



教育图书



功能学具



学生之家

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30⁺年专注教育行业

全品学练考

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练习册

高中英语

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01

培养核心素养，探究主题意义

Unit 1 Food for thought

主题素养积累

Culture and cuisine

The French author Jean Anthelme Brillat-Savarin once wrote, "Tell me what you eat, and I will tell you what you are." **Put more simply**, this means "**You are what you eat.**" Most people today **relate** this saying to healthy eating. However, Brillat-Savarin was actually **referring** to our personality, character, and culture.

Chinese cuisine is **a case in point**. We first travelled to Shandong Province in the eastern part of North China. My favourite dish there was boiled dumplings served with vinegar. I observed that family is important to the people there. **It has become a favourite traditional dish of the people in North China, where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help.** Later, I learnt that the most famous food in Shandong is pancake rolls stuffed with (填满) sliced Chinese green onions.

Our travels then took us to South China, and then on to central China. In each place we went, we experienced wonderful local dishes, from Guangdong's elegant dim sum—small servings of

At a minimum, the kinds of food local people consume tell us what they grow in their region, what kinds of lives they lead, and what they like and do not like. **What we can say, however, is that culture and cuisine go hand in hand, and if you do not experience one, you can never really know the other.**

【主题词句背诵】

1. put more simply 更简单地
2. relate... to... 把……和……联系在一起
3. refer to 指的是
4. a case in point 典型的例子,恰当的例证
5. at a minimum 至少
6. go hand in hand (两件事)密切相关
7. You are what you eat. 人如其食。
8. It has become a favourite traditional dish of the people in North China, **where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help.** 它已成为华北人民最喜爱的一种传统食物,在那里包饺子一直是一项全员参与的家庭活动,无论老少都会加入进来帮忙。
9. **What we can say, however, is that culture and cuisine go hand in hand, and if you do not**

02

夯实语言基础，搭建知识框架

词汇点睛

1. **take to** (尤指短间接接触后)开始喜欢,对……产生好感;养成……习惯
(教材 P3) Even today, he still does not easily **take to** eating things like chicken feet.
直到今天,他还是不太喜欢吃鸡爪之类的东西。

take on	雇用;承担;呈现
take in	吸收;欺骗(常用于被动);理解,领会;收留
take down	拆掉,拆除;写下
take off	脱掉;起飞;(事业等)腾飞;休假
take over	接管;占上风,取代
take up	开始从事;占用(时间、空间或精力)

【温馨提示】 短语 take to 中, to 为介词,因此后面需要接名词、代词或动名词形式作宾语。

句型透视

(教材 P2) **Growing up in England with a British father and a Chinese mother. I've enjoyed food from both countries ever since I was able to hold a knife and fork—and chopsticks!** 我在英国长大,父亲是英国人,母亲是中国人,自从我能拿刀叉和筷子以来,我就一直在享受这两个国家的食物!

句型公式

v.-ing 作原因状语

【相关拓展】

- (1) 现在分词(短语)作原因状语,相当于一个原因状语从句。
- (2) 现在分词(短语)可以作原因状语、时间状语、条件状语、让步状语、伴随状语、方式状语、结果状语。此时,主语与 *v.*-ing 之间为主动关系,一般表

课内基础巩固

I 单词拼写(每小题1分, 满分4分)

1. My best friend has many _____ (种类) of hobbies, like drawing, reading and running.
2. As it was raining cats and dogs, none of us _____ (敢于) to go out.
3. In my opinion, taking part in sports activities not only helps to keep us physically fit but also teaches valuable life skills.
4. This sandwich is _____ delicious pizza is covered with an amount of cheese.

II 单句填空(每小题1.5分, 满分12分)

1. I felt _____ (horror) when I

realized I had forgotten to bring my English homework.

2. Bread and butter is _____ (typical) what Americans usually have for breakfast.
3. In many cultures, _____ (marry) is seen as an important step in life that brings two families together.
4. Some mushrooms are highly _____ (poison) and can cause serious harm if eaten.
5. We're having a small family _____ (gather) to celebrate our wedding anniversary.
6. She understood the _____ (suffer) the homeless must be going through during

课后素养提升

V 阅读理解(每小题2.5分, 满分10分)

[2026·广东惠州高一期末]

Banana bread has always been my favourite, especially the one my mum made. The crispy brown top and the mouth-watering smell could turn our home into a heaven. The key wasn't the flour or sugar—it was the bananas. To me, fresh, yellow bananas seemed perfect, but Mum always said, "They're not ready yet." Her insistence (坚持) on waiting for bananas to fully ripen (成熟) before baking always annoyed me. Later, I learned that the gas released (释放) by bananas makes them sweeter and softer, and ripe bananas are more perfect for delicious bread. So, I guess my mum was right. I had to let them be. They were just not ready yet.

I considered this lesson relatively

expectations from peers and teachers. Whether in high school or college, students need time to gain knowledge and develop abilities.

Like the bananas before banana bread, I need to let my students be and support them until they are ready, whether you are a professor or a teaching assistant. Being patient, knowing that it takes time to make progress and that you should not push someone until they are ready, is a practice that can be learned and does not take an advanced degree in chemistry to do so.

- () 1. What made Mum's banana bread special?
- A. Her knowledge of food chemistry.
 - B. Her insistence on the condition of bananas.

III 写作

第一节 应用文写作(满分15分)

[2026·广东深圳高一期末]

假定你是李华, 你的美国笔友 Tony 所在学校的中国文化俱乐部计划举办“学做中国美食”主题活动。他来信请你推荐一道中国美食。请你用英语给他写一封邮件, 内容包括:

1. 表示乐意推荐;
2. 推荐一道美食并说明理由。

注意: 1. 词数 80 个左右;

2. 可以适当增加细节, 以使行文连贯。

参考词汇: 食材 ingredient

第二节 读后续写(满分25分)

[2025·山东潍坊高一期末]

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。

Last month, it was my friend Emily's birthday, and she invited us to her house to celebrate. I was really excited because Emily always gave me special birthday gifts, so I wanted to do something good in return. I decided that, instead of just buying her a gift, I'd bake her a cake. I'm not a master in the kitchen, but how hard could it be to bake a simple chocolate cake?

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Unit 1 Food for thought

★提示: 加底纹词汇为复现词汇

Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写(每小题1分,满分4分)

1. My best friend has many _____ (种类) of hobbies, like drawing, reading and running.
2. As it was raining cats and dogs, none of us _____ (敢于) to go out.
3. In my opinion, taking part in sports activities not only helps to keep us physically fit but also teaches valuable life skills.
4. This so-called _____ delicious pizza is covered with an amount of cheese.

❷ 单句填空(每小题1.5分,满分12分)

1. I felt _____ (horror) when I realized I had forgotten to bring my English homework.
2. Bread and butter is _____ (typical) what Americans usually have for breakfast.
3. In many cultures, _____ (marry) is seen as an important step in life that brings two families together.
4. Some mushrooms are highly _____ (poison) and can cause serious harm if eaten.
5. We're having a small family _____ (gather) to celebrate our wedding anniversary.
6. She understood the _____ (suffer) the homeless must be going through during the cold winter.
7. Red can _____ (symbol) good luck and happiness, so we often use it at important festivals like the Spring Festival.

8. _____ (bite) by a mosquito(蚊子) last night, I felt very uncomfortable and couldn't focus on my homework this morning.

❸ 短语填空(每小题2分,满分12分)

1. During my trip to Italy, I _____ (爱上) the rich local cuisine.
2. I began to _____ (喜欢上) drinking oolong tea with a fine china teacup.
3. I _____ (偶然发现) a beautiful poem in this book and wanted to share it with you.
4. Someday you will _____ (遭受) ill health if you don't change your unhealthy habits.
5. He picked up some tofu from the hot pot and _____ (咬一口).
6. When she travelled abroad, the friendly smiles and kind help of the local host family made her _____ (感觉自在).

❹ 句型训练(每小题3分,满分9分)

1. I truly understand _____ and I will study harder to make them feel proud of me in the future. (宾语从句)
我真切明白父母为我所做的一切,我会更努力学习,将来让他们为我感到骄傲。
2. _____, he couldn't contain his sorrow, pouring the incident out to her. (分词作状语)
看到母亲,他再也抑制不住悲伤,向她倾诉了整件事的经过。

3. “Look,” she said, pointing through the trees, “an old hut with an old car. Someone _____ years ago.”

“你看，”她透过树林指着那边说道，“一间破旧的小屋和一辆旧车。多年前一定有人在这里住过。”

课后素养提升

❶ 阅读理解(每小题 2.5 分, 满分 10 分)

[2026·广东惠州高一期末]

Banana bread has always been my favourite, especially the one my mum made. The crispy brown top and the mouth-watering smell could turn our home into a heaven. The key wasn't the flour or sugar—it was the bananas. To me, fresh, yellow bananas seemed perfect, but Mum always said, “They're not ready yet.” Her insistence (坚持) on waiting for bananas to fully ripen (成熟) before baking always annoyed me. Later, I learned that the gas released (释放) by bananas makes them sweeter and softer, and ripe bananas are more perfect for delicious bread. So, I guess my mum was right. I had to let them be. They were just not ready yet.

I considered this lesson relatively unimportant until recently. Years later, as a teacher candidate in the Stanford Teacher Education Programme (STEP), I faced a similar struggle in teaching. I worried: “What if students aren't ready for exams? Shouldn't I push them harder?” Firstly, I thought I was just learning how to teach chemistry. However, my professors guided me to an eye-opening realization: I was not teaching chemistry; I was teaching students.

That slight distinction over what I was teaching will change how I see teaching forever. Beyond teaching the chemistry knowledge, I am also teaching students community, determination and how to fit into the challenging education system. Indeed, every student comes to school with different challenges—some struggle with complex terms like “financial aid”, while others face unspoken

expectations from peers and teachers. Whether in high school or college, students need time to gain knowledge and develop abilities.

Like the bananas before banana bread, I need to let my students be and support them until they are ready, whether you are a professor or a teaching assistant. Being patient, knowing that it takes time to make progress and that you should not push someone until they are ready, is a practice that can be learned and does not take an advanced degree in chemistry to do so.

- () 1. What made Mum's banana bread special?
- A. Her knowledge of food chemistry.
B. Her insistence on the condition of bananas.
C. Her choice of good flour and sugar.
D. Her experience in making the bananas ripen.
- () 2. What did the author realize during STEP?
- A. Pushing students harder could help them learn better.
B. Students' readiness for exams required urgent attention.
C. Chemistry teaching was more important than other subjects.
D. She was teaching individuals rather than chemistry knowledge.
- () 3. Why does the author mention students' different challenges in Paragraph 3?
- A. To show the need for learning time.
B. To advocate peers' immediate help.
C. To praise students' constant efforts.
D. To analyse causes of academic pressure.

- ()4. Which is the most suitable title for the text?
- A. Waiting for ripening
B. Making banana bread
C. Learning to teach chemistry
D. Overcoming learning challenges

Ⅶ 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2026·福建厦门高一期末]

Have you ever asked yourself why it is that when the dessert menu arrives, somehow, you always seem to have space? 1. _____ The team at the Max Planck Institute for Biology of Ageing found that the same brain areas that make us feel full after a meal are also responsible for our sweet hunger later. Here are four ways to work with your body if you want to reduce the sweet tooth.

Fill up on fibre. Upping fibre in the diet can prevent blood sugar rising which drives sugar wishes. It causes changes in the stomach that directly affect the brain, making you less likely to long for sugary foods. 2. _____ And leave the skins on potatoes for an immediate fibre increase.

Add healthy fats and protein in your meal. They make you feel more satisfied and less likely to reach for something sweet after a meal. Healthy fats, in the form of full-fat milk, and protein in eggs, fish and beans, are important in determining how satisfied you feel. 3. _____

Try eating mindfully. The thirst for sweet food comes from the need to be comforted, particularly when we are stressed. We often eat desserts because we ignore our body's feelings of hunger. So before reaching for that biscuit, ask yourself these questions: 4. _____ Am I just bored or in need of a break?

5. _____ If you are going to eat dessert, choose smaller parts and find a comfortable place in which you eat them. Use a plate, sit down and enjoy your desserts. You can make

more healthy sweet treats too. Have a square of dark chocolate with a teaspoon of sugar to satisfy your sweet tooth in a more lasting way.

- A. Focus on what you eat.
B. Turn to bread, rice and noodles.
C. Am I eager for a bar of chocolate?
D. So try to include them in every meal.
E. Can I hold this out until the next meal?
F. Well, researchers might have the answer.
G. Enjoy the dessert if you're going to have it.

Ⅷ 语法填空(每小题 1.5 分,满分 15 分)

[2025·辽宁抚顺高一期末]

Luosifen is a combination of river snails and rice noodles, originating in Liuzhou, Guangxi. Since Liuzhou is a city full of Luosifen restaurants, with many near one another, you can even smell it while 1. _____ (walk) down the street! Because of the humid climate in Liuzhou, people tend to lose their appetite, but the spicy and sour taste excites 2. _____ (people) appetite.

Modern young people 3. _____ prefer the taste can also add extra chili, fresh green vegetables or garlic 4. _____ (suit) their own taste. Despite the word "snail" in its Chinese name, actual snails don't commonly appear in the dish, but 5. _____ (use) to flavour (调味) the soup. There being many choices of packaged Luosifen these days, people can easily prepare 6. _____ (they) favourite taste at home. Some people even cook Luosifen-based hot pot themselves. Admittedly, Luosifen has become 7. _____ must-try dish for those enthusiasts seeking a genuine cuisine. It is popular not only in China 8. _____ internationally, with many local variations to suit different tastes. Luosifen is sure to leave a lasting 9. _____ (impress) on your taste buds, providing 10. _____ (true) unforgettable food experience.

班级

姓名

题号
答案区

阅读理解

1

2

3

4

七选五

1

2

3

4

5

Period Two Using language

课内基础巩固

❶ 选词并用适当形式填空(每小题 1.5 分, 满分 15 分)

be able to; dare; have to; had better; need;
can; must

1. The mother follows her children and _____ not let them out of her sight for even a minute.
2. It's quite warm here so we _____ not turn the heating on.
3. You _____ not download any games onto your computer without your mother's permission.
4. He _____ walk home yesterday because his bike was broken.
5. You _____ play sports with your classmates in your spare time, which _____ help you develop a pleasant relationship with them.
6. I _____ recommend a few useful books that might help you improve your English skills.
7. Although her singing was very pleasant to hear, lacking courage, she never _____ to sing in front of strangers.
8. Despite the unexpected challenges during the project, she believed she _____ handle the pressure and complete her tasks on time.
9. She _____ wake up early tomorrow to catch the bus for her school trip.
10. If you practise more, you _____ improve your piano skills significantly.

❷ 语法 + 写作(每小题 3 分, 满分 18 分)

1. In my opinion, _____ with much sugar or fat.
在我看来,你最好不要吃太多含糖或脂肪多的食物。
2. Because we _____, you must wear a pair of strong and comfortable shoes.
因为我们不得不走很长的路,你必须穿一双结实舒适的鞋子。
3. Thanks to his help, we _____ ahead of time yesterday.
多亏了他的帮忙,我们昨天才能提前完成这项工作。
4. You _____ cooking the steak perfectly; just follow the recipe, and it will turn out delicious.
You _____ cooking the steak perfectly; just follow the recipe, and it will turn out delicious.
你不需要担心能否把牛排煎得完美无缺;只要按照食谱做,它就会很美味。
5. He _____ his head, which makes him appear unnatural.
He _____ his head, which makes him appear unnatural.
他不敢抬头,这使他显得不自然。
6. You _____ to submit your essay by Friday to ensure it is graded on time.
你必须记得在星期五之前提交你的论文,以确保按时评分。

III 完形填空(每小题 1 分,满分 15 分)

[2025·山东烟台高一期末]

One day, Violet, a single mum went to a cafe with her daughter and baby son for a birthday cake. The atmosphere was quiet, with only one customer they didn't know. Violet noticed his 1 as the children chattered away. The children asked for ice cream they had never had before, but Violet gently told them she could only 2 a small birthday cake. The stranger was within earshot of their conversation, but she thought nothing of it.

After some time, the man quietly 3 Violet with a card. Before she knew it, the card fell into her hand. Surprised and curious, she unfolded the card. It 4 some money and a heartfelt message that 5 Violet, reading "Treat the children to some ice cream. To the world, maybe you're just one person; but to your children, you're the whole world."

The simple action brought tears to Violet's eyes. She had been feeling the 6 of motherhood and the challenges, but this 7 encouragement was a reminder of her 8 and the difference she was making.

Violet learned from the cafe owner that the stranger often left money behind the 9 to pay for a few families' orders. He lived a hard life but he helped other families 10.

This man's 11 proved the power of kindness. Violet realized sometimes the smallest act has the most significant 12. She began to 13 acts of kindness and 14 love to those in need. Violet's 15 with the kind stranger reminds us of the light that shines through the dark times.

- ()1. A. opinion B. comment
C. presence D. arrival
()2. A. cook B. afford
C. exchange D. replace

- ()3. A. watched B. treated
C. followed D. approached
()4. A. contained B. recorded
C. printed D. marked
()5. A. captured B. confused
C. touched D. shocked
()6. A. disappointment B. shame
C. strength D. weight
()7. A. repeated B. similar
C. continuous D. unexpected
()8. A. intelligence B. worth
C. dependence D. fortune
()9. A. gate B. kitchen
C. counter D. entrance
()10. A. voluntarily B. naturally
C. curiously D. thankfully
()11. A. honesty B. generosity
C. pardon D. patience
()12. A. impact B. purpose
C. reason D. choice
()13. A. take down B. refer to
C. reflect upon D. carry out
()14. A. describe B. return
C. spread D. explain
()15. A. appointment B. encounter
C. discussion D. experiment

IV 阅读七选五(每小题 2.5 分,满分 12.5 分)

[2026·四川达州高一质量监测]

**The power of sweet potatoes:
what you need to know**

There's no vegetable quite as useful as the common potato. Bake them, roast them or fry them—there are countless easy and delicious meals that prove potatoes can do just about anything. But when it comes to nutrition (营养), sweet potatoes stand out. 1. _____.

Among the various sweet potato health benefits is an improvement in stomach health. 2. _____. That fibre supports digestive process and helps prevent stomach problems.

As a mixed energy-giving food, a sweet potato takes more time to digest than simple energy-giving food, which means it won't raise your blood sugar levels so quickly, helping to keep your mood and energy levels balanced.

Sweet potatoes are also high in beneficial nutrients—specifically vitamin C, plant-based nutrients and natural elements—that reduce body swelling (肿胀) and protect against long-term diseases. 3. _____. Beta-carotene (β -胡萝卜素) is a beneficial element that helps repair sun damage and ease skin issues.

4. _____. “One sweet potato only has a little over 100 calories,” says Rizzo, stressing that you get a lot of key nutrients for those calories. “Sweet potatoes are rich in fibre and complex carbohydrates, which help maintain a feeling of fullness.”

To ensure the preparation of sweet potatoes doesn't take away from their nutritional value, experts recommend roasting, baking, air-frying or microwaving. 5. _____. Instead, use a little cooking oil and herbs for flavour.

There's no shortage of ways to enjoy sweet potatoes and experimenting is part of the fun!

- A. They're superfood because they're tasty
- B. That's thanks to the impressive fibre content
- C. Avoid adding too much oil, salt, or sugar while cooking
- D. They offer more benefits than their colour and sweet taste
- E. Eating sweet potatoes regularly is even good for your skin
- F. Healthy weight loss doesn't require cutting sweet potatoes
- G. However, eating them daily might cause your skin to get red and dry

● 语法填空(每小题 1.5 分, 满分 15 分)

[2026·福建泉州高一期末]

In Rome, a small restaurant is winning hearts with authentic (正宗的) Chinese flavours. Jiamo Lab, named after its 1. _____ (represent) snack *roujiamo*, a traditional Chinese flatbread 2. _____ (stuff) with braised (焖炖的) meat, has become a local favourite, even appearing on popular media recommendation lists.

Located near Piazza Fiume, 3. _____ unique square known for its strategic location near the city centre, Jiamo Lab offers not just food but stories. The restaurant's walls 4. _____ (line) with information about the origins of *roujiamo* and its birthplace—the ancient city of Xi'an. “When we dine here, we're drawn to the stories on the walls and throw 5. _____ (we) deeply into them. They make us want to learn more about Chinese history,” says customer Simona Baltieri.

In the past, Chinese cuisine abroad often 6. _____ (mean) fried rice or sweet-and-sour pork, but now, a new generation of Chinese restaurants is changing that view, introducing authentic regional specialties 7. _____ (range) from Sichuan snacks to Xi'an street food.

The owner of Jiamo Lab, determined to stick 8. _____ traditional flavours, says he hopes his restaurant will become a real part of local life. “Authentic Chinese cuisine offers a stage 9. _____ cultural exchanges are taking place, proving it is far more than just food. It's time to showcase more of China's traditions, allowing the world to see the remarkable 10. _____ (rich) of Chinese culture.”

Period Three Developing ideas

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 5 分)

1. The **poison** _____ (攻击) his nervous system and causes him to **suffer**.
2. For breakfast, I have a preference for a _____ (日常饮食) of milk and **toast**.
3. The teacher quickly _____ (确定,发现) the mistake in my composition and helped me correct it patiently.
4. According to an old Chinese c _____, a newly-married couple might receive a set of delicate **china** as a present.
5. Would you please give me some t _____ on how to live a healthy **lifestyle**?

❷ 单句填空(每小题 1.5 分,满分 12 分)

1. The strong wind suddenly rose, and the old wooden door _____ (swing) open violently, making the little girl jump with great fright.
2. The **cheesecake** was _____ (incredible) **tender**, melting in my mouth with every **bite**.
3. A **yoghurt** with honey is really a tasty and _____ (satisfy) treat in the summer.
4. They had a _____ (differ) of **opinion** about their child's education.
5. The new bridge under _____ (construct), measuring twice as long as the old one, will be completed next month.
6. The cheese was so _____ (addict) that I ate it up quickly and planned to buy the same one again when I went shopping next time.
7. People quickly **gathered** their _____

(belong) and left the hall.

8. Online shopping offers great _____ (convenient) because you can order products from home and have them delivered to your doorstep.

❸ 短语填空(每小题 2 分,满分 10 分)

1. I will never forget the place where I was born and _____ (养育) no matter where I am now and where I will go.
2. Remember to bring some water and **snacks** _____ (以防万一) you feel thirsty or hungry.
3. Beadle was wearing the trainers which once _____ (属于) Jake.
4. As we walked in the street, we _____ (打听,别后叙谈) all the news and stories from our time apart.
5. A junk food **addict** may _____ (最终) putting on weight.

❹ 句型训练(每小题 3 分,满分 9 分)

1. She was _____ onto the stage.
她太紧张了,不敢走上台。
2. There is _____ your letter.
再也没有比收到你的来信更让我开心的了。
3. I guess I've always been a big book lover and in this house, _____ some interesting books we can share and read together. (双重否定)
我想我一直都是个酷爱读书的人,在这个家里,少了几本可以一同分享、阅读的有趣书籍,家庭聚会便算不上圆满。

Ⅶ 阅读理解(每小题 2.5 分,满分 20 分)

A [2026·湖北武汉高一期末]

There's nothing wrong with a tomato that isn't perfectly round or a peach with an extra dimple (小坑) or two; they still carry the same advantages and tastes as the kinds we're used to seeing in grocery stores. Farmers throw away these imperfect fruit and vegetables, as many grocery chains won't buy them for fear that they are unsellable. However, a growing group of grocery chains are fighting to make these discarded fruit and vegetables part of customers' buying habits.

One such business is Imperfect Produce, a start-up that provides fresh ugly produce for customers. Through this service, you can get up to 20 pounds of fruit and vegetables for around \$20 a week. This is about a 30 percent discount compared to what's now sold in stores. Recently, the company had a major advancement when Whole Foods Market accepted their partnership and agreed to sell the ugly produce.

While this movement might be a new trend here in the US, it's already gained serious momentum (势头) in Europe. In 2014, the EU announced the European Year Against Food Waste, with French supermarket chain Intermarché organizing a very successful movement called Inglorious Fruits and Vegetables and England's Waitrose selling imperfect apples caused by terrible weather. In Portugal, a similar company to Imperfect Produce called Fruta Feia has also taken off.

Buying the unfortunate-looking produce should be attractive to customers not only because of the affordability, but also because of

the support it gives to farmers and the direct impact it has on reducing food waste and environmental pollution. When the discarded fruit and vegetables break down, they release (释放) methane (CH₄), a greenhouse gas. When released into the air, it is about 86 times as powerful as carbon dioxide (CO₂) over a 20-year period. Waste is, in fact, the ugliest thing of all.

- () 1. What does the underlined word "discarded" in Paragraph 1 probably mean?
- A. Thrown away. B. Collected.
C. Eaten up. D. Packed.
- () 2. What is the purpose of Imperfect Produce?
- A. To make more money.
B. To sell unattractive goods.
C. To get discounts from farmers.
D. To challenge Whole Foods Market.
- () 3. What can we learn about Europe from Paragraph 3?
- A. It has more successful food chains than the US.
B. It is facing the serious problem of poor weather.
C. It hardly produces misshapen fruit and vegetables.
D. It solves the problem of ugly produce earlier than America.
- () 4. How does wasted produce harm the environment according to Paragraph 4?
- A. It pollutes the farms.
B. It gives off a bad smell.
C. It leads to global warming.
D. It produces lots of carbon dioxide.

B [2026·湖南邵阳高一期末]

Mangoes, often called the “king of fruits”, have always been a subject of debate in diabetic (糖尿病的) diets. For years, people with diabetes were advised to stay away from mangoes because of their natural sweetness and high sugar content. However, recent studies have begun to challenge this traditional wisdom, suggesting that mangoes may not be as harmful as once thought and might even provide health benefits when eaten properly.

Mangoes are naturally rich in fructose (a type of sugar) and have a moderate (中度的) Glycemic Index (GI), which means they can cause a rise in blood sugar levels. Traditional dietary guidance often warned diabetic patients to keep off fruits with high sweetness, fearing sudden increases in glucose (葡萄糖). This is why mangoes were long considered off-limits for people struggling with diabetes.

Recent research carried out in India, where mangoes are eaten widely, shows surprising results. Studies suggest that when eaten in a moderate amount, mangoes do not significantly raise blood sugar levels. In fact, the fruit contains dietary fibre, antioxidants, vitamin C, and polyphenols, all of which can do great good to our body.

Some studies also point out that useful things in mangoes may lower oxidative (氧化的) stress, which has something to do with health problems caused by diabetes. Researchers stress that the amount we eat is very important—having 1 or 2 pieces as part of a balanced meal is unlikely to do harm, and may even be good for health.

For those living with diabetes who wish to enjoy mangoes, a sensible approach matters most. Rather than having a whole mango in one go, scientists advise having a few small bites alongside foods rich in protein or fibre, like

nuts, yogurt or wholegrains. By doing so, you slow down the body’s intake of sugar, and a sudden jump in blood glucose can be avoided.

Doctors recommend that people with Type 2 Diabetes should not give up mangoes completely but rather focus on controlled intake. Watching blood sugar levels after eating mangoes can help individuals understand how their body responds.

- ()5. What was the traditional suggestion for people with diabetes?
- A. Avoid eating mangoes totally.
 - B. Eat a moderate amount of food.
 - C. Watch after-meal blood sugar carefully.
 - D. Balance different types of fruits in daily life.
- ()6. What is a finding of the research in India?
- A. Mangoes have the lowest GI among all fruits.
 - B. Oxidative stress is the main cause of diabetes.
 - C. Mangoes aren’t harmful to people without diabetes.
 - D. Mangoes don’t necessarily lead to a sharp blood sugar rise.
- ()7. What is the main idea of Paragraph 5?
- A. The main steps to control blood sugar levels.
 - B. The best time to have mangoes for diabetic people.
 - C. The proper way to include mangoes in a diabetic diet.
 - D. The types of food that can lower blood glucose quickly.
- ()8. What can be the best title for the text?
- A. Why doctors say no to mangoes?
 - B. How to enjoy mangoes without worry?
 - C. Are mangoes safe for people with diabetes?
 - D. Is diabetes an unavoidable disease for modern life?

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阅读理解	
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Period Four Writing

课内基础巩固

① 补全句子(每小题3分,满分15分)

1. I'm glad you are _____ Chinese food, and I _____.

我很高兴你对中国食物感兴趣,我写信是想和你分享一下关于它的某些事情。

2. Chinese food can be roughly _____ eight regional cuisines, _____ is characterized by their unique tastes and specialties. (介词+关系代词)

中国食物大致可以分为八大地方菜系,每一个都有自己独特的口味和特色菜。

3. I live in Hainan, _____ a variety of local snacks and dishes, among which Wenchang Chicken, Jiaji Duck, and Dongshan Sheep are _____ ones.

(定语从句)

我住在海南,在那里我们可以吃到各种各样的当地小吃和菜肴。其中,文昌鸡、嘉积鸭、东山羊是最典型的菜肴。

4. _____ to taste some Chinese cuisines _____ . (it作形式主语)

强烈建议你在方便的时候来中国品尝一些中国菜。

5. If you _____ of Chinese food, I'm sure you will _____ it and be _____ the diversity of Chinese food and creativity of Chinese people.

如果你尝一口中国食物,我相信你会爱上它,并为中国食物的多样性和中国人的创造力而惊叹。

课后素养提升

① 语法填空(每小题1.5分,满分15分)

[2025·河南许昌高一期末]

In Xinjiang, Nang is a beloved flatbread with a history of over 2,000 years. It's easy to make, store and transport, 1. _____ (make) it a traditional everyday food in the region.

Nang 2. _____ (come) in various sizes and flavours (味道). The largest Nang is as big as a car wheel and weighs 2 kilograms while the smallest is no 3. _____ (large) than a quail's egg (鹌鹑蛋). When it comes to flavours, you can choose from rose Nang, dried fruit Nang, meat Nang, sesame Nang, and more 4. _____ (suit) your taste preferences.

5. _____ (traditional), Nang is

made in tall, cylindrical ovens (圆柱形烤炉). Nowadays, people also use environmentally friendly ovens to make Nang, 6. _____ has contributed to the Nang industry's growth.

Nang has brought great positive changes to the region in recent years, and it's no surprise that this food carries 7. _____ (significance) cultural meanings. The round shape of Nang symbolizes solidarity (团结) and friendship. The local tradition of breaking Nang and sharing it with others is 8. _____ sign of goodwill.

So, when you enjoy Nang, remember that it represents not only the 9. _____ (warm) of the people in Xinjiang, but also their belief 10. _____ the power of solidarity during challenging times.

写作

第一节 应用文写作(满分 15 分)

[2026·广东深圳高一期末]

假定你是李华,你的美国笔友 Tony 所在学校的中国文化俱乐部计划举办“学做中国美食”主题活动。他来信请你推荐一道中国美食。请你用英语给他写一封邮件,内容包括:

1. 表示乐意推荐;
 2. 推荐一道美食并说明理由。
- 注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

参考词汇:食材 ingredient

Dear Tony,

Yours,
Li Hua

第二节 读后续写(满分 25 分)

[2025·山东潍坊高一期末]

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。

Last month, it was my friend Emily's birthday, and she invited us to her house to celebrate. I was really excited because Emily always gave me special birthday gifts, so I wanted to do something good in return. I decided that, instead of just buying her a gift, I'd bake her a cake. I'm not a master in the kitchen, but how hard could it be to bake a simple chocolate cake?

The day before the party, I went to the store to pick up everything I needed: flour (面粉), sugar, eggs, and, of course, chocolate. I even bought a nice toy to make the cake look beautiful. I was feeling pretty confident.

When I got home, I started mixing everything together. It was going smoothly and

the kitchen was filled with the sweet smell of baking. But then, disaster struck. I was rushing to get the cake finished, and in a hurry, I took the wrong bag. Without even thinking, I put in what I thought was sugar, but it was actually salt!

The cake looked perfect when it came out—golden brown with a shiny top. The smell was so amazing that I couldn't wait to show it at the party. I imagined everyone would be surprised at my baking skills and how impressed Emily would be. But little did I know that my cake was about to become the most memorable birthday cake ever.

The next day, I arrived at Emily's party with the cake. The moment came when we cut the cake. Emily, being the birthday girl, was the first to taste the cake. She carefully cut a piece, and with a big smile, she took the first bite. But then ... her expression changed. Her eyes widened for a second, and she looked at me, clearly puzzled.

“Uh ... are you sure this is a cake?” she asked, trying hard not to laugh.

注意:续写词数应为 150 个左右。

Paragraph 1:

I immediately took a bite myself, and my heart dropped. _____

Paragraph 2:

But instead of making me feel worse, Emily just laughed harder. _____

▶ 单元小测

Unit 1

❶ 单句填空(每小题 1.5 分, 满分 15 分)

1. The workers are working hard to _____ (construct) the ancient temple.
2. The Internet has made our lives **incredibly** _____ (convenience) and greatly changed the way we study, work and communicate every day.
3. The **official** website posted a _____ (recommend) for tourists to book accommodation in advance during the Spring Festival.
4. To her _____ (satisfy), each guest emptied their **plate**, showing how much they enjoyed the meal.
5. The **homemade sausage** smelt so good that she couldn't **resist** _____ (take) a **bite**.
6. Last year he starred in the film _____ (adapt) of Bill Cronshaw's best-selling novel.
7. A lot of **typical** Australian food, such as the Sunday **roast**, is _____ (original) British.
8. The new smartphone is not only fashionable but also highly _____ (function), with features that make everyday tasks much easier.
9. The soup was so _____ (salt) that I needed to drink a lot of water after the dinner.
10. During winter, it _____ (typical) snows heavily in the north of China and children often go out to make snowmen.

❷ 短语填空(每小题 2 分, 满分 10 分)

1. Maria _____ (鼓起勇气) to apologize to Ayesha and promised never to say any rude words to her.
2. _____ (万一) an emergency, the **official guidelines** **recommend** staying calm and following the instructions to ensure everyone's safety.
3. I _____ (偶遇) a long-lost friend on the street and we spent one hour talking about each other's recent lives.
4. The **recipe** _____ (属于) my grandmother's cookbook has been a family favourite for generations.
5. On my way home, I decided to _____ (购买) some tasty **snacks** from the local **bakery**.

❸ 句型训练(每小题 3 分, 满分 12 分)

1. There is no experience _____ on real ice.
没有比在真正的冰上滑冰更令人兴奋的体验了。
2. For a moment, he was _____ . (too... to...)
有那么一刻,他吓得说不出话来。
3. _____ that he was in great danger, Eric walked deeper into the forest.
(分词作状语)
没有意识到自己处于极大的危险中,埃里克走向森林的更深处。
4. The **chef** _____ the secret **recipe**, for the dish he cooked tastes exactly the same.
这个厨师肯定已经知道了秘方,因为他做的菜尝起来跟秘方一模一样。

Ⅴ 阅读理解(每小题 2.5 分,满分 20 分)

A [2026·浙江金华十校联考高一期末]

A recent study in *Trends in Biotechnology* reports that scientists used the gene-editing tool CRISPR to improve how efficiently (高效地) a fungus (真菌) produces protein (蛋白质) while also lowering the environmental effects of that production by as much as 61%—all without introducing foreign DNA. The gene-edited fungus has a meat-like taste and is easier to break down.

This work presents a possible solution to the challenges of animal agriculture, such as its significant greenhouse gas emissions and high land and water demands, which explains why this new type of protein has gained attention as likely alternative (替代品) to meat. *Fusarium venenatum*, a kind of fungus, has become a good choice due to its meat-like qualities, but it has limitations: thick cell walls that limit breakdown and a resource-heavy production process that needs lots of sugar-rich materials and added nutrients (营养物).

To overcome these limitations, researchers used CRISPR to remove two genes. One is called chitin synthase gene. Removing it thinned the cell wall, making the protein more accessible. Removing the other, pyruvate decarboxylase gene, improved the fungus's metabolism (新陈代谢), reducing the quantity of nutrients needed for protein production. The resulting fungus, named FCPD, used 44% less sugar to create the same amount of protein as the old one and did so 88% faster.

The team then checked the environmental effects of FCPD across its entire life cycle. They modeled production in six countries with

different energy systems. In every country, FCPD produced lower environmental effects than the old fungus, reducing greenhouse gas emissions by up to 60%. When compared to chicken production in China, FCPD needed 70% less land and lowered the possibility for freshwater pollution by 78%.

“Gene-edited foods like this can meet growing food demands without the environmental costs of traditional farming,” stated one researcher.

- () 1. What is a limitation of *Fusarium venenatum*?
- A. It lacks meat-like taste.
B. Its cell walls are too thick.
C. It needs little sugar material.
D. It produces much gas.
- () 2. What do we know about the new fungus FCPD?
- A. It is easily accessible.
B. It is richer in sugar.
C. It has thinner cell walls.
D. It doesn't need nutrients.
- () 3. How does the author show the advantages of FCPD?
- A. By listing numbers.
B. By comparing different studies.
C. By explaining a process.
D. By referring to personal experiences.
- () 4. What is the text mainly about?
- A. A likely alternative to protein.
B. A new gene-editing tool for food production.
C. A green and tech-driven direction for agriculture.
D. A protein-efficient and eco-friendly gene-edited food.

B [2025·重庆南开中学高一期末]

Putting food into the microwave for a couple of minutes may seem totally harmless, but Europe's quick-cooking ovens emit as much carbon as nearly 7 million cars, a new study has found, and the problem is growing. Due to the fact that costs are falling and kitchen appliances (厨房电器) are becoming symbols of status, owners are throwing many microwaves after an average of eight years. This is pushing rising sales of new microwaves which are expected to reach 135 million annually in the EU by the end of the decade.

A study by the University of Manchester worked out the emissions of carbon dioxide—the main greenhouse gas responsible for climate change—at every stage of microwaves, from production to waste disposal. “It is electricity consumption by microwaves that has the biggest impact on the environment,” say the authors, who also calculate that the emissions from using 19 microwaves over a year are the same as those from a car. According to the same study, efforts to reduce consumption should focus on improving consumer awareness and behaviour to use appliances more efficiently. For example, electricity consumption by microwaves can be reduced by adjusting the time of cooking to the type of food.

However, David Reay, a professor of carbon management, argues that although microwaves use a great deal of energy, their emissions are minor compared to those from cars. In the UK alone, cars emit way more than all the emissions from microwaves in the EU. Backing this up, recent data show that passenger cars in the UK emitted 69m tonnes of

CO₂ in 2015. This is 10 times the quantity this new microwave oven study estimates for annual emissions for all the microwave ovens in the whole of the EU.

Further, the energy used by microwaves is lower than any other form of cooking. Among common kitchen appliances used for cooking, microwaves are the most energy-efficient, followed by a stove and finally a standard oven. Thus, rising microwave sales could be seen as a positive thing.

- ()5. What contributes to the increasing consumption of new microwaves?
- A. Various functions.
 - B. More carbon emissions.
 - C. Declining prices.
 - D. Further improved quality.
- ()6. What is the advice from the study by the University of Manchester?
- A. Changing microwave users' habits.
 - B. Stopping using microwaves gradually.
 - C. Carrying out more research on microwaves.
 - D. Replacing microwaves with other appliances.
- ()7. How is Paragraph 3 developed?
- A. By giving definition.
 - B. By analysing causes.
 - C. By making a comparison.
 - D. By concluding viewpoints.
- ()8. What can be learned from the last paragraph?
- A. Microwaves are probably not to blame.
 - B. Energy efficiency is not a top priority.
 - C. People should be talked into using microwaves less often.
 - D. Stoves consume the least energy among kitchen appliances.

● 完形填空(每小题 1 分,满分 15 分)

[2025·山西太原高一期末]

When I was 8 years old, my family received a dinner invitation from the Thompsons, a wealthy and highly respected family in our neighbourhood. I heard that their family 1 traditional table manners, and their home was set with lots of fancy and 2 chinaware that I had never seen before. I was really 3.

But as the day was approaching, I suddenly began to become anxious. I even thought it was like an 4. I turned to my mum and said, "Mum, I fear being 5 if I have improper table manners. What if I use the wrong fork or something?" In the following days, Mum, though not an expert, tried her best to 6 me step by step.

The dinner started with a soup. I felt quite 7 as I handled the first course without mistakes. However, the second course 8 me. I was not skilled at cutting chicken with a knife. My nervousness caused me to 9 knock over a china cup. I became so embarrassed and tried to quickly set things right.

Mrs Thompson noticed what had happened to me and said in a(n) 10 voice, "It's quite alright, dear. We all have moments when we need to 11. Just take your time and enjoy the 12." I took a deep breath and nodded, getting 13 from her words. I felt at home then.

The dinner 14 with a sweet chocolate cake. It tasted even sweeter. This evening brought me enjoyment and 15 from others, and it became a sweet memory.

- ()1. A. taught B. followed
 C. recommended D. designed
- ()2. A. costly B. plain
 C. familiar D. suitable
- ()3. A. confident B. anxious
 C. curious D. shocked
- ()4. A. inspiration B. error
 C. encounter D. adventure
- ()5. A. turned down B. laughed at
 C. picked out D. forgotten about
- ()6. A. limit B. push
 C. resist D. direct
- ()7. A. relaxed B. nervous
 C. embarrassed D. thirsty
- ()8. A. supported B. challenged
 C. reminded D. surprised
- ()9. A. regularly B. specially
 C. silently D. accidentally
- ()10. A. serious B. exciting
 C. low D. formal
- ()11. A. guard B. adapt
 C. refuse D. miss
- ()12. A. meal B. dessert
 C. family D. style
- ()13. A. pressure B. opportunity
 C. praise D. comfort
- ()14. A. began B. dealt
 C. ended D. met
- ()15. A. respect B. interest
 C. identity D. tradition

班级

姓名

题号

阅读理解

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完形填空

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