



教育图书



功能学具



学生之家

基础教育行业专研品牌

经浙江省中小学教辅材料
评议委员会评议通过

全品智能作业

学·练·考

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练习册

本册主编 眭改清

高中英语

选择性必修第一册 RJ 浙江省

长江出版传媒
崇文书局

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Unit 1 PEOPLE OF ACHIEVEMENT

Period One Reading and Thinking

基础巩固

I 单句填空

1. She _____ herself to public welfare and her selfless _____ inspired many young people around. (commit)
2. When the teacher asked him a question, he gave a look of confusion. _____ (apparent) he had no idea what the answer was.
3. I draw a _____ (conclude) from my experience that where there is a will, there is a way.
4. It is widely believed that for the long-term development, students should _____ (evaluate) in terms of overall quality.
5. To approach the truth about historical events, we must remain _____ (object) and avoid being misled by prejudices.
6. The old professor's lecture was filled with _____ (science) insights, opening the students' eyes to the wonders of the natural world.
7. What is known to all is that the outstanding _____ (academy) atmosphere, as well as various festivals and sports, draws many students to our school.
8. Tears streamed down my face as I lay there, feeling _____ (defeat), but my grandfather, with his endless encouragement, urged me to get up and try again.

II 短语填空

1. _____ (根据) the weather forecast,

a heavy rain was coming, so the farmer hurried to cover the crops, hoping to protect them from the downpour.

2. Only when you _____ (坚持) putting what you have learnt into use can you master Chinese as quickly as possible.
3. Success is the result of devoting your time and energy to what you've set out to do, which doesn't happen _____ (偶然).
4. _____ (从……毕业) university, Tom felt a mix of excitement and nervousness, knowing a new chapter full of opportunities awaited him.
5. The gold medal will _____ (授予) whoever wins the first place in the cycle race.

III 句型训练

1. _____, John was immediately committed to offering him emotional and financial support. (upon/on)
一听说伯纳德陷入困境,约翰立即承诺为他提供情感和经济上的支持。
2. Our group would like to organize a book donation activity _____ for Xinhua Primary School. (过去分词作后置定语)
我们小组想为新华小学组织一场名为“分享书籍,传递爱”的图书捐赠活动。
3. _____ share with you my opinions on Beijing Opera. (形式主语)我很荣幸能发表演讲,与大家分享我对京剧的看法。

IV 阅读理解

A [2026·浙江台金七校联考高二期中]

The world said farewell to a true pioneer with the passing of Dr Jane Goodall in 2025. Her journey, from a self-funded young woman with a dream to a globally influential figure, not only demonstrates the power of passion and perseverance, but also inspires generations to pursue change with empathy and courage.

With no formal scientific training, Goodall began her work in the forests of Gombe, Tanzania. Her approach—associating so closely with the animals she studied, naming them and even referring to them as “my friends”—was then considered unorthodox by many in the scientific community. Despite facing doubt, her patience was rewarded with a series of discoveries that astonished the world.

In 1960, she witnessed chimpanzees eating bushpigs, overturning the long-held belief that they were strict vegetarians. That same year, she saw chimps digging termites(白蚁) out of a hill with a stick, which forced experts to abandon the assumption that tool use was a uniquely human skill. Later, she documented not only acts of aggression—intergroup warfare and even cannibalism(同类相食)—but also gestures of affection such as play, grief and care. Sometimes, they even accepted her as one of their own.

As her understanding of chimpanzees grew, so did her sense of responsibility. Driven by the growing threats to chimpanzees and their habitats, Goodall transitioned from a quiet observer to a tireless global advocate. She founded the Jane Goodall Institute and launched the “Roots & Shoots” programme, which has since empowered millions of young people worldwide to engage in environmental projects.

“What you do makes a difference, and you have to decide what kind of difference you want to make,” she often stated, emphasizing individual responsibility.

Goodall’s legacy is not merely in her discoveries, but in her unbeatable spirit. She showed that profound change begins with a single, determined individual. Her life stands as a lasting proof of the idea that curiosity, when paired with action, can reshape our world.

- () 1. What does the underlined word “unorthodox” in Paragraph 2 most probably mean?
- A. Unconventional. B. Efficient.
C. Authoritative. D. Outdated.
- () 2. What major breakthrough did Goodall make about chimpanzees in 1960?
- A. They maintained a pure vegetarian diet.
B. They often engaged in community violence.
C. They could use objects as tools to obtain food.
D. They were as intelligent as humans in employing tools.
- () 3. What can be inferred about Jane Goodall according to Paragraph 4?
- A. She sought global recognition for her environmental projects.
B. She believed that collective efforts outweigh individual actions.
C. She inspired youngsters to contribute to a more sustainable world.
D. She focused mainly on developing observation methods for chimpanzees.
- () 4. Which of the following best describes Jane Goodall?
- A. Innovative and generous.
B. Academic and demanding.
C. Committed and transformative.
D. Indifferent and pioneering.

B [2026·陕西咸阳高二第二次质量检测]

Artist Luca Gnizio's latest project, Forsoutree, speaks more than words could. The project started with the accidental discovery of a century-old holm oak tree trunk (树干) that had been brought down by nature in a park. When Gnizio was called in, he immediately thought of giving the dead trunk some life.

Over the past decade, Gnizio has made a name for himself, establishing a whole new form of art that harmonizes with nature. In his work, he focuses on three Rs: reduce, reuse and recycle. The Forsoutree takes on various aspects of his artistic approach. The aim of this project was not only to reuse but also to protect and give life. To Gnizio, what most people call waste can be repurposed to give more meaning to life.

He has managed to create new levels of beauty with the trunk, combining it with the natural environment and using it as the central point. Especially, it is the change of parts of the trunk into seats. He has created two unique seats with the trunk still in its primary location. All around the trunk itself are breathtaking sights of the park for any lover of the natural space.

If you think sitting on a dead trunk will be boring, what about bathing? Gnizio has carved out a deep basin (盆) with sufficient resting space. An adult can lie on the floor of the basin looking upwards and enjoy the peaceful surrounding nature. Unfortunately, the basin is only for artistic purposes. You may not be able to bathe in it, but you will surely enjoy the sights.

"Forsoutree speaks of beauty and respect and reminds us that nothing belongs to us on this earth, where we are simply passing guests," explained Gnizio. His art offers an opportunity for us to learn more about our environment and also appreciate life as it is.

- () 5. How was the Forsoutree project started?
- A. By restoring a fallen tree in a park.
B. By changing the design for a park.
C. By planting a new holm oak in a park.
D. By finding an old oak trunk by chance.
- () 6. What's the goal of the Forsoutree project?
- A. To reuse, protect and give life.
B. To reduce, create and display art.
C. To recycle, design and spread art.
D. To collect, process and sell waste.
- () 7. What can visitors experience with the Forsoutree project?
- A. Take the seats made of the trunk home.
B. Bathe in the basin carved from the trunk.
C. Enjoy unique views around the original trunk.
D. Witness the artist carve the trunk on site.
- () 8. What does the author intend to tell us in the last paragraph?
- A. Humans should take control of natural resources.
B. Art can help people connect with nature and life.
C. The Forsoutree project is the artist's best work.
D. Visitors should protect the century-old tree trunk.

V 阅读七选五 [2025·河南许昌高二期中]

To make science stories more concrete and engaging, it's important to use some effective strategies. Here are four of them.

Put people in the story.

Science stories often lack human characters. 1. _____ Characters can also be people affected by a scientific topic, or interested in learning more about it. Besides, they can be storytellers who are sharing their personal experiences.

2. _____

People often think of science as objective and fair. But science is actually a human practice that continuously involves choices, missteps and biases (偏见). If you explain science as a course, you can walk people through the sequence of how science is done and why researchers reach certain conclusions. 3. _____ And they can also stress the reason why people should trust the course of science to provide the most accurate conclusions possible given the available information.

Include what people care about.

Scientific topics are important, but they may not always be the public's most pressing concerns. In April 2024, a polling company found that "the quality of the environment" was one of the lowest-ranked priorities among people in the US. The stories about the environment could weave in connections to higher-priority topics. 4. _____

Tell science stories.

Scientists, of course, can be science communicators, but everyone can tell science stories. When we share information online about health, or talk to friends and family about the weather, we contribute to information that circulates about science topics. 5. _____ Think about all of a story's characteristics—character, action, sequence, scope, storyteller and content—and how you might incorporate them into the topic.

- A. Explain science as a process.
- B. Shoot attractive short science videos.
- C. Scientists themselves can actually become ideal ones.
- D. This practice is to stress why the content is important.
- E. You can tell growth stories of remarkable teenage scientists.

F. Science communicators can emphasize how science is conducted.

G. You may as well borrow features from stories to strengthen your message.

VI 语法填空 [2026·江苏扬州高二期中]

Seated before the mirror at Beijing's Liyuan Theatre and 1. _____ (dress) in a vibrant yellow costume, Ghaffar Pourazar, 2. _____ European performer, skilfully paints his face to look like the Monkey King. Over the past 30 years, he 3. _____ (devote) to introducing Peking Opera to international audience.

Pourazar's lifelong passion for Peking Opera began by chance in 1993. As a computer animator, he watched a show in London and 4. _____ (immediate) fell in love with it. He soon moved to Beijing to study martial roles in Peking Opera, 5. _____ was very challenging for an adult beginner, with difficult movements and the Chinese language to master. However, his hard work 6. _____ (pay) off, and he became famous 7. _____ his role, earning the nickname "Western Monkey King".

Pourazar believes great art goes beyond languages. 8. _____ (communicate) with the Western audience better, he successfully adapted plays like *The Monkey King: Uproar in Heaven* into English and even transformed Shakespeare's works into Peking Opera style. In honour of his 9. _____ (contribute), Pourazar received the Great Wall Friendship Award from the Beijing government in 2014. Though 10. _____ (suffer) from knee problems due to years of performance, Pourazar remains passionate. He believes the Monkey King's universal appeal connects cultures.

Period Two Learning About Language (Structures)

基础巩固

I 单句填空

1. Love and loneliness, both of _____ are necessary, are two most beautiful tunes in life.
2. I am glad to tell you that there'll be a performance in our school hall next Friday, _____ theme is Beijing Opera.
3. We are short of two workers, without _____ we will need three more days to finish the work.
4. All the students will take part in a mountain-climbing activity tomorrow, _____ is intended to help reduce pressure.
5. Li Bai is a Chinese poet praised from his own day to the present as a romantic figure, _____ took traditional poetic forms to new heights.
6. We'll put off the volunteer training meeting until next Sunday, _____ most participants will have enough time to prepare.
7. The best table in this two-story Thai home offers a window right into the kitchen, _____ you can see chef Gaggan and his staff in action.
8. _____ is expected, the programme has aroused enthusiasm for the native language.

II 语法与写作

1. The reason _____ is that I have a problem in respect of the writing skill.
我給你寫這封信的原因是我有一個關於寫作技巧的問題。
2. During travelling, one can meet various people, _____ . (介词 + 关系代词) 在旅游期间, 人

們可以見到形形色色的人, 能够与其结交为新朋友。

III 语篇语法填空

Dunhuang, an oasis (绿洲) in the Taklamakan Desert, used to be a major stop along the Silk Road, but is now mainly a fascinating tourist destination.

Those interested 1. _____ Dunhuang's colourful history will be attracted by the Mogao Caves, one of the city's main attractions. The entrance to each cave 2. _____ (block) by a locked door, which can only be opened by expert guides. Behind these doors are caves of all 3. _____ (size)—from very small to absolutely huge. The caves contain thousands of priceless manuscripts and silk paintings, which, upon their 4. _____ (discover), drew much attention to the area.

Also, there are few things as special as walking across the desert oasis at sunrise. 5. _____ (catch) this incredible scene, you must rise early. It's bitterly cold. But as the sun rises atop the golden dunes (沙丘) and paints a 6. _____ (true) picturesque scene, all your efforts pay off. Sunset is a popular time for a camel ride. Get off the camels 7. _____ walk up a rather steep dune overlooking Crescent Spring. From this position, 8. _____ (regard) as the best one, the incredible sunset is awe-inspiring.

No trip to Dunhuang is complete without visiting the Dunhuang Museum, 9. _____ it's possible to put all of the city's historical sites into proper historical context. The museum is expansive, 10. _____ (contain) many original artworks. Here, you are bound to be amazed by Dunhuang's rich culture.

IV 阅读理解 [2026·湖南长沙高二月考]

When Meng Jintao was a child, power outages in his rural hometown sparked his curiosity: Why can't we store electricity during regular times and use it when the power goes out?

Now 29, Meng has turned this childhood curiosity into reality with his advanced iron-based flow energy storage system. Distinguished by its massive storage capacity, high safety standards, and long-term endurance, this technology represents a major advancement in energy storage.

In 2013, Meng began his studies at Hefei University of Technology in Anhui, East China, majoring in new energy materials and devices. During his university years, he travelled to Qinghai and Gansu provinces in Northwest China for research, where he observed the initial success of wind and solar power projects. However, he learned from power station staff that much of the energy generated by wind turbines was unstable and could not be effectively used. It was during this period that Meng recognized the urgent need for advanced storage solutions to stabilize energy supply and release it steadily to the grid, thereby increasing efficiency. This realization led him to develop the iron-based flow energy storage system.

"This system functions like a large power bank for cities," he explained. According to Meng, while lithium (锂) batteries are well-established, there is a growing need for a more affordable and safer storage solution. He chose iron for its cost-efficiency and the abundant availability of iron resources in China. Iron-based flow energy storage systems are also more economical and use water as a solution, making them fire-resistant and safer.

In 2020, while pursuing his master's

degree at Huazhong University of Science and Technology, Meng achieved a significant milestone by successfully testing the first iron-based flow battery in his lab. "Seeing the battery model start its charging and discharging cycles was a moment of endless pride," he said. "With China announcing its double carbon goals, I wanted to transform my research into a tangible product that could both benefit the country and make a difference."

Through continuous adjustments, accurate research, and determined experimentation, Meng and his team completed their first kilowatt-level energy storage system in 2021, suitable for everyday use. "I want to keep improving the technology to make energy storage safer and more cost-effective, both in China and worldwide," he said.

- () 1. What inspired Meng Jintao to seek new solutions for energy storage?
- A. His observations of power cuts in rural areas.
 - B. His major in new energy materials and devices.
 - C. His experience of working with lithium batteries.
 - D. His witness to the success of renewable power projects.
- () 2. What characteristic of iron led Meng Jintao to choose it?
- A. Its work efficiency.
 - B. Its unlimited supply.
 - C. Its economic advantage.
 - D. Its environmental friendliness.
- () 3. Which of the following words can best describe Meng Jintao?
- A. Cautious and generous.
 - B. Capable and determined.
 - C. Intelligent and considerate.
 - D. Hard-working and outgoing.

- () 4. What is the most suitable title for this passage?
- A. The future of renewable energy: strengths and weaknesses
 - B. Meng Jintao: leading figure in power generation technology
 - C. From curiosity to creation: Meng Jintao's journey in energy storage
 - D. Lithium vs. iron: the ongoing battle for better energy storage solution

Ⅴ 阅读七选五

[2025·广东惠州高二期中]

Characteristics of an excellent scientist

The Free Dictionary defines (定义) a scientist as a person having professional knowledge on one or more sciences, especially natural science or physical science. 1. _____ Let's look at some characteristics of an excellent scientist.

Curiosity

2. _____ Scientists such as Thomas Edison and George Westinghouse discovered things mainly because they wanted to know how things work. If a scientist doesn't have the drive to ask questions or even wonder, then he/she never gets to the first stage of the scientific process.

Patience

3. _____ There are very few jobs that take longer than this one. Even if you think you have received some education on science, you still have a lot of scientific research to do. If you're an instant-gratification (即时满足) type of person, this may not be the best choice for you.

Ethical(道德的) qualities

In order to truly discover and use knowledge for the greater good, a scientist must have a desire to improve people's life as well as the environment and living things, since they are all linked and they can affect one another in the long run. A scientist must report findings honestly regardless of personal or

outside commercial(商业的) interests. Sticking to an old belief contradicted (相抵触) by evidence is dishonest. 4. _____

Working habits

An excellent scientist even takes notes of the smallest observation, keeping it in mind and recording it. 5. _____ He/She also needs to communicate thoughts on paper and verbally. Networking skills connect him/her with colleagues working on similar projects where he/she may discover something new.

- A. Becoming a scientist takes a long time.
- B. An excellent scientist must be very curious about things.
- C. It also defines a scientist as someone who uses scientific methods.
- D. However, that belief shouldn't be changed without powerful evidence.
- E. He/She can work well alone or in groups, depending on what's needed.
- F. To make discoveries in human knowledge, you have to think differently.
- G. One of the main places that many scientists work in is the research laboratory.

Ⅵ 语法填空

[2025·河北保定六校高二期中]

Benjamin Lou is a computer scientist and advocate who was born with a rare genetic disorder 1. _____ (call) spinal muscular atrophy (SMA), which affects the muscles used for moving the body. At the age of one, he became 2. _____ (complete) paralyzed (瘫痪) from the chest down, making it difficult for him to breathe, feed himself, or move around without assistance. Despite these 3. _____ (challenge), Benjamin beat the odds and entered Massachusetts Institute of Technology, 4. _____ he earned a degree in computer science and artificial intelligence.

By now, Benjamin 5. _____ (become) an inspirational figure for individuals

with disabilities, using his experiences to raise 6. _____ (aware) about the importance of accessibility to technology and advocating policies that make digital tools more usable for people with disabilities. He has also worked on 7. _____ (develop) assistive technologies, such as a voice-controlled computer interface that can be used by people with limited mobility.

In addition 8. _____ his work in technology, Benjamin is a passionate advocate for disability rights, using his platform to challenge stereotypes and promote understanding of living with a disability. Through his writing and speaking engagements, he hopes to encourage others 9. _____ (accept) their differences and work towards creating 10. _____ more inclusive society for all.

完形填空 [2026·安徽滁州高二期中]

When I was younger, I lacked the confidence to declare, “This is me.” Instead, trapped by society’s 1 definition of disability, I spent years hesitating to accept my 2 . When you’re disabled, people often 3 you have a certain look or can’t do certain things. I also noticed something else. Despite making up 24% of the population in our country, we were almost 4 on screen. When we did appear, it was almost always as tragic (悲惨的) figures or “inspirational” overcomers, as if the only 5 of our existence was to make non-disabled audiences cry or cheer. I 6 that.

That was why I became an actor. I wanted to 7 how disability was shown in stories. To me, good representation means characters happen to be disabled. They share 8 of love, struggles and mistakes, as many of us do. This 9 came to life in my film, *TYPICAL*. Our goal was to genuinely 10 disability on screen. The film featured disabled actors in

roles that didn’t 11 their disability, letting their stories shine. The 12 of that film has been incredible. Messages from viewers, many of whom shared how it helped them silence their doubts, have 13 why this work matters.

My journey isn’t just about acting. It’s about rewriting the script (剧本) society has handed us and 14 letting our stories be defined by pity or inspiration. And now, I can 15 say: this is me.

- | | | |
|---------|----------------|-----------------|
| () 1. | A. flexible | B. narrow |
| | C. clear | D. official |
| () 2. | A. identity | B. occupation |
| | C. personality | D. future |
| () 3. | A. forget | B. deny |
| | C. assume | D. criticize |
| () 4. | A. ordinary | B. invisible |
| | C. independent | D. popular |
| () 5. | A. dream | B. difficulty |
| | C. value | D. adventure |
| () 6. | A. hated | B. ignored |
| | C. feared | D. tolerated |
| () 7. | A. analyse | B. record |
| | C. maintain | D. change |
| () 8. | A. reflections | B. impressions |
| | C. experiences | D. burdens |
| () 9. | A. trend | B. concept |
| | C. method | D. standard |
| () 10. | A. represent | B. avoid |
| | C. simplify | D. judge |
| () 11. | A. lead to | B. benefit from |
| | C. take in | D. focus on |
| () 12. | A. impact | B. technique |
| | C. process | D. budget |
| () 13. | A. questioned | B. dismissed |
| | C. confirmed | D. weakened |
| () 14. | A. trying | B. learning |
| | C. permitting | D. refusing |
| () 15. | A. nervously | B. proudly |
| | C. regretfully | D. secretly |

Period Three Using Language & Assessing Your Progress

基础巩固

I 单句填空

1. The shy girl _____ (gradual) opened up, starting to share her thoughts and ideas in class, her confidence growing with each passing day.
2. Once you have confidence in yourself, you are sure to make _____ (remark) progress with your study.
3. _____ (found) by kind-hearted students, the small charity organization consistently helps homeless animals secure warm homes.
4. Under no _____ (circumstance) should you share your personal password with anyone, even if they claim to be from the IT department.
5. His _____ (passion) speech about climate change moved the audience to take action.
6. Now a plan _____ (draft) to build a world-class ecological protection system for wildlife conservation.
7. As the small boat moved _____ (gentle) along the river, he was left speechless by the mountains reflected in the water.
8. She closed her eyes _____ (narrow) her focus, trying to remember the details of the important conversation from the day before.
9. Encouraged by her teacher, the young girl dreamed of becoming a _____ (novel), filling notebooks with her imaginative plots and characters.
10. Her _____ (infer) that he was lying was based on his inconsistent statements and confusing answers in the interview.

II 短语填空

1. Ever since he _____ (掌权,上台), links between the two countries have been tightened.
2. He left a career in teaching to _____ (任职) with the Arts Council.
3. At the end of the speech, he _____ (概括) the main points clearly to ensure that he could be fully understood.
4. Not until you realize where your potential is can you _____ (取得伟大的成就) in your life.
5. The school sees its job as preparing students to _____ (对……做出巨大的贡献) society.
6. _____ (作为……的结果) your outstanding performance, we invite you to take part in this volleyball match!

III 句型训练

1. _____, Tom threw himself on the couch, ready to relax with soft music that calms his tired mind.
(独立主格结构)
作业做完后,汤姆一下扑到沙发上,准备伴着舒缓的音乐放松一下,抚慰疲惫的心灵。
2. While _____, we mastered many delicate skills, from which we developed a deeper love for folk art.
(省略结构)
学习传统剪纸时,我们掌握了许多精巧的技法,从中我们加深了对民间艺术的热爱。
3. The little girl stared at the empty cage, her eyes filled with tears, _____ when it flew away.
(方式状语)
小女孩盯着空荡荡的笼子,眼里满是泪水,仿佛她心爱的鸟儿飞走时,也带走了她的心。

IV 阅读理解 [2026·山东济宁高二期中]

Pieter Bruegel's symbolic 1565 painting *The Harvesters* hangs at the Metropolitan Museum of Art. The work showed people harvesting wheat nearly as tall as they were. "Nowadays, however, if you walk through a wheat field, you basically see that wheat is about knee-height. The reduced height is essentially a consequence of breeding (培育) along with genes (基因) for increasing production to feed a growing population," biologist (生物学家) De Smet explained.

De Smet says wheat is just one example of how historical artwork can allow us to track the development of food crops over time. He teamed up with art historian Vergauwen, a friend since childhood, to document such artwork around the world. They have been mainly looking at things where they can spot changes in shape, colour and size.

Their interest in plants in artwork began with a visit to the Hermitage Museum, where they noticed an odd-looking watermelon in an early-17th-century painting. It appeared to be pale and white on the inside. Biologist De Smet assumed the painter had done a poor job. But art historian Vergauwen had a different idea. "No, this is one of the best painters ever from that time. So if he painted it like that, that's the way it must have looked like," he explained.

Other paintings revealed that both red and white watermelons were grown during the 17th century. "With all the genetic knowledge we now have, we can look in more detail how something comes about," De Smet said. "For example, until the 18th century, European

strawberries appeared tiny in paintings—they then grew in size as they were crossbred with North American varieties."

Ultimately, the team hopes to create an online research database of historical plant artworks. They seek the contributions of art fans around the world over the social media. "However," Vergauwen reminds, "if you're going to use, for example, Picasso to try and understand how a pear looked in the early 20th century, you might be misled."

- () 1. What can we learn about the painting *The Harvesters*?
- A. It shows how people successfully grew wheat.
 - B. It proves that wheat was much shorter in the past.
 - C. It explains the consequence of different breeding methods.
 - D. It gives clues about how wheat in the 16th century looked like.
- () 2. What inspired the research team to start their study?
- A. Their preference for food crops.
 - B. Their distinct views on an old painting.
 - C. Their friendship since childhood.
 - D. Their shared interest in Hermitage Museum.
- () 3. What does Vergauwen say about the plant research in the last paragraph?
- A. Art lovers are not careful enough.
 - B. Historical artworks often mislead researchers.
 - C. Not all historical plant artworks are reliable.
 - D. Picasso's paintings are hard to understand.

- () 4. What is the purpose of the text?
- A. To introduce a study on food crop development.
 - B. To comment on historical plant paintings.
 - C. To inform readers of a scientific breakthrough.
 - D. To tell interesting stories behind plant artworks.

V 阅读七选五 [2025·广东湛江高二期中]

Doing something challenging takes courage, commitment and willpower. 1. _____! Whether it's finding your dream job, learning a new skill or starting a new wellness routine, you'll grow and learn along the way. So, step outside of your comfort zone and face the challenge. You'll learn lessons that can transform your life.

It builds your resilience (适应力).

When you face something difficult, you can build your resilience. Resilience isn't just a fixed quality that you're born with. 2. _____. The key: set small, attainable goals that push you a little outside of your comfort zone but still within reach. You'll gradually see progress and maintain the motivation as you work towards self-improvement.

3. _____.

You may not realize how incredible you are until you overcome something difficult. Dealing with a challenge shows your strengths, maybe some you didn't even know that you had! This self-awareness helps develop a sense of purpose. It also helps improve performance and leads to better decision-making.

It teaches you self-confidence.

Completing a challenge shows you do have the capability to succeed. In other words, when things get difficult, you have the strength to continue forward, giving you a newfound sense of self-worth. 4. _____.

It helps you learn new skills.

If you want to improve your fitness, you challenge your body to become stronger, right? 5. _____! Challenging yourself helps you learn new skills that you improve over time with commitment and practice. So find a goal that you feel crazy about. You'll expand your mind as you learn new information and experience new situations.

- A. But it's well worth it
- B. It develops self-awareness
- C. It helps you manage stress
- D. You can also train yourself to become resilient
- E. That same approach applies to just about anything
- F. You'll experience a bad meal in an unfamiliar place
- G. You'll carry that confidence as you face future challenges

VI 语法填空 [2025·浙江温州高二月考]

In 1812, the year Charles Dickens was born, there were 66 novels 1. _____ (publish) in Britain. People had been writing novels for a century—most experts date the first novel to *Robinson Crusoe* in 1719—but nobody wanted to do it professionally. Many works of fiction appeared 2. _____ the names of the authors, often with something like “by a lady”. Novels, for the most part, 3. _____ (look) upon as silly, immoral or just plain bad.

In 1870, when Dickens died, the world mourned him as 4. _____ (it) first professional writer and publisher, famous and beloved, 5. _____ had led an 6. _____ (explode) in both the publication of novels and their readership. Today Dickens' greatness is unchallenged. 7. _____ (remove) him from the pantheon (名人堂) of English literature would make about as much sense as the Louvre selling off the *Mona Lisa*.

How did Dickens get to the top? It's partly true that Dickens' style of writing 8. _____ (attract) audiences from all walks of life. It's partly that his writings rode a wave of social, political and 9. _____ (science) progress. But it's also that he rewrote the culture of literature and put himself at the centre. No one will ever know what mix of talent, ambition, energy and luck made Dickens such 10. _____ distinguished writer.

Ⅶ完形填空 [2026·江苏连云港高二期中]

Wilma Rudolph, a little girl who was born into a very poor family. She was born earlier than expected and her 1 was doubtful. When she was four years old, she had double pneumonia (肺炎) and scarlet fever (猩红热)—a 2 combination that left her with a paralyzed (瘫痪的) and 3 left leg. She had to 4 an iron leg brace (支架). Yet she was 5 to have a mother who encouraged her.

Despite the brace and leg, her mother told her that she could do whatever she wanted to do with faith, determination, and 6. At 9 years old, the little girl 7 the leg brace, and she took the step the doctors told her she would never take 8. In four years, she developed a (n) 9 pace, which was a medical wonder. Then this girl got a(n) 10 idea that she would like to be the world's greatest woman runner. At age 13, she 11 every race in high school, and in every race she came in last. Everyone begged her to 12 it! However, one day, she came in next to last. And then there came a day when she 13 a race.

From then on, Wilma Rudolph won every race that she entered, 14 three Olympic gold medals. "I am going to inspire other people," she said. "I'm ready to 15." And shine she did.

- | | |
|------------------------|---------------|
| () 1. A. opportunity | B. survival |
| C. strength | D. vision |
| () 2. A. deadly | B. strange |
| C. close | D. costly |
| () 3. A. balanced | B. harmless |
| C. useless | D. strong |
| () 4. A. switch | B. change |
| C. shape | D. wear |
| () 5. A. fortunate | B. greedy |
| C. desperate | D. curious |
| () 6. A. courage | B. freedom |
| C. wisdom | D. interest |
| () 7. A. transformed | B. tackled |
| C. adjusted | D. removed |
| () 8. A. additionally | B. normally |
| C. cruelly | D. peacefully |
| () 9. A. steady | B. ripe |
| C. abnormal | D. joint |
| () 10. A. incredible | B. diverse |
| C. memorable | D. factual |
| () 11. A. handled | B. made |
| C. entered | D. organized |
| () 12. A. change | B. challenge |
| C. accept | D. stop |
| () 13. A. won | B. lost |
| C. continued | D. missed |
| () 14. A. annoying | B. urging |
| C. including | D. ranking |
| () 15. A. fly | B. jump |
| C. engage | D. shine |

单元基础练

I 单句填空

1. He was so selfless that he committed himself to _____ (do) voluntary work to help people in need all the time.
2. Spotting the approaching bear, the hikers _____ (flee) in panic, their hearts pounding as they rushed through the underbrush.
3. The researchers tested the new medicine _____ (scientific), carefully recording every reaction.
4. It is _____ (gentle) rather than anger that helps us resolve misunderstandings and heal emotional wounds.
5. With facts and data supporting her, she came to the _____ (conclude) that kindness bridges gaps between people.
6. This is Professor Wang, in whose class I learn a lot and _____ (gradual) take to reading English novels.
7. It _____ (acknowledge) that the shortest distance between persons is a sincere smile.
8. Tom, _____ (passion) about literature, formed a reading club at school, gathering like-minded friends to discuss classic novels.
9. He submitted his project for _____ (evaluate), hoping his creative approach would be recognized.
10. Their friendship was laid on a solid _____ (found) of trust and mutual understanding, which enabled them to support each other.

II 短语填空

1. The shoes showed signs of _____ (磨损) after being worn daily for several months.
2. Considering his poor health, the doctor _____ (坚决要求) his taking a good rest

before going back to work.

3. After the exciting adventure, the team leader _____ (概括) the experience, highlighting the bravery and cooperation that led them through difficulties.
4. It has been five years since his party _____ (掌权). Many people wonder whether it will stay on.
5. Samples _____ (从……中获得) various mountainous areas and forests are frequently tested to monitor overall ecosystem health.
6. He fell from the bike and broke his leg. _____ (因此), he had to be away from school.
7. When someone devotes themselves to details, their carefulness may _____ (被误认为) being too picky.
8. How I regretted not having studied hard at school, which _____ (导致) the failure in my career!

III 句型训练

1. _____, she stood frozen in shock. (upon/on)
听到这个意外的消息,她惊得僵住了。
2. _____ to give a welcoming speech to our guests at the party. (it; honour)
我感到非常荣幸被邀请在晚会上向我们的客人致欢迎辞。
3. The moment he saw his mother, he ran into her arms, _____. (独立主格结构)
他一见到妈妈,就奔向她的怀抱,内心的恐惧变成了持续的大哭。
4. _____, I found other students chatting and making introductions with each other. (省略)环顾四周时,我发现其他学生在聊天,相互介绍。

写作提能练

I 应用文写作

假定你是李华,为了激发同学们学习科学的热情,你校的英语校报想增设一个栏目,外教 Sabrina 提出“Great Scientists”和“Fun in Science”两个选项供大家选择,请你给 Sabrina 写一封邮件,内容包括:

1. 你的选择;
 2. 说明理由。
- 注意:1. 写作词数应为 80 个左右;
2. 请按如下格式在相应位置作答。

Dear Sabrina,

Best regards,
Li Hua

II 读后续写

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。

Winning

Tom Perry concentrated hard. The rocket competition would begin shortly. He had never lost a contest, but that didn't calm him. Tom glanced at the other rockets. They all had their own problems. One rocket, however, caught his eye. It was perfect in every aspect. His critical eye detected that this rocket could beat his. It belonged to a newcomer—Ed. Suddenly, Ed turned, his sight pausing on Tom's rocket. Admiring it for a while, he then gave Tom a thumbs-up with a smile.

The announcer began to explain the competition. Tom barely listened; he couldn't help but repeatedly look over to Ed's rocket. Suddenly his heart did a leap. Tom knew that Ed had no chance of winning. He had noticed that as Ed lifted his rocket, one fin (翼) had caught against something on the ground, pulling

it away from the rocket and making it loose. But Ed hadn't noticed. He glanced back at Tom and gave another thumbs-up sign. Tom felt sorry but decided he wasn't going to destroy a sure win by saying anything. Anyway, it was up to Ed to keep checking his rocket.

The contest began. Most gained respectable heights but none exceeded (超过) 1,000 feet. Tom watched, but the problems the others had didn't make him feel good. For the first time the looks on their faces bothered him.

Tom thought about the loose fin of Ed's rocket, wondering if he should say something. He was lost in thought and didn't hear his name being called. When it was repeated, it shocked him. He moved to the pad. With a shaky hand, he connected the wires to the igniter (点火器). Stepping back to the firing board, he took a deep breath and pushed the button. His rocket climbed wonderfully to a height of 1,100 feet. As he ran out into the field to pick up his rocket, he heard Ed's name being announced.

注意:续写词数应为 150 个左右。

Paragraph 1:

Ed lifted his rocket and approached the launch area. _____

Paragraph 2:

The figure of 1,150 feet came as a shock to Tom. _____

