



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品学练考

主题读写

精选时文素材 紧扣单元主题
深耕读写融合 赋能素养提升

主 编 肖德好

高中英语

必修第二册 WY

CONTENTS

目录

主题读写

饮食与文化

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	英国最好的美国风味餐厅	应用文 写 002
◆ Tuesday	阅读理解	人与社会	纽约餐馆邀请祖母们做饭	记叙文 写 004
◆ Wednesday	阅读理解	人与社会	农产品市场减少食物浪费	新闻报道 写 006
◆ Thursday	阅读理解	人与社会	膳食脂肪影响人体对季节变化的反应	说明文 写 008
◆ Friday	阅读七选五	人与社会	如何通过食物建立亲密关系	说明文 写 010
◆ Saturday	完形填空 + 语法填空	人与社会	午后偶遇擂茶, 体验并知其重要性	记叙文 写 012
		人与社会	中国传统美食饺子	说明文 写 012
◆ Sunday	渐进写作微技能: 优秀句子的表达技巧(一) 并列句			写 014
	主题写作: 饮食与文化			写 015

节日与庆典

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	西班牙番茄大战	应用文 写 017
◆ Tuesday	阅读理解	人与社会	古今庆祝活动的原因与方式	说明文 写 019
◆ Wednesday	阅读理解	人与社会	使用激光和无人机灯光替代烟花来庆祝节日	说明文 写 021
◆ Thursday	阅读理解	人与社会	国际艺术音乐节——白夜节	说明文 写 023
◆ Friday	阅读七选五	人与社会	中国新年的今昔	说明文 写 025
◆ Saturday	完形填空 + 语法填空	人与社会	春节期间的善行	记叙文 写 027
		人与社会	母亲节的起源和发展历程	说明文 写 027
◆ Sunday	渐进写作微技能: 优秀句子的表达技巧(二) 定语从句的写作(1)			写 029
	主题写作: 节假日活动			写 030

运动与健康

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自我	四种健身课程	应用文 写 032
◆ Tuesday	阅读理解	人与自我	成功的轮椅篮球运动员	记叙文 写 034
◆ Wednesday	阅读理解	人与自我	锻炼对健康的作用	说明文 写 036
◆ Thursday	阅读理解	人与社会	公路骑行成为职场人社交新选	说明文 写 038
◆ Friday	阅读七选五	人与自我	步行与健康	说明文 写 040
◆ Saturday	完形填空 + 语法填空	人与自我	一次长跑比赛	记叙文 写 042
		人与社会	澳门融文化遗产于全运会见成效	说明文 写 042
◆ Sunday	渐进写作微技能: 优秀句子的表达技巧(三) 定语从句的写作(2)			写 044
	主题写作: 运动与健康			写 044

舞台与荧幕

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	电影制作中声音专家的幕后工作	应用文 写 046
◆ Tuesday	阅读理解	人与社会	Ben Platt 谈舞台与荧幕表演的三个差异	说明文 写 048
◆ Wednesday	阅读理解	人与社会	歌剧和电影的交融与创新	说明文 写 050
◆ Thursday	阅读理解	人与社会	科技对好莱坞动物演员的影响及争议	说明文 写 052
◆ Friday	阅读七选五	人与社会	塔希提舞的历史	说明文 写 054
◆ Saturday	完形填空+语法填空	人与自我 人与社会	聆听, 爱之觉醒 Sommier 对中国戏剧的热爱	记叙文 写 056 新闻报道 写 056
◆ Sunday	渐进写作微技能: 优秀句子的表达技巧(四) 状语从句的写作(1) 主题写作: 舞台与荧幕			写 058 写 060

旅行

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自然	到埃达克岛旅游	应用文 写 061
◆ Tuesday	阅读理解	人与自我	作者独自旅行的经历	记叙文 写 063
◆ Wednesday	阅读理解	人与社会	AI 对旅游行业的影响	说明文 写 065
◆ Thursday	阅读理解	人与自我	慢旅行	说明文 写 067
◆ Friday	阅读七选五	人与社会	如何在秋天进行徒步旅行	说明文 写 069
◆ Saturday	完形填空+语法填空	人与社会 人与社会	遇暴雨悟旅行意外之美 研学游的推广与发展	记叙文 写 071 说明文 写 071
◆ Sunday	渐进写作微技能: 优秀句子的表达技巧(五) 状语从句的写作(2) 主题写作: 旅行			写 073 写 074

环境保护

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自然	保护环境的公益组织	应用文 写 076
◆ Tuesday	阅读理解	人与自然	拯救濒危物种的历程和感悟	记叙文 写 078
◆ Wednesday	阅读理解	人与自然	关注和保护非洲森林象	说明文 写 080
◆ Thursday	阅读理解	人与自然	南极洲冰川下湖泊的发现及研究意义	说明文 写 082
◆ Friday	阅读七选五	人与自然	人类目前面临的三个最严重的环境问题	说明文 写 084
◆ Saturday	完形填空+语法填空	人与自然 人与自然	与一只小鹿的邂逅 白鲸的行为文化与人类相似	记叙文 写 086 夹叙夹议文 写 086
◆ Sunday	渐进写作微技能: 优秀句子的表达技巧(六) 运用 it 作形式主语的高级句型 主题写作: 环境保护			写 088 写 089

参考答案

写 091

一、产品设计背景

在“新课标、新教材、新高考”的体系下，英语教学急需按照“主题”要求组织的素材。

- **新课标**（2025修订版）：明确提及的核心是主题，分为三大主题，36个子主题，主题下结合语篇载体进行纵深的挖掘，语言知识及其他则附着在主题和语篇类型中。
- **新教材**：每册新教材均按照新课标主题编写，纯新课文等急需大量拓展教材之外的语言素材训练载体。
- **新高考**：新高考最大特点是加大了写作分值和比重（共40分），新高考卷最大的分值比重就在于阅读和写作。新高考导向清晰明确，这就要求同步教学要以主题和语篇为载体展开深入教学。

二、产品理念

本书是对接“三新”方向的素材抓手，匹配新教材单元主题，科学划分题型，每天一小练（10-15分钟），重心突出语篇阅读与写作，稳步提升语言素养。

三、产品特点

1. 结构：内容对接“三新”——依据新课标（2025修订版）理念精心编排，匹配新教材单元主题，吻合新高考考查导向。

2. 以单元主题引领的拓展方向的阅读+写作

• **阅读**：本书所选训练的试题均为原创新题，来自外文网站，选材地道，新颖。本书所选材料均经过精挑细选，是高中英语读写训练的最佳素材。

• **写作**：突出精读训练，“读后有练，读后有写”。

在阅读中精深词汇，通过在语篇中学习词汇进而学会运用来培养学生的语用能力。写作能力的培养也是通过对语篇中出现的句型进行仿写来达到的。以读促学，以读促写。

3. 写作进阶：本书的写作具备两种维度——主题写作和读后续写微技能。每册图书既结合新教材又同时结合新高考写作题型，均从微技能角度切入，循序渐进，全面助力提升学生的写作功底。

饮食与文化

Monday 阅读理解

练新鲜语篇 探主题意义

词数 282

难度 ★★

建议用时 5 分钟

正确率 ____/3

Four top American diners in the UK

Diners have been serving classic comfort food since the early 1900s. We've picked our top UK options for a taste of Americana.

Billy Bob's Parlour, Skipton

This **cheerful** restaurant might be located deep in the heart of the Yorkshire Dales, but it's quite popular, particularly with families. There is a large play area out front, where your children can have a good time. Once you've finished taking photos of the interior(内部), sink your teeth into a mushroom Swiss burger or enjoy a **refreshing** glass of sarsaparilla from a soda fountain.

Camden Diner, London

Inside the recently-redecorated space, discover the features of a typical American diner: think shining leatherette booths(卡座), colourful posters and a menu featuring plenty of burgers and hot dogs. Save space for the Snickers milkshake: chock-full of chocolate, toffee sauce, peanut butter and ice cream.

Bobby Jo's Diner, Southend-on-Sea

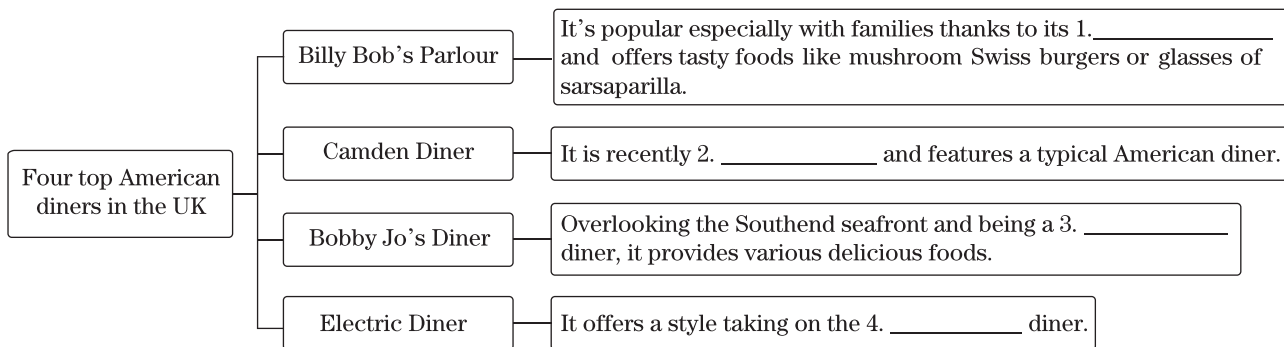
Overlooking the Southend seafront, this 1950s-style diner serves up nostalgic(怀旧的) charm in spades. Settle into one of the blue booths and get ordering: the menu includes American classics like sloppy burgers and chilli cheese dogs, as well as the decidedly British scampi and chips. There's also a tempting series of thick shakes to enjoy, with flavours like bubblegum and banoffee.

Electric Diner, London

With its exposed brick walls, dim lighting and dark wood counter, this Notting Hill **hangout** offers a style **taking on** the classic diner. On the menu, you're expected to see not only classics like milkshakes and cheeseburgers, but also steak tartare with sourdough and blackened sea bass with cucumber, fennel and lime. Pair your meal with the Almost Naked & Famous—a tasty cocktail of pisco, Aperol, green wine, passion fruit and orange juice.

- () 1. Why is Billy Bob's Parlour especially attractive to families?
- A. It is well-located. B. It is child-friendly.
C. It is well-decorated. D. It is newly-restored.
- () 2. Which diner allows you to have a sense of history when you're dining?
- A. Camden Diner, London.
B. Electric Diner, London.
C. Billy Bob's Parlour, Skipton.
D. Bobby Jo's Diner, Southend-on-Sea.
- () 3. What do Camden Diner and Electric Diner have in common?
- A. They are in the city centre.
B. They are famous for booths.
C. They serve some same foods.
D. They are decorated with posters.

语篇分析



词海拾珠

- cheerful *adj.* 令人愉快的, 高兴的 → _____ *n.* 欢呼声, 喝彩声; 欢乐的气氛 *v.* 欢呼, 喝彩; 鼓励, 鼓舞
- refreshing *adj.* 令人耳目一新的; 使人清凉的; 使人精神焕发的 → refresh *v.* 使恢复精力, 使凉爽
- overlook *v.* 俯视, 眺望; 忽略, 未注意到; 不予理会, 视而不见
- hangout *n.* (某一群人)常去的地方; 聚集地
- take on 呈现; 承担; 聘用

【举一反三】

名词动用

名词动用是英语中的一种语法现象, 指的是某些名词在句中用作动词, 具有动词的特性, 如表示动作或行为。

[原句再现] **Pair** your meal with the Almost Naked & Famous—a tasty cocktail of pisco, Aperol, green wine, passion fruit and orange juice.

点餐的时候要配上 Almost Naked & Famous 鸡尾酒, 它是一款由皮斯科白兰地、阿佩罗酒、绿酒、西番莲果和橙汁调制而成的美味鸡尾酒。

pair *vt.* 配对; 使成对 *n.* 一双, 一对; (站或走在一起的) 两人; (有某种关系的) 一对

[猜测词义]

- (1) She hopes to **voice** her opinions on the project at the meeting. ()
- (2) The teacher tried to **eye** the naughty boy carefully in class. ()
- (3) We need to **document** the rare animals' living habits carefully. ()
- (4) He decided to **head** for the railway station immediately after work. ()

句型透视

[原句] Once you've finished taking photos of the interior(内部), sink your teeth into a mushroom Swiss burger or enjoy a refreshing glass of sarsaparilla from a soda fountain.

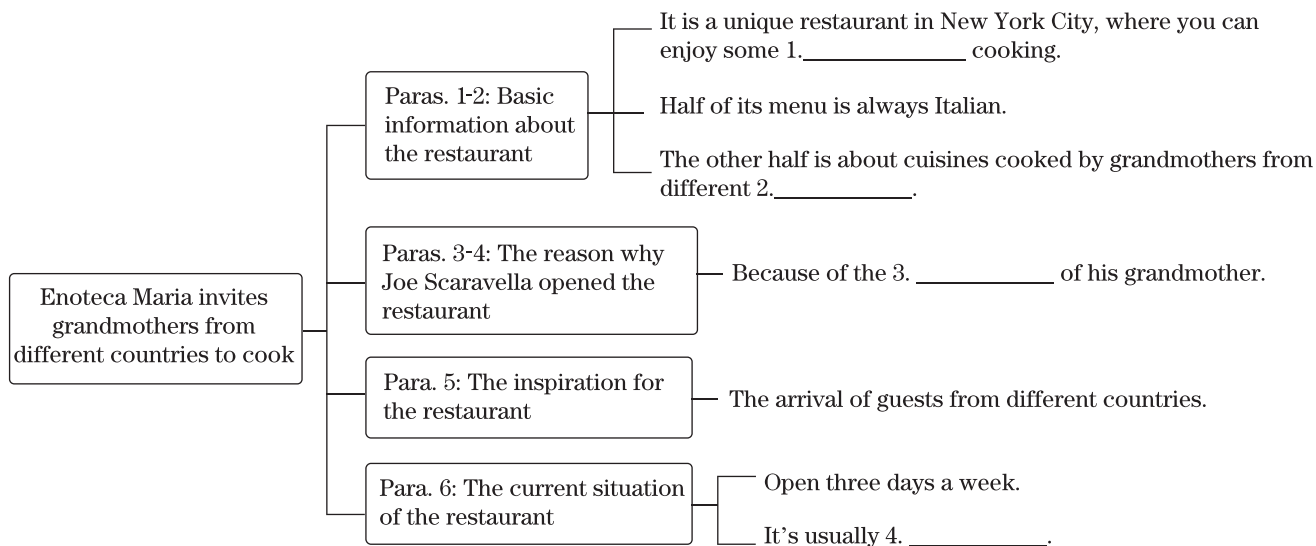
[分析] 本句是一个主从复合句。句中 once 引导 _____ 从句, 主句中并列连词 or 连接两个祈使句 sink your teeth into a mushroom Swiss burger 和 enjoy a refreshing glass of sarsaparilla from a soda fountain。

[翻译] 拍完室内的照片后, 不妨大口咬下一个蘑菇瑞士汉堡, 或者在冷饮柜台喝一杯清爽的沙士饮料。

[仿写] 你逛完(wander around)这条古街后, 尝尝当地的煎饼, 或是来一杯街边小摊的清甜桂花茶吧。

_____, taste a local pancake or enjoy a cup of sweet osmanthus tea from a street stall.

语篇分析



词海拾珠

1. cherished *adj.* 珍爱的, 珍藏的 → cherish *v.* 珍爱, 珍视
2. complain about 抱怨
3. authentic *adj.* 正宗的; 真迹的; 逼真的; 真实的
4. extend *v.* 扩展; 使伸长; 延长; 提供; 给予 → extension *n.* 延伸; 扩大; 延期, 延长期; 扩建部分, 延伸部分
5. initiative *n.* 倡议; 新方案

【举一反三】

mouth-watering *adj.* 令人垂涎的

“名词 + 连字符 + 动词现在分词”可以构成形容词。

[原句再现] Maybe you grew up eating food made by your grandmother—those **mouth-watering** dishes that bring back sweet, cherished memories.

也许你是吃着你的祖母做的食物长大的——那些令人垂涎的菜肴能勾起甜蜜、珍贵的回忆。

[猜测词义]

- (1) His heart condition is not **life-threatening**. ()
- (2) Modern houses have many **labour-saving** devices, which make housework easier. ()
- (3) The first simple 2D avatars (虚拟形象) appeared in **role-playing** computer games in the 1980s. ()
- (4) Soon his doctors developed a piece of **speech-generating** equipment that allowed him to speak. ()

句型透视

[原句] At his unique Italian restaurant, half of the menu is always Italian, while the other half includes cuisines from all over the world.

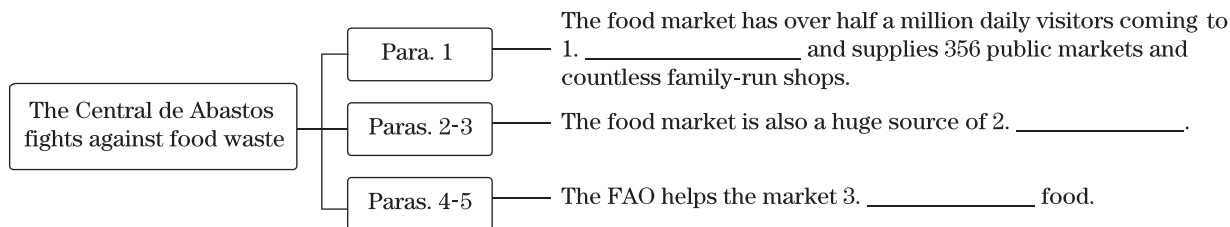
[分析] 本句是并列句。句中 while 用作并列连词, 表示前后分句的对比或转折, 意为“_____”; while 也可以引导让步状语从句, 常置于句首, 它的意思相当于 although/though, 意为“虽然, 尽管”; 此外, while 还可以引导时间状语从句, 意为“当……时”。

[翻译] 在他独特的意大利餐厅里, 菜单上一半总是意大利菜, 而另一半则包括来自世界各地的菜肴。

[仿写] 这家温馨的校园咖啡馆里, 菜单有一半始终是经典甜品, 另一半则囊括了中国各省的小吃。

At this cozy campus café, half of the menu is always classic desserts, _____
snacks from different provinces of China.

语篇分析



词海拾珠

1. stretch *v.* 延伸; 伸展
2. far and wide 到处, 四处
3. overripe *adj.* 过熟的 → ripe *adj.* 成熟的
4. principle *n.* 道德原则; 法则; 原则; 观念
5. warehouse *n.* 仓库, 货栈, 货仓
6. distribute *v.* 分发, 分配; 分销; 散布, 使分布 → distribution *n.* 分布; 分配; 分发

【举一反三】

一词多义 produce

[原句再现] From the early hours of dawn, buyers from markets far and wide come to select **produce** for the day's business.

从黎明时分起, 来自四面八方的市场的采购商就来挑选用于当日生意的农产品。

produce *n.* 产品; (尤指) 农产品 *v.* 生产, 制造; 生长, 生育; 引起, 导致; 培养; 制作, 拍摄(电影、戏剧等)

[猜测词义]

(1) According to the World Bank, around 70 million tonnes of waste is **produced** in Africa each year.

()

(2) The shop sells only fresh local **produce**.

()

(3) The drug is known to **produce** side effects in humans.

()

句型透视

[原句] Noticing hundreds of tons of food going to waste at the market every day, the FAO partnered with the Central de Abastos to turn wasted food into more meals for people who need them.

[分析] 句中现在分词短语 noticing hundreds of tons of food... 作 _____, 其中的现在分词短语 going to waste 作 _____; 不定式短语 to turn wasted food into more meals... them 作 _____; who 引导 _____ 从句, 修饰名词 people.

[翻译] 注意到每天有数百吨食物在市场上被浪费, 粮农组织与阿巴斯托斯中心合作, 将浪费的食物转化为更多的食物, 提供给需要它们的人吃。

[仿写] 注意到眼泪无声地从她脸颊滑落, 我轻轻走向那个女孩, 递给她一张桌上的干净纸巾。

_____, I walked gently towards the girl to hand her a clean tissue which was on the table.

词数 313

难度 ★★★

建议用时 7 分钟

正确率 ____/4

A recent study from the University of California, San Francisco (UCSF) **reflects** that certain snacks may be more likely to cause winter weight gain. The research suggests that dietary fat can influence how our bodies **respond to** seasonal changes.

Scientists discovered that snacking on foods high in saturated (饱和的) fat—found in red meat, butter, cake, pies, and other cooked goods—could trick your body into storing more fat. The key lies in a substance called PER2. When we consume more saturated fat, PER2 tells the body that it's summer and instructs us to store more energy to **prepare for** the winter months.

In comparison, eating more unsaturated fat—the type found in nuts, seeds, oily fish, and vegetable oils—makes PER2 convince the body that it's winter, making us burn the energy we eat rather than store it.

Dr Dan Levine, the study's lead author, explains that in nature, seasonal patterns of water, light, and temperature force creatures throughout the food chain to adapt. One adaptation is that plants produce more unsaturated fat to **survive** the cold, which causes plant-eating animals to consume and store more unsaturated fat. Therefore, our bodies might be set to expect more unsaturated fat as the days get shorter.

The study was carried out on mice exposed (暴露于) to changing periods of light and dark to copy the passing seasons. Mice on a balanced diet displayed normal winter behaviour, beginning to run on their wheels as soon as it got dark. However, mice fed with a high-fat diet took longer to **wake up** and started running long after the man-made sunset, suggesting their internal (内部) clocks were slightly out of sync with the light cycles.

Levine notes that although the study focused on mice, the link between dietary fat and the body's internal clock through PER2 is shared across species.

() 1. **What does the UCSF study suggest about saturated fat?**

- A. It produces more PER2.
- B. It reduces winter weight gain.
- C. It drives the body to store more fat.
- D. It helps the body burn energy faster.

() 2. **What leads to animals having more unsaturated fat in cold days?**

- A. Natural adaptation.
- B. Food chain.
- C. Human influence.
- D. Unbalanced diet.

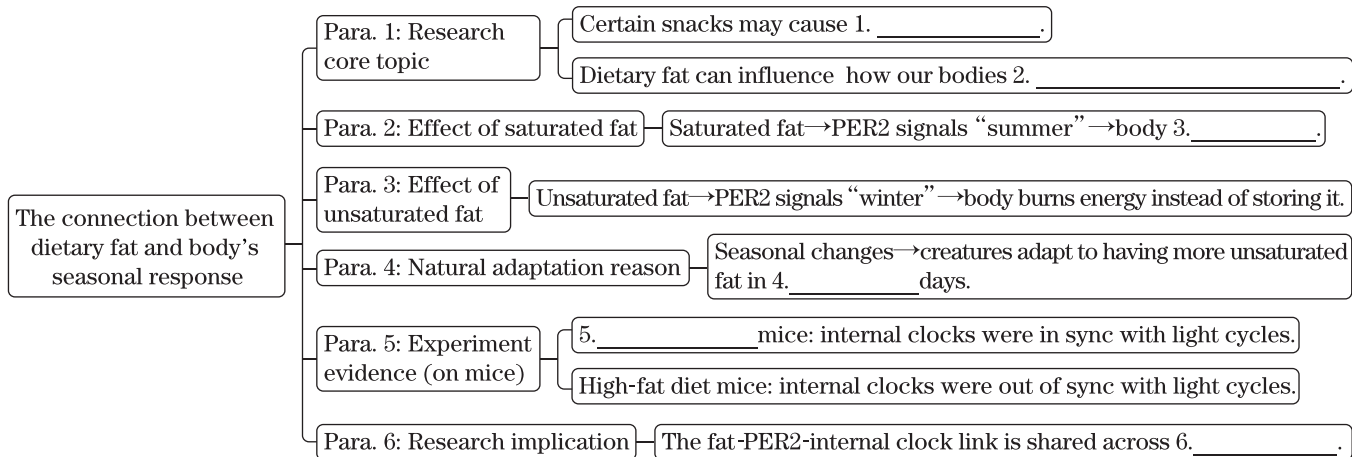
() 3. **What does the underlined phrase “out of sync with” probably mean in Paragraph 5?**

- A. Unfamiliar with.
- B. Faster or slower than.
- C. Separated from.
- D. Out of control of.

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

- A. PER2: the key to controlling body fat
- B. Seasonal changes and human dietary habits
- C. Mice's internal clocks and seasonal adaptation
- D. A latest study: dietary fat and body response

语篇分析



词海拾珠

- reflect *vt.* 显示;反映;反射 → _____ *n.* 映像;反射;反映;表达
- respond to 回应;响应
- prepare for 为……做准备
- in comparison 相比之下
- survive *vi. & vt.* 活下来;幸存;比……活(或存在)的时间长 → _____ *n.* 幸存 → _____ *n.* 幸存者
- wake up 醒来

【举一反三】

构词法:词缀-al

后缀-al 加在名词后,常构成形容词,表示“与……有关的;关于……的”。

例: nation → national 国家的

[原句再现] Dr Dan Levine, the study's lead author, explains that in nature, **seasonal** patterns of water, light, and temperature force creatures throughout the food chain to adapt.

该研究的首席作者丹·莱文博士解释道,在自然界中,水、光照和温度的季节性模式会促使食物链中的所有生物做出适应性调整。

[单句填空]

- Please don't touch the _____ (person) things on my desk without asking me first.
- The _____ (origin) painting is kept in the museum, and what we see online is just a copy of it.
- The fruit has a _____ (region) feature and can only be grown in the southern part of the country.

句型透视

[原句] One adaptation is that plants produce more unsaturated fat to survive the cold, which causes plant-eating animals to consume and store more unsaturated fat.

[分析] 本句中 that 引导的是 _____, 在句中作表语,解释说明主语 one adaptation 的具体内容; which 引导的是 _____, 指代前面整句话的内容,在从句中作主语; to survive the cold 是动词不定式短语,在句中作 _____, 表植物产生更多不饱和脂肪的目的。

[翻译] 其中一种适应机制是植物会产生更多的不饱和脂肪以抵御严寒,这会使植食动物摄入并储存更多的不饱和脂肪。

[仿写] 其中一种应对方法是人们会制订详细的计划以应对困难,这会使身处困境的人更从容地解决并克服问题。

One solution _____ people make detailed plans to deal with difficulties, _____
_____ to solve and overcome problems more calmly.

词数 237

难度 ★★★

建议用时 7 分钟

正确率 ____/5

Who doesn't love a warm, delicious and satisfying meal? Food is what keeps human bodies full of nutrients and it provides the energy needed to go through life. 1. _____ People often use food to **bond with** others through shared meals, food gifts and participating in celebrations.

Gathering with friends and family, or even with strangers, nourishes(滋养) more than our bodies. 2. _____ What really matters is that the social interaction of the meal **setting** encourages people to pay attention to each other and to connect.

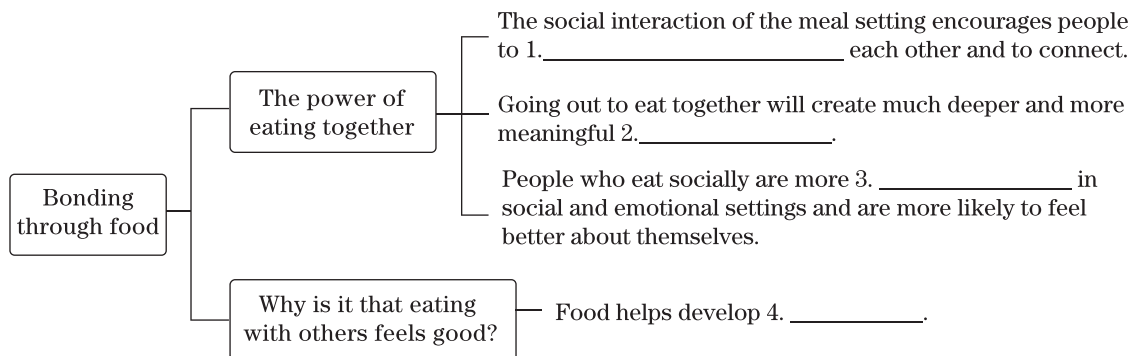
So how can people include these essential “bonding through food” **sessions** in their lives? Some suggest going out to eat with friends, family members or co-workers **bimonthly** or even weekly. After all, we all need to eat anyway, right? 3. _____

Research conducted by the University of Oxford showed that people who eat socially are more well adjusted in social and **emotional** settings. 4. _____ And although many people eat their meals alone, 76 percent of the people questioned think sharing a meal is a good way to bring people closer.

5. _____ A study conducted by The University of Chicago concludes that it is all about trust. Food helps develop trust since eating the same food together with someone else suggests that both parties are willing to bring the same thing into their body. It's only natural that trust and cooperation are likely to develop **as a result of** this bonding experience.

- A. But there is more to eating than just survival.
- B. So why is it that eating with others feels good?
- C. Food is used as a way to come together and enjoy.
- D. Moreover, they're more likely to feel better about themselves.
- E. This will create much deeper and more meaningful interactions.
- F. Similar food consumption creates a sense of closeness in adults.
- G. And what's interesting is that it's not necessarily the actual food that makes the meal so important.

语篇分析



词海拾珠

1. bond with (sb) 增强(与某人的)信任关系;建立(与某人的)互信关系
2. setting *n.* (某事发生的)环境,场合;(戏剧、小说或电影的)场景,背景
3. session *n.* (某项活动的)一段时间,一场
4. bimonthly *adv.* 一月两次地
5. emotional *adj.* 情感的,情绪的;激动人心的,有感染力的→ _____ *n.* 感情;情感;情绪
6. as a result of 由于,因为

【举一反三】

一词多义 conduct

[原句再现] Research **conducted** by the University of Oxford showed that people who eat socially are more well adjusted in social and emotional settings.

牛津大学进行的研究表明,和他人一起吃饭的人能更好地适应社交和情感环境。

conduct *n.* 行为,举止;管理方法 *v.* 实施,进行;组织;安排;带领;指挥;传导

[猜测词义]

- (1) The guide **conducted** us around the ruins of the ancient city. ()
- (2) We are **conducting** a survey to find out what our customers think of their local bus service. ()
- (3) Copper **conducts** electricity, but plastic does not. ()
- (4) For Europeans, law is a statement of basic principles of civilized **conduct**. ()
- (5) Dennis had recently begun a successful career **conducting** opera. ()

句型透视

[原句] It's only natural that trust and cooperation are likely to develop as a result of this bonding experience.

[分析] 本句中 it 作 _____, that 引导 _____ 从句。

[翻译] 信任和合作可能会因为这种联结经历而增进,这是很自然的。

[仿写] 我们需要时间去习惯我们的新环境,这是很自然的。

词数 254

难度 ★★★

建议用时 15 分钟

正确率 ____/15

On a quiet afternoon, I wandered down an old stone lane. As I 1 a small tea shop, I heard a **rhythmic** sound coming from inside—a steady, deliberate pounding, “dong, dong, dong”. It wasn’t 2 or hurried—just persistent, ancient, and oddly comforting.

Drawn inside, I was 3 not just to watch but to try 4 *leicha*—a traditional local tea. The **shopkeeper** placed a heavy *leibo* in front of me and 5 me a *leigun*—its surface dark, smooth, and warm from years of 6.

My first attempts were 7: the pestle kept slipping and clattering (发出撞击声) against the bowl. The shopkeeper **gently** corrected my grip, placing her hands over mine to 8 me. “It’s not just about force,” she said 9. “It’s about rhythm.”

Leicha, also known as *sanshengtang* (“three-life soup”), is deeply 10 into the daily life of the local Hakka community. As a “living fossil of ancient tea culture”, it started in the Han Dynasty and 11 during the Ming and Qing dynasties.

In 2022, the Hakka *leicha*-making **technique** was 12 by UNESCO as part of the Intangible Cultural Heritage of Humanity.

What 13 me most about *leicha* was how natural and 14 the making process felt. People in the shop talked, laughed, and **encouraged** one another as if a bowl of *leicha* were more than just food—it was a bond that brought them together, offering **comfort** and a sense of 15.

- ()1. A. explored B. approached C. left D. closed
- ()2. A. loud B. quiet C. beautiful D. new
- ()3. A. allowed B. forced C. invited D. ordered
- ()4. A. drinking B. picking C. collecting D. making
- ()5. A. called B. handed C. lent D. threw
- ()6. A. disrepair B. management C. service D. misuse
- ()7. A. easy B. unskilful C. funny D. effective
- ()8. A. charge B. warn C. push D. guide
- ()9. A. tearfully B. angrily C. softly D. quickly
- ()10. A. woven B. divided C. broken D. changed
- ()11. A. died away B. came up C. caught on D. broke out
- ()12. A. forgotten B. ignored C. recorded D. recognized
- ()13. A. troubled B. struck C. confused D. worried
- ()14. A. demanding B. short C. tiring D. heartwarming
- ()15. A. belonging B. duty C. freedom D. pride

词数 205

难度 ★★★

建议用时 7 分钟

正确率 ____/10

Chinese dumplings are a popular traditional food with a long history. They first appeared in the Eastern Han Dynasty and 1. _____ (invent) by Zhang Zhongjing, a kind doctor 2. _____ wanted to help people fight cold winters.

Dumplings have special meanings in Chinese culture. Their shape looks like gold Yuanbao, so they stand 3. _____ good luck and wealth. On Spring Festival Eve, families usually gather 4. _____ (make) dumplings together. The process brings everyone much joy. We prepare flour, meat and vegetables first. After cutting the vegetables and mixing them with meat, we start to wrap dumplings.

5. _____ (hold) a thin dough wrapper in hand, we put some filling in it and press it well. Cooking dumplings is easy—we can boil or steam them. When eating, people often talk and laugh 6. _____ (joyful). This traditional food not only tastes delicious but also 7. _____ (carry) people's wishes for a better life. It helps 8. _____ (we) understand Chinese culture better and cherish the time with family.

Now, dumplings are loved by many people in the world, becoming 9. _____ bridge for cultural communication. Every time we make dumplings, we share love and 10. _____ (happy) with each other. This simple food truly plays an important role in our daily life.

词海拾珠

1. rhythmic *adj.* 有节奏的→rhythm *n.* 节奏;韵律
2. shopkeeper *n.* 店主
3. gently *adv.* 温柔地,和蔼地→_____ *adj.* 和蔼的,温和的→gentleness *n.* 和蔼,温和
4. technique *n.* 技巧,手法→_____ *n.* 技术员→_____ *adj.* 技术的,技术性的→_____ *adv.* 技术上地
5. encourage *v.* 鼓励,鼓舞→_____ *n.* 鼓励
6. comfort *n.* 安慰;令人感到安慰的人或事物;舒服;安逸 *vt.* 安慰;抚慰→_____ *adj.* 舒适的,舒服的

【举一反三】

构词法: 词缀 -ic, -tic, -atic

后缀 -ic, -tic, -atic 表示“……的”。

【原句再现】 ... I heard a **rhythmic** sound coming from inside—a steady, deliberate pounding, “dong, dong, dong”.

……我听到屋内传来一阵有节奏的声响——那是沉稳而从容的捣击声,“咚、咚、咚”。

【猜测词义】

- (1) The government has taken a series of **strategic** measures to promote the development of the local high-tech industry. ()
- (2) Her **operatic** singing style is perfect for this classic musical that requires a strong and expressive voice. ()
- (3) You need to make a **systematic** arrangement of your study tasks before the final exam instead of doing them randomly. ()
- (4) The bookstore holds a **thematic** reading activity every month, with different topics like classic literature and science popularization. ()
- (5) There has been a **dramatic** rise in the number of people choosing to travel by high-speed rail in recent years. ()

句型透视

【原句】 People in the shop talked, laughed, and encouraged one another as if a bowl of *leicha* were more than just food—it was a bond that brought them together, offering comfort and a sense of belonging.

【分析】 本句是复合句。句中 that brought them together 是_____从句,修饰先行词 bond; offering comfort and a sense of belonging 是_____短语,在句中作_____,表伴随; as if a bowl of *leicha* were more than just food 是_____从句。

【翻译】 茶铺里的人们谈笑着、相互鼓劲,仿佛一碗擂茶早已不止是食物——它是联结彼此的纽带,予人慰藉,更带来一份归属感。

【仿写】 孩子们在操场上跑着、跳着、相互追逐,仿佛这片场地不止是运动场——它是承载欢乐的乐园,带来欢笑,更孕育一份童年的美好。

Children ran, jumped and chased one another on the playground as if this space were more than just a sports field—it was a paradise _____, _____ joy and nurturing a beauty of childhood.

渐进写作微技能：优秀句子的表达技巧(一)并列句

学 写作知识

并列句由两个或两个以上并列而又独立的简单句构成。在并列句中,这些简单句常由并列连词连在一起。并列连词所连接的简单句被称为分句。

► 常见并列句的类型及并列连词

类型	连词
并列关系 (递进关系)	and, both... and..., not only... but also..., when, neither... nor...
转折关系	but, yet, whereas
选择关系	or, or else, either... or..., not... but...
因果关系	for, so
对比关系	while

如:

[2025·浙江1月考] Filming short videos **not only** helps us record precious memories, **but it also** helps us make friends on campus.

拍摄短视频不仅帮助我们记录珍贵的回忆,而且有助于我们在校园内交朋友。

► 并列连词构成的常用句式

1. and 构成的句式

(1)祈使句 + and + 陈述句(祈使句相当于一个条件状语从句,and后面的句子相当于一个表示结果的主句)。如:

Work hard and your efforts will pay off. (= If you work hard, your efforts will pay off.)

努力学习,你的努力会得到回报。

(2)名词词组 + and + 陈述句(名词词组相当于一个条件状语从句,其中常含有 more, another

等词)。如:

Another try, and you'll achieve success.

再试一次,你就会取得成功。

2. or (else)构成的句式

(1)祈使句 + or (else) + 陈述句。如:

Seize the chance, or (else) you'll regret it.

抓住这次机会,否则你会后悔的。

(2)名词词组 + or (else) + 陈述句。如:

More healthy food, or your body will break down sooner or later.

多(吃)健康食品,不然你的身体迟早会垮掉。

3. when 构成的句式

(1)sb be doing sth when... 某人正在做某事,这时……。如:

Last Monday, I **was walking** in the street **when** I suddenly saw an old man fall off his bicycle.

上周一,我正在街上散步,这时我突然看到一位老人从他的自行车上摔了下来。

(2)sb be about to do sth when... 某人正要做某事,这时……。如:

I **was about to give up** **when** my father came in with his familiar smile.

我正要放弃,这时我父亲带着他熟悉的微笑进来了。

(3)sb had just done sth when... 某人刚做完某事,这时……。如:

I **had just finished** sweeping the floor **when** the telephone rang.

我刚刚扫完地,这时电话铃响了。

练 写作技能

I. 根据句意完成句子,注意并列句的特点

1. The lecture will be held in the school hall next Monday, _____.

_____.

这场讲座将于下周一在学校礼堂举行,所有学生都需按时到达。

2. _____
wonderful folk music items like performances of *erhu* and *guzheng*, but also you can give a performance to us in person.

你不但会欣赏到像二胡和古筝表演这样精彩的民间音乐节目,而且你还能亲自为我们进行表演。

3. Some students were responsible for picking the watermelons; some students put the watermelons into the baskets _____

_____ filled with watermelons to the specified place. (注意: 分号表示并列)

一些学生负责摘西瓜, 一些学生把西瓜放到筐子里, 而其他人把装满西瓜的筐子搬到指定的地方。

II. 用适当的并列连词填空

My weekends are never dull because I have a variety of activities to choose from. On Saturdays and Sundays, I often find myself making decisions about how to spend my free time, and I use different ways to express these choices.

When it comes to outdoor activities, I'm always torn between two options. I can either go hiking in the nearby mountains, enjoying the fresh air and beautiful views, 1. _____ ride my bike along the riverside, feeling the wind against my face. Sometimes, I even manage to do both hiking 2. _____ biking if I have enough energy.

I'm also passionate about indoor hobbies. I'm not only interested in reading classic novels to expand my imagination 3. _____ also fond of watching documentaries to gain knowledge about different cultures. On the other hand, 4. _____ playing video games nor watching mindless TV shows appeal to me. Instead, I prefer activities that challenge my mind 5. _____ nurture my

creativity.

My weekends are a perfect blend of relaxation and self-improvement. Whether I'm exploring nature 6. _____ delving into a good book, I always make sure my time is well-spent, not just for fun 7. _____ for personal growth as well.

III. 根据汉语提示完成下面的语篇, 并背诵并列句

Balancing school life

A high school student's life is 1. _____ (既有挑战又有回报).
 2. _____ (我们不仅需要) to study hard for exams, 3. _____ (而且我们也不得不参加) extracurricular activities to develop skills. Some students love sports, 4. _____ (而其他人更喜欢艺术俱乐部).
 5. _____ (可是), time management is key. You should plan your tasks carefully, 6. _____ (否则你可能会感到压力很大). Joining a study group can help, for it encourages teamwork and reduces stress, yet, remember: 7. _____ (既不是无休止的游戏时间) nor putting things off will lead to success. When you feel tired, take a short break, 8. _____ (但是要始终专注于你的目标). Otherwise, you might miss opportunities to grow.

主题写作: 饮食与文化

话题总述

“饮食与文化”是高中英语新课标主题内容的要求之一, 也是高考英语常考话题之一, 涉及的相关内容主要包括中国的饮食文化、主要菜系及其特点; 饮食与文化、饮食与健康、饮食与环保的关系; 中外特色菜肴及饮食文化差异。

词句复现

[常见词块]

1. 增强某人的体质

2. 保持均衡的饮食

3. 富含……

4. 合某人的口味

5. 好胃口

6. 摄入, 吸收

7. 含……高/低

8. 对……有益/有害

9. 节食

10. 各种各样的

[常见表达]

1. _____ whose culture of food plays an important part in its development.

中国是一个历史悠久的国家,其饮食文化在其发展过程中起着举足轻重的作用。

2. I feel glad to know your interest in Chinese food culture, _____.

知道你对中国的饮食文化感兴趣,我感到很高兴。中国的饮食文化在民族传统文化中占有重要的地位。

3. Chinese chefs see to it that seasonings are added at the right time _____.

中国厨师确保在适当的时候添加调味品以便保留主要原料的天然风味。

4. _____, it helps to preserve the flavours and nutrients of the food.

尽管蒸的过程比煮的慢,它有助于保留食物的风味和营养。

5. Great attention is paid to aesthetic appreciation of the food _____.

对食物的审美被给予了极大的关注,因为食物应该不仅在味道和气味上,而且在颜色和外观上俱佳。

主题范文背诵

你校英文报“Diet and Health”栏目正在开展有关健康饮食的主题活动,向全体同学征稿,请你以“Be a healthy eater”为题目,用英语写一篇短文,向该栏目投稿。内容包括:

1. 健康饮食的重要性;
2. 你的提议。

注意:1. 写作词数应为 80 个左右;

2. 可适当增加细节,以使行文连贯。

【精彩美文】

Be a healthy eater

As we know, healthy eating is of great importance, which ensures our physical and mental well-being.

Firstly, keep a balanced and varied diet by consuming different kinds of fresh foods, which provide essential nutrients for our bodies. Moreover, consistent eating habits are recommended because a well-balanced diet can help prevent diseases while promoting our energy. Undoubtedly, eating a balanced and rich diet may also improve our mood as well as reduce anxiety.

Therefore, let's try to be a healthy eater from now on. Only in this way can we lead a happy and healthy life.

主题写作仿写

假定你是李华,你的外教 Peter 对中国的饮食文化非常感兴趣,他想请你推荐一种中国传统食物,请你写一封邮件回复他。内容包括:

1. 食物名称;
2. 简要描述;
3. 推荐理由。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

【参考范文】

Dear Peter,

I know 1. _____ (你喜欢中国的饮食), so

I'm writing to recommend a popular drink—the soybean milk.

Soybean milk can date back to the Han Dynasty. Its white colour makes it look like a cup of milk, but it is actually made from beans.

2. _____ (当被加热时), it gives off a refreshing smell. Additionally, it is delicious as well as nutritious 3. _____ (因为它富含)

plant protein. 4. _____ (正如研究显示), soybean milk can help control blood pressure and keep the skin young.

5. _____ (如果你感兴趣), have a try. I'm sure you'll fall in love with it.

Yours,
Li Hua