换生Eric是一位TikTok视频博主,他正在策划*High School Life in China*系列视频,旨在用短视频展示中国中学生校园生活,为此咨询你的意见。请你给他写一封邮件,内容包括:

1. 推荐拍摄内容；
2. 陈述理由。

注意:1. 写作词数应为 80 个左右;
2. 可以适当增加细节,以使行文连贯。

Dear Eric,

Yours sincerely,

Li Hua

Unit 2 个人、家庭及社区生活

训练 1 阅读理解(2篇) + 语法填空 + 完形填空

(限时:30分钟)

1 阅读理解

A [2025 · 浙江1月考]

文体:夹叙夹议文 主题:人与社会 词数:362

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.”

()1. 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.

()2. 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.

()3. 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.

()4. What does the author think of the strategies she has been following?

- A. Costly. B. Complex.
- C. Workable. D. Contradictory.

B [2026 · 重庆高三模拟]

文体:说明文 主题:人与社会 词数:300

Children can never have too many people looking out for them, which is why having a strong relationship with their grandparents can be necessary to their happiness and success in adulthood.

When children have a relationship with their grandparents, it gives them access to more

trusted adults who they can turn to when they're in trouble or if they don't feel comfortable going straight to their parents. For example, if a child and a parent are having trouble communicating or are constantly getting into arguments, a grandparent could be the perfect outlet for the child. Grandparents know their own children the best and could have the best solution to the issue.

It's also common for children to have a different level of respect for their grandparents. Oftentimes, if a child refuses to listen to their parents, all it takes is a conversation with a grandparent to set them on the right path. Also, if children are able to witness what a healthy child-parent relationship looks like by seeing their own parents and their grandparents as the example, it may encourage even stronger relationships for the whole family.

While children can gain a lot from this relationship, it has also been proven that the relationship between grandparent and grandchild can be beneficial for both sides. For grandparents, spending time with their grandchildren can help boost brain function, which means less depression, better short- and long-term memory, and improved communication skills.

Another added benefit of a grandchild-grandparent bond is the knowledge and skills that are passed down from generation to generation. Grandparents love to talk and children love stories, so whether it's family traditions, personal stories or folk tales being passed on, this bonding activity of storytelling can be beneficial to both the children and their grandparents.

()5. How do grandparents help troubled kids?

- A. By preparing for arguments.
- B. By providing trusted guidance.
- C. By punishing their parents.
- D. By offering financial support.

()6. What can we infer from Paragraph 3?

- A. Grandparents provide education and modeling.
- B. Children show less respect for their grandparents.
- C. Children work hard for a stronger family relationship.

D. Grandparents fail to set their grandchild on the right path.

()7. What benefit do grandparents gain from the relationship?

- A. Regular physical activity.
- B. Formal skill training.
- C. Improved mental health.
- D. Reduced communication pressure.

()8. What can be a suitable title for the text?

- A. Healthy relationship in old age
- B. The power of grandparents
- C. The storytelling across generations
- D. Memory improvement for the elderly

II 语法填空 [2025 · 湖南娄底名校联盟高三模拟]

文体:说明文 主题:人与社会 词数:233

Chinese culture has long been shaped by its deep-rooted emphasis on family values. These values form the foundation of Chinese society.

Filial piety, or "xiao", is a cornerstone of Chinese family values. 1. _____ (develop) from Confucian teachings, it emphasizes the importance of respecting and caring for one's parents and elders. Children 2. _____ (teach) to honour their parents' wisdom and experience, and to provide support and care as they age.

Education is 3. _____ (high) valued in Chinese family values, viewed as a means of upward mobility and 4. _____ (person) growth. Parents invest significant resources into their children's education, with academic achievement serving 5. _____ a symbol of family honour. The pursuit of success is deeply rooted in Chinese culture, driven by a desire to provide a better future for the family.

As China 6. _____ (experience) rapid social and economic changes now, traditional family values are evolving. While 7. _____ core values remain unchanged, their expression and application have adapted to accommodate the various 8. _____ (demand) of a modern society. But the principles of harmony, respect, and shared responsibility continue to guide family relationships, 9. _____ have nurtured close-knit family units and formed a sense of belonging and support.

Chinese family values remind us of the enduring importance of respect and harmony, 10. _____ (emphasize) the deep impact that strong family bonds can have on individuals and society as a whole.

完形填空 [2024 · 全国甲卷改编]

文体:记叙文 主题:人与自我 词数:276

One day, we had a family dinner. While the adults were busy with their serious talk outside, I was left alone in the 1 to help my grandmother wash dishes. 2 my grandmother would tell me stories about her childhood.

Born just before WW II, my grandmother 3 an entirely different childhood lifestyle from mine. She did not have a chance to go to 4. Like in typical families, where boys were 5 much more than girls, my grandma had to stay at home to do housework. The only opportunity(机会) she could seize to 6 was when her brother was having Chinese lessons with the family tutor. She would sit quietly at the far end of the long dinner table, listening 7. This training taught her to read and write her Chinese upside down—a skill that has turned out to be quite 8, especially whenever we share the newspaper. On most weekends, my grandmother, a young girl then, and her brother would go to the 9. There, they would walk through deep water, sit down cross-legged underwater and hold their 10 while they watched all action going on around them. This is something I 11—her ability to open her eyes underwater and still sit comfortably on the seabed.

My childhood is quite 12 compared with hers. I am grateful that I did not need to 13

the hardships like she did. I've never faced the problem of 14. I guess our different childhood background is what makes my grandmother such an amazing person to talk to: her stories always make my history textbooks 15.

- () 1. A. sitting room B. kitchen
C. yard D. dining hall
- () 2. A. As always B. By the way
C. For example D. Here and now
- () 3. A. adjusted B. promoted
C. achieved D. experienced
- () 4. A. work B. school
C. court D. press
- () 5. A. favoured B. tolerated
C. trusted D. acknowledged
- () 6. A. exercise B. study
C. explore D. teach
- () 7. A. closely B. directly
C. nervously D. freely
- () 8. A. professional B. awkward
C. simple D. practical
- () 9. A. market B. mountain
C. beach D. class
- () 10. A. secret B. breath
C. view D. tongue
- () 11. A. admire B. notice
C. adopt D. value
- () 12. A. difficult B. complex
C. happy D. similar
- () 13. A. reflect upon B. go through
C. ask about D. prepare for
- () 14. A. unemployment B. health
C. education D. communication
- () 15. A. come true B. come round
C. come out D. come alive

重点词句回顾

长难句分析

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. (阅读 A Para. 3)

【译文】相反,她建议应用营养专家中一个众所周知的称为“责任分工”的概念,即父母在固定的时间给孩子提供种类丰富且以健康为主的食物,并且孩子自己

决定他们想要吃什么和吃多少——即使这意味着偶尔吃更多的饼干而不是胡萝卜。

【分析】本句为主从复合句。called the “Division of Responsibility”是过去分词短语作后置定语,修饰concept; where引导非限制性定语从句,修饰先行词Division of Responsibility,该定语从句中由and连接两个并列句;且第二个分句中what and how much they want to consume是由what和how much引导的并列宾语从句,作decide的宾语;句末的even if引导让步状语从句;其后的that指代前文“孩子自主决定吃什么、吃多少”这一情况。

训练2 阅读理解(2篇) + 阅读七选五 + 读后续写

(限时:40分钟)

① 阅读理解

A [2025·河北名校联考高三仿真预测]

文体:说明文 主题:人与社会 词数:344

The inspiration for Michigan Words came from a desire to make poetry a shared experience—accessible and visible to all Michiganders. Poetry often lives in books, workshops, or private spaces, but I wanted to bring it into public life in a way that invited community participation and reflection. I wanted the poets and their neighbours to feel pride in seeing words written by living people in their community on billboards, big and towering above our landscapes. The billboards are great for this goal because they show language in everyday life. They fit into daily trips and ordinary routines, but they are also eye-catching enough to make people stop and think.

Working collaboratively with the poets to design each billboard was one of the most rewarding aspects of the project. We held brainstorming sessions and discussed each design element together to ensure that the poets' visions were fully realized. I selected poets who truly represent Michigan's geographic and cultural diversity. Brittany Rogers from Detroit, Jonah Mixon-Webster from Flint, and M. Bartley Seigel from Houghton are three powerhouse poets from three very different regions whose work resonates (共鸣) with communities across the state. I worked with the Library of Michigan to create a universal design, but I wanted the authors to have full control over the work they shared. The poets did a wonderful job.

When deciding where to locate the billboards, I wanted each location to have balanced visibility. This careful placement ensured that the lines of poetry would be seen and felt as part of their environment.

I am happy to see the impact of this project. Recently, M. Bartley Seigel shared how much the project affected him personally, saying, "I think

my mum has been more excited about the billboard than a lot of other sort of poetry accomplishments that I've had in my life."

I hope Michigan Words connects people and regions, and brings poets and passers-by together. It celebrates Michigan's voices and shows that poetry, like our shared landscapes, is everywhere, waiting to be noticed and accepted.

()1. What was the main inspiration for the Michigan Words project?

- A. To create a new form of public art.
- B. To promote the careers of local poets.
- C. To make Michigan famous for its poetry.
- D. To bring poetry within reach of Michiganders.

()2. What does the underlined word "collaboratively" in Paragraph 2 probably mean?

- A. Cooperatively. B. Secretly.
- C. Competitively. D. Constantly.

()3. Why did the author mention M. Bartley Seigel's words?

- A. To promote M. Bartley Seigel's poetry.
- B. To emphasize the visibility of the billboards.
- C. To show the author's involvement in the project.
- D. To illustrate the impact of the project on the poets involved.

()4. Which of the following would be the best title for the text?

- A. The history of Michigan poetry
- B. The role of billboards in advertising
- C. Michigan Words: poetry in public spaces
- D. Poets: a vital resource for city connection

B [2025·湖南省高三二模]

文体:议论文 主题:人与社会 词数:349

Recently, I observed how socio-cultural forces can restrict personal choices, as some people fear rejection from their communities if they act differently. Social cohesion (融合) is woven into the fabric of our lives, so in closely

integrated communities, that would mean losing everything.

Making choices that differ from those of most people around us is definitely a risky strategy to take. Anything that distracts us from the safety and comfort brought by the sense of belonging shakes us to our very core. We are a complex social species, and there are social rules that create stability. We, like other social species, will move towards an evolutionarily stable strategy (ESS), a behavioural strategy in a population that, once established, cannot easily be replaced by alternative strategies because it provides a high level of stability and success. We often make decisions by unconsciously reviewing what people around us are doing, and then do the same thing. Being different is uncomfortable.

However, there are always individuals who bring innovation. Think about the first macaque monkey on an isolated island that walked into the water carrying a sweet potato and washed it in the ocean. Over time, other monkeys in its group adopted this behaviour, which became a part of their culture and has even been passed down through generations. This kind of new approach requires courage, creativity, a strong will, and the willingness to be rejected. Innovation can solve a problem in a new way, create a social and cultural impact felt by later generations, or result in the grandest love you might ever encounter.

Life is scary, and life is uncertain. It's natural to try to hold on to what we know to feel secure. But someone recently said to me, "If all you know extends only the length of your nose, you don't know very much at all." True understanding requires looking beyond personal experiences or surroundings to gain a more complete view of the world. Not being able to choose freely or be different holds back everyone's progress.

()5. What does "that" underlined in Paragraph 1 refer to?

- A. Weakening one's bonds with the community.
- B. Relying on the protection of one's community.

- C. Taking a different path within one's community.
- D. Being frightened by the rejection from their communities.

()6. What is the psychological effect of being different from others?

- A. It causes discomfort.
- B. It increases creativity.
- C. It strengthens social bonds.
- D. It improves decision-making skills.

()7. Why does the author mention the macaque monkey?

- A. To show that monkeys have complex social rules.
- B. To explain the motivation behind monkey evolution.
- C. To highlight the importance of community support.
- D. To demonstrate the power of individual innovation.

()8. What is the main argument of the text?

- A. Creativity ensures community stability.
- B. Being different may encourage progress.
- C. Success comes from facing the fear of rejection.
- D. Humans and monkeys share similar social structures.

II 阅读七选五

[2025 · 江苏南通如皋高三适应性考试(二)]

文体:说明文 主题:人与社会 词数:245

In a world facing serious environmental challenges and a growing disconnection from nature, community gardens have emerged as drivers for positive changes. These gardens are beneficial to urban residents and play an important role in shaping an environmentally sustainable society. 1. _____.

Community gardens offer an escape from the chaos of fast-paced urban life. 2. _____, creating a sense of peacefulness and inner balance. The simple act of digging hands into soil, planting seeds and witnessing the wonder of growth brings a sense of satisfaction and purpose.

Community gardens serve as inclusive spaces where people from diverse backgrounds come together with a shared passion for nature and

sustainability. 3. _____. They provide a friendly environment for social bonds. As gardeners tend to plants side by side, they build meaningful connections, making community gardens not just places for growing plants but also for nurturing relationships.

In an era of rapid urbanization, community gardens act as a shelter for plants, insects and birds. The biodiversity they support contributes to the overall health of urban ecosystems.

4. _____. Through local, organic and sustainable practices, community gardeners take an active role in securing their food sources while reducing the environmental impact associated with conventional agriculture and long-distance transportation.

Beyond the psychological benefits, community gardens offer advantages for physical health as well. Gardening involves various physical activities such as planting, weeding and harvesting, which provide gentle exercise and promote overall well-being. 5. _____, encouraging a positive and sustainable approach to nutrition.

- A. These spaces go beyond mere physical gardens
- B. These gardens also address the pressing issue of food security
- C. More importantly, they allow individuals to reconnect with nature
- D. Community gardens create an atmosphere for knowledge-sharing
- E. The harvest can even be celebrated and shared among all members
- F. They allow people to interact with nature and with each other and enjoy a better life
- G. Additionally, the fresh produce grown in the gardens contributes to a healthier diet

Ⅲ 读后续写 [2025 · 安徽合肥高三模拟]

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。

I had always thought of my neighbourhood as a peaceful and friendly place. However, all that changed when Mr Thompson moved in next door. He was a middle-aged man who seemed to have a

rather strange lifestyle.

At first, I didn't pay much attention to him. But one day, I noticed that his car was always parked in a way that blocked part of my driveway. It was really inconvenient, especially when I was in a hurry to go to work or pick up my kids from school. I politely asked him to be more careful with his parking, but he just gave me a cold look and said he would do so as he was pleased. This made me get cross with him.

As time went by, more problems arose. Mr Thompson had a big dog that barked loudly day and night. I could barely have a sound sleep, and my kids were also disturbed by the noise. I tried to talk to him about the dog, but he refused to listen. He even accused me of being too sensitive.

One evening, I came home from a long-day work, extremely worn out. Just as I was about to park my car, I found that Mr Thompson's car was once again blocking my driveway. I was so frustrated that I knocked on his door forcefully. After what seemed a long time, the door opened. There stood Mr Thompson with an indifferent look on his face. Words were exchanged, and both of us were angry. We had a heated argument. He even slammed the door shut right in front of me. After that, we didn't talk to each other for weeks. My once proud and friendly neighbourhood ties are gone.

One day, as I was mowing the lawn in my garden, I saw Mr Thompson struggling to carry a heavy box along his driveway.

注意:续写词数应为 150

个左右。

Paragraph 1:

It seemed that he was about to drop it.



错题本



答题不规范?
扫我学标准!

Paragraph 2:

As we were standing in his living room, Mr Thompson broke the ice.

Unit 3 健康生活

训练1 阅读理解(2篇) + 语法填空 + 完形填空

(限时:30分钟)

1 阅读理解

A [2022·浙江1月考]

文体:说明文 主题:人与社会 词数:347

The benefits of regular exercise are well documented but there's a new bonus to add to the ever-growing list. New research found that middle-aged women who were physically fit could be nearly 90 percent less likely to develop dementia(失智症) in later life—and if they did, it came on a decade later than less sporty women.

Lead researcher Dr Helena Hölder, of the University of Gothenburg in Sweden, said: "These findings are exciting because it's possible that improving people's cardiovascular(心血管的) fitness in middle age could delay or even prevent them from developing dementia."

For the study, 191 women with an average age of 50 took a bicycle exercise test until they were tired out to measure their peak(最大值的) cardiovascular capacity. The average peak workload was measured at 103 watts.

A total of 40 women met the criteria for a high fitness level with a capacity of 120 watts or higher, while 92 women were in the medium fitness category. A total of 59 were of low fitness level, with a peak workload of 80 watts or less, or having their tests stopped because of health problems.

These women were then tested for dementia six times over the following four decades. During that time, 44 of the women developed dementia. Five percent of the highly fit women developed dementia, compared to 25 percent of the women with medium fitness and 32 percent of the women with low fitness.

"However, this study does not show cause and effect between cardiovascular fitness and dementia, it only shows an association," said Hölder. "More research is needed to see if improved fitness could have a positive effect on

the risk of dementia and also to look at when during a lifetime a high fitness level is most important." She also admitted that a relatively small number of women were studied, all of whom were from Sweden, so the results might not be applicable to other groups.

()1. What is on the ever-growing list mentioned in the first paragraph?

- A. Positive effects of doing exercise.
- B. Exercises suitable for the middle-aged.
- C. Experimental studies on dementia.
- D. Advantages of sporty women over men.

()2. Why did the researchers ask the women to do bicycle exercise?

- A. To predict their maximum heart rate.
- B. To assess their cardiovascular capacity.
- C. To change their habit of working out.
- D. To detect their potential health problems.

()3. What do we know about Dr Hölder's study?

- A. It aimed to find a cure for dementia.
- B. Data collection was a lengthy process.
- C. Some participants withdrew from it.
- D. The results were far from satisfactory.

()4. Which of the following is the best title for the text?

- A. More women are exercising to prevent dementia
- B. Middle-aged women need to do more exercise
- C. Fit women are less likely to develop dementia
- D. Biking improves women's cardiovascular fitness

B [2025·湖南长沙第一中学高三适应性演练二]

文体:说明文 主题:人与自然 词数:338

Climate change is increasingly challenging the world of sports, with rising temperatures and extreme weather conditions threatening the existence of sports events globally. Athletes like

triathlete Pragnya Mohan have been forced to relocate their training to cope with unbearable heat, while others, including discus thrower Sam Mattis, face extreme temperatures during competitions. Such conditions not only affect athlete performance but also pose a threat to the continued existence of certain sports.

At the UN climate summit in Baku, experts underlined the urgent need to address climate change's impact on sports. Events are being interrupted by unusual weather patterns, as seen in the Paris Olympics, where triathlons were delayed due to water quality issues from heavy rain. In response, some sports organizations and clubs are beginning to take action. Soccer clubs have joined forces to reduce emissions and engage fans in climate awareness, emphasizing the role sports can play in advocating environmental responsibility. These efforts illustrate the crucial role that organized sports can have in promoting and supporting sustainable practices.

However, large-scale efforts can sometimes seem less impactful due to conflicting priorities and the financial interests tied to major sports events. These factors hinder real progress in sports-related climate advocacy and reveal the complexities involved in combining global sports practices with environmental initiatives.

Climate change is also increasing the costs associated with sports, widening the gap between rich and less rich athletes. As certain regions become unsuitable for training due to weather extremes, athletes face increased travel and training expenses, creating a widening socioeconomic divide. To adapt, sports events are shifting to cooler times or new locations. However, these measures only partially address the broader issues. Technologies like air-conditioned stadiums, used in the Qatar World Cup, provide temporary relief but are not sustainable.

As sports wrestle with climate change, athletes and organizations must innovate to reduce their environmental footprint. A joint effort is essential to make sure sports can continue to boom in a changing world, offering

fair opportunities while promoting sustainability, with an emphasis on long-term, impactful solutions.

() 5. Why are Pragnya Mohan and Sam Mattis mentioned in Paragraph 1?

- A. To demonstrate physical challenges world athletes face.
- B. To praise their achievement in reducing climate change.
- C. To display their excellent performance in competitions.
- D. To show the bad effects climate change has on sports.

() 6. What does the underlined word “hinder” mean?

- A. Discover.
- B. Achieve.
- C. Deny.
- D. Block.

() 7. What might be the impact of climate change on sports?

- A. It narrows the skill gap between athletes.
- B. It raises the training costs for sports events.
- C. It promotes equality among sports participants.
- D. It increases the number of international events.

() 8. What does the author imply in the last paragraph?

- A. Innovative technology is key in sports competitions.
- B. Cooperation is needed to ensure the sports' survival.
- C. Organizations should offer athletes fair opportunities.
- D. The solutions made now are short-term and low-impact.

II 语法填空

[2025 · 河南省 TOP20 名校大联考改编]

文体:说明文 主题:人与社会 词数:250

“China will continue advancing its three-year ‘weight management’ campaign and promoting healthier lifestyles,” 1.

(announce) Lei Haichao, head of the National Health Commission (NHC), at a press conference on people's livelihood last month. 2.

(follow) this announcement, the topic about the national weight-loss guideline quickly trended on

China's social platforms.

Fish and tofu stewed in an iron pot, Shaanxi Saozi noodles, and more... Many common dishes in Chinese households 3. _____ are rich in flavour and deeply rooted in regional culinary (烹饪的) traditions are included in the list.

These guidelines go with China's broader push towards sustainable weight management, suggesting seasonal meal plans for each of 4. _____ country's seven major regions and offering three different calorie levels—1,200 kcal, 1,400 kcal, and 1,600 kcal—5. _____

_____ (accommodate) varying needs. Users can customize their intake based on their height, weight, and activity levels, 6. _____ ask for additional guidance from health care professionals.

"The guidelines combine traditional dietary 7. _____ (wise) with modern nutritional science, adapting regional foods to healthier standards through 8. _____ (science) adjustments while maintaining the nutritional value," said Zhu Yi, an associate professor at the College of Food Science and Nutritional Engineering. "By precisely measuring portions, balancing ingredients (食材), and optimizing cooking methods, the 9. _____ (propose) diet ensures both flavour and health benefits. For example, every recipe includes detailed ingredient weights to ensure that calorie intake will 10. _____ (monitor) carefully."

Ⅺ 完形填空 [2025 · 全国二卷]

文体:记叙文 主题:人与自我 词数:227

Evelyn Donohue is a 65-year-old grandma. She only started to 1. _____ seven years ago after having a 2. _____ call. She'd been struggling with eating disorders and health issues, which 3. _____ led her to getting surgery. After that experience, she knew that she needed to make a 4. _____. Determined to turn her life around, Ms Donohue began to work out and follow a 5. _____ lifestyle, before discovering a 6. _____ for weightlifting.

Since setting out on the journey, the 7. _____ lover has not only managed to 8. _____ an impressive set of muscles—but also a huge following on social media.

The well-liked grandma regularly posts workout content, explaining there's no 9. _____ others can't look this good. She said it was all down to some key aspects.

"Hold on: consider failure as a 10. _____ to success and never give up. Stick to your plan," she said. " 11. _____ others: lift others up on your journey. Success is sweeter when 12. _____. " She previously explained that "you do not need to have an amazing body to exercise ... the 13. _____ is to feel good, not look good."

Ms Donohue used to be laughed at for being too old to work out, but she has proved the 14. _____ wrong in the best possible way and has indeed become an 15. _____ for many social media users.

- () 1. A. write B. travel
C. exercise D. recover
- () 2. A. goodwill B. timeout
C. long-distance D. wake-up
- () 3. A. normally B. ultimately
C. suddenly D. automatically
- () 4. A. change B. fortune
C. wish D. deal
- () 5. A. risky B. traditional
C. comfortable D. healthy
- () 6. A. demand B. secret
C. passion D. cure
- () 7. A. peace B. fitness
C. fun D. nature
- () 8. A. grow B. control
C. activate D. relax
- () 9. A. need B. choice
C. reason D. difference
- () 10. A. green light B. road block
C. passing mark D. stepping stone
- () 11. A. Help B. Consult
C. Follow D. Forgive
- () 12. A. accepted B. shared
C. expected D. celebrated
- () 13. A. goal B. case
C. duty D. cost
- () 14. A. instructors B. admirers
C. beginners D. doubters
- () 15. A. authority B. excuse
C. inspiration D. option