



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

选择性必修第二册

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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”——依据新课标理念（2025修订版）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最新试题，素材来源广泛，用词地道，选材新颖。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：本书的写作具备三种维度——渐进写作微技能、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。

科学与科学家

Monday 阅读理解

练新鲜时文 探主题意义

词数 242

难度 ★★★

建议用时 5 分钟

正确率 ____/3

The National Science Bowl

The National Science Bowl is an academic contest in the US where thousands of middle and high school students annually **showcase** their scientific **expertise** across various topics, from biology to astronomy. Sponsored by the Department of Energy, it aims to encourage national scientific **excellence**. Featuring a quiz-show style with buzzer (抢答器) challenges, the competition emphasizes teamwork, research skills, and a passion for science. Starting from regional and state levels, winning teams progress to the national finals in Washington, D. C. Since 1991, this event has inspired a deep appreciation of science among students nationwide.

Learn more about this science fair in our guide here.

Eligibility (资格): Open to all middle and high school students in the US.

Subjects: All scientific subjects from physics and ecology to chemistry and trigonometry.

Awards: Trophies, scholarships, and other honours.

Judging criteria: The competition is designed to be fast-paced and buzzer-based, so it is important to be able to quickly and **accurately** answer questions. It is important to work well with your teammates and to communicate effectively.

Team formation: Each team must consist of 4 students, 1 **alternate**, and 1 adult mentor, and they must be from the same school.

Timeline: From February to March, various institutions will be hosting regional science bowls, where the winner will advance to the national competition held in Washington, D. C. in late April-May.

() 1. Who can apply to this academic contest?

- A. Those who have finished full-time university studies.
- B. Those who are studying in a middle school in the US.
- C. Those who work as a professor in a technical institution.
- D. Those who have published scientific papers for a master's degree.

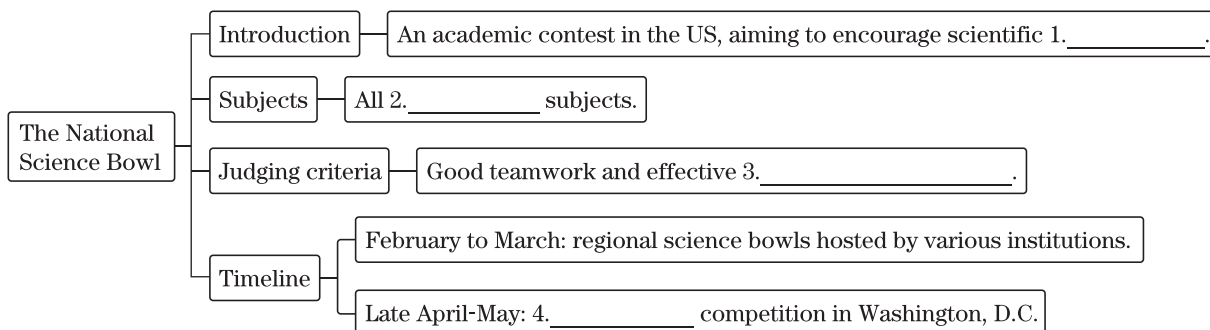
() 2. When will the national competition be held?

- A. In late January-February.
- B. From February to March.
- C. From late March to April.
- D. In late April-May.

() 3. What can be known from this text?

- A. A team's performance is judged by their speed and accuracy.
- B. Each team is made up of six students from different schools.
- C. This contest calls for students' capacity for independent thinking.
- D. The National Science Bowl is an academic contest only about physics.

语篇分析



词海拾珠

1. showcase *vt.* 展示, 展现 *n.* (玻璃) 陈列柜
2. expertise *n.* 专门知识; 专门技能; 专长 → expert *n.* 专家
3. excellence *n.* 优秀; 杰出; 卓越 → _____ *adj.* 优秀的; 杰出的; 卓越的
4. accurately *adv.* 精确地; 准确地 → _____ *adj.* 精确的; 准确的 → _____ *n.* 精确(性); 准确(性)
5. alternate *n.* 代替者; 候补者 *adj.* 交替的; 间隔的 *v.* 交替; 轮流 → alternative *n.* 可供选择的事物 *adj.* 可供替代的

【举一反三】

名词动用

[原句再现] Starting from regional and state levels, winning teams **progress** to the national finals in Washington, D.C.

获胜队伍先从地区级、州级赛事起步, 进而晋级至华盛顿特区的全国总决赛。

progress *n.* 进步; 进展 → *v.* 前进; 晋级

常见的有: bottle 瓶子 → 瓶装; water 水 → 浇水; host 主人 → 主办; nurse 护士 → 照料

[猜测词义]

- (1) **Bridging** the gap between theory and practice, this course links daily life with academic knowledge. ()
- (2) Having finished their local matches, the athletes will **head** for the central stadium next week. ()
- (3) Located in the cultural centre, the city often **hosts** major events to enrich citizens' lives. ()
- (4) **Masking** inner pressure with a relaxed look, many students struggle with hidden anxiety. ()

句型透视

[原句] Timeline: From February to March, various institutions will be hosting regional science bowls, where the winner will advance to the national competition held in Washington, D.C. in late April-May.

[分析] 本句为复合句。句中 where 引导 _____, 修饰先行词 regional science bowls; 过去分词短语 held in Washington, D.C. 作 _____, 修饰 the national competition。

[翻译] 时间安排: 2 月至 3 月, 各类机构将举办地区科学知识竞赛, 各赛区优胜队伍将晋级全国总决赛, 该赛事于 4 月末至 5 月在华盛顿特区举办。

[仿写] 我们将推出各类读书活动, 读书爱好者可以参与这场在市图书馆举办的读书分享会。

We will launch various reading programmes, _____.

词数 330

难度 ★★★

建议用时 7 分钟

正确率 ____/4

Two years ago, a couple of high-school classmates worked a **mathematical** wonder. It was a trigonometric (三角学的) proof of the Pythagorean theorem (毕达哥拉斯定理). Now, both 19, they've just reported finding 10 more proofs of it. For over 2,000 years, such proofs were considered impossible. That, however, didn't discourage Ne'Kiya Jackson and Calcea Johnson. The two teens published their new ones on October 28, 2023 in *American Mathematical Monthly*.

"People have the impression that you have to be struggling for years and years before you can actually produce some new mathematics," says Lozano-Robledo, a mathematician from the University of Connecticut. But Jackson and Johnson show that "you can make a surprise even as a high-school student".

Mathematician Jason Zimba announced the first trigonometric-based proof of the Pythagorean theorem in 2009. The second came six years later, from mathematician Nuno Luzia. These were the only two until 2022, when Jackson and Johnson presented their first proofs. The teens first formally presented their work at an American Mathematical Society meeting in March 2023. Afterward, they **set out to publish** their findings in a peer-reviewed maths journal.

"This proved to be the most awesome task of all," Jackson and Johnson noted in their paper. They had to write up their work and learn new skills. But working on their early proof and studying Zimba's "**inspired the creative** process", Jackson says. "From there we developed additional proofs." And, Johnson adds, "It was important to have our proofs published to show that our work is correct and respectable."

Publishing the proofs was a big **achievement**. But that doesn't mean the story is over. "Now, other people might take the paper and **generalize** those proofs, or generalize their ideas, or use their ideas in other ways," Lozano-Robledo says. "It just opens up a lot of mathematical conversations." Jackson hopes that the proofs will inspire other students to see that barriers are part of the process. "**Stick with** it, and you might find yourself achieving more than you thought possible."

() 1. Why does the author quote the words of Lozano-Robledo in Paragraph 2?

- A. To praise the commitment of mathematicians.
- B. To highlight the teens' remarkable breakthrough.
- C. To stress the difficulty of becoming an expert.
- D. To compare the teens' proofs with the previous ones.

() 2. What may Jackson and Johnson agree with based on their findings?

- A. Past experience and achievements promote success.
- B. Peer recognition is the only goal of their research.
- C. Learning new skills is less important than innovation.
- D. Imperfections in the theorem fuel their exploration.

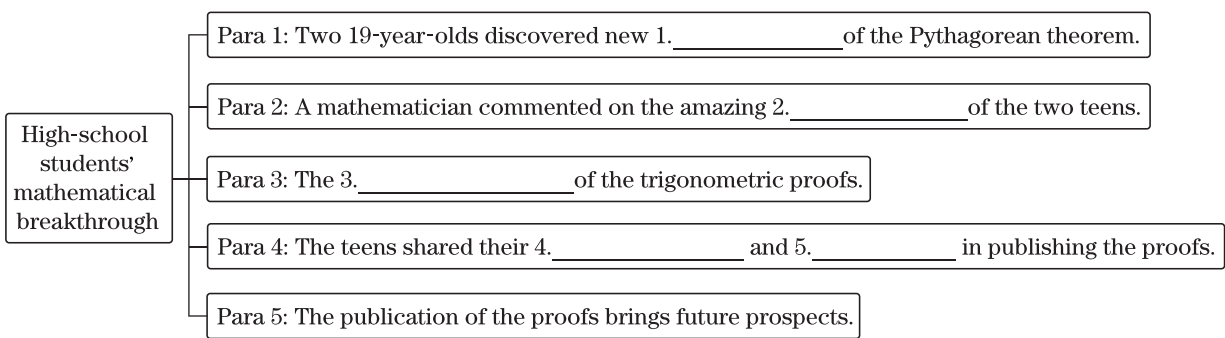
() 3. Which of the following words can best describe Jackson and Johnson?

- A. Organized and modest.
- B. Creative and generous.
- C. Understanding and knowledgeable.
- D. Intelligent and determined.

() 4. What does the last paragraph mainly talk about?

- A. The process of obtaining proofs.
- B. The improvement of the theorem.
- C. The impact of the teens' achievement.
- D. The summary of the teens' findings.

语篇分析



词海拾珠

1. mathematical *adj.* 数学的 → mathematics *n.* 数学 → _____ *n.* 数学家
2. set out to do sth 着手做某事
3. inspire *vt.* 激励; 赋予灵感 → _____ *n.* 灵感
4. creative *adj.* 创造性的 → _____ *vt.* 创造
5. achievement *n.* 成就 → _____ *vt.* 实现
6. generalize *v.* 推广; 概括
7. stick with sth 坚持某事

【举一反三】

一词多义 present

[原句再现] These were the only two until 2022, when Jackson and Johnson **presented** their first proofs.
在 2022 年杰克逊和约翰逊提出她们的首批证明之前, (这样的证明) 仅有这两个。

present *adj.* 当前的; 出席的 *n.* 礼物; 目前, 现在 *vt.* 授予, 颁发, 赠送; 提交; 陈述; 出现, 到场

[猜测词义]

- (1) The **present** situation requires us to take immediate action. ()
- (2) The carpet was a wedding **present** from the Prime Minister. ()
- (3) The headmaster **presented** the award to the student. ()
- (4) All the guests **present** at the ceremony shared their valuable opinions on social responsibility. ()
- (5) When you **present** your ideas in public, you need to organize your logic clearly. ()

句型透视

[原句] "People have the impression that you have to be struggling for years and years before you can actually produce some new mathematics," says Lozano-Robledo, a mathematician from the University of Connecticut.

[分析] 本句为主从复合句。that 引导 _____ 从句; 在此从句中, before 引导 _____ 从句。
a mathematician from the University of Connecticut 是 Lozano-Robledo 的 _____, 对其进行身份说明。

[翻译] 来自康涅狄格大学的数学家洛扎诺-罗布利多说: "人们有一种印象, 认为在能够真正创造出一些新的数学成果之前, 你必须努力奋斗多年。"

[仿写] 他一路狂奔后还没来得及喘口气, 就冲进了屋子, 迫不及待地要告诉杰克逊这个好消息: 他们已经被大学录取了。

_____, he rushed into the house and couldn't wait to tell Jackson the good news _____.

词数 328

难度 ★★★★★

建议用时 7 分钟

正确率 ____/4

Imagine the last time you concentrated deeply to solve a challenging problem like a maths puzzle or a chess move. Little by little, it seemed that your problem **effortlessly** resolved itself on the mental blackboard of your mind.

In recent research, my colleagues and I set out to investigate the neural mechanisms underlying these experiences. Specifically, we sought to understand what occurs within the brain when a person **engages in** abstract and demanding thought.

Previous studies concentrated on brain activity during the brief consideration of problems that take mere seconds to solve. However, our study took a different approach by using more complex maths challenges, which are more similar to the **tricky** puzzles.

We recruited 22 university students to join in maths programmes. They were asked to solve a series of complex maths problems while they were undergoing functional magnetic resonance imaging (MRI) scans which allowed us to observe changes in brain activity as they handled the problems.

We found the brain regions associated with maths processing were highly active during the task, particularly in those with **extensive** maths expertise. Furthermore, as the students deeper researched into the problems, their brains showed increased connectivity between different regions, indicating a **heightened** state of concentration.

The findings could potentially aid scientists in **gaining a broader understanding of** the power of concentration, which suggest that developing expertise in a particular field can enhance the brain's ability to concentrate. This may be due to the fact that the brain filters out (过滤掉) irrelevant information and focuses on the most critical aspects of a problem. Additionally, their extensive experience may have led to the formation of neural pathways that facilitate more efficient problem-solving.

In conclusion, our study provides valuable insights into the neural mechanisms underlying deep concentration and the role of expertise in enhancing this ability. As we continue to explore these phenomena, we may gain a deeper understanding of the cognitive processes that strengthen human performance.

() 1. What is the main difference of the recent study from previous ones?

- A. It focuses on easy problems.
- B. It adopts a different strategy.
- C. It uses advanced technology.
- D. It helps solve maths challenges.

() 2. What is mainly talked about in Paragraph 4?

- A. The research tool.
- B. The research basis.
- C. The research subject.
- D. The research process.

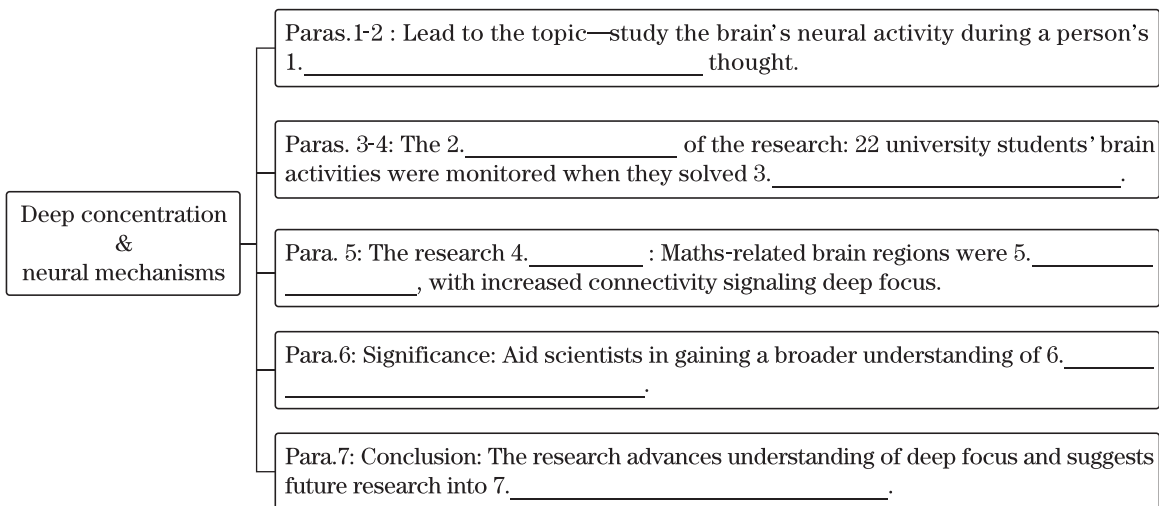
() 3. What do the research findings suggest?

- A. Higher expertise can make the brain more focused.
- B. Extensive experience can facilitate problem-solving.
- C. Our brain can tell the critical information from others.
- D. With the power of concentration comes higher efficiency.

() 4. What is the purpose of the research?

- A. To identify the most effective maths learning methods.
- B. To promote the use of MRI scans in neuroscience research.
- C. To explore the neural mechanisms behind deep concentration.
- D. To compare the brain activity of maths experts and non-experts.

语篇分析



词海拾珠

- effortlessly *adv.* 轻松地;毫不费劲地→_____ *adj.* 不费力的;容易的→effort *n.* 努力
- engage in(使)从事,参加
- tricky *adj.* 难对付的,棘手的;狡猾的,诡计多端的→_____ *n.* 诀窍;计谋;把戏 *vt.* 欺骗;欺诈
- extensive *adj.* 广阔的;广泛的;大量的→_____ *vt.* 扩展;使伸长;延长
- heighten *v.* (使)加强,提高,增加→_____ *n.* 身高;高度→high *adj.* 高的,有某高度的
- gain a broader understanding of 获得对……的更广泛的理解

【举一反三】

一词多义 approach

【原句再现】 However, our study took a different **approach** by using more complex maths challenges, which are more similar to the tricky puzzles.

然而,我们的研究采取了不同的思路,选用了更为复杂的数学难题,这类题目与高难度益智谜题更为相似。

approach *v.* 靠近,临近;着手处理;接洽 *n.* 方法,方式;通道,路径;接近,临近

【猜测词义】

- (1)As the final exam **approaches**, students begin to adjust their learning state. ()
- (2)Facing difficulties, we should **approach** them with a positive attitude. ()
- (3)Not knowing what to do, she chose to **approach** her teacher for useful advice. ()
- (4)We need a new **approach** that can improve our learning efficiency greatly. ()
- (5)There is a quiet **approach** leading to the beautiful lake behind our school. ()

句型透视

【原句】 They were asked to solve a series of complex maths problems while they were undergoing functional magnetic resonance imaging (MRI) scans which allowed us to observe changes in brain activity as they handled the problems.

【分析】 本句为主从复合句。句中 while 引导_____从句,意为“同时”;which 引导_____从句,指代前面的 functional magnetic resonance imaging (MRI) scans;as 引导_____从句。

【翻译】 他们被要求在解决一系列复杂的数学问题的同时接受功能性核磁共振成像(MRI)扫描,这使我们能够观察到他们在处理问题时大脑活动的变化。

【仿写】 大家被鼓励完成挑战性任务,同时坚持写日记,这有助于他们在遭遇各种困境时觉察内心的情绪。

They were encouraged to finish challenging tasks _____, _____ as they met various difficulties.

词数 331

难度 ★★★

建议用时 7 分钟

正确率 ____/4

Scientists in Australia have used artificial intelligence to help them **locate** a rare bird called the plains-wanderer. This new information will help scientists protect the birds, a critically endangered bird species native to Australia's declining grasslands. This groundbreaking approach offers new hope for protecting these unique creatures whose population has dramatically decreased by over 85% in recent decades.

The plains-wanderer, standing merely 15cm tall, **exhibits** strange characteristics that make it evolutionarily distinct. Classified in its own family, this flight-challenged bird spends most of its life hiding in grasslands. Females display reversed gender roles—larger in size and responsible for territory defense, while smaller males hatch eggs.

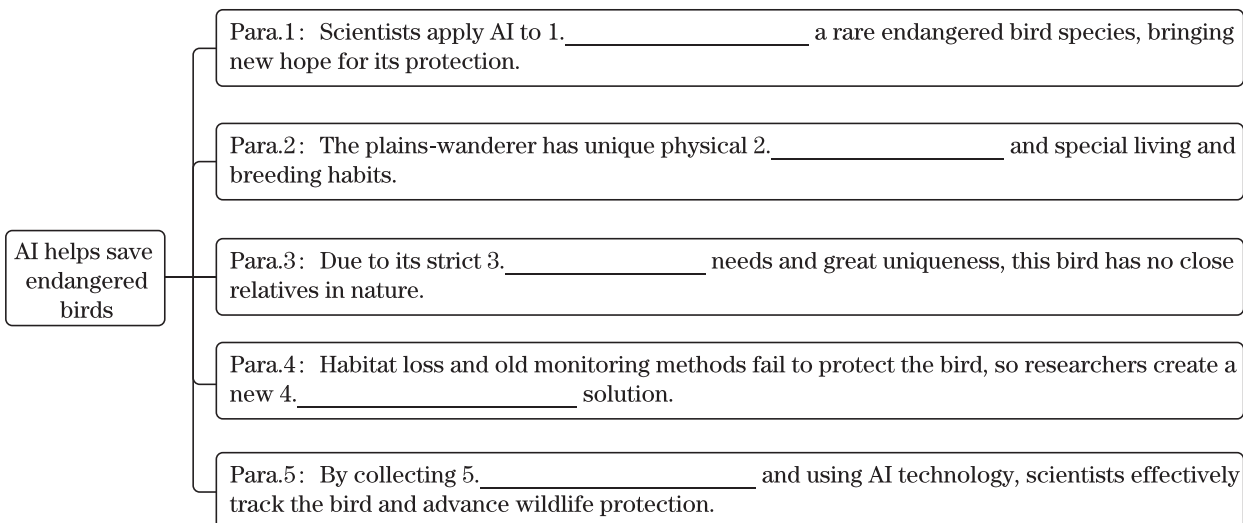
Their strict habitat requirements for “just right” grass density (密度) have earned them the “Goldilock” nickname among researchers. Zoos Victoria says, “There is no bird like it in the world.” In fact, scientists have placed the species in a “family” of its own, since there are no other similar birds.

Facing habitat loss from agricultural **expansion**, current estimates suggest only 250-1,000 individuals remain in the wild. Traditional monitoring methods proved **ineffective** due to the birds' **exceptional** hiding abilities and vast grassland ranges. Zoos Victoria partnered with Queensland University of Technology to develop an innovative solution: setting up 35 audio recording devices across nine potential habitats.

To protect these rare birds, scientists first had to learn where they were. So Zoos Victoria worked with Queensland University of Technology on a plan to locate the birds. Since plains-wanderers are hard to spot, the team chose to “listen” for the birds instead. The research team collected tens of thousands of hours of environmental recordings, focusing on the female's distinctive “Ooom” mating call. Artificial intelligence proved crucial in analysing this massive dataset, successfully identifying plains-wanderer calls at two sites west of Melbourne—the first confirmed sightings in this region in over three decades. Researchers continue expanding this AI-assisted monitoring programme, demonstrating how technology can bridge **conservation** challenges in the modern age.

- () 1. What does the underlined word “reversed” in Paragraph 2 probably mean?
- A. Opposite. B. Traditional. C. Maintained. D. Enhanced.
- () 2. Why is the plains-wanderer called the “Goldilock”?
- A. It has golden feathers. B. It prefers suitable grassland.
- C. It is as small as Goldilock. D. It is so particular about food.
- () 3. What can we infer about the plains-wanderer from the text?
- A. It is widely distributed across Australia.
- B. It depends on flying to escape from danger.
- C. Its number will increase with the aid of AI.
- D. Its survival is threatened by recording devices.
- () 4. What was AI's main job in Paragraph 5?
- A. Analysing the sound recordings.
- B. Replacing scientists in the field.
- C. Recording the bird's mating call.
- D. Expanding the monitoring programme.

语篇分析



词海拾珠

1. locate *vt.* 定位;找出……的位置→ _____ *n.* 位置
2. exhibit *vt.* 展现,表现,展示→ _____ *n.* 展览;展示
3. expansion *n.* 扩张→ _____ *v.* 扩大,扩展
4. ineffective *adj.* 无效的→ _____ *adj.* 有效的;起作用的
5. exceptional *adj.* 非凡的;特殊的→ _____ *n.* 例外
6. conservation *n.* 保护→ _____ *vt.* 保护

【举一反三】

一词多义 range

[原句再现] Traditional monitoring methods proved ineffective due to the birds' exceptional hiding abilities and vast grassland **ranges**.

由于这种鸟类极强的隐蔽能力,再加之地域辽阔的草原活动范围,传统的监测方式收效甚微。

range *n.* 活动范围;一系列;山脉 *v.* (在……范围内)变化;涉及,包括

[猜测词义]

- (1)The daily temperature in this city **ranges** from 10℃ to 25℃ in spring. ()
- (2)As human activities expand, the natural **ranges** of many wild animals are getting smaller. ()
- (3)Stretching for hundreds of kilometres, the mountain **range** serves as a natural barrier protecting unique local ecosystems. ()
- (4)The research **ranges** widely, covering animal habits, living conditions and influences of human activities. ()
- (5)Modern museums provide a wide **range** of cultural exhibitions. ()

句型透视

[原句] The plains-wanderer, standing merely 15cm tall, exhibits strange characteristics that make it evolutionarily distinct.

[分析] 句中 standing merely 15cm tall 为现在分词短语作后置定语,修饰 the plains-wanderer; that make it evolutionarily distinct 是 _____ 从句,修饰先行词 characteristics.

[翻译] 领鹑身高仅有 15 厘米,拥有奇特的特征,这让它在进化层面独一无二。

[仿写] 这名年轻运动员日日夜夜刻苦训练,意志坚定,促使他追逐更高的目标。

The young athlete, _____, shows strong determination _____.

词数 273

难度 ★★★★★

建议用时 7 分钟

正确率 ____/5

Scientists test their hypothesis (假设) either through experiments or **fieldwork** and the process is filled with changes.

Carry out experiments

1. _____. You make a simpler-scale or smaller-scale version of the part of the real world you want to study. In an experiment, a scientist tries to look at how just one thing affects the subject they are working on. The difficult part is creating an environment in which only one thing changes. That is why scientists use test tubes, and other small, **enclosed** settings for their experiment. 2. _____.

Conduct fieldwork

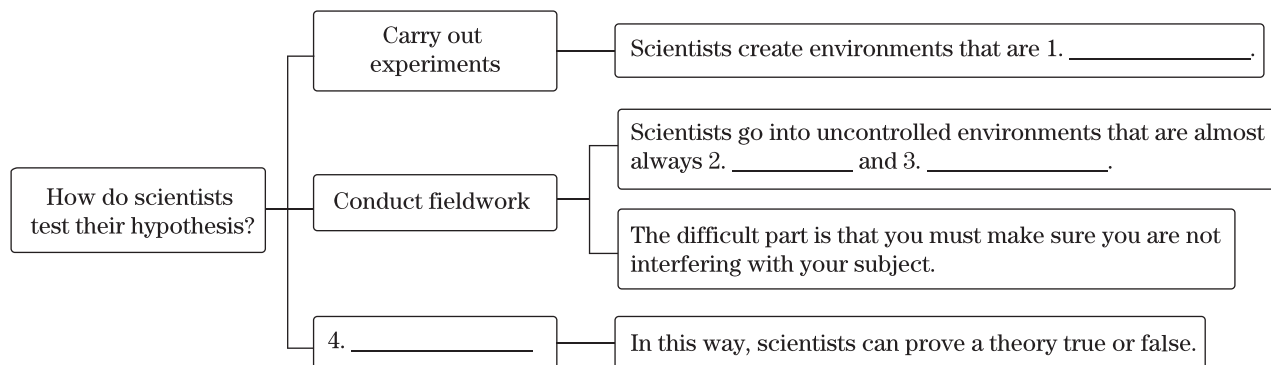
In fieldwork, a scientist goes into an uncontrolled environment, a specific place in the world, and records exactly what is observed there at the time. 3. _____. So fieldwork is almost always new and original. The difficult part with fieldwork is that while you are recording your observations, you must make sure that you yourself are not interfering (干涉) with your subject simply by being there. For instance, you cannot count birds in a tree if you **scare** any **away**.

4. _____

Scientists are like **detectives**—they try to solve mysteries. Experiments are part of a scientist's detective kit. When you want to prove a theory true or false, create an experiment that will test one thing you can observe. You have an idea that if you set up a controlled situation and purposely change only one thing, this change will cause something else to happen. 5. _____. If your change causes something else to happen, this “something else” is called the responding **variable**, because it is responding to the change.

- A. Create variables
- B. Watch the process
- C. You are studying a unique situation every time
- D. It is much easier to control things in such environments
- E. And the thing you purposely change is called the changing variable
- F. You focus your attention on just a few things, instead of on everything
- G. Experimental observations are made in a controlled environment that you create

语篇分析



词海拾珠

1. fieldwork *n.* 实地研究
2. carry out 执行, 贯彻, 完成
3. enclosed *adj.* (用墙等)围住的, 封闭的; 附上的 → enclose *vt.* (用墙、篱笆等)把……围起来; 附上
4. scare... away 把……吓走
5. detective *n.* 侦探 → _____ *vt.* 发现; 查明
6. variable *n.* 可变情况; 变量; 可变因素 *adj.* 多变的; 易变的; 可变的 → _____ *v.* (使)不同; (使)变化; 改变 → various *adj.* 各种各样的; 不同的

【举一反三】

一词多义 subject

[原句再现] In an experiment, a scientist tries to look at how just one thing affects the **subject** they are working on.

在一项实验中, 科学家试图观察一个事物是如何影响他们正在研究的对象的。

subject *n.* 实验对象; 科目; 主题, 话题, 题材; 主语 *vt.* 使臣服; 使顺从 *adj.* (可能)受……影响的, 受……支配的; 臣服的; 取决于, 视……而定

[猜测词义]

- (1) I tend to set a goal for every **subject** at the beginning of each term. ()
- (2) She has made a series of documentaries on the **subject** of family relationships. ()
- (3) We need male **subjects** between the ages of 18 and 25 for the experiment. ()
- (4) In recent years, she has been **subject** to attacks of depression. ()
- (5) The Roman Empire **subjected** most of Europe to its rule. ()

句型透视

[原句] The difficult part with fieldwork is that while you are recording your observations, you must make sure that you yourself are not interfering (干涉) with your subject simply by being there.

[分析] 本句是一个主从复合句。第一个 that 引导 _____ 从句; while 引导 _____ 从句; 第二个 that 引导 _____ 从句, being there 作介词 by 的宾语。

[翻译] 实地研究的困难之处在于, 当你记录你的观察结果时, 你必须确保你自己不会在那里干涉到你的实验对象。

[仿写] 最重要的是你应该尽你最大的努力去帮助那些需要帮助的人。

The most important thing is _____.

词数 258

难度 ★★★

建议用时 15 分钟

正确率 ____/15

Doing research can be a chance to help others. Amritha built a system that uses people's 1 to music to **recommend** songs that **put them at ease**. Her 2 was to improve the **effectiveness** of music **therapy** for mental health. Amritha's system uses **sensors** to 3 someone's heart rate and sweat while they are enjoying music. Then, the system uses that 4 to recommend other music that helps the person relax.

When asked what 5 this project, "I've been a musician for more than half of my life," said Amritha. "When others around me are listening to me playing the instruments, they all face different 6. So that's where I get the idea to start this project to find a(n) 7 way to measure the **relaxation** when people are listening to different types of music."

Amritha's system can help find out what musical 8 impact our emotions and our relaxation the most. "That was one of my 9 parts, because it was something I was really curious about," said Amritha. She found the musical key **played a role in** music's relaxation 10. Moreover, Amritha said, "I also found the timbre(音色) was relaxing, which I didn't 11."

Amritha shared she'd 12 this project because there's still a lot left to uncover. She'd like to apply brainwaves, besides the heart rate and sweat, to 13 how people respond to music. "I think that could also give 14 into why we feel this way when we're enjoying music," Amritha said. "Because 15 it **has much to do with** the brain."

- | | | | |
|------------------------|----------------|------------------|--------------------|
| ()1. A. approaches | B. responses | C. attitudes | D. exposure |
| ()2. A. suggestion | B. theme | C. solution | D. goal |
| ()3. A. transform | B. measure | C. predict | D. compare |
| ()4. A. strategy | B. method | C. information | D. instruction |
| ()5. A. inspired | B. supported | C. launched | D. enhanced |
| ()6. A. energies | B. emotions | C. sufferings | D. threats |
| ()7. A. unbelievable | B. vivid | C. objective | D. extraordinary |
| ()8. A. features | B. contents | C. types | D. signals |
| ()9. A. individual | B. mysterious | C. valuable | D. favourite |
| ()10. A. potential | B. performance | C. form | D. characteristic |
| ()11. A. believe | B. expect | C. admit | D. doubt |
| ()12. A. come up with | B. put up with | C. carry on with | D. take control of |
| ()13. A. document | B. handle | C. calculate | D. track |
| ()14. A. insight | B. research | C. devotion | D. reflection |
| ()15. A. seemingly | B. probably | C. apparently | D. generally |

词海拾珠

1. recommend *v.* 推荐;举荐→_____ *n.* 推荐;建议
2. put sb at ease 使某人放松或感到平静;使不拘束;使自在
3. effectiveness *n.* 效果;影响→_____ *adj.* 有效的;起作用的
4. therapy *n.* 治疗,疗法;心理治疗
5. sensor *n.* 传感器
6. relaxation *n.* 放松;消遣;娱乐活动→_____ *v.* 放松;休息;(使)冷静,放心→_____
adj. 放松的;冷静的→_____ *adj.* 令人放松的;轻松的
7. play a role in 在……中起作用/扮演角色
8. have much to do with 与……有很大关系

【举一反三】

一词多义 key

[原句再现] She found the musical **key** played a role in...

她发现音乐的调在……中起作用。

key *n.* 曲调;钥匙;答案;关键;(计算机或乐器等的)键 *adj.* 最重要的;关键的 *vt.* 用键盘输入

[猜测词义]

- (1) The **key** to solving pressure is keeping a positive mind, which many teenagers fail to realize. ()
- (2) Scientists have discovered that the **key** of a piece can calm our nerves effectively. ()
- (3) The broken **keys** lying on the piano made the girl unable to practise as she had planned. ()
- (4) Some **key** factors that influence our mood should be valued, helping us live a better life. ()
- (5) Holding the **key** in his hand, he waited patiently until his parents came back. ()

句型透视

[原句] So that's where I get the idea to start this project to find an objective way to measure the relaxation when people are listening to different types of music.

[分析] 本句是一个主从复合句。句中 where 引导_____从句,不定式短语 to find an objective way to measure the relaxation 作_____; when people are listening to different types of music 是 when 引导的_____从句。

[翻译] 因此,就在那时我萌生了启动这个项目的想法,希望找到一种客观的方法来衡量人们听不同类型音乐时的放松程度。

[仿写] 这正是我们获得灵感、开展此项活动的缘由,旨在探寻有效方法,缓解学生长时间学习产生的压力。

That's _____ to develop an effective way to reduce stress _____.

主题写作：科学与科学家

话题总述

“科学与科学家”是高中英语新课标主题内容要求之一，也是高考英语常考话题之一。它包括中外科学家的重要贡献及其性格特点和高尚品格，学生要理解科学精神的内涵，知晓中国科学技术发展的伟大成就以及科学与生活、艺术和未来发展的关系。

词句复现

[常见词块]

1. 随着……的发展

2. 对……有影响

3. 取得突破性进展

4. 充分利用

5. 面临新的机遇和挑战

6. 使我们的生活更轻松便捷

7. 献身于……，致力于……

8. 全神贯注于做某事，沉浸于做某事

9. 埋头于(做)某事

10. 决心做某事

[常见表达]

1. _____, thus benefiting millions of people at home and abroad.

正是他的创造力和决心促成了他的巨大成功，从而惠及国内外数百万人。

2. His spirit always inspires me to face challenges and to become a person _____.

他的精神总是激励我去面对挑战，成为一个对社会有用的人。

3. _____, she remains modest and hard-working.

尽管她已经取得了如此巨大的成就，但她仍然谦虚和努力。

4. To our excitement and delight, she was awarded the Nobel Prize, _____.

使我们兴奋和高兴的是，她获得了诺贝尔奖，成为第一个获得诺贝尔奖的中国女性。

5. With the development of science and technology, many new inventions have sprung up, _____.

随着科技的发展，许多新发明已经涌现，这使我们能够享受更轻松便捷的生活。

主题范文背诵

假定你是李华，为了致敬科学巨匠，传承科学家精神，你校计划在校园文化墙上新增“科学名人”专栏，特向大家征集他们最崇敬的科学家人选。请给你校交换生 Mike 写一封邮件邀请他参加该活动，内容包括：

1. 介绍该活动；

2. 邀请他参加。

注意：写作词数应为 80 个左右。

【精彩美文】

Dear Mike,

I'm writing to tell you about a new activity **our school is organizing** to honour great scientists and **carry forward** their spirit. We plan to set up a "Science Legends" column on the campus culture wall, **where students can share the stories of scientists they admire most**. By learning about their remarkable contributions and noble qualities, we can **gain continuous motivation to improve ourselves**.

I'm sincerely inviting you to **participate in** this meaningful event. As an exchange student, you possess a unique cultural perspective, **which**

will greatly enrich our exhibition. You are free to introduce a scientist from history or your native country **that leaves a deep impression on you**. This opportunity will allow us to exchange diverse cultural views, **bridging** the gap between students from different backgrounds.

Looking forward to your favourable reply at your earliest convenience.

Yours,
Li Hua

主题写作仿写

假定你是李华,你的外国笔友 Jeff 得知你参加了学校学生会主办的“我最敬佩的科学家”故事分享会,于是发邮件询问有关情况。请你回复邮件,内容包括:

1. 感谢关注;
2. 分享内容;
3. 你的感想。

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 Jeff,

I'm glad to know that you are interested in the story-sharing meeting with the theme "The scientist I admire most" held by the Students' Union of our school. I would like to tell you some details about it.

In the activity, we all enthusiastically introduced the scientists 1. _____ (我们最敬佩的), such as Newton, Einstein, Chen Jingrun, etc. The scientist I admire most is Qian Xuesen, 2. _____

_____ (他是航天领域最杰出的代表人物之一). 3. _____

_____ (我最敬佩他的) is

4. _____

_____ (他克服重重困难回到祖国) and participated in the construction of China.

5. _____ (深受这些科学家的鼓舞), we are determined to become the pillars of our motherland.

Yours,
Li Hua

读后续写微技能: 动作描写(一)

读后续写中常常通过动作的细节描写来推动故事情节的发展,塑造人物形象。动词是句子的灵魂,而动作的执行者是人物。对人物的动作描写往往是通过他/她的一言一行、一举一动体现出来的,而这些举动又是靠一个或多个部位的配合完成的。在此,我们对动作描写进行了分类:

一、头部、面部动作描写:

1. The child **raised her head**, revealing a tear-stained face.
那个孩子抬起头,露出一张泪迹斑斑的脸。
2. I **lowered/ducked/bowed my head** timidly and dared not look at my father's cloudy face.
我胆怯地低下头,不敢看爸爸那张阴云密布的脸。
3. I asked where Steve was and she **nodded in the direction of** the kitchen.
我问史蒂夫在哪儿,她朝厨房的方向点了点头。
4. An idea **flashed through his mind**.
他脑子里闪过一个念头。

5. Her face **flushed/burned with anger**.

她气得脸通红/发烫。

6. He **had a slight frown** on his face.

他微微皱眉。

二、嘴部动作描写:

1. She leaned over and **whispered something in his ear**.
她探过身去附耳跟他说了些什么。
2. Reuben **murmured** a thank you and ran home all the way.
鲁宾喃喃地说了声谢谢,然后一路跑回家。
3. Our mouths **dropped open** in surprise.
我们惊奇地张大了嘴。
4. He straightened up and looked at me, **open-mouthed**.
他直起身,目瞪口呆地看着我。
5. He looked out of the window, **biting his lip**, as if thinking.
他看向窗外,咬着嘴唇,仿佛在思考。

6. "Here, mum! Here!" Tom **yelled out** as he ran to her side.

“这里,妈妈! 这里!”汤姆边跑向她边喊。

7. When she saw him, she **let out a cry/scream of horror**.

当她看到他时,她发出了惊恐的叫声。

8. "The audience was shocked as well," she **said with a bright/broad smile**.

“观众也感到震惊,”她灿烂地笑着说道。

9. He was **beaming/grinning/smiling from ear to ear**.

他笑得合不拢嘴。

10. He looked shocked, but then **burst into laughter**.

他看起来很震惊,但随后突然大笑起来。

三、眼部动作描写:

1. As he **looked at** Katherine, great sorrow **clouded his eyes**.

当他看着凯瑟琳时,他满眼忧伤。

2. He stood silently, **tears rolling/streaming down his cheeks**.

他静静地站着,眼泪顺着面颊流了下来。

3. **Tears welled up** in Anne's eyes.

安妮热泪盈眶。

4. Singing happily, she **gazed/stared at** her surroundings **with large, innocent eyes**.

她高兴地唱着歌,用天真的大眼睛注视着周围的环境。

5. Crowds crowd at the street corner, waiting to **catch a glimpse of** the famous writer.

人群聚集在街角,等待一睹那位知名作家的风采。

6. She laughed, **her eyes shining/sparkling/twinkling/glittering with excitement**.

她笑了,眼里闪烁着兴奋的光芒。

7. His eyes **grew wide/widened with horror at** what she had done.

看到她所做的事,他惊恐地睁大了眼睛。

四、鼻子和耳部动作描写:

1. She **wrinkled her nose** as if she had just **smelled a bad smell**.

她皱着鼻子,好像刚闻到了难闻的气味。

2. **Taking a deep breath**, Mary pushed open the door and stepped inside.

玛丽深吸了一口气,推开门走了进去。

3. He **pressed his ear against the door**, but heard nothing.

他把耳朵贴在门上,但是什么也听不到。

4. I **pricked up my ears** to catch what they were saying. 我竖起耳朵去听他们在说什么。

5. He went home with the teacher's warning **ringing in his ears**.

回家的路上,老师的警告一直在他的耳边萦绕。

【跟踪演练】

I. 单句翻译

1. When James was told Katherine was also here, his eyes _____.

被告知凯瑟琳也在这儿时,詹姆斯惊讶地睁大了眼睛。

2. Jack _____, tears _____ in his eyes.

杰克抬起头,热泪盈眶。

3. Mary _____ and moved aside, making space for the next customer.

玛丽低声道了个歉,然后挪到一边,给下一个顾客腾出地方。

4. All sorts of nightmarish pictures _____.

各种各样可怕的画面在我大脑里出现。

5. Her ears _____ at the sound of his name.

一听到他的名字,她的耳朵就竖了起来。

II. 语段训练

场景一:家庭晚餐时的情景

At the dinner table, Mum placed a plate of broccoli(西兰花)in front of me. I 1. _____

_____ (皱起了鼻子) at the sight, making my younger brother giggle. "Eat your vegetables," Mum said firmly. I 2. _____

_____ (低下头), unwilling to meet her gaze. Suddenly, Dad asked about my school project. I

3. _____

(抬起头,眼中满是沮丧). "It's a mess," I

4. _____ (喃喃地说). Dad leaned over and 5. _____ (小声说), “Let’s figure it out together.” His words made me smile slightly, and I 6. _____ (感激地点了点头).

场景二:购物惊喜

In the supermarket, my best friend suddenly tugged at my sleeve. “Look over there!” 1. _____ (她兴奋地指着喊道). I 2. _____ (顺着她的目光) and saw my favourite band’s limited-edition album. 3. _____ (我惊讶得张大了嘴巴), and I 4. _____ (眼睛闪闪发亮地盯着它). “We have to get it!” I exclaimed, 5. _____ (笑得合不拢嘴). My friend nodded vigorously, and we rushed towards the shelf, 6. _____ (我们兴奋得心怦怦直跳).

场景三:公园小插曲

While we were playing frisbee games in the park, my frisbee accidentally hit an old man. I ran over, 1. _____ (眼中满是担忧). “I’m so sorry,” I said, 2. _____ (声音颤抖). The old man 3. _____ (微微皱了下眉) at first but then 4. _____ (突然大笑起来). “It’s okay, kid,” he said 5. _____ (笑容满面). I 6. _____ (我松了一口气), and my face flushed with embarrassment. My friend witnessed the scene and we both 7. _____ (竖起耳朵) to make sure if the old man needed any help.

III. 读后续写

I held my purse tightly as I rushed into my neighbourhood Starbucks. The rich smell of freshly made coffee filled the air, but I paid no attention. My eyes were fixed on the shelf where the limited edition bear cups should have been. But it was empty! My heart sank, but I walked straight to the register.

“Do you have any more of those bear cups in the warehouse?” I asked, leaning forward. That cup was for my sick niece, who’d been begging for it for weeks.

The server, a young woman with a name tag reading “Lila”, gave a polite but apologetic smile. “I’m so sorry, ma’am. They’re selling very fast—we sell out within hours of getting a new shipment. We’ll have a new delivery on Friday, though. I can put your name and number down to set one aside for you.”

My patience broke. I hit my hand on the counter and said, “No! That’s impossible!” My voice was loud, drawing looks from every corner of the store. “From downtown to the suburbs, this is the ninth Starbucks I’ve been to today! Nine. And everyone says ‘sold out’! But I see them online for hundreds of dollars! You’re holding them back to resell, aren’t you?!”

Lila’s smile faded, but her voice stayed steady. “Ma’am, I work fifty hours a week here. The last thing I want is to bring a Starbucks cup home. We don’t keep any back—first-come, first-served. Even regular customers struggle to get one. Can I get you a drink or something to eat? Our lemon loaf just came out warm.”

Anger made my cheeks burn. “Forget it!” I hit both hands on the counter harder, then turned around and rushed out. The doorbell rang sharply behind me. As I walked away, guilt washed over me—I’d totally overreacted, but I was so desperate to see my niece smile.

注意:续写词数应为150个左右。

Paragraph 1:

The next day, I gathered the courage to return, determined to apologize. _____

Paragraph 2:

Three days later, my phone rang. _____
