



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

必修第三册 RJ

CONTENTS

目录

主题读写

节日与庆典

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	观鸟节信息	应用文 写 02
◆ Tuesday	阅读理解	人与社会	体验巴西六月节	记叙文 写 04
◆ Wednesday	阅读理解	人与社会	烟花的替代品	说明文 写 06
◆ Thursday	阅读理解	人与社会	中外节日	说明文 写 08
◆ Friday	阅读七选五	人与社会	中国新年的今昔	说明文 写 10
◆ Saturday	完形填空	人与社会	“庆祝生命”活动	记叙文 写 12
◆ 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			写 14
	主题写作：节假日和庆祝活动			写 15
	读后续写微技能：续写开头			写 16

道德与美德

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自我	102 岁的医生 Howard Tucker	记叙文 写 18
◆ Tuesday	阅读理解	人与社会	捐款重建菜园	记叙文 写 20
◆ Wednesday	阅读理解	人与社会	颁发雏菊奖给护士	新闻报道 写 22
◆ Thursday	阅读理解	人与社会	诚实与金钱	说明文 写 24
◆ Friday	阅读七选五	人与自我	青少年应培养的四种美德	说明文 写 26
◆ Saturday	完形填空	人与社会	帮助听力有问题的人	记叙文 写 28
◆ Sunday	渐进写作微技能：优秀句子的表达技巧（七）运用 it 作形式宾语的高级句型			写 30
	主题写作：道德与美德			写 31

多元文化

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	美国文化小城	应用文 写 33
◆ Tuesday	阅读理解	人与自我	返乡寻得文化认同	记叙文 写 35
◆ Wednesday	阅读理解	人与社会	东西方文化差异	说明文 写 37
◆ Thursday	阅读理解	人与社会	文化多样性的价值	说明文 写 39
◆ Friday	阅读七选五	人与社会	文化多样性对教育的重要性	说明文 写 41
◆ Saturday	完形填空	人与社会	到纽约实习遇到的文化冲击	夹叙夹议文 写 43
◆ Sunday	渐进写作微技能：优秀句子的表达技巧（八）There be 句型			写 45
	主题写作：多元文化			写 46
	读后续写微技能：情节构建			写 47

太空探索

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与自然	学习宇宙知识的网站	应用文 写 50
◆ Tuesday	阅读理解	人与社会	宇宙飞船首次将全女性机组人员送入太空	新闻报道 写 52
◆ Wednesday	阅读理解	人与自然	人类移民火星是否正确	议论文 写 54
◆ Thursday	阅读理解	人与自然	NASA 开发的类人机器人 Valkyrie	说明文 写 56
◆ Friday	阅读七选五	人与自然	太空服的特点	说明文 写 58
◆ Saturday	完形填空	人与自然	脉冲星的发现	记叙文 写 60
◆ Sunday	渐进写作微技能：优秀句子的表达技巧（九）特殊句式之倒装句			写 62
	主题写作：探索宇宙空间			写 63

金钱的价值

星期	题型	主题	体裁	
◆ Monday	阅读理解	人与社会	四个挣钱的网站	应用文 写 65
◆ Tuesday	阅读理解	人与自我	对金钱的认识	记叙文 写 67
◆ Wednesday	阅读理解	人与社会	美国人储蓄现状	说明文 写 69
◆ Thursday	阅读理解	人与自我	把钱花在经历上	议论文 写 71
◆ Friday	阅读七选五	人与社会	给高中毕业生的理财建议	说明文 写 73
◆ Saturday	完形填空	人与社会	钱包失而复得	记叙文 写 75
◆ Sunday	渐进写作微技能：优秀句子的表达技巧（十）特殊句式之强调句型和省略			写 77
	主题写作：情感态度和价值观			写 78
	读后续写微技能：续写结尾			写 80

参考答案

写 83

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。

节日与庆典

Monday 阅读理解

练新鲜时文 探主题意义

词数 246

难度 ★★★

建议用时 7 分钟

正确率 ____/3

Sagres Birdwatching Festival

In October, birders from all over the world will attend the Sagres Birdwatching Festival, the largest birdwatching event in Portugal. You can see migratory (迁徙的) birds as well, who use Sagres as their main crossing point on their way towards Africa.

Main Activities

The **guided** tours are a **highlight** of the event. Experienced guides take **participants** to the best **observation** spots in the region, where tourists can learn more about the behaviour and migration patterns of various species.

The festival also offers several **workshops** on topics such as bird **identification**, nature photography, and environmental conservation.

Celebrated biologists share their knowledge through lectures, discussing the importance of migratory routes and the challenges birds face during their journeys.

Preparation Tips

Tours and workshops fill up quickly, so it's advisable to secure your spot in advance.

To make the most of your birdwatching experience, a quality telescope and a good camera are **essential**.

October in Sagres can have unpredictable weather. Wear comfortable, waterproof clothing to ensure you enjoy the festival in any condition.

Entrance Fees

Entrance to the festival is free. Activities like bird counts and bird ringing, which **contribute to** scientific research, you can participate in freely. For some programmes, such as dolphin watching, there is a cost. In order to participate in the activities, you need to have the festival bracelet (手链), which you can get freely in the event **headquarters** near the fortress of Beliche.

() 1. In which aspect can a tourist benefit from a guided tour?

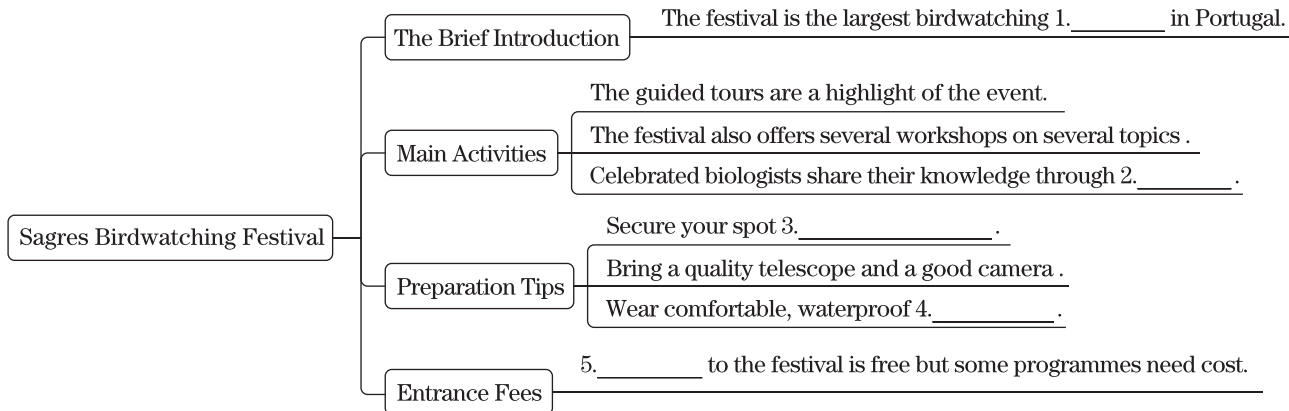
- A. Improving photography skills.
- B. Acquiring knowledge of bird behaviour.
- C. Identifying the birds in habitats.
- D. Gaining insights into bird protection efforts.

() 2. What are tourists advised to bring?

- A. Field guides.
- B. Water bottles.
- C. Water-resistant clothes.
- D. Suncream and umbrellas.

() 3. Which of the following should visitors pay for?

- A. Bird counts.
- B. Bird ringing.
- C. Festival bracelets.
- D. Dolphin watching.



词海拾珠

1. guided *adj.* 有指导的;有向导的→guide *n.* 导游 *v.* 指导→_____ *n.* 指导
2. highlight *v.* 突出,强调,(使)醒目 *n.* 最好的部分;强光部分
3. participant *n.* 参加者→participate *v.* 参加
4. observation *n.* 观察,监视→_____ *v.* 观察;遵守;庆祝
5. workshop *n.* 研讨会;车间
6. identification *n.* 识别;身份证明→_____ *v.* 识别,确认
7. celebrated *adj.* 有名的,著名的→celebrate *v.* 庆祝;称赞→celebration *n.* 庆典,庆祝;赞扬
8. essential *adj.* 至关重要的 *n.* 必需品;基本知识
9. contribute to 有助于,导致;捐献;投稿
10. headquarters *n.* 总公司,公司总部

【举一反三】

一词多义 secure

【原句再现】Tours and workshops fill up quickly, so it's advisable to **secure** your spot in advance.
旅游项目和研讨会很快就会满员,所以最好提前确保名额。

secure *v.* 争取到,得到;使固定;保护;抵押 *adj.* 安心的;稳定的;坚固的

【猜测词义】

- (1) Make sure to **secure** the tent firmly to avoid it falling during strong winds. ()
- (2) We need to **secure** the data from cyber attacks when surfing the Internet. ()
- (3) After three years of efforts, she **secured** a scholarship to study abroad. ()
- (4) The bridge has a **secure** structure that can withstand strong winds. ()
- (5) With a **secure** job, she felt more confident about her future. ()

句型透视

【原句】Experienced guides take participants to the best observation spots in the region, where tourists can learn more about the behaviour and migration patterns of various species.

【分析】本句是一个复合句。where 在句中引导_____从句,先行词是 the best observation spots.

【翻译】经验丰富的导游会带参与者到该地区最佳的观察点,在那里游客可以更多地了解各种物种的行为和迁徙模式。

【仿写】[2025·全国一卷] 经过仔细考虑,我更喜欢“Fun at my school”栏目,在这里我们可以记录每天的欢笑,并以一种独特的方式保存我们的共同记忆。

After careful consideration, I show my preference for the “Fun at my school” column, _____.

词数 312

难度 ★★★

建议用时 7 分钟

正确率 ____/4

In Brazil, a country known for endless parties, the “winter” continues to be full of events that generally celebrate the corn harvest in the Northeast. The whole month of June is filled with block parties, street parties, and even school parties **in honour of** the harvest. It is Festa Junina, or the June Festival.

Since the beginning of the month, I have heard people talking about their plans to attend these parties, of which eating, drinking, and dancing are the main goals. As a foreigner, I’ve come to realize that this is an important time in Brazil—yet it’s **largely** unknown to outsiders. Near my house, in the local park, I noticed **decorations** being put up. I thought it would be a perfect chance to experience this special festival myself.

After my students described Festa Junina in their own words, two curious colleagues (同事) and I decided to go to the party on Saturday night. Upon arrival, I noticed the party was decorated with cute, colourful flags and lanterns. It was much more crowded than I had expected—people from **all walks of life** were there to celebrate the festival together. The men wore plaid (格子图案) shirts, jeans, straw hats, and boots, just like farmers, while the women wore dresses with flower or plaid prints, along with straw hats decorated with flowers and hair bows.

There were food stands selling many types of typical Brazilian “Northeast country” dishes. Typical foods are often made with corn or peanuts, which are present in the main meals in Brazil. I tried canjica, a type of corn pudding.

The native band played songs in a local music style called forró, and people gathered together on the dance floor, waiting for someone—even a stranger—to ask them to dance. As for me, I tried to dance, but I had eaten so much **heartly** food that I found it hard to keep up with the rhythm (节奏). Still, it was great fun, and I’m glad to have had the chance to see how Brazilians celebrate this **time-honoured** festival!

() 1. What made the author have the idea of attending Festa Junina?

- A. Her colleagues’ description. B. The dream to understand others.
C. Her wish to fit in with the locals. D. The lively celebration atmosphere.

() 2. What can be inferred about Festa Junina from the text?

- A. It features Brazilian country culture.
B. It leads to the most parties in Brazil.
C. It aims to bring family members together.
D. It draws many tourists from all over the world.

() 3. Why was the author unable to dance at the party?

- A. The music was strange to her. B. She was too full to dance well.
C. The dance was hard to learn. D. The floor was too crowded.

() 4. What does the text mainly talk about?

- A. A foreigner’s first visit to Brazil.
B. Winter parties for the corn harvest.
C. Native Brazilian food and dance.
D. Experiencing the June Festival in Brazil.

语篇分析

My experience of Festa Junina in Brazil

Para.1: Brazil hosts Festa Junina every June to celebrate 1. _____ in the Northeast.

Para.2: Curious about this little-known local festival, the author decided to 2. _____ it.

Para.3: The author joined the festival party and saw people of all ages 3. _____ traditional costumes celebrating joyfully.

Para.4: The festival offered 4. _____ corn and peanut snacks, and the author tried a local corn pudding.

Para.5: The author enjoyed the lively music and tried dancing, feeling 5. _____ to experience this ancient Brazilian festival.

词海拾珠

- 1. in honour of 为纪念……; 为庆祝……
- 2. largely *adv.* 在很大程度上; 多半; 主要地
- 3. decoration *n.* 装饰; 装饰物 → _____ *v.* 装饰; 装潢 → _____ *adj.* 装饰性的
- 4. all walks of life 各行各业; 社会各阶层
- 5. hearty *adj.* 热情友好的; (饭菜) 丰盛的 → _____ *adv.* 衷心地; 尽情地 → heart *n.* 心脏; 内心
- 6. time-honoured *adj.* 历史悠久的

【举一反三】

一词多义 stand

[原句再现] There were food **stands** selling many types of typical Brazilian “Northeast country” dishes. 街边设有小吃摊, 售卖各式各样巴西“东北部乡村”特色美食。

stand *v.* 站立, 直立; 忍受, 忍耐; 位于, 坐落 *n.* 摊位, 售货摊; 看台, 观众席; 立场, 态度

[猜测词义]

- (1) I can't **stand** being disturbed while studying. ()
- (2) An old temple **stands** at the foot of the mountain. ()
- (3) We stopped at a fruit **stand** to buy some fresh mangoes. ()
- (4) Fans cheered loudly from the **stands**. ()
- (5) We should take a clear **stand** against unfair treatment. ()

句型透视

[原句] In Brazil, a country known for endless parties, the “winter” continues to be full of events that generally celebrate the corn harvest in the Northeast.

[分析] a country known for endless parties 为 Brazil 的同位语, 结构为过去分词短语作后置定语, 修饰 Brazil; 主句为 the “winter” continues to be full of events; that generally celebrate the corn harvest in the Northeast 为 _____, 修饰先行词 events, that 在从句中作主语。

[翻译] 巴西是一个以无尽盛会闻名的国家, 其“冬季”依然充满各类庆典活动, 这些活动大多是为了庆祝东北部地区的玉米丰收。

[仿写] 人生这场得失相伴的旅途, 每一段经历都塑造着我们的品格。

In life, a journey _____, every stage is full of experiences _____.

词数 348

难度 ★★★

建议用时 7 分钟

正确率 ____/4

During festivals, we might end the day with an evening fireworks show that is big and bright. But there are other ways to **light up** the sky that are safer and quieter.

For the second year **in a row**, more US communities are choosing laser (激光) light shows that are set to **programmed** music or futuristic drone (无人机) light shows that feature drones with colour-changing lights.

While many people look forward to a traditional festival celebration of fireworks, it may be a cause for concern. Besides the fire and safety dangers, there are other environmental issues including air and water pollution. Dr Kimberly Prather, a chemistry professor at UC San Diego, developed an instrument that can measure the parts of the pollutants that are released into the atmosphere during a fireworks show. She said that one of the biggest concerns was the **emissions** of heavy metals including lead, which give fireworks dramatic colours. These metals are very harmful to breathe in. Moreover, the noise from fireworks is also a concern for people and even animals. So using light shows is a better way to go.

The town of Taos, New Mexico will be putting on a laser light display instead of a fireworks show, according to *Taos News*. The town cancelled its fireworks in 2022 due to the severe drought and wildfires and passed a fireworks ban from May 17-July 7. While there was no ban in 2023, the town was asking people to be **cautious**.

Laser light shows use a laser **beam**—or many beams—set to music to show **striking** colours and patterns in the sky. Another thing to replace fireworks shows is drone light shows. With new technology, drones can be programmed to recreate almost any design.

In 2022, Imperial Beach, California used a drone show after the fireworks show was cancelled at the last minute. While people had mixed feelings, more communities are turning to drone light shows. While a light show may not be as exciting, it's a safer choice for people and the environment.

() 1. What question is the third paragraph intended to answer?

- A. Why light shows are a better choice.
- B. Why fireworks can be kept in control.
- C. How fireworks are damaging the planet.
- D. How people are worried about fireworks.

() 2. Why were fireworks cancelled in Taos in 2022?

- A. To encourage the use of light shows.
- B. To restore the local environment soon.
- C. To prevent natural disasters happening.
- D. To change the way of celebrating festivals.

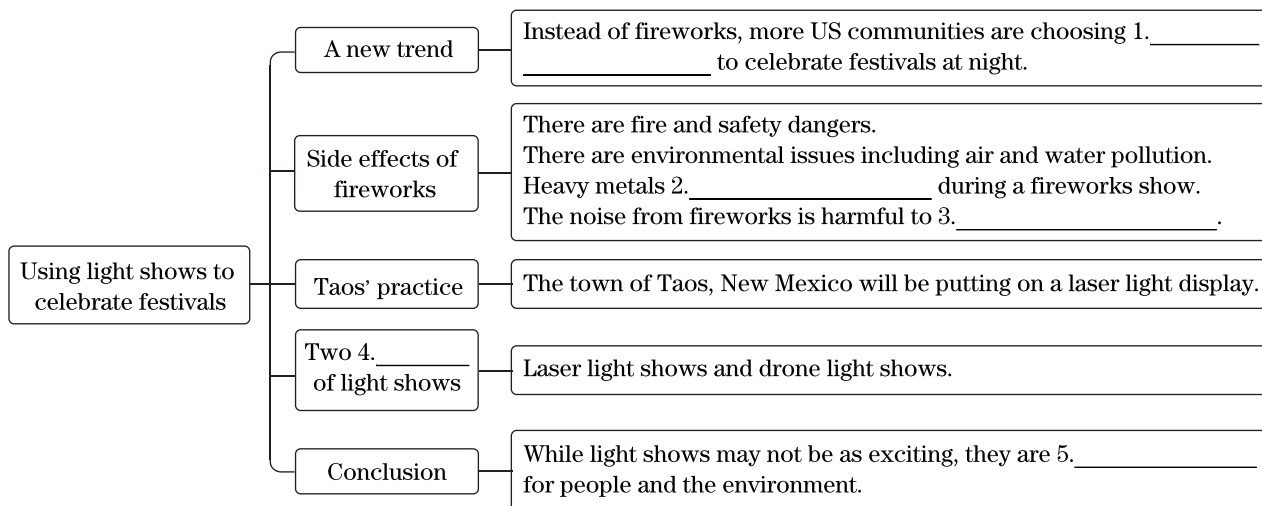
() 3. What do you know about drone light shows?

- A. They are globally popular.
- B. They are well accepted.
- C. They are more attractive.
- D. They have a long way to go.

() 4. What can be inferred from the text?

- A. People care more about daily celebrations.
- B. Celebrations are the main cause of pollution.
- C. Festivals are celebrated in a greener manner.
- D. Technology provides profitable ways to celebrate.

语篇分析



词海拾珠

- light up 照亮;呈现高兴的情绪;点香烟
- in a row 连续
- programme *v.* (给计算机)编写程序,设计程序;预设 *n.* 项目;计划,方案;(电视或广播的)节目
- emission *n.* 排放(物),散发物→ _____ *v.* 排放,散发
- cautious *adj.* 谨慎的→ _____ *n.* 小心;慎重
- beam *n.* 光线,光柱;梁,横梁 *v.* 发出(无线电信号);(光,光源)照射;喜笑颜开
- striking *adj.* 引人注目的,异常的;妩媚动人的,标致的→ _____ *v.* 撞击,碰撞 *n.* 罢工;袭击

【举一反三】

一词多义 **cause**

[原句再现] While many people look forward to a traditional festival celebration of fireworks, it may be a **cause** for concern.

虽然许多人期待着传统的烟花节日庆祝活动,但这可能引发担忧。

cause *n.* 起因,原因;事业 *v.* 引起

[猜测词义]

- (1) Smoking is the biggest preventable **cause** of death and disease. ()
- (2) The Raleigh International Bike Ride is open to anyone who wants to raise money for a good **cause**. ()
- (3) This was a genuine mistake, but it did **cause** me some worry. ()

句型透视

[原句] For the second year in a row, more US communities are choosing laser (激光) light shows that are set to programmed music or futuristic drone (无人机) light shows that feature drones with colour-changing lights.

[分析] 本句是一个复合句。句中并列连词 **or** 连接两个名词短语 **laser light shows** 和 **futuristic drone light shows**, 作谓语 **are choosing** 的 _____; 这两个名词短语之后都有一个由 **that** 引导的 _____ 从句。

[翻译] 连续第二年,更多的美国社区选择预设音乐的激光灯光秀,或者选择配有变色灯的极其新潮的无人机灯光秀。

[仿写] 最近我完成了一幅关于一个老人在河边钓鱼的新画。(定语从句)

词数 308

难度 ★★★★★

建议用时 7 分钟

正确率 ____/4

In earlier times festival activities would always be regarded as having great **significance**. Later, festivals often became **characterized** by carnivals in which some of the **original** significance was lost as people gathered together to enjoy a good time.

Nowadays, among the festivals celebrated in China are specific days that honour particular social groups or professions, such as the National Day, Teachers' Day and Women's Day, and the time-honoured festivals, such as the Spring Festival and Mid-Autumn Festival, whose origins can date back to thousands of years ago and which are now celebrated as national holidays. There are other festivals that people celebrate **to varying degrees** such as the Chongyang or Double Ninth Festival as well as many regional group festivals.

In modern times, some Western festivals, such as Christmas, Valentine's Day, Mother's Day and Father's Day, although not public holidays, are enjoyed by young people and have become "new celebrations" in Chinese society.

Actually, Christmas in China is more of a day for fun, friendship and fondness than a religious celebration. Shopping centres in the big cities are filled with Christmas elements, such as Christmas trees and Santa Claus. But in general, Valentine's Day, Mother's Day and Father's Day are the most popular Western festivals in China.

The cultural exchanges between China and the rest of the world help many Chinese accept foreign festivals, which in turn enrich their daily lives. At the same time, the introduction and acceptance of foreign festivals show the inclusiveness (包容) of Chinese culture.

However, while recognizing the positive **contributions** these foreign festivals make to cultural exchanges between China and other countries, we should also recognize that the values of these foreign festivals may be different. We should strengthen the preservation and promotion of China's traditional festivals and prevent the commercial opportunities presented by Western festivals from giving them too much importance.

() 1. What is the purpose of Paragraph 2?

- A. To show the functions of festivals.
- B. To tell readers some Chinese festivals.
- C. To introduce the origins of some festivals.
- D. To stress the large number of Chinese festivals.

() 2. What does the underlined word "elements" in Paragraph 4 probably mean?

- A. Objects.
- B. Gifts.
- C. Wishes.
- D. Pictures.

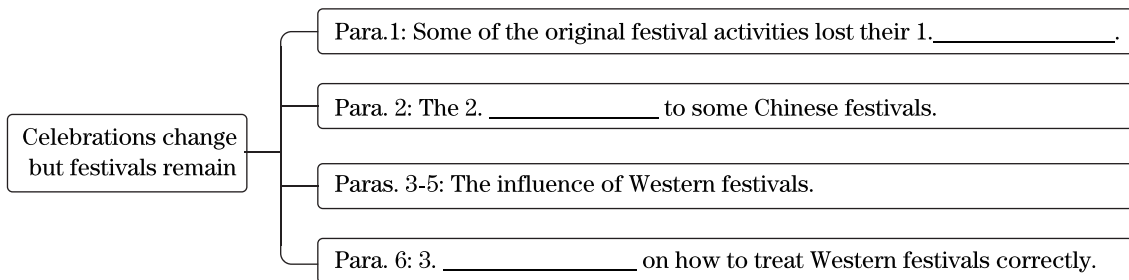
() 3. What plays a role in the Chinese's acceptance of foreign festivals?

- A. The richness of their daily life.
- B. The similarity among festivals.
- C. The Chinese people's kindness.
- D. Cross-cultural communication.

() 4. What should we avoid about foreign festivals?

- A. Celebrating them.
- B. Learning about them.
- C. Stressing them too much.
- D. Discovering their certain values.

语篇分析



词海拾珠

1. significance *n.* 重要性, 意义; 意思, 含义 → _____ *adj.* 重要的, 意义重大的
2. characterize *v.* 成为……的特征, 以……为典型; 描述, 刻画 → _____ *adj.* 典型的; 独特的; 特有的 *n.* 特征; 特点; 品质 → _____ *n.* 人物, 角色; 性格, 品质; 特色, 特征
3. original *adj.* 起初的, 原先的; 原作的; 独创的 → _____ *n.* 起源; 出身
4. to varying degrees 在不同程度上
5. contribution *n.* 贡献, 促成作用; 捐款, 捐助; 稿件 → _____ *v.* 贡献; 撰稿; 捐献; 是……的原因之一 → _____ *n.* 贡献者; 投稿者; 捐助者

【举一反三】

一词多义 present

[原句再现] We should strengthen the preservation and promotion of China's traditional festivals and prevent the commercial opportunities **presented** by Western festivals from giving them too much importance.

我们应该加强对中国传统节日的保护和推广, 防止西方节日带来的商业机会给予它们过多重视。

present *adj.* (人)在场的, 出席的; 现在的, 目前的 *n.* 现在; 礼物 *v.* 颁发; 提交; 提出; 表达, 陈述(观点、计划等); 显露; 产生

[猜测词义]

- (1) Did you get your mother a **present** on Mother's Day? ()
- (2) The **present** situation is quite different from what we expected. ()
- (3) All the students were required to be **present** at the lecture. ()
- (4) In the meeting, she **presented** her views on the project clearly and firmly. ()
- (5) A cheque **presented** by Mr Jackson was returned by the bank. ()

句型透视

[原句] However, while recognizing the positive contributions these foreign festivals make to cultural exchanges between China and other countries, we should also recognize that the values of these foreign festivals may be different.

[分析] 本句是一个复合句。其中“while + *v.* -ing”部分在句中作 _____, that 引导 _____ 从句。

[翻译] 然而, 在认识到这些外国节日对中国和其他国家之间的文化交流做出积极贡献的同时, 我们也应该认识到这些外国节日的价值观可能是不同的。

[仿写] 在锻炼时, 至关重要的是你应该保持身心平衡。(while)

词数 276

难度 ★★★

建议用时 7 分钟

正确率 ____/5

Chinese New Year—then and now

I have not been back in Malaysia to **celebrate** Chinese New Year for many years now. The late January to mid-February period is the beginning of the school term in the United States. It is also the time when many **projects** are being **launched** at my workplace. 1. _____ When talking to my family in Malaysia, I get a sense that many things have changed over the years in the way this holiday is being celebrated.

One change is that there are many more media outlets to celebrate Chinese New Year. 2. _____ You can have professional video **presentations**. If my grandfather were still around today, he would **have** a very **hard time** insisting that the screen **was** just **made up of** little dolls being operated by men.

3. _____ This was a popular **medium** among Chinese music stores. In our family, although everyone spoke Hokkien, the Chinese New Year music was always in Mandarin.

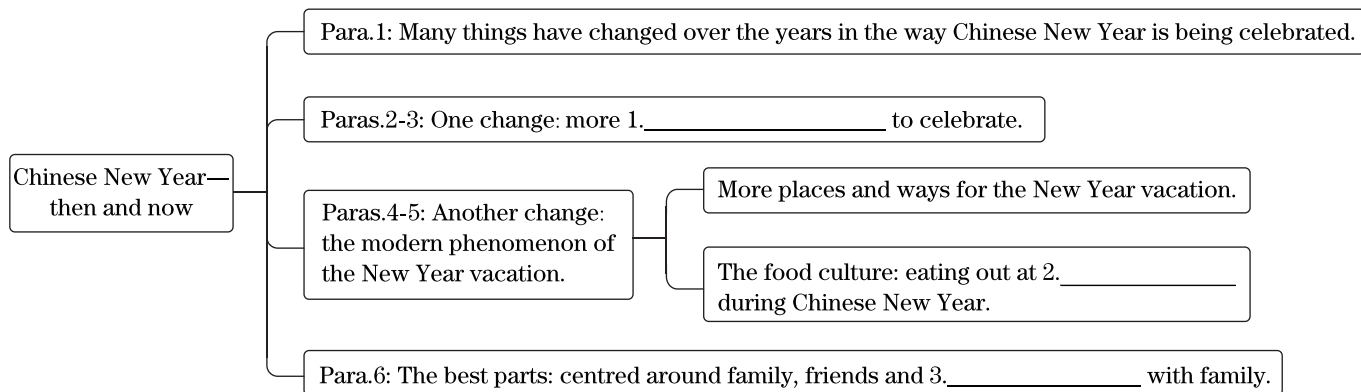
Another change is the modern **phenomenon** of the New Year vacation. It is now common to see people making a beeline for ski slopes or the beaches. Going for such vacations was unheard of all those years ago. 4. _____ It was only excusable if one had to visit distant parents.

When it comes to food culture, the modern phenomenon is that people often eat out at restaurants during Chinese New Year. During my childhood, restaurants were closed for at least the first three days of the new year. Everything had to be cooked at home. 5. _____

As I looked back, I realized that the best parts of Chinese New Year memories often centred around family and friends and the meals with family.

- A. That's because home-made food was popular.
- B. Leaving for a 3-week holiday is not a good idea.
- C. When it comes to music players, they also changed.
- D. So the kitchen was always busy during the holiday.
- E. For Chinese New Year music, we relied on Dad's tape player.
- F. Leaving an empty house during Chinese New Year was a no-no.
- G. The online celebrations are no longer limited to the typed letter.

语篇分析



词海拾珠

- celebrate *v.* 庆祝 → _____ *n.* 庆祝; 庆典
- project *n.* 项目, 工程
- launch *v.* 发动, 发起; 上市, 发行 *n.* (航天器的) 发射; (产品的) 上市; (事件的) 发起
- presentation *n.* 展示的方式; 上演, 演出; (颁奖等) 仪式, 典礼; 授予, 颁发 → _____ *v.* 颁发; 赠送; 显示
- have a hard time (in) doing sth 做某事有困难
- be made up of 由……组成
- medium *n.* (*pl.* media) 媒介; 手段; 方法 *adj.* 中等的; 中号的
- phenomenon *n.* (*pl.* phenomena) 现象

【举一反三】

名词动用

英语中的名词动用是一种语言现象, 通过这种方式, 名词可以承担动词的角色, 从而增强语言的表达力和多样性。

如: centre *n.* 中心 → *v.* 以……为中心, pocket *n.* 口袋 → *v.* 把……装在口袋里

【原句再现】As I looked back, I realized that the best parts of Chinese New Year memories often **centred** around family and friends and the meals with family.

当我回首往事时, 我意识到有关中国新年记忆中最美好的部分往往集中在家人和朋友以及与家人的用餐上。

【猜测词义】

- He **nursed** his mother through her illness. ()
- She **blanketed** the baby in a soft woolen cloth. ()
- People were **streaming** out of the station. ()
- She is outdoors **gardening** every afternoon. ()
- After I had **pictured** my senior high school life over and over again in my mind, the big day finally arrived. ()

句型透视

【原句】When it comes to food culture, the modern phenomenon is that people often eat out at restaurants during Chinese New Year.

【分析】本句是一个复合句。when it comes to... 意为“_____”。that 引导_____。

【翻译】当说到饮食文化时, 现代的现象是人们在春节期间经常去餐馆吃饭。

【仿写】谈及与他人交友时, 帮助建立长久关系的秘诀是多倾听少评判。

_____, the secret that helps build lasting relationships is _____.

词数 258

难度 ★★★★★

建议用时 15 分钟

正确率 ____/15

It was a December evening, and the joy of the festival was gradually **building up**. Yet in my heart I 1 an obvious **contrast** beyond the lights and decorations. I saw some sad faces around me, each 2 a story telling their struggles in the real world. At that moment, a thought 3 me **forcefully**: “What if we celebrated those who have never been celebrated before?”

I was obviously aware of the 4. In my own life, I had been through pain and sorrow and had spent days 5 over situations out of my control. It was during these dark moments that people **entered** my life, bringing joy, and 6 up my **existence**.

In order to spread this joy further, I 7 launched an event known as “Celebrating Lives”. It was more than a simple 8, which was about sharing the message. We know that celebrating the lives of those around us is extremely 9. We hosted dinners for people, sent sweets, juices to everyone, and held speeches 10 their wonderfulness. Our actions brought them a sweet and sincere 11 and the joy on their faces brought an even greater smile to us.

Life is an echo(回声) of our 12, and there is a noble kind of joy in 13 others. It's the fabric(织物) that weaves **humanity** together. So, I extend this 14 to everyone: let's make “the joy of giving” our second 15. Let's be the light of hope for someone who possibly searches for it.

- | | | | |
|-----------------------|-----------------|-----------------|------------------|
| () 1. A. required | B. recognized | C. represented | D. removed |
| () 2. A. carrying | B. reflecting | C. harvesting | D. gathering |
| () 3. A. recalled | B. passed | C. struck | D. spoke |
| () 4. A. hardships | B. trends | C. power | D. sound |
| () 5. A. looking | B. walking | C. weeping | D. moving |
| () 6. A. wrapping | B. speeding | C. filling | D. brightening |
| () 7. A. fortunately | B. eagerly | C. usually | D. probably |
| () 8. A. celebration | B. anniversary | C. festival | D. entertainment |
| () 9. A. various | B. meaningless | C. important | D. practical |
| () 10. A. accepting | B. analysing | C. appreciating | D. checking |
| () 11. A. sweat | B. idea | C. sign | D. smile |
| () 12. A. habits | B. actions | C. positions | D. discussions |
| () 13. A. lifting up | B. pushing over | C. dragging on | D. pressing in |
| () 14. A. invitation | B. praise | C. appointment | D. apology |
| () 15. A. talent | B. future | C. basis | D. nature |

词海拾珠

1. build up 增长, 加强
2. contrast *n.* 对比
3. forcefully *adv.* 强有力地→forceful *adj.* 强有力的→force *v.* 强迫, 用力推动 *n.* 暴力, 军事力量
4. enter *v.* 进入→_____ *n.* 入口
5. existence *n.* 存在; 生活→_____ *v.* 存在; 生活→_____ *adj.* 现存的
6. humanity *n.* 人性→human *n.* 人类; 人

【举一反三】

一词多义 extend

[原句再现] So, I **extend** this invitation to everyone...

所以, 我向大家发出邀请……

extend *v.* 延伸; 扩大, 扩展; 展开(尤指手臂或腿); 扩大……的范围; 延长, 使延期; 提供, 给予

[猜测词义]

- (1) She **extended** her arms to greet her mother. ()
- (2) The deadline for submitting the report has been **extended** by two days. ()
- (3) The government plans to **extend** the highway to connect more cities. ()
- (4) The teacher **extended** her congratulations to the students on their success. ()
- (5) The library is **extending** its collection of books to include more subjects. ()

句型透视

[原句] It was during these dark moments that people entered my life, bringing joy, and brightening up my existence.

[分析] 本句是一个特殊句式。其中“It was... that...”是_____句型, 用来重点说明就是在这些黑暗时刻人们起到的作用。

[翻译] 正是在这些黑暗的时刻, 人们走进了我的生活, 给我带来了快乐, 照亮了我的生活。

[仿写] 我认识到, 只有通过尊重他人, 我们才能获得同等的尊重。

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

学 写作知识

it 作形式主语的常用句型

(1) It + 系动词 + 形容词 (necessary/right/likely/unlikely/wrong/important/certain 等) + that... 如：

[2025·全国一卷] It is important that we (should) record our shared happy memories.

重要的是，我们应该记录下我们共同的快乐回忆。

(2) It + be + 名词 (短语) (a pity/a shame/no wonder/one's desire 等) + that... 如：

It is my desire that I can secure a position in a leading tech company where I can work on cutting-edge artificial intelligence projects.

我希望能有一家领先的科技公司获得一个职位，在那里我可以从事前沿的人工智能项目。

(3) It + be + 过去分词 (said/told/reported/decided 等) + that... 如：

It is suggested that the meeting (should) be put off.
有人建议会议推迟。

(4) It + 特殊动词 (seem, appear, happen, matter) + that... 如：

It happened that he met his teacher in the street.
碰巧他在街上遇到了他的老师。

(5) It doesn't matter who/whether... 如：

It doesn't matter whether he comes to the meeting or not.

他来不来参加这个会议无关紧要。

(6) It is kind (of sb) to do sth. 如：

It is kind of you to help strangers in need.

你真好，愿意帮助有困难的陌生人。

(7) It is important/necessary/normal/possible (for sb) to do sth. 如：

It is necessary for drivers to follow traffic rules strictly. = It is necessary that drivers (should) follow traffic rules strictly.

司机必须严格遵守交通规则。

(8) It takes sb... to do sth. 如：

It took thousands of people many years to build the Great Wall.

建造长城花了成千上万人很多年的时间。

(9) It is no good/no use/useless doing sth. 如：

It is no use regretting what you have done.

后悔已经做过的事是没用的。

练 写作技能

根据句意完成下列句子

1. _____ ; we're all here to have fun.

谁赢得比赛并不重要，我们大家都是来享受乐趣的。

2. _____ I have missed a wonderful football match.

真遗憾我错过了一场精彩的足球比赛。

3. It is a little tough _____ this problem.

解出这道题对我来说有点困难。

4. Comfortable sneakers are necessary and _____

_____ you wear sport shirts so you can play better.

舒服的运动鞋是很有必要的，而且建议你们穿运动衫以便能玩得更好。

5. To begin with, I think _____ you have models to imitate which are written not only beautifully but correctly and neatly.

首先，我认为你有写得既漂亮又正确、整洁的范本来模仿是重要的。

6. It takes great courage _____ .

克服这么多困难需要很大的勇气。

主题写作：节假日和庆祝活动

话题总述

“节假日和庆祝活动”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。它包括世界各地的节日、庆祝活动及庆祝这些活动的经历和感受等。

词句复现

[常见词块]

- 1. 庆祝周年纪念日 _____
- 2. 表演节目 _____
- 3. 出席一个仪式 _____
- 4. 用……装饰…… _____
- 5. 在特殊场合 _____
- 6. 对某人表示敬意 _____
- 7. 重视 _____
- 8. 家庭团圆 _____
- 9. 起源于…… _____
- 10. 适逢，正当 _____

[常见表达]

- 1. _____, we decided to hold a family party to celebrate the important day.
随着母亲节的临近，我们决定举办一场家庭聚会来庆祝这个重要的日子。
- 2. Walking into the classroom, Ms Li was surprised to find we were standing in a line, _____ “Happy Teachers’ Day!”
李老师走进教室，她惊讶地发现我们站成一排，鼓着掌并大声喊“教师节快乐！”
- 3. On the eve of Chinese New Year, each family has its members gather together and _____.
在除夕夜，每个家庭的成员团聚在一起，吃团圆饭。
- 4. You will _____, our traditional festival, and its related customs.
你们将有机会了解到我们的传统节日端午节和其相关习俗。

主题范文背诵

假如你是李华，你的美国笔友 Tony 计划在元

宵节期间到中国旅游，特写信向你询问相关信息，以便更好地体验中国传统文化。请你给他写封回信，内容包括：

- 1. 节日时间；
 - 2. 传统活动。
- 注意：1. 词数 80 个左右；
2. 可以适当增加细节，以使行文连贯。

参考词汇：元宵节 the Lantern Festival 阴历的 lunar

【精彩美文】

Dear Tony,

I’m writing to tell you something about the Lantern Festival in China.

Widely known as a big traditional event, the festival **falls on** the 15th day of the first lunar month to celebrate the end of the Spring Festival **as well as** the family reunion. **Generally speaking, apart from** eating *yuanxiao*, the typical snack for the festival, there will be a grand lantern fair **where we can enjoy countless eye-catching lanterns** and guess various riddles.

I bet your visit will never **fail to impress you with the charm of traditional Chinese culture.**

Yours,
Li Hua

主题写作仿写

假定你是校学生会主席李华，为增强学生对民族文化的自信，今年你校将举办端午节传统文化活动。请你给外教 David 写封邮件，邀请他参加。内容包括：

- 1. 活动时间和地点；
- 2. 活动内容和意义。

注意：词数 80 个左右。

Dear David,

Yours,
Li Hua

读后续写微技能：续写开头

营造一个好的续写开头，重点要关注两方面：内容的衔接和语言的实效。

一、内容的衔接

续写开头一定是原文或本段首句的一个延展，所以在内容上一定要衔接自然、展开合理。具体可从三方面着手：1. 目之所及；2. 心之所想；3. 行之所动。

1. 目之所及——场景描写

首句：We drove through several states and saw lots of great sights along the way.

续写：I looked out of the car window, winding rivers, lofty mountains, sunny beaches and deep valleys holding me entirely in their fascination.

【思路点拨】在首句中找到关键词 saw，很自然就会对所看到的风景进行续写，续写部分(对窗外景色的描写)与上文衔接自然，成功地抓住了读者的注意力。

2. 心之所想——心理描写

首句：Finally, the elephant led Natalie to her father.

续写：Seeing her father safe and sound, she was first relieved and then wild with joy.

【思路点拨】在首句中找到关键词 finally，由此可以得知故事的结尾——小女孩骑着大象找到了父亲，顺理成章就可以对小女孩的心理进行描写，来推动情节的发展，看到父亲安然无恙，首先是松了一口气，再写出女孩见到父亲的激动心情。

3. 行之所动——动作描写

首句：The police and the victim's mother had arrived on the scene.

续写：Kim dashed into the safety of her mother's arms, safe and sound.

【思路点拨】首句提到妈妈到达了现场，续写部分用 dashed into 这个动词短语反映了 Kim 见到妈妈时的第一反应，即一头扎进她怀里。

二、语言的实效

★ 续写开头的语言，需要准确恰当地与上文衔接，有效推动情节发展。副词开头、形容词开头和非谓语动词开头是三种常见且表达效果非常好的续写开头句式。

1. 副词开头

首句：But no more helicopters came and it was getting dark again.

续写：Immediately, absolute darkness ruled the forest.

【思路点拨】由时间副词 immediately 衔接，再加上环境描写，烘托了森林里紧张的气氛。

2. 形容词开头

首句：Suddenly a little rabbit jumped out in front of my horse.

续写：Afraid that I might hurt the lovely small creature, I automatically let out a cry to stop my horse.

【思路点拨】续写部分用“情绪形容词 + 从句”的形式，很好地体现了“我”看到小兔子突然跳到“我”的马前的第一反应。

3. 非谓语动词开头

首句：But no more helicopters came and the day became dark.

续写 1: Feeling disappointed, Jane had to stay alone for another night.

续写 2: Surrounded by darkness, Jane began to regret leaving her husband without her mobile phone.

【思路点拨】续写 1 用现在分词作状语，表达了 Jane 对没有直升机来救援，且天也黑了的失望之情。

续写 2 用过去分词作状语，延续首句中 dark 这个场景，表达了 Jane 因被黑暗包围而产生的后悔之情。

【跟踪演练】

I. 根据提示完成续写开头

1. We had no idea where we were and it got dark.

_____ (又累又饿),
I wondered if we could find our way back. (形容词作状语)

2. It was at daybreak when the girl woke up.

_____ (感到神清气爽),
she continued to walk along the stream to find the way out. (现在分词作状语)

3. Russell was saved from the fire, but he was badly burnt, bleeding heavily. _____ (幸运的是), he was taken to hospital and survived. (副词)
4. A few days later, the results of the competition were announced. _____ (她心跳加速) as the teacher read the winners' names. (心理描写).
5. As soon as Jean left the hospital, she managed to get the couple's address. _____
_____ (她准备了一份精致的答谢礼物, 诚心登门拜访). Jean _____
_____ (再三致以诚挚谢意), _____ (说道) she could never have survived the terrible accident without their selfless help. (动作描写)

II. 读后续写

阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

"Happy New Year, everyone!" Jimmy's dad put a plate of hot pancakes down on the centre of the table. "It's the first day of the year. What's your resolution (决心要做的事) for the next twelve months?" Jimmy's sister, Julia, spoke first. "I want to get an A in maths. I'm going to practise my flashcards every day." Julia poured syrup (糖浆) on her pancakes and began to eat.

"What about you, Jimmy? What's your big goal for the year?"

Jimmy thought about it. He had never made a New Year's resolution before. "Does a resolution have to be about school?" he asked. Dad smiled, "No, Jimmy. A resolution can be about anything you want. It's just a promise you make to yourself to try to do something in the future." Hearing that, Jimmy sat and thought. He was already good at maths. He wasn't sure he wanted to make a promise about doing extra homework. He would like to be better at baseball and hit a home run in the summer. It would be hard, though, to practise

baseball in the winter when there was snow on the ground.

"I'll have to think about it," Jimmy said. Then he went back to his room. He did his best thinking on his bed, but he had to step over all of his toy trucks and a few dirty socks to get there. He also had to move his comic books and stuffed animals off of his bed before he could sit down.

Jimmy looked around his room. It was pretty messy. He would have to clean it up before he could have friends over on Sunday. It usually took all day Saturday to clean up. That meant Jimmy couldn't play until he was finished.

"That's it!" Jimmy cried. "I'll clean my room every Friday right after school. Dad will be happy, and I will be able to play all weekend." Jimmy smiled. He was happy that he found a resolution that would make his New Year much better than the past year.

注意: 续写词数应为 150 个左右。

Paragraph 1:

The following Friday arrived, and Jimmy remembered his resolution. _____

Paragraph 2:

From then on Jimmy never forgot the resolution, resulting in changes and benefits even beyond cleaning. _____

道德与美德

Monday 阅读理解

练新鲜时文 探主题意义

词数 330

难度 ★★★★★

建议用时 8 分钟

正确率 ____/4

<https://www.readersdigest.com.au/true-stories-lifestyle/inspirational/worlds-oldest-practicing-doctor-shares-his-secrets-to-a-long-life>

While most people slow down with age, Dr Howard Tucker has spent more than a century proving that **passion** and purpose are the best medicine.

At 102 years old, the American neurologist (神经学家) has lived so **extraordinary** a life that it earned him a Guinness World Record as the oldest **practising** doctor—an honour he received just before turning 99.

“**Retirement**, I think, is the enemy of longevity (长寿),” Dr Tucker recently told Al Roker on NBC’s *Today*. “You have to have some purpose in life and get up in the morning and know what you’re about.” Even after the hospital where he worked shut its doors in 2022, ending his medical practice at 100, Tucker hasn’t **ruled out** returning to clinical work. “If it wasn’t for the closure, I’d absolutely still be seeing patients,” he told *People*. “Nobody wants me at my age—but I’ll keep trying.”

His **enthusiasm** for life has drawn the public attention, especially through *What’s Next*, a documentary about his life produced by his grandson and the film has **become a hit** quickly on social media.

Dr Tucker **credits** his longevity not just to good genes—his parents lived to 84 and 96—but to lifestyle options. His daily routine reflects that philosophy. He snowshoes in the winter, walks for at least four kilometres a day, and eats a mostly clean diet—fruit and cereal (谷物) in the morning, fish and vegetables at night. Lunch is often skipped to maintain **mental clarity**. Dr Tucker also says it’s important to keep the brain **stimulated**.

With his 103rd birthday **on the horizon**, Dr Tucker says he isn’t concerned about the end. “I never think of death,” he said in an interview. “You may think I am overconfident, but I always think to be alive is to know that you’re going to die because life is a fatal disease. And so I live it **to the fullest**.”

() 1. What does Dr Tucker think of retirement?

- A. It’s a necessary part of life.
- B. It’s a time to rest and relax.
- C. It’s a time to start a new hobby.
- D. It is a barrier to living a long life.

() 2. What contributes to Dr Tucker’s longevity?

- A. Excellent family genes.
- B. Long-term balanced diet.
- C. Good genes and lifestyle choices.
- D. Regular exercise and avoiding mental work.

() 3. Which of the following best describes Dr Tucker?

- A. Curious and modest.
- B. Ambitious and sensible.
- C. Energetic and engaged.
- D. Humorous and disciplined.

() 4. What does the text mainly talk about?

- A. Underlying philosophies of longevity.
- B. Secrets of a 102-year-old doctor’s lively life.
- C. Ideal approaches to living healthily for us.
- D. Ways to become a Guinness World Record holder.