



教育图书



功能学具



学生之家

基础教育行业专研品牌

30<sup>+</sup>年专注教育行业

# 全品学练考

主编 肖德好

练习册

高中英语

选择性必修第二册 YLNJ

## 01

### 培养核心素养，探究主题意义

## Unit 1 The mass media

### 主题素养积累



No one knows **for sure** when advertising first started. **It is possible that it grew out of the discovery that some people did certain kinds of work better than others did them.** That led to the concept of specialization, which means that people would **specialize in** or focus on doing one specific job.

Let's take a man we'll call Mr Fielder for example. He did everything connected with farming. He planted seeds, tended the fields, and harvested and sold his crops. At the same time, he did many other jobs on the farm. However, he didn't make the bricks for his house, cut his trees into boards, make the plows (犁), or any of other

opened a shop and then he **put up a sign** outside the shop to attract customers. **It was probably all the information people needed to find Mr Plowright and his really good plows.** That may be the earliest form of advertisement.

#### 【主题词句背诵】

1. for sure 肯定地, 确切地
2. specialize in 专门研究(或从事)……; 专攻……
3. iron *n.* 铁
4. trade...for... 用……交换……
5. advertise *vi.* & *vt.* 做广告, 登广告
6. put up a sign 挂出一个牌子
7. **It is possible that it grew out of the discovery that some people did certain kinds of work better than others did them.** (it 作形式主语; 同位语从句)  
这可能源于一个发现, 即有些人做某些工作比其他人做得更好。
8. Instead, he got them from people **who specialized in doing each of those things.** (定语从句)

## 02

### 夯实语言基础，搭建知识框架

#### 词汇点睛

- 1. trap** *vt.* (trapped, trapped) 使落入险境; 卡住, 绊住 *n.* 陷阱, 罗网; 圈套; 困境, 牢笼 (教材 P2) The fire, which is thought to have started from the 8th floor, spread quickly through the tower block on Sunday night, leaving people on the upper floors **trapped**.  
周日晚上的大火被认为起于 9 楼, 很快蔓延到整座公寓大楼, 把位于高楼层的人们困在里面。

- (1) trap sb into (doing) sth 使某人陷入(做)某事的圈套  
be/get trapped in 被困在……中  
(2) fall into the trap of doing sth 落入做某事的圈套

#### 【活学活用】

- (1) 单句填空

#### 句型透视

- 1. (教材 P2) The fire, which is thought to have started from the 8th floor, spread quickly through the tower block on Sunday night, leaving people on the upper floors trapped.**  
周日晚上的大火被认为起于 9 楼, 很快蔓延到整座公寓大楼, 把位于高楼层的人们困在里面。

#### 句型公式

leave + 宾语 + 宾语补足语

#### 【归纳拓展】

句中 leave 用作使役动词, 表示“使/让……保持某种状态”, 常跟复合宾语(宾语 + 宾语补足语), 具体构成如下:

- (1) leave + sb/sth + done, 表示宾语所处的状态或表示动作已经完成(宾语和宾语补足语之间为被

## 课内基础巩固

## I 单词拼写(每小题1分, 满分10分)

- The path, \_\_\_\_\_ (延伸) from the foot of the mountain to the top, led us to a beautiful and peaceful lake.
- The new survey results \_\_\_\_\_ (相矛盾) what we previously thought, making us rethink our ideas.
- Let's figure out how the error occurred and make sure our report contains only \_\_\_\_\_ (真实的) information.
- Although the injury was \_\_\_\_\_ (轻微的), it still required a few days of rest to fully recover.
- The statement he made about the event was completely \_\_\_\_\_ (错误的) and misleading.

forecast has improved significantly with the use of advanced technology.

- We should stand up against \_\_\_\_\_ (discriminate) because everyone deserves equal treatment.
- We should encourage children's \_\_\_\_\_ (curious), as it's the key to discovering new knowledge.
- The nutritionist came to the \_\_\_\_\_ (conclude) that, an average adult should consume a **maximum** of 2,000 calories per day.
- The police launched a thorough \_\_\_\_\_ (investigate) into the mysterious disappearance of the valuable painting.

## II 短语填空(每小题2分, 满分10分)

## 课后素养提升

## V 完形填空(每小题1分, 满分15分)

[2026·浙江金华十校联考高二期末]

It all started with a corgi in a backpack in a crowded subway car. Bryan Reisberg 1 that his dog Maxine had a way of 2 people, adding some light into their lives during their daily commutes (通勤) underground. Serious faces became smiles. Stress 3. Heavy loads got lighter. It's 4 not to be happy when there's a corgi staring at you from inside a backpack.

Before long, Reisberg started 5 videos of his adventures with Maxine on social media. Soon, his dog won over everyone on the 6 too, growing into a hit with millions of views. He ended up quitting his job to 7 a dog backpack brand, Little Chonk—and a friend

- ( ) 2. A. taking in      B. holding back  
C. cheering up      D. bringing together
- ( ) 3. A. mounted      B. faded  
C. spread            D. occurred
- ( ) 4. A. strange        B. hard  
C. wrong            D. natural
- ( ) 5. A. posting        B. streaming  
C. reviewing        D. editing
- ( ) 6. A. road            B. screen  
C. Internet           D. subway
- ( ) 7. A. save            B. create  
C. discover           D. introduce
- ( ) 8. A. forced         B. allowed  
C. sent               D. encouraged
- ( ) 9. A. picks up        B. looks after  
C. comes across    D. gives away
- ( ) 10. A. Watch        B. Protect

## IV 写作

## 第一节 应用文写作(满分15分)

[2026·湖北黄冈高二期末]

假定你是李华, 上周你校举办了“旧瓶新绿”环保创意盆栽活动。请用英语为校英文报写一篇活动报道, 内容包括:

- 活动介绍;
- 活动意义。

注意: 1. 写作词数应为80个左右;

2. 报道标题已给出, 不计入总词数。

**Old bottles, new green**

\_\_\_\_\_

\_\_\_\_\_

## 第二节 读后续写(满分25分)

[2025·浙江宁波九校高二期末联考]

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 spent 15 years trying to make it in the music industry. When I was a teenager, I did any odd job to afford time in a recording studio. I knocked at managers' doors and sent out demo (录音样带) after demo, but I got nowhere. In 2010, aged 27, I was doing a job in a restaurant when I wrote a song called *Dream Goes On*. It was a song about never giving up. I just let out all of my frustrations at the keyboard.

Over the next five years, the music career

# CONTENTS 目录

## 01 Unit 1 The mass media

Period One	Welcome to the unit & Reading—Reading comprehension	001
Period Two	Welcome to the unit & Reading—Language points	004
Period Three	Grammar and usage & Integrated skills	007
Period Four	Extended reading & Project & Assessment	010
Period Five	Writing	013
▶ 单元小测 (Unit 1)		017

## 02 Unit 2 Sports culture

Period One	Welcome to the unit & Reading—Reading comprehension	021
Period Two	Welcome to the unit & Reading—Language points	024
Period Three	Grammar and usage & Integrated skills	027
Period Four	Extended reading & Project & Assessment	030
Period Five	Writing	033
▶ 单元小测 (Unit 2)		037

## 03 Unit 3 Fit for life

Period One	Welcome to the unit & Reading—Reading comprehension	041
Period Two	Welcome to the unit & Reading—Language points	044
Period Three	Grammar and usage & Integrated skills	047
Period Four	Extended reading & Project & Assessment	050
Period Five	Writing	053
▶ 单元小测 (Unit 3)		057

## 04 Unit 4 Living with technology

Period One	Welcome to the unit & Reading—Reading comprehension	061
Period Two	Welcome to the unit & Reading—Language points	064
Period Three	Grammar and usage & Integrated skills	067
Period Four	Extended reading & Project & Assessment	070
Period Five	Writing	073
🎧 单元小测 (Unit 4)		077

## H 核心素养提升练

核心素养提升练	阅读理解 + 完形填空	081
---------	-------------	-----

## M 默写本

Unit 1	The mass media	默 001
Unit 2	Sports culture	默 004
Unit 3	Fit for life	默 007
Unit 4	Living with technology	默 010
参考答案		默 013

■ 参考答案 (练习册) [另附分册 P083~P106]

■ 导学案 [另附分册 P107~P184]

## » 测 评 卷

单元素养测评卷 (一)	[Unit 1]	卷 001
单元素养测评卷 (二)	[Unit 2]	卷 005
单元素养测评卷 (三)	[Unit 3]	卷 009
单元素养测评卷 (四)	[Unit 4]	卷 013
模块素养测评卷 (一)	[Units 1-4]	卷 017
模块素养测评卷 (二)	[Units 1-4]	卷 021
参考答案		卷 025

# Unit 1 The mass media

★ 提示：加底纹词汇为复现词汇

## Period One Welcome to the unit & Reading—Reading comprehension

### ● 阅读理解(每小题 2.5 分, 满分 30 分)

A [2026·江苏常州高二期末]

On a Saturday morning, five teenage reporters filed into a busy New York office, red pens in hand, for a two-hour working session. They carefully improved articles for *The Ditch Weekly*—a seasonal newspaper entirely written and edited by 13- to 17-year-olds—tightening awkward sentences and changing adjectives to perfect their first issue of the year.

Fifteen-year-old editor Billy Stern monitored progress using a colour-coded planning document on his computer, which tracked completed articles including features on local summer camps and the construction of a new hospital on a former baseball field. Turning to his 15-year-old friend Teddy Rattray, the paper's best columnist (专栏作者), he sought ideas for an upcoming restaurant review. "We still haven't done hot dogs," Teddy suggested with a smile.

The operation has grown significantly smoother since the boys launched their newspaper last year. Billy initially sought a summer job more challenging than his usual work at a food truck, and after publishing 10 successful issues last summer, the team continued this year—plotting their comeback during English class discussions and late-night FaceTime calls.

Now with a staff of 20 teenagers, their ambitious goals include distributing (分配) 2,000 weekly copies funded entirely through local

advertising. Determined to maintain complete independence from parental involvement, they have a deeper mission: to encourage young people to disconnect from screens and revive (复苏) the print journalism.

Though launching a print publication amid (处于……状况中) industry-wide decline might seem unconventional, Billy conducted thorough research before launching in 2023. After giving up ideas like beach food vending, he asked printers for production costs and studied *The Star's* advertising rates to create a practical business model. "The numbers worked out," he noted confidently.

Despite ongoing industry challenges, *The Ditch Weekly* has achieved remarkable profits. While declining to reveal exact figures, the paper says staff writers earn \$50-\$70 per article, with weekly printing costs averaging \$9,000.

- ( ) 1. Why does the author use the example of "tracking completed articles with a colour-coded document" in Paragraph 2?
- A. To highlight Billy's organizational skills.  
B. To criticize inefficient editing processes.  
C. To compare teenage and adult work habits.  
D. To explain the newspaper's digital transition.
- ( ) 2. Which of the following best describes Billy Stern based on the passage?
- A. Impractical.      B. Ambitious.  
C. Cautious.      D. Stubborn.

- ( ) 3. What do the teenagers emphasize in running *The Ditch Weekly*?
- Parental financial support for printing costs.
  - Digital expansion over print distribution.
  - Complete independence and community impact.
  - Maximizing profits for personal gain.
- ( ) 4. What is the main idea of the passage?
- The decline of traditional print media in New York.
  - Challenges faced by young businessmen in media.
  - The history of student-run newspapers in the United States.
  - Teenagers' innovative approach to independent journalism.

**B** [2026·河北沧州高二期末]

In recent years, much of my life, as a consumer, has shifted to what I like to call background spending. As I've subscribed to more apps and streaming platforms, significant sums of my money tend to slip away each month without my ever thinking about it.

Think of it as automated trade. Spending without the trouble of spending. Acquisition without action or thought.

But while this flood of subscriptions was sold to me on the condition that it would make my life more trouble-free, there was a certain shock I felt upon discovering how much I was spending without realizing each month (\$ 179.45).

You see, the thing about background spending is that it tends to happen, well, in the background without your full attention. And there lies the point.

“Hand over your credit card details and let us take care of the rest,” these companies promise us. But by agreeing to this trade, we've become lazy passive consumers. And this laziness breeds more laziness because most of us can't be bothered with conducting regular reviews of our subscription

spending. We're too lazy to even notice or cancel!

I know it's not just me who is suddenly living life as a smooth-brained subscriber. The average consumer spends \$ 273 per month on subscriptions, according to a 2021 study of 2,500 by digital services firm West Monroe. Not a single person surveyed knew what his actual monthly spending was.

It's understandable why this model is so attractive to businesses. As companies questioned traditional advertising models, subscriptions offered the promise of “selling once and earning forever”. And while subscription services have been around for decades (think Wine of the Month Club), more customers have been willing to sign up thanks to the widespread availability of smartphones and the increasing ease of home delivery.

While these subscriptions promise ease and happiness, not all of us are satisfied. Last year, the Kearney Consumer Institute found 40 percent of consumers believe they have too many subscriptions. Almost half of us also think we pay too much for streaming video-on-demand subscriptions.

- ( ) 5. What can we know about background spending in Paragraph 2?
- Its purpose.
  - Its feature.
  - Its procedure.
  - Its requirement.
- ( ) 6. What makes it possible for background spending to happen?
- Its attractive price.
  - Some people's poor habit.
  - Its secure service.
  - Some people's addiction to it.
- ( ) 7. Why is the subscription model appealing to businesses?
- It offers good home delivery services.
  - It is like traditional advertising models.
  - It is popular among smartphone producers.
  - It brings repeated profits through a single sale.

( )8. What's the author's attitude towards background spending?

- A. Supportive.            B. Optimistic.  
C. Critical.                D. Unclear.

C [2026·辽宁辽西重点高中高二期末]

In the digital era, where social media floods with ceaseless sharing, 26-year-old illustrator Lina from Hangzhou stands as a striking example. She regularly posts artworks and travel shots on Instagram but seldom replies to comments or engages in private conversations. "I love sharing fragments (碎片) of my life, yet building deep connections with strangers feels emotionally exhausting," she admits. Lina's attitude represents a growing trend among today's youth: light socializing, a pattern that prioritizes self-expression over intensive emotional bonds in the virtual world.

Sociologist Min Li observes that social media, once a hub (中心) for developing relationships, has changed into a "self-showcase" platform for the younger generation. Instead of seeking active interactions, they share content like scenic photos or daily routines, with little expectation of feedback. Actions such as casually unfollowing, blocking strangers or using 24-hour disappearing posts show their wish to avoid burdensome "emotional labour" from shallow virtual ties. This shift comes from their desire to escape overwhelming pressure of empty digital interactions.

While critics dismiss light socializing as a sign of "emotional coldness", it actually reflects a thoughtful adaptation. Psychologist Lu Chen argues that by embracing this approach, young people regain control over their online space—sharing freely without the anxiety of meeting others' expectations. Even social platforms have evolved to meet this need: many now offer "silent modes", such as hidden interaction records

and one-way posting features, acknowledging the widespread acceptance of light socializing.

In a world tightly bound by digital connections, light socializing strikes a delicate balance between self-expression and privacy protection. It is not a refusal of social bonds but a wise pursuit of healthier, more autonomous online engagement. This trend shows the younger generation's maturity in safeguarding their mental well-being, representing a forward-looking and thoughtful approach to modern social interactions.

( )9. What does Lina do on social media?

- A. She only posts artworks.  
B. She shares life but skips deep chats.  
C. She never replies to comments.  
D. She focuses on building deep online bonds.

( )10. What does the underlined phrase "emotional labour" in Paragraph 2 most probably refer to?

- A. The effort to keep deep online friendships.  
B. The energy used to deal with shallow virtual relationships.  
C. The happiness from making new friends on social media.  
D. The sadness caused by bad comments on the Internet.

( )11. What can we infer about "light socializing"?

- A. It makes young people emotionally cold.  
B. It relies mainly on platforms' silent modes.  
C. It abandons social bonds to protect mental health.  
D. It supports safe online engagement.

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

- A. Keep silent mode on  
B. Social media: "self-showcase" platform  
C. Keep the digital distance  
D. Emotional coldness: online life's secret

班级

姓名

题号

答案区

1

2

3

4

5

6

7

8

9

10

11

12

## Period Two Welcome to the unit & Reading—Language points

### 课内基础巩固

#### ❶ 单词拼写(每小题 1 分,满分 10 分)

1. The path, \_\_\_\_\_ (延伸) from the foot of the mountain to the top, led us to a beautiful and peaceful lake.
2. The new survey results \_\_\_\_\_ (相矛盾) what we previously thought, making us rethink our ideas.
3. Let's figure out how the error occurred and make sure our report contains only \_\_\_\_\_ (真实的) information.
4. Although the injury was \_\_\_\_\_ (轻微的), it still required a few days of rest to fully recover.
5. The statement he made about the event was completely \_\_\_\_\_ (错误的) and misleading.
6. Whenever an emergency occurs, the a \_\_\_\_\_ usually arrives at the scene within 30 minutes to provide medical help.
7. Her voice c \_\_\_\_\_ and tears ran down her cheeks when the rescue team found her \_\_\_\_\_ in the forest.
8. She suddenly heard a dog b \_\_\_\_\_ loudly, and then a \_\_\_\_\_ made her heart race.
9. She always tries to keep her expenses to a m \_\_\_\_\_ so she can save more money for her future plans.
10. As j \_\_\_\_\_, they travel to different countries to report on international events and issues.

#### ❷ 单句填空(每小题 1.5 分,满分 12 分)

1. The safety of the passengers is always the top \_\_\_\_\_ (prior) for the airline staff.
2. The new community centre remains under \_\_\_\_\_ (construct) at present.
3. As soon as he lit up a \_\_\_\_\_ cigarette, the nearby smoke detector \_\_\_\_\_ (automatic) sensed the presence of smoke.
4. The \_\_\_\_\_ (accurate) of the weather

forecast has improved significantly with the use of advanced technology.

5. We should stand up against \_\_\_\_\_ (discriminate) because everyone deserves equal treatment.
6. We should encourage children's \_\_\_\_\_ (curious), as it's the key to discovering new knowledge.
7. The nutritionist came to the \_\_\_\_\_ (conclude) that, an average adult should consume a \_\_\_\_\_ maximum of 2,000 calories per day.
8. The police launched a thorough \_\_\_\_\_ (investigate) into the mysterious disappearance of the valuable painting.

#### ❸ 短语填空(每小题 2 分,满分 10 分)

bring sth to light; sum up; be committed to; dozens of; come about

1. The teacher asked the students to \_\_\_\_\_ the main points of the chapter in their own words.
2. He \_\_\_\_\_ his role as a volunteer, helping out at the local shelter every weekend.
3. Yesterday afternoon, the unexpected change in weather \_\_\_\_\_ due to a sudden shift in wind patterns.
4. \_\_\_\_\_ people gathered in the park to enjoy the sunny weather.
5. Her research \_\_\_\_\_ new evidence that could change the course of the study.

#### ❹ 句型训练(每小题 3 分,满分 6 分)

1. We \_\_\_\_\_ it started to pour heavily outside. (be about to do... when...)  
我们正要出发去学校组织的旅行,外面却开始下起了大雨。

2. During yesterday's graduation ceremony, the excellent speech of the headmaster \_\_\_\_\_ . (leave + \_\_\_\_\_)

宾语 + 宾语补足语)

在昨天的毕业典礼上, 校长精彩的演讲让学生们备受鼓舞。

### 课后素养提升

#### Ⅴ 完形填空 (每小题 1 分, 满分 15 分)

[2026 · 浙江金华十校联考高二期末]

It all started with a corgi in a backpack in a crowded subway car. Bryan Reisberg 1 that his dog Maxine had a way of 2 people, adding some light into their lives during their daily commutes (通勤) underground. Serious faces became smiles. Stress 3. Heavy loads got lighter. It's 4 not to be happy when there's a corgi staring at you from inside a backpack.

Before long, Reisberg started 5 videos of his adventures with Maxine on social media. Soon, his dog won over everyone on the 6 too, growing into a hit with millions of views. He ended up quitting his job to 7 a dog backpack brand, Little Chonk—and a friend 8 Bryan to see if he could maybe help some homeless shelter dogs too.

So, he met with people at Best Friends Animal Society, and together, they came up with an idea. Every week, Bryan 9 a shelter dog and takes it into the city in a backpack that has a(n) "10 Me" label attached to it.

He shoots videos with the dogs and, uses his professional 11 skills, from cutting to adding effects, to turn the abandoned pets, many of whom have been in 12 for months, into social media superstars.

Eleven dogs have been 13 so far, with every one of them getting adopted. But what's even more 14 is that adoptions at the shelter have increased significantly, with about 100 more dogs finding 15 than in the previous year.

- ( ) 1. A. claimed      B. noticed  
C. hoped          D. remembered

- ( ) 2. A. taking in      B. holding back  
C. cheering up      D. bringing together
- ( ) 3. A. mounted      B. faded  
C. spread          D. occurred
- ( ) 4. A. strange        B. hard  
C. wrong          D. natural
- ( ) 5. A. posting        B. streaming  
C. reviewing      D. editing
- ( ) 6. A. road            B. screen  
C. Internet        D. subway
- ( ) 7. A. save            B. create  
C. discover        D. introduce
- ( ) 8. A. forced         B. allowed  
C. sent            D. encouraged
- ( ) 9. A. picks up        B. looks after  
C. comes across   D. gives away
- ( ) 10. A. Watch        B. Protect  
C. Adopt          D. Trust
- ( ) 11. A. social         B. training  
C. production     D. organizational
- ( ) 12. A. stores         B. zoos  
C. clinics          D. shelters
- ( ) 13. A. found         B. treated  
C. rescued         D. featured
- ( ) 14. A. amusing      B. creative  
C. impressive     D. interesting
- ( ) 15. A. homes        B. popularity  
C. destinations    D. freedom

#### Ⅵ 阅读七选五 (每小题 2.5 分, 满分 12.5 分)

[2026 · 四川成都外国语学校高二期末]

#### The impact of intelligent media on intercultural communication

With the development of science and technology, the media presents the characteristics of intelligence. 1. \_\_\_\_\_ Due to these characteristics, it has transformed communication, enabling individuals and businesses to interact

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
4
5

globally. However, its rapid growth brings both positive and negative consequences for intercultural communication.

2. \_\_\_\_\_ Social media platform users constantly post pictures or videos covering a wide range of topics, with others liking, commenting on, or sharing them. Through these interactions, individuals are exposed to diverse perspectives and lifestyles, building cross-cultural relationships and enhancing their intercultural competence.

3. \_\_\_\_\_ Some companies using real-time translation platforms can negotiate contracts and establish partnerships with international customers without language barriers.

However, intelligent media can also negatively affect intercultural communication. For example, social media platforms often focus on popular content, such as jokes or trends, which may simplify or misrepresent certain cultures. This doesn't encourage genuine cultural appreciation.

4. \_\_\_\_\_ Additionally, the influence of globalized media content may overshadow local traditions, causing smaller cultures to lose their unique identity. As a result, intelligent media, while connecting people, can sometimes create barriers to deeper intercultural understanding.

In conclusion, while intelligent media promotes global cross-cultural exchange, it creates tensions within the values exchanged across cultures. As the digital world continues to expand, it is crucial to strike a balance between embracing innovation and preserving our cultural roots.

5. \_\_\_\_\_

- A. Numerous platforms create and share short videos.
- B. Besides, the international business relationship is strengthened.
- C. Most probably, users' personal information might be leaked.
- D. Intelligent media is cross-regional, virtual, timely, and cheap.

E. Instead, it leads to misunderstanding and deepens bias (偏见).

F. By doing this, we can fully unlock the benefits of intelligent media.

G. Intelligent media encourages people to showcase themselves and connect online.

Ⅶ 语法填空(每小题 1.5 分, 满分 15 分)

[2025·江苏常州高二期末]

A new marketing trend has arisen in China, driving crowds to places 1. \_\_\_\_\_ (recommend) on social media by young adventurers. Armed with just a smartphone and 2. \_\_\_\_\_ eye for storytelling, the young are transforming less-known cities into must-see attractions. A group of university students, now known as the "Night Riding Army", 3. \_\_\_\_\_ (cycle) 50 kilometres to Kaifeng. Their recordings went viral.

Young people are natural explorers, but their true power lies in how they share their experiences. When they discover something exciting, they don't keep it to themselves. Instead, they capture it and post it on social media, 4. \_\_\_\_\_ it can create a ripple (涟漪) effect. Vivid descriptions or mouth-watering food shots inspire 5. \_\_\_\_\_ (follower). Many young travellers now plan trips 6. \_\_\_\_\_ (entire) based on recommendations from platforms like Xiaohongshu or Douyin. They search for the 7. \_\_\_\_\_ (cool) spots, the best eats and the most beautiful backdrops.

While the passion of youth is admirable, the Night Riding Army can cause problems. They serve as a reminder that viral trends need to be managed thoughtfully. By using social media wisely—sharing responsibly, 8. \_\_\_\_\_ (respect) local communities and thinking ahead—our fearless adventurers can drive positive changes. Their posts can breathe new life 9. \_\_\_\_\_ hidden destinations. With 10. \_\_\_\_\_ (creative) and care, these unexpected social media marketers can shape the future of travel.

## Period Three Grammar and usage & Integrated skills

### 课内基础巩固

#### ❶ 单句填空(每小题 1.5 分, 满分 12 分)

1. It was the second time that Sarah \_\_\_\_\_ (witness) such a spectacular display of nature as she saw the storm clouds mount up in the sky.
2. When I met him again that day, he told me that he \_\_\_\_\_ (drop) out of school due to unexpected family circumstances.
3. I thought they \_\_\_\_\_ (found) a new social media platform to connect people globally.
4. I would rather say it was the worst TV series that I \_\_\_\_\_ (see).
5. We \_\_\_\_\_ (hope) that you would come, but you didn't.
6. I \_\_\_\_\_ (plan) to personally organize this charity event, but I was too busy then.
7. Helen had to wait outside her home until her mother came back, because she \_\_\_\_\_ (leave) her keys in the school.
8. By the end of last year, the translator \_\_\_\_\_ (complete) the translated edition of the novel successfully.

#### ❷ 语法与写作(每小题 3 分, 满分 15 分)

1. I \_\_\_\_\_ have a bath yesterday, but I was too committed to my job.  
我本打算昨天洗澡的,但我太专注于工作了。
2. The moment I got home, I found I \_\_\_\_\_ on the playground.  
我一到家就发现我把外套落在操场上了。
3. By the end of the discussion, the monitor \_\_\_\_\_ the key points of our plan, which helped everyone know what to do next.  
讨论结束时,班长准确地总结了 we 计划的要点,这让每个人都清楚下一步该做什么。

4. Nevertheless, that was not the first time that he \_\_\_\_\_ .  
然而,那不是他第一次向我们撒谎了。

5. Hardly \_\_\_\_\_ dozens of new ones arose.  
我刚解决了这个问题,许多新问题又出现了。

#### ❸ 语篇语法填空(每小题 1.5 分, 满分 15 分)

[2026·辽宁大连第二中学高二期末]

Recently, researchers in China have found a new way to turn soil fertile, making 1. \_\_\_\_\_ possible for humans to develop agriculture on the moon. In September, special bacteria 2. \_\_\_\_\_ (introduce) into the soil and consequently they discovered that phosphorus, an important nutrient for plants, increased.

By the end of October 2024, the researchers 3. \_\_\_\_\_ (conduct) numerous experiments and finally they made it. They grew a plant linked with the tobacco plant and used volcanic soil from the Changbai Mountains in Jilin Province, 4. \_\_\_\_\_ is similar to lunar soil. They treated the moon-like soil with three different kinds of bacteria. By 5. \_\_\_\_\_ (compare), the plants raised in the bacteria-treated soil grew 6. \_\_\_\_\_ (well) than plants that grew in the soil without the bacteria.

Xia Yitong, 7. \_\_\_\_\_ co-author of the study, said carrying food, oxygen and water to people on the moon would be 8. \_\_\_\_\_ (incredible) expensive. He added, "A plant cultivation system on the moon will meet long-term food and oxygen requirements for humans, thus contributing 9. \_\_\_\_\_ the human life on the moon. Other plans to grow food on the moon that do not need soil are more costly as they require materials 10. \_\_\_\_\_ (transport) from Earth."

Ⅳ 完形填空(每小题 1 分,满分 15 分)

[2026·湖北黄石高二期末]

After returning to her Yunnan home, Wang Liping was still warmed by memories of her trip to Xinjiang. While 1 her travel, she recorded and shared a video at Urumqi Airport, 2 the wave of online response that flooded in. This was her third visit to Xinjiang, but her first lengthy, immersive journey, 3 by her 80-year-old mother.

From Ili Valley to Kanas Lake, they collected heartwarming moments. Once, 4 in hand and blocked by roadworks, Wang sought help. A security guard, without 5, carried their bags. When she offered a tip, he firmly refused, a 6 reflecting local friendliness and generosity.

Wang 7 this kindness everywhere. When asking directions, people responded with 8. She never encountered a cold shoulder. Later, a challenge arose that their rental car 9 in Zhaosu County. It moved her that the rental company's solution was to 10 it with a new one immediately, sending a manager who drove 300 kilometres overnight. He casually explained, "There's really nothing 11 here—just routine customer service. Once I realized the customer was travelling with her elderly mother, my priority became minimizing the impact on their journey. Delivering the replacement made sense."

At Kalajun grasslands, management impressed her. Tents with snacks were provided not for profit but for visitor comfort, which she found 12. When they boarded the wrong shuttle bus (接驳车) at Devil City, the driver didn't make them walk back. 13, he drove them to the correct stop, an act that 14 them trouble and showed care.

"Vast land breeds (孕育) boundless love,"

she recalled, already planning her next return to Xinjiang, a place whose human 15, like aged wine, only deepens with each reunion.

- ( ) 1. A. continuing      B. adjusting  
                                 C. concluding      D. scheduling
- ( ) 2. A. suspecting      B. attracting  
                                 C. picturing      D. confirming
- ( ) 3. A. instructed      B. accompanied  
                                 C. invited      D. shown
- ( ) 4. A. luggage      B. supplies  
                                 C. photos      D. money
- ( ) 5. A. discussion      B. payment  
                                 C. warning      D. hesitation
- ( ) 6. A. gesture      B. promise  
                                 C. habit      D. duty
- ( ) 7. A. praised      B. questioned  
                                 C. required      D. perceived
- ( ) 8. A. modesty      B. enthusiasm  
                                 C. silence      D. curiosity
- ( ) 9. A. went out      B. broke out  
                                 C. came down      D. broke down
- ( ) 10. A. repair      B. return  
                                 C. replace      D. check
- ( ) 11. A. rewarding      B. extraordinary  
                                 C. acceptable      D. urgent
- ( ) 12. A. reliable      B. superb  
                                 C. remote      D. reasonable
- ( ) 13. A. Instead      B. Therefore  
                                 C. Anyhow      D. Besides
- ( ) 14. A. posed      B. owed  
                                 C. spared      D. cost
- ( ) 15. A. warmth      B. selflessness  
                                 C. hope      D. wisdom

Ⅴ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2026·广东惠州第一中学高二期末]

If you are interested in a career in journalism, you will need the right skills. 1. \_\_\_\_\_ Either way, you will set yourself up for success by understanding what it takes to succeed in journalism.

### Natural curiosity

2. \_\_\_\_\_ A natural curiosity about those things is vital. If you feel you lack it, you can develop some. Start by observing the events you see. Then, learn to look for small details that others might not notice. Ask questions about everything, and your natural curiosity will grow.

### Organizational skills

To excel as a journalist, you will likely have to handle many clues and stories simultaneously (同时地). 3. \_\_\_\_\_ This includes managing physical and digital documents effectively. Mental organization is also helpful as you get the various ideas, interviews, and events straight in your mind.

### Solid interviewing skills

As a journalist, you will use interviews to gather information, uncover new viewpoints, and make your finished piece trustworthy. Successful interviews depend on your ability to connect with interviewees. 4. \_\_\_\_\_

### Excellent research skills

The heart of journalism is the ability to dig into data and research facts that others don't readily (轻而易举地) know or find. Along with your research skills, you will need tenacity (执著). 5. \_\_\_\_\_ However, your tenacity will help you find the answers if you keep digging.

- A. Therefore, you will need to be quite organized.
- B. Sometimes, a lead may seem to be going nowhere.
- C. Today, people prefer to get their news from digital platforms.
- D. Here are reasons why some journalists are so good at telling stories.
- E. The following skills may either come naturally to you or require development.
- F. Establishing a good relationship can make interviewees more candid and tell the truth.

G. Journalism is a career where you are constantly researching different topics and events.

### Ⅶ 语法填空 (每小题 1.5 分, 满分 15 分)

[2026 · 辽宁沈阳五校协作体高二期末]

Chinese Culturepedia, an English-language online knowledge platform, was launched by China Daily to show the richness of Chinese civilization, expand the global reach of Chinese culture, 1. \_\_\_\_\_ encourage meaningful cross-cultural dialogue. Thanks to its reliable and diverse content, it 2. \_\_\_\_\_ (gain) global recognition among Chinese culture enthusiasts since its launch.

With AI voice transforming text into natural, fluent English speech in real time, users can now start a cultural 3. \_\_\_\_\_ (explore) anytime and anywhere. Various themes are included, ranging 4. \_\_\_\_\_ China's landscapes to traditional arts. Videos and an interactive chat robot allow users to get 5. \_\_\_\_\_ the platform provides beyond text and further broaden users' horizons. Practical functions such as AI-assisted Q & A make it simple for users of all ages to engage with Chinese cultures.

Building on the original English version, the platform now offers Chinese, French and Russian editions. 6. \_\_\_\_\_ (power) by advanced AI technology, it delivers content that is fast and accurately translated while ensuring authority and consistency, which helps Chinese culture reach a 7. \_\_\_\_\_ (wide) global audience than before.

As a platform 8. \_\_\_\_\_ the world can hear China, understand China and fall in love with China, Chinese Culturepedia aims to expand 9. \_\_\_\_\_ (it) functions and language offerings, 10. \_\_\_\_\_ (invite) users around the world to discover the timeless beauty of Chinese civilization.

班级

姓名

题号  
答题区  
完形  
填空

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

七选五

1

2

3

4

5

## Period Four Extended reading & Project & Assessment

### 课内基础巩固

#### ❶ 单词拼写(每小题 1 分, 满分 10 分)

1. The store offered a 20% \_\_\_\_\_ (折扣) on all items during the holiday sale, attracting many customers.
2. The athlete's performance was given a \_\_\_\_\_ (增长, 提升) by the supportive cheers of the crowd.
3. Dozens of \_\_\_\_\_ (广告) companies participated in the advertising campaign for the new lifestyles.
4. Distinguished for its attractive scenery, Hangzhou \_\_\_\_\_ (见证) large numbers of tourists every year.
5. After much consideration, she decided to \_\_\_\_\_ (购买) the new laptop for her college studies.
6. After hours of hiking, they finally climbed the p\_\_\_\_\_ of the mountain and enjoyed a breathtaking view.
7. She was awarded a full s\_\_\_\_\_ in university, which covered all her tuition and living expenses.
8. You can set the TV to an automatic search mode to quickly find the c\_\_\_\_\_ that interests you most.
9. The d\_\_\_\_\_ club at school is putting on a play that explores the complexities of teenage life.
10. The teacher t\_\_\_\_\_ a special learning plan for me, which greatly improved my confidence and grades soon.

#### ❷ 单句填空(每小题 1.5 分, 满分 15 分)

1. The library organized its books into different \_\_\_\_\_ (category), for instance, fiction, non-fiction, and reference books.

2. The English speech contest, \_\_\_\_\_ (sponsor) by our school, will provide a great chance for us to show ourselves.
3. In conclusion, our trip to the Great Wall was a \_\_\_\_\_ (memory) experience, which we will cherish forever.
4. Her powers of \_\_\_\_\_ (persuade) were so strong that she made everyone support her plan.
5. The \_\_\_\_\_ (amuse) cartoons in the latest edition added a light-hearted touch to the serious news stories.
6. The \_\_\_\_\_ (interact) between the teacher and students in the classroom is crucial for effective learning.
7. The wildlife protection organization \_\_\_\_\_ (found) a decade ago, with commitment to rescuing endangered species.
8. The president's speech \_\_\_\_\_ (broadcast) live on national television tonight.
9. The journalist was accused \_\_\_\_\_ publishing false information that caused unnecessary panic and confusion.
10. The teenager was absorbed \_\_\_\_\_ the movie, crying and laughing along with the characters.

#### ❸ 短语填空(每小题 2 分, 满分 12 分)

mount up; spring up; brighten up; get across; in short; be linked with/to

1. Every morning at daybreak, the rising sun \_\_\_\_\_ the foggy forest, presenting a beautiful view.
2. \_\_\_\_\_, the experiment failed due to the improper control of conditions.
3. He was so nervous that he failed to \_\_\_\_\_ his real feelings, leaving everyone confused.

4. As we all know, economic growth \_\_\_\_\_  
\_\_\_\_\_ the stability of the political  
environment in a country.
5. If you hide away your problems and pretend  
that they don't exist, they will just continue  
to \_\_\_\_\_.
6. I believe hope \_\_\_\_\_ sometime  
when you think there is no hope at all.

Ⅴ 句型训练(每小题 3 分,满分 9 分)

1. \_\_\_\_\_ kindness we offer to others,  
\_\_\_\_\_ our  
world will be.  
我们给予他人的善意越多,我们的世界就会

越温暖美好。(读后续写之助人为乐)

2. Through this activity, we students \_\_\_\_\_  
\_\_\_\_\_ the  
society \_\_\_\_\_  
around us.

通过这次活动,我们学生不仅更好地了解了  
社会,而且学会了如何帮助我们周围的人。

(应用文写作之活动感受)

3. We worked together and supported each other  
all the time. \_\_\_\_\_  
\_\_\_\_\_.

我们一直齐心协力、互相支持。那就是我们  
最终赢得比赛的原因。

课后素养提升

Ⅵ 阅读理解(每小题 2.5 分,满分 20 分)

A [2026·河北保定高二期末]

Those in Generation Z, born between 1997 and 2012, are the first to grow up with smartphones everywhere and they're also among those most likely to believe misinformation, according to a new study led by researchers from the University of British Columbia (UBC) in Canada and the University of Cambridge in the UK. The main purpose of the study is to assess the acceptance of misinformation among different groups of people in different countries.

The idea wasn't to call out particular groups for being more gullible than others, but to get a better understanding of the danger that misinformation poses: to public health, to the future of the planet, and to modern democracy.

The researchers used an online test designed by psychologists to poll 66,242 people across 24 countries. The quiz, called the Misinformation Susceptibility Test (MIST), takes a couple of minutes to complete and asks participants to rank news headlines as real or fake. Some questions about age, education and country are also asked, and participants are invited to

assess their own ability to spot fake news—another measure this latest study made use of.

While the differences between groups weren't huge, those most likely to label real news as fake or vice versa were those in Generation Z, those who were identified as non-male, and those who were less educated.

There was a twist: Generation Z had a better-than-average awareness of their own strengths and shortcomings in terms of spotting misinformation than other groups, while more educated groups overestimated their skill in distinguishing real news from fake news.

"There's still this widespread misconception that digital natives are better at navigating these environments," says UBC psychologist Friedrich Götz. "That has been proved wrong in the academic world for quite a few years, but I don't think it has translated into public consciousness."

The researchers want to see more done by governments and educators to raise awareness of misinformation and the serious damage it can do. It's also a reminder to be alert when weighing up news headlines—even if you think you're pretty good at not being fooled.

班级	
姓名	
题号	
答案区	
阅读理解	
1	
2	
3	
4	
5	
6	
7	
8	

- ( ) 1. Why is Generation Z specially mentioned in the study?
- A. They are active.  
B. They are phone lovers.  
C. They are educated.  
D. They are digital natives.
- ( ) 2. What does the underlined word “gullible” mean in Paragraph 2?
- A. Easy to be taken in.  
B. Rare to be heard of.  
C. Vital to be shown off.  
D. Hard to be picked out.
- ( ) 3. How did the researchers conduct the study?
- A. By analysing news reports.  
B. By giving an online quiz.  
C. By observing people’s behaviour.  
D. By interviewing people face to face.
- ( ) 4. What is expected by the researchers?
- A. To ban teens’ smartphone use.  
B. To reduce online news access.  
C. To enhance people’s awareness.  
D. To create stricter fake news laws.

**B** [2026·山东济宁高二质量检测]

I got talking to some friends recently about what kinds of entertainment we rely on when everything feels stressful. We talked about great movies and books. But we also talked about something I call “satisfying task video”.

A lot of this category is about cleaning. In particular, it involves watching people clean extremely dirty old carpets with power washers, going round after round until they uncover the carpet’s original colour and pattern. It doesn’t have to be cleaning, though. There’s also a whole category of restoring old things, like an old cellphone. For viewers, watching these transformations brings a unique sense of comfort.

But perhaps nothing satisfies quite like the people on social media who clear drains (下水道). There is a gentleman who goes by “post 10” on social media, and some of his videos have millions of views. One of the things he does is go out into a spot where the roads are

flooded and use tools to clear leaves away so it can drain. He says he has relevant training and does not recommend random people do this—floodwater is dangerous. I won’t try but I can tell you that when you watch a flooded street gradually empty, it is, in its way, thrilling.

Thrilling? Yes. For me, it creates this fundamental sense that doing work can matter. When you have the right tools and training to clear a flooded street, you can help your community and make things better for everyone. It’s also an optimistic mindset. If you clean off the rust (铁锈) and replace some parts, that laptop you gave up on might work. That beat-up purse might look beautiful again. More importantly, it takes work, it takes an enormous amount of patience, and it takes some willingness to look at something beyond repair and say, “Well, I’m going to try!” That can be a helpful reminder.

- ( ) 5. Which of the following activities makes for a “satisfying task video”?
- A. Tidying up a dusty basement.  
B. Introducing the history of carpets.  
C. Downloading cellphone applications.  
D. Displaying the structure of power washers.
- ( ) 6. How does the author feel about the video by “post 10”?
- A. Doubtful.                      B. Confident.  
C. Scared.                         D. Impressed.
- ( ) 7. Why does the author mention the laptop and the purse?
- A. To emphasize the simplicity of DIY.  
B. To highlight varieties of restored items.  
C. To illustrate his attachment to old objects.  
D. To demonstrate a positive outlook on life.
- ( ) 8. What does the author try to convey in the passage?
- A. Life is dependent on reminders.  
B. Environmental awareness is timeless.  
C. Consistent labour yields results.  
D. Patience is the companion of wisdom.

## Period Five Writing

### ① 阅读理解(每小题 2.5 分,满分 20 分)

A [2026·吉林长春外国语学校高二期末]

In recent years, a new type of relationship has become increasingly common among teenagers: parasocial (拟社会的) relationships. But what exactly are they? A parasocial relationship is a one-sided emotional connection where a person feels close to someone they have never met in real life, such as a social media influencer, a celebrity, or even an AI chatbot. Unlike real friendships, these relationships are not mutual—the other person has no idea the relationship exists.

A study published in the *Journal of Youth and Adolescence* surveyed 2,000 teenagers aged 15 to 18. It found that 65% of them reported having at least one parasocial relationship. Among these, 30% said they spent over three hours daily following their “idol” online, and 20% admitted feeling emotionally dependent on these figures. For example, some teens said they would feel sad if their favourite influencer didn't post updates, or would seek comfort from AI chatbots when feeling lonely.

There are both positive and negative sides to these relationships. On the one hand, parasocial relationships can provide emotional support. For teenagers who struggle with social anxiety or feel isolated, following someone they admire can help them feel less alone. Some influencers also act as role models, encouraging teens to pursue their dreams or adopt healthy habits. On the other hand, excessive engagement in parasocial relationships may harm real-life social skills. Teens who spend too much time online may have less practice interacting with people face to face, leading to difficulties in building and maintaining real friendships. Additionally, some teens may develop unrealistic expectations of

relationships, as parasocial bonds often lack the complexity and conflicts of real human connections.

Experts suggest that parents and teachers should guide teenagers to balance online and offline interactions. It's important for teens to recognize that parasocial relationships are a form of entertainment or emotional escape, not a replacement for real friendships. By encouraging open communication and supporting teens in building real-life social networks, adults can help them develop healthy relationships.

- ( ) 1. What is a parasocial relationship according to the passage?
- A. A close bond between two teenagers who met online.
  - B. A real-life friendship with a celebrity.
  - C. A mutual relationship with a social media influencer.
  - D. An emotional connection with an AI chatbot who is unaware of it.
- ( ) 2. What does the study in the *Journal of Youth and Adolescence* show?
- A. Most teenagers have no parasocial relationships.
  - B. Many teens rely on media figures for emotional support.
  - C. 20% of teens spend over three hours online daily.
  - D. Parasocial relationships are harmful to all teenagers.
- ( ) 3. What do experts advise parents and teachers to do?
- A. Ban teenagers from using social media.
  - B. Encourage teens to replace real friends with online idols.
  - C. Discourage teens from having any parasocial relationships.
  - D. Help teens coordinate their digital and in-person social lives.

- ( ) 4. Which of the following is the best title for the passage?
- What is a parasocial relationship?
  - Why balancing online and offline life matters?
  - Virtual bonds, real-world impact
  - How parents can guide teens' social interactions?

**B** [2026·江苏镇江六校联考高二期末]

When someone sets out to improve their health, they usually take a familiar path: starting a healthy diet, adopting a new workout plan, getting better sleep, or drinking more water. Each of these behaviours is important, of course, but they all focus on physical health—and a growing body of research suggests that social health is just as, if not more, important to overall well-being.

A recent study found that the strength of a person's social circle—as measured by cellphone activity—was a better predictor of self-reported stress, happiness and well-being levels than fitness tracker data on physical activity, heart rate and sleep. That finding suggests that the “quantified self” presented by endless amounts of health data doesn't tell the whole story, says study co-author Nitesh Chawla.

“There's a qualified self, which is who I am, what my activities, my social network, my lifestyle, and my enjoyment are. All of these aspects are not reflected in any of these measurements,” Chawla says. “And they are strong determinants of my well-being.”

A 2019 study set out to determine what's driving those high rates of loneliness and found that social media, when used so much that it occupied face-to-face quality time, was tied to greater loneliness. Gender and income didn't seem to have a strong effect, but loneliness tended to decrease with age, perhaps because of the wisdom and perspective afforded by years of life lived, says Dr Stuart Lustig, one of the report's authors.

Lustig emphasizes that we should use

technology “to seek out meaningful connections and people that you are able to keep in your social sphere (范围). It's easy enough to find groups such as Meetups, which regularly organize offline gatherings, providing members with opportunities to interact, share, and participate in various activities in real life. Or through social media, you can find places to go where you'll find folks doing what you want to do.” That advice is particularly important for young people, he says, for whom heavy social media use is common.

Finally, Lustig stresses that even small social changes can have a large impact. Striking up post-meeting conversations with co-workers, or even engaging in micro-interactions with strangers, can make your social life feel more rewarding.

- ( ) 5. What is the author's purpose in writing Paragraph 1?
- To show social health is ignored by some people.
  - To show social people like to do workouts with others.
  - To prove many people tend to follow suit to improve their health.
  - To prove more and more people have benefited from physical exercise.
- ( ) 6. What do we learn about fitness tracker data according to Paragraph 2?
- They are out of date.
  - They are more scientific.
  - They can help realize the “qualified self”.
  - They cannot reflect one's overall health.
- ( ) 7. What did the 2019 study find?
- The overuse of social media could lead to loneliness.
  - Old people felt lonelier than young people.
  - Females felt happy more easily than males.
  - Income had a great influence on people's well-being.

- ( ) 8. What advice does Dr Stuart Lustig give?
- Avoiding talking to strangers.
  - Using social media as little as possible.
  - Using technology for meaningful face-to-face interactions.
  - Spending more time with like-minded young people.

II 阅读七选五(每小题 2.5 分, 满分 12.5 分)

[2025 · 广东深圳高二期末]

Is there anyone who couldn't spend a little less time on their phone? A digital detox (排毒) may be just what you need. 1. \_\_\_\_\_ When people hear the word detox, they may think it's a strict all-or-nothing thing, but it doesn't have to be that extreme. Here are some ideas to get you started.

It's one thing to say you're going to get rid of your phone on your next vacation, but it's quite another thing to actually do it. 2. \_\_\_\_\_ Once you get used to small blocks of time without it, it will be easier and easier to forget how much you relied on it.

If you're in a situation where you can't drop your phone, limit the time to use technology during the moments you absolutely have to use it. For example, spend a morning in bed on a Saturday catching up on social media and then rely less on your phone the rest of the day. 3. \_\_\_\_\_

Not to sound too much like a lecturing mum, but mealtimes should be quality time with your dining companions in real life. Quick-response (QR) codes for menus at restaurants can be a little annoying too, since you're dining out with friends to spend time with them, not get absorbed in your phone. 4. \_\_\_\_\_ If you have to use your phone to order dinner, put it back in your purse as soon as you can.

5. \_\_\_\_\_ Where you sleep, for example, should be a restful place, not a place to get worked up over social media posts. Start your digital detox by taking the television out of the

room, and definitely keep your phone elsewhere while you sleep.

- You are not alone as a digital addict.
- Ask for a paper menu whenever possible.
- Specify some areas of your home as tech-free.
- Try setting aside your phone for an afternoon.
- It is a planned and mindful break from digital technology.
- You just might find that you now have time for a new hobby.
- Taking breaks from social media guarantees you a good sleep.

III 语法填空(每小题 1.5 分, 满分 15 分)

[2026 · 浙江杭州学军中学高二期末]

Nowadays, we are used to opening an app to skim public reviews for reference before going to a restaurant. If it has a score of 4.8 or above on a 5-point scale, the restaurant 1. \_\_\_\_\_ (guarantee) to be a good choice; but if it is a 4 or even less, it almost always means the restaurant is so terrible that you are likely to suffer.

In the past months, topics such as "Restaurants with low ratings may taste better" 2. \_\_\_\_\_ (top) the list of search terms. But 3. \_\_\_\_\_ is essential for everyone is the authenticity of the evaluation. We need to analyse the reasons that lead to the present situation 4. \_\_\_\_\_ reflect on measures to improve credibility and consumer experiences.

For one thing, quite a few business runners rely so 5. \_\_\_\_\_ (primary) on good scores to attract consumers that they manipulate (操纵) ratings by buying positive reviews to increase traffic. For another, some consumers may go 6. \_\_\_\_\_ their original intention and give high scores because they receive free dishes or discounts when 7. \_\_\_\_\_ (ask) to submit comments.

8. \_\_\_\_\_ (concern) these phenomena, platforms must develop richer ways for quality

班级
姓名
题号
1
2
3
4
5
6
7
8
七选五
1
2
3
4
5

players who need more 9. \_\_\_\_\_ (expose) to display themselves and earn what they deserve. Meanwhile, the rating mechanism should include regular monitoring, strict examination and punitive (惩罚性的) measures to create a healthy competitive atmosphere. 10. \_\_\_\_\_, users will eventually abandon platforms, leaving those tricky players to their marketing game.

**IV 写作**

**第一节 应用文写作(满分 15 分)**

[2026·湖北黄冈高二期末]

假定你是李华,上周你校举办了“旧瓶新绿”环保创意盆栽活动。请用英语为校英文报写一篇活动报道,内容包括:

1. 活动介绍;
2. 活动意义。

注意:1. 写作词数应为 80 个左右;  
2. 报道标题已给出,不计入总词数。

**Old bottles, new green**

---



---



---

**第二节 读后续写(满分 25 分)**

[2025·浙江宁波九校高二期末联考]

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 spent 15 years trying to make it in the music industry. When I was a teenager, I did any odd job to afford time in a recording studio. I knocked at managers' doors and sent out demo (录音样带) after demo, but I got nowhere. In 2010, aged 27, I was doing a job in a restaurant when I wrote a song called *Dream Goes On*. It was a song about never giving up. I just let out all of my frustrations at the keyboard.

Over the next five years, the music career never materialized but I persisted. Then, in 2019, I uploaded *Dream Goes On* to a music-sharing website. I just wanted someone to notice my music.

Later that year, I received an e-mail out of

the blue from Music World from South Korea, requesting a licence for the song. They had chosen my song from the millions on the music-sharing website for a theme tune for one of their shows. I was amazed and negotiated a contract for \$5,000 for the use of the song and signed up straight away. I was pretty excited, but didn't think anything more would come of it, so I focused on my job in the restaurant.

This February, Music World organized a musical festival in Seoul and my song *Dream Goes On* was also chosen as the theme tune for the festival. I watched on YouTube as my song was being played to a huge crowd of people. It was amazing.

After three days of the festival, I was contacted by Music World and they asked if I'd like to go to Seoul to sing *Dream Goes On* in a concert. They flew me out there the next day. I was welcomed like a celebrity—everyone I met thought I was a big name in England. I had to break the news to them that I wasn't a pop star.

注意:续写词数应为 150 个左右。

**Paragraph 1:**

*I had never performed the song live, and hadn't been on stage for years.* \_\_\_\_\_

---



---



---

**Paragraph 2:**

*After the concert, I had photographers and journalists battling to interview me.*

---



---



---