



全品高考

第三轮专题

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英语作业手册

Reading is to the mind what exercise is to the body
Learning without thought is labour lost, thought without learning is perilous
Learn whatever it may be, wherever you can, and wherever you will

What's the main point the writer is trying to make in the last paragraph
Which of the following statements is best supported by the text

There is no royal road to learning
Industry is the parent of success
A man becomes learned by asking questions.

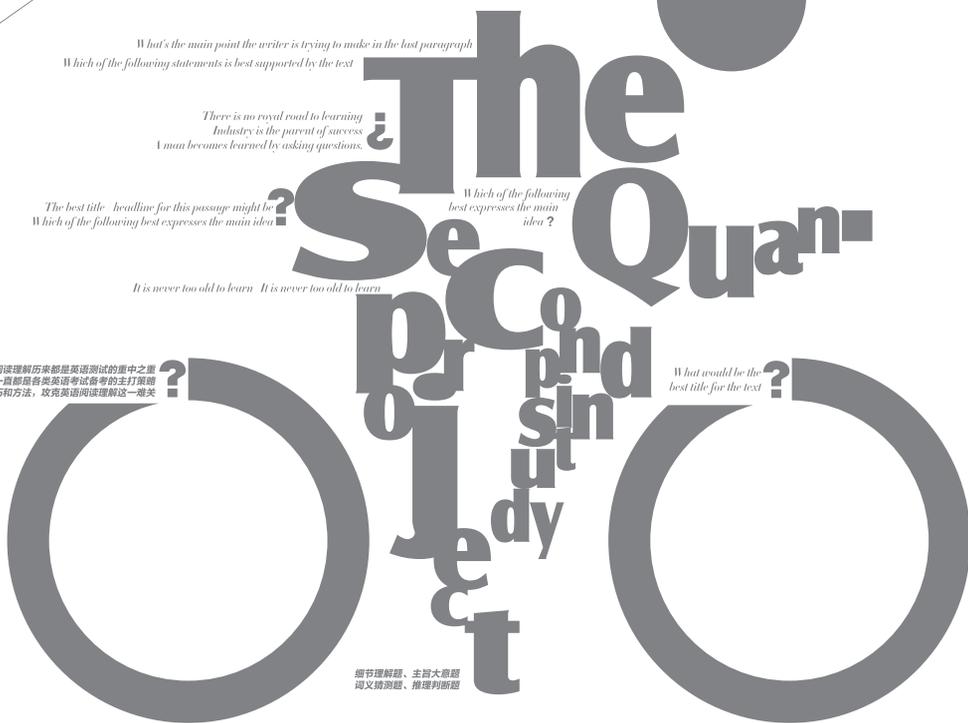
The best title / headline for this passage might be
Which of the following best expresses the main idea

Which of the following best expresses the main idea

It is never too old to learn It is never too old to learn

都说“得阅读者得天下！”阅读理解历来都是英语考试的重中之重
阅读题一直是备考英语考生备考的主打题
高中生如何熟练地掌握阅读技巧和方法，攻克英语阅读理解这一难关

What would be the best title for the text



据书理解、主旨大意题
原文猜测、推理判断题

其中主旨大意题命题形式主要有两大类
一类是概括文章或段落中心思想 (main idea) 型；一类是确定文章标题或主题 (topic / title / headline) 型

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训练（一）

语法填空（一）

A

词数：197 话题：动画片《小猪佩奇》 文体：说明文

The *Peppa Pig* cartoon follows the life of a pig, Peppa, and her family as they go about their day-to-day life in a fictional UK town 1. _____ (make) up of various animal families. Since the show first aired, there 2. _____ (be) a total of 241 episodes created as the show enjoys increasing 3. _____ (popular).

Peppa's very British accent is now apparently having a strong effect 4. _____ children from all over the world. Parents in the US are claiming the popular children's TV show *Peppa Pig* has caused their kids 5. _____ (start) speaking in a British accent.

According to experts, though, American kids may have picked up a Britishism or two, 6. _____ the claim that they're developing a whole accent based on a cartoon is not 7. _____ (entire) true. Typically, children develop the accent of the community around them. However, it's possible that kids learn to mimic individual words from the show, especially in cases 8. _____ the child doesn't know the words.

So while some American kids 9. _____ (say) a few words or phrases in British English now, it's quite 10. _____ (likely) that they would be acquiring an entire second dialect from just watching a TV show.

B

词数：213 话题：南极洲建机场 文体：新闻报道

Chinese researchers have planned to build an airport in Antarctica in November. The Chinese 11. _____ (be) not very used to flying to the southernmost continent, because the country's first polar plane, the Snow Eagle 601, 12. _____ (put) into use only three years ago.

Before the Snow Eagle 601, Chinese researchers travelled to the ice-covered land by ship, which took significantly 13. _____ (long) than flying. There are currently more than 20 airports in Antarctica, but none of them belong to China. The Snow Eagle 601 has to rely on Russian airports 14. _____ (take) off and land. That's 15. _____ the Chinese researchers decided to build their

own. Building an airport in Antarctica is very different from building one elsewhere. The continent is covered by a 16. _____ (constant) moving layer of ice, so the builders must find somewhere that moves at the slowest possible pace and in a 17. _____ (fix) direction.

The builders managed to find a spot back in early 2017 following 18. _____ tough measuring process that took place in the storm-like polar winds. The next problem is the snow. The soft nature of snow makes 19. _____ a bad material for a runway. So the builders must use 20. _____ (roadroller) to press the snow, which can be very time-consuming in extreme coldness.

C

词数：219 话题：机器人 文体：说明文

Modern-day robots are programmed to handle tasks that are 21. _____ (normal) carried out by humans. They are faster and 22. _____ (accurate) than human workers and never ask for a pay rise or take breaks! Robots are also able to work in dangerous situations.

Researchers at the University of Arkansas in the United States say that mobile robots which 23. _____ (create) already are ideal for the job of hospital attendants. These mobile robots store a 24. _____ (detail) map of the hospital in their memory. The robots' sensors can detect 25. _____ (barrier) and quickly get out of the way. Although these robots cannot go up and down stairs, they know 26. _____ to press a button for an elevator.

Researchers are creating a robot that can constantly change its shape according to 27. _____ task it has to do. These robots are called polymorphic robots. Polymorphism 28. _____ (mean) the ability to take different forms. A 3-D printer is placed inside the robot to create the desired shape. The entire process of 29. _____ (change) form in this manner is called the rapid printing technology which is fairly common in the car industry to produce complex 3-D structures quickly. Once the robot has performed its task, it can be melted down and recycled into another useful part 30. _____ the 3-D printer.



训练(二)

语法填空(二)

A

词数: 217 话题: 缺乏睡眠 文体: 说明文

There are many reasons 1. _____ college and university students often fail 2. _____ (get) full nights of sleep. Many American students are away from their parents for the first time when they attend college. They might not be used to having total 3. _____ (free) in how they plan their days and nights. Parties, late-night study meetings, or just time spent relaxing with friends—these are all things that cut into college students' sleep habits.

A few years ago, Michael Scullin began teaching 4. _____ science of sleep to psychology students at Baylor University in Waco, Texas. Scullin is an assistant professor at Baylor and the director of its Sleep Neuroscience and Cognition Laboratory. He said his students seemed to enjoy the class and were interested in the material he was teaching. The class 5. _____ (centre) round why the body needs to sleep and the physical and mental health problems 6. _____ (cause) by a lack of sleep. This includes difficulty focusing on studies or 7. _____ (control) one's emotions, and increases the risk of many diseases.

The United States Centres for Disease Control and Prevention states that adults need at least seven hours of sleep a night to stay 8. _____ (health). Scullin found students who slept more performed 9. _____ (well) in two different classes, 10. _____ he published his findings in two academic publications last November.

B

词数: 210 话题: 藻类 文体: 说明文

Nearly 790 million people around the world do not get enough to eat, most of 11. _____ live in developing countries.

A group of researchers in California may have found a way 12. _____ (help) feed the hungry people. Stephen Mayfield, a professor at the University of California, studies on algae(藻类). He says, "The world, in fact, is not short of calories. 13. _____ it is short of are proteins(蛋白质) and essential fatty acids(脂肪酸). Algae are 14. _____ (natural) very high in proteins and fatty acids and those are sort of the two things that the world really needs."

Mayfield and his team have made algae 15. _____ different kinds of food. Not only is the alga food rich in proteins and fatty acids, but it also 16. _____ (taste) pretty good.

And growing algae use 17. _____ (little) land than other kinds of proteins. Mayfield's big idea is that alga farms could one day replace the huge amounts of land 18. _____ (use) by farmers to produce proteins from cattle or soybeans.

Mayfield's team just successfully finished a test in which they grew algae in an outdoor environment. "Alga food 19. _____ (product) are not yet available for sale. But in the future algae may help feed people threatened by 20. _____ (starve)," says Mayfield.

C

词数: 216 话题: 色盲 文体: 说明文

People with colour-blindness can't see colours in a normal way. Colour-blindness 21. _____ (affect) approximately 1 in 12 men and 1 in 200 women in the world.

There are various causes for colour-blindness. For the majority of colour-blind people, the condition is something they have from 22. _____ (bear), although some people get it later in life because of diseases.

Most colour-blind people can see things as clearly as other people, but 23. _____ are unable to fully "see" red, green or blue light. There are different types of colour-blindness and there are extremely rare cases 24. _____ people are unable to see any colour at all. The 25. _____ (common) form of colour-blindness is red/green colour-blindness. Although 26. _____ (know) as red/green colour-blindness, the form of colour-blindness doesn't mean sufferers 27. _____ (mere) mix up red and green. It means they mix up all the 28. _____ (colour) that have some red or green as part of the whole colour.

The effects 29. _____ colour-blindness can be mild, moderate(中等的) or severe. Approximately 40% of colour-blind people are even unaware that they're colour-blind. Statistically 30. _____ (speak), most people with a moderate form of red/green colour-blindness can only identify 5 coloured pencils from a standard box of 24 pencil crayons.



训练（三）

语法填空（三）

A

词数：221 话题：心脏健康 文体：记叙文

Savanna, 11, is possibly one of our next great experts of the heart disease. After visiting her Sunday school's teacher, who was about to perform a heart 1. _____ (operate) at the hospital, Savanna's curiosity led towards a deep appreciation of the heart and its importance to the human body.

Encouraged by her parents to research further matters of the heart, Savanna learned that one in three of her peers (同龄人) 2. _____ (be) suffering from childhood fatness, 3. _____ could lead to heart diseases. She began making YouTube videos sharing with the world ways to have better health and create a happy, healthy heart.

In 2016, Happy Heart Advice launched its Happy Heart Challenges, 4. _____ (provide) over 300 hundred children and families 5. _____ education and free resources for healthy living. In June, she 6. _____ (invite) as an important speaker at the 9th Biennial Childhood Obesity Conference where she shared valuable information on how to form healthy eating 7. _____ (habit) and everyday lifestyles, and was honoured by the American Heart Association for her work and effects in the health community at such 8. _____ early age.

She's currently working on an app that will make it 9. _____ (easy) for mums and families to shop for "Happy Heart-approved Food". She makes it her life's goal 10. _____ (make) sure kids have healthy hearts.

B

词数：207 话题：英国家庭结构 文体：说明文

The make-up of British families has changed 11. _____ (rapid) over the last two hundred years. The traditional family structure (结构) before the Industrial Revolution was the extended family in 12. _____ three generations lived under one roof. The early twentieth century saw the 13. _____ (grow) of the nuclear family—parents and a small number of 14. _____ (child) would form a single family. In the last thirty years, however, the UK 15. _____ (see) a breakdown of the typical nuclear family.

Increased divorce rates, later marriage and a move away from marriage altogether have resulted 16. _____ new forms of family; divorced parents will develop new relationships and take their kids with them. A survey 17. _____ (conduct) by researchers shows that over 50% of kids are now born to parents who are not married.

Some minority communities stick to the extended family structure, and it is common 18. _____ (find) that three generations are living together in an Indian family. They say that apart from strengthening traditional family ties, 19. _____ can provide security for older people when they cannot work anymore. They believe that the phenomenon of other old people living in care homes 20. _____ (indicate) that many old people in the wider community are abandoned in their old age.

C

词数：206 话题：假牙的历史 文体：说明文

In the 17th century, dentists did their best 21. _____ (make) false teeth. The problem, however, was not making the teeth, 22. _____ was keeping them in place. They had to tie each tooth to the one on either side of it. Only rich people could afford false teeth, 23. _____ were usually made of gold or silver. As more and more people wanted new teeth, poor people 24. _____ (sell) their teeth to the rich so that they could buy food and clothing. During the next 200 years, many changes were made to false teeth although some of these were not really improvements. Towards the end of the 19th century, for example, cheap elastic teeth were introduced. But they caught fire very 25. _____ (easy), and a number of men were badly burned when their teeth caught fire while they were smoking 26. _____ (cigarette). Nowadays, false teeth 27. _____ (be) so well made and look so real that it is often 28. _____ (possible) to tell from a person's appearance whether or not he has them. And in 29. _____ near future, very few people will have them by 30. _____ (add) certain things to the water we drink; we have been able to keep our teeth so healthy that most people will never need false teeth.



训练(四)

语法填空(四)

A

词数: 213 话题: 迪拜之旅 文体: 记叙文

Recently I spent two days in Dubai, the largest city in the United Arab Emirates (UAE). I found the city fascinating to tour, but it was the desert 1. _____ really appealed to me. So I jumped at the chance 2. _____ (experience) a desert safari.

Arriving at the desert, we were impressed with the splendid view before us. Huge dunes (沙丘) spread out amazingly as far as the eyes could see. We 3. _____ (drive) up, down and around 4. _____ (they) by an experienced Arabian driver. Though in fear, everyone screamed 5. _____ (delight). At sunset, we headed to the desert camp, where dinner was waiting.

At the camp we could choose from abundant activities to enjoy before dinner, 6. _____ camel rides, body painting and taking pictures with an eagle. How cool!

In the centre of the camp stood a large stage, 7. _____ (surround) by rows of low tables on the carpets. Everyone sat on cushions on the ground and had 8. _____ good view of the centre of the stage. Throughout the buffet dinner, we enjoyed several fantastic 9. _____ (perform).

During my brief stay in Dubai, I saw famous buildings and wandered through spice markets and museums, but my safari into desert was by far the 10. _____ (attract) part.

B

词数: 200 话题: 手机与交流 文体: 说明文

Stand in line at any grocery store or sit in any hospital waiting room, and you see people staring at their phones, probably catching up on news or just relieving their boredom. This seems harmless enough. But could being on our phones affect our 11. _____ (able) to connect with the people around us? 12. _____ new study aimed to answer that question.

Researcher Kostadin Kushlev and his colleagues asked pairs of college students, 13. _____ were strangers to each other, 14. _____ (come) into a small lab waiting room—either with or without their phones. They were told that the researchers were running a bit late and they needed to wait. While waiting, their faces were 15. _____ (secret)

videotaped. Afterwards, the students 16. _____ (report) how they felt and how much they interacted (互动) with the other participants.

The researchers studied the videotapes of the faces of people who interacted, 17. _____ (measure) how often they smiled. The result? People with 18. _____ (phone) exhibited fewer smiles overall. They spent 30% less of the time smiling 19. _____ people without phones, signalling less interest in connecting with others. What's more, thirty-two participants with phones didn't interact at all in the waiting room. These findings show that using phones in public 20. _____ (affect) one's interaction with others. Consequently, cellphones should be used wisely.

C

词数: 221 话题: 中国最美水镇 文体: 说明文

These days, modern buildings are everywhere. But if you want to see 21. _____ life was back in the old days, China still has many beautiful water 22. _____ (town) to visit. CNN has chosen four of the country's most beautiful ones.

The village of Zhouzhuang in Jiangsu calls 23. _____ (it) "the oldest water town in China". The village, which 24. _____ (build) in 1086, is crossed with canals. Taking a boat ride through town, the red lanterns might make you think of China's romantic past.

Hongcun, 25. _____ (fill) with lakes and beautiful Anhui-style buildings, is about 900 years old. It was built to look like a big ox. Leigang Hill is the head; the town is the body; and the bridges are legs.

Its name means "phoenix" in Chinese, 26. _____ Phoenix Town in Hunan doesn't look like a bird. The town is as beautiful as the 27. _____ (magic) bird. The stilted buildings (吊脚楼) on each side of the Tuo River make the area look like a scene from 28. _____ postcard.

While most water towns are in the south, Shandong's Tai'erzhuang stands out in the north. The town 29. _____ (be) on the banks of the Grand Canal. In the town, there are ancient bridges, a canal and temples, 30. _____ (make) you think of its past glory.



训练（五）

语法填空（五）

A

词数：200 话题：《国家宝藏》 文体：说明文

Many people agree that going to museums 1. _____ (be) a good way of learning about ancient treasures. However, others may find it boring to spend hours there. Therefore, how to make museums and their lifeless collections more appealing is a tough question worth 2. _____ (attach) importance to. Luckily, *National Treasure*, a TV programme 3. _____ began to air on Dec. 3, 2017, throws light on ways to inspire interest in museums and their collections.

Aimed at making ancient relics (遗迹) to come alive, the programme presents treasures 4. _____ different artistic methods including lots of dramatic 5. _____ (perform) and storytelling, which explain the history behind each cultural relic 6. _____ (complete), so that audiences can not only understand how to appreciate the beauty of cultural relics, 7. _____ also know the civilization and the spirit of Chinese culture. In fact, such programmes that promote traditional ancient relics 8. _____ (become) popular in recent years. For example, a 2016 documentary, featuring the Forbidden City's cultural relics and their restorers, urged lots of college students 9. _____ (apply) to work as volunteers there. It is universally accepted that *National Treasure* has been 10. _____ (success) in encouraging more people to visit museums by touching their hearts.

B

词数：216 话题：太阳能高速公路 文体：说明文

Roofs and windows of buildings aren't the only surfaces that can be used to produce solar power. In China, 11. _____ (construct) has begun of the country's first solar highway, in which solar panels are placed underneath transparent concrete.

The solar highway is a 2 km stretch (一段) of road 12. _____ (lie) on the Jinan Expressway, and it's divided into three layers. The see-through concrete protects a set of solar panels of two 13. _____ (size). Beneath the solar panels 14. _____ (be) a layer that separates them from the damp ground.

The road 15. _____ (it) has already been completed, and now it's only a matter of connecting the grid, 16. _____ is expected to be finished by the end of the year

alongside the completion of the Jinan Expressway's south section.

This isn't the first solar road China has worked on. Earlier this year, the Qilu Transportation Development Group, also handling the Jinan Expressway solar road, 17. _____ (build) a 160-metre-long solar road in 18. _____ city of Jinan. It has the ability of heating up to keep the expressway clear 19. _____ snow and ice and is able to 20. _____ (wireless) charge electric vehicles. The new solar expressway is expected to one day be equipped with the same features.

C

词数：238 话题：翻译小说市场 文体：调查报告

Ahead of this year's London Book Fair in March, the media reported a rise in interest in translated works among British readers. For translator Anna Holmwood, this signals the 21. _____ (arrive) of a new era.

"This is a big moment for Chinese fiction abroad," says Holmwood, 22. _____ has translated Chinese literature for almost a decade.

Her translation work, *The Legend of the Condor Heroes*, a fantasy novel written by Jin Yong, and Liu Cixin's science-fiction book, *The Three-Body Problem*, are shown in a Nielsen report 23. _____ examples of two of the most popular Chinese fiction works in Britain in 2018.

"Languages in growing demand include Chinese and Arabic," according to the Nielsen report. It found that, against the commonly 24. _____ (see) "not more than 3 per cent rule" of translated literature's presence in the English-language book markets, the number for 2018 was 5.63 per cent in Britain 25. _____ the total annual sales were worth \$27.1 million.

Charlotte Collins, translator and co-chair of the British Translators Association, says: "As we can see, this proportion (比例) 26. _____ (double) in recent years ... This is 27. _____ (real) exciting news."

The Guardian quotes (引用) Fiammetta Rocco, administrator of the Man Booker International Prize, "28. _____ (read) fiction is one of the 29. _____ (good) ways of putting ourselves in other people's shoes. The rise in sales of translated fiction 30. _____ (show) how hungry British readers are for terrific writing from other countries."



训练(六)

中国文化专题语法填空

A

词数:232 话题:针刺疗法 文体:记叙文

I had always considered acupuncture (针刺疗法) old-fashioned. But the drama of my recent strange illness and recovery changed my mind 1. _____ (complete).

Last month, after sleeping through a flight, I discovered I couldn't move my right arm and fingers. The doctors diagnosed me with neural (神经的) injury. I was scared. Luckily, Richard, an acupuncturist, offered 2. _____ (help) me.

I started my acupuncture treatment. Dozens of tiny needles 3. _____ (insert) across my arm and fingers. I dared not move, because even a small change of position could cause a sharp pain. After a few days, I could move my fingers. Two weeks 4. _____ (go) by before I could eat a meal with chopsticks. Within a month, my arm and fingers were almost back to 5. _____ (they) normal functions.

In that clinic, I made friends with many other patients and heard their 6. _____ (story). One lady, who became deaf two months ago, has recovered her hearing abilities. I was very surprised at 7. _____ magic these tiny needles were.

Acupuncture originated in China 2,000 years ago. Essentially, it functions 8. _____ improving the smooth flow of life force energy, 9. _____ (know) in Chinese as *qi*. Although acupuncture may not cure all illnesses, at least it creates a good starting point for a healthy body. I hope the 10. _____ (wise) of acupuncture will continue to bring health to more friends.

B

词数:221 话题:风筝 文体:说明文

Kite-flying dated from China and became popular around the country. With a long history, it is considered as the 11. _____ (early) aircraft we have ever known. Kites were used for military (军事的) purposes at the very beginning, such as measurement and signalling. Later kite-flying gradually became 12. _____ outdoor activity for both recreation and art.

In the past, people fastened bamboo-made whistles onto a kite. While 13. _____ (fly) through the wind, it produced sound like the music produced by *guzheng*, 14. _____ is a traditional Chinese musical instrument. Therefore, the kite

has 15. _____ (it) modern name as *fengzheng*.

In the 7th century, the kite 16. _____ (introduce) to neighbouring countries including Korea and Japan. Around the 13th century, Marco Polo introduced it to Europe and Arab countries.

Around the Qingming Festival, 17. _____ (usual) on early April, many people fly kites in public squares. The sky is dotted with kites of different 18. _____ (design), such as dancing butterflies, bounding dragons, and swimming fish. When people look at those kites, they feel as if they were flying away with the kites 19. _____ (escape) the noisy world and step into nature with their body and soul. It is a way for people to pray for blessings and good luck.

The traditional Chinese kite expresses 20. _____ (harmonious) between human and nature, a long-held belief treasured by the Chinese people.

C

词数:212 话题:中医 文体:说明文

Traditional Chinese Medicine (TCM) has been around 21. _____ thousands of years. It is said that there are three emperors 22. _____ played a significant role in the history of TCM.

Firstly, Fu Xi discovered the flow between heaven and earth which he reflected in the principles of yin and yang. Yin and yang theory 23. _____ (be) the concept of two opposite but complementary (互补的) forces that shape all life. He also invented acupuncture. Secondly, Shen Nong 24. _____ (regard) as the founder of Chinese herbal medicine even today. In order to determine the nature of different herbs, he tasted various kinds of plants, testing 25. _____ (they) individual effects. Thirdly, Huang Di is associated with *Huangdi Neijing*, which is the 26. _____ (early) and most important written record of TCM. It lays a foundation for the theories of Chinese medicine.

TCM has made a great 27. _____ (contribute) to the health of Chinese people, and it has become an independent medical system in the world medical field. Since 28. _____ founding of the People's Republic of China, the Chinese government has attached great importance to TCM, making policies 29. _____ (promote) its development. TCM is now becoming 30. _____ (wide) accepted in the world.

D

词数:221 话题:中国书法 文体:说明文

Calligraphy, the art of writing, was the visual art form prized above all others in traditional China. Painting was contemporary with calligraphy, sharing 31. _____ same tools—namely, the writing brush and ink. Yet calligraphy was regarded 32. _____ fine art long before painting.

The status of calligraphy reflects the importance of the word in China. 33. _____ makes the written word distinctive is its visual form. However, despite its abstract 34. _____ (appear), calligraphy is not an abstract form. Chinese characters are dynamic, closely connected with the forces of nature and the kinetic (运动的) energy of the human body.

How can a simple character convey all this? The use of the writing brush and ink 35. _____ (have) much to do with it. A calligrapher can control the 36. _____ (thick) of the ink by varying both the amount of water and the solid ink. Once he starts writing, by loading the writing brush sometimes with 37. _____ (much) ink or sometimes with less, he creates characters that resemble a shower of rocks here and a drop of dew(露珠) there.

The Chinese written language 38. _____ (begin) to develop more than 3,000 years ago and 39. _____ (eventual) evolved into five basic script types. Over the centuries, calligraphers were free to write in any of them. 40. _____ (depend) on the text's function. The calligraphic tradition remains alive today.

E

词数:229 话题:中国古典园林 文体:说明文

Classical Chinese garden design aims to create a natural landscape on a small scale and emphasize the perfect harmony between man and nature.

A Chinese garden 41. _____ (be) like a scroll(卷轴) painting, 42. _____ (show) a series of carefully composed scenes. New views are revealed as one walks along the pathways. In the gardens, 43. _____ most frequently meets the eye are winding paths that seemingly lead to nowhere. There, a path seems to end, but all of 44. _____

sudden, a new world is rolled out before you: pavilions(亭子), rock formations, spring water—all combined to provide a pleasant surprise! At the 45. _____ (enter) to a Chinese garden, there is usually a huge stone or wall 46. _____ (use) to screen your view so as to later produce unimaginable delight when you turn around the stone or wall. A Chinese garden may have windows on all 47. _____ (it) four walls. And it is 48. _____ (interest) that, through the windows, visitors may see different views at different angles, and thus the composition of the garden becomes enlarged.

A Chinese garden is where culture is both created and enjoyed. All plants mark the shift of the 49. _____ (season). Similarly, water, a symbol of the ever-changing, 50. _____ rocks, a symbol of the eternal(永恒的), create a harmonious balance of nature's yin and yang.

F

词数:208 话题:农历节日——惊蛰 文体:说明文

The traditional Chinese lunar calendar divides the year into “24 solar terms”. The Waking of Insects(惊蛰) 51. _____ (fall) on March 6 and ends on March 20 this year.

The Waking of Insects signals a rise in temperature and increased rainfall. As the 52. _____ (three) solar term in the lunar year, 53. _____ (it) name suggests the fact that animals sleeping in winter are awakened 54. _____ spring thunder and that the earth begins to come back to life. It is the key time for spring agricultural 55. _____ (activity). It is also a good time for people to enjoy fun outdoors, especially for people living in the city. 56. _____ (drive) to the suburbs, fishing in a lake or enjoying the singing birds will make for a perfect weekend in spring. The most popular fruit in this season is pears.

Eating pears around the Waking of Insects 57. _____ (be) a widely-practised custom in China. As the weather gets 58. _____ (warm) and the air becomes drier, people tend to feel their mouths and tongues are dry, 59. _____ can cause colds or coughs. A pear is sweet, juicy and cold, moistening(湿润) the lungs to arrest a cough. 60. _____, pears are highly recommended during the Waking of Insects.



训练(七)

短文改错(一)

A

词数:104 话题:一次爬山经历 文体:记叙文

Last summer I stayed at a holiday camp with some classmate. We wanted to go down the mountain near our camp. But our guide Peter didn't allow me to go because of the bad weather. At first we were really disappointing. Then we decided to go without him anyway. Two hours later, we reached the top of a mountain. Although tired, but we were happy. Suddenly it rained heavy and we lost our way. Luckily I had my mobile phone on me. I phone Peter. He told us to stay what we were. Finally he found us. We said sorry him and thanked him.

B

词数:116 话题:参观音乐会的幕后筹办 文体:记叙文

I once get a VIP pass to a huge concert given by one of the most popular rock bands in world. The ticket qualified me to meet all the member of the band backstage but to watch the whole process of setting up for a concert. The guitarist was a man whom was very kind. I did not have much anxiety while getting to know them better, but the rest were more of reserved. They just smiled and made friend gestures. Anyway, watching the stage being set up and all the microphones being checking, I understood how hard it was to putting on a stadium concert. It took hours of preparation to produce the high-quality sound.

C

词数:101 话题:发现生活的美 文体:记叙文

People always say that we lack of the eyes of realizing the beauty in life. I can't agree complete. Last Friday, I woke up very early and decide to take a walk. In the square there many senior citizens were dancing, I found several elders bury in feeding birds. Without many cars, I realized the city looked so clean but beautiful. Some coffee shops were decorated pretty well, which attracted our eyes. The whole city was covered with green trees, making it green city. At this moment, I found the city was so interested. How I regret ignore its beauty before!

D

词数:119 话题:申请国外大学 文体:记叙文

Applying for a foreign university is a huge project. Here is my experience. I did voluntary work in Grade One. I listed all of my achievement and the voluntary work I have done. After complete the online admission process, I took a deep breathe and dreamed about my dream college. However, except offer from the University of California, San Diego (UCSD), I total got eight rejections. One day, I locked myself in my room but thought about what I had done. Finally I understood that I could learn nothing from the experience even though those rejections were made me sad. I accepted the UCSD's offer and adjusted myself quickly. For this attitude, everything I saw of UCSD thrilled me.



训练（八）

短文改错（二）

A

词数：104 话题：中国传统文化 文体：记叙文

Last week, all of us were told prepare for an exhibition of our understanding of traditional Chinese culture. After knowing that, we had a heat discussion at the class meeting. Very soon, ideas like Beijing Opera, Han clothing, and Chinese kung fu come to our minds. With the ideas gathering, we started to take the action. Some searched on the Internet for more details, when others set about draw pictures on the blackboard. Thanks to my hard work, our design finally won the head teacher's approval. We were not only proud about our teamwork but also deep impressed by the great traditional Chinese culture.

B

词数：108 话题：暑假支教 文体：记叙文

During this summer vacation, Li Gang went to teach in a small but poor village with others volunteers. When he arrived, he found the people here lived a hard life and that all the children crowded in a small room. He was glad that the children are lovely and friendly. Though he only had something simply to eat, he used to the hard life soon. At break, he often played games with his students. At a night, he was busy preparing lesson and checking his students' homework. Realized the importance of education, he has made up his mind to becoming a teacher after he graduates from the university.

C

词数：115 话题：难忘的一堂课 文体：记叙文

Today we had the honour of inviting Professor Hudson, a foreign teacher from Beijing University, to give us an English lesson. All of us were deeply impressed on this unforgettable English lesson. The professor began the class with an amazing English story, that attracted our attentions at once. He spoke slowly and clearly so that we could follow her well. Greatly inspiring, most of us took an active part in classroom activities. After class, many students being interviewed spoke high of him. They said that never they experienced such interesting a class. From his lesson, we came to the conclusion what it is not so difficult to learn English if we find a good way.

D

词数：117 话题：我想要的机器人 文体：记叙文

I would like to have a smart robot that can do plenty of the things for me. For example, it can clean my room and make the bed, keeps everything in order. I hope it will be programmed to do homeworks without making mistakes. In that way, I can turn to it wherever I need help with my study. Beside, it can take care of my little brother, who often bothered me much. Then I can have more free time to do what I'm fond. It doesn't matter much whether it is shaped like, but it must be able to communicate with me and understand its feelings. How wonderfully life will become with such a magic robot!



训练(九)

短文改错(三)

A

词数:109 话题:转学经历 文体:记叙文

When I was in Grade 8, my family move to Seattle, so I had to go to a new school. Being in a unfamiliar place, I felt lonely and frightening. Worse still, some subjects were so difficult to learn from that I had no idea how to adapt to the new environment. My teachers noticed my problems but often encouraged me. With their help, I made some progresses in my lessons. However, it wasn't easy make friends. My classmates had already known each other. I found it hardly to fit in. My mother suggested that I chatted with them. Following his advice, I soon got a few good friends.

B

词数:112 话题:野餐 文体:记叙文

This morning, my parents and I cycled to the foot of a hill for the picnic. After get there, we made preparation for the picnic. My father and I attempted to build a stove by stones, and it made us to feel excited. It turned out to be a difficult job. However, after a lot of work, we finally made that. Later, we went fishing. We enjoyed the time where we cooked the fish caught in the lake together. We have a good time in the wild, talking and laughing. Not only it help us get some relaxation in the busy and stressful life, but also we felt even close and happier.

C

词数:109 话题:中国结 文体:应用文

Dear Tom,

How are you doing? I wonder that you could sell some Chinese knot for me. I made them myself with red silk thread, cloth and another materials. They look really beautifully in the shape of a diamond, about 5 inches length and 4 inches wide. In China, these knots stand friendship, love and good luck. People can either give them as gifts to friends nor hang them in their houses. There are only 12.99 US dollars each. If anyone wants to know more about the knots, let you write to me. Besides, do let me to know if you need further information. Thank you!

Li Hua

D

词数:120 话题:看望老人 文体:记叙文

Last Sunday, our class paid a visit to a local old people's home. After arrive there, we saw some old people doing t'ai chi. They left us an impression of being energetic or healthy. But there were also some old people seated in their wheelchair. They were not quite well, that made me very sad. The old people must have experienced a hard life in past. I really wish them to be happy, peace and healthy for the rest of our life. During the visit, we chat with them and did some cleaning there. We plan to visit them again in the future and hope for more people in our society care about the old so that they can live more comfortable.



训练(十)

“细节理解题”重点练

A

词数:304 话题:玻璃竖琴演奏者 文体:记叙文

Jamey Turner often performs to large crowds in Old Town Alexandria, Virginia. You can find him playing an unusual musical instrument, the glass harp (竖琴), near Alexandria's historic Waterfront.

A glass harp is made up of different-sized drinking glasses, each filled with water. Turner makes music by running his fingers over the tops of the glasses. By doing so, each glass makes a different musical sound.

Turner is 78 years old now. He became interested in playing the glass harp at the age of six, when he heard his father playing with a glass of water at the dinner table. He has been playing it for 50 years.

Today Turner puts together his instrument by placing 60 different glasses on a wooden soundboard. He holds the glasses in place with rubber bands, which keep them from breaking. He then adds different amounts of water to each one to create different musical notes. Adding or taking away just a little water will change the sound. Adding water to a glass will make a lower sound. The smaller bowls of water produce a higher sound, while the larger ones produce a lower, deeper sound.

Turner always uses low-priced glass because it sounds better than costly crystal(水晶玻璃) and he has more control over the sound. Before buying new glasses, he will test them in stores.

The glass harp was popular 300 years ago when composers like Wolfgang Mozart wrote music for the instrument. There have been about 400 pieces of music written just for the glass harp. But Turner plays all kinds of music, even popular music from China. Few people play the glass harp these days, but Turner says he sees videos of people experimenting with the instrument on YouTube. He hopes the next generation will continue making their music.

1. What do we know about Turner?

- A. He began playing the glass harp at six.
- B. He often teaches glass harp lessons online.
- C. He is a great master of the Chinese language.
- D. He was inspired by his father to learn the glass harp.

2. What does the author say about the glass harp?

- A. Its inventor is Wolfgang Mozart.
- B. It is made up of glasses of the same size.

- C. It appears to be gaining in popularity today.
- D. Its sounds are affected by the water in the glass.

3. Why does Turner prefer to use cheap glass?

- A. To save money.
 - B. To produce better sounds.
 - C. To help recycle drinking glasses.
 - D. To increase difficulty in performing.
4. What would be the best title for the text?
- A. A musician pleases crowds by playing the glass harp
 - B. Playing the glass harp: a new trend
 - C. Jamey Turner's dream coming true
 - D. Wonderful music has no borders

B

词数:340 话题:机器人农场 文体:说明文

The long, white robot weighs more than 450 kilograms. Like other robots, it is equipped with cameras and mechanical arms to automatically perform many different jobs.

Angus is a major part of operations at Alexander's indoor robot farm, about 40 kilometres south of San Francisco. The 743-square metre farm uses a hydroponic system that grows plants without soil. The plants grow inside equipment that provides a continuous flow of water. The indoor farm uses electric lights instead of sunlight.

This kind of farm uses much less water and does not require human labour to run. The main job for Angus is to move thousands of plants around the farm, from small containers to larger ones as they grow. Angus also carries plants to another robot that does not have a name yet. Angus moves slowly to complete its work. But the robot is very strong and can lift about 300 kilograms.

For now, the farm uses humans to collect vegetables and other crops when they are ready. But Alexander says he is working on a robot that will eventually take over that job too.

Alexander helped start the company Iron Ox after leaving Google, where he worked on robotics at the company's Google X Projects. He teamed up with another former Google employee, Jon Binney. Together they founded Iron Ox.

Iron Ox's website says the hydroponic growing system uses 90 per cent less water. It also says the growing method is up to 30 times more productive than growing crops on land.

Alexander said growing food robotically throughout the year in major cities will provide a more consistent and fresh product. Most of the vegetables sold in the US are grown in

California, Arizona, Mexico and other nations. That means that many people in the US cities are eating vegetables that are nearly a week old by the time they arrive in stores.

Indoor farms operate all year round and are not generally affected by bad weather. This will permit the company to provide a steady flow of goods without major price changes.

5. How does Angus work in the farm?

- A. It provides a continuous flow of water for the plants.
- B. It directs other robots to work in the farm.
- C. It works on collecting vegetables.
- D. It is in charge of transferring plants.

6. What do we know about Alexander?

- A. He used to work on robotics at Google.
- B. He started a company studying robotics with Binney.
- C. He works on collecting crops when they are ready.
- D. He started Iron Ox by himself.

7. What's the advantage of Alexander's farm?

- A. The vegetables from this farm sell in higher price.
- B. The vegetables from this farm are more nutritious.
- C. It uses electric lights instead of sunlight.
- D. It uses less water but produces more.

8. Which of the following can be a suitable title for the passage?

- A. Robot farm, the future of the agriculture
- B. Robot farm, aimed at bringing fresher food to the US cities
- C. Alexander, an extraordinary scientist on robotics
- D. Hydroponic system, the new way of farming

C

词数:336 话题:同读一本书 文体:说明文

An idea that started in the Seattle Public Library has spread throughout America and beyond. The concept is simple: help to build a sense of community in a city by getting everyone to read the same book at the same time.

In addition to encouraging reading as a pursuit (追求) to be enjoyed by all, the programme allows strangers to communicate by discussing the book on the bus, as well as promoting reading as an experience to be shared in families and schools. The idea came from Seattle librarian Nancy Pearl who launched (发起) the "If All of Seattle Read the Same Book" project in 1998. Her original programme used author visits, study guides and book discussion groups to bring people together with a book, but the idea has expanded to many other American cities, and even to Hong Kong.

In Chicago, the mayor (市长) appeared on television to

announce the choice of *To Kill a Mockingbird* as the first book in the "One Book, One Chicago" programme. As a result, reading clubs and neighbourhood groups sprang up around the city. Across the US, stories emerged of parents and children reading to each other at night and strangers chatting away on the bus about the plot and character.

The only problem arose in New York, where local readers could not decide on one book to represent the huge and diverse population. This may show that the idea works best in medium-sized cities or large towns, where a greater sense of unity can be achieved. Or it may show that New Yorkers rather missed the point, putting all their energy and passion into the choice of the book rather than discussion about a book itself.

Ultimately, as Nancy points out, the level of success is not measured by how many people read a book, but by how many people are enriched by the process, or have enjoyed speaking to someone with whom they would not otherwise have shared a word.

9. What is the purpose of the project launched by Nancy?

- A. To invite authors to guide readers.
- B. To encourage people to read and share.
- C. To involve people in community service.
- D. To promote the friendship between cities.

10. Why was it difficult for New Yorkers to carry out the project?

- A. They had little interest in reading.
- B. They were too busy to read a book.
- C. They came from many different backgrounds.
- D. They lacked support from the local government.

11. According to the passage, where would the project be more easily carried out?

- A. In large communities with little sense of unity.
- B. In large cities where libraries are far from home.
- C. In medium-sized cities with a diverse population.
- D. In large towns where agreement can be quickly reached.

12. According to Nancy, the degree of success of the project is judged by _____.

- A. the careful selection of a proper book
- B. the growing popularity of the writers
- C. the number of people who benefit from reading
- D. the number of books that each person reads



训练(十一)

“词义猜测题”重点练

A

词数:327 话题:坚韧成就英雄 文体:记叙文

The morning after an evening struggle to care for my three-year-old daughter, I couldn't wait to get her to school. I, as a mother, was tired from the anger and her inability to communicate because of her slowed language development.

As I accompanied her into the car, I felt desperate. Nothing was right with our world. She'd been born around the same time when the nation was witnessing the birth of another Great Recession. My job and my house had been victims. Then this happened. My child's language delay was identified, but doctors struggled to properly help her. I felt like we both needed to be rescued.

I returned that afternoon as disenchanted with the little girl I loved as when I left. Walking slowly towards the school's playground gate, I found her preschool teacher racing to greet me.

"You should have seen her today!" His breathy words were supported by excitement. I didn't interrupt. "See that climber." He pointed to a wooden piece of playground equipment that looked like a rock wall. I nodded, "Well, every day since she started school, she's tried and failed to make it to the top." He took a breath. "And today she did it!"

He expressed his joy just as he'd witnessed her conquering(征服) Mount Qomolangma! "She cheered and celebrated! I wish I'd recorded it!" His words comforted me. My daughter had conquered her mountain.

As she ran towards me, I recognized something I hadn't seen before. I saw her perseverance(韧性). I saw her strength. I saw a hero.

Everyday greatness celebrates ordinary people who do unusual things in big and small ways, showing courage, kindness, love and selflessness. We encourage you to click these brief accounts and invite you to share your own story.

- Why did the author rush her daughter to school?
 - She was busy with her work as a doctor.
 - She had a fight with her daughter last night.
 - She broke down when dealing with her daughter.
 - She had to sell their house due to Great Recession.
- Which of the following best explains "disenchanted" underlined in Paragraph 3?
 - Happy.
 - Disappointed.
 - Careful.
 - Concerned.

- Why did the little girl's preschool teacher feel excited?
 - She succeeded in standing on Mount Qomolangma.
 - She managed to climb up the wooden equipment.
 - She got the first place in the sports meet.
 - She began to communicate with others normally.
- From which is the text most probably taken?
 - The Internet.
 - A magazine.
 - A newspaper.
 - The radio.

B

词数:345 话题:大象无长牙 文体:说明文

While elephants born without tusks(长牙) are not unheard-of, they normally are made up of just 2 to 6 per cent of the population. However, that is not the case at Mozambique's Gorongosa National Park, where 33 per cent of female elephants born after the country's civil war ended in 1992 are tuskless.

This is not the first time researchers have observed a serious change in the population of elephants that have suffered severe poaching(偷猎) losses. At the Ruaha National Park in Tanzania, 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 Zambia's South Luangwa National Park went from 10.5 per cent in 1969 to almost 40 per cent in 1989, largely due to illegal hunting for ivory.

Thus far, the result of poaching has largely affected female elephants. Poole explains, "Because males require tusks for fighting, tusklessness has been selected against in males, and very few males are tuskless. For African elephants, tuskless males have a much harder time breeding and do not pass on their genes(基因) as often as tusked males."

However, if the killing of males with the most impressive tusks continues at this pace, it could result in a generation of elephants with much smaller tusks. Poole says, "If poachers select according to the size of tusks, they will tend to kill older males with very large tusks, therefore taking out of the population of breeding-aged males who also happen to have very big tusks. Those males then no longer pass on their genes for large tusks. In this manner, heavy poaching will select out genes for large tusks."

The recent ban on ivory in both the US and China should help eliminate, or at least reduce, elephant poaching.

However, scientists are not sure how long it will take for the elephants with a higher rate of tuskless females to reverse the trend.

5. What is the function of the first paragraph?
 - A. Make comparisons.
 - B. Introduce the topic.
 - C. Appeal to attention.
 - D. Give readers a surprise.
6. What may cause tuskless females to increase in Zambia?
 - A. War's effect.
 - B. Imperfect management.
 - C. Illegal hunting.
 - D. The decrease of population.
7. What can we learn from what Poole says?
 - A. Tuskless elephants are being neglected.
 - B. Heavy poaching for large tusks will be forbidden.
 - C. Tusklessness influences the heredity (遗传) of male elephants.
 - D. Older males with very large tusks are soon dying out.
8. What does the underlined word "eliminate" in Paragraph 5 mean?

A. Remove.	B. Decline.
C. Compete.	D. Unite.

C

词数: 331 话题: 塑料微粒污染 文体: 说明文

Microplastics are small plastic pieces that have accumulated in the marine environment (海洋环境) following decades of pollution. These pieces can cause significant issues for marine creatures that ingest them, including inflammation (炎症), reduced feeding and weight loss. Microplastic pollution may also spread from organism to organism when one creature is eaten by others. Since the pieces can bind to chemical pollutants, these associated poisons could accumulate in predator species.

Mesopelagic (海洋中层带的) fish serve as a food source for a large variety of marine animals, including swordfish, dolphins, seals and seabirds. Typically living at depths of 200—1,000 metres, these fish swim to the surface at night to feed and then return to deeper waters during the day. Through these upright movements, mesopelagic fish play a key role in the cycle of carbon and nutrients from the surface

to the deep sea—a process known as biogeochemical cycle. This means they could spread microplastic pollution throughout the marine ecosystem, by carrying microplastics from the surface down to deeper waters, affecting deep-sea organisms.

To investigate this further, researchers set out to catch fish in a remote area of the north-west Atlantic Ocean. The researchers caught mesopelagic fish at varying depths, and then examined their stomachs for microplastics back in the lab. They used a particular air filter so as not to introduce plastic fibres in the air from the lab environment.

The team found a lot of microplastics in the fish stomachs. As the researchers were extremely careful to clear pollution with fibres from the air, they were confident that the fish had eaten the fibres in the sea all over the world.

The researchers plan further studies to learn more about how these fish are ingesting and spreading microplastics. It will be particularly interesting to see whether the fish eat these microplastics directly as mistaken foods, or whether they eat them through eating other species, which have previously eaten the microplastics.

9. What does the underlined word "ingest" in Paragraph 1 mean?

- | | |
|------------|-------------|
| A. Attack. | B. Swallow. |
| C. Ignore. | D. Avoid. |

10. What does Paragraph 2 mainly talk about?
 - A. How deep-sea fish feed themselves.
 - B. Why mesopelagic fish are important.
 - C. How microplastics spread to the deep sea.
 - D. How dangerous microplastics are to the deep sea.
11. What conclusion did the researchers draw from the study on mesopelagic fish?
 - A. Fish in the remote area are safe to eat.
 - B. Plastic fibres in the air may enter fish.
 - C. They are all polluted by microplastics.
 - D. Mesopelagic fish live at varying depths.
12. What will further studies focus on?
 - A. In what way microplastics enter mesopelagic fish.
 - B. How seriously microplastics affect sea creatures.
 - C. Whether fish with microplastics harm humans.
 - D. How microplastics spread in the deep ocean.



训练(十二)

“推理判断题”重点练(一)

A

词数:320 话题:缝被子的传统 文体:记叙文

When my grandmother died at the age of 96, there were two things she left behind in abundance—nearly 100 photo albums documenting decades of travel and home life, and a dozen quilts, one of which my mother gave me.

Quilting is the process of sewing together fabric(布料) to make one large piece of fabric. In my family, quilting and sewing is a tradition that has been passed down through the generations. My mother says her great-grandmother would occasionally travel around New York State to sew clothing for other families.

In the United States, quilting was a craft(手艺) that started as a necessity and eventually became much more. In 1862, the US government offered millions of acres of land to Americans who wanted to move west. This allowed families to settle on the land that could eventually belong to them. They often built their own homes and lived off the vegetables in their gardens and the livestock they had. Sewing was very important for women because they were responsible for making clothing for their families and keeping them warm.

Quilting also became a chance for women to socialize with each other. They would gather for so-called “quilting bees”, where they would meet up and work on one quilting project together. This provided a much-needed relief from the lonely life of living on a large piece of land.

Throughout history, the different patterns on American quilts have conveyed all kinds of information. From them, we can tell where a person lived, what region of the world they originated from, or sometimes a story is told in pictures on a quilt.

Even today, women still gather to quilt together in a show of friendship and love for the craft, just like the old days. My sister has tried quilting a few times, and hopefully, her two daughters may one day continue this family tradition.

1. What do we know about quilting?

- A. It is a lost traditional craft.
- B. It is a major means of making a living in the USA.
- C. It is a craft that has become a cultural symbol.
- D. It is a way to carry on the American history.

2. What does the author intend to do in Paragraph 3?

- A. Introduce a new topic for discussion.
- B. Summarize the previous paragraphs.

- C. Add some background information.
 - D. Praise the US government’s policy.
3. What does the underlined word “This” in Paragraph 4 refer to?
- A. Working on the land.
 - B. Participating in “quilting bees”.
 - C. Designing a quilting project.
 - D. Making clothing for the family.
4. What is the author’s purpose in writing the text?
- A. To instruct how to sew together fabric.
 - B. To show the author’s skills of quilting.
 - C. To tell about the struggle of women.
 - D. To appeal for preservation of quilting.

B

词数:287 话题:带薪实习项目 文体:说明文

At the start of the school year, Aelina Pogosian could not wait to tell her friends about the most interesting thing that she had done over the summer. The 16-year-old girl did not want to talk about a trip she took somewhere. She wanted to talk about a paid internship(实习期) that she had at a biology laboratory at Montgomery College in Maryland.

The internship was made possible by the RISE programme, which gives real job experiences to high school students in Montgomery County. More than 400 students from Montgomery County’s 25 high schools took part in the RISE programme. RISE stands for Real Interesting Summer Experience. The “experiences” may be at construction companies, police stations, marketing companies, fire stations and other places. More than 140 businesses, governments agencies and non-profit organizations hosted students for paid internships.

Will Jawando, a local activist, is the programme’s director. He says the programme does not only benefit the students, but can also help the county and the region. If students involved in the programme stay in the area after graduating from high school, they can become productive citizens.

The programme received some support from the Montgomery County Council. Councilman Craig Rice helped provide some money. Rice says that, while the government often pays attention to immediate needs like roads and buildings, the RISE programme provides for future generations. He says spending money on young people is a

way to show that the government is serious about being competitive in the world.

Organizers say the RISE programme had a successful summer in 2018. They want to expand the programme in 2019. They also hope that other counties in the area will offer similar Real Interesting Summer Experience to their students.

5. What is the most interesting thing Pogolian did in the summer?
 - A. Going on a trip somewhere.
 - B. Experiencing a biology experiment.
 - C. Taking part in a paid internship.
 - D. Studying at Montgomery College.
6. What is the purpose of the RISE programme?
 - A. To offer real job experiences to high school students.
 - B. To make students' summer interesting.
 - C. To help students to earn some money.
 - D. To provide workers for different companies.
7. **What is the government's attitude to the RISE programme?**
 - A. Disapproving.
 - B. Supportive.
 - C. Doubtful.
 - D. Unconcerned.
8. **What can we infer from the last paragraph?**
 - A. Organizers benefit from the programme.
 - B. Organizers are hopeful about the students.
 - C. More counties hope to get students' help.
 - D. The RISE programme may spread to more places.

C

词数: 351 话题: 鸟类叫声也有顺序 文体: 说明文

Humans have always considered themselves special compared with other animals. One reason is the complexity of our language—bounded by unique rules, such as syntax, where we string words together in a specific order to create meaningful sentences. But it turns out a bird may also vocalize (发声) with syntax rules.

The Japanese great tit is a bird that's a close relative of North America's very own chickadee. Toshitaka Suzuki, of Japan's Graduate University for Advanced Studies, has been listening to the calls of the Japanese great tit for the past decade. Suzuki has recorded at least ten types of alarm calls used by the bird. One of those is known as the ABC call, which warns other great tits of the presence of a predator (捕食者), and another is the D call, which signals the birds to approach the caller.

Now Suzuki and his colleagues have found that the great

tit uses those calls together to deliver both messages to other birds. And they found that the order of that call was vital—only ABC-D call made sense to the birds. When the scientists intentionally changed the order to create a D-ABC call, the birds did not respond. The study is published in the journal *Nature Communications*.

“I think the really interesting thing is why the order matters, and figuring that out I think will be difficult but also potentially really, really interesting, because it'll give a lot of insight ...” said David Wheatcroft of Sweden's Uppsala University, a member of the study scientists. “You wouldn't expect that it would matter. Obviously it matters in human language, the order in which we say things, but it's still somehow amazing when you find it in tits. So I think understanding why it's the case will be really interesting in the future.”

The work could help explain the evolution of the building blocks and structure (结构) of our own language.

9. **What's the major function of Paragraph 1?**

- A. To show language differences to readers.
 - B. To tell a commonly accepted belief to readers.
 - C. To introduce the background of the whole text.
 - D. To raise readers' interest in the following text.
10. Why did the birds make no response to the D-ABC call?
 - A. It failed to make any sense.
 - B. It was far beyond their level.
 - C. They found it barely natural.
 - D. They were afraid of scientists.
 11. **What can we know according to David Wheatcroft's words?**
 - A. He speaks positively of the discovery that the sound order exists in birds.
 - B. Scientists have already understood the reason why the order matters.
 - C. The order discovered in birds is as obvious as in human language.
 - D. He thinks scientists look for the order in birds for entertainment.
 12. What is the best title for the text?
 - A. Birds' sound makes them survive
 - B. Birds help man's language to evolve
 - C. Birds combine calls in a specific order
 - D. Birds' language is different from man's



训练 (十三)

“推理判断题”重点练 (二)

A

词数：327 话题：应用软件 Moment 文体：说明文

At 9:30 am on a Wednesday morning, I received a notification (通知) that I'd already picked up my phone 30 times that day! “11 pickups left until you go over your goal of 41 pickups,” my screen read. “Put your phone down until 9:52 am! Enjoy your time living in the moment.”

These updates were sent via Moment, an app that tracks my screen time, created by Kevin Holesh in 2014 to fight his own device addiction. He was working as an independent app developer, spending hours each day staring at screens. After work, Holesh found that he was looking mindlessly online instead of talking to his wife or taking his dogs for a walk.

“I wanted a way of seeing how much time I was sinking into my phone,” he said. “So I came up with something that could monitor my screen time.” Holesh found that he was spending 75 minutes on his phone a day. He added a function to the app that informed him whenever his screen time was more than 40 minutes. “My phone would make a sound like a bee, and I'd go and do something else. It was like a little angel on my shoulder pushing me in the right direction,” he said. Holesh figured that if the system worked for him, it would work for others, and later that year he made Moment a free app. To date, it has been downloaded eight million times.

Besides, Moment also has a “coach” function, offering guided programs to help users focus and be more productive, for \$ 7.99 a month.

“I am so much happier, I sleep better, I read more, I take better care of myself, and most of all I am present in my day-to-day life,” Jack, a user, said. Similar comments on Moment reflect a growing consciousness around “digital wellness”, the name given to lifestyle practices that encourage healthy device use.

1. What does the inspiration of Moment come from?

- A. The creator's own experience.
- B. The sound made by honeybees.
- C. Complaints from family members.
- D. The widespread digital addiction.

2. What does Moment do at the expected screen time?

- A. Monitor the screen and keep a record.

B. Make a noise to remind the user.

C. Turn off the phone immediately.

D. Force the user to take a rest.

3. What does the author intend to do in Paragraph 4?

A. Persuade readers to buy the app.

B. Provide readers with some advice.

C. Recommend a coach to readers.

D. Introduce more information on the app.

4. In which part of a website will you find this text?

A. Fashion and business.

B. Sports and entertainment.

C. Health and lifestyle.

D. Art and design.

B

词数：298 话题：帮助孩子 文体：记叙文

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 42, 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 word spread, interest and involvement from his and other communities flooded in—along with Mickelson's bunk bed output. “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 money,” he said. “The need I have is seeing the joy on kids’ faces, knowing that I can make a difference.”

5. 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.

6. 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.

7. 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.

8. What is Mickelson’s attitude to the non-profit organization?

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

C

词数: 299 话题: 植物能“听到”声音 文体: 说明文

Gardeners such as Prince Charles who claim that talking to plants encourages them to grow have long been seen as a little silly. But scientists have discovered evidence which suggests the royal may actually be right and they could be listening to him. Biologists at Tel Aviv University in Israel have found that flowers can act as a plant’s “ears” to help them detect the sound of approaching insects.

When the researchers played recordings of flying bees to evening primrose flowers, within three minutes the sugar concentrations in the nectar (花蜜) of flowers increased. The fluid, produced to attract pollinating insects, was on average

20 per cent higher in flowers exposed to the buzz compared to those left in silence or exposed to higher pitched sounds. Professor Lilach Hadany, who led the study, said: “Our results document for the first time that plants can rapidly respond to pollinator sounds in an ecologically relevant way.”

However, Professor Hadany said a plant’s ability to respond to pollinators may be weakened in city environments or beside a busy road. While plants require water, sunlight and the right temperature to grow, it is widely believed that they do not have senses in the way animals do.

But the study, published on the open-science website bioRxiv, suggests the efforts of gardeners who talk to their plants may not be in vain. “Plants’ ability to hear has implications well beyond pollination—plants could potentially hear and respond to herbivores, other animals, the elements, and possibly other plants,” Professor Hadany added.

A month-long experiment conducted by the Royal Horticultural Society in 2009 found female voices appear to speed up the growth of tomatoes. The research offers a possible explanation—women’s voices are at the right frequency for the plants to hear.

9. What’s evening primrose flowers’ response to bees’ buzz?

- A. Longer blooming.
- B. Sweeter nectar.
- C. A brighter colour.
- D. Less fluid.

10. Where can plants grow better according to Hadany?

- A. On a square.
- B. Beside a highway.
- C. In the woods.
- D. Along the street.

11. What can we infer from the research?

- A. Prince Charles proves kind of stupid.
- B. Plants can only potentially hear animals.
- C. Plants respond to sounds slowly and ecologically.
- D. Plants that gardeners talk to frequently develop well.

12. What does the text mainly talk about?

- A. Flowers can hear.
- B. Bees are best pollinators.
- C. Plants can’t grow without sound.
- D. Women’s voices improve plants’ growth.



训练(十四)

“主旨大意题”重点练(一)

A

词数: 303 话题: 狗不如我们认为的那么聪明 文体: 说明文

In the long-simmering dispute over whether dogs are smarter than cats, a recent study published in the journal *Learning & Behaviour* suggests that dogs are no more exceptional than other animals when it comes to smartness and intelligence.

The news is sure to cause the debate among dog owners and scientists who study canine behaviour. The authors reviewed existing studies and data on animal cognition(认知) and found that while dogs are smart and trainable, they are not “supersmart”, despite what most dog owners will tell you. Dog research was quite popular in the 1990s and continues to be so. When it came to other animals, though, scientific studies on intelligence were barely involved in, despite evidence to suggest that horses, chimpanzees(黑猩猩) and cats had tricks of their own. Almost everything a dog claimed to do, other animals could do too.

Researchers set out to test the supposition. They compared dog cognition with members of three similar groups: meat-eating animals, social hunters and domestic animals. Among the animals they studied were wolves, cats, chimpanzees, dolphins, horses and pigeons. What they found was that “dog cognition does not look exceptional”. Dogs cannot use tools, unlike dolphins, New Caledonian crows and chimpanzees, which have been observed using plant stems to fish for termites(白蚁). Homing pigeons are trained to fly home, sometimes crossing hundreds of miles of unfamiliar areas. At the same time, domestic animals share similar characters with their dog partners. Horses, like dogs, perform complex tasks. And cats? They have more in common with dogs than one might think. Still it is much easier to show intelligence in dogs because they like to be trained. Dogs are not smarter than they are supposed to be, given what they are.

1. What is the finding of the study?

- A. Dogs are cleverer than cats and horses.
- B. Dogs are no cleverer than other animals.
- C. Dogs are not smarter than chimpanzees.
- D. Dogs are more honest than most animals.

2. Why do most people think dogs are cleverer?

- A. Only dogs are trained well to do many things.
- B. People focus on studying dogs' intelligence only.
- C. Dogs can do many more things than other animals.
- D. Existing studies and data on dogs suggest dogs are smarter.

3. What do we infer about cats from the last paragraph?

- A. Cats can use tools to fish.
- B. Cats can go home from far away.
- C. Cats can learn to do complex tasks.
- D. Cats are more unwilling to be trained.

4. What is the main idea of the text?

- A. Cats are smarter than they were.
- B. Dogs aren't so clever as we think.
- C. Any animal is smart and trainable.
- D. All animals should be treated equally.

B

词数: 313 话题: 保护海洋的勇士 文体: 记叙文

On November 7, Lewis Pugh completed a one-kilometre swim in the freezing water of King Edward Cove, off South Georgia in Antarctica. He was wearing only his swimming glasses, cap and Speedos!

Pugh is an advocate for our oceans and seas, working to protect these ecosystems with their large diversity of marine life. When asked why he doesn't wear a wetsuit, Lewis says, “I ask world leaders to do everything they can to protect our oceans. Sometimes the steps they need to take are difficult and unpopular. If I'm asking them to be courageous, I must also be. Swimming in a wetsuit would not send the right message.”

It took Pugh about 19 minutes to complete the one-kilometre swim in Antarctica where the water averaged about 1.6 degrees Celsius. He says that his body can only tolerate about 20 minutes in the freezing water before it starts shutting down. As he swims, his body temperature steadily drops, which in turn causes his muscle control to drop, slowing him down. When he is done with his swim, his support team rushes him to a hot shower and it takes almost an hour for his body temperature to return to normal.

Doctors and Pugh caution that one must receive months of

training to swim in such cold water. Even expert swimmers who are unused to freezing water can drown within minutes because of the physical shock experienced by the body. Pugh says he trained for six months before this swim.

This is not the first time that Lewis has swum in dangerous conditions. In 2007, he swam one kilometre in the North Pole to draw attention to the melting Arctic ice due to climate change. In 2015, he swam in the Bay of Whales in Antarctica's Ross Sea as part of his successful campaign to help set up a marine reserve there.

5. Why did Lewis Pugh swim without a wetsuit?
 - A. To swim faster.
 - B. To show his bravery.
 - C. To build up his body.
 - D. To win public attention.
6. What does the underlined word "it" in Paragraph 3 refer to?
 - A. His body.
 - B. The water.
 - C. His body temperature.
 - D. The water temperature.
7. What's Pugh's advice about swimming in freezing water?
 - A. One must be fully prepared.
 - B. One should be expert at swimming.
 - C. One should be ready to take on challenges.
 - D. One must be used to long-distance swimming.
8. **What may be the best title for the text?**
 - A. Lewis Pugh; swimming for a cause
 - B. How to survive a swim in cold water
 - C. How to prepare for extreme swimming
 - D. Lewis Pugh; achieving the impossible

C

词数:331 话题:手机与睡眠 文体:说明文

Most people who own iPhones use them as their alarm clocks—making it very easy to check e-mails one last time before falling asleep and hard to ever feel unplugged from work and social networks.

Several years ago, my boss fainted due to exhaustion after staying up late to catch up on work. She banged her head and ended up with five stitches (缝线) and became what she calls a "sleep evangelist". Now she leaves her phone charging in another room when she goes to bed and encourages her friends to do the same.

★ "I sent all my friends the same Christmas gift—a lovely alarm clock—so they could stop using the excuse that they needed their very attractive iPhones by their beds to wake them up in the morning," she said.

If your phone wakes you up in the morning, it may also be keeping you up at night. A 2008 study showed that people exposed to mobile radiation took longer to fall asleep and spent less time in deep sleep. "The study indicates that during laboratory exposure to 884 MHz wireless signals, components of sleep believed to be important for recovery from daily wear and tear are severely affected," the study concluded.

A quarter of young people feel like they must be available by phone around the clock, according to a Swedish study that linked heavy cellphone use to sleeping problems, stress and depression. Unreturned messages carry more guilt when the technology to address them lies at our fingertips. Some teens even return text messages at midnight.

Most of us choose not to set limits on our night-time availability. Nearly three quarters of people from the age of 18 to 44 sleep with their phones within reach, according to a 2012 *Time* poll. That number falls off slightly in middle age, but only people aged 65 and older are leaving the phone in another room as common as sleeping right next to it.

9. Why did the author's boss start to enjoy sleeping?
 - A. Her friends encouraged her to sleep on time.
 - B. Mobile phones couldn't wake her up on time.
 - C. Her friends sent her a lovely clock to wake her up.
 - D. She got hurt due to working too late.
10. Why did the author's boss give her friends alarm clocks as Christmas gifts?
 - A. Alarm clocks don't give off any radiation.
 - B. Alarm clocks are better at waking her friends up.
 - C. She advised them to replace phones with alarm clocks.
 - D. She used alarm clocks to remind them not to work too late.
11. What can we learn from the 2008 study?
 - A. Mobile radiation makes people unable to fall asleep.
 - B. Mobile phones can release 884 MHz wired signals.
 - C. Sleep can help people fight against radiation.
 - D. The quality of sleep can be seriously affected by wireless signals.
12. **What is the best title for the passage?**
 - A. How mobile phones affect sleep
 - B. Why alarm clocks are better than phones
 - C. How we can sleep better at night
 - D. How mobile phones affect health



训练 (十五)

“主旨大意题”重点练 (二)

A

词数: 314 话题: 登台表演经历 文体: 记叙文

On Wednesday, January 13th, I performed on stage for the first time. As someone who takes part in so many activities, it's extremely difficult to find the time to be a part of any production. For me, it was a once-in-a-lifetime opportunity to try acting through the Senior Play Project.

Auditions (试镜) came first. They weren't particularly difficult, more to see who may be a better fit for certain roles. We were told our roles in the various plays, and started to work immediately.

I was unsure of how I was as an actor, and I had to learn a lot fast: actions, my place in the story, my reactions, and countless other small details... As I began to improve as an actor, I was able to understand my characters better.

My first character is a man named Roger who is a senior advisor to a presidential candidate in a play called *The Spot*. He's a short-tempered guy who says what he wants and takes what he wants to assist his candidate in today's tough political races. He's on the set of "The Spot", an advertisement for the candidate, to make sure everything runs smoothly and that any problems are dealt with quickly and efficiently.

While I had really interesting characters, and the plays were funny and such a great experience to act in, I really love the Senior Play Project for the people. I worked with 12 other seniors who not only loved what they were doing, but offered help and advice throughout my entire learning process.

Between the lights, sounds, costume and make-up, and plenty more, theatre is a team sport just like basketball or baseball. There are no small parts; there is no one who isn't needed. I've learned to appreciate live theatre, and the effort that every person in the show, both onstage and offstage, puts into it.

1. How did the author feel about being in the project?

- A. Lucky. B. Tired.
C. Nervous. D. Confident.

2. What do we know about the character Roger?

- A. He means what he says.
B. He puts up an advertisement.
C. He gives advice to the candidate.
D. He is running for president.

3. What does the author like most about the project?

- A. The people.

B. The plays.

C. The characters.

D. The costume.

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

- A. The Senior Play Project
B. Acting for the first time
C. What makes a good actor
D. A lesson learnt through acting

B

词数: 270 话题: 新型阅读方式 文体: 说明文

Almost none of us have the time to read everything we'd like to read. Yet we lose countless hours to daily activities that bring us little joy like taking buses and waiting in line. What if we could turn these little blocks of unoccupied time into precious and rewarding moments for learning and reflection?

Founded in 2012, iReader, a micro-learning app on mobile phones, brings the biggest ideas from best-selling books through 15-minute audio (音频) and text. So far, more than 3,000 books have been included, ranging from psychology and parenting to management and economics, with new titles added every day.

iReader is pioneering a new method of reading, with over nine million users enjoying the benefits already. According to the Pew Research Centre (PRC), the British read just four paper books a year and over 25% haven't read a single paper book this year, but reading isn't dying. There are now more ways for the British to read than ever before, due to the widespread use of e-books and audiobooks.

The books in iReader are rewritten to ensure it is easy to remember the main content. The way the content is edited has been specifically designed to ensure it is useful in practice. Besides, the content is rewritten with relevant examples in real life, which means users are more likely to remember and apply what is helpful to them.

Holger Seim, German co-founder of this app, declares, "iReader gives you the biggest ideas in the shortest possible time. It transforms great ideas into little packs you can listen to or read in just 15 minutes."

5. What does the author suggest people do in the unoccupied time?

- A. Read and think.
B. Write and share.
C. Avoid taking buses.
D. Bring joy to daily routines.

6. What can we infer from the PRC findings?
- The British benefit a lot from reading.
 - Reading methods are more important than before.
 - Digital technology is taking the place of paper books.
 - New forms of books are changing the way the British read.
7. How does iReader make the content easy to remember?
- By bringing fun to it.
 - By making it useful.
 - By using artistic designs.
 - By taking users as examples.
8. What is the best title for the text?
- iReader prevents reading from dying
 - iReader unites worldwide book-lovers
 - iReader: the best new app creation
 - iReader: big ideas in small packages

C

词数: 365 话题: 面对沉默 文体: 说明文

Learning how to face silence in conversation is important, especially when working across cultures.

In international negotiations, experienced negotiators(谈判者) stay silent and impassive on purpose because that will make others feel uncomfortable and possibly make compromises without having to do anything. Americans especially can't stand silence, so they often are the first to break the silence and sometimes might be at a disadvantage in negotiations.

So, what's the best response? Set your jaw and wait it out. Don't offer a compromise just because they are not speaking. If you have to say something, ask a direct question, such as "What's your initial reaction to that offer?" Once silence is getting into 45 seconds you could say, "Let's come back to that in a minute and go on with the next part of our negotiation."

In presentations, silence can be far more effective than dramatic passion(热情). Before starting, look at the audience and be silent for a moment because that says, "I'm in control. I know what I'm doing. I'm confident."

A classic example is when Apple co-founder Steve Jobs launched the first iPhone. He introduced with many pauses so

that you didn't miss his key points. Because silence makes us nervous, our natural reaction is that we'd better pay attention—there's something going on here.

Equally, when giving a speech to staff or trainees, pauses count—especially if there are negatives. If you keep talking you're spoon-feeding. Give people a moment of silence to get beyond the emotional response and to start thinking consciously and processing.

Silence can be an inward-focused thoughtful activity or outward stillness where you give yourself the time to watch and think and listen to the world around you. Having observed the use of silence in Finland and also among the Blackfoot Nation, a North American Indian tribe in northern Montana in the US, we can see benefits far beyond wheeling and dealing.

Silence can be a very powerful point for understanding ourselves, understanding others, for developing better common understanding and more productive outcomes and that applies to business, politics, education, law, medicine, every area of human life.

9. What is most likely to be an American idea?
- Speaking less gives the upper hand.
 - The shorter talking gaps are, the better.
 - A silent man is the best one to listen to.
 - Speak out what you have in your mind.
10. What is the purpose of the example of Steve Jobs?
- To show the wisdom of Steve Jobs.
 - To explain silence can be more effective.
 - To introduce how to make a presentation.
 - To prove silence can ease one's nervousness.
11. What is the meaning of the underlined word "spoon-feeding" in Paragraph 6?
- Supporting some person with any selfless help.
 - Feeding somebody patiently with a small spoon.
 - Giving others some new ideas to think over carefully.
 - Using a way that discourages independent thought.
12. What is the main idea of the passage?
- Silence is the best defence.
 - Silence in negotiations is of great help.
 - Learning the skill about silence is important.
 - Silence has different meanings in different cultures.



训练(十六)

“广告与应用”专练

A

词数: 288 话题: 夏令营 文体: 应用文

Summer programmes for teens

University of Maryland: Terp Young Scholars

This programme is the perfect summer camp for academically talented teenagers who want to pursue academic interests, explore career opportunities, and discover college life at the University of Maryland.

During three weeks of intellectual exploration, teens can study with students who share similar interests, and communicate with some of the university's best teachers. Upon successful completion, students can earn three college credits.

Carpe Diem: The University-Bound Adventure

Carpe Diem supports both American and international students in applying to a university by providing private consultation. This two-week experience also includes tours of the famous East Coast universities. Students will also have the opportunity to build their résumés (简历) by working with writing experts.

Great Books Summer Programme

This is a lively, warm and welcoming summer camp community of outstanding teens, who love literature and ideas. In the past eleven years, it has gathered middle and high school students from across the world to read selections from the greatest works of literature, experience heated discussions and enjoy summer camp fun with other literary-minded students. Participants can gain confidence in their ability to read a text closely and express their ideas clearly both verbally and in writing.

Zeal Travel

We offer our teens two-week and three-week long trips to Hawaii, Alaska, Australia and Spain. All trips include 15—25 hours of community service activities.

Depending on your trip of choice, you'll be helping Hawaiians protect their forest ecosystem, caring for dogs in Spain, working with Habitat for Humanity, and much more. Every trip also includes exciting outdoor activities like surfing, driving, ice climbing, hiking and more. The possibilities are endless and there is a zeal trip for every interest.

- Which programme offers students the opportunity to develop academic interests?
 - Carpe Diem.
 - Zeal Travel.
 - University of Maryland.
 - Great Books Summer Programme.
- What can students do in Great Books Summer Programme?
 - Learn how to write stories.
 - Attend a campus cultural event.
 - Make friends with famous writers.
 - Read and discuss the great works of literature.
- What is special about Zeal Travel?
 - It includes a lot of thrilling outdoor activities.
 - It provides community service for students.
 - It offers students exciting free trips.
 - It will last three weeks.

B

词数: 280 话题: 游览悉尼 文体: 应用文

Sydney Street Art Walking Tour

You can get a much richer experience by taking a two-hour walking tour in the company of artists and designers who can explain the stories behind the work. Wander through the streets of Sydney and discover its rich culture of graffiti, muralism, and tagging, while learning about the artists. Meet and get insight from local characters and toast the experience with an included craft beer.

Sydney Bondi Beach Walking Tour

Experience the sun, sand and surf at Australia's most popular beach, with this 1.5-hour walking tour of Bondi Beach. See where the famous *Bondi Rescue* TV show is filmed and learn how Bondi Beach became a hot spot for tourists, surfers and famous people. Along the way, admire the Bondi Aboriginal rock art sites; pose for photos by the Bondi Pavilion.

Sydney Vivid Light Walking Tour

Make the most of Vivid Light, Sydney's spectacular light festival, with this small group walking tour. Over the course of two hours, your local guide will lead you through the city's open-air gallery of light equipment, stopping at celebrated works. Learn about the rich past of Circular Quay and The Rocks as you make your way through these historic

neighbourhoods.

Opera House Guided Backstage Tour

Get a unique experience of Opera House on a backstage tour for the performing arts. Your guide shares stories about the real-life dramas behind the curtain and well-known history. Go behind the scenes to see parts of the Opera House normally reserved for staff and performers. Wrap up this fascinating morning tour by sitting down with your companions for a full Australian breakfast in the Green Room, where performers relax before going onstage.

- Who can help you if you want to appreciate the street art?
 - Your guide.
 - Local people.
 - Artists and designers.
 - Art students.
- What can you do on the Opera House Guided Backstage Tour?
 - Enjoy interesting stories.
 - Admire the rock art sites.
 - Watch the famous TV show.
 - Meet well-known performers.
- Which tour is better experienced during the night?
 - Sydney Street Art Walking Tour.
 - Sydney Bondi Beach Walking Tour.
 - Sydney Vivid Light Walking Tour.
 - Opera House Guided Backstage Tour.

C

词数: 295 话题: 三月份活动一览 文体: 应用文

Time Out New York, your ultimate guide to life in the city, helps you discover the best events and things to do in March.

Mar. 3—15: New York International Literary Festival

The literary event champion of New York is back! Many best-selling authors are set to appear at this year's festival, including the award-winning writer Amy Tan (*The Joy Luck Club*, the film version of the novel starring Michelle Yeoh), Internet business expert writer Duncan Clark (*Alibaba: The House That Jack Ma Built*), the Anthill founder Alec Ash (*Wish Lanterns*), and many more. Stay tuned for our full festival preview and author features.

Mar. 3—15, various times, 20 dollars or 35 dollars (for literary lunches). Glam.

Until Mar. 16: Vivienne Westwood: Get a Life

The well-known fashion designer is the subject of this crossover exhibition of American contemporary art and eco-friendly fashion inspired by Westwood's strong attitude towards a climate revolution. Participating artists also include Adam Lawry and Jill Smith.

Until March 16, free entry. Chi K11 Art Museum

Mar. 17: Dog Day Saturdays

On the third Saturday of the month, The Rooster (13th Street) throws a backyard party where dogs are welcome. There will be free hot dogs. Fifteen-dollar Flying Dog Beers and dog treats for the little buddies. Donations will also be collected for local animal rescue group, Best Friends of America.

Mar. 17, 3 pm—5 pm, 15 dollars. The Rooster (13th Street)

Mar. 28—29: Mum to Mum Sale

Sell or stock up on clothes, toys, books, strollers and other family goods at this twice-a-year market organized by New York mothers. Sellers will contribute 15 per cent of all their profit to Heart to Heart. Come and pick up some useful stuff for your family.

Mar. 28—29, 2 pm—6 pm (Tues.), 10 am—2 pm (Wed.), free entry. New York Health & Racquet Club

- Who will possibly turn up at Glam on March 10th?
 - Michelle Yeoh.
 - Jack Ma.
 - Alec Ash.
 - Adam Lawry.
- Which event might interest those who care about the environment?
 - New York International Literary Festival.
 - Vivienne Westwood: Get a Life.
 - Dog Day Saturdays.
 - Mum to Mum Sale.
- What do the events Dog Day Saturdays and Mum to Mum Sale have in common?
 - Participants can support charity work.
 - Participants are admitted free of charge.
 - They are organized annually in New York.
 - They take place at the same time.



训练(十七)

“人物与故事”专练

A

词数：296 话题：老人获救 文体：记叙文

It's not common that a grandmother aged 89 is crowned Queen of Icebergs in North America, but when it does happen it's quite the sight.

On a recent trip to Iceland, Judith Streng became that grandma after her son attempted to take a photograph of her sitting on an ice structure that looked like a throne (宝座) at Diamond Beach in Jokulsarlon. Shortly after Streng sat down to pose, the piece of ice broke off and floated into the water.

“I thought it was safe. One girl had been on it and then two girls at the same time, and it was very secure with them. When I got on it, it started to shake and a wave was coming in. A very large wave came in and made the throne kind of shake, and I could tell that I was slipping off,” Streng told ABC News.

Streng's story went hot after her 24-year-old granddaughter Catherine tweeted a text message exchange she had with her father about the incident. “My grandmother almost got lost at sea in Iceland today!”

Catherine, who teaches English in Seoul, Korea, explained via Twitter that her father described the scene vividly. He has a PhD in English, and described the event in the following words, “She climbed to the throne after a wave had pulled back and left it briefly exposed on the beach. Then a wave washed in and removed the ice throne, rocking it from side to side. When the wave left, it lifted the throne and carried her out into the sea with the tide.”

Luckily for the Streng family, Randy, a licensed boat captain from Florida with knowledge of water rescue strategies, witnessed the whole thing, and was able to save the day.

- Where was the grandma when her son was taking a picture for her?
 - On a crown.
 - In an iceboat.
 - At Throne Beach.
 - On an iceberg.
- How did Catherine spread this accident?
 - By drawing a vivid picture.
 - By exchanging Twitter accounts.
 - By talking with her father in Seoul.
 - By posting the text message exchange with her father.

- Who saved the grandmother?
 - Catherine.
 - Judith Streng.
 - Randy.
 - Her son.

- What can be a suitable title for the text?
 - Taking pictures must be very dangerous
 - A grandma floated out to the sea on an iceberg
 - An optimistic family who love icebergs
 - The licensed boat captain went hot slowly

B

词数：320 话题：人物传记 文体：记叙文

Lawrence Ferlinghetti, the poet, publisher, painter, social activist and bookstore owner, has been San Francisco's honoured poet. He turns 100 this month, and the city is making preparations to celebrate his birthday in style. Readings and performances and an open house will take place at City Lights, a sacred bookstore he co-founded in 1953.

On March 24, 1919, Lawrence Ferlinghetti was born in Yonkers, New York. After spending his early childhood in France, he received his BA from the University of North Carolina, an MA from Columbia University, and a PhD from the Sorbonne.

He is the author of more than thirty books of poetry, including *Poetry as Insurgent Art* and *A Coney Island of the Mind*. He has translated the works of a number of poets, including Nicanor Parra, Jacques Prevert, and Pier Paolo Pasolini. In addition to poetry, he is also the author of more than eight plays and three novels, including *Little Boy*, *Love in the Days of Rage* and *Her*.

In 1953, Ferlinghetti and Peter Martin opened the City Lights Bookstore in San Francisco, California. It became a nerve centre for the Beats and other writers. Allen Ginsberg, Jack Kerouac and other writers from that era were easterners who dropped into San Francisco for a spell. In 2001 it was made an official historic landmark. Now City Lights is almost certainly the best bookstore in the United States. It's filled with serious world literature of all kinds.

If City Lights is a San Francisco institution, Ferlinghetti himself is as much of one. He has loomed over the city's literary life. As a poet, he's never been a critical favourite. But his flexible and plain-spoken and often powerful work—he has published more than 50 volumes—has found a wide audience. His collection *A Coney Island of the Mind* has sold more than one million copies, making it one of the best-selling

American poetry books ever published.

5. What can we learn about Ferlinghetti from Paragraph 2?
 - A. He had a happy childhood.
 - B. He received normal education.
 - C. He had a gift for writing novels.
 - D. He had written lots of poetry.
6. Which of the following best describes Ferlinghetti according to Paragraph 3?
 - A. Flexible.
 - B. Optimistic.
 - C. Outspoken.
 - D. Productive.
7. Why is City Lights famous?
 - A. Because it is a nerve centre for the youth.
 - B. Because its collections have a long history.
 - C. Because it is an official historic landmark.
 - D. Because it has many modern world literature.
8. What is the author's purpose in writing the text?
 - A. To speak highly of a great poet.
 - B. To introduce some English poetry.
 - C. To promote values of City Lights.
 - D. To celebrate the birthday of Ferlinghetti.

C

词数: 353 话题: 人物传记 文体: 记叙文

Not all the historians in Canada are historians of Canada. A case in point: Timothy Brook.

Brook was born and schooled in Toronto, and he now teaches in Vancouver. But he's a historian of China, and his recent book *Vermeer's Hat* seems at first to be about Holland in the period of the Dutch masters. When I met Brook recently in Vancouver, he did seem a global historian. Vancouver is his home, but *Vermeer's Hat* has been published around the world.

Brook was just in from Oxford, UK, where he taught part of the year, by way of New York, where *Vermeer's Hat* had just been given the Mark Lynton History Prize. He was about to go to California, where he was due to lecture. Still, the author and the book—and the hat—say something fresh about Canada and the world.

"I've been looking at Vermeer since 1971," says Brook. Looking at Dutch interior (室内的) scenes from the mid-

1600s, he noticed maps, Chinese porcelains (瓷器), South American silver, Virginia tobacco—all marking the influences of the wide world. In Brook's telling, Vermeer's masterworks become doorways to the world, and not least to the largest, richest nation in the world, the China of the late Ming Empire, a field in which Brook happens to be a specialist.

Brook used global history as a way to find common ground with fellow historians. "The sixteenth century is the age of discovery, but the seventeenth century is the age of people starting to move the possibility of a global economy and intercultural relations across the globe," he said.

It proved not hard for this Canadian historian of the world to find Canada in world history—or the world in Canadian history. In Vermeer's 1658 painting of a Dutch soldier in a wonderful hat, the felt (毛毡) for the hat was probably made in Lachine, from French La Chine meaning China. Established in Canada by De Champlain, the town was so named because, like other explorers, the French explorer was hoping to get through Canada to China.

9. Which was the line of Brook's recent journey back home?
 - A. Toronto→Oxford→Vancouver.
 - B. Oxford→New York→Vancouver.
 - C. California→Toronto→Vancouver.
 - D. New York→California→Vancouver.
10. Which is discussed in Brook's *Vermeer's Hat*?
 - A. The Mark Lynton History Prize.
 - B. Ways to give good lectures.
 - C. The Ming Dynasty of China.
 - D. A hat Vermeer wore for years.
11. What can we infer about Vermeer?
 - A. He was a Dutch painter.
 - B. He was a French explorer.
 - C. He was a UK publisher.
 - D. He was a US teacher.
12. What can be a suitable title for the text?
 - A. The influences of masters' books
 - B. An age of moving and possibilities
 - C. The importance of cultural exchange
 - D. A Canadian historian thinking globally



训练(十八)

“文化与教育”专练

A

词数：380 话题：独立学习 文体：记叙文

I thought we all knew why independent school students do better than those in the state sector(公立学校). They have more money, more funding and better resources and they don't have the more challenging students we get in the state sector.

That was before I became a teacher-researcher in a two-year project led by my college, aiming to find the best way to support high-ability students. With funding from the London Schools Excellence Fund, we teamed up with some of the country's top private schools, like Eton and St Paul's, as well as a number of state schools, to find out how to bring the knowledge-rich learning that characterizes independent schools into the state sector.

Before the project, I hadn't had much contact with people who had been educated there. But the first thing I found when I visited was that teachers are the same. In the independent sector, they have challenges too—just different ones.

After two years, our research project produced a huge set of findings.

One of the most useful findings was the importance of independent learning habits outside the classroom. I realized that although I was always telling students that they needed to do four to five hours of private study a week, they didn't have a clear idea of what this could look like beyond making notes. So I set them different activities including reading articles, doing activities and completing examination questions.

I started to put much more emphasis on activities outside the classroom, like researching topics beyond the syllabus(教学大纲) or discussing things in the news. And I praised anyone who asked questions in class, so we created a culture where students were proud to ask a question rather than see it as a way of flagging up the fact that they hadn't understood something.

My research is beginning to have a real influence. My students now come to class and tell me what they want to know about. But they no longer expect me to do the research—they want to find out for themselves. At the end of the year I gave students a questionnaire on independent learning. One wrote, “Independent learning would limit the help I got from other students. It helps you to think for yourself.”

1. What did the author say about independent school students before her research?
 - A. They are troublemakers.
 - B. They enjoy excellent learning conditions.
 - C. They perform worse than state school students.
 - D. They face the same challenges as state school students.
2. Why did the author join the project?
 - A. To introduce good learning methods to state schools.
 - B. To exchange teaching ideas with other teachers.
 - C. To partner with other schools in education.
 - D. To find enough funds for state schools.
3. What changes did the author make in her classes?
 - A. She focused on group learning.
 - B. She worked out a different syllabus.
 - C. She encouraged independent learning.
 - D. She carried out various activities in class.
4. How is the author's research going?
 - A. It has made a big difference.
 - B. It has failed to make progress.
 - C. It is questioned by her students.
 - D. It involves many more students.

B

词数：308 话题：拯救语言 文体：说明文

Experts say there are about 6,500 languages spoken throughout the world. But the United Nations guesses that about half of these languages are in danger of disappearing.

One organization seeking to save world languages is Wikitongues. It has a simple goal: to provide the tools and support that people need to save their languages. When a language disappears, many other things can go away as well. For example, parts of a community's culture, knowledge and identity can also be lost.

Because of this, Udell, co-founder of Wikitongues, believes the process of bringing languages back must be done by community members themselves. He said, “There is no way an outside organization can save someone's language for them.”

Wikitongues was started in 2016 as an open Internet collection of world languages. The self-described “community” is operated by volunteers from around the world. The collection is in the form of language videos that people speaking the languages add to the Wikitongues website.

Udell says saving languages does count. There are many examples of languages that disappeared but later returned to use. “Hebrew went extinct(灭绝的) in the fourth century BC, and was revived(重新使用) in the 1800s. Now once again, it’s the mother tongue of half of the world’s Jewish population.” Another example is a Native American tribe. The tribe’s language went extinct in the 1940s. But the tribe has been able to successfully build up “language recovery” in recent years.

One of Wikitongues’ volunteers is Theron Kolokwe, who lives in Namibia. His native language is Subiya, which is spoken by about 30,000 people.

“I want the world to know about my language,” Kolokwe said. But his goal goes beyond just sharing his language with others through videos. He is also working to create a dictionary and language teaching materials that can be used in schools.

5. What does Udell consider important in saving languages?
 - A. Gathering language information.
 - B. Relying on the language speakers.
 - C. Setting up an outside organization.
 - D. Combining languages with culture.
6. How does Wikitongues help save languages?
 - A. By getting language videos from their speakers collected.
 - B. By building an online dictionary for each language.
 - C. By creating a real-life community for their speakers.
 - D. By requiring volunteers to learn new languages.
7. What do the examples in Paragraph 5 suggest?
 - A. The achievements of Wikitongues.
 - B. The influences of languages on life.
 - C. The significance of saving languages.
 - D. The difficulty with language recovery.
8. What can be a suitable title for the text?
 - A. Wikitongues is struggling to spread languages
 - B. Wikitongues starts a language learning website
 - C. Wikitongues is bringing old languages back to life
 - D. Wikitongues seeks to save the world’s dying languages

C

词数: 284 话题: 帮助学生的老师 文体: 新闻报道

A maths and physics teacher from rural Kenya, who gives away 80% of his monthly income to help the poor, has won a \$ 1 million prize.

Peter Tabichi was awarded the Global Teacher Prize on Sunday. He teaches at a rural Kenyan school in Pwani Village, with only one computer, poor Internet and a student-teacher ratio(比率) of 58:1. Nearly all his students are from poor families, and almost a third of them have no parents or only

one parent alive.

Tabichi gets online educational content by visiting Internet cafes and uses it offline in class. He guides the school’s science club, in which students now compete in national and international competitions. The mathematical science team were qualified to compete in the Intel International Science and Engineering Fair this year in Arizona. His students also won an award from the Royal Society of Chemistry after using local plant life to produce electricity.

“This prize does not recognize me but recognizes this great continent’s young people,” Tabichi said. His students face many challenges, including food shortage, drug abuse, teenage pregnancies and young marriages. Yet at the Keriko Mixed Day Secondary School where Tabichi teaches, the number of students has doubled over three years and more of the students are going on to college.

Tabichi was chosen from 10,000 applicants in 180 countries. He accepted the award from actor Hugh Jackman. The annual Global Teacher Prize was first launched in 2014 by Sunny Varkey, founder and chairman of GEMS Education. Now in its fifth year, the Global Teacher Prize is the largest of its kind. The \$ 1 million award is presented to an exceptional teacher who has made an outstanding contribution to his/her profession.

9. What do we know about Peter Tabichi?
 - A. He enjoys a high enough income to help the poor.
 - B. He makes a difference to many of his students’ life.
 - C. He does online teaching in Internet cafes sometimes.
 - D. He helps take care of parentless students’ daily life.
10. What do we know about Peter Tabichi’s students?
 - A. They solved the problem of electricity supply in Pwani.
 - B. They are trained to compete for various academic awards.
 - C. They show great potential with the help of Peter Tabichi.
 - D. They persuade their friends to go to school together.
11. What does the author intend to do in the last paragraph?
 - A. Summarize the previous paragraphs.
 - B. Provide some advice for the readers.
 - C. Add some background information.
 - D. Introduce a new topic for discussion.
12. What can be a suitable title for the text?
 - A. A rural Kenyan teacher guides students in competitions
 - B. A rural Kenyan teacher changes students’ life paths
 - C. A rural Kenyan teacher donates money to the poor
 - D. A rural Kenyan teacher is awarded a \$ 1 million prize



训练(十九)

“生态与自然”专练

A

词数：358 话题：鸽子监控空气质量 文体：说明文

Pigeons in London have a bad reputation. Some people call them flying rats. And many blame them for causing pollution with their droppings. But now the birds are being used to fight another kind of pollution in this city of over 8.5 million.

“The problem for air pollution is that it’s been largely ignored as an issue for a long time,” says Andrea Lee, who works for the London-based environmental organization ClientEarth. “People don’t realize how bad it is, and how it actually affects their health.” London’s poor air quality is linked to nearly 10,000 early deaths a year, Lee says, citing (引用) a report released by the city manager last year. If people were better informed about the pollution they’re breathing, she says, they could pressure the government to do something about it.

Nearby, on a windy hill in London’s Regent’s Park, an experiment is underway that could help—the first week of flights by the Pigeon Air Patrol. It all began when Pierre Duquesnoy, director for DigitasLBI, a marketing firm, won a London Design Festival contest last year to show how a world problem could be solved using Twitter. Duquesnoy, from France, chose the problem of air pollution.

“Basically, I realized how important the problem was,” he says. “But also I realized that most of the people around me didn’t know anything about it.” Duquesnoy says he wants to better measure pollution, while at the same time making the results accessible to the public through Twitter.

“So,” he wondered, “how could we go across the city quickly collecting as much data as possible?” Drones were his first thought. But it’s illegal to fly them over London. “But pigeons can fly above London, right?” he says. “They live—actually, they are Londoners as well. So, yeah, I thought about using pigeons equipped with mobile apps. And we can use not just street pigeons, but racing pigeons, because they fly pretty quickly and pretty low.”

So it might be time for Londoners to have more respect for their pigeons. The birds may just be helping to improve the quality of the city’s air.

1. What can we infer about London’s air quality from Paragraph 2?

A. Londoners are very satisfied with it.

B. The government is trying to improve it.

C. Londoners should pay more attention to it.

D. The government has done a lot to improve it.

2. Duquesnoy attended the London Design Festival to _____.

A. entertain Londoners

B. solve a world problem

C. design a product for sale

D. protect animals like pigeons

3. Why did Duquesnoy give up using drones to fly over London?

A. Because they are too expensive.

B. Because they fly too quickly.

C. Because they are forbidden.

D. Because they fly too high.

4. Which can be the best title for the text?

A. Clean air in London

B. London’s dirty secret

C. London’s new pollution fighter

D. Causes of air pollution in London

B

词数：350 话题：人工智能应用于农业 文体：说明文

Nearly every week, we hear news about the latest successes and failures in driverless vehicles. But we hear little about how other industries are developing this same kind of technology. One industry heavily involved in researching and developing artificial intelligence, or AI, is agriculture. Companies are experimenting with high-tech tools that can help farmers save time and money, while reducing environment-harming chemicals.

One of the companies is ecoRobotix of Switzerland. It created a robot equipped with AI and cameras to identify all plants on a farm. The robot has four wheels to carry it through the fields in search of weeds. Computer-controlled arms then lower and spray the weeds with small amounts of herbicide(除草剂). Company officials say the robot can fully operate on its own for up to 12 hours a day while being powered by the sun. It uses the same kind of sensor and positioning technology used to guide driverless vehicles. A farmer can also control the equipment through a smartphone.

The co-founder of ecoRobotix, Aurelien Demaurex, says the farm robot can kill weeds with 20 times less herbicide than traditional methods. This is because the system uses exactly

the right quantity of chemicals in the exact place required to kill the weeds. Currently, farmers spread weedkillers over massive areas to destroy unwanted plants.

Another company developing farm robotics is California-based Blue River Technology. The company has a system called “See & Spray”, which it claims is the world’s first smart sprayer. The system—which connects to the back of a tractor—is also equipped with AI to identify and chemically kill only the weeds. It can also spray chemicals on wanted plants to help them grow. Ben Chostner, vice-president of business development for Blue River Technology, explains in a company video that See & Spray technology uses the same deep learning methods used in facial recognition. “The first time the machine saw a pigweed, it didn’t know what kind of plant it was. But we taught it—by giving it tens of thousands of examples of that pigweed—and now it’s an expert in pigweed.”

5. How will AI benefit agriculture?
 - A. It will fund agriculture research.
 - B. It contributes to low-cost farming.
 - C. It can avoid harmful chemicals.
 - D. It frees all farmers from field work.
6. What do the products of the two companies have in common?
 - A. They use recognition technology.
 - B. They are powered by solar energy.
 - C. They are connected with smartphones.
 - D. They can help wanted plants grow rapidly.
7. What do Ben Chostner’s words suggest about the robot?
 - A. It is environmentally friendly.
 - B. It is good at self-improving.
 - C. It has the learning ability.
 - D. It can track various plants.
8. What is mainly talked about in the text?
 - A. The experiment in farming robots.
 - B. The new trend in artificial intelligence.
 - C. Modern See & Spray technology.
 - D. Artificial intelligence in agriculture.

C

词数:333 话题:保护珊瑚礁 文体:说明文

Just a year ago, the colour was bright under the waves. Now it’s grey—the Maldivian reef is dead. The coral is killed by the pressure of rising temperatures.

Coral reefs are areas underwater where small creatures live. The coral is hard material formed on the bottom of the sea by the skeletons of those creatures. But the world has lost about half its coral reefs in the last 30 years. Scientists are

working to prevent their destruction. Due to global warming, over 90 per cent of corals are expected to die by 2050. “To lose coral reefs is to fundamentally undermine the health of a very large proportion of the human race,” said Ruth Gates, director of the Hawaii Institute of Marine Biology.

Why are coral reefs important? Coral reefs support a fourth of all marine species, as well as half a billion people worldwide. They serve as barriers to protect coastlines from the storms. They provide billions of dollars for tourism, fishing and other trade. They are also used in medical research for cures for diseases. “Everyone should be concerned,” said biologist Ove Hoegh-Guldberg at Australia’s University of Queensland. “This is not just some distant dive destination. This is the basic structure of the ecosystem we depend on.”

The ocean is getting warmer. A rising temperature of just one to two degrees Celsius can force coral to expel the algae (海藻) that live there. This leaves their white skeletons uncovered. It is a process called “bleaching”. Sixteen per cent of the world’s coral died of bleaching in 1998. The problem has become much worse in recent years.

“We’ve lost 50 per cent of the reefs, but that means we still have 50 per cent left,” said Ruth Gates, who is working in Hawaii to breed coral that can better withstand increasing temperatures. She is also trying to “train” coral to survive rising temperatures. Gates says it is time to start “thinking outside the box”—find creative ways to help it.

9. The underlined word “undermine” in Paragraph 2 means “_____”.
 - A. weaken
 - B. regain
 - C. promote
 - D. overlook
10. What’s the major concern of the scientists like Ove Hoegh-Guldberg?
 - A. People won’t find a dive destination in the future.
 - B. The effort to save coral will turn out to be fruitless.
 - C. The destruction of coral reefs will affect the earth’s ecosystem.
 - D. The bright sea has lost its charm because of the dead coral.
11. The fourth paragraph is mainly about _____.
 - A. the harm of algae
 - B. the process of “bleaching”
 - C. the importance of coral reefs
 - D. the change of ocean temperatures
12. Ruth Gates’ attitude towards the protection of coral is _____.
 - A. proud
 - B. cautious
 - C. optimistic
 - D. casual



训练(二十)

“社会与生活”专练

A

词数：355 话题：一家非营利组织收集食物送给穷人

文体：说明文

Every year around the world, humans waste an estimated 1.3 billion tons of food. This happens even though many people go hungry. So some people have made it their life's work claiming food before it goes to waste and then giving it to people who are hungry.

One of those people is Brett Meyers. In 2011, Meyers started Nourish Now, a food bank in the US state of Maryland. This non-profit organization collects food and then gives it to the poor and organizations that support them.

“Nourish Now is a food recovery-based food bank that recovers food from restaurants, catering companies, grocery stores, hotels, farms and more, and then donates that food directly to families in need and kids in need at local schools.”

Each month, it recovers more than 20,000 kilograms of food and serves 700 needy families, schools and social organizations. Every day, staff and volunteers repackage the donations and distribute them to recipients.

A woman named Rhoda is one of the recipients. She describes the quality of the food delivered to her family by Nourish Now. “It consists of fresh food, fruits and vegetables. You will get bread. Sometimes you get dairy products such as yogurt or milk. And you will also get some meat items. And if you get lucky you might get cooked food, or prepared salads, and stuff like that.”

The supplies can feed a family for five days. Each recipient is able to receive food every 30 days. And the packages are made to fit the dietary needs of each family.

Besides families, the organization also donates small meals called snacks to several nearby schools and social organizations.

Nourish Now has grown considerably since it opened. Brenda is one of them. Part of her job as a volunteer is to make sure that none of the food goes to waste.

“In the morning, I make sure that all the things that came late yesterday get put away so that we use that last, and we used the things that came the day before first, so that we're always giving fresh food and we're not throwing out anything.”

1. What do we know about Nourish Now?

A. It donates money to the poor.

B. It benefits from collecting food.

C. It gets food from many places.

D. It distributes food only to the poor.

2. What does the underlined word “them” in Paragraph 2 refer to?

A. The rich.

B. The poor.

C. Food banks.

D. Organizations.

3. What does the author want to clarify with the example of Rhoda in Paragraph 5?

A. The recovered food is fresh and rich.

B. She isn't satisfied with the food supplied.

C. Eating better can keep people healthier.

D. She can get food donations every five days.

4. What is the best title for the text?

A. People should take care of the weak

B. The poor are suffering from starvation

C. Nourish Now calls on people to save food

D. Nourish Now uses leftover food to feed the hungry

B

词数：317 话题：“烟头女士” 文体：记叙文

Sally Dawly is a woman from Auburn, California. Over the last three and a half years, the anti-littering woman has spent most of her free time picking up cigarette butts (烟头) from the streets of her home city.

Called the “Butt Lady” by her local community, Dawly began her mission to rid the streets of her city of cigarette butts in October, 2014. The woman looked for cigarette butts, picked them up and threw them in the trash. To keep a count of how many butts she picks up, the Butt Lady has been using a tablet, and earlier this month, she hit a historic milestone—one million cigarette butts.

“I got tired of going on my walks and seeing cigarette butts everywhere,” Sally Dawly said. “I'm just shocked that I had to pick up so many. I've ever picked up 3,000 butts in one day,” she said. “Don't throw away your butts; better yet, stop smoking.”

With so many cigarette butts littering the streets, can one person's efforts really make a difference? Surprisingly, the answer seems to be yes. Soon after the Butt Lady of Auburn started her mission and word of her efforts spread, cigarette cans started appearing around bars and restaurants in the city. Members of the local community even came out to cheer her on as she approached her one-million-butt

milestone.

Sally knows her city's cigarette butt littering problem won't be solved anytime soon, but she hopes her work will inspire people to at least think twice before dropping cigarette butts in the streets. She has decided to continue cleaning up after irresponsible smokers, and already has a new milestone in her sights—two million cigarette butts.

Word of the Butt Lady's efforts to keep the streets cigarette butt-free has reached neighbouring communities as well, and CBS Sacramento reports that other cities have started seeking her help as well.

5. Why does Sally Dawly carry an iPad with her while picking up the butts?
 - A. To entertain the crowds.
 - B. To monitor the smokers.
 - C. To attract people's attention.
 - D. To record the number of butts.
6. How did Sally Dawly feel when picking up cigarette butts?
 - A. Excited but upset.
 - B. Shocked and sorry.
 - C. Frightened but content.
 - D. Astonished and desperate.
7. From the text what can be learned about Sally Dawly?
 - A. She picks up nearly 3,000 cigarette butts every day.
 - B. She will work in other cities in California in the future.
 - C. She has set a new goal of picking up two million cigarette butts.
 - D. She picked up one million cigarette butts with members of her community.
8. What is the text mainly about?
 - A. California's "Butt Lady".
 - B. Fighting against smoking.
 - C. Californians' health problems.
 - D. Smoking problems in California.

C

词数: 322 话题: 是否救助遇险的动物 文体: 议论文

When we see a person in trouble, the first idea that comes to our mind is to lend a hand. But what if we see an animal in trouble, does the same rule apply?

This question was raised after a group of penguins were saved from an icy gully(深沟) in Antarctica. It was filmed for the BBC wildlife series *Dynasties*. The film crew were anxious when they saw that a group of penguins had fallen into a gully and been trapped with their young. They built a slope(斜坡) so that a few of the penguins could save themselves.

The case has taken the international media by storm.

Viewers watching this film let out a sigh of relief. "I'm so glad. I understand not taking action directly, but a helping hand isn't bothering, right?" viewer Kathryn Shaw said on her Facebook.

However, others think human interference(干涉) is unnatural. "You can't have sunshine throughout your life. To have done anything else would only make matters worse," said the show's creator David Attenborough, according to *The Times*.

In this case, however, Mike Gunton, the executive producer of the series, said that this was a one-off situation. "There were no animals going to suffer by interfering. You weren't touching the animals and it was just felt by doing this... They had the chance not to have to keep slipping down the slope," he told the BBC.

Such cases are familiar to Paul Nicklen, wildlife photographer for *National Geographic*. He told Metro, "If it's ever a predator(捕食者) situation, no matter how gut-wrenching, you stay out of the way. Even when you're watching a male polar bear eat a baby bear."

"There's no rule book in those situations. You can only respond to the facts that are right there in front of you," Will Lawson, the show's director, told *Daily Mail*.

9. What has led to a heated media discussion?
 - A. People's various remarks on penguins.
 - B. The rescue of penguins from a gully.
 - C. Some penguins' sufferings in a gully.
 - D. Ways of filming the series *Dynasties*.
10. Who holds a positive attitude towards human interference?
 - A. Kathryn Shaw.
 - B. Will Lawson.
 - C. Paul Nicklen.
 - D. David Attenborough.
11. Which of the following best explains the word "gut-wrenching" underlined in Paragraph 6?
 - A. Putting one in place.
 - B. Making one confused.
 - C. Putting one in danger.
 - D. Making one heartbroken.
12. What can be a suitable title for the text?
 - A. Reasons for the necessity of lending a hand to animals
 - B. Suggestions on how to protect animals from danger
 - C. Effects of human interference on dangerous animals
 - D. Opinions on whether to help animals in trouble or not