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双基固本

（“双基固本”请从后翻）

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I. 完形填空

[2019·浙江杭州高三教学质量检测]

主题	词数	体裁
陌生人之间的友谊	263	夹叙夹议文

Last week 26-year-old Zion took a seat and put his food on a table at a McDonald's. He was intending to 1 breakfast by himself when 70-year-old Jan, who is living alone, 2 Zion. Then she asked in a weak voice 3 she could share the table with him. Zion said yes 4.

Zion introduced himself and shook the little lady's 5 hand. They didn't know each other, and they couldn't be 6. But today they had a meal together and spent the next 45 minutes enjoying each other's 7 and sharing stories about their lives. Like they were friends, they talked and 8 together. When their time together came to an end, Zion 9 her to her car and they exchanged numbers with the intention of having a 10 again soon.

"She is such a 11 woman," Zion recalled. "She mentioned many times how we all should love one another and how we should not 12 anyone because we never know how their day is going and what they have 13."

Zion is glad that his 14 conversation with Jan could inspire so many people, but he says that he is mostly just happy to have a new 15. He says that he is very 16 to set up another breakfast date. "I'll 17 trying," said Zion. "I know if we had forever she would have a 18 for me every day."

Every stranger has the 19 to foster a new friendship. Their 20 story has been posted on social media and it melts our hearts. Now they are Internet-famous.

- ()1. A. prepare B. order
C. eat D. finish
- ()2. A. invited B. approached
C. recognized D. greeted
- ()3. A. that B. when
C. how D. if
- ()4. A. enthusiastically B. casually
C. nervously D. anxiously
- ()5. A. delicate B. strong
C. wrinkled D. skilled
- ()6. A. more popular B. more different
C. friendlier D. more admirable
- ()7. A. success B. peace
C. freedom D. company

- ()8. A. laughed B. played
C. cheered D. teased
- ()9. A. carried B. led
C. walked D. drove
- ()10. A. visit B. breakfast
C. share D. call
- ()11. A. wonderful B. silent
C. generous D. content
- ()12. A. ignore B. blame
C. suspect D. judge
- ()13. A. depended on B. given up
C. gone through D. cared about
- ()14. A. brief B. sweet
C. private D. serious
- ()15. A. friend B. start
C. target D. opportunity
- ()16. A. upset B. frightened
C. proud D. excited
- ()17. A. start B. keep
C. advocate D. consider
- ()18. A. gift B. food
C. story D. sponsor
- ()19. A. potential B. intention
C. fortune D. confidence
- ()20. A. strange B. familiar
C. amusing D. touching

II. 阅读理解

[2019·浙江省名校协作体高三第二学期联考]

主题	词数	体裁
真正的邻居	342	记叙文

My kids sit in Gee's living room and respectfully lift antique Christmas ornaments (装饰品) out of a cardboard box. They giggle at Ann, who is a foreign character to them. Gee stands beside them, quietly explaining each treasure. She tells me that she and Tom built their ornament collection piece by piece. She smiles as we leave with the box.

We first met Tom and Gee in the early days of our marriage. Someone had been returning our garbage cans to the garage each garbage day, and Jim and I had wondered who. Then one day we spotted him: an elderly man who lived across the street.

I baked cookies and left them outside with a thank-you note. When we got home that day, a typed letter had replaced the gift. The letter was from Tom and explained back when

he'd been fighting a war, neighbours had taken the time to handle the garbage cans for his young wife, Gee, and he never forgot. Now he paid it forward by doing the same for all of us.

A few years after we'd moved in, Tom died. We photocopied that letter and attached it to one of our own for Gee. We told her how special Tom had been to us. She wrote back and told us she still talked to Tom every day.

These days, we're piling up boxes of our own. We're planning a move. We know it's time to go, and yet we can't seem to stick the "For Sale" sign up on the lawn. It's not just Gee. It's the man who lets our kids pick peaches off the tree in his front yard. It's the ladies who leave overflowing baskets for our kids on Easter.

Jim and I agree to wait until January. This Christmas, we'll decorate our tree with Gee's ornaments, out of the box labelled in Tom's handwriting. Maybe I'll talk to him just as Gee still does. Thank you, I'll say, for teaching us what it means to be a neighbour.

- () 1. What can we infer from the first paragraph?
- A. The kids think little of these antique Christmas ornaments.
- B. The kids are fond of these antique Christmas ornaments.
- C. The kids are afraid of these antique Christmas ornaments.
- D. The kids have no interest in these antique Christmas ornaments.
- () 2. Which of the following is TRUE about Tom?
- A. He fought a war from which the author suffered a lot.
- B. He first met the author at her wedding.
- C. He was an elderly man whose job was handling garbage cans.
- D. He helped to handle his neighbours' garbage cans secretly.
- () 3. What could be the best title of this passage?
- A. This is what Tom did for us
- B. This is why we didn't want to move
- C. This is what it really means to be a neighbour
- D. This is how neighbours help each other

III. 语法填空

[2019·高三英语语言知识运用最后冲刺特训]

阅读下面材料,在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

主题	词数	体裁
朋友的重要性	209	说明文

Friends are extremely important to everyone. 1. _____ it is a child, a teenager, a middle-aged person or an old person, everyone needs good friends around to live life to the fullest.

During childhood, friendship 2. _____ (help) make us understand and develop the habit of sharing and caring. Small kids develop friendship 3. _____ (fast) than adults and they enjoy the company of their friends. They play and learn together. Friends are important for their proper 4. _____ (grow) and development. 5. _____ teenagers, friends become more important to us.

We go through many changes during our teens. Many of the problems faced during this age cannot 6. _____ (discuss) with our parents and other family members. However, we are quite comfortable 7. _____ (communicate) with our friends. Having good friends 8. _____ can listen to our problems and provide us with support and guidance is indeed a blessing during this age.

More and more people these days are suffering midlife crisis(中年危机). Their family, job, kids and almost everyone and everything around begin to appear as 9. _____ burden to them at this age. Having good friends around at this time can help a lot.

Friends are 10. _____ (equal) important during old age. Some old people are left alone during their old age. If they have friends around, their life remains joyful and interesting.

IV. 应用文写作

[2019·安徽省蚌埠市高三英语第二次教学质量检测]

假如你是高三学生李华,面对学习方面的挑战,你们班很多同学感到压力很大。针对以上情况,为了帮助大家摆脱烦恼,英语课上,老师让同学们先用英语进行讨论,然后用英语写一篇发言稿。发言要点如下:

1. 你的看法;
 2. 你的建议;
 3. 你的倡议。
- 注意: 1. 词数 80 左右;
2. 可以适当增加细节,以使行文连贯。

I. 阅读理解

A

[2019·四川攀枝花市高三第三次统考]

主题	词数	体裁
一款学习外语的手机软件	341	说明文

Next month, I'm travelling to a remote area of Central Africa and my aim is to know enough Lingala—one of the local languages—to have a conversation. I wasn't sure how I was going to manage this, until I discovered a way to learn all the vocabulary I'm going to need. Thanks to Memrise, the application I'm using, it feels just like a game.

"People often stop learning things because they feel they're not making progress or because it all feels like too much hard work," says Ed Cooke, one of the people who created Memrise. "We're trying to create a form of learning experience that is fun and is something you'd want to do instead of watching TV."

Memrise gives you a few new words to learn and these are "seeds" which you plant in your "greenhouse". When you learn the words, you "water your plants". When the application believes that you've really memorized a word, it moves the word to your "garden". And if you forget to log on, the application sends you e-mails, reminding you to "water your plants".

The application uses two principles about learning. The first is that people memorize things better when they link them to a picture in their mind. Memrise translates words into your own language, but it also encourages you to use "mems". For example, I memorized "motele", the Lingala word for "engine", using a mem I created—I imagined an old engine in a motel(汽车旅馆) room.

The second principle is that we need to stop after studying words and then repeat them again later, leaving time between study sessions. Memrise helps you with this, because it's the kind of application you only use for five or ten minutes a day.

I've learnt hundreds of Lingala words with Memrise. I know this won't make me a fluent speaker, but I hope I'll be able to do more than just smile when I meet people in Congo. Now, I need to go and water my vocabulary!

- () 1. What does Ed Cooke make an effort to do with Memrise?
- A. Create memorable experiences.
B. Make progress with hard work.
C. Learn words instead of watching TV.
D. Combine study with entertainment.
- () 2. What are you doing when you "water your plants"?
- A. Logging on the application.
B. Being a Memrise user.
C. Practising the vocabulary.
D. Moving words to your garden.

- () 3. How does Memrise work?
- A. By linking different mems together.
B. By putting knowledge into practice.
C. By offering human translation services.
D. By applying an associative memory approach.
- () 4. What is the author's attitude towards Memrise?
- A. Doubtful. B. Positive.
C. Uninterested. D. Negative.

B

[2019·河南省开封市高三英语第三次模拟试题]

主题	词数	体裁
独立学习	339	夹叙夹议文

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

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 College and St Paul's School, 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 schools.

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 schools, they have challenges too—just different ones.

After two years, our research project has 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 seeing 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.”

- () 5. 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.
- () 6. 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.
- () 7. 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.
- () 8. 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.

II. 阅读七选五

[2019·浙江省诸暨市5月高考适应性试题]

根据短文内容,从短文后的选项选出能填入空白处的最佳选项。选项中有两项为多余选项。

主题	词数	体裁
如何准备托福考试	284	说明文

Prepare yourself for a better TOEFL score

The TOEFL is the most widely used language assessment exam for American colleges or universities. Many foreign students worry about taking the TOEFL because it is essential to meet their goals. 1. _____ But a low test score will limit their choices for financial aid and admission to top schools. So how to prepare yourself for a better TOEFL score?

What will you focus on?

Plan when you will take the TOEFL. If possible, register to take the test, even if the date is several months from now. This will give you a good reason to study. Take a sample test online or from a test preparation book to find out where you need to improve the most. 2. _____ This will help you to plan your studies to develop the skills you need to get a better score.

3. _____

The Educational Testing Service website has a free online course to help you prepare for the TOEFL. There are also sample preparation questions. Apart from answering those questions, try to surround yourself with English. Listen to stories on VOA’s Learning English website. Watch movies

where English is spoken. Read English-language newspapers to keep up with new words that relate to current events and technology.

When will you study?

4. _____ But if your practice test score is more than 20 points below your goal, you may need to improve your overall English ability, and that may take years. To get a good score, you need to set aside time to study, set goals, and measure your progress.

The real goal of the test is to measure how well a student can communicate in an English-speaking classroom.

5. _____
- A. How will you study?
B. Do not depend on informal advice or tricks.
C. Good marks on the test will open many doors.
D. Do you do well in reading, but not so well in listening?
E. Experts say that you should study for at least two months before taking the test.
F. Expose yourself to English on a daily basis and improvement is sure to follow.
G. A TOEFL score may be necessary to get a student visa to an English-speaking country.

III. 语法填空

[2019·浙江省名校新高考研究联盟(Z20联盟)第三次联考]

阅读下面材料,在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

主题	词数	体裁
看动画片学英国腔	207	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.

I. 完形填空

[2019·安徽省合肥市高三英语第三次教学质量检测]

主题	词数	体裁
登山及感悟	303	夹叙夹议文

A movie about Mount Qomolangma I saw on a flight inspired me to climb mountains. When I saw that the climbers got 1 in a snow storm there, I immediately knew I had to start climbing. It was not the 2 most people had to that film because none of them survived.

I 3 to climb all the highest peaks in Europe in 2017. Growing up in Sweden, I was always 4 to be outdoors by my father, but I wasn't a 5 adventurer—I just wanted to be a 6 for girls and to tell a story that had never been told.

There is no 7 definition (定义) of a mountain. In Holland, Belgium and Denmark, the highest peak is really just a small hill. You could park your car on the top. It felt a bit like 8, but I decided I would climb them 9.

Climbing mountains is an experience that is beyond 10. You are in a beautiful environment and, when you reach the top, you feel 11. But also you have to climb down, which is when most accidents happen. 12, I don't climb mountains that I am not totally 13.

I wanted to 14 the project at home, on Sweden's Kebnekaise (2,097m). I climbed it with my camera assistant. I was wearing a superhero suit. Once I was at the top I did a 15—it was like a day on the job; it didn't seem as 16 as I'd hoped. But when I put it online and people started 17 me, I felt 18. Thanks to climbing, it has made me so much 19, physically and mentally.

My 20 now is always to have a mountain in my calendar. I will climb Mount Qomolangma one day, when I'm ready.

- () 1. A. stuck B. excited
C. changed D. annoyed
- () 2. A. access B. promise
C. solution D. reaction
- () 3. A. declined B. happened
C. decided D. agreed
- () 4. A. troubled B. warned
C. forced D. encouraged
- () 5. A. lucky B. serious
C. calm D. friendly

- () 6. A. role model B. nice surprise
C. funny joke D. childhood memory
- () 7. A. vague B. universal
C. broad D. alternative
- () 8. A. challenging B. frightening
C. attracting D. cheating
- () 9. A. otherwise B. indeed
C. again D. regardless
- () 10. A. recognition B. reach
C. description D. control
- () 11. A. awkward B. unbelievable
C. scared D. anxious
- () 12. A. Instead B. However
C. Thus D. Lastly
- () 13. A. afraid of B. curious about
C. addicted to D. ready for
- () 14. A. top off B. look into
C. give up D. work out
- () 15. A. puzzle B. shoot
C. course D. wash
- () 16. A. strange B. normal
C. special D. ridiculous
- () 17. A. praising B. questioning
C. defending D. teasing
- () 18. A. proud B. grateful
C. confused D. astonished
- () 19. A. smarter B. stronger
C. shyer D. kinder
- () 20. A. problem B. secret
C. goal D. regret

II. 阅读理解

[2019·河南郑州高三英语第三次质量预测]

主题	词数	体裁
青少年无手机探险	338	记叙文

Four teenage girls from Minnesota, US. 120 hours of non-stop togetherness. No cellphones. This is not a reality show, but an adventure journey.

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

Last year, the 16-year-old took part in an essay contest and carried off a prize. The award was a five-day canoe and

camping adventure with up to three friends. No parents or guides would be there. So Julia invited her friends Anna Wander, Madeline Wilson and Julianna Torelli.

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

“We have done paddling by noon,” Julia said. “We ate lunch at the campsites and then it was time for hammocks(吊床), reading, making friendship bracelets(手链) and talking.”

The girls all had some experience in the outdoors before.

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

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

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

III. 概要写作

阅读下面短文, 根据其内容写一篇 60 词左右的内容概要。

主题	词数	体裁
适应国外生活	335	说明文

Living in a foreign country probably sounds exciting and romantic to you. Just imagine the noises from the local market or the smell of strange flowers when you leave the house in the morning. But this doesn’t mean that life abroad is easy. When people set foot in a foreign land, they tend to keep to what is familiar. Becoming a part of the local culture can be the hardest part of life abroad.

However, in order to get the most of their life abroad, people need to break out of their comfortable routines and explore. The moment you let go of false ideas and stereotypes, you are ready to take your first major step. And more often than not, living in a foreign country can be a truly life-changing experience.

Even for experienced travellers, it is not as easy as it seems to get used to life abroad. Making the transition from living like a visiting holidaymaker to living like a local takes time. Culture shock is part of living abroad and hits everyone eventually. The key is not to let it get the better of you. You have to accept that things are not the same as they are at home and, until you get to that point, try to be respectful, patient and humble.

Another problem is that the charm of a foreign life could wear off as time passes by. For most people, a foreign culture appears strange and exciting at first. After all, the main reason for moving abroad is often the wish to explore foreign cultures. However, after living in a foreign country for a while, little things that you once thought were charming begin to annoy you. You remember how everything ran on schedule back home, how beautiful your hometown was and how much more relaxed and friendlier everyone seemed to be.

So, you’d better understand issues with the local food or problems with adjusting to the pace of life as you live abroad someday in the future.

I. 阅读理解

A

[2019·浙江衢州二中模拟试题]

主题	词数	体裁
灾后互助	338	记叙文

In August 2017, south-east Texas was under water. Hurricane Harvey dumped five feet of rain in some areas, and nearly six feet of storm surge (风暴潮) made sure that the water had nowhere to go but into the houses, businesses, and lives of thousands of residents. More than 100 people died and \$ 125 billion in damage was recorded before the waters went down weeks later.

About 30 miles due west of Houston, Katy, a former farm town of 18,000 residents, took a hard hit. Nearly 700 of its homes and 80 businesses were damaged or destroyed. But locals didn't wait for the rain to stop before opening their doors, refrigerators, and wallets to first responders, neighbours, strangers, and even pets.

Beaver Aplin, owner of the popular Buc-ee's chain of convenience stores, was preparing for the grand opening of his newest location just outside Katy. The 50,000-square-foot store was fully stocked with everything from food, water, and toiletries to batteries and Band-Aids. When the storm hit, Aplin opened the store early without thinking twice. He put the word out to first responders, telling them to take what they needed, free of charge.

Meanwhile, locals ran, drove, and paddled to rescue their neighbours stuck in the water. When the water was too deep, rescue came by boat. Pat Lester drove his airboat into town from his home on the outskirts (市郊). He had seven life jackets, so he scooped up seven people at a time, starting with pregnant women, the elderly, and anyone who was ill.

These are just a small part of the stories of heroism that came out of Katy and all over Texas during one of the worst natural disasters the country has ever seen.

Even first responders coming from outside Katy could instantly feel the town's selfless spirit. "We helped people in lots of other areas too, but Katy was amazing. Neighbours were going from house to house checking on people and helping everyone they could," David Scherff told *Katy Magazine*.

() 1. What was the result of Hurricane Harvey?

- A. It killed almost 700 people.
- B. It cost \$ 125 billion in damage.
- C. It totally destroyed Katy.
- D. It forced all businesses to close.

() 2. What can best describe the people in Katy after reading the story?

- A. Brave and selfless.

B. Driven and focused.

C. Optimistic and open-minded.

D. Calm and intelligent.

() 3. Why did *Katy Magazine* quote David Scherff's words in the last paragraph?

- A. To show respect to the first responders in Katy.
- B. To point out the importance of natural disaster relief.
- C. To praise Katy people for their heroic behaviour in the floods.
- D. To emphasize the need to help each other through hard times.

B

[2019·江西省高三英语4月模拟试题]

主题	词数	体裁
海洋污染	331	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.

- () 4. What does the underlined word “ingest” in Paragraph 1 mean?
A. Attack. B. Swallow.
C. Ignore. D. Avoid.
- () 5. 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.
- () 6. 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.
- () 7. 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.

II. 阅读七选五

[2019·南昌市高三英语第一次模拟测试]

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

主题	词数	体裁
如何避免鲨鱼的攻击	291	说明文

Summer is a great time to hit the beach, but a few East Coast beach-goers have recently had their fun in the sun turned into a nightmare. In July alone, there have been at least five known shark attacks at North Carolina beaches. Although shark attacks are actually quite rare, these animals still inspire fear in ocean waters. 1. _____

Skip feeding time.

2. _____ Of course, an attack can happen at any hour of the day or night, but night-time and its transitions are statistically the worst time to be in the water. It is believed that the lack of visibility during these hours makes it easier for the sharks to mistake you for one of their typical prey animals.

3. _____

You don't need to dump shark-repellent(防鲨剂) into the sea when you swim, but it helps to be less attractive as a target. Since sharks tend to attack individuals, swim or surf in groups. Don't wear brightly coloured or high-contrast swimwear that is attractive to sharks, and leave the shiny jewellery at home in case of being mistaken for the scales(鳞片) of a fish. 4. _____ Playfully splashing(溅水) around resembles sharks' prey in a trap.

Fight back.

When a shark wants to eat you, you'll know in advance: it will hunch its back, lower its fins, and rush at you in a zigzag pattern. Use your dive knife or anything else to discourage it. 5. _____ If you are completely unarmed, punch the shark's super sensitive nose or stab at its eyes or gills. If the shark bites into you, don't give up. Get aggressive and do some damage to the shark. It might just let go.

- A. Don't act like dinner.
B. Don't go into the water individually.
C. Also watch your movements in the water.
D. Nevertheless, the following three aspects could help.
E. If you have a surfboard or bodyboard, use it as a shield.
F. If you actually get trapped, avoid irregular movements and splashing.
G. The time of a day has always been a factor in a possible shark attack on humans.

III. 语法填空

[2019·山东省青岛市高三5月三模试题]

阅读下面材料,在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

主题	词数	体裁
巴黎圣母院大火引发的思考	236	议论文

The fire at Notre-Dame de Paris in Paris has raised questions about the condition of thousands of other cathedrals and historic 1. _____ (structure) across Europe. It also raises questions about whether European governments are doing enough 2. _____ (keep) up and care for such buildings.

Tibor Navracsics, the European Union's top culture official, told The Associated Press that “we are so used to our outstanding cultural heritage that we tend to forget that it 3. _____ (need) constant care and attention.” Some people say the fire is a wake-up call, not just for Europe, 4. _____ for the whole world.

Large fires have long robbed humanity 5. _____ knowledge, art and treasures. In 2015, the German engineering company Siemens 6. _____ (find) that Scotland had about ten 7. _____ (damage) fires a year, while England lost at least a dozen listed buildings a year. In Germany, seventy historic buildings have been 8. _____ (heavy) damaged since 2000.

Experts say that 9. _____ is needed is continuous attention and maintenance. Some say world-renowned monuments like Notre-Dame de Paris are the driving force behind tourism and should get more respect. Quaedvlieg-Mihailovic, who heads the heritage group Europa Nostra, noted the 10. _____ (important) of such respect. “Cultural heritage is a gold mine. You cannot exploit it and then just leave the mine and go to another one,” she said.

I. 阅读理解

A

[2019·安徽省合肥市高三英语第二次教学质量检测]

主题	词数	体裁
卢克和他的公益组织	298	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."

- () 1. Why did Mickelson set up Sleep in Heavenly Peace?
- A. To help the poor children.
B. To make a big fortune.
C. To inspire his community.
D. To get more donations.
- () 2. What do we know about Luke Mickelson?

- A. He had his own fish farm.
B. He changed his career from time to time.
C. He used to sleep on the floor when he was a kid.
D. He originally had a relaxing and pleasant life.
- () 3. How did other people react to Mickelson's project?
- A. They showed little interest in it.
B. They were supportive and involved in it.
C. They were doubtful about the safety of the bunk bed.
D. They volunteered to buy beds with their own money.
- () 4. What is Mickelson's attitude to the non-profit organization?
- A. Ambiguous. B. Defensive.
C. Cautious. D. Positive.

B

[2019·浙江省台州市 5 月高考模拟测试]

主题	词数	体裁
养育之恩	345	记叙文

I was only three when my real mum passed away. The last thing I remember about my real mum was watching the ambulance taking her away from us. After my mum died, my dad started abusing my brothers and me. I was sent away to live with one relative after another but no one would ever want to keep me for long. I was miserable almost all of the time. Finally, when I was five, my mum's sister, Aunt Bonnie, and her husband, Uncle Jesse, said that they would take me in, and they became my legal guardians.

From then on, they became my family. I called Aunt Bonnie Mum and Uncle Jesse Dad. When I was six, Uncle Jesse was diagnosed with cancer and finally died shortly after my seventh birthday. I cried for days after losing him and still clung to the present he gave me on my sixth birthday.

Shortly after Uncle Jesse passed away, we moved to a smaller house in a new town. I spent a lot of time alone because Mum was always working. One summer, the beginning of a miracle happened when my mum met a great and funny guy, David. They got married and now I gained two more brothers.

When I look back on it now, I have come a long way from being a sad and lonely girl to being the person I am today—

part of a big, happy family. I can't imagine what my life would have been like if Aunt Bonnie hadn't taken me in. She promised to love me and take care of me—no matter what happened—and she has done exactly that. I have learned about strength, dedication and love. She has been there to hold me when I'm sick, to help me with homework, to support me when I need her. In return, I love her more than she'll ever know. Without her in my life, I would have been a motherless child, but because of her I have a great family and the best mum in the world.

- () 5. Why was the author sent to live with her relatives?
- A. Because her dad didn't want to raise her.
B. Because her relatives offered to help her.
C. Because her dad treated her badly.
D. Because her family was too poor to keep her.
- () 6. We can infer from the passage that _____.
- A. Aunt Bonnie had been teaching the author at home
B. Aunt Bonnie was a strong, dedicated and loving mother
C. the family could hardly make ends meet after Uncle Jesse died
D. David, the new father, was wealthy enough to support the family
- () 7. Which of the following can be the best title of the passage?
- A. My unusual childhood
B. Thank you, my mum!
C. My new mum and dad
D. A motherless child

II. 读后续写

[2019·浙江省金华市高三 11 月模拟考试]

阅读下面短文,根据所给情节进行续写,使之构成一个完整的故事。

主题	词数	体裁
小举动挽救生命	366	记叙文

One day, when I was a freshman in high school, I saw a kid from my class walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself: Why would anyone bring home all his books on a Friday? He must really be a nerd(书呆子).

As I was walking, I saw a bunch of kids running towards him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes. So, I jogged over to him and as he crawled around looking for his glasses, I saw a tear in his eye. As I handed him his glasses, he said, "Thanks!" There was a big smile on his face. It was one of those smiles that showed real gratitude. We talked all the way home, and I carried his books. He turned out to be a pretty cool kid. The more I got to know Kyle, the more I liked him.

Over the next four years, Kyle and I became the best friends. When we were seniors, he had the highest marks in the class and was chosen to give a speech at the graduation ceremony. I teased him all the time about being a nerd. He had to prepare a lot, and I was so glad it wasn't me having to get up there and speak.

On graduation day, I saw Kyle. I said, "Hey, big guy, you'll be great!" He looked at me with one of those looks, the really grateful one, and said "Thanks", smiling.

As he started his speech, he cleared his throat, and began, "Graduation is a time to thank those who helped you make it through those tough years—your parents, your teachers, your siblings, maybe a coach ... but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give him or her. I am going to tell you a story."

注意:

1. 所续写短文的词数应为 150 左右;
2. 至少使用 5 个短文中标有下划线的关键词语;
3. 续写部分分为两段,每段的开头语已为你写好;
4. 续写完成后,请用下划线标出你所使用的关键词语。

Paragraph 1:

I just looked at my friend with disbelief as he told the story of the first day we met. _____

Paragraph 2:

I smiled back in tears. _____

I. 完形填空

[2019·湖南高三六校联考]

主题	词数	体裁
陌生人的帮助	310	记叙文

An evening in October, I landed in Kuching, the capital city of Negeri Sarawak in Malaysia. I was an 18-year-old Dubai-raised kid away from home for the first time to start my undergraduate studies.

I had never travelled alone before. I pushed my 1 and headed to the airport 2 to find a grey car with the name of my university on it.

As we left the airport, the 3 began talking to me. As I am a driving 4 myself, we started talking about cars and driving.

“Never make a Sarawakian 5,” he warned. “No road rage(公路暴怒). Very dangerous!” Not long into our 6, the lights of the car behind flashed at us. This continued more aggressively and my driver started to 7. We pulled over to the roadside. My heart was pounding but I tried to put on a(n) 8 face as the man from the car came up and made his way to my side of the car. As he reached my window, I 9 it down and tried to 10 a smile.

I looked down at his hands to see that he was 11 my travel bag. It 12 my passport, return tickets, as well as cash and letters for the university. I had left it behind on the trolley at the 13 and this man had been trying to 14 it to me ever since we had left the airport.

Breathing a huge sigh of 15, I took my bag and showed 16 to this stranger. The man welcomed me to Kuching, wished me luck with my university studies and drove away.

This act of kindness 17 cheered me up and thanks to this honest 18, the initial self-doubt I had about my decision to 19 so far away from home was 20 with hope and excitement.

- ()1. A. present B. baggage
C. book D. bike
()2. A. entrance B. building
C. exit D. hotel
()3. A. driver B. teacher
C. tourist D. classmate
()4. A. expert B. athlete
C. enthusiast D. coach
()5. A. nervous B. curious
C. angry D. excited

- ()6. A. journey B. category
C. adventure D. practice
()7. A. shout B. cry
C. laugh D. panic
()8. A. serious B. brave
C. honest D. kind
()9. A. rolled B. broke
C. closed D. knocked
()10. A. draw B. hide
C. imagine D. force
()11. A. unfastening B. holding
C. searching D. emptying
()12. A. protected B. displayed
C. collected D. contained
()13. A. airport B. station
C. supermarket D. harbour
()14. A. pass B. deliver
C. offer D. return
()15. A. doubt B. regret
C. relief D. sadness
()16. A. appreciation B. satisfaction
C. praise D. excitement
()17. A. regularly B. normally
C. immediately D. occasionally
()18. A. stranger B. student
C. policeman D. attendant
()19. A. live B. work
C. play D. study
()20. A. filled B. replaced
C. covered D. crowded

II. 阅读理解

[2019·福建省厦门市高三第二次质量检测试题]

主题	词数	体裁
文物保护	357	夹叙夹议文

When Notre-Dame de Paris (巴黎圣母院) was on fire, it seemed as if the nation had lost a piece of its soul. A similar tragedy took place in 19th century Russia. And the rebuilding effort of the Russians might offer some inspiration for the French.

Standing in the heart of the Russian capital, with 90,000 square metres of floor space and 1,500 rooms, the Winter Palace was among the world's grandest buildings. On Dec. 17, 1837, a fire broke out at the Winter Palace. By the morning of Dec. 19, only the structure's framework remained.

For the czar (沙皇), the fire presented a political

challenge. Fearing that Russia's enemies would cast the fire as a blow to the czarist orders, the czar's supporters quickly worked together to shape the description of the fire in Russia and abroad. They wanted the country to appear united. And they certainly didn't want despair to become the story.

The first full account of the fire was written in French by the poet Petr Viazemskii. A Russian translation appeared two months later. That text and others painted a highly idealized picture of the response to the tragedy. The accounts noted that the czar forcefully directed the fire's containment. Soldiers were selfless to save the palace. The Russian people felt the loss just as deeply as the czar.

To erase the shame of the fire, the czar set a nearly impossible goal: rebuild the palace within 15 months, and he ordered that the rebuilt palace look exactly as it had before. Thousands of workers laboured on the construction site. They made rapid progress. On March 25, 1839, the czar celebrated the rebirth of the Winter Palace.

Outwardly identical to the old version, the new palace featured more iron and brick in its structures—and less wood. It was far less fire-prone than the original.

Notre-Dame de Paris hasn't experienced the same level of destruction as the Winter Palace, so if the Russian phoenix of 1839 is any indication, there is hope that a renewed Notre-Dame de Paris will once again grace the banks of the Seine.

- () 1. What do we know about the fire in the Winter Palace?
- A. It burnt down 90,000 rooms.
B. It lasted more than 24 hours.
C. It was set by Russia's enemies.
D. It completely destroyed the palace.
- () 2. Why did the czar decide to rebuild the palace in a short time?
- A. To secure his power.
B. To challenge his enemies.
C. To unite French people.
D. To celebrate his birthday.
- () 3. What did Viazemskii and others stress in their accounts?
- A. The scene of the fire.
B. The selflessness of the czar.
C. The Russians' joint effort to fight the fire.
D. The ideal result achieved by the Russians.
- () 4. What's the author's purpose in writing the passage?
- A. To describe a fire at the Winter Palace.
B. To praise the renewal of the Winter Palace.
C. To express sympathy for the Notre-Dame de Paris.
D. To inspire confidence in rebuilding the Notre-Dame de Paris.

Ⅲ. 语法填空

[2019·四川攀枝花市高三第三次统考试题]

阅读下面材料,在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

主题	词数	体裁
《国家宝藏》	200	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 people's interest in museums and their collections.

Aimed at making ancient relics (遗物) 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.

Ⅳ. 应用文写作

[2019·浙江省杭州市高三教学质量检测试题]

假如你是高中生李华,你的美国笔友 Jack 热爱中国传统文化。他最近打算来中国工作和生活一段时间,但是不确定应该去哪个城市,于是写信向你咨询。请你给他写一封回信,内容包括:

1. 你推荐的城市;
2. 推荐的理由(不少于两条);
3. 美好祝愿。

注意: 1. 词数 80 左右;

2. 可以适当增加细节,以使行文连贯。

I. 阅读理解

A

[2019·浙江省稽阳高三4月联考试题]

主题	词数	体裁
回收利用	302	新闻报道

When athletes at the 2020 Tokyo Olympics collect their medals, they'll not only be wearing something that celebrates their sporting performance, but something that symbolizes lastingness. For both the 2020 Olympics and Paralympics, organizers aim to make all of the gold, silver, and bronze medals out of used electronics. This strong message about how to make use of e-waste has got all Japanese involved.

Starting in April 2017, the Japanese Olympic Committee began collecting old laptops, digital cameras, smartphones, and other abandoned electronics. The initiative(倡议) has achieved great success. Already, the quantity needed for bronze medals has been met, and they're in the homestretch for silver and gold medals, meaning the collection process can wrap up at the end of March.

When looking just at the number of cellphones collected, the amount of waste is shocking. In a period of about 18 months, a little over five million smartphones were collected thanks to cooperation with NTT DoCoMo. Japan's largest mobile phone operator allowed the public to turn in phones at their shops, which counted a lot in the project's success.

After being taken apart and sorted, the small electronics underwent a smelting process to extract(提炼) all the gold, silver, and bronze elements. Thanks to this initiative, the worldwide struggle with e-waste will have a global platform. According to a study published by the United Nations University—44.7 million metric tons of e-waste were made in 2016. Only 20% of that was actually recycled. Unfortunately, this figure is set to rise significantly in the coming years, moving to 52.2 million metric tons by 2021. So while the Tokyo Olympics initiative might be just a drop in the bucket, it's a good start in showing what the public can do if they're made more aware of the issue.

- () 1. What can be learnt about the Tokyo Olympics initiative from the passage?
- A. E-waste in the world is increasing significantly.
B. It's easy to get elements needed from the used electronics.
C. Only producers of electronics participated in the project.
D. NTT DoCoMo contributed to the success of the project.
- () 2. Which can best replace the underlined word "homestretch" in Paragraph 2?
- A. Starting period. B. Collection effort.
C. Final stage. D. Hard search.

- () 3. What influence does the Tokyo Olympics initiative have?
- A. It offers an effective method to solve the problem of e-waste.
B. It shows the power of advanced technology in daily life.
C. It saves the expense spent in making all the medals.
D. It encourages the public's involvement in dealing with e-waste.
- () 4. What is the writer's attitude to the Tokyo Olympics initiative?
- A. Positive. B. Negative.
C. Ambiguous. D. Indifferent.

B

[2019·四川凉山州高中毕业班第三次诊断性检测]

主题	词数	体裁
贝加尔湖畔的马拉松	352	说明文

Many of us know about Russia's Lake Baikal from our textbooks, or by listening to Chinese singer Li Jian's hit song, *Lake Baikal*. But over the past decade, the world's deepest freshwater lake has been in the spotlight for an extreme sport.

Each March since 2005, about 150 people from around the world sign up for the Baikal Ice Marathon. They come to explore the lake's breathtaking beauty and challenge themselves in unpredictable conditions. The 26-mile (41.84 kilometres) journey starts on the lake's eastern shore. In March, the ice is a metre thick and iron-hard. Runners cross this frozen surface, finishing on the western side of the lake.

Known as the "Blue Eye of Siberia", Lake Baikal has exceptionally clear waters. This means its ice is almost perfectly transparent(透明的). "Seen from above, a runner on the ice looks as if he or she were jogging through space," *The New York Times* noted.

The landscape might be beautiful, but it's also harsh. Strong winds blast(猛吹) drifts across the lake and frostbite can occur within half an hour. Runners say the cold climate is what draws them. They want to test their limits.

"When you are in such an environment, you don't have cars around you, and you don't have the noise around. I think these extreme races allow you to be alone with nature," Alicia Barahona, a 64-year-old runner from the US, told ABC News.

The location offers some strange and unique characteristics for this marathon. The finishing line is visible from the start, but the endless white offers no progress markers. The race also ends with little fanfare(庆祝). Tourists crowding the ice are mostly addicted to snapping selfies(自拍) and just ignore the runners.

For some runners, the absence of spectators makes the race more challenging, because it's lonely. They must fight with

themselves. “You are alone on Lake Baikal. It is your race. You are alone with yourself. All you need to do is defeat yourself,” Veronique Messina, a French runner, told *The Daily Telegraph*.

- () 5. What can we know about the Baikal Ice Marathon from the article?
- A. It takes runners from the northern end to the southern end of the lake.
- B. It involves extreme weather and beautiful scenery.
- C. It attracts more and more participants each year.
- D. It is about 26 kilometres in length.
- () 6. How does the Baikal Ice Marathon differ from other marathons?
- A. Only men are allowed to run in this race.
- B. The runners are often distracted by tourists.
- C. There are many progress markers on the ice.
- D. The runners can see the finishing line from the start.
- () 7. What is the most challenging part of the race for Messina?
- A. The cold climate.
- B. The long distance.
- C. Noisy surroundings.
- D. Loneliness.

II. 阅读七选五

[2019 · 浙江省衢州市高三模拟试题]

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

主题	词数	体裁
跑酷	284	说明文

A new urban sport, parkour, is hitting the streets. It has evolved from obstacle course training into a fitness option for young people. In parkour, the outside world is the gym! 1. _____ The goal of parkour is a direct route from one place to another. You meet an obstacle, and you overcome it.

Mark Toorock, who teaches the techniques of parkour at his fitness gym, says that parkour is a method to train the body and mind using obstacles as the medium. He says that this new sport is demanding and takes years to master. 2. _____

But Toorock, who used to be a martial arts expert, says that everyone can benefit from learning the basic skills involved in parkour like running, jumping and crawling (爬行). These are the things that humans used to have to do all the time. 3. _____ The original idea of parkour was to return to running and jumping as basic elements in moving from one place to another.

Georges Hebert, a French navy officer, was so impressed by the effortless athleticism of African tribes that he devised a training method based on running, climbing, jumping, balancing and throwing. The word *parkour* comes from

parcours du combattant, the French term for a military obstacle course. 4. _____

Dr Kenneth Kao explains that the sport of parkour is not extreme—it is the environment which is extreme and dangerous. Being outside, jumping off railings and flipping over park benches can be quite frightening, so parkour courses in gyms concentrate on practising all the individual moves to make everything easier. 5. _____ However, that is not real parkour because it's indoors with a fixed obstacle. The goal for everyone is to go outdoors.

- A. Gyms provide thick floor mats (垫子) for rolling and rubberized boxes for jumping over.
- B. The bridges, buildings and railings (栏杆) of each and every city are the equipment.
- C. Every action in parkour is natural, so everyone must have the ability to move in this way.
- D. Parkour was introduced into China in recent years and has gained popularity.
- E. But today, due to modern transport, these basic skills are no longer used on a regular basis.
- F. The French word for people who participate in the sport is *traceurs* or *traceuses*.
- G. Beginners should realize that they won't be jumping over buildings any time soon!

III. 语法填空

[2019 · 浙江省舟山中学 5 月高考模拟试题]

阅读下面材料,在空白处填入适当的内容(1 个单词)或括号内单词的正确形式。

主题	词数	体裁
游泳课成为必修课	184	新闻报道

Starting this September, all freshmen at Tsinghua University will have to take swimming courses. They won't receive their degrees until they pass the test 1. _____ (success). Exceptions will be allowed for students with certain physical or mental conditions, if 2. _____ (prove) by medical staff.

Actually, viewing the ability 3. _____ (swim) as a must for students is not something new to this university. It was a 4. _____ (require) in the early 20th century. Later, however, it 5. _____ (drop) due to a rising number of students and a lack of facilities(设施).

As for 6. _____ new rule, opinions vary greatly from student to student. Some students welcome it, saying it's a necessary skill 7. _____ can save lives, while others argue that it's not reasonable to link degrees 8. _____ swimming ability.

In response to the negative reviews, Liu Bo, head of the Division of Sports Science, gave the following explanation. 9. _____ a water sport, swimming does less harm to joints (关节) and muscles and is helpful in improving students' endurance. 10. _____ (consequence) it's beneficial to students in the long run.