



教育图书



功能学具



学生之家

基础教育行业专研品牌

30⁺年专注教育行业

全品学练考

主编 肖德好

练习册

高中英语1

必修第一册 BS

北京
专版



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01

培养核心素养，探究主题意义

Unit 1 LIFE CHOICES

主题素养积累

What career will it be in your future?



What are you going to be when you grow up? This question **is meant to make** the students think about what type of career they would like to pursue (追求). Their answer guides us in the advice we provide.

As a young teenager, I made the decision that I wanted to be a Doctor of Medicine. I was unable to **put my finger on** exactly when or how this came about, but by the time I was a senior in high school, I was sure of it.

I spent the next four years of my academic life **burying myself in** medical studies. In order to get the grades necessary to **be admitted to** a medical school, I spent large amounts of time in the library. From my sophomore year (大二) on, I was known around the campus as “Doc” Rogers.

At first, it was a bitter pill to swallow (吞咽). Fortunately, while enrolled (使加入) in graduate school, I found a part-time teaching job at a private high school in the south-west corner of Miami, Florida. **I enjoyed it so much that upon completing my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching.**

and then give them the tools they need to **be successful in** the course. **It's a perfect combination in which I take pride.**

Once again, what are you going to be when you grow up? My experience has led me to believe that the answer to this question requires a process of trial and error (反复试验). Every new endeavour (努力) you pursue, success you experience, failure you endure (忍受), place you visit, person you meet, class you take, etc. will assist you in narrowing it down as to what career will be an excellent fit for you.

【主题词句背诵】

1. be meant to do sth 应该/意在做某事
2. put one's finger on 正确指出
3. bury oneself in 致力于
4. be admitted to 被……录取; 准许进入
5. as sb mentioned above 正如前面某人提及的
6. be successful in... 在……中取得成功
7. As a young teenager, I made the decision **that I wanted to be a Doctor of Medicine.** (同位语从句) 少年时,我就决定要成为一名医学博士。
8. I enjoyed it **so much that upon completing** my graduate studies, I headed back north and spent the rest of my 20s teaching and coaching. (结果状语从句; 如此……以至于; 介词 + 动名词; 一……就……)

我非常享受这一切,我一完成研究生学业,就回到

02

夯实语言基础，搭建知识框架

词汇点睛

1. **differ** *vi.* 不同,不一样,有区别
(教材 P6) **differs** in many ways
在许多方面不同

(1) differ in...	在……上不同
differ from...	与……不同
(2) different <i>adj.</i>	不同的
be different from... in...	与……在……方面不同
(3) difference <i>n.</i>	不同(点)
make a difference (to/in...)	(对……)有影响
(4) differently <i>adv.</i>	不同地

【活学活用】

- (1) 单句填空

[2024·北京卷] The Language Exchange Programme

句型透视

(教材 P7) **One can't show high ideals without simple living; one can't have lofty aspirations without a peaceful state of mind.**

非淡泊无以明志,非宁静无以致远。

句型公式

双重否定结构: not... without...

【句法分析】

not... without... 是一种双重否定结构,表示的是肯定含义,意为“没有……不……,只有……才……”,其中否定词 not 也可以替换为 never, hardly 等表示否定意义的词。

【活学活用】

写作金句

课内基础巩固

❶ 单词拼写(每小题1分,满分4分)

1. She enjoys walking around the _____ (校园) to relax after a long day of classes.
2. My daily _____ (日程表) is quite tight because I have several important tasks plus a meeting.
3. A strong sense of pride _____ (出现) in us when our team won the match at last.
4. In my _____ (以前的) job, I often worked long shifts, which was really tiring.

❷ 单句填空(每小题1.5分,满分15分)

1. If you think your present job is very _____ (stress), it may be time to think about changing it.

9. Teachers often encourage us to show our creativity in _____ (differ) class activities.

10. As a senior student, I'm under great _____ (press) to prepare for the college entrance exam.

❸ 短文填空(每小题2分,满分10分)

1. _____ (总而言之), senior high school is an important stage in a student's life, full of challenges and opportunities.
2. Growing up means it is necessary to _____ (做决定) independently and wisely.
3. The job doesn't pay very well, but _____ (从好的方面来说), the hours

课后素养提升

❶ 语法填空(每小题1.5分,满分15分)

[2025·北京四中高一期中]

A

My daughter, Jane, never dreamed of receiving a letter from a girl of her own age in Holland. Last year, we were travelling across the Channel and Jane put a piece of paper 1. _____ her personal information on it into a bottle. She threw the bottle into the sea. She never 2. _____ (think) of it again, but ten months later, she received a letter from a girl in Holland. Both girls write to each other 3. _____ (regular) now. However, they have decided to use the post office. Letters will cost a little more, 4. _____ they will certainly travel faster.

schools, and featured exhibits on ecological 10. _____ (protect), sci-tech innovation and instruments demonstrating how to generate wind power.

❷ 阅读理解(每小题2分,满分6分)

[2026·北京师范大学附属实验中学高一月考]

The sign on the librarian's desk read: "Readers Wanted for Project Read Aloud." Sherene stared at it as the librarian stamped the book that she had selected for her weekly reading fare with a return by date.

"What is Project Read Aloud?" Sherene asked.

"Here's the brochure about it. There's a form inside to fill out if you want to become a reader. There is no pay, by the way," the librarian said with a smile.

❶ 阅读表达(第1、2题各2分,第3题3分,第4题5分,满分12分)

[2026·北京第八十中学高一期中]

Nowadays, people are spending more hours on work. However, taking some time off is important for refreshing yourselves. If you're having trouble making time for a break, the recent research by the UCLA's Anderson School of Management suggests that treating your weekends like a vacation can make you happier.

The findings are based on a series of experiments. In one study of 441 workers, half of the test subjects were instructed to have a

❷ 书面表达(满分20分)

[2026·北京大学附属中学高一期中]

假设你是红星中学高一学生李华。你校将于11月28日举办一场英语单词拼写大赛,你的国际部好友Jim对此很感兴趣,发来邮件询问相关信息。请你用英文给他回复,内容包括:

1. 活动目的;
2. 具体活动内容。

注意:1. 词数100左右;

2. 开头和结尾已给出,不计入总词数。

参考词汇:礼堂 auditorium 荣誉证书 honorary certificate 拼写大赛 Spelling Bee
Dear Jim,

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Unit 1 LIFE CHOICES



讲题智能体

★ 提示：加底纹词汇为复现词汇

Period One Topic Talk

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 4 分)

1. She enjoys walking around the _____ (校园) to relax after a long day of classes.
2. My daily _____ (日程表) is quite tight because I have several important tasks plus a meeting.
3. A strong sense of pride _____ (出现) in us when our team won the match at last.
4. In my _____ (以前的) job, I often worked long shifts, which was really tiring.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. If you think your present job is very _____ (stress), it may be time to think about changing it.
2. John has a high _____ (expect) of his wonderful life in the senior high school.
3. Solving such difficult maths problems was always _____ (challenge) for me.
4. The _____ (injure) to his knee kept him from playing in the game.
5. _____ (unfortunate), he was hit by a small car on his way to school.
6. We hope we will develop _____ (confident) in speaking English and making friends.
7. It is very likely that the patient will make a full _____ (recover) in a week.
8. Regular practice during leisure time can improve your language _____ (competent).

9. Teachers often encourage us to show our creativity in _____ (differ) class activities.

10. As a senior student, I'm under great _____ (press) to prepare for the college entrance exam.

❸ 短语填空(每小题 2 分,满分 10 分)

1. _____ (总而言之), senior high school is an important stage in a student's life, full of challenges and opportunities.
2. Growing up means it is necessary to _____ (做决定) independently and wisely.
3. The job doesn't pay very well, but _____ (从好的方面来说), the hours are very convenient.
4. On the evening of the Spring Festival, all of us would _____ (闲坐), watching TV.
5. Our city is a dynamic place with _____ (各种各样的) cultural events happening throughout the year.

❹ 句型训练(每小题 3 分,满分 6 分)

1. Plants _____ and animals are no exception. (双重否定句)
植物没有太阳不能活,动物也不例外。
2. People _____ will have the opportunity to take a virtual tour of several destinations before deciding where to go. (定语从句)
想去度假的人将有机会在决定去哪里之前虚拟游览几个目的地。

Ⅶ 语法填空(每小题 1.5 分,满分 15 分)

[2025·北京四中高一期中]

A

My daughter, Jane, never dreamed of receiving a letter from a girl of her own age in Holland. Last year, we were travelling across the Channel and Jane put a piece of paper 1. _____ her personal information on it into a bottle. She threw the bottle into the sea. She never 2. _____ (think) of it again, but ten months later, she received a letter from a girl in Holland. Both girls write to each other 3. _____ (regular) now. However, they have decided to use the post office. Letters will cost a little more, 4. _____ they will certainly travel faster.

B

Dieting, according to 5. _____ old joke, may not actually make you live longer, but it surely feels that way. Nevertheless, evidence 6. _____ (collect) since the 1930s that calorie restriction extends the lifespan and delays the appearance of age-related diseases in rats, dogs, fish and monkeys. Such results have inspired thousands of people to put up with constant hunger in the hope of living longer and 7. _____ (healthy) lives. They have also led to a search for drugs that imitate the effects of calorie restriction without the pain of going on an actual diet.

C

At a high-tech show staged at a primary school, students 8. _____ (attract) by a robot dog flipping over and dancing. It even bowed and shook their hands. "I got to touch the robot dog, and it was so interesting. I 9. _____ (work) hard and learn more about it in the future," said Mou Yuejia, a student at the primary school in Tonghai County, Yunnan Province. The show was part of an activity to popularize science and technology at

schools, and featured exhibits on ecological 10. _____ (protect), sci-tech innovation and instruments demonstrating how to generate wind power.

Ⅷ 阅读理解(每小题 2 分,满分 6 分)

[2026·北京师范大学附属实验中学高一月考]

The sign on the librarian's desk read: "Readers Wanted for Project Read Aloud." Sherene stared at it as the librarian stamped the book that she had selected for her weekly reading fare with a return by date.

"What is Project Read Aloud?" Sherene asked.

"Here's the brochure about it. There's a form inside to fill out if you want to become a reader. There is no pay, by the way," the librarian said with a smile.

Sherene walked home. She loved living within walking distance of her town's public library. She loved to sit in one of the overstuffed reading chairs in the reading room with the smell of books all around her and lose herself in a book. She had moved away after high school and had recently moved back. The library and fond memories of her childhood had drawn her back to this small town.

Once home, she sat down to read the brochure, which said, "Project Read Aloud seeks to provide the opportunity of hearing stories read aloud in a comfortable setting." "That is a fine goal," she thought.

Sherene filled out the form. She loved reading aloud. When she was a child, she read aloud to her teddy bear. Later, when she grew up and became a teacher, she read aloud to her students many times throughout the day. Since her retirement, she read aloud only to herself and Boots, her cat. It would feel so good to have a human audience once again to share stories with.

A couple of days later, Sherene sat in the now empty small theatre in the library, preparing

the first story she was going to read. Soon, the audience began to wander in and find their seats. The theatre was half full in half an hour. Sherene stepped to the edge of the stage and introduced herself. She explained the origin of the story, opened the book and began to read. She wove the tale masterfully creating voices for the characters, pausing for emphasis, and taking the listeners into another world.

When Sherene read the last words of the story, there was a momentary silence as it all sank into the listeners and then a burst of enthusiastic applause. At that moment, understanding did grow in the town through the sharing of stories.

- ()1. What can we learn about Sherene?
A. She used to be a teacher.
B. She lived far from the library.
C. She liked hearing stories read aloud.
D. She was involved in many social activities.
- ()2. Why did Sherene join in Project Read Aloud?
A. She wanted to make new friends.
B. The project's goal suited her interest.
C. The project brought her extra income.
D. She needed to improve her reading ability.
- ()3. Which of the following words can best describe Sherene's first performance?
A. Meaningful and humorous.
B. Novel and amusing.
C. Impressive and conventional.
D. Vivid and absorbing.

● 阅读七选五(每小题 2 分,满分 10 分)
[2026·北京大学附属中学高一期中]

Everyone experiences uncertainty at times, and that's normal. But for some people, the need for absolute certainty can become unbearable. This is called intolerance of uncertainty (IU).
1. _____ In other words, if you can't be sure about what will happen, you might feel certain that the outcome will be terrible and unmanageable. The good news is that IU can be addressed. Here are some practical strategies you can use.

First, identify and challenge the thinking error. When you are anxious, it's common to assume the worst-case scenario. This thinking error often plays out automatically and can make uncertainty feel unbearable. 2. _____ Ask yourself questions like: Have I faced uncertainty before, and it turned out to be okay? By practising this, you start to see that your thoughts are not always facts and that uncertainty doesn't have to mean the end of the world.

3. _____ It can be terrifying to live with uncertainty, but uncertainty also allows for surprises, growth, and unexpected joy. Recognizing the beauty of unpredictability can help you feel less threatened by uncertainty and more open to life's surprises.

Another way is to trust your existing skills. Even if you struggle with anxiety, you already tolerate uncertainty in other parts of your life without realizing it. You accept the small uncertainties because the risks are manageable, and the benefits outweigh the potential downsides. Focus on the benefits of living fully rather than trying to control every outcome. 4. _____

Finally, practise sitting with uncertainty is important. The waiting experiment is a practical way to build tolerance for uncertainty. Choose an event that is not serious and deliberately (故意地) hold off before checking the result. 5. _____ Repeated practice reduces compulsory (强制性的) behaviours and helps you see that uncertainty is tolerable and safe.

- A. Your ability to cope is stronger than you think.
- B. This is a common reaction to unexpected news.
- C. By doing so, you practise tolerating the anxiety.
- D. The key is to notice this pattern and challenge it.
- E. It's best to ignore these thoughts when they appear.
- F. You can also embrace the beauty of an uncertain world.
- G. It means assuming the unknown will inevitably be negative.

班级	
姓名	
题号	答案区
阅读	理解
1	
2	
3	
七选五	
1	
2	
3	
4	
5	

Period Two Lesson 1 Lifestyles (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 5 分)

1. These **apartments** are of high _____ (质量), so they are a little more expensive than those ones.
2. She has a wide _____ (范围) of interests, including painting, hiking, and reading historical novels.
3. Keeping up with healthy _____ (生活方式) is necessary to manage the **challenges** of a **stressful** modern world.
4. _____ (拖,拉) a heavy box behind him, the tired boy walked home slowly with sweat running down his face.
5. **All in all**, a smartphone has become a _____ (必需品) for most people in modern society.

❷ 单句填空(每小题 1.5 分,满分 15 分)

1. During my **leisure** time, I often take part in _____ (volunteer) work.
2. In **secondary** school, students can join in _____ (vary) activities, from sports to music performances.
3. Living in an **apartment** close to the supermarket brings great _____ (convenient).
4. A _____ (revise) is a must if you want to grasp what you have learned.
5. Taking part in this competition will _____ (definite) improve your **confidence** and acting skills.
6. I thought the new project would be **challenging**, but _____ (actual) it was quite easy.
7. Polar bears—like all wild animals—should be photographed from a safe _____ (distant).

8. I took my _____ (digit) camera to parks to take some pictures of the beautiful scenery.
9. A growing number of young boys become _____ (addict) to computer games and find it hard to get away from them.
10. The young man wanted to be an _____ (engine) and build many tall buildings for his hometown when he grew up.

❸ 短语填空(每小题 2 分,满分 10 分)

1. _____ (不时地), unexpected **challenges arise** that test our problem-solving skills.
2. With the **aim** of _____ (获得成功) in this company, you need to work hard.
3. She wanted to see the **apartment** _____ (亲自) before deciding whether to rent it.
4. Students _____ (易于) lower their heads when they feel sorry for some mistakes.
5. _____ (根据) the **schedule**, the meeting will be held at 10:00 **am** tomorrow.

❹ 句型训练(每小题 3 分,满分 9 分)

1. I spend more time learning English every day _____.
_____. (目的状语从句)
我每天花更多的时间学英语,为的是今年我能取得更大的进步。
2. I brought my laptop to the library, _____.
_____. (非谓语)
我带了笔记本电脑去图书馆,结果却发现门是锁着的。

3. We _____
will be held again. (强调谓语)

我们确实希望这个有意义的活动还会再次举办。

课后素养提升



错题本

Ⅴ 完形填空(每小题 1.5 分,满分 15 分)

[2025·北京朝阳高一期末]

José is the caring director of a school in Nicaragua. And nothing brings him more satisfaction than giving to the students he cares about most. However, living on a low income _____ 1 _____ José's ability to show his generosity. He longed for a way to provide food and a joyful future for the children at his school but lacked the _____ 2 _____ to make it happen.

Everything _____ 3 _____ when Convoy of Hope brought agricultural training to his village. José learned new techniques about garden management. His previous methods were replaced by more _____ 4 _____ ones, like setting up a water-saving irrigation (灌溉) system for the dry seasons. With his new skills, José _____ 5 _____ planted a garden at his school. The produce from the garden not only provided fresh food for the students but also became a hands-on learning opportunity.

"Something that fills me with great joy is when the children get excited and can't wait to _____ 6 _____ activities in the garden," José said. The garden provides José with a _____ 7 _____ from daily stresses. "Maybe I had some difficulties in the day, but when I start to water the plants, I _____ 8 _____ the problems."

Strengthening individuals' skill sets all around the world, Convoy of Hope's agricultural programme _____ 9 _____ people to provide for their families and give back to their communities. But this project is more than teaching knowledge. Just as José said, "It has managed to put a smile on children, and they feel a(n) _____ 10 _____ to move forward."

- | | |
|-----------------------|--------------|
| ()1. A. proved | B. developed |
| C. suggested | D. limited |
| ()2. A. time | B. means |
| C. plan | D. drive |
| ()3. A. appeared | B. stopped |
| C. changed | D. remained |
| ()4. A. expensive | B. effective |
| C. difficult | D. basic |
| ()5. A. successfully | B. quietly |
| C. suddenly | D. nearly |
| ()6. A. give up | B. put off |
| C. carry out | D. pay for |
| ()7. A. break | B. challenge |
| C. tip | D. choice |
| ()8. A. repeat | B. value |
| C. present | D. forget |
| ()9. A. hires | B. forces |
| C. equips | D. reminds |
| ()10. A. concern | B. hope |
| C. honour | D. weight |

Ⅵ 语法填空(每小题 1.5 分,满分 15 分)

[2025·北京石景山高一期末]

A

My name is Lily. I find it a big challenge to be a member of the school debate team. I am sure it is a great opportunity 1. _____ (improve) my speaking skills, and I know I'll have to practise 2. _____ (hard) than ever before and learn to work harmoniously with my teammates. Though I may face many 3. _____ (difficulty), I will give my all to prepare for every competition and make steady progress.

B

A recent survey has shown that the most common preferred fruit is the apple, a delicious and nutritious fruit with a long history, for

班级	
姓名	
题号	
完形	
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七选五	
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4. _____ people often show a strong liking. It 5. _____ (say) that the taste of a fresh apple can bring great satisfaction to many people across different cultures. In fact, the only negative association with apples is in some old tales. People talk about “an apple that has gone bad”, 6. _____ (suggest) someone who causes trouble or has a bad influence on others.

C

One popular aspect of British culture is its tradition of drinking tea. The British all know they enjoy black tea with 7. _____ drop of milk—English Breakfast Tea. Hundreds of years ago, tea first 8. _____ (appear) in England and quickly became a national favourite. When it arrived in London 9. _____ the late 17th century, it was seen as a luxury item for the upper class. Behind its popularity was the British East India Company, 10. _____ (lead) by Sir Josiah Child, who never imagined tea would become an essential in every British household.

Ⅶ 阅读七选五(每小题 2 分,满分 10 分)
[2026·北京通州高一期中]

Should teenagers take action on environmental issues?

Climate change, pollution, and environmental destruction (破坏) are some of the biggest challenges we face today. Many adults are working hard to solve these problems. 1. _____ I believe that young people not only can but should play an active role in protecting our environment.

Teenagers have the energy and passion needed for environmental action. Unlike adults who may be busy with work and family responsibilities, young people often have more free time and fewer worries. This allows them

to focus on causes they care about. When teenagers believe in something, they put their whole heart into it. 2. _____

3. _____ The answer is that they don't need to become professional scientists or politicians to help the environment. Small changes in lifestyle can have a big impact when many people do them together. For example, using reusable water bottles instead of plastic ones, walking or biking instead of driving short distances, and turning off lights when leaving a room. These actions may seem small, but they add up to make a real difference.

Furthermore, taking action on environmental issues can actually help teenagers with their studies. 4. _____ Students who participate in environmental activities often become more interested in science subjects and perform better in school.

In short, teenagers should definitely take action on environmental issues. They have the passion and the ability to make a positive impact. The future of our planet depends on the actions that we take today. 5. _____ The time for action is now, and young people must be part of the solution.

A. But should teenagers also take action?
B. This passion can inspire others and create changes.
C. How can teenagers protect the environment effectively?
D. Teenagers can make a difference through simple daily actions.
E. Many courses teach valuable skills like research and teamwork.
F. Environmental protection is the responsibility of every teenager.
G. If we wait for someone else to solve these problems, it may be too late.

Period Three Lesson 2 Understanding and Coping with Stress

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 4 分)

- 1. His **previous** work experience gives him **confidence** to apply for a _____ (职位) in a big company.
- 2. **According to** the advice from these _____ (专家), we should pay more attention to the **quality** of the products.
- 3. His car broke down and he s_____ help from passers-by.
- 4. The factory r_____ waste by using new technology and saved a lot of money every month.

❷ 单句填空(每小题 1.5 分,满分 12 分)

- 1. As an _____ (edit), she is very good at using the **search engine** to find information.
- 2. I _____ (absolute) agree that we should start from small things, such as recycling **various** waste.
- 3. As a _____ (profession) photographer, he is very good at using **various digital hardware**.
- 4. This _____ (function) small desk is perfect for students who study and read in their bedrooms daily.
- 5. This plan is _____ (entire) different from the **previous** one, and it's more **challenging**.
- 6. The _____ (remove) of old books makes our classroom tidy and gives us more study space.
- 7. In her book, she described what encouraged her to start this _____ (organise)

and what the biggest **challenges** were.

- 8. The **stressful** work environment has caused a lot of _____ (tense) among the employees.

❸ 短语填空(每小题 2 分,满分 10 分)

- 1. _____ (坦率地说), I am not satisfied with the **quality** of the **digital** products in this store.
- 2. The club has 60 girls and 20 boys. _____ (换言之), there are three times as many girls as boys.
- 3. He _____ (遭受) serious **injury** to his back so he had to give up his training.
- 4. _____ (因为) the bad weather, the outdoor **voluntary** activity on **campus** had to be put off.
- 5. _____ (某种程度上), the **social media** has changed our **lifestyle**; however, we should also be aware of its bad effects.

❹ 句型训练(每小题 3 分,满分 6 分)

- 1. After finishing your homework, you will have an hour _____. (非谓语)
完成作业后,你将有一小时的时间放松并听音乐。
- 2. There are many people in this world _____ truth, goodness and beauty, and I am glad that I am one of them. (分词作定语)
世界上有很多人依然相信真善美,我很高兴我是其中之一。



V 阅读理解(每小题 2 分,满分 16 分)

A [2025·北京日坛中学高一期中]

Turning the lights out or wearing a blindfold while eating could be a quick way to lose weight, according to scientists. The simple trick works because it stops diners eating for pleasure rather than for calories. It also triggers (引发) a part of the brain that is worried that unseen food may go bad.

An experiment by the University of Konstanz, in Germany, found that people who were blindfolded consumed nine percent fewer calories before they felt full, compared to those who could see. They also vastly overestimated how much they had eaten because they could not see how much was left on the plate. Blindfolded volunteers estimated they had eaten 88 percent more than they actually had.

Scientists believe that not seeing food on the table also allows the body to know when it is full in real time rather than remembering past experiences where it might have taken a full plate to feel full.

In the experiment, 50 people were blindfolded and 40 were allowed to see their food. All were told not to eat within two hours of the experiment. They were then given three 95g bowls of chocolate ice cream and invited to eat for 15 minutes. Their bowls were taken away and the remaining ice cream was weighed, while the participants were quizzed on how much they thought they had eaten.

On average the group who could see ate 116g while the blindfolded group ate 105g. However, the blindfolded group believed they had eaten 197g while compared with 159g for the non-blindfolded volunteers. They were also asked how pleasant the ice cream tasted and the

blindfolded group rated lower than those who could see.

“The experienced pleasure of eating was significantly lower in the blindfolded group. Not seeing the food might have decreased the appetite. Sight plays an important role in the eating experience and in the overall dining experience.”

Previous studies have shown that the visual influence of food plays a large part in the taste. While restaurants that allow diners to eat in the dark state that it triggers other senses, in fact eating in darkness is likely to taste far milder than usual.

- () 1. With the lights out, diners eat less partly because _____.
A. they want to quickly finish their meals
B. they trust their feelings more than ever
C. they focus more on fun than the calories
D. they are concerned about the quality of the food
- () 2. We can learn from the passage that the blindfolded group _____.
A. spent a much longer time eating the same food
B. believed they ate more than they really did
C. depended on past experiences to feel full
D. thought the food tasted better than usual
- () 3. The last two paragraphs tell us that _____.
A. diners are likely to lose their appetite eating in darkness
B. other senses rather than sight play an important role in the taste
C. findings of this experiment differ from the previous studies
D. restaurants benefit a lot from allowing diners to eat in the dark

()4. The main purpose of the passage is to _____.

- A. provide statistics related to eating in the dark
- B. offer reasons for people to eat in the dark areas
- C. inform the readers of the result of an experiment
- D. persuade the readers to lose weight in a new way

B [2025·北京顺义第一中学高一月考]

It's a common experience: you're checking through a social media page, and you see pictures of friends travelling or going to parties. Suddenly you start to wonder why you're not doing those things. Are you missing out on something fun and exciting because you're locked into everyday life? This experience is known as FOMO—the fear of missing out. To some extent, people have always worried about missing out on social events. But with the rise of social media, FOMO is becoming much more common.

While wanting to take part in exciting things is completely normal, it can bring about some negative effects. For some people, it leads to obsession (着迷) with checking their phones to find out what other people are doing. Even while doing things that are fun or necessary, people can feel like there's something better going on elsewhere. This strong wish to connect can make them disconnect from the people they are actually with. It stops them from being satisfied with the good things in their lives. It can even be dangerous; some people try to check messages while driving.

So what can we do to overcome FOMO? Firstly, it's important to remember that what people tend to pick and choose to post on social media does not necessarily reflect their life overall, so we only know a small part of anyone

else's life. It's also important to accept your limitations. You cannot be everywhere and do everything that might be interesting, and that's OK. It might even be necessary to turn off your phone or log out of social media for a while. Stay away from the constant reminders of everything that's happening in the world. You can even set particular times in your day to check e-mail and social media. By stepping away for a time, you can view other people's lives in a reasonable way. Finally, focus on the things in front of you. Relish them, do them well and let everything else go. When you get fully involved in life, you'll worry less about what you're not doing.

Don't let the fear of missing out cause you to miss out on the good things you have in life. Relax, enjoy what you do and let other people enjoy their lives without envying them.

()5. According to the passage, what is FOMO?

- A. It's a social concern.
- B. It's an unusual experience.
- C. It's a physical problem.
- D. It's a born disadvantage.

()6. Experiencing FOMO, people may _____.

- A. like to drive fast
- B. be addicted to phone games
- C. prefer to stay alone
- D. be unsatisfied with real life

()7. What does the underlined word "Relish" probably mean?

- A. Balance. B. Change.
- C. Enjoy. D. Remember.

()8. According to the passage, what can help people overcome FOMO?

- A. Standing in others' shoes.
- B. Breaking their own limitation.
- C. Making friends as many as possible.
- D. Checking social media at specific times.

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Period Four Lesson 3 Your Life Is What You Make It (Reading)

课内基础巩固

❶ 单词拼写(每小题 1 分,满分 4 分)

1. I _____ (联系) my best friend at once when I found the lost notebook in the school library yesterday.
2. The new smartphone _____ (以……为特色) a high-quality camera and a large storage capacity.
3. There was a lot of _____ (笑声) in the café when we were chatting with friends.
4. The task is really _____ (困难的), so we need to seek more help.

❷ 单句填空(每小题 1.5 分,满分 18 分)

1. The road in the countryside is very _____ (dust). Thus, it's not convenient to travel.
2. _____ (typical), people in this area go to the café downtown on weekends to reduce stress.
3. Due to the _____ (stable) economy, many businesses are facing challenges.
4. The new software has a _____ (power) function that can meet various needs.
5. The advertisement on social media is very _____ (attract) and has drawn many people's attention.
6. Although it is challenging, it is a good chance for us to solve this problem _____ (independent).
7. I would appreciate it if you could take my _____ (apply) into account.
8. They showed thanks for the _____ (contribute) which was offered by people all over the province.

9. The hiker pushed ahead in his _____ (eager) to reach the mountain top before sunset.
10. In this way, you are likely to stay positive about life and be _____ (inspire) to others.
11. We had intended _____ (go) hiking on that rainy afternoon, but were stopped by our parents.
12. After the heavy rain, the _____ (mud) road made it hard for us to walk to school on time.

❸ 短语填空(每小题 2 分,满分 12 分)

1. We are proud that Lily will _____ (从……毕业) Harvard University this July.
2. The manager _____ (对……负责) organising the meeting and making sure everything goes well.
3. At that moment, _____ (各种各样的) thoughts were running through my head.
4. I treasure this as a good chance to broaden my mind _____ (以及) improve my spoken English.
5. She decided to _____ (放弃) her previous job and pursue another career.
6. A positive attitude can help us _____ (处理) stress and keep mental health.

❹ 句型训练(每小题 3 分,满分 6 分)

1. _____ before the screen is bad for our health, especially for our eyes. (非谓语)
在屏幕前待太久对我们的健康有害,特别是对我们的眼睛有害。

2. To be frank, _____ have a clear understanding of this. (部分否定)

坦率地说,并非所有的学生对此都有清楚的认识。

课后素养提升



错题本

Ⅰ 完形填空(每小题 1.5 分,满分 15 分)

[2025·北京理工大学附属中学高一期中]

When Susan was a high school senior, her English teacher Mr DiMeo gave the class a challenging task: recite a poem in front of the whole class.

“I had a mild stutter (结巴). I'd be 1 to get a word out that might begin with 'D' or 'TH', or I might say 'the' three times,” Susan said. The thought of getting up in front of her classmates and stuttering through the poem was too much to 2.

Susan went home and 3 how scared she was to her mum, who agreed to write a note asking for her to be 4 from doing the task in front of the whole class.

When the day of the recitation came, Susan recited the poem one-on-one to Mr DiMeo. When she was done, Mr DiMeo said something she'd never heard before: he 5 listening to her voice. For the first time, she considered the possibility that public speaking didn't have to be a source of 6.

Susan went on to graduate from high school and go to college. She never got to properly thank Mr DiMeo. But sometime after college, she 7 a job as a corporate trainer. The new position made her realize how big a(n) 8 he had had on her confidence.

“I stand up in front of people and speak, and I do it all the time. If I do stutter once in a while, no big deal,” she said. Susan recently found a way to 9 her former teacher, and plans on sending him a letter expressing her appreciation.

In her mind, Mr DiMeo is an unsung hero, because he's a big reason why she has a successful career and life. “I don't know where I would have gone if I felt like I had to keep my voice 10 because I was afraid of embarrassing myself. I'd like to thank him for that kindness.”

- ()1. A. continuing B. struggling
C. pretending D. hoping
()2. A. share B. express
C. find D. bear
()3. A. taught B. proved
C. revealed D. promised
()4. A. excused B. prohibited
C. corrected D. discouraged
()5. A. avoided B. hated
C. imagined D. liked
()6. A. jealousy B. worry
C. boredom D. loneliness
()7. A. wanted B. offered
C. landed D. created
()8. A. impact B. idea
C. choice D. stress
()9. A. judge B. contact
C. study D. interview
()10. A. sweet B. loud
C. quiet D. deep

Ⅱ 语法填空(每小题 1.5 分,满分 15 分)

[2026·北京东城汇文中学高一月考]

A

Listening to English radio programmes 1. _____ (help) me get used to how fast native speakers talk. Sometimes I even record my voice so I can listen to myself and compare my pronunciation 2. _____ the radio host's!

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My biggest headache is how to be polite in English. It's so easy to just say "Open the window!". But if I'm talking to someone 3. _____ isn't very close to me, I must make my request longer, and I must make it a question, not a demand.

B

This, however, changed under Emperor Qinshihuang of the Qin Dynasty (221-207 BCE). Emperor Qinshihuang united the major states into one unified country 4. _____ the Chinese writing system began to develop in one direction. That writing system was of great 5. _____ (important) in uniting the Chinese people and culture. People in modern times can still read the classic works 6. _____ were written by Chinese in ancient times.

C

Modern art 7. _____ (be) a subject of debate for years, with some arguing that it's too hard to understand. However, it's important to realize that modern art 8. _____ (serve) a key purpose in society. Artists continually experiment with new techniques and ideas, pushing the limits of what art can be. Whatever types of art pieces they create, modern artists challenge our views and force us to think 9. _____ (different). Understanding modern art requires us to go deeper into its meaning and context, 10. _____ in turn expands our world view.

Ⅶ 阅读七选五 (每小题 2 分, 满分 10 分)

[2026·北京房山高一期中]

As we move through life, we find that many things are out of our control. We can't choose what happens around us. One thing we can control is who our friends are.

1. _____ They make life more enjoyable. We get to share the beautiful aspects of life with people we love, which enriches our everyday

experiences. Friends also help us through difficult times. Their support can make very challenging situations more tolerable.

The most satisfying part of spending our time and energy on friendships is that not only do friends enrich our lives, but we enrich theirs too. However, not every friendship reaches this state of shared enrichment. 2. _____

Unfortunately, the people I had spent time with focused on work, not friendship. 3. _____ I joined a local hiking group, hoping to meet people with similar interests. During one of these hikes, I met Jim, one of my best friends to this day.

We became instant friends. We have continued to support each other over the years, and, even more importantly, we always make time for one another. We both view our friendship as one that improves each other's lives. 4. _____ The backbone of any successful friendship is mutual effort and support from both sides.

Both Jim and I were forced to put in more effort when he moved across the country to the East Coast. 5. _____ We make the relationship a priority no matter what coast each other is on. Like anything in life that is valuable to us, we must work at it and put time and effort into it.

- A. Friendships are important.
- B. It's always worth the time and effort.
- C. This made me decide to find new friends.
- D. Friendship requires regular communication.
- E. Starting new friendships can be slow going at first.
- F. We talk all of the time and see each other several times a year.
- G. It's worth reflecting on whether your own friendships are more one-sided.

Period Five Grammar

课内基础巩固

语法专练——动词不定式

❶ 用所给动词的适当形式填空(每小题 1.5 分, 满分 7.5 分)

1. We'll do what we can _____ (help) the editor polish (打磨) the article before publication.
2. More than once, our head teacher asks us _____ (develop) the habit of having a healthy lifestyle.
3. Though he often made his little sister cry, today he was made _____ (cry) by her.
4. All in all, actively communicating is the best way _____ (keep) a good relationship with people around you.
5. She should be the first student _____ (arrive) at the finish line, which was beyond our expectations.

❷ 语法与写作(每小题 3 分, 满分 12 分)

1. I think it's challenging but necessary for you _____.
我认为你学习一门第二语言是有挑战性的, 但是很有必要。
2. She was _____ an event promoting popular science in her community.
她是唯一一个在她的社区组织推广科普活动的人。
3. As a volunteer, the girl often visits sick kids in the hospital _____.
作为一名志愿者, 这个女孩经常去医院看望生病的孩子, 来使他们振作起来。

4. He feels it his duty _____.
他认为帮助那些处于困境中的人是他的责任。

词法专练——(v.-ed & v.-ing)形容词

❸ 用所给动词的适当形式填空(每小题 1.5 分, 满分 7.5 分)

1. Upon hearing the news, she definitely wore a _____ (disappoint) look on her face.
2. All the people fixed their eyes on me, which made me feel very _____ (embarrass).
3. In the city, you can enjoy an _____ (amaze) view from the Sky Tower, which is the city's tallest tower.
4. The tight schedule left me _____ (stress) out and wanting to go to bed early.
5. Listening to the expert's _____ (inspire) speech, I made up my mind to make great efforts.

❹ 语法与写作(每小题 3 分, 满分 9 分)

1. _____ that his name escaped me for the moment.
令人尴尬的是, 我一时想不起他的名字了。
2. As a native Spanish speaker, I am _____ learning more about different cultures and languages.
作为一个母语为西班牙语的人, 我有兴趣了解更多不同的文化和语言。
3. _____ have told me that he cares about me very much.
他担忧的眼神已经告诉我他很关心我。

课后素养提升

❶ 阅读理解(每小题 2 分, 满分 16 分)

A [2026·北京大学附属中学高一月考]

When I was a young girl in 8th grade, my

classmates told me how they met new friends and even chatted with celebrities on the Internet. I was intrigued and wanted to experience these



错题本

exciting things. I opened an online account; this was the beginning of my journey through the virtual world. As time went by, I became accustomed to checking social media more frequently. I buried myself in social media, chatting with friends and sharing my life with them. Social media was a source of happiness and more so, it brought a sense of satisfaction, pain, and frustration.

My newfound interest started interfering (干扰) with my schoolwork. Instead of checking my school notes in time as usual, I checked social media more often to see what was happening with my friends' lives. But I later discovered that by becoming more aware of other people's lives, I became less in tune with myself. I was more focused on the illusions social media presented than the realities of my life. Thus, I started to sense depression, jealousy and hatred as a result of comparing my life with others. And I became much like what the people in the virtual world expected of me.

Luckily, my phone went missing and my mother refused to get me a new one. I felt sad and lonely. However, her refusal led to something more meaningful to my life. Within a month, I became less concerned about other people's lives and more concerned about my courses. And I had more time to study and sleep.

Lack of social media also made me realize that social media had been interfering with my study habits and my private life. For example, I had no privacy. Anyone who had access to my social media profiles could easily find out where I lived. Moreover, I sometimes spent 15 hours browsing through social media without doing anything productive.

After examining my use of social media, I decided not to entirely quit social media, but to change the way I use it. I unfollowed sites that didn't contribute to positive or educative aspects

of my life. I only use social media to spread positive messages and connect with others. Social media is not inherently bad, but it becomes terrible when we are addicted to it.

- () 1. After creating an online account, the author _____.
A. became less in harmony with herself
B. showed no concern for her school work
C. lived a more exciting and satisfying life
D. cared more about others and felt happier
- () 2. Lack of social media made the author _____.
A. develop new hobbies
B. focus more on her studies
C. forget how to access her account
D. unfollow sites connected with her life
- () 3. The author might agree that social media _____.
A. ruins people's life and should be quit
B. broadens people's views of the world
C. challenges people's self-control ability
D. plays a primary role in people's life
- () 4. What is the passage mainly about?
A. A struggle in the days without phones.
B. Ways to get rid of social media addiction.
C. A personal experience with the virtual world.
D. Drawbacks of social media outweigh benefits.

B [2026·北京第九中学高一期中]

Recently, environmentalists have encouraged us to buy local food. This reduces “food miles”, that is, the distance food travels to get from the producer to the seller. They reason that the higher the food miles, the more carbon emissions (碳排放量). Buying local food, therefore, has a lower carbon footprint and is more environmentally friendly.

However, the real story is not as simple as that. If our aim is to reduce carbon emissions, we must look at the whole farming process, not

just transportation. According to a 2008 study, only 11% of carbon emissions in the food production process resulted from transportation, and only 4% came from the final delivery of the product from the producer to the seller.

In fact, imported food often has a lower carbon footprint than locally grown food. Take apples for example. In autumn, when apples are harvested, the best option for British people is to buy British apples. However, the apples we buy in winter or spring have been kept refrigerated for months, and this uses up a lot of energy. In spring, therefore, it is more energy-saving to import them from New Zealand, where they are in season. Heating also uses a lot of energy, which is why growing tomatoes in heated greenhouses in the UK is less environmentally friendly than importing them from Spain, where the tomatoes grow well in the local climate.

We must also take into account the type of transport. Transporting food by air creates about 50 times more emissions than shipping it. However, only a small number of goods are flown to foreign countries, and these are usually high-value, perishable (易腐烂的) goods which we cannot produce locally, such as seafood and out-of-season berries. Even then, these foods may not have a higher carbon footprint than locally grown food. For example, beans flown in from Kenya are grown in sunny fields using human labour and natural fertilisers (肥料), unlike in Britain, where we use oil-based fertilisers and machinery. Therefore, the total carbon footprint is still lower.

It's also worth remembering that a product's journey does not end at the supermarket. The distance customers travel to buy their food, and the kind of transport they use will also add to its carbon footprint. So driving a long way to shop

for food will wipe out any environmental benefits of buying locally grown produce.

Recently, some supermarkets have been trying to raise awareness of food miles by labelling (标记) foods with stickers that show it has been imported by air. But the message this gives is too simple. Lots of different factors contribute to a food's carbon footprint besides the distance it has travelled.

- ()5. What can we learn about “food miles”?
- A. It influences how people deliver and transport food.
- B. It will increase if people are encouraged to buy local food.
- C. It is the key factor contributing to a food's carbon emission.
- D. It shows how far the food goes from farmland to supermarkets.
- ()6. The author will probably agree that _____.
- A. transporting food by air is the most energy-saving type of transport
- B. storing local food creates more carbon emissions than importing food
- C. human labour and natural fertilisers can increase the carbon footprint
- D. growing out-of-season food takes less energy than importing food in season
- ()7. What is the author's attitude towards cutting food miles to reduce carbon emissions?
- A. Supportive. B. Negative.
- C. Confused. D. Hopeful.
- ()8. What is the best title of the passage?
- A. Food miles: Is buying local food always better?
- B. Carbon emissions: How to grow food in a greener way?
- C. Transportation: Does delivering food create carbon footprints?
- D. Carbon footprints: What does importing food bring to environment?

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