



主编：肖德好

全品高考

短平快

英语

-----本册主编-----

张英杰

-----编者-----

杨 柳 杨喜威

程文俊 王 菲



黄河出版传媒集团
阳光出版社

图书在版编目 (CIP) 数据

全品高考短平快：新课标. 英语 / 肖德好主编. —银川：阳光出版社，2014. 9
(2019. 9 重印)

ISBN 978-7-5525-1415-5

I. ①全… II. ①肖… III. ①英语课—升学参考资料 IV. ①G634

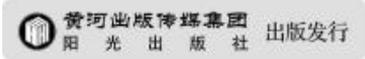
中国版本图书馆 CIP 数据核字 (2014) 第 194792 号

全品高考短平快 英语 新课标

肖德好 主编

责任编辑 李少敏

封面设计 锦时创意



地 址 宁夏银川市北京东路 139 号出版大厦(750001)

网 址 <http://www.ygchbs.com>

网上书店 <http://shop129132959.taobao.com>

电子信箱 yangguangchubanshe@163.com

邮购电话 0951-5014139

经 销 全国新华书店

印刷装订 河北远涛彩色印刷有限公司

开 本 880mm×1230mm 1/16

印 张 13

字 数 416 千字

版 次 2014 年 9 月第 1 版

印 次 2019 年 9 月第 6 次印刷

书 号 ISBN 978-7-5525-1415-5

定 价 48.80 元

版权所有 翻印必究

第一部分

题型组合限时快练

第一周

精练 1	阅读理解 2篇 + 阅读七选五	001
精练 2	阅读理解 2篇 + 完形填空	003
精练 3	阅读理解 2篇 + 语法填空 + 短文改错	005
精练 4	阅读理解 2篇 + 阅读七选五 + 短文改错	007
精练 5	完形填空 + 语法填空	009
⊕基础回顾特色练 (一)		010

第二周

精练 6	阅读理解 2篇 + 阅读七选五	011
精练 7	阅读理解 2篇 + 完形填空	013
精练 8	阅读理解 2篇 + 语法填空 + 短文改错	015
精练 9	阅读理解 2篇 + 阅读七选五 + 短文改错	017
精练 10	完形填空 + 语法填空	019
⊕基础回顾特色练 (二)		020

第三周

精练 11	阅读理解 2篇 + 阅读七选五	021
精练 12	阅读理解 2篇 + 完形填空	023
精练 13	阅读理解 2篇 + 语法填空 + 短文改错	025
精练 14	阅读理解 2篇 + 阅读七选五 + 短文改错	027
精练 15	完形填空 + 语法填空	029
⊕基础回顾特色练 (三)		030

第四周

精练 16	阅读理解 2篇 + 阅读七选五	031
精练 17	阅读理解 2篇 + 完形填空	033
精练 18	阅读理解 2篇 + 语法填空 + 短文改错	035
精练 19	阅读理解 2篇 + 阅读七选五 + 短文改错	037
精练 20	完形填空 + 语法填空	039
⊕基础回顾特色练 (四)		040

第五周

精练 21	阅读理解 2篇 + 阅读七选五	041
精练 22	阅读理解 2篇 + 完形填空	043
精练 23	阅读理解 2篇 + 语法填空 + 短文改错	045
精练 24	阅读理解 2篇 + 阅读七选五 + 短文改错	047
精练 25	完形填空 + 语法填空	049
⊕基础回顾特色练 (五)		050

第六周

精练 26	阅读理解 2篇 + 阅读七选五	051
精练 27	阅读理解 2篇 + 完形填空	053
精练 28	阅读理解 2篇 + 语法填空 + 短文改错	055
精练 29	阅读理解 2篇 + 阅读七选五 + 短文改错	057
精练 30	完形填空 + 语法填空	059
⊕基础回顾特色练(六)		060

第七周

精练 31	阅读理解 2篇 + 阅读七选五	061
精练 32	阅读理解 2篇 + 完形填空	063
精练 33	阅读理解 2篇 + 语法填空 + 短文改错	065
精练 34	阅读理解 2篇 + 阅读七选五 + 短文改错	067
精练 35	完形填空 + 语法填空	069
⊕基础回顾特色练(七)		070

第二部分

试卷板块限时抢分

第八周

精练 36	阅读理解 40 分提速练	071
精练 37	语言知识运用 45 分精准练	074
精练 38	写作 35 分规范增分练	075

第九周

精练 39	阅读理解 40 分提速练	076
精练 40	语言知识运用 45 分精准练	079
精练 41	写作 35 分规范增分练	080
⊕基础回顾特色练(八)		081

第十周

精练 42	阅读理解 40 分提速练	082
精练 43	语言知识运用 45 分精准练	085
精练 44	写作 35 分规范增分练	086

第十一周

精练 45	阅读理解 40 分提速练	087
精练 46	语言知识运用 45 分精准练	090
精练 47	写作 35 分规范增分练	091
⊕基础回顾特色练(九)		092

参考答案	093
------	-----



特色专项

TESE ZHUANXIANG

本册另附分册

第一部分：特色题型增分练 → 训练 1 至 40 → 阅读七选五 + 语法填空 + 短文改错

第二部分：考前提分精准练 → 训练 41 至 48 → 语法填空 + 短文改错 + 书面表达

第三部分：考前回归词汇练 → 训练 49 至 56 → 常考易错拼写 300 句

精练 1 阅读理解 2篇 + 阅读七选五

(限时:20 分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
应用文	生活与学习	宾馆结账	☆☆	237

Knowing what to do at checkout and properly preparing for it can turn a potentially heated situation into a quick thank you and goodbye. Below we made a list of five things you should remember at hotel checkout.

Don't be late to check out.

Hotels may add an extremely high price for being just a half hour late. If you know you won't make the cut-off time, it never hurts to call ahead and try to negotiate away a potential charge.

Don't forget to double-check the room and safe.

Make sure you don't leave things behind. If you have an early flight or checkout time, pack up as much as you can the night before so that a last-minute rush isn't too annoying. Also, be sure to take out anything in the room safe.

Don't forget to tip the housekeepers.

It's always polite to leave some money for the people keeping your room clean.

Don't ignore the detailed bill.

You may be in a rush, but give the detailed bill a careful look to see if the hotel charge is different from the rate you initially booked.

Don't get angry.

Shouting at the assistant manager standing behind the front desk probably won't help when dealing with an unexpected item on the bill. Think about how difficult it can be to deal with annoyed customers. Keep calm and things may be solved(解决) better and sooner.

1. The hotel will charge you more money if you _____.

- A. check out before cut-off time
- B. do not call the hotel ahead
- C. are late in checking out
- D. negotiate with the clerks

2. Which of the following does the author suggest doing?

- A. Leaving something behind.
- B. Being sure to keep the room clean.
- C. Doing the pack-up as early as possible.
- D. Tipping the housekeepers to show respect.

3. What is the purpose of the last paragraph of the passage?

- A. To suggest a way to solve problems properly.
- B. To provide more information about the hotel.
- C. To show the uneasiness of assistant managers.
- D. To protect customers from unnecessary dangers.

4. In which section of the magazine can you probably find such a passage?

- A. Travel.
- B. Nature.
- C. Lifestyle.
- D. Fitness.

B

体裁	课标主题群	主题内容	难度	词数
记叙文	社会服务与人际沟通	小善举有大作用	☆☆☆	322

My neighbour Orlando is a paramedic (急救医士). He and his wife are some of the nicest people I have ever met. A few years back we started this sort of "favour war", where one of us would do something for the other, such as shovelling their driveway(铲除车道上的积雪) or helping them build a shed, and next time the other would try to top it with another favour.

Yesterday morning there was maybe two or three feet of snow on the ground and I remembered he shovelled my driveway for me last snowfall. So I took out my shovel and took care of both our sidewalks and driveways because it was my turn to do a favour back. It took a while but I finished and got into my car for work. What I didn't realize was that Orlando had to work that day too.

Fast-forward to this morning when I got a knock on my door. It was him. He immediately shook my hand and informed me that because I shovelled his driveway and sidewalk for him, he was able to get to work earlier. As soon

as he started his shift, a call came through that a young boy was in a medical emergency. Luckily he and his partner were only about two minutes away, but the next closest ambulance was in 10 minutes. This kid did not have 10 minutes. He barely had two minutes. Because my neighbour got to work sooner, the young boy got to live his life.

This isn't a humble brag(自夸). This is to inform others that even the smallest favours can have the biggest impacts. It wasn't too much of trouble to shovel his driveway for him, but because I did, the young kid got to see his family again, go back to school again, talk to his friends again and live his life.

5. What can we know about the writer and Orlando?

- A. They once had a conflict.
- B. They signed a favourable agreement.
- C. They favour shovelling snow together.
- D. They are always ready to help each other.

6. Who saved the boy before it was too late?

- A. The writer.
- B. The boy's parents.
- C. Orlando and his wife.
- D. Orlando and his partner.

7. What does the writer intend to tell us?

- A. Never ask for trouble.
- B. No favour is too small.
- C. One cannot always be lucky.
- D. Don't lose heart in an emergency.

II. 阅读七选五

体裁	课标主题群	主题内容	难度	词数
说明文	生活与学习	饮食紊乱	☆☆☆	246

Signs of an eating disorder

About 30 million Americans live with an eating disorder. 8 Yet many others are often hidden in plain sight. It's important to know the symptoms in those who might be at risk of an eating disorder.

They're constantly talking about dieting.

The discussion around changing eating habits is incredibly common. Look at any lifestyle magazine or website and you'll

likely find dieting tips and advice. 9 If someone you love is constantly talking about food or their dieting habits, it might be a sign of concern.

10

Changes in mood or behaviours surrounding food or exercise can be signs of concern. This could mean a switch in activity level like overexercising, too often counting calories, frequently visiting the bathroom after eating, fasting or eating too much. 11

They're constantly turning down food-centric social gatherings.

Avoiding social interactions such as birthday parties or going out to dinner with friends is a significant danger signal. People living with the condition have an intense focus on food or body image. They will keep away from situations—likely ones that once brought them joy—where that determination might be tested.

The best way to support someone who may be experiencing an eating disorder is by talking with them, but when and how you do it matters. 12 Approach them with love and compassion, and let them know that you care about them and that you notice that there is something they may be struggling with.

- A. This also might come with noticeable weight loss or gain.
- B. However, being trapped in that discussion is a different story.
- C. Their fitness or eating habits are constantly out of the ordinary.
- D. Mood changes associated with eating may also be a danger signal.
- E. It should be away from the normal routine and outside of a mealtime.
- F. Some symptoms of an eating disorder may be more visible to the eyes.
- G. Eating disorders are a group of conditions marked by an unhealthy relationship with food.

精练 2 阅读理解_{2篇} + 完形填空

(限时:30分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
记叙文	社会服务与人际沟通	朋友之间矛盾的化解	☆☆☆	388

When Lina was awoken by the sound of thunder, she was alone on the island. The air was cool and bullfrogs croaked. It was that brief moment when the summer sun had set but the stars hadn't yet appeared. Lina rubbed her eyes and looked around.

"Hello?" she called. "Celia? Marie?"

There was no response.

The moon was rising now, shedding light on the island. They had always called it "Forgotten Island" because no one but they seemed to remember its existence. It wasn't on any of the maps they could find, and even the forest rangers didn't know about it. Lina loved that the island, hidden in a heavily-wooded side stream of the river, was a secret between the three friends—her, Celia, and Marie.

But now Lina was here alone, and it was night. Worse still, it was her own fault.

"Come on, Lina, let Marie row the boat," Celia had said. Marie was two years older than Lina, but she was a hopeless rower. That's why Lina refused and rowed the boat to the island. The argument that followed the refusal took the usual form. Celia took Marie's side, as she always did. Lina had exploded and yelled at them to just leave. So they got back in the boat and left.

A bolt of lightning crossed the darkened sky, accompanied by a deafening thunderclap. The storm was here. As the first cold raindrop slid down her neck, Lina's mind returned to her current problem. She was stuck here by herself. She just hoped she didn't become as forgotten as the island. The thought of it sent a chill(寒意) down her back.

Suddenly, Lina spotted something in the water. It was a boat, and inside it were Marie, Celia, and Marie's dad, who was steering through the fast flowing water. As the boat approached, they saw Lina waving and the worried expressions on their faces turned to relief.

In her excitement, Lina jumped into the river. Only once she was in the icy water did she remember how fast the water was moving. Luckily a strong arm reached into the water and pulled her out. She smiled weakly at Marie's dad and, without a word, hugged Celia and Marie. They didn't seem to mind becoming wet.

1. What can be inferred about the island?

- A. It is very near the ocean.
- B. It is a popular place for boating.
- C. It is surrounded by thick forest.
- D. It has never been reached by others.

2. Why did Lina get angry?

- A. Marie would not help row the boat.
- B. Lina was left alone on the island.
- C. Marie didn't know how to row the boat.
- D. Celia supported Marie in the disagreement.

3. What caused Lina to feel a chill?

- A. Her shame about the unnecessary argument.
- B. The first raindrop of the approaching storm.
- C. The idea that no one would come to save her.
- D. The drop in temperature as the sun went down.

4. Who pulled Lina out of the water?

- A. Marie's father.
- B. Lina herself.
- C. Marie.
- D. Celia.

B

体裁	课标主题群	主题内容	难度	词数
记叙文	生活与学习	参加网络写作比赛	☆☆	296

The boy sat on his chair, with his hand above the keyboard. He thought about what to write.

He recalled that the competition deadline was merely a week away. But he still had not even started on his piece. He looked at the brochure again. "WRITING COMPETITION!" the title read. His mum had encouraged him to enter the writing competition, and now he was taking it on as his personal task for the holidays.

As the boy reflected on his previous writing efforts, he realized how hopeless his task of winning was. Every story he ever wrote was based on other stories. He had little imagination, and unfortunately, imagination was the key to writing.

Suddenly, he had a brainwave. This time, he came up with an original and imaginative story.

The words shot towards him like a storm of leaves. Words were coming easily, flowing through him, faster than he could type. He typed faster than he ever had before. He continued to type, amazed at how easy writing this story was. The boy could not stop writing. He looked at the word count and saw the number "248" staring right back at him. He was not even halfway yet.

精练 3 阅读理解_{2篇} + 语法填空 + 短文改错

(限时:25 分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
应用文	历史、社会与文化	冬季啤酒节	☆☆	295

Best southern winter beer festivals to challenge your taste

Bluffton International & Craft Beer Festival

This festival is considered to be “The Best Little Beer Fest in the US”. This festival shows over 125 beers from more than 40 breweries (啤酒厂) across the US and focuses on unique and new beers that you usually can't find in a grocery store. The festival even has hourly surprises of a limited quantity of rare beers as well as food for those who can arrive in time.

Bayou Beer Fest

The Bayou Beer Fest is the premier beer festival in the Bayou Region of southern Louisiana and is held at the historic 19th century sugar farm, making it a truly memorable beer festival. The festival will provide hundreds of beers from state-based, national, and even international breweries. Of course, there will also be food to purchase, and several Louisiana-style musical acts to keep the festival alive.

Key Largo Brew on the Bay

It's actually winter at this beer festival held in the largest section of the Florida Keys. The festival covers two days, and will feature at least 40 different breweries, including local breweries. Besides, because it does harm to your health to enjoy beer on an empty stomach, Brew on the Bay will feature a food court, with fresh Florida lionfish, fish sandwiches, and shellfish.

Yagas Chili(辣椒) Quest & Beer Fest

Beer and chili go together like peas and carrots, so you will not want to miss the annual Yagas Chili Quest & Beer Fest. The festival will feature over 100 import beers, including rare finds and a few surprises prepared for all people present. Of course, there will also be a variety of tasty chilis for you to try.

1. What can you enjoy on the Bayou Beer Fest?

- A. Local music.
- B. Sugar juice.
- C. Free beers.
- D. Delicious food.

2. Which festival could offer you some seafood?

- A. Bluffton International & Craft Beer Festival.

B. Bayou Beer Fest.

C. Key Largo Brew on the Bay.

D. Yagas Chili Quest & Beer Fest.

3. What makes Yagas Chili Quest & Beer Fest special?

A. Surprises for people.

B. The most import beers.

C. Various vegetables.

D. Hot taste food.

B

体裁	课标主题群	主题内容	难度	词数
夹叙夹议文	社会服务与人际沟通	小善举有大意义	☆☆☆	348

This story happened when I was in Saint Lucia with my family. My sister, Diana, who also happens to be my best friend and one of the funniest and kindest people I know, went blind in one eye about nine years ago. Diana sometimes feels concerned about the way her eye looks now. The pupil (瞳孔) is no longer black; it's a sort of “glow” in photos. Diana recently purchased a special contact lens (隐形镜片) that makes her eye look like it did before it changed colour, but she doesn't wear this lens often because her eye becomes quite painful after about an hour.

One night during our holiday, a hotel photographer was taking pictures of the guests as they entered the area set up for dinner. Diana casually said if she had known there were going to be pictures taken to capture this special memory, she would have worn her contact lens so her eye wouldn't be so shiny in the picture.

The next day, I was sitting with Diana and her husband Ted. While we were talking, the photographer, who had been at the dinner the night before, handed her a photo, leaned in and quietly said, “I matched the colour of your eye in the picture.”

As he walked away, my sister happily said to me and Ted, “Look! He fixed my eye!” The photographer stopped. He turned around and walked back to our table. He put his hand on Diana's shoulder, leaned in again and gently said, “Just to be clear; I didn't fix your eye. There isn't anything wrong with your eye. I simply matched the colour.” Her eyes filled up with tears. It was very healing for her heart to hear these beautiful words. It didn't take much time but made so much difference. It helped her change the way she feels about herself.

I have always loved the quote: “The world is full of good

people. If you can't find one, be one!" Your acts of kindness can impact the world in profound ways!

4. The author's sister bought a contact lens in order to _____.
- A. keep the pupil comfortable
B. show off the beautiful colour of her pupil
C. protect her eye from the strong sunlight
D. avoid the pupil being too bright and shiny
5. Diana felt _____ when she knew there were going to be photos taken for the dinner.
- A. excited
B. proud
C. regretful
D. shocked
6. Tears welled up in Diana's eyes because _____.
- A. she was touched by the photographer
B. she felt her eye was so painful
C. she was hurt by the gesture of the photographer
D. she felt so sad that she didn't wear her lens
7. What's the best title of the passage?
- A. A shiny pupil
B. A considerate photographer
C. The act of kindness counts
D. The contact lens makes a difference

II. 语法填空

体裁	课标主题群	主题内容	难度	词数
说明文	科学与技术	北斗卫星发射	☆☆☆	215

Two new satellites of the BeiDou Navigation (导航) Satellite System (BDS) 8. _____ (send) into space on a *Long March-3B* carrier rocket from the Xichang Satellite Launch Centre in Sichuan Province, China at 2:07 am on November 19, 2018. The satellites entered the Medium Earth Orbit 9. _____ (safe) more than three hours later and will work with 17 other BDS-3 satellites already in space. They are also the 42nd and 43rd 10. _____ (member) of the BDS satellite family.

China launched these satellites with 11. _____ aim of providing navigation services for countries and regions which participate in the Belt and Road Initiative (倡议) by the end of 2018. "This is a key step for BDS developing 12. _____ a Chinese experimental system to a regional and then a 13. _____ (globe) navigation system," said Yang Changfeng, chief designer of the BeiDou system. "The positioning 14. _____ (accurate) of the BDS-3 system has been improved to 2.5 metres to 5 metres," said Yang.

15. _____ (name) after the Chinese term for the Big Dipper constellation, the BeiDou system has been serving

China for 18 years 16. _____ another six BDS-3 satellites will be put into the Medium Earth Orbit from 2019 to 2020. The system is expected 17. _____ (provide) first-class services around the globe by the end of 2020.

III. 短文改错

体裁	课标主题群	主题内容	难度	词数
应用文	生活与学习	申请加入舞蹈班	☆☆	148

Dear Sir/Madam,

I'm writing in response to your advertisement in the *Bingley Times* in March 2nd. I'm very interesting in joining your dance classes and would be grateful unless you could answer a few questions I have.

Your advertisement states that a number in the classes was kept to a minimum. How much people are there in each class? As I work every day until five o'clock, I would also like to know the times of the classes. In addition, I'd like to know if I need any special shoes for the classes, and I'd greatly appreciate if you could tell me where to buy any necessary equipments. Finally, as it's my intention to attend to these classes regularly, could you also send me details of prices or membership fees?

Thank you for your kind attention. Please reply at your earliest convenience.

Yours faithfully,
Elaine Richards

精练 4 阅读理解 2篇 + 阅读七选五 + 短文改错

(限时:25 分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
说明文	环境保护	白蚁对生态系统的作用	☆☆☆	355

Trees, some of the tallest in the world, towered above Hannah Griffiths and her colleagues each morning as they walked deep into the rainforest in the Maliau Basin in Borneo, where they had set up a set of experiments to look at the ecological effects of small creatures: termites(白蚁).

Termites get a bum rap. They make the headlines for chewing up billions of dollars of properties each year in the US. And they are responsible for something like two per cent of global carbon emissions, simply as a result of their huge populations and preference for chewing through carbon-rich materials. A whole industry is aiming at killing them.

But they play a key role in many natural ecosystems. Scientists have known for years that in tropical (热带的) forests, termites chew up fallen leaves and dead wood, keeping the fallen material under control and letting nutrients from the dead material back into the system to be used by other plants, insects, and animals. But they didn't know exactly how important the insects were in keeping the forest healthy and functional, so they removed termites from a particular spot in the forest and saw how it responded.

As luck would have it, Hannah Griffiths and her colleagues started their experiment when the forest was hit by an extreme drought (干旱). During the non-drought years, they saw there wasn't much difference between the normal plots and the ones where they'd removed the termites. But during the drought, the effects were marked. What they found was unexpected; in the termite-rich areas, the soil stayed slightly wet, more tree seedlings sprouted (抽芽), and the system was full of activity despite the long, hard dry spell.

For Griffiths, it was only because they happened to study the drought that they could pick out the real importance of termites to the system, she points out. "And that rings alarm bells in my head," she says, "because it makes me think, well, what else we don't know. If we start damaging biological communities, we don't know what that will do."

1. Which of the following best explains "a bum rap" underlined in Paragraph 2?

- A. Unfair blame. B. Wide popularity.
C. Public attention. D. Special preference.

2. What have scientists learned about termites?

- A. They do serious harm to tropical rainforests.
B. They contribute a lot to the ecosystem they live in.
C. They act as food for other plants, insects and animals.
D. They speed up the loss of nutrition in the rainforest.

3. What can we infer from the finding of Griffiths' experiment?

- A. Termites help rainforests survive climate change.
B. Termites prefer drought years to non-drought ones.
C. Termites benefit more from the forest during the drought.
D. Termites enjoy eating tree seedlings during the drought.

4. What does Griffiths tell us in the last paragraph?

- A. Termites are now in danger of extinction.
B. Termites damage biological communities.
C. We should think twice before damaging a species.
D. We should study the drought to improve the system.

B

体裁	课标主题群	主题内容	难度	词数
议论文	生活与学习	蓝光是否对眼睛有害	☆☆☆	299

We humans love to stare into our smart devices. We gaze for hours—about 10 hours and 39 minutes a day—at our computers, smartphones, tablets and televisions. Is all this staring bad for us? It might be, mainly because as we stare at our devices we are exposing ourselves to blue light.

Blue light is a type of electromagnetic radiation with a very short wavelength that produces a high amount of energy. While it's true that light can damage our eyes under certain circumstances, there's no scientific evidence suggesting that blue light is harmful to our eyes. But many people still think it is, which is why blue light-blocking glasses are so popular. So do the glasses work? Some people swear by them.

"Everyone's very concerned that blue light may be causing damage to the eye, but there's no evidence that it may be causing serious damage," Dr Rahul Khurana, clinical spokesman for the American Academy of Ophthalmology, told Business Insider.

Blue light exposure is nothing new. In fact, the sun is the largest source of blue light. Moreover, blue light is also present in LED light. But if blue light isn't harmful, then why are we constantly rubbing our eyes when we're looking at our screens? The answer is eye strain (眼疲劳); more than 60

per cent of people experience eye problems associated with digital eye strain. And blue light, it seems, isn't the cause. Instead, our eyes are so strained because most of us blink less when we stare at our digital devices. So if eye strain is the real issue, blue light-blocking glasses are probably of little use.

5. What do we know about blue light?
 - A. It is a kind of nuclear radiation.
 - B. It has the shortest wavelength.
 - C. It may come from electronic devices.
 - D. It consumes a great deal of energy.
6. What causes the popularity of blue light-blocking glasses?
 - A. Evidence of their benefits to eyes.
 - B. Belief in blue light's harmful effect.
 - C. Widespread use of smart devices.
 - D. Scientific understanding of blue light.
7. What can be inferred from Paragraph 4?
 - A. Blue light exposure is hardly avoidable.
 - B. Eye problems are not easy to deal with.
 - C. Blue light may connect with tired eyes.
 - D. Rubbing eyes makes people strained.
8. According to the text, wearing blue light-blocking glasses may be _____.
 - A. tiring
 - B. harmful
 - C. useless
 - D. beneficial

II. 阅读七选五

体裁	课标主题群	主题内容	难度	词数
说明文	生活与学习	开心生活每一天	☆☆	253

Live every day like it's a holiday

We feel great on holiday because we let go of everyday stresses and strains. 9 So whether or not you're going away this summer, there's plenty you can do to make sure you benefit from that holiday feeling.

Sleep like a holidaymaker.

Do you sleep like a baby when you're on your holidays but stay awake when you're in your usual routine? 10 To reset your sleep pattern, avoid bringing problems from your phone, TV or laptop. Make sure the room is dark and cool. Aim for at least seven hours' sleep—just as you would on holiday.

Get moving.

11 A walk will release happy hormones, and ease anxiety and mild depression. Given that exercise is cheap, healthy and reduces stress, it makes absolute sense to build it into your day.

12

Part of the joy of going away is lingering over delicious food with families. Take up the holiday habit of sitting down

as a family for at least one meal a day. Families who eat together experience less anxiety, less depression and less obesity, research has found.

Be a tourist in your own city.

Part of the thrill of a holiday is the novelty of discovering a new place and doing new things. 13 At weekends, check out a new music venue, visit a different museum or have a drink in that interesting-looking pub you're always walking past. It will get you out of routine and make you feel alive. A bit like a holiday, really.

- A. Make your meals a celebration.
- B. Carve out some dedicated quiet time.
- C. If so, you might need to examine your sleep habits.
- D. Just make sure you schedule it into your day or week.
- E. But it's also easy to be a holidaymaker in the place you live.
- F. Research has even shown that vacations help health and well-being.
- G. When you're travelling, you walk around new cities without a second thought.

III. 短文改错

体裁	课标主题群	主题内容	难度	词数
记叙文	环境保护	领养树木活动	☆☆☆	122

One Saturday morning, I was watching TV with my parents when a piece of news caught our attentions. The Guangming Park called on people adopt trees. That's exact what we had been thinking about. So on the next morning, we went to the park directly. A worker there gave us a detailed introduction or showed us to the pine forests. We choose a beautiful pine tree and the worker tied a adoption card to it. When my name was seeing on the card, I was so proud and felt a sense of responsibility at the same time. To memorize the excited moment, we took photos with our new family member—the pine tree. In one of the photos, we both smiled from the bottom of our hearts.

精练 5 完形填空+语法填空

(限时:25 分钟)

I. 完形填空

体裁	课标主题群	主题内容	难度	词数
记叙文	做人与做事	关心失去亲人的熟人	☆☆☆	272

Earlier that evening, my mother called, telling me that my brother had been killed in a car crash. I stumbled(跌跌撞撞地走) around the house 1 what to put into the suitcases. My husband, Larry, and I had been 2 for moving to New Mexico. The house was in (a) total 3.

I tried to hold my tears. I 4 picked things up and put them down because I couldn't 5. What I'd heard on the phone echoed through my head.

Larry phoned a few friends. 6, someone asked to speak to me, "If there is anything I can do, let me know." "Thank you," I replied. I didn't know what to 7.

The doorbell rang; I rose slowly for the 8. It was Donna.

"I've come to 9 your shoes," she said. 10, I asked her to repeat. "When my father died, it took me 11 to get the shoes cleaned and 12 for my father's 13," said she. I hadn't even thought about shoes.

Shoes were gathered; Donna 14 herself on the floor and got to work. The love in the act 15 my tears. Watching her 16 on one task helped me pull my 17 into order. Laundry first, I told myself. One by one, the jobs fell into place.

Now whenever I hear of an acquaintance's 18 of a loved one, I think of one 19 task that suits that person's 20. If the person asks, "How did you know I needed that?" I'd reply, "Because someone did that."

- A. forgetting B. imagining
C. wondering D. searching
- A. hoping B. packing
C. leaving D. planning
- A. damage B. failure
C. despair D. mess
- A. aimlessly B. helplessly
C. quickly D. decisively
- A. hurry B. decide
C. focus D. move
- A. Constantly B. Luckily
C. Suddenly D. Happily
- A. call for B. ask for
C. talk about D. get across
- A. telephone B. doorbell
C. person D. door
- A. gather B. remove
C. clean D. repair
- A. Touched B. Shocked
C. Confused D. Amused

- A. minutes B. hours
C. weeks D. decades
- A. washed B. coped
C. selected D. shined
- A. satisfaction B. funeral
C. death D. wishes
- A. laid B. stood
C. rested D. settled
- A. released B. held
C. stopped D. caused
- A. emphasizing B. concentrating
C. insisting D. depending
- A. thoughts B. house
C. sadness D. luggage
- A. feeling B. meeting
C. loss D. story
- A. specific B. normal
C. strange D. perfect
- A. idea B. personality
C. identity D. need

II. 语法填空

体裁	课标主题群	主题内容	难度	词数
说明文	文学、艺术与体育	电影《流浪地球》	☆☆	236

In most space-themed films, whenever Earth faces a disaster, the 21. _____ (solve) is always fleeing the planet in spaceships. But the 22. _____ (late) Chinese sci-fi movie, *The Wandering Earth*, offers a different and more ambitious idea.

In the film 23. _____ (adapt) from a short story by Liu Cixin, Earth is in danger of being destroyed by the dying sun. 24. _____ response, humans around the world work together to build 25. _____ giant engine system that will push Earth away from the sun. Instead of abandoning Earth again—this time we're taking it with us.

This "ambition" didn't come from nowhere. For thousands of years, "homeland" 26. _____ (have) a soft spot in the hearts and minds of Chinese people. One old idiom is "luoyeguigen", which means returning to one's homeland in old age, like fallen leaves 27. _____ (return) to the roots of their tree.

This special cultural background is probably 28. _____ sets this film apart from Hollywood-style space films. And the makers of *The Wandering Earth* may have chosen the best time to tell its Chinese sci-fi story. The film 29. _____ (release) on Feb. 5, the first day of Chinese New Year, when many people had just made the hard journey back to their hometowns. So to 30. _____ (they), there is only one possible way to tell the story: Earth goes wherever humans go, because it's our home.

基础回顾特色练(一)

(限时:30分钟)

I. 考前提分精准练

A. 考纲常考词形变化练:

1. Families have different values, especially when it comes to family ties, _____ (devote), and responsibility.
2. Ozcan's invention is important because it is very _____ (accuracy) and easy to use.
3. A newborn's mind is an _____ (access) sheet of paper upon which the record of experience is gradually impressed.
4. In fact, I don't think there's enough information to make that _____ (assume).
5. Super storm Sandy slammed into the _____ (east) United States eight years ago.
6. The brain then produces a _____ (chemistry) to start the appetite and you eat.
7. Now, he has achieved such great progress that he can speak English _____ (fluent) in a perfect accent.
8. A lot of native speakers are happy that English has become the world's _____ (globe) language.
9. The tsunami waves created by the Tohoku earthquake reached a _____ (high) of over 40 metres in some areas, wiping out coastal towns and causing a number of nuclear accidents.
10. The _____ (important) of the information from the Internet is almost equal to that of all knowledge we gain from our friends and co-workers.

B. 不规则动词易错专练:

1. Once the system was finished, no more floods _____ (occur) and the people were able to live.
2. She came back with the _____ (wrap) CD and gave it to him.
3. Years later, her encouragement finally _____ (lead) to that lovely day when Miss Bessie dropped me a note saying, "I'm so proud to read your article in *The Times*."
4. Chen, born in 1942 in Xi'an, finished *White Deer Plain* in 1992, for which he _____ (win) the Mao Dun Literature Prize five years later.
5. If you are _____ (stick) in a car with an adult who is texting behind the wheel, be direct and tell him to stop.

II. 句式分析提能练

1. China launched these satellites with the aim of providing navigation services for countries and regions which participate in the Belt and Road Initiative (倡议) by the end of 2018. (精练3语法填空第二段第一句)

[句式分析] 本句是一个_____句, which participate in the Belt and Road Initiative (倡议) by the end of 2018 为_____从句。

[精美译文] _____

2. Earth goes wherever humans go, because it's our home. (精练5语法填空第四段最后)

[句式分析] 本句是一个复合句, wherever humans go 为_____从句; because it's our home 为_____从句。

[精美译文] _____

III. 表达提升满分练

假定你是李华, 你的英国朋友 Peter 对中国的生肖 (the Chinese zodiac) 感兴趣, 写信向你询问 2019 年是什么生肖年。请你回复, 内容包括:

1. 简介中国的生肖;
2. 猪年的寓意(福气和财富等);
3. 表达祝愿。

参考词汇: 猪年 Year of the Pig

注意: 1. 词数 100 左右;

2. 可以适当增加细节, 以使行文连贯。

[精彩美文]

Dear Peter,

Knowing that you're interested in the Chinese zodiac, I'm delighted to introduce it to you.

Actually, the Chinese zodiac, known as Shengxiao, is based on a twelve-year cycle according to the Chinese lunar calendar. Each year is represented by an animal, 1. _____ (以鼠开始, 以猪结束). Then, 2019 is the Year of the Pig. Pig in Chinese culture not only means the arrival of good luck and happiness, but also forecasts a big fortune and harvest.

I hope it'll help you have a further understanding of the Chinese zodiac. If you have any further questions, 2. _____ (请不要犹豫地联系我). Wish you a happy Chinese New Year!

Yours,

Li Hua

[满分仿写] 请根据括号内的提示补全句子

1. There are more than 15,000 local school districts in the US, _____ (使用单独的操作系统). (用非谓语形式)
2. Learning their secret could help doctors better treat humans who have these diseases, therefore _____ (挽救数百万人的生命). (用非谓语形式)

精练 6 阅读理解 2 篇 + 阅读七选五

(限时:20 分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
应用文	文学、艺术与体育	音乐剧介绍	☆☆	282

Broken Wings

A musical adaptation of the poet Kahlil Gibran's 1911 masterpiece. Set in New York in 1923, it transports you to the turn-of-the-century Beirut.

1—4 Aug. 7:30 pm (& 2:30 pm 4 Aug.). Tickets: £10—£96.50. www.trh.co.uk. Theatre Royal Haymarket, Haymarket, SW1Y 4HT. T:020-7930-8800. E7. Station: Piccadilly Circus.

Chicago the Musical

Martin Kemp stars as Billy in this jazz musical based on real murder cases which shocked Chicago in the 1920s.

Mon.—Sat. 7:30 pm; Wed. & Sat. 2:30 pm. Tickets: £25—£150. www.phoenixtheatrelondon.co.uk. Phoenix Theatre, 110 Charing Cross Rd., WC2H 0JP. T:0843-316-1082. E7. Station: Tottenham Court Road.

Dreamgirls

A musical about a female singing group from Chicago. Classic songs include *And I Am Telling You I'm Not Going*, *I Am Changing*, and *Listen* and *One Night Only*. Join these friends as they go on a musical rollercoaster ride through a world of fame, fortune and the ruthless realities of show business, testing their friendships to the very limit.

Mon.—Sat. 7:30 pm; Wed. & Sat. 2:30 pm. Tickets: £15—£75. www.savoytheatre.org. Savoy Theatre, Strand, WC2R 0ET. T:0844-871-7687. E8. Station: Covent Garden.

Everybody's Talking About Jamie

This feel-good musical is set on a council estate in Sheffield, northern England, and tells the story of 16-year-old Jamie and how he overcomes bullies and prejudice. This is inspired by a true bully story.

Mon.—Sat. 7:30 pm; Wed. & Sat. 2:30 pm. Tickets: £20—£85. www.apollotheatrelondon.co.uk. Apollo Theatre, 31 Shaftesbury Ave., W1D 7EZ. T:0330-333-4809.

E7. Station: Piccadilly Circus.

1. Which number can one call to get more information on the musical about a murder story?

- A. 020-7930-8800. B. 0843-316-1082.
C. 0844-871-7687. D. 0330-333-4809.

2. Which one of the musicals isn't set in the US?

- A. *Dreamgirls*.
B. *Chicago the Musical*.
C. *Broken Wings*.
D. *Everybody's Talking About Jamie*.

3. If one wants to enjoy classic songs, which website should he visit to book tickets?

- A. www.trh.co.uk.
B. www.phoenixtheatrelondon.co.uk.
C. www.savoytheatre.org.
D. www.apollotheatrelondon.co.uk.

B

体裁	课标主题群	主题内容	难度	词数
记叙文	生活与学习	青少年无手机探险旅行	☆☆	342

Four teenage girls from Minnesota, US. One hundred and twenty hours of non-stop togetherness. No cellphones. This is not a reality show, but an adventure journey.

"It was really perfect," said Julia Ruelle of her recent adventure to the Boundary Waters Canoe Area Wilderness with three of her childhood friends. "By unplugging, we had an amazing time."

Last year, the 16-year-old girl took part in an essay contest and carried off a prize. The award was a five-day canoe and camping adventure with up to three friends. No parents or guides would be there. So Julia invited her friends Anna Wander, Madeline Wilson and Julianna Torelli.

The four Minnetonka High School juniors arrived in Ely for training the day before they began the journey. They set out the next day at 7 am, quickly developing a routine.

"We were paddling by noon," Julia said. "We ate lunch at the campsites and then it was time for hammocks(吊床), reading, making friendship bracelets(手镯) and talking."

The girls had all had experience in the outdoors before.

Anna had been to the Boundary Waters with her family.

“I love how you are separated from everything in your life, especially technology,” Anna said. Without her phone, she said, “I’m less worried about things.” Madeline, too, had been to the Boundary Waters a few years back. “But this time, I had to paddle right and set up camp,” she said. The girls made fire and cooked meals together. No one was ever hungry or homesick, but they were nervous the final night as they waited out a thunderstorm. They left wet sleeping bags in one tent, and squeezed into another for the night. “Every thunderstorm in the Boundary Waters feels huge,” Julia said.

On the car ride home, they were all on their phones catching up with friends. “It was a little at a loss turning my phone on,” said Anna. “Mental health can be improved so much in the Boundary Waters. It really helps to get away and reconnect with yourself.”

4. How did Julia Ruelle get the chance to camp?
- A. She won an essay contest.
B. She was invited by her friends.
C. She performed well in her school.
D. She asked her parents for support.
5. Why was the five-day adventure unique to the girls?
- A. They needed to complete many tasks.
B. They needed to find a guide on their own.
C. They had to live on a boat for several days.
D. They had to live without their smartphones.
6. What can we know about the girls from the story?
- A. They had not got any camping experience before.
B. They all felt refreshed after the adventure journey.
C. They enriched their learning experience by exploring.
D. They used to keep in close touch with their friends by phone.

II. 阅读七选五

体裁	课标主题群	主题内容	难度	词数
说明文	生活与学习	早晨小安排点亮一整天	☆☆☆	263

Rise and shine all day

Making these easy tasks part of your morning schedule will improve your nutrition, energy, and mood today—and beyond.

Stretch in bed.

Try this even before you open your eyes. Lift one arm and begin by stretching each finger, then your hand, then your wrist, and then your whole arm. 7 Then stretch your toes, feet, ankles, and legs. Finally, end with a neck and back stretch that pushes you out of bed. This “power pose” makes you feel more confident all day long.

8

Working out before you eat encourages your body to burn more fat for energy rather than rely on carbohydrates(糖类) from food. In a study, participants who exercised after breakfast still gained weight, but those who exercised on an empty stomach did not.

Turn on the music.

9 If anyone plays an instrument, and if you have a little time, morning is the perfect time to practise, as it prepares your brain for learning. One study found that both playing and listening to music help improve academic performance in 16 different ways, including increasing concentration and memory.

Enjoy some fun.

Many people fear to face a new day of work, school, or chores. 10 This can be having a cup of coffee as you read your favourite blog, etc. Choose activities you enjoy and that sets you on a good path for the day.

You’ve improved your state of mind, your health, and your productivity—all before the weekday has even begun.

11

- A. Pick something energetic that you and others in the house enjoy and put it on while you get ready.
B. Now you’re ready to conquer your to-do list for today and every day.
C. Do regular exercise in the morning.
D. Move on to the other arm.
E. Exercise a bit—on an empty stomach.
F. Take up the entire length of the bed when you stretch.
G. But if the first thing you do is pleasant, you’ll find it much easier to get going.

精练 7 阅读理解 2篇 + 完形填空

(限时:30 分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
记叙文	社会服务与人际沟通	Mickelson 和他的公益组织	☆☆☆	298

A simple project to help a family in need stopped Luke Mickelson in his tracks. In 2012, he and his family were inspired to build and donate a bunk bed, one bed on top of the other, after learning there were local children who slept on the floor. Shocked to discover how widespread this need was in his community, Mickelson founded Sleep in Heavenly Peace, a non-profit organization that builds and delivers beds to children in need.

Born and raised in Idaho, Mickelson, now 41, had a thriving career. He coached his kids' sports teams and fished in the nearby river. But when he met children who were sleeping on the floor, his peaceful life changed course.

Using safety guidelines and his daughter's bunk bed as a model, Mickelson started buying wood and supplies to build beds with his own money. He recruited friends and family members to help around the holiday. As the word spread, interest and involvement from his and other communities flooded—along with Mickelson's bunk bed output. "In that first project, we built 11 bunk beds in my garage," he said. "The next year, we did 15. Then it doubled every year. In 2017, we built 612 bunk beds."

With the motto "No kid sleeps on the floor in our town", the non-profit organization and its more than 65 branches have built and delivered more than 1,500 free beds to children across America. But along with the rapid growth, Mickelson was faced with a tough choice: advancing his career or his non-profit organization. He chose the latter and went from making "great money to zero money". He's never looked back. "I found that the need I have isn't financial," he said. "The need I have is seeing the joy on kids' faces, knowing that I can make a difference."

1. Why did Mickelson set up Sleep in Heavenly Peace?

- A. To help the poor children.
- B. To make a big fortune.
- C. To inspire his community.
- D. To get more donations.

2. What do we know about Luke Mickelson?

- A. He had his own fish farm.
- B. He changed his career from time to time.
- C. He used to sleep on the floor when he was a kid.
- D. He originally had a relaxing and pleasant life.

3. How did other people react to Mickelson's project?

- A. They showed little interest in it.
- B. They were supportive and involved in it.
- C. They were doubtful about the safety of the bunk bed.
- D. They volunteered to buy beds with their own money.

4. What is Mickelson's attitude to the non-profit organization?

- A. Ambiguous.
- B. Defensive.
- C. Cautious.
- D. Positive.

B

体裁	课标主题群	主题内容	难度	词数
记叙文	生活与学习	老师剪短头发力挺学生	☆☆☆	296

Five-year-old Priscilla Perez, a student at Meador Elementary School in Willis, was unhappy with her recent haircut, which resulted from a severe disease. When students in her class started calling Priscilla a boy, she felt ashamed, often crying and losing concentration in school.

Her teacher, Shannon Grimm, sympathized with her unhappiness. Grimm and Priscilla's mum were concerned, but their ideas didn't work. "We had classroom discussions about how girls have short hair and boys have long hair, and I showed them photos of movie stars with different looks," Grimm said. "However, it wasn't sinking in."

Grimm thought about Priscilla throughout a winter break, and one morning, she had an idea: cut off her hair—a scary thought for Grimm, who wore her hair long and took pride in it. "I've never had short hair, and I stressed about it for two weeks before making a decision," she said. On Jan. 4, Grimm invited a hairstylist friend to her home. "I told him to keep going, even if I cried," she said.

The class loved their teacher's new hairdo, especially Priscilla, who excitedly ran off the school bus that afternoon and yelled, "Mum, Ms Grimm cut her hair!" The teacher also bought matching bows for herself and the girl, so they could style their hair together.

In February, the teacher recommended Priscilla for the school district's Student of the Month Award, but during the Monday ceremony, she received a surprise: "hero medal" from the girl. "Now we have matching awards," says Grimm.

Priscilla's mother, Maria, said that Grimm's thoughtfulness brought her to tears. "I was shocked. I was crying. I couldn't believe it—she did something I wouldn't have the bravery to do. I will never forget that."

精练 8 阅读理解(2篇) + 语法填空 + 短文改错

(限时:25 分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
说明文	历史、社会与文化	龙抬头	☆☆	302

The traditional Chinese *Longtaitou* Festival, or Dragon Heads-raising Day, falls on the second day of the second lunar month every year, and is recognized as the start of spring and farming. This year it falls on February 24.

Ancient people believed that after this day, rainfall increases because the rain-bringing dragon king has awakened from his winter sleep. A well-known phrase goes, “*Er yue er, long tai tou*”, meaning “On the second day of the second lunar month, the dragon lifts his head.”

The festival celebrates ancient Chinese agrarian culture, and while some of traditional ways to celebrate it are no longer practised, others continue to exist.

The most famous tradition is getting a haircut. Some believe going to the barber’s on this day gets rid of bad luck, while others believe that getting a haircut during the first month of the lunar calendar brings bad luck. Another saying warns that cutting your hair in the first lunar month will cause your uncle to die. Although today few pay attention to it, it was once a tradition to line up outside barbershops on the day of *Longtaitou*.

People eat tofu balls in east China’s Fujian Province during the festival, and often make tofu and vegetable balls to pray for family and business. Fried soybeans are the traditional festival food for people in parts of Shandong Province. Eating *Chengyao* cakes, which are made with sticky rice, during the festival is a tradition in Suzhou, east China’s Jiangsu Province, owing to the saying, “If you eat *Chengyao* cakes on *Longtaitou*, your waist won’t hurt all year.” Meanwhile other foods, like dumplings, spring rolls and popcorn, are named after parts of a dragon’s body to mark the day. Noodles are the dragon’s beard (*long xu*), dumplings are the dragon’s ears (*long er*), spring rolls are the dragon’s scales (*long lin*), and popcorn is the dragon’s

seeds (*long zi*).

1. What did ancient people believe after Dragon Heads-raising Day?

- A. The dragon lifts his head.
- B. There’s more rainfall.
- C. The dragon is still sleeping.
- D. There’s less rainfall.

2. What does the underlined word “agrarian” mean in Paragraph 3?

- A. Agricultural.
- B. Industrial.
- C. Travelling.
- D. Manufacturing.

3. What do people eat in Suzhou during the festival?

- A. Tofu balls.
- B. Fried soybeans.
- C. *Chengyao* cakes.
- D. Dumplings.

4. Which of the following can be the best title for the passage?

- A. The history and development of China’s *Longtaitou* Festival
- B. Cut your hair on China’s *Longtaitou* Festival
- C. The culture and traditions of China’s *Longtaitou* Festival
- D. Food about China’s *Longtaitou* Festival

B

体裁	课标主题群	主题内容	难度	词数
说明文	历史、社会与文化	中国滋补食品文化	☆☆☆	330

Chinese cuisine is widely known and enjoyed all around the world. Who doesn’t long for a favourite Chinese dish? But there is one interesting concept concerning Chinese food which is almost unheard-of in the West, and which is becoming increasingly ignored by the youth of the East—the ancient custom of “tonic food”.

Tonic food is food which is consumed to improve one’s well-being or avoid sickness. For instance, it was once the custom for new mothers to eat a sesame-oil (麻油) hotpot every day for the first month after giving birth. It was believed that this dish would benefit the muscles, reduce pain, improve circulations, stimulate sweating and warm the body.

Some foods, such as goat meat and coriander, are seen as “hot”, while others, such as Chinese cabbage and radish, are seen as “cold”. One should be careful not to eat too much of either “hot” or “cold” food. However, how much “hot” or “cold” food one should eat depends on the time of the year, how the food is prepared and what it is prepared with, and the individual’s health.

The custom of employing tonic food for a healthier life also influences the catering industry. Chinese herbal medicine, such as wolfberry fruit (枸杞子), can be found on many a restaurant menu, either added to fruit tea or as a beneficial addition to a dish. These herbs attract customers, such as overworked office staff, in need of a modest pick-me-up.

So, whether you need to boost your strength with a large helping of chicken soup, or increase your mental powers with a serving of pig’s brain soup, you may find that this ancient Chinese custom could be just the tonic you were looking for.

5. What is the present situation of tonic food?
 - A. It is catching less attention.
 - B. It is enjoyed by many young people.
 - C. It is well known worldwide.
 - D. It is becoming increasingly popular.
6. What is believed to benefit new mothers?
 - A. Chinese cabbage.
 - B. Fruit tea.
 - C. Sesame-oil hotpot.
 - D. Pig’s brain soup.
7. Which of the following best explains “catering” underlined in Paragraph 3?
 - A. Medicine.
 - B. Restaurant.
 - C. Education.
 - D. Fashion.
8. What can be a suitable title for the text?
 - A. The charm of Chinese cuisine
 - B. The popularity of tonic food
 - C. An introduction to Chinese tonic food
 - D. Differences between “hot” food and “cold” food

II. 语法填空

体裁	课标主题群	主题内容	难度	词数
说明文	历史、社会与文化	灯笼	☆☆☆	199

The Chinese paper lantern is a lantern made of thin, brightly coloured paper. Paper lanterns come 9. _____ different shapes and sizes, and there are 10. _____

(variety) methods of making them. In their simplest form, they are simply a paper bag with a candle 11. _____ (place) inside, although complex lanterns consist of either a folding bamboo framework 12. _____ a metal one that is covered with tough paper. Sometimes, other lanterns can be made out of coloured silk (usually red). Silk lanterns are also foldable and they 13. _____ (decorate) with Chinese characters and designs. Silk lanterns last much 14. _____ (long) than paper lanterns, 15. _____ soon break. Often associated with 16. _____ (festival), paper lanterns are common in China, Korea, Japan, Vietnam, Thailand, Myanmar, Sri Lanka, Cambodia, Singapore and Malaysia and, similarly, in Chinatown, where they are often hung outside of businesses 17. _____ (attract) attention.

The Chinese sky lantern, also known as the Kongming lantern, is often sent into the sky at night. It is a small hot-air balloon made of paper, with an opening at the bottom where a small fire is hung. In Asia and elsewhere around the world, sky lanterns have been 18. _____ (traditional) made for centuries.

III. 短文改错

体裁	课标主题群	主题内容	难度	词数
记叙文	生活与学习	植树	☆☆	118

It was fine in March 12, 2019. All the students in our school went to a hill to plant trees. The teacher asked each of us to plant at least six tree. Then we started to digging, planting and watering. We both worked so hard that we could finish our tasks ahead of time. Among them, Wang Lin, our monitor, sets a good example. Because he was ill, he worked even harder. When he finished his task, he went on to help others without little rest. He was wet all over after work. “I must learn from him,” I said to myself. Look at the lines of the young trees, we smiled happy, forgetting our tiredness.

精练 9 阅读理解 2篇 + 阅读七选五 + 短文改错

(限时:25 分钟)

I. 阅读理解

A

体裁	课标主题群	主题内容	难度	词数
说明文	自然生态	没有长牙的大象	☆☆☆	324

While elephants born without tusks (长牙) are not unheard-of, they normally form just two to six per cent of the population. However, that is not the case at Mozambique's Gorongosa National Park, where an astonishing 33 per cent of female elephants born after the country's civil war ended in 1992 are tuskless. While that may appear to be just a coincidence, Joyce Poole, an elephant behaviour expert, has another theory. The researcher thinks we may be witnessing unnatural evolution of the species due to the constant hunting of elephants for valuable ivory.

Poole says before the country's 15-year-long civil war, the 100,000-acre park was home to over 4,000 elephants. However, by the time the conflict ended in 1992, about 90 per cent of them had been killed for ivory to help finance weapons (武器) and meat to feed the soldiers. Of the less than 200 survivors, over 50 per cent of adult females had no tusks. Therefore, it is not surprising that the park's tuskless elephant population has grown greatly.

This is not the first time researchers have observed a great change in the population of elephants. At Zambia's South Luangwa National Park and Lupande Game Management Area, areas which were heavily hunted in the 1970s and 1980s, 35% of elephants 25 years or older and 13% of those younger than 25 are now without tusks. A 2008 study published in the *African Journal of Ecology* found that the number of tuskless females at the Ruaha National Park in Tanzania went from 10.5 per cent in 1969 to almost 40 per cent in 1989, largely due to illegal hunting for ivory.

The recent ban on ivory in both the US and China should help get rid of, or at least reduce, elephant hunting. However, scientists are not sure how long it will take for elephants with a higher rate of tuskless females to change the trend.

- What is the probable cause of the phenomenon mentioned in Paragraph 1?
 - Illegal hunting.
 - Constant farming.
 - A pure coincidence.
 - Natural evolution.
- Why did people kill so many elephants during the civil war in Mozambique?
 - To get funds by selling ivory.

- To develop new weapons.
 - To provide food for local people.
 - To make ivory products.
- Which of the following had the earliest record on tuskless elephants?
 - Gorongosa National Park.
 - South Luangwa National Park.
 - Ruaha National Park.
 - Lupande Game Management Area.
 - What does underlined phrase "the trend" in the last paragraph refer to?
 - Elephants facing greater danger.
 - Elephants growing more slowly.
 - Fewer female elephants staying alive.
 - More female elephants being tuskless.

B

体裁	课标主题群	主题内容	难度	词数
记叙文	做人与做事	用可回收的垃圾结账	☆☆☆	333

An extraordinary new restaurant in Semarang, Indonesia is on a mission to support locals trapped in poverty, many of whom are earning less than \$25 a month, by providing them with an alternative way to pay for their food.

The Methane Gas Canteen, run by husband and wife team Sarimin and Suyatmi, is located in an unexpected place for an eatery—Jatibarang Landfill in Semarang, Central Java. The landfill is a mountain of various waste, where poor locals spend their days collecting plastic and glass to sell. Meanwhile, the couple, who spent 40 years collecting waste before opening the restaurant, is busy cooking.

What makes the restaurant unusual, aside from its location, is that no cash is required to pay for meals. Poor people have the option to pay for their food with recyclable waste instead of cash. Sarimin, 56, weighs the plastic customers bring in, calculates its worth, and then deducts the cost of the meal from that value, giving any extra value back to the customers. The scheme is part of the community's solution to reduce waste in the landfill and recycle non-degradable plastics.

"I think we recycle one ton of plastic waste a day, which is a lot. This way, the plastic waste doesn't pile up, drift down the river and cause flooding," said Sarimin in an interview with Channel NewsAsia. "It benefits everyone."

The restaurant seats about 30 people and serves meals

that cost between \$ 0.40 and \$ 0.80 each. Some of the dishes on offer are mangut rice with catfish, vegetable soups, and rice with boiled eggs, among other traditional recipes. Since opening the canteen Sarimin and Suyatmi have seen their daily income more than double to \$ 15 a day, compared to when they relied only on collecting garbage.

“I’m happy to see our customers enjoying their meals,” Sarimin told NHK World. “The poor must also have the right to enjoy healthy eating. I want to give them that chance as much as possible.”

5. What do we know about Jatibarang Landfill?
 - A. It is a town where locals eat free meals.
 - B. It is a mountain where waste is recycled.
 - C. It is a place where poor people collect some waste to sell.
 - D. It is a mountain where people spend their days selling waste.
6. Why did Sarimin and Suyatmi open their restaurant?
 - A. To double their daily income and profit.
 - B. To prove waste is a valuable thing.
 - C. To provide food for locals trying to survive.
 - D. To help settle the issues of poverty and trash.
7. What can we infer from the text?
 - A. The new restaurant only serves traditional recipes.
 - B. People doubt the purpose of the new restaurant.
 - C. The new restaurant is warmly welcomed by the poor locals.
 - D. The price of the waste every customer brings in equals the cost of the meal.
8. What is the text mainly about?
 - A. An unusual way to pay for meals.
 - B. A local mission to help get rid of poverty.
 - C. A different scheme to reduce waste.
 - D. A new restaurant getting double income.

II. 阅读七选五

体裁	课标主题群	主题内容	难度	词数
说明文	生活与学习	大学生时间管理策略	☆☆☆	240

College life is colourful. 9 However, college students have a burden of studying. How do they manage to complete a huge number of assignments and still find the time to have fun?

Here are some effective time management tips that can be used outside of college.

10 Let’s say, your friend is sick and misses a very important class. You can help him by telling something you’ve learned there and borrowing him your notes. Next time you won’t have time to read a book you need to read and this very

friend can retell it to you by highlighting the key points.

Use technologies. Many modern students can back up the fact that technologies make studying easier and faster. You don’t always have to waste time to go to a library when you can find everything online. You can save time on calculating things and solving different problems. 11 Using technologies for working is also a must if you want to improve your productivity.

Give yourself a treat. 12 For example, if you have a task for an hour, promise yourself to have coffee and biscuits if you manage to do that in time. 13

All in all, college time is a very special period when you learn a lot of things including time management techniques. If you take them seriously, you can use them in your future and make your work and life more productive and organized.

- A. Help each other.
- B. Help to take notes.
- C. There are many fun things to do.
- D. You can see many colourful things.
- E. There are now many apps for that.
- F. It is a nice motivation to be productive.
- G. You can give yourself some small treats for finishing small tasks.

III. 短文改错

体裁	课标主题群	主题内容	难度	词数
记叙文	做人与做事	失而复得	☆☆	108

This afternoon, I went home by bus as usual. I was listening music when I suddenly noticed the bus stop that I should get off. Then I hurried off a bus. But when I arrived home, I find that my wallet was gone—some money and several important card were in it. Eager to get the wallet back, so I rushed to the bus company for help. Lucky, at the Lost and Found office, I saw my wallet. I felt so exciting that I wanted to thank the person who had turned them in. However, I was told the man hadn’t left his name. How a great man!

精练 10 完形填空+语法填空

(限时:25 分钟)

I. 完形填空

体裁	课标主题群	主题内容	难度	词数
记叙文	社会服务与人际沟通	最后的音乐愿望	☆☆☆	312

When Freddie arrived to perform in the hospital room, Pam worried it was already too late. Her 88-year-old stepfather, Strobel, had 1 been moved to the palliative care(保守治疗) unit. Pam could 2 that something had changed in him. A nurse told her Strobel's 3 was near.

"You're probably 4 your time," Pam told Freddie. But Freddie 5 with her what medical professionals had told him; 6 may be the last sense to go.

"Let me go in and 7," Freddie said. "It's as much for you as it is for him."

Freddie is a country and folk musician. When he was in his childhood, his mother encouraged her young son's 8 talent. When she was dying of cancer, he put their 9 of songs to its greatest use. He would crawl into her hospital bed with his guitar and 10 her favourites. His mother seemed to relax, a(n) 11 look crossing her face.

"That moment allowed her and me to 12 like we used to when I was singing as a kid," Freddie recalled. It emphasized to him the 13 of music. When he 14 a non-profit organization called Swan Songs which arranged free musical last wishes, Freddie signed up for the 15.

That was the case with Pam's stepfather who enjoyed 16 music, and Swan Songs sent Freddie. That's why Freddie arrived at the hospital that day, when Strobel seemed ready to say 17. Freddie played some songs and after 45 minutes, Pam asked for just one more song. Freddie 18 *Love Me*. He sang the last note and Strobel took his last breath.

"Oh my gosh, we just experienced one of the most 19 moments in our lives. His singing was a gift for us all. At a really sad time, it was 20," says Pam.

- A. still B. just
C. ever D. almost
- A. tell B. explain
C. witness D. announce
- A. failure B. relief
C. time D. recovery
- A. killing B. sparing
C. spending D. wasting
- A. shared B. traded
C. discussed D. exchanged
- A. taste B. hearing
C. smelling D. touch
- A. observe B. check
C. negotiate D. play
- A. athletic B. creative
C. musical D. literary

- A. love B. instruction
C. choice D. assessment
- A. recite B. sing
C. make up D. pick up
- A. embarrassed B. regretful
C. confused D. peaceful
- A. comfort B. pray
C. connect D. escape
- A. power B. rhyme
C. style D. sound
- A. set up B. broke up
C. heard about D. talked about
- A. course B. programme
C. competition D. treatment
- A. modern B. popular
C. classical D. country
- A. hello B. goodbye
C. sorry D. no
- A. chose B. analysed
C. wrote D. enjoyed
- A. glorious B. difficult
C. ridiculous D. magical
- A. delightful B. hopeful
C. beautiful D. forgetful

II. 语法填空

体裁	课标主题群	主题内容	难度	词数
夹叙夹议文	历史、社会与文化	跨文化介绍感恩节	☆☆	207

As I tried describing Thanksgiving Day to my in-laws(公婆) in China, I could already see their eyes glaze over with 21. _____ (confuse) and sense the questions forming in their minds. So I attempted 22. _____ (translate) the holiday through things they were familiar with. I described the roast turkey as something similar 23. _____ the Beijing roast duck. I compared the annual Thanksgiving show to the 24. _____ (year) Spring Festival Gala(春晚) on Chinese New Year's Eve. And I characterized 25. _____ entire celebration as an American version of the winter solstice(冬至) in China. Yet as much as my in-laws 26. _____ (nod) and smiled, I recognized that even these explanations were a poor substitute. No words could fully describe the Thanksgiving celebrations I had known in the US.

This 27. _____ (be) the kind of disappointment you face in cross-cultural communication. Despite all the differences, we can still sit down together and have heart-to-heart 28. _____ (discuss) about each other's traditions. So in the spirit of my American holiday, I silently gave a moment of thanks for 29. _____ (have) in China such great in-laws, 30. _____ cared enough to listen to their foreign daughter-in-law talk about Thanksgiving Day.

基础回顾特色练(二)

(限时:30分钟)

I. 考前提分精准练

A. 考纲常考词形变化练:

1. "It was a little at a _____ (lose) turning my phone on," said Anna.
2. I was _____ (confuse) about college algebra and a heavy workload of reading and writing assignments.
3. Daniel Turissini used to work long hours as a _____ (consult) in the Washington D.C. area.
4. She was a role model to people who knew her. Her _____ (brave) and courage was greater than anything I know.
5. Surrounding yourself with people who'll provide you with respect and support can be very _____ (benefit) while working towards reaching health and fitness goals.
6. With her _____ (encourage), I started taking lessons after I turned to make sure our children played and were told of the benefits of being out playing.
7. As temperatures rise, cities will be an especially _____ (danger) place to stay during a heatwave.
8. WHO officials say indoor pollution leads to early _____ (die) from the stroke, heart and lung disease.
9. But most people have done something _____ (embarrass), or even illegal, that they regret and would prefer hadn't been caught on film.
10. The _____ (long) of the workday, for many workers, is defined by time.

B. 不规则动词易错专练:

1. The master probably _____ (nod) to him peacefully when the second monk asked him the question.
2. The holiday is _____ (hold) on every March 14, because "π" is widely recognized as 3.14.
3. Your brain needs to be _____ (feed) from time to time because a hungry brain is an ineffective one.
4. I _____ (step) in the taxi I had booked through my cellphone, feeling pretty proud of my high-tech way.
5. She was crossing a busy street near a bus station when the wind _____ (blow) her skirt up.

II. 句式分析提能练

1. In their simplest form, they are simply a paper bag with a candle placed inside, although complex lanterns consist of either a folding bamboo framework or a metal one that is covered with tough paper. (精练8语法填空第一段第三句)

[句式分析] 本句是一个复合句, with a candle placed inside 为一个 _____ 结构; although complex lanterns consist of either a folding bamboo framework or a metal one 为 _____ 从句; that is covered with tough paper 为 _____ 从句。

[精美译文] _____

2. Yet as much as my in-laws nodded and smiled, I recognized that even these explanations were a poor substitute. (精练

10语法填空第一段第六句)

[句式分析] 本句是一个复合句, as much as my in-laws nodded and smiled 为 _____ 从句; that even these explanations were a poor substitute 为 _____ 从句。

[精美译文] _____

III. 表达提升满分练

假如你是李华, 你的美国朋友 Henry 非常喜欢中国, 来信询问你校中国国学经典 (Chinese classics) 的上课情况。请你依照下列要点写一封回信。

1. 表达问候;
2. 介绍国学上课情况;
3. 表达祝愿。

注意: 1. 词数 100 左右;

2. 可以适当增加细节, 以使行文连贯;

3. 书信的格式已给出, 不计入总词数。

Dear Henry,

Sincerely yours,

Li Hua

[精彩美文]

Dear Henry,

How is everything going? I feel glad to introduce the study of Chinese classics in our school.

Firstly, we have a special textbook about Chinese classics and professional teachers. Secondly, we're scheduled once a week to study Tang poetry and Song Ci. Thirdly, 1. _____ (我们每周有课外活动) to learn Chinese calligraphy and ink and wash painting, 2. _____ (我们从中受益匪浅). I hope that through learning, 3. _____ (我们能对中国传统文化有更深刻的理解). 4. _____ (既然你对中国经典文化感兴趣), I will send a textbook and some related materials to you soon.

5. _____ (祝你学业进步, 万事如意!)

Sincerely yours,

Li Hua

[满分仿写] 请根据括号内的提示补全句子

1. In ancient times, the region _____ (都江堰现在所在的位置) suffered from regular floods caused by overflow from the Minjiang River.
2. Dinner ended only after we had _____ (清楚地理解) at least half a dozen such facts.

