

全书综合测评

(满分:120 分;时间:100 分钟)

第一部分 阅读(共两节,满分 50 分)

第一节(共 15 小题;每小题 2.5 分,满分 37.5 分)

阅读下列短文,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A

Dance Classes

Ballet

Ballet teaches grace, posture(姿势) and flexibility. Students focus on the use of proper ballet items(物品),expanding their knowledge of classical ballet techniques and improving motor skills for classical ballet practice.The class is a formal ballet class.

Age:8—10

Date:September 7, 2019—May 16, 2020

Time:10:30 am—12:00 am on Saturdays

Creative Movers

Students can explore creative movement, balance, focus, the development of skills, motor planning and balance. The class helps build strength, flexibility and self-confidence, and allows children to realize expression in a positive and encouraging environment. Children use their imagination to celebrate movement and have lots of fun.

Age:3—5

Date:September 7, 2019—January 18, 2020

Time:9:00 am—9:45 am on Saturdays

Jazz

Jazz includes movements from both classical ballet and dance techniques. This class will focus on traditional Jazz dance. Students will be introduced to jazz-style rhythms and movements. In order to ensure proper placement for your child, we invite all students to participate in a sample(示 例) class. Students and parents work with program staff to meet students' personal dance goals.

Age:5—6

Date:September 7, 2019—May 16, 2020

Time:2:00 pm—3:00 pm on Saturdays

Hip Hop

Students will be introduced to several different aspects of hip hop dance including Popping, Locking, Breaking and Tutting in a high-energy environment. Our hip hop instructors are highly knowledgeable and will provide students with a wonderful view of hip hop dance.

Age:7—10

Date:September 7, 2019—May 16, 2020

Time:1:00 pm—2:00 pm on Sundays

1.Which class is suitable for 4-year-old children?

A.Ballet. B.Creative Movers.

C.Hip Hop. D.Jazz.

2.What can students do in the jazz class?

A.Make use of all the ballet items.

B.Learn the long history of jazz.

C.Dance with famous modern jazz dancers.

D.Get to know jazz-style movements.

3.What is special about the hip hop class?

A.It is open in the afternoon.

B.It is available on Sunday.

C.It teaches traditional dances.

D.It has the most skilled teachers.

B

It was the 9th day of Wuhan lockdown(封锁) starting on January 23. My parents left because they had been running fever for several days and they were showing other symptoms of COVID-19.

The virus, COVID-19, is somehow fearsome because it does not discriminate(区别对待) in choosing who it infects. And if the older people were infected, the situation could be worse, so I was wondering whether my parents would make it.

On the second day, my parents called and asked me how I was. We talked using FaceTime, and the moment I saw my mom lying there with

an oxygen mask and my dad could not talk without breathing heavily, I realized that I had to live on my own.

But two weeks later, I got a fever and had to go into quarantine(隔离) to be observed for 14 days. Fortunately, my illness turned out to be not COVID-19.

Everything there was busy, and there seemed to be a shortage of medical staff and materials were in short supply. Even though the doctors and nurses were covered from head to toe, I could see how tired they were when I looked into their bloodshot eyes. Most of the patients were really understanding, but of course there were those who were not, and complained loudly, but all the doctors and nurses tried their best to deal with it in a calming way.

When the quarantine was over, every patient thanked the workers for what they had done, but the answer patients received was exactly the same: “That's what we're here for.”

4. When did the author's parents leave her for the hospital?

A. January 23. B. January 30.

C. February 2. D. January 31.

5. What does the underlined phrase “make it” in Paragraph 2 mean?

A. Succeed. B. Join in.

C. Live through. D. Arrive.

6. What can we learn according to the passage?

- A. Not all the patients understood the doctors and nurses.
- B. Both the author and her parents got infected with COVID-19.
- C. The patients were too tired.
- D. The virus infects the older more easily.

7. What may the author think of the medical workers according to the passage?

- A. Outgoing. B. Respectable.
- C. Impatient. D. Calm.

C

One Canada, Two Languages

Canada is one of the few nations in the world to have two official languages: English and French. There are 10 provinces in the country, but only one of these—Quebec—is known as “French Canada”. This is because it was founded by French explorers while British adventurers discovered the rest.

Canada left the British Empire(英 帝 国) in 1867 to become an independent country and English and French have been recognized as the official languages ever since.

Most people speak English as their first language and the two national television networks broadcast in English throughout the country. Apart from in Quebec and a few places on the east coast, French television is very rare.

The same goes for traffic signs and menus. For example, outside of Quebec, there are only a few places where you'll see traffic signs in French. In restaurants, it's almost impossible to find French on the menu unless you are in the heartland(中心地带) of French Canada. However, all products sold in Canada must, by law, have labels(标签) and instructions in both languages.

In Canada's English-speaking provinces, official bilingualism means that students can choose to complete a special French language course. Under this program, they are taught most of their subjects in French.

If a student begins the course in kindergarten (幼儿园) or first grade, it is likely that all his lessons will be in French. However, if he starts at junior high school, 25 percent of the teaching will continue to be in English.

8. Which country controlled Canada before its independence?

- A. France. B. Britain.
- C. America. D. Germany.

9. Where can you watch French television programs?

- A. Only in Quebec.
- B. In Quebec and a few other places.
- C. From the two national television networks.
- D. All over Canada.

10. What does the underlined word "bilingualism" in the fifth paragraph

mean?

- A.外语教育 B.母语教育
C.双语教育 D.语言教育

11.What do we know about the education in Canada?

- A.In English-speaking provinces only English courses are offered.
B.If you choose a special French language course, most of the subjects will be taught in French.
C.The courses in primary schools are all taught in English.
D.Most of the courses in junior high schools are taught in English.

D

Running is often tiring and a lot of hard work, but nothing beats the feeling you get after finishing a long workout around the track.

But while it's long been believed that endorphins (内啡肽)—chemicals in the body that cause happiness—are behind the so-called “runner's high”, a study suggested that there may be more to this phenomenon than we previously knew.

According to a recent study published by a group of scientists from several German universities, a group of chemicals called endocannabinoids(内源性大麻素) may actually be responsible for this familiar great feeling.

To test this theory, the scientists turned to mice. Both mice and humans release high levels of endorphins and endocannabinoids after

exercise, along with many other chemicals. After exercising on running wheels, the mice seemed happy and relaxed and displayed no signs of anxiety.

But after being given a drug to block their endorphins the mice were still happy and relaxed after running. However, when their endocannabinoids were blocked with a different drug, the runner's high symptoms seemed to fade.

“The long-held notion of endorphins being responsible for the runner's high is false. Endorphins are effective pain relievers, but only when it comes to the pain in your body and muscles you feel after working out,” Patrick Lucas Austin wrote on science blog Lifehacker.

Similar studies are yet to be carried out on humans, but it's already well known that exercise is a highly effective way to get rid of stress or anxiety.

The U.K.'s National Health Service even prescribes(开药方) exercise to patients who are suffering from depression.

“Being depressed can leave you feeling low in energy, which might put you off being more active. Regular exercise can boost your mood if you have depression, and it's especially useful for people with mild to moderate(中等的) depression,” it wrote on its website.

It seemed like nothing can beat that feeling we get after a good workout, even if we don't fully understand where it comes from. At least

if we're feeling down, we know that all we have to do is to put on our running shoes.

12.What did scientists from German universities recently discover?

- A.Working out is a highly effective way to treat depression.
- B.The runner's high could be caused by endocannabinoids.
- C.Endorphins may contribute to one's high spirits after running.
- D.The level of endorphins and endocannabinoids could affect one's mood.

13.For what purpose did the scientists give mice drugs in their experiment?

- A.To find what reduces the runner's high symptoms.
- B.To see the specific symptoms of the runner's high.
- C.To identify (确定) what is responsible for the runner's high.
- D.To test what influences the level of endocannabinoids released.

14.What does the underlined word “notion” in Paragraph 6 probably mean?

- A.Effect. B.Goal.
- C.Question. D.Opinion.

15.According to the U.K.'s National Health Service, regular workouts _____.

- A.are the best way to treat depression
- B.can help ease(减轻) depression symptoms

C.only work for those with serious depression

D.can help people completely recover from depression

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Top Tips for Better Writing

There are many different types of writing, such as essays, letters and speeches. Whatever your style is, there are some universal tips that will help you improve your writing.

Be clear about your purpose.

The most basic question to ask yourself before you start is why you are writing. In an essay or assignment, your purpose is to convey information and draw conclusions. But if you are writing a business report, you may want to make recommendations(建议). 16

Start with a plan.

17 The result is often disjointed writing with parts that don't connect. Whatever you are writing, creating a clear plan is the first step to get your message across quickly and in the most effective way.

Guide readers through what you write.

Your task is to help readers understand your message quickly and precisely.18 Each sentence and each paragraph should be relevant to what comes before and what comes after. You should use words and

phrases that connected to show these connections.

19

Your aim in writing is to communicate ideas and information to other people, and you must keep that in mind with every word and sentence you write. Constantly ask yourself who you really write the information for.

Write for the ear, not for the eye.

Once you've finished a draft of your speech, practice reading it out loud. 20 Revise so you are more comfortable giving your speech. You want to sound natural, no matter what the occasion is.

- A. Write for readers, not for yourself.
- B. Write for the aim, not for the words.
- C. It sounds robotic, and employers hate it.
- D. Far too often people write without a plan.
- E. You'll hear anything that sounds awkward.
- F. Whatever it is, keep your purpose in mind at all times to avoid going off your topic.
- G. To do this, it is necessary to show them clearly how the different parts relate to each other.

16. _____ 17. _____ 18. _____ 19. _____ 20. _____

第二部分 语言运用(共两节,满分 30 分)

第一节(共 15 小题;每小题 1 分,满分 15 分)

阅读下面短文,从每题所给的 A、B、C、D 四个选项中选出可以填入空白处的最佳选项。

I like growing kinds of plants. Once, I planted two seeds(种子) side by side in the soil in my backyard. The first seed said, “I want to 21! I want to send my roots deep into the soil, and 22 to come up. I want to feel the 23 of the sun on my face!” and it grew. The second seed said, “I am scared. If I send my roots into the 24 below, I don't know what I will meet in the dark. If I 25 my way through the hard soil, I may damage my small sprouts(芽). What if a small child may 26 me up from the ground? No, it is much better for me to wait until safe.” A hen walking around for 27 found the waiting seed and right away ate it.

I sometimes 28 myself—what if I stop focusing on the 29 and go for the best? Most people can do unusual things 30 they have the confidence to take a risk. 31, most people don't. There are lots of people sitting on the sofa saying: I'm going...They will do it when they are rich and when they get married.

The 32 is that your life can never be perfect. Stay away from the sofa sitters who are waiting for a single perfect day to begin 33 their dreams.

Believe in yourself and know you can do 34! However, those who refuse to take the 35 get controlled by life finally.

- 21.A.improve B.hide C.grow D.leave
- 22.A.dare B.try C.agree D.refuse
- 23.A.warmth B.kindness C.energy D.position
- 24.A.farm B.ground C.rock D.sand
- 25.A.lose B.push C.find D.change
- 26.A.pull B.put C.make D.lift
- 27.A.fun B.company C.food D.exercise
- 28.A.remind B.call C.ask D.punish
- 29.A.worst B.best C.hardest D.safest
- 30.A.until B.if C.since D.though
- 31.A.Again B.Therefore
C.However D.Besides
- 32.A.news B.question C.truth D.message
- 33.A.collecting B.realizing
C.breaking D.sharing
- 34.A.anything B.nothing C.neither D.both
- 35.A.advantage B.risk
C.time D.order

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Have you ever heard of Li Ziqi? She is 36 famous vlogger(视频博主) 37(live) in a village in Sichuan, China. Her videos 38(be) popular among people around the world.

In her videos, Li makes everything, from paper39 cloth, dresses and even a sofa, with her own hands.

Professor Li Jinzhao from Beijing Foreign Studies University spoke 40 (high) of her videos. She 41(think) the videos were pleasing to the eye of her audience. “It is really 42(relax) to watch her making things,” she added.

Many people want to know 43 Li Ziqi is so popular. Professor Li explained that people 44 live in modern life feel anxious about the world and they want to live a quiet and natural life.

“What Li shows in her videos provides an interesting and creative way 45(look) at ordinary life in villages. We should learn from her positive attitude towards life,” Professor Li said.

36._____ 37._____ 38._____ 39._____ 40._____

41._____ 42._____ 43._____ 44._____ 45._____

第三部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假设你是李华,你的好朋友苏珊前不久随父母去了美国,她写信告诉你她不适应美国的校园生活,感到孤独。请你根据以下要点用英语给她写一封电子邮件。

- 1.学好英语,增加交流机会;
- 2.多交朋友,友情会使人忘记孤独;
- 3.积极参加各种活动,使自己的生活更加有趣。

注意:

- 1.词数 80 左右;
- 2.开头和结尾已给出,不计入总词数;
- 3.可适当增添细节,以使行文连贯。

Dear Susan,

I'm sorry to hear that you are having trouble adapting to your new school life in America. _____

Yours,

Li Hua

第二节(满分 25 分)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

The Merediths lived in a small community. As the economy was in decline, some people in the town had lost their jobs. Many of their families were struggling to make ends meet. People were trying to help

each other meet the challenges.

Mrs. Meredith was a most kind and thoughtful woman. She spent a great deal of time visiting the poor. She knew they had problems, and they needed all kinds of help. When she had time, she would bring food and medicine to them.

One morning she told her children about a family she had visited the day before. There was a man sick in bed, his wife, who took care of him and could not go out to work, and their little boy. The little boy—his name was Bernard—had interested her very much.

“I wish you could see him,” she said to her own children, John, Harry, and Clara. “He is such a help to his mother. He wants very much to earn some money, but I don't see what he can do.”

After their mother left the room, the children sat thinking about Bernard. “I wish we could help him to earn money,” said Clara. “His family is suffering so much.”

“So do I,” said Harry. “We really should do something to assist them.”

For some moments, John said nothing, but, suddenly, he sprang to his feet and cried, “I have a great idea! I have a solution that we can all help accomplish(完成).”

The other children also jumped up all attention. When John had an idea, it was sure to be a good one. “I tell you what we can do,” said John.

“You know that big box of corn Uncle John sent us? Well, we can make popcorn(爆米花), and put it into paper bags, and Bernard can take it around to the houses and sell it.”

注意:续写词数应为 150 左右。

Paragraph 1:

*When Mrs. Meredith heard of John's idea, she thought it was a good one, too.*_____

Paragraph 2:

*With everything ready, Bernard started out on his new business.*_____

答案全解全析

1.B	2.D	3.B	4.D	5.C	6.A	7.B
8.B	9.B	10.C	11.B	12.B	13.C	14.D
15.B	16.F	17.D	18.G	19.A	20.E	21.C
22.B	23.A	24.B	25.B	26.A	27.C	28.C
29.A	30.B	31.C	32.C	33.B	34.A	35.B

第一部分 阅读

第一节

A

◎语篇解读 本文是一篇应用文,主要介绍了几门舞蹈课。这些课程适合不同年龄段的孩子,孩子们可以根据自己的喜好选择自己喜欢的课程。

1.B 细节理解题。根据 Creative Movers 中的 Age:3—5 可知,Creative Movers 这门课适合四岁的孩子。故选 B 项。

2.D 细节理解题。根据 Jazz 中的 Students will be introduced to jazz-style rhythms and movements.可知,学生们在 Jazz 课中可以了解爵士风格的舞蹈动作。故选 D 项。

3.B 细节理解题。根据文中提及的 Ballet(10:30 am—12:00 am on Saturdays), Creative Movers(9:00 am—9:45 am on Saturdays), Jazz(2:00 pm—3:00 pm on Saturdays), Hip Pop(1:00 pm—2:00 pm on Sundays)可知其他三门舞蹈课都是在星期六上课,而 Hip Hop 课是在星期天上课,这是它独特的地方。故选 B 项。

【高频词汇】 1.flexibility *n.* 灵活性 2.expand *v.* 扩展;扩大
3.classical *adj.* 经典的;古典的;传统的 4.formal *adj.* 正式的 5.rhythm
n. 节奏 6.participate in 参加 7.staff *n.* 员工;全体职员 8.instructor *n.*
导师,教练 9.knowledgeable *adj.* 博学的;知识渊博的

B

◎语篇解读 本文是一篇记叙文。在武汉疫情期间,作者的父母被感染,本人也因发烧而被隔离,在隔离时他看到医护人员的付出,对医护人员的敬业精神感到由衷的敬佩。

4.D 细节理解题。根据第一段中的“*It was the 9th day of Wuhan lockdown(封锁) starting on January 23. My parents left because...*”可知,武汉在1月23日封城,作者的父母离开去住院是在封城的第9天,应该是1月31日。故选D项。

5.C 词义猜测题。根据第二段中的“*And if the older people were infected, the situation could be worse, so I was wondering whether my parents would make it.*”可知,老年人感染了病情况会更糟糕,所以应该是担心是否能从疾病中活下来。故选C项。

6.A 细节理解题。根据第五段中的“*Most of the patients were really understanding, but of course there were those who were not, and complained loudly*”可知,并不是所有的病人都理解医生和护士。故选A项。根据第四段最后一句“*Fortunately, my illness turned out to be not COVID-19.*”可知,作者的病被证明不是COVID-19,所以B项说法不正确。根据第五段第二句“*Even though the doctors and nurses were*

covered from head to toe, I could see how tired they were when I looked into their bloodshot eyes.”可知文中说的是医护人员的劳累,而不是病人,故 C 选项错误。根据第二段第一句“The virus, COVID-19, is somehow fearsome because it does not discriminate(区别对待) in choosing who it infects.”可知这种名为 COVID-19 的病毒之所以可怕,是因为它在选择感染对象时不会区别对待,所以 D 项说法不正确。

7.B 推理判断题。根据第五段中的“I could see how tired they were...Most of the patients were really understanding, but of course there were those who were not, and complained loudly, but all the doctors and nurses tried their best to deal with it in a calming way.”(我能看出来他们有多累……大多数病人很善解人意,当然也有不理解,大声抱怨的,但所有的医生和护士都尽力以平静的方式处理。)以及最后一段“When the quarantine was over, every patient thanked the workers for what they had done, but the answer patients received was exactly the same: ‘That’s what we’re here for.’”(隔离结束后,每个病人都感谢工作人员为他们所做的一切,但他们得到的回答却是完全一样的:“这就是我们在这里的目的。”)可知,作者认为这些医护人员是值得尊敬的。故选 B 项。

【高频词汇】 1.symptom *n.* 症状 2.somehow *adv.* 以某种方式;不知怎么地 3.infect *v.* 感染;传染 4.make it 幸免于难;渡过难关;准时到达;获得成功 5.shortage *n.* 缺乏;缺少;不足 6.understanding *adj.* 善解人意的 7.complain *v.* 抱怨

长难句分析

原句 We talked using FaceTime, and the moment I saw my mom lying there with an oxygen mask and my dad could not talk without breathing heavily, I realized that I had to live on my own.

分析 本句为由第一个 and 连接的并列复合句。前一个分句中 using FaceTime 为现在分词短语作方式状语。后一个分句中 the moment I saw my mom lying there with an oxygen mask and my dad could not talk without breathing heavily 是 the moment 引导的时间状语从句, I realized that I had to live on my own 为其对应的主句, 其中 that I had to live on my own 为宾语从句, 作 realized 的宾语。

句意 我们用 FaceTime 聊天, 当我看到妈妈戴着氧气面罩躺在那里, 爸爸只能喘着粗气说话时, 我意识到我必须独自生活了。

C

◎语篇解读 本文是一篇说明文。文章介绍了加拿大拥有两种官方语言的原因, 还讲述了加拿大的两种官方语言法语和英语在文化传播、交通、日常生活以及教育方面的应用的特点及差异。

8.B 细节理解题。由文章的第二段中的 Canada left the British Empire(英帝国) in 1867 to become an independent country 可知, 加拿大在 1867 年摆脱英帝国的控制, 成为一个独立的国家, 故选 B。

9.B 细节理解题。由文章第三段中的 Apart from in Quebec and a few places on the east coast, French television is very rare. 可知, 除了加拿大的魁北克和少数地区之外你很难看到法语节目。故选 B。

10.C 词义猜测题。根据文章第五段可知在加拿大讲英语的省份,学生可以选择完成一门特殊的法语课程。在这个项目中,他们的大部分课程都是用法语教授的,即官方认可英语和法语两种语言,可以推测 bilingualism 意为“双语”。通过全文理解也可知加拿大的双语教育独具特色,故选 C。

11.B 细节理解题。由文章第五段 In Canada's English-speaking provinces, official bilingualism means that students...subjects in French. 可知在这个项目中,他们的大部分课程是用法语教授的,在加拿大讲英语的省份,官方双语意味着学生可以选择完成一门特殊的法语课程,可知 A 选项错误,B 项正确。由最后一段第一句 If a student begins the course in kindergarten(幼儿园)or first grade, it is likely that all his lessons will be in French.可知,如果一个学生在幼儿园或一年级开始这门课程,那么他的所有课程很可能都是用法语上,所以 C 项错误。由最后一段最后一句 However, if he starts at junior high school, 25 percent of the teaching will continue to be in English.可知,如果在中学开始这个课程,25%的教学将继续用英语,所以 D 选项错误。

【高频词汇】 1.official *adj.* 官方的;正式的 2.found *v.* 建立
3.independent *adj.* 独立的 independence *n.* 独立 4.broadcast *v.* 广播
5.apart from 除了..... 6.rare *adj.* 罕见的;稀少的
7.instructions *n.* 用法说明的;操作指南 8.complete *v.* 完成

D

◎语篇解读 本文是一篇说明文。文章讲述了跑步通常是很累的,但

跑完后感觉会很好。研究表明内源性大麻素可能是产生这种愉快感觉的真正原因。

12.B 细节理解题。由第三段可知,德国几所大学的科学家最近发现一组名为内源性大麻素的化学物质可能是这种熟悉的极好感觉的真正原因,即跑步者的兴奋可能是由内源性大麻素引起的。故选 B 项。A 项“健身是治疗抑郁症的一种非常有效的方法”,这不是德国的大学的科学家的研究发现,故不符合题意;C 项“内啡肽有助于跑步后情绪高涨”,根据第二段可知,这是以前人们所持有的观点,并非德国的大学的科学家的研究发现,故不符合题意;D 项“内啡肽和内源性大麻素的水平会影响一个人的情绪”,根据第六段内容可知内啡肽只是缓解疼痛,不会影响情绪,所以 D 项错误。

13.C 推理判断题。由第三段和第四段第一句“To test this theory, the scientists turned to mice.”可知,科学家发现跑步者的兴奋可能是由内源性大麻素引起的,为了验证这个发现,科学家才用老鼠做实验,即为了找出跑步者兴奋的原因。故选 C 项。A 项“为了发现什么减少了跑步者兴奋的症状”;B 项“为了看到跑步者兴奋的具体症状”;D 项“为了测试是什么影响内源性大麻素的释放水平”。

14.D 词义猜测题。由第二段可知人们之前很长时间都认为内啡肽导致跑步者兴奋,而最新研究发现这一观点是错误的,结合第六段可知 notion 表示“观点”。故选 D 项。

15.B 细节理解题。由倒数第二段中的 Regular exercise can boost your mood if you have depression, and it's especially useful for people with

mild to moderate(中等的) depression 可知定期锻炼身体有助于缓解抑郁症状。故选 B 项。A 项“是治疗抑郁症的最好的办法”,文中并未说明;C 项“只是对那些严重的抑郁症起作用”与倒数第二段中的 especially useful for people with mild to moderate(中等的)depression 不符;D 项“可以帮助人们从抑郁症中完全恢复”,文中只是说可以缓解,并没有说可以使人们从抑郁症中完全恢复。

【高频词汇】 1.phenomenon *n.* 现象 2.be responsible for...作为.....的原因;对.....负责 3.release *v.* 释放;发行;公布
4.block *v.* 阻止;阻塞 5.fade *v.* 逐渐消失;褪去 6.work out 锻炼;计算出;解决 7.carry out 完成;实行,执行 8.effective *adj.* 有效的 9.get rid of 摆脱,丢弃,扔掉 10.boost *v.* 促进;增加

长难句分析

原句 But while it's long been believed that endorphins (内啡肽)—chemicals in the body that cause happiness—are behind the so-called “runner's high”, a study suggested that there may be more to this phenomenon than we previously knew.

分析 本句为主从复合句。while it's long been believed that...“runner's high”为 while 引导的让步状语从句,其中 it 为形式主语, that...“runner's high”为主语从句作真正的主语, chemicals in the body that cause happiness 为 endorphins 的同位语,其中 that 引导定语从句,修饰先行词 chemicals;a study suggested that...knew 为主句,其中 that there may be more to this phenomenon than we previously knew 为宾语从句,作

suggested 的宾语,than 引导比较状语从句。

句意 但是,虽然长期以来人们一直认为内啡肽——体内的能带来快乐的化学物质——是所谓的“跑步者快感”产生的原因,但一项研究表明,这种现象可能比我们之前知道的还要有更多的原因。

第二节

◎语篇解读 本文是一篇说明文,作者就如何提高写作水平提出了几点可行的建议。

16.F 本段小标题是 **Be clear about your purpose.**(明确你的目的)。本段先列举了两个例子,强调要明确写作的目的,F 选项“不管是什么,时刻牢记你的写作目的,避免偏离你的主题。”符合本段的大意。故选 F 项。

17.D 本段小标题是 **Start with a plan.**(从一个计划开始)。D 项“人们写东西往往不拟提纲。”和设空处后一句 **The result is often disjointed writing with parts that don't connect.**(结果往往是写作杂乱无章,各部分不连贯。)是因果关系。故 D 项切题。

18.G 由设空处前一句可知写文章的人的任务是帮助读者快速而又准确地了解自己想传达的信息。G 选项“为此,有必要向他们清晰地展示各个不同的部分之间是如何联系的”是对前句的说明。故 G 项切题。

19.A 本题考查本段落的大意,要选择小标题。根据本段第一句中的 **Your aim in writing is to communicate ideas and information to other people** 以及最后一句 **Constantly ask yourself who you really write the information for.**可知,A 项“为读者写而不是为你自己。”切题。故选 A

项。

20.E 根据前句 Once you've finished a draft of your speech, practice reading it out loud.(一旦你完成了你演讲的草稿,练习大声把它读出来。)以及后句 Revise so you are more comfortable giving your speech.(进行修改,如此你发表你的演讲时就能更应付自如。)可知,E项“你会听出任何令人尴尬的地方。”切题。

【高频词汇】 1.convey v.表达,传递;运输,传送 2.draw conclusions

得出结论 3.get sth. across 把.....讲清楚;被理解;被传达

4.relevant adj.紧密相关的;切题的 5.keep...in mind 将.....记在心中

6.constantly adv.不断地 7.revise v.修改;复习

8.occasion n.重大场合;时候,场景 9.awkward adj.令人尴尬的;难对付的 10.relate to...与.....相关

第二部分 语言运用

第一节

◎语篇解读 本文是一篇记叙文。作者种了两颗种子,一颗种子敢于冒险,破土生长,而另一颗种子担忧未来,在等待的过程中被母鸡吃掉了。由此,作者感悟到:要相信自己,那些拒绝冒险的人最终会被生活控制。

21.C 根据下文的 and it grew(它成长了)可知,此处指第一颗种子想要成长(grow)。improve 提升,改善;hide 躲藏;leave 离开。

22.B 根据前文的 I want to send my roots deep into the soil 可知,第一颗种子想要把根深埋在土壤里,再由后文的 come up 可知此处表示努

力。try to do sth.努力做某事。dare 敢于;agree 同意;refuse 拒绝。

23.A 根据上文可知,第一颗种子想要生根发芽,因此此处指想要感受阳光照在脸上的温暖(warmth)。kindness 善良;energy 能量;position 地位。

24.B 根据下文 I don't know what I will meet in the dark 可知,第二颗种子认为如果把根扎入地(ground)下,不知道在黑暗中会遇到什么。farm 农场;rock 岩石;sand 沙子。

25.B 根据语境可知种子在土壤里生长是要推着(push)土向上长。push one's way 是固定搭配,意为“挤出去,挤着前进”。lose 迷失;find 发现;change 改变。

26.A What if...?意为“假使.....将会怎样?”由下文的 from the ground 可知,第二颗种子担心它自己被小朋友从土地里拉(pull)出来。put 放置;make 制作;lift 举起。

27.C 根据下文的 and right away ate it 可知,母鸡把它吃掉了,所以母鸡是在找食物(food),故选 C。fun 乐趣;company 陪伴;exercise 锻炼。

28.C 根据空后的 what if I stop focusing on...for the best? 可知,作者是在问(ask)自己。remind 提醒;call 呼叫;punish 惩罚。

29.A 根据前面的 stop 和空后的 go for the best 可知,此处表示不再关注最坏的(worst)情况,而是去追求最好的结果,故选 A。best 最好的;hardest 最难的;safest 最安全的。

30.B 句意:大多数人可以做不寻常的事,如果他们有信心冒险。结合句意可知,此处应用 if 引导条件状语从句。until 直到.....为止;since

因为;though 尽管。

31.C 句意:然而,大多数人并没有。根据上一句 Most people can do... 和空后的 most people don't 可知,前后句语义上是转折关系。again 又一次;therefore 因此;besides 此外。

32.C 句意:事实是你的生活永远不可能是完美的。根据语境可知,使用 truth(事实)符合语境。news 消息;question 问题;message 信息。

33.B 根据上文的 They will do it when they are rich and when they get married.和本空所在的句子可知,此处指坐等完美的一天来开始实现他们的梦想。realize dreams 意为“实现梦想”。collect 收集;break 打破;share 分享。

34.A 根据 Believe in yourself 可知,要相信自己,所以此处指能做任何事(anything)。nothing 没有什么;neither 两者都不;both 两者都。

35.B 倒数第三段谈到了有信心冒险的人会做不寻常的事,而此处说那些拒绝冒险(risk)的人最终会被生活控制。advantage 优势,有利条件;time 时间;order 指示,命令。

【高频词汇】 1.come up 长出地面;升起;发生;被提及;即将发生
2.right away 立刻,马上 3.focus on 特别关注;集中精力 4.take a risk 冒险
5.stay away from...远离.....

第二节

◎语篇解读 本文是一篇说明文。文章介绍了居住在中国四川的一个村庄里的一名著名的视频博主——李子柒。

36.a 考查冠词。句意:她是住在中国四川的一个村庄里的一名著名的

视频博主。名词 **vlogger** 为可数名词,此处表示泛指。故填 **a**。

37.**living** 考查现在分词。句意见上题。**live** 与 **vlogger** 之间为主动关系,所以此处应用现在分词 **living**,构成现在分词短语作后置定语。

38.**are** 考查动词的时态和主谓一致。句意:她的视频受世界各地的人的欢迎。结合上一句的时态及本段语境可知,此处应用一般现在时。主语 **videos** 为复数,所以谓语动词用 **are**。

39.**to** 考查介词。句意:在她的视频中,从纸到布、衣服甚至是沙发,李子柒什么都是自己动手做的。**from...to...**从.....到.....。故填 **to**。

40.**highly** 考查副词。句意:来自北京外国语大学的李金钊教授对她的视频给予了高度评价。**speak highly of...**高度评价.....。故填 **highly**。

41.**thought** 考查动词的时态。句意:她认为这些视频让她的观众赏心悦目。分析句子结构可知,设空处为主句谓语动词,根据从句时态可知此处应用一般过去时,故填 **thought**。

42.**relaxing** 考查形容词。句意:“看着她做东西真的很让人放松,”她补充道。分析句子结构可知,句中 **It** 为形式主语,真正的主语为不定式短语 **to watch her making things**。故填 **relaxing**,意为“令人放松的”。

43.**why** 考查宾语从句。句意:很多人想知道为什么李子柒这么受欢迎。分析句子结构可知,设空处引导宾语从句,根据句意可知,从句中缺少原因状语。故填 **why**。

44.**who/that** 考查定语从句。句意:李教授解释说活在现代生活中的人们对这个世界感到焦虑,并且他们想过一种安静的、自然的生活。分析句子可知,设空处引导定语从句,先行词为 **people**,指人,关系词在从

句中作主语,故填 who 或 that。

45.to look 考查动词不定式。句意:李(子柒)在她的视频中展示的内容提供了一种有趣且富有创意的看待乡村普通生活的方式。分析句子可知设空处作后置定语,修饰 way。故填 to look。

【高频词汇】 1.pleasing *adj.*令人愉快的;讨人喜欢的

2.anxious *adj.*焦虑的 3.creative *adj.*有创造性的 4.positive *adj.*积极的
5.attitude towards...对.....的态度

长难句分析

原句 Professor Li explained that people who/that live in modern life feel anxious about the world and they want to live a quiet and natural life.

分析 该句为主从复合句。句中第一个 that 引导的是宾语从句,作 explained 的宾语;在该宾语从句中,and 连接两个并列的分句,前一个分句中含有 who/that 引导的定语从句,修饰先行词 people。

句意 李教授解释说活在现代生活中的人们对这个世界感到焦虑,并且他们想过一种安静的、自然的生活。

第三部分 写作

第一节

One possible version:

Dear Susan,

I'm sorry to hear that you are having trouble adapting to your new school life in America. I think my advice can be of help to you.

Firstly, you should work hard at English, which can give you more

opportunities to communicate with others. Secondly, why not make some friends? They can help you to know more about America, and friendship can help you to forget your loneliness. Thirdly, it is a good idea to take an active part in various activities, which will help to make your life more interesting. By doing this, you will be happier with your new life soon.

I hope you will find these ideas useful.

Yours,

Li Hua

第二节

写作指导			
故事要素	Character	Mrs. Meredith; her three children: John, Harry and Clara, Bernard	
	Place	In a small community.	
	Time	When the economy was in decline.	
	What	The Merediths tried their best to help the little boy Bernard, whose family was suffering a lot from the decline, to earn money.	
情节	Beginning	善良体贴的 Meredith 太太把大部分时间用于拜访穷人,一天她拜访了 Bernard 一家。	
	Development	Meredith 太太把 Bernard 家的情况告诉了她的三个孩子,这些孩子想出了一个办法来帮助 Bernard。	
续写方	Para. 1	When Mrs. Meredith	(1) What did the Merediths do

	heard of John's idea, she thought it was a good one, too.	about the idea? (2)Did they succeed in making popcorn? (3)Did they gave the popcorn to Bernard? (4)What was the reaction of Bernard's family?
Para. 2	With everything ready, Bernard started out on his new business.	(1)Did Bernard sell the popcorn out? (2)What did Bernard do after selling out the popcorn? (3)What influence did the Merediths have on Bernard?

One possible version:

Paragraph 1:

When Mrs. Meredith heard of John's idea, she thought it was a good one, too. So, they went to the local supermarket together. They bought a bag of corn and some special bags for popcorn. When they got home, they made a lot of popcorn and put it in the special bags. With the popcorn, they went to Bernard's home. They told Bernard how to sell the popcorn. Bernard and his parents were very grateful. And the Merediths also felt very happy to help this family.

Paragraph 2:

With everything ready, Bernard started out on his new business. He took the popcorn around to the houses and sold all his popcorn. He earned a lot of money. Then, he wanted to be self-dependent. Therefore, he asked Mrs. Meredith to teach him how to make popcorn. After that, not only did he sell popcorn, but he also added cream and salt to the popcorn to make it taste better. Bernard grew up to be a remarkable man. He did not forget the help of the Merediths, and he also did what he could to help those in need.