



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品学练考

主编
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练习册

高中英语5

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01

培养核心素养，聚焦主题语境

Unit 4 HUMOUR

主题素养积累

When we are kids, we laugh a lot. Children laugh **dozens of** times a day; they laugh at small things and big things; they laugh at silly jokes and serious things. But as we become adults, it is much more difficult to laugh so easily. Do you laugh too little in your life? Should you remember how you used to laugh as a child?

In fact, laughter has a lot of benefits. It's a great way to relax, not just on a **purely** emotional level, but also physically. It can reduce your blood pressure. **And it contributes to the release of hormones and neurotransmitters, which is good for our health; if we are laughing, it means that all is well.**

In addition to this, laughing has a social function. It helps us feel more **at ease** around new people and also connects us with others. **Laughing together is great for bonding, no matter what the situation.**

A good idea to laugh as **carefree** as a child is to allow yourself to play. Play is a natural activity that promotes a lot of laughter, whether it's through video games, outdoor games, or board games. Discover what you like to play and have fun with it!

Beyond that, you can also cultivate (培养)

laugh at jokes. **Make a conscious effort** to include things, people, and events that make you laugh in your daily life. Try to see your friends more often. **Hang out with family members that are nice to be around, with whom you can have fun, laugh, and enjoy yourself.**

【主题词句背诵】

- dozens of 十几个,几十个;许多
- purely *adv.* 完全;仅仅
- contribute to 促成,导致;有助于
- at ease 心情放松,安逸,舒适
- bond *v.* 增强关系,建立纽带
- carefree *adj.* 无忧无虑的
- make a conscious effort 有意识地努力
- hang out 闲逛
- And it contributes to the release of hormones and neurotransmitters, **which is good for our health;** if we are laughing, it means that all is well. 它有助于激素和神经递质的释放,这对我们的健康有好处;如果我们笑,这意味着一切都很好。
- Laughing together is great for bonding, **no matter what the situation.** 无论在什么情况下,一起笑都有助于增进感情。
- Hang out with family members that are nice to be around, **with whom you can have fun, laugh,**

02

夯实语言基础，搭建知识框架

词汇点睛

1. pretend *vi. & vt.* 假装, 装作
(教材 P6) when someone **pretends** to be someone else
当有人假装成别人时

pretend to be + *n./adj.* 假装是……
pretend to do/to be doing/to have done...
假装做/正在做/做过……
pretend that... 假装……

【活学活用】

(1) 单句填空

- The secretary pretended _____ (read) an important document when the boss came in.
- He pretended _____ (forget) the misunderstanding between them on that night, but he couldn't make it.

句型透视

(教材 P7) **Laughter makes you ten years younger.** 大笑可以使你年轻十岁。

句型公式

make + 复合宾语(宾语 + 宾语补足语)

【句式点拨】

本句是“make + 复合宾语”的结构, you 作动词 make 的宾语, ten years younger 作宾语 you 的补足语。

【相关拓展】

make 是一个常跟复合宾语的动词, 即“make + 宾语 + 宾语补足语”, 其宾补可以是名词、形容词、动词原形和过去分词。

(1) make + 宾语 + 名词。如:

Her persistent efforts **made the project a great success.**

课内基础巩固

❶ 单词拼写(每小题 1 分, 满分 6 分)

1. A good _____ (喜剧片) not only entertains but also brings people closer together.
2. As the _____ (情节) unfolds, we see the girl's hidden **potential** gradually emerge in the face of challenges.
3. She stood up too fast after sitting for hours and suddenly felt _____ (头晕目眩的).
4. We should pay attention to the quality of the food to ensure our physical _____ (健康).
5. Regular workshops aim to _____ (增强) **referees'** understanding of the latest rule changes.
6. Regular exercise is of vital _____ (significant) for maintaining good physical and mental health.
7. His _____ (anxious) increased as he waited for the results of the medical test.
8. The government is promoting energy-saving measures to reduce the _____ (consume) of electricity and gas.
9. She gave a _____ (confuse) look when her friend suddenly changed the topic in the middle of the conversation.
10. Don't **pretend** _____ (know) everything; it's acceptable to ask questions.
11. The **referee** believes that this young athlete

课后素养提升

❷ 阅读理解(每小题 2.5 分, 满分 10 分)

See if you can understand these words that have won an award for the funniest joke at a UK arts and cultural festival: "I'm not a fan of the new pound coin, but then again, I hate all change."

Did you get it? The UK started to use new one-pound coins that year, so the joke contains a pun (双关语) on the word "change".

Britain is known for its dry sense of humour, so this is a classic British joke where you have to think about it to understand it.

When a British person tells a joke, they'll probably say it without a laugh, or even a smile, and it'll probably be said when you least expect it.

Americans, on the other hand, enjoy being more straightforward. In a country filled with people from so many backgrounds, jokes in the

- A. It has won an award at a UK arts and cultural festival.
 - B. It uses a pun on the word "change".
 - C. You have to think about it first.
 - D. It is a classic British joke.
- () 2. What kind of joke do Americans most probably tell?
- A. They may tell a joke about gender differences.
 - B. They may tell a joke about their new coins.
 - C. They may tell a joke showing a dry sense of humour.
 - D. They may tell a joke when you least expect it.
- () 3. What kind of stereotype did Chris Rock point out?

❶ 应用文写作(满分 15 分)

你校将举办英语演讲比赛, 请你以“幽默”为主题写一篇演讲稿参赛, 内容包括:

1. 幽默的作用;
 2. 如何成为一个幽默的人。
- 注意: 写作词数应为 80 个左右。

Dear teachers and schoolmates,

Today, I want to talk about the role of humour and how to be humorous. _____

❷ 读后续写(满分 25 分)

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。

It was a peaceful morning. Adam was on his usual jog at the local park, after which he had to ride his motorcycle home to drop his children—Amanda, 13, and Jared, 8—to school. Owing to financial difficulties, he could not afford a car.

After his wife passed away six years ago, Adam was left alone to care for his children. Thankfully, his eldest daughter, Stacey, 22, would help with the breakfast preparation and get the kids ready every morning when he was

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Unit 4 HUMOUR

★ 提示：加底纹词汇为复现词汇

Period One Topic Talk

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 6 分)

1. A good _____ (喜剧片) not only entertains but also brings people closer together.
2. As the _____ (情节) unfolds, we see the girl's hidden **potential** gradually emerge in the face of challenges.
3. She stood up too fast after sitting for hours and suddenly felt _____ (头晕目眩的).
4. We should pay attention to the quality of the food to ensure our physical _____ (健康).
5. Regular workshops aim to _____ (增强) **referees'** understanding of the latest rule changes.
6. She can **imitate** the British a _____ so well that people often mistake her for a native speaker.

❷ 单句填空(每小题 1.5 分,满分 18 分)

1. Her _____ (face) expressions clearly showed how excited she was about the good news.
2. The two artists' **cross talk** was so _____ (humour) that it made the entire theatre laugh loudly.
3. The _____ (terrify) residents rushed out of their homes as the earthquake-damaged building started to **collapse**.
4. During the English activity, their _____ (imitate) of cartoon characters' voices was very interesting.
5. He was _____ (embarrass) to realize he had worn two different shoes to school.

6. Regular exercise is of vital _____ (significant) for maintaining good physical and mental health.
7. His _____ (anxious) increased as he waited for the results of the medical test.
8. The government is promoting energy-saving measures to reduce the _____ (consume) of electricity and gas.
9. She gave a _____ (confuse) look when her friend suddenly changed the topic in the middle of the conversation.
10. Don't **pretend** _____ (know) everything; it's acceptable to ask questions.
11. The **referee** believes that this young athlete has the **potential** _____ (become) a world-class runner.
12. During the **cross talk** show, the performers skilfully **interacted** _____ the audience, turning the stage into a lively and engaging space.

❸ 短语填空(每小题 2 分,满分 10 分)

1. No sooner had the question been put forward than Tom _____ (站起来) to answer it.
2. I made a promise to myself to never _____ (嘲笑) others when they have an **embarrassing** moment.
3. We should adjust our aim _____ (时不时) in order to go ahead continuously.
4. _____ (几天前), I participated in a traditional paper-cutting workshop, feeling proud of our rich cultural heritage.

5. Despite the heavy rain, the runner _____
_____ (继续) the marathon race and finally
crossed the finish line.

④ 句型训练(每小题 3 分, 满分 9 分)

1. My suggestion is _____
_____ next
month to help the elderly in the community.
(表语从句)
我的建议是我们下个月应该组织一次志愿
活动,去帮助社区里的老人。

2. The book _____
_____ has been very helpful
in my study. (定语从句)

你上次推荐给我的那本书对我的学习非常
有帮助。

3. When standing on the stage to deliver the
graduation speech, she was _____
her mind went blank. (so... that... 句型)
当她站在台上发表毕业演讲时,她如此紧
张,以至于脑子一片空白。

课后素养提升

⑤ 阅读理解(每小题 2.5 分, 满分 10 分)

See if you can understand these words that
have won an award for the funniest joke at a UK
arts and cultural festival: "I'm not a fan of the
new pound coin, but then again, I hate all change."

Did you get it? The UK started to use new
one-pound coins that year, so the joke contains
a pun (双关语) on the word "change".

Britain is known for its dry sense of humour,
so this is a classic British joke where you have
to think about it to understand it.

When a British person tells a joke, they'll
probably say it without a laugh, or even a smile,
and it'll probably be said when you least expect it.

Americans, on the other hand, enjoy being
more straightforward. In a country filled with
people from so many backgrounds, jokes in the
US tend to be about cultural, racial and gender
differences. In the US, humour can be a way to
help people overcome their differences.

A great example of this comes from an
American comedian, Chris Rock, who once said,
"You know the world is going crazy when the best
rapper is a white guy, the best golfer is a black
guy, and the tallest guy in the NBA is Chinese."
His words prove a point about stereotypes. After
all, when it comes to humour, the best jokes
are the ones where we can laugh at ourselves.

() 1. Why is the joke in the first paragraph
funny?

A. It has won an award at a UK arts and
cultural festival.

B. It uses a pun on the word "change".

C. You have to think about it first.

D. It is a classic British joke.

() 2. What kind of joke do Americans most
probably tell?

A. They may tell a joke about gender
differences.

B. They may tell a joke about their new
coins.

C. They may tell a joke showing a dry
sense of humour.

D. They may tell a joke when you least
expect it.

() 3. What kind of stereotype did Chris Rock
point out?

A. Good rappers are usually white.

B. White people are good at playing golf.

C. Chinese people are taller than Americans.

D. Humour can help overcome cultural
differences.

() 4. Which of the following statements is
TRUE according to the passage?

A. The British don't like all change.

B. It is not difficult for us to understand a
classic British joke.

C. American humour helps people overcome
their differences.

D. Americans never laugh at themselves.

Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

It's well understood that humour can have powerful impacts on both our physical and mental health. 1. _____ To better understand which types of humour promote mental wellness, and which forms may be actively harmful, psychologist Rod Martin broke humour down into four styles.

Affiliative (有亲和力的) humour refers to jokes about things that everyone might find funny. 2. _____ The types of jokes told by comedians like Jerry Seinfeld represent this sort of humour. If you've ever bantered (调侃) with a co-worker or among your friends, you've used affiliative humour.

3. _____ It's often used as a way to deal with stress or hardship and feel better as a result. Jon Stewart from *The Daily Show* often uses self-enhancing humour by saying things such as, "Maybe I just don't understand." or "I'm not the brightest guy."

Aggressive (攻击的) humour is laughing at the expense of others. This is the humour that is used by more aggressive comedians, such as Don Rickles or the late Joan Rivers. Some of the audience to this type of humour will find it funny. 4. _____

Self-defeating humour is the art of putting yourself down to gain approval from others. The late comedian Rodney Dangerfield would be an example. People who use self-defeating humour may try to make themselves appear more socially acceptable, but it can have the opposite effect and cause people to distance themselves from them. 5. _____ And it is sometimes used to try to avoid attacks—making oneself the target of jokes before others put you down.

- A. It is employed to facilitate relationships.
- B. It is capable of turning anxiety into pleasure.
- C. Yet not all types of humour have the same effect.
- D. Self-enhancing humour can raise one's confidence.

E. So this can be an unhealthy form of humour psychologically.

F. Self-enhancing humour involves being able to laugh at yourself.

G. However, others might laugh to cover up a feeling of discomfort.

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

A foreign girl seeking comfort on Chinese social media 1. _____ (unexpected) received waves of Chinglish (Chinese-style English) responses from Chinese netizens. These unique and 2. _____ (humour) replies not only warmed her heart, but also went viral on social media abroad, with many calling China net users real comedians.

YourKris, 3. _____ may be living in China for some amount of time, posted 4. _____ picture of herself in tears snuggling up to a boy on August 7 on Xiaohongshu, captioned "bye baby". However, she didn't realize that the post soon went viral as sympathetic Chinese netizens flooded under the post to comfort her with Chinglish.

One netizen, "momo", used the phrase "you pretty, he ugly, u swan, he frog" to comfort the heartbroken girl. 5. _____ the grammar may not be perfect, the 6. _____ (intend) of humour and encouragement was evident. "Abandon him!! Abandon him!!" commented another netizen.

This event quickly won 7. _____ (popular) on overseas social platforms. Foreign netizens admired the humour and strength of Chinese netizens, and expressed a desire for Chinese netizens to engage 8. _____ "battle" with them on the international Internet.

This event not only showcased the humour and warmth of Chinese netizens, but also reflected positive interactions in cross-cultural communication. Chinglish, a term once 9. _____ (consider) negative, is now gradually becoming a bridge for cultural exchange, 10. _____ (connect) people from different countries and cultures.

班级

姓名

题号

答案区

1

2

3

4

七选五

1

2

3

4

5

Period Two Lesson 1 What's So Funny? (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 10 分)

1. The soldier remained _____ (忠诚的) to his country until his last breath on the battlefield.
2. The warm _____ (氛围) at home comforts me after a long day.
3. After the eye _____ (外科手术), the doctor's aim was to enhance the patient's vision to near perfect levels.
4. We _____ (尖声大叫) in excitement as our team scored the winning goal.
5. The _____ (中年的) man pretended to be busy on his phone to avoid an awkward conversation at the party.
6. _____ (后来), the family decided to adopt a healthier lifestyle by exercising daily and eating more vegetables.
7. She _____ (打喷嚏) loudly in the silent library, feeling her face grow hot as all eyes turned to her.
8. Inside the _____ (马戏团) tent, a clown was making everyone in the audience burst into laughter.
9. The delivery man left the package just outside the d_____ and rang the doorbell.
10. During the financial c_____, many investors were terrified about losing their life savings.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. She _____ (casual) swung her legs back and forth while sitting on the park bench, enjoying the sunny day.
2. From his _____ (innocence) expression, I could deduce that he knew nothing about the missing cookies.
3. The old bridge, weakened by years of neglect,

is _____ (potential) at risk of collapse during heavy floods.

4. An _____ (announce) was made about a new discovery in the field of astronomy.
5. During the _____ (consult), the expert pointed out that the old vase was a rare antique from the Ming Dynasty.
6. A _____ (science) attitude includes being curious, objective and open to new ideas.
7. The teacher reminded us that _____ (exam) skills are as important as knowledge itself.
8. The antique furniture in this museum deserves _____ (restore) by experts to showcase its original charm.
9. By studying its star formation rate, the growth of a galaxy can _____ (forecast) to understand its development over time.
10. She pretended to be interested in the antique saucer, but actually had no real appetite _____ it.

❸ 短语填空(每小题 2 分,满分 12 分)

1. She _____ (向上看) at the starry sky and felt amazed by the countless shining stars above her.
2. When faced with a difficult problem, she decided to _____ (求助于) her colleagues for help.
3. I won't _____ (泄露) any plot surprises; read the review in the paper if you want to know them.
4. Thinking of his quarrel with his mother, he still _____ (感到沮丧) and hopeless at that time.

5. _____ (根据) the recent survey, anxiety levels among young adults have been on the rise.

6. Unable to believe the staggering price, the boy _____ (惊讶地又看了一眼).

Ⅴ 句型训练(每小题 3 分, 满分 9 分)

1. Jack _____ the power cut occurred.

杰克正在实验室工作, 这时停电了。

2. Nervous and anxious, Zahra wondered _____ what she was expecting.

萨拉既紧张又焦虑, 不知道哥哥带来的是不是她所期待的东西。

3. I was ashamed of _____ . 我为我所做的事感到羞愧。

课后素养提升

Ⅵ 完形填空(每小题 1 分, 满分 15 分)

Last summer, my family had a vacation that left a lasting impact on me. Our family is a tight-knit (紧密的) group, each member with their unique 1. My mother stands out with her cheerful and humorous 2. Her personality has a way of 3 any situation, making her the heart and soul of our adventures.

During our journey, we 4 a situation that showed my mother's kindness and humour. We had just arrived at a little town when we 5 a lost tourist looking bewildered (不知所措的). Most people would have walked by, but not my mum. She 6 the stranger with a warm smile and started a(n) 7. Her sense of humour and friendliness 8 put the traveller at ease.

As we listened to their conversation, I realized the importance of extending a helping hand to those in need, even to 9. Finally with my mum's help, the tourist was reunited with her partners. It was a heart-warming moment that taught me the power of kindness, humour, and the beauty of human 10.

Throughout the trip, I 11 how my mother's positive attitude and willingness to lend a hand made our journey smoother and more 12. She taught me that life's adventures are not just about the 13 but also discovering valuable life along the way.

Looking back, I 14 myself on having

such a loving family. And the trip was such a 15 experience.

- | | |
|--------------------------|-------------------|
| () 1. A. height | B. characteristic |
| C. plan | D. wealth |
| () 2. A. nature | B. blood |
| C. duty | D. interest |
| () 3. A. setting aside | B. appealing to |
| C. brightening up | D. taking up |
| () 4. A. foresaw | B. evaluated |
| C. created | D. encountered |
| () 5. A. spotted | B. accepted |
| C. questioned | D. dropped |
| () 6. A. prevented | B. approached |
| C. recognized | D. impressed |
| () 7. A. trouble | B. silence |
| C. conversation | D. experiment |
| () 8. A. slightly | B. hardly |
| C. instantly | D. truly |
| () 9. A. neighbours | B. co-workers |
| C. producers | D. strangers |
| () 10. A. qualification | B. connection |
| C. commitment | D. responsibility |
| () 11. A. expected | B. explained |
| C. regretted | D. observed |
| () 12. A. changeable | B. normal |
| C. enjoyable | D. difficult |
| () 13. A. destinations | B. devotion |
| C. resistance | D. predictions |
| () 14. A. press | B. pride |
| C. charge | D. challenge |
| () 15. A. distant | B. risky |
| C. demanding | D. memorable |

Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

It's now been 10 years since I sold everything and left the United States to travel the world. Here are some of my best travel planning tips to help you have a great trip.

1. _____ I don't know how to answer when readers ask how many days they should spend travelling in a particular country or city. The truth is that I have no idea what you'll enjoy or who you'll meet. My advice is to pick a starting point, 1 or 2 must-do activities, and an ending point (or not). 2. _____ Be open to changing your plans if you learn about something along the way!

Learn a few foreign words. There's no need to be fluent in order to visit a foreign country. However, mastering a few phrases in the local language can improve your travel experience. 3. _____ But remember that this is your problem, not theirs. Raising your voice doesn't magically help Mexicans understand English. Try hand signals, images on your phone, or Google Translate!

Write down the address of your hotel. Sometimes, after a long flight playing games on your smartphone, your battery could end up dead. And if you didn't write down where you're staying, how will you tell the taxi driver? 4. _____

Read a book about the country. Before you travel to a new country, I recommend reading a good book about it to learn more about its history and culture before you arrive. 5. _____ Your travel experience will be different if you have already known about your destination.

- A. Pick a starting point.
- B. Be flexible and don't overplan.
- C. Then just let the universe determine the rest.
- D. You are sure to benefit from these simple images.
- E. This could be as simple as a popular novel by a local author.

F. Not being able to communicate while travelling can be frustrating.

G. I also recommend noting down your room number after you check in.

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

Miniseries (迷你剧), 1. _____ (feature) episodes (集) between tens of seconds to over 10 minutes, have changed viewing habits in China. Accessible to anyone with a smart device, these short series, 2. _____ diverse plot twists and rapid story development are contained, have quickly gained a large following.

Last year, the market size of China's online short series 3. _____ (be) 37.39 billion *yuan*. The online miniseries *Unparalleled* made 4. _____ new record by earning revenue of over 100 million *yuan* in the eight days following its release.

Most short online dramas were adapted from online novels with limited themes, such as unbeatable heroes or female-perspective romances, but since this year, many producers 5. _____ (begin) to try more diverse themes, such as suspense and period dramas.

At the end of 2023, ReelShort, a short-series application in China, was among the most downloaded entertainment 6. _____ (application) on Apple's App Store in America. Short dramas are now acknowledged as the "most lucrative track" due to their 7. _____ (remark) cost-effectiveness.

Along with the 8. _____ (constant) rising number of series, miniseries also face an increasing need for strong regulation. While regulatory authorities are actively monitoring and supervising, 9. _____ is essential for companies to carry out effective content regulation internally. This is crucial 10. _____ achieving a more sustainable and responsible development at both home and overseas.

Period Three Lesson 2 Why Do We Need Humour?

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 5 分)

1. Actually, the new policy has a _____ (影响深远的) impact on the **well-being** of all citizens.
2. The new training method could **potentially** _____ (使充满活力) the entire team and boost their performance.
3. When you're under stress, both your _____ (免疫的) system and **appetite** can be negatively affected.
4. She **innocently** asked the question, not realizing it would make him _____ (脸红).
5. Proper warm-up exercises can prevent m _____ injuries before you are playing any intense sports.

❷ 单句填空(每小题 1.5 分,满分 9 分)

1. The _____ (psychology) experiment involved observing how people react under **anxiety**.
2. The _____ (tense) before the performance was broken when the actor made a funny mistake on stage.
3. "Scoring an own goal" in football means _____ (accidental) kicking or heading the ball into one's own net.
4. The **middle-aged** man tried to hide his _____ (embarrass) by **casually** changing the topic.
5. After the **surgery**, the patient was at risk of _____ (infect), so the doctor carefully **examined** the wound every day.
6. She whispered _____ her best friend about the surprise party plans during lunch break.

❸ 短语填空(每小题 2 分,满分 12 分)

1. Proper time management can _____ (对……有积

极的影响) learning performance and personal growth.

2. He was _____ (心情不好) after the doctor **announced** that he needed **surgery**.
3. Many Asian countries celebrate Lunar New Year; _____ (例如), China and Vietnam have grand traditional festivities.
4. People who regularly exercise can _____ (从……中受益) improved physical **well-being**, reducing the risk of having health problems.
5. She felt hurt when her colleagues made remarks about her fashion sense _____ (嘲笑她) in the office.
6. The child's **scream** _____ (引起了我的注意), and I rushed to the **doorway** to see what happened.

❹ 句型训练(每小题 3 分,满分 12 分)

1. _____ a big stone was pressing me here. I needed to go out to take a breath. (as if)
我觉得这儿好像有一块大石头在压着我,我需要出去喘口气。
2. The trip to the mountain village last summer was unforgettable, _____ (定语从句)
去年夏天去山村的旅行令人难忘,它让我们体验了当地文化,欣赏了美丽的风景。
3. Please choose to be positive _____ (表语从句)
即使你正承受着压力,也请选择保持积极的心态。
4. The most important thing is _____ (表语从句)
最重要的事情是你应该尽你最大的努力去帮助那些需要帮助的人。

Ⅶ 阅读理解(每小题 2.5 分,满分 20 分)

A

Humour is the most effective, yet frequently neglected means of handling the difficult situations in our lives. It can be used for patching up differences, apologizing, saying “no”, criticizing, and getting the other fellow to do what you want without his losing face. For some jobs, it is the only tool that can succeed. It is a way to discuss sensitive subjects because a serious dialogue may start a riot. For example, many believe that comedians on television are doing more today for racial and religious tolerance than people in any other forum.

Humour is often the best way to keep a small misunderstanding from escalating (升级) into a big deal. Recently a neighbour of mine had a quarrel with his wife as she drove him to the airport. Airborne, he felt miserable, and he knew she did, too. Two hours after she returned home, she received a long-distance phone call. “Person-to-person for Mrs I. A. Pologize,” intoned the operator. “That’s spelled ‘P’ as in...” In a twinkling (眨眼间), the whole day changed from bad to lovely at both ends of the wire.

An English hostess with a quick wit was giving a formal dinner to eight distinguished guests whom she hoped to enlist (争取) in a major charity drive. Austerity was a fashion in England at the time, and she had asked her children to serve the meal. She knew that anything could happen... and it did, just as her son, with the studied concentration of a tightrope walker, brought in a large roast turkey; he successfully elbowed the swinging dining room door, but the backswing (回摆) threw the turkey onto the dining room floor.

The boy stood rooted, the guests staring at their plates. Moving only her head, the hostess looked at her son. “No harm, Daniel,” she

said. “Just pick him up and take him back to the kitchen...” she enunciated (发音) clearly so he would think about what she was saying, “and bring in the other one.”

A wink and a one-liner instantly changed the dinner from a red-faced embarrassment to laughter.

- () 1. What is the main idea of the passage?
- Humour is the key to success in our work and lives.
 - Humour enables us to deal with difficult situations effectively.
 - Humour is the best way to criticize someone without his losing face.
 - Humour makes fun of any difficult situation.
- () 2. Which of the following is NOT stated in the passage?
- Comedians on TV are believed to have done a lot in making people more tolerant (容忍的) of racial and religious differences.
 - To deal with difficult situations, humour is the most acceptable and effective means.
 - People often turn to humorous ways when meeting with difficult situations.
 - Only by adopting the means of humour can one succeed in some jobs.
- () 3. What caused the roast turkey to drop onto the floor?
- The backward movement of the door.
 - The son’s rude behaviour.
 - Someone happened to be at the door.
 - The bird raised by the family.
- () 4. What do you think would probably be the result if the hostess got angry and scolded the son?
- It would make the embarrassing situation worse.
 - The son would refuse to serve the guests any more.

Period Four Lesson 3 My Favourite Comedian (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分, 满分 6 分)

1. The brilliant student won a large _____ (奖学金), which would cover the **expense** of his study in the university.
2. The movie's **plot** was _____ (大部分) predictable, but the ending shocked everyone.
3. What was beyond Bobby's expectation was that he quickly _____ (获得) a **reputation** as a brave and kind helper.
4. In some cultures, it's considered rude to _____ (咀嚼) with your mouth open at the table.
5. She looked at herself in the m _____, practising her **facial** expressions for the upcoming **cross talk** performance.
6. The scientist e _____ many difficulties in his research, but his determination **energised** him to keep going.

❷ 单句填空(每小题 1.5 分, 满分 15 分)

1. This _____ (create) attracted a lot of attention thanks to its mixture of modern and traditional Chinese elements.
2. The decision to study **astronomy** was _____ (pure) based on his passion for exploring the mysteries of the universe.
3. She was _____ (astonish) to see her old friend at the **doorway** of the coffee shop, whom she hadn't seen for years.
4. The **comedian's** **humorous** jokes and _____ (amuse) gestures made the audience laugh continuously throughout the show.
5. Everyone knows that success _____ (rare) happens overnight.
6. The problem of climate change is a _____ (universe) concern, requiring global cooperation to solve.

7. I was appreciative of having a _____ (rely) teammate who contributed significantly to our group assignment.
8. She is a _____ (talent) pianist who has won several national competitions since age twelve.
9. The _____ (nation) basketball team won the championship, bringing wild joy to fans across the country.
10. After the experiment, the scientists were convinced _____ the **potential** benefits of the new drug for treating **blood vessel** diseases.

❸ 短语填空(每小题 2 分, 满分 10 分)

1. The **forecast** said it would be sunny, but _____ (正相反), dark clouds gathered and it started to rain.
2. The other members of my team _____ (试图安慰) me, but I barely heard their words.
3. The mother watched her sick child _____ (担心地), gently touching his forehead to check for fever.
4. The elderly often _____ (依赖) their children for support and care, which is crucial for their **well-being**.
5. The students _____ (忙着准备) the **cross talk** performance, practising again and again last week.

❹ 句型训练(每小题 3 分, 满分 9 分)

1. _____ made something unusual happen finally. (强调句)
正是他勇敢的心和坚定的信念,才使得不同寻常的事情最终发生。

2. Feeling _____, I buried my face in my hands.
感觉好像其他每个人都在看着我,在嘲笑

我,我双手掩面。

3. _____, he just stood there, frightened to death. (分词作状语)
一走进房间,他站在那里,吓坏了。

课后素养提升

Ⅴ 完形填空(每小题 1 分,满分 15 分)

Having experienced life as both an overweight and now a skinny woman, I have personally seen the differences in the reactions of others towards heavier people. People generally are nicer and less 1 thin people, and 2 those who are overweight at first.

Recently I was up north celebrating my 25th birthday in Muskoka, Ontario. We went into a little 3 and they had lots of clothing, house decorations and novelty items. I overheard a lady laughing and saying to her husband, "George, these napkins (餐巾纸) say 'Every time I hear that 4 word exercise I wash my mouth out with wine'." I walked over and there were other quotes on goods putting down 5.

My first 6 when I saw these novelty items was also to 7, but as a few minutes went by that saying was still 8 me. Exercise is one of the most 9 activities you can do to improve yourself. Nobody should ever put a(n) 10 value on any type of exercise.

When I was heavier, I got 11 at friends who would rather go to the gym than sit on the sofa and watch TV with me. Now after my 12, I see it from the 13 view. People who actually enjoy working out are focusing on themselves, which is so 14 for the overall health. People should stop making negative humour about exercising and start 15 it.

- ()1. A. loyal to
B. sensitive to
C. compassionate with
D. critical of

- ()2. A. rely on B. look down upon
C. get along with D. care for
- ()3. A. shop B. clinic
C. restaurant D. hotel
- ()4. A. official B. tender
C. rude D. old
- ()5. A. business B. exercise
C. travel D. consumption
- ()6. A. assumption B. finding
C. motive D. reaction
- ()7. A. laugh B. blame
C. exclaim D. apologise
- ()8. A. surprising B. scaring
C. bothering D. discouraging
- ()9. A. graceful B. healthy
C. challenging D. creative
- ()10. A. additional B. monetary
C. negative D. emotional
- ()11. A. strict B. mad
C. confused D. relieved
- ()12. A. registration B. graduation
C. presentation D. transformation
- ()13. A. opposite B. traditional
C. above D. common
- ()14. A. bizarre B. boring
C. important D. economical
- ()15. A. embracing B. teaching
C. skipping D. replacing

Ⅵ 阅读七选五(每小题 2.5 分,满分 12.5 分)

Body language in the virtual world

As social beings, we naturally interpret body language as an expression of mood or intention in real life. 1. _____ Here are four body language considerations that will result in your bigger digital impact in video calls.

班级
姓名
题号
完形
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
七选五
1
2
3
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5

Make a positive and lasting impression. The way you hold yourself affects how others perceive you. 2. _____ Similarly, slumping on the sofa conveys unwillingness to take the task seriously. Maintaining a proper posture by sitting up straight is the key to making a positive impression from the beginning.

3. _____ In video calls, you need to be aware that less is more. Too many hand movements can be distracting in a small screen—people need time to take in what they are hearing. And when you are listening to others, glancing at your palms and drumming your fingers could also indicate to others that you are either bored or frustrated.

Guard against “resting bored face” syndrome (综合征). Our facial expressions are visible on the screen, so demonstrating an objective response to whatever you see and hear is a must-have. But communicating that you are mindful at all times is challenging during a video meeting when “resting bored face” syndrome can set in—a facial expression that others register as boredom. 4. _____

Be present and active—don't multitask. Don't check your e-mail or tackle other work tasks when you join a video call. 5. _____ While you may be confident that you can successfully do two or more things at once, and not lose track of what's being discussed, the non-verbal clues you are sending other participants will say otherwise.

- A. Master the art of employing gestures.
- B. Use fewer hand movements to avoid conflicts.
- C. Even if you are silent, others can see what you are up to.
- D. For instance, crossed arms can imply defensiveness or annoyance.
- E. This also applies to our virtual workplace with common video calls.

- F. To avoid this, remember to nod, smile and lean forward occasionally.
- G. Therefore, it's effective to straighten up to leave a positive impression.

Ⅶ 语法填空(每小题 1.5 分, 满分 15 分)

In Fujian Province, traditional stone houses offer insights into urban evolution and regional culture. 1. _____ (build) with local materials, they are also customized to suit the local natural environment. For this reason, their layout is free and flexible, 2. _____ (lead) to a special architectural style.

Among all the stone houses in Fujian, one that 3. _____ (particular) stands out is located in Shamei Village of Xiang'an District in Xiamen. Once left unused, it has been transformed into a restaurant called Yellow Stone House by Felix Kraemer, 4. _____ German graphic designer.

Kraemer made bold attempts to reach a proper balance between preserving tradition and pursuing innovation. Through his thoughtful and careful arrangement, these conflicting 5. _____ (element) go together perfectly and form a space 6. _____ is stylish and warm.

Since it was opened, an increasing number of guests 7. _____ (arrive). “I hope this space will serve as a ‘home away from home’ for all guests, and this idea is becoming a 8. _____ (real),” Kraemer said. Now, Yellow Stone House is a popular gathering spot for international students at Xiamen University, not only due 9. _____ its delicious cuisine but also because of the warm and welcoming demeanor (风度) of its owner.

“10. _____ (achieve) the ‘from farm to table’ concept, we rent some land near the restaurant and grow our own vegetables. Besides, I hope my child can learn where food comes from and how it is grown,” he explained.

Period Five Grammar

课内基础巩固

❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. We _____ (struggle) for days, but things on Elephant Island are going from bad to worse.
2. He was 87 when he passed away, and _____ (work) right up until his last illness.
3. Ladies and gentlemen, I _____ (update) you on the current news at BBC Channel 4 at 7:00 pm tomorrow.
4. Given these cultural differences, it comes as no surprise that Canada _____ (celebrate) Multiculturalism Day since 2002.
5. I _____ (sign) an organ donation agreement this time tomorrow.
6. I _____ (play) ping-pong all the morning, so I'm sweating buckets.
7. By last month, misinformation about the election _____ (spread) on social media for weeks.
8. By this time tomorrow, she _____ (make) a speech at a convention in Denmark.
9. The dog _____ (bark) for a long time, and I am following the sound to find it.
10. They _____ (search) the area for three days and two nights, but haven't found anybody.

❷ 语法 + 写作(每小题 3 分, 满分 12 分)

1. I'm afraid I can't go shopping with you this Sunday afternoon because _____ .
我恐怕这个星期天下午不能和你一起去购物了, 因为那时我正在参加讲座。

2. People _____ through art for thousands of years.
人们数千年来一直在通过艺术表达自己的思想和理念。
3. She _____ and was very tired.
她整天都在一直工作, 非常累。
4. The organization _____ .
该组织一直在采取各种措施来拯救濒危动植物。

❸ 语篇语法填空(每小题 1.5 分, 满分 15 分)

Nature has many lessons to offer, and some of her teachers wear feathers. If that is the case, Southwest China's Sichuan Province, 1. _____ has a diverse wild bird population of more than 700 species, has a numerous and diverse faculty.

Shen You, a bird-watcher in Chengdu, says his pastime has turned him into a lifelong 2. _____ (learn). The 47-year-old has many things 3. _____ (share)—his passion for bird-watching, his own life philosophy, useful parenting methods and a vision of the ecotourism industry.

He became 4. _____ (interest) in bird-watching in the early 2000s when he was a student in Chengdu University. In 2003, he found that there was a bird-watching section 5. _____ the Chinese website of the World Wide Fund for Nature, on which he started to bond with other enthusiasts. The next year, he 6. _____ (found) the Chengdu Bird Watching Society, a beginning for his future career as an environmentalist.

Since then, he 7. _____ (work) with other enthusiasts to promote bird-watching in communities, schools and out in the wild. “Nowadays, we can see 8. _____ increasing number of people joining us,” he says. 9. _____

has motivated Shen to attract more members to the society is his vision to develop bird-watching-based ecotourism, 10. _____ (provide) new income while enhancing villagers’ awareness of environmental protection and wildlife conservation.

课后素养提升

Ⅳ 阅读理解(每小题 2.5 分, 满分 20 分)

A

You’ve probably heard the saying, “Laughter is the best medicine.” Comedy on Referral has taken that idea and run with it, using stand-up comedy to help treat people struggling with depression and anxiety in partnership with the NHS.

The idea stemmed from comedian Angie Belcher’s experiences of teaching comedy at University of Bristol. She found that students often told her how much stronger and more resilient (恢复力强的) they were thanks to stand-up comedy.

Inspired, she teamed up with the NHS in Bristol to create a six-week comedy course for patients struggling with depression in January 2022. Following the success of this initial course, Comedy on Referral won NHS funding to help men at risk of killing themselves in London.

Belcher will work alongside psychologists and men who have experienced self-killing events to use comedy as a form of therapy (疗法).

Talking to the *Bristol Post*, Belcher said, “Past depressions are perfect for comedy. Comedy doesn’t come from the happy, perfect moments of your life, but from our everyday struggles and major life events. People who’ve been through big life experiences such as the death of a close relation and ill health often can’t wait to tell me their story, mostly because there’s always something strangely funny about the situation.”

Research has shown that laughter has positive psychological effects, such as decreasing levels

of cortisol (the stress hormone) and increasing endorphins (chemicals making you feel relaxed).

It can even have physiological benefits, although less research has been done in this area. Current research has linked laughter and humour with increased levels of pain tolerance as well as short-term cardiovascular (心血管的) benefits. More research is needed to prove these findings.

Nonetheless, the mental health benefits of regular laughter are widely accepted, and using comedy to treat mental health struggles could be a real breakthrough in the treatment of mental health.

- () 1. Why is the saying used at the beginning of the text?
- A. To attract readers’ attention.
B. To introduce the topic.
C. To demonstrate a theory.
D. To present a statement.
- () 2. What did teaching comedy inspire Angie Belcher to do?
- A. She set up a new company for the struggling patients.
B. She took an effort to run after the success of her course.
C. She created a six-week comedy course for related patients.
D. She raised money to help men at risk of killing themselves.
- () 3. What is the benefit of the research on laughter?
- A. Bringing the depressed at ease.
B. Making struggling patients energetic.
C. Building up the patients’ willpower.
D. Ensuring the patients to be pain-free.

- ()4. What is probably the best title of this text?
- A. Using stand-up comedy improves well-being
- B. Depression and anxiety can be cured now
- C. The initial course proves to be successful
- D. Laughter is actually being used as medicine

B

When I was a teenager, I knew nothing about mental health and I didn't care about mental health. Why would I? Like my dad always used to say, "If it isn't broken, don't fix it!"

But, unfortunately my mental health did "break". Aged 17 I developed anorexia (神经性厌食). I didn't realise at the time. When I was 23, I was found severely clinically anorexic. I had fast-tracked treatment at the Maudsley Hospital and went through 2.5 years of treatment. People are always interested to know what helped me recover. Actually, it was simple: comedy.

I'm a professional talk show actor. Comedy, for me, began as a hobby and has unbelievably progressed into a job. One of the things that initially held my attention about talk shows is how it plays with pain. Humour became a way of understanding things, and then a way of explaining them. Now it's become a way of helping other people.

The combination of being told to speak out about mental health and writing comedies to play jokes on myself actually turned into the best type of treatment I could ever have had. Nothing has ever really helped normalise a thought or feeling quite like a joke that makes people openly say, "Me too!"

That's why I've come up with a six-week comedy course aimed at people with mental health difficulties. It builds lasting friendships, fights against loneliness and normalises conversations around mental health; when audiences are laughing, they have to be listening, and when

they're listening, they can learn. This unique opportunity enables comedy to reach people in a completely different way to all the sob stories, shocking statistics and dry documentaries (纪录片) about mental illness, inspiring positivity rather than turning to negativity.

The talk show was a must to my recovery. So, I want to pay that forward and show other people that your mental health doesn't have to be "broken" before you can "fix it".

- ()5. Why is "anorexia" experience mentioned in the passage?
- A. To provide an exact example about mental health.
- B. To introduce a kind of treatment for mental health.
- C. To stress the importance of caring about mental health.
- D. To make a comparison between these two times of feelings.
- ()6. Why does comedy attract the author most at the very beginning?
- A. It helps others.
- B. It spreads humour.
- C. It deals with pain.
- D. It serves as a hobby.
- ()7. What can we learn from the story?
- A. The author is an active and ambitious person.
- B. Comedy plays an important part in people's life.
- C. The author will pass on comedy to help others.
- D. A six-week course is open to help the disabled.
- ()8. Which of the following can be the best title for the text?
- A. My life is full of talk shows
- B. Mental health should be fixed earlier
- C. Humorous lifestyle—a key to curing ourselves
- D. The talk show—an efficient way to fix mental health

班级

姓名

题号

答案区

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