**UNIT 1　TEENAGE LIFE**

**Part 1　Listening and Speaking &Reading and Thinking**

**基础过关练**

Ⅰ.单词拼写

1.To ensure the older people work out regularly to stay healthy, people have come up with many 　　　(解决办法).

2.He 　　　(停止)the show last year because of bad health.

3.When her son 　　　(毕业)from high school, Ann moved to a small town.

4.The first part of the project was completed two months ahead of 　　　(工作计划).

5.In the coming three years, our school life will be full of 　　　(挑战).

6.The 　　　(先进的) 5G technology will bring a lot of changes to our daily life.

7.The Panda Art Development Fund serves as a project to improve the aesthetic(美学的)education of Chinese 　　　(青少年).

8.A study found that young people 　　　(较喜欢) e-readers(电子阅读器), like smart phones or iPads.

9.Therefore, let's take the 　　　(责任) to build up a low-carbon city by riding bicycles often.

Ⅱ.选词填空

clean up;be suitable for;make the team;keep up with

1.Nina and Mary were in the kitchen, 　　　　　　the plates and bowls after dinner.

2.You'll never 　　　　　　if you don't turn up for training.

3.This area 　　　　　　growing flowers, for the weather there is warm.

4.You must work hard, or you won't 　　　　　　your classmates.

Ⅲ.单句语法填空

1.They 　　　　(debate) about whether to carry on with the experiment when I entered the laboratory.

2.According to the research, people feel good when volunteering 　　　　(do) something meaningful for other people.

3.　　　　(actual), a large number of people own cars in our hometown.

4.The children gave a　　　　(confuse) statement(陈述) of what had happened.

5.Having stayed in China for many years, he can speak Chinese 　　　　(fluent).

6.Diet and exercise are 　　　　(obvious) important if you want to lose weight.

Ⅳ.课文语法填空

I'm Adam, a freshman at senior high school. Going from junior high school to senior high school is 　1　 really big challenge.

First, I had to think very carefully about the courses 　2　 I wanted to take. The school adviser helped me choose the 　3　(suit) ones: maths, English, chemistry, world history, and Chinese. I know that Chinese is a very difficult language, 　4　 I hope to be fluent when I graduate. My adviser 　5　(recommend) that I should sign up for advanced literature because I like English and I'm good at it.

I had to choose extra-curricular 　6　 (activity), too. I tried to join the school football team, but the coach told me that I didn't play well enough. Obviously, I was unhappy, but I won't quit. I'll find a way 　7　(improve) myself.

I know I'll have to study 　8　(hard) than before and get used to being responsible 　9　 a lot more. I'm a bit worried about keeping up with the other students in my advanced course, and it'll be quite difficult 　10　(get) used to all the homework. Studying hard isn't always fun, but I'll be well prepared for university or whatever else comes in the future.

1.　　　 2.　　　 3.　　　 4.　　　 5.

6.　　　 7.　　　 8.　　　 9.　　　 10.

**能力提升练**

Ⅰ.阅读理解

A



(2020江苏修远中学、洪翔中学高一联考,)

Parents often believe that they have a good relationship with their teenagers. But last summer, Joanna and Henry noticed a change in their older son. Suddenly he seemed to be talking far more to his friends than to his parents. “The door to his room is always shut,” Joanna noted.

Tina and Mark noticed similar changes in their 14-year-old daughter. “She used to sit in my arms on the sofa and talk with me,” said Mark. “Now we joke that she does this only when she wants something. Sometimes she wants to be treated like a little girl and sometimes like a young lady. The problem is how to figure out which time is which.”

Before age 11, children like to tell their parents what's on their minds. “In fact, parents are the first on the list,” said Michael Riera, the author of *Uncommon* *Sense* *for* *Parents* *with* *Teenagers*. “This completely changes during the teen years,” Riera explained. “They talk to their friends first, then maybe their teachers, and their parents last.”

Parents who know what's going on in their teenagers’ lives are in the best position to help them. To break down the wall of silence, parents should create chances to understand what their children want to say, and try to find ways to talk or write to them. And they must give their children a mental(精神的) break, for children also need freedom, though young. Another thing parents should remember is that to be a friend, not a manager, with their children is a better way to know them.

1.“The door to his room is always shut” suggests that the son 　　　.

A.dislikes opening his door

B.begins to hate his parents

C.is always busy with his studies

D.keeps himself away from his parents

2.What troubles Tina and Mark most?

A.That their daughter isn't as lovely as before.

B.That they can't read their daughter's mind exactly.

C.That they don't know what to say to their daughter.

D.That their daughter talks with them only when she needs money.

3.What can we learn from the passage?

A.Parents are patient with their silent teenagers.

B.Parents should try to understand their teenagers.

C.Parents are unhappy with their growing children.

D.Parents have suitable ways to talk with their teenagers.

B



(2021 河南南阳一中高一上月考,)

School is, waking up early in the morning, whether it is hot or cold, putting on school uniform and rushing to the bus stop to catch the school bus and getting used to the words “Hurry up! You will be late!” You reach school and again the same words “Hurry up!” do not let you rest in peace.

Throughout the day, it is a mad rush. One period gets over, the other starts and you are ready for the second subject. When you forget to do your homework, you try to sit at the back and pretend to be looking for something on the floor or in your bag. You are lucky if you are not seen and it is bad luck if you get caught. If you are not lucky, be ready for a good scolding during break or after school. If you are lucky and your teacher is in a good mood, you may be left with a warning.

However, school is not so boring all the time; the games, the library period and the break are welcome time. When you can relax, joke and have fun with your friends. There are some teachers, too, who can make school very exciting. For example, Mr. Taneja has a typical style of talking, making us always hooked(被……迷住的) in the playground.

School can be fun, real fun, when picnics and field trips are organized. We wait for them eagerly and keep on requesting our class teacher to organize one for us.Debates, quizzes, cultural programmes also add luster to an otherwise boring school life. Fun increases after real hard work and you tend to enjoy more than those who have been lazy and have wasted their time. I think this period of your life is the most wonderful period—full of dreams and hope.

4.How is the school life described by the author in the passage?

A.Boring and stressful.

B.Stressful but interesting.

C.Strict and fearful.

D.Annoying but funny.

5.What can we conclude according to the second paragraph?

A.Some students hope to get away with their fault.

B.Teachers should be more patient with their students.

C.Some students dislike finishing their homework.

D.Teachers should reduce the amount of homework.

6.Which subject does Mr. Taneja teach at school?

A.Physics.　　B.English.

C.Chemistry.　　D.Physical Education.

7.What does the underlined word “luster” mean in the passage?

A.Difficulty.　　B.Value. C.Pleasure.　　D.Trouble.

Ⅱ.七选五



(2021浙江诸暨中学高一上月考,)

Each fall brings a bounty of opportunities that beckon(召唤) you to become involved in your school community. 　1

　2　 Clubs are probably the easiest and most direct route to getting involved. Typically, high schools have clubs that focus on a wide variety of topics. Do you have a great affinity(喜爱) for German films? 　3　 If you answered yes, then you are in luck! There are probably clubs for that. Usually, the best way to join a club is attending an after-school fair at the beginning of the school year.

Try out for a sport! If you have any interest in a sport your school offers, there is absolutely no harm in having a try. The worst that can happen is that you don't make it and have to try out next year. Sports teams are a great way to make friends with people who have similar interests. 　4　 Sports provide a boost in physical and emotional health.

Volunteer! 　5　 It could be answering phones in the main office at school or travelling abroad to provide international aid. My point is that volunteer work can be an incredible way to discover passions and shape your personality.

All in all, if you're looking for a fresh start, now is the time! Choosing to get involved in your school by joining a club, trying out for a sport, or volunteering is undoubtedly something you will not regret.

A.Join a club!

B.Here are a few ways to get involved.

C.Volunteer work comes in many forms.

D.What about a desire to go into medicine?

E.There are various benefits of volunteer work.

F.It will also help you share hobbies with others.

G.They also are the perfect source of daily exercise.

1.　　　 2.　　　 3.　　　 4.　　　 5.

Ⅲ.语法填空



(2021湖北荆州中学高一上月考,)

The day before my friend Alex and I went to volunteer at the local soup kitchen, I was very excited. I found that we were in an actual kitchen with other adults and it wasn't always soup that we were cooking. We made hot dogs and cookies. Also, students 　1　(usual) didn't cook and just set the table. Since Alex was fourteen and I was thirteen, we weren't allowed 　2　(enter) the dinner area while people 　3　(eat). I was sort of 　4　(frighten) because my friends told us that we had to serve dirty and homeless people after　5　(learn) that we were going to volunteer at the soup kitchen. But the 　6　(true) was that the people there weren't all homeless. Some of the people were homeless 　7　 most of them weren't. I learned so much that night. I grew to respect those who weren't so 　8　(luck) as me. I wish more students would take their time away 　9　 video games or TV programs and would come and help out. It's 　10　 amazing learning experience and can even be fun! Alex and I still talk about it and pretty soon we're going to go back.

1.　　　 2.　　　 3.　　　 4.　　　 5.

6.　　　 7.　　　 8.　　　 9.　　　 10.

**答案全解全析**

**基础过关练**

Ⅰ.1.solutions　2.quit/quitted　3.graduated　4.schedule

5.challenge(s)　6.advanced　7.teenagers　8.preferred

9.responsibility

Ⅱ.1.cleaning up

易错分析

　　本题容易直接填成cleaned up,注意该句子中已经有谓语动词了,所以此处应用非谓语动词形式,Nina and Mary和clean up之间为主动关系,所以应用cleaning up。

2.make the team　3.is suitable for　4.keep up with

Ⅲ.1.were debating　考查动词的时态。句意:当我进入实验室时,他们正在争辩是否继续开展实验。此处表示从句的动作发生时,主句的动作正在进行,根据when引导的时间状语从句的时态可知此处应用过去进行时,故填were debating。

2.to do　考查动词不定式。句意:根据这项调查,人们在自愿为他人做一些有意义的事时感觉良好。volunteer to do sth.意为“自愿做某事”。

3.Actually　考查副词。句意:事实上,我们家乡有很多人拥有汽车。此处应用副词修饰整个句子。

4.confusing　考查形容词。句意:孩子们把发生的事叙述得令人费解。设空处修饰其后名词statement,故填形容词confusing,意为“令人费解的;令人迷惑的”。

5.fluently　考查副词。句意:在中国待了很多年后,他能流利地说汉语了。本空修饰动词speak,故应用副词fluently,意为“流利地”。

6.obviously　考查副词。句意:如果你想减肥,日常饮食和运动显然很重要。本空修饰形容词important,故应用副词obviously,意为“显然,明显地”。

Ⅳ.1.a　考查冠词。challenge为可数名词,此处指从初中到高中是一项非常大的挑战,表泛指,故使用不定冠词a。

2.that/which　考查定语从句的关系词。分析句子可知,设空处引导定语从句,先行词为the courses,从句中缺少宾语,故使用that或which。

3.suitable　考查形容词。设空处修饰代词ones,应使用形容词,故填suitable。

4.but　考查并列连词。句意:我知道汉语是一门很难的语言,但我希望在我毕业时能够说一口流利的汉语。设空处前后在意思上是转折关系,故填but。

5.recommended　考查动词的时态。根据本段语境可知,导师提出建议这一动作发生在过去,此处应使用一般过去时,故填recommended。

6.activities　考查名词复数。activity表示“活动”时为可数名词,此处表示复数含义,extra-curricular activities意为“课外活动”。故填activities。

7.to improve　考查动词不定式。句意:我会找到一个提升自己的方法。此处应用动词不定式作后置定语,故填to improve。

8.harder　考查副词的比较级。由空后的than可知,此处表示比以前更加努力地学习,故填harder。

9.for　考查介词。be responsible for...意为“对……负责”。

10.to get　考查动词不定式。it is difficult to do sth.意为“做某事有困难”,其中it 为形式主语,动词不定式作真正的主语。故填to get。

**能力提升练**

Ⅰ.A

◎语篇解读　本文是一篇议论文。文章讲述了许多父母不理解孩子的心理变化,因此作者通过此文向父母提出了一些建议。

1.D　细节理解题。根据第一段画线部分所在的句子的上句“Suddenly he seemed to be talking far more to his friends than to his parents.”可知,他们的儿子跟他的朋友交流得多了,而与父母交流却少了,说明儿子不愿和父母接触,儿子房间的门就关闭了,显然是在躲避他们,故选D。

2.B　细节理解题。由第二段中的“Sometimes she wants to be treated like a little girl and sometimes like a young lady. The problem is how to figure out which time is which.”可知,现在Tina和Mark分不清女儿什么时候想被当成小女孩对待,什么时候想被当成年轻的女士对待,也就是不能准确揣摩他们女儿的心思。故选B。A项“他们的女儿不像以前一样可爱了”;C项“他们不知道对他们的女儿说什么”;D项“他们的女儿只有在她需要钱的时候才和他们说话”。

3.B　推理判断题。通过文中给出的两个家庭的孩子与家长关系的变化并结合最后两段,尤其是最后一段第一句“Parents who know what's going on in their teenagers' lives are in the best position to help them.”可知,父母应该明白孩子处于青少年时期的特点,找准切入点来帮助他们度过这一阶段,即父母应该试着理解青少年时期的孩子,故选B。A项“父母对他们不爱说话的青少年很有耐心”;C项“父母对他们正在成长的孩子不满意”;D项“父母有与他们的青少年谈话的合适的方法”。

【高频词汇】　1.similar *adj.*相似的　2.used to do sth.过去常常做某事　3.figure out 弄清楚;弄明白　4.completely *adv.*完全地

5.break down打破　6.break *n.*休息　7.be busy with sth.忙于某事　8.read *v.*猜测;揣摩　9.be patient with...对……有耐心

长难句分析

原句　To break down the wall of silence, parents should create chances to understand what their children want to say, and try to find ways to talk or write to them.

分析　本句为主从复合句。句中To break down the wall of silence为动词不定式短语作目的状语;句中并列连词and连接两个并列的谓语部分;what their children want to say为what引导的宾语从句,作understand的宾语;to talk or write to them为动词不定式短语作后置定语,修饰ways。

句意　为了打破沉默之墙,家长们应该创造机会来了解他们的孩子想说什么,并设法找出与他们谈话或写信的方法。

B

◎语篇解读　本文是一篇说明文,描述了既紧张、繁忙又充满乐趣的学校生活。

4.B　细节理解题。根据文章首段可知学校生活很紧张,再由最后一段中的“School can be fun, real fun”可知,学校生活很有趣,故选B。

5.A　推理判断题。根据第二段中的“you try to sit at the back and pretend to be looking for...You are lucky if you are not seen”可知,在忘写作业时,学生坐在后面假装在地上或在书包里找东西是为了不让老师看到自己,逃脱老师的批评,故选A。get away with表示“做(错事)而不受惩罚”。B项“老师对他们的学生应该更加有耐心”;C项“一些学生不喜欢完成他们的家庭作业”;D项“老师应该减少家庭作业的量”。

6.D　推理判断题。根据第三段中的“making us always hooked on the playground”可知,Mr. Taneja 很可能是一位体育老师,故选D。

7.C　词义猜测题。最后一段的第一句谈到“picnics and field trips”是学生喜欢的事情,是增添快乐的事情;再由画线词所在句中的also add可知luster应该是与“快乐”意思相近的词,前面提到的辩论、小测验、文化类节目也为乏味的学校生活增添了光彩,因此选C。A项“困难”;B项“价值”;D项“麻烦”。

【高频词汇】　1.wake up醒来　2.rush *v.*迅速地走;急着(做) *n.*匆忙　3.get used to...习惯于……　4.hurry up赶快

5.pretend to do sth.假装做某事　6.boring *adj.*枯燥的,乏味的　7.all the time一直,总是　8.keep on doing sth.继续做某事

9.add...to...添加……到……中　10.stressful *adj.*紧张的,有压力的

长难句分析

原句　School is, waking up early in the morning, whether it is hot or cold, putting on school uniform and rushing to the bus stop to catch the school bus and getting used to the words “Hurry up! You will be late!”

分析　本句是一个主从复合句。whether...or...引导的是让步状语从句,waking..., putting...and rushing...和getting...为并列的动名词短语作表语的用法。

句意　上学是,不管天冷还是天热,一大早就起床,穿上校服然后冲到公交车站赶校车,并且习惯于“快点!你要迟到了!”这些话。

Ⅱ.◎语篇解读　这是一篇说明文。文章主要讲述了每年秋天都有很多机会召唤你加入学校社区中来,例如,加入俱乐部,参加体育运动或参加志愿活动。

1.B　前文提到:每年秋天都有很多机会召唤你加入你的学校社区中来。B项(这里有一些参与的方法。)承接上文,且呼应下文的内容(下文介绍了具体的参与的方法)。故选B项。

2.A　后文提到:俱乐部可能是最简单、最直接的参与途径。A项(加入一个俱乐部!)与下文连接紧密,这个祈使句提出了第一个具体的做法。故选A项。

3.D　前文提到:通常高中有聚焦各种主题的俱乐部。后文提到:如果你的回答是肯定的,那么你很幸运!可能会有那样的俱乐部。D项(进入医学界的愿望怎么样?)与上下文连接紧密,该选项和前一句都是问句,这是在举一些俱乐部的例子。故选D项。

4.G　前文提到:参加体育运动的选拔!如果你对学校提供的运动感兴趣,那么尝试一下绝对不会造成任何伤害。(加入)运动队是与志趣相投的人交朋友的好方法。后文提到:体育可以促进身心健康。G项(它们也是日常锻炼的最佳来源。)与上下文连接紧密,选项中的They指的是前一句提到的“Sports teams”。故选G项。

5.C　前文提到:做一名志愿者!后文提到:可能是在学校总办公室接听电话或者是到国外提供国际援助。C项(志愿工作有多种形式。)与上下文连接紧密。故选C项。

【高频词汇】　1.become involved in参与;卷入　2.a variety of各种各样的　3.attend *v.*参加　4.make it获得成功;准时到达;渡过难关　5.boost *n.*帮助;增长;提高 *vt.*使增长　6.passion *n.*激情　7.all in all总而言之　8.various *adj.*各种各样的

Ⅲ.◎语篇解读　本文是一篇记叙文,讲述了作者和朋友Alex在一处施食处做志愿者并学到了很多东西的经历。

1.usually　考查副词。句意:而且,学生通常不做饭,只是摆餐具。设空处修饰谓语didn't cook,应使用副词。

2.to enter　考查动词不定式。句意:因为Alex14岁,我13岁,所以我们不被允许在别人吃饭的时候进入用餐区。be allowed to do sth.意为“被允许做某事”。

3.were eating　考查动词时态。句意同上。根据主句的时态可知,此处描述的是过去发生的事情,结合句意和语境可知此处表示当人们正在吃饭的时候,所以此处应使用过去进行时。

4.frightened　考查形容词。句意:我有点害怕,因为我的朋友们在得知我们要去施食处做志愿者后告诉我们,我们不得不为脏的和无家可归的人服务。此处指人感到害怕,应填frightened。

5.learning　考查动名词。句意同上。介词after后应用动名词作宾语,故填learning。

6.truth　考查名词。句意:但真相是那里的人并不都是无家可归的。the后接名词,故填truth。

7.but/while　考查连词。句意:一些人是无家可归的,但/而他们中的大部分不是。根据句意可知,设空处前后在意思上形成转折或对比,故填but或while。

8.lucky　考查形容词。句意:我渐渐开始尊重那些不像我那么幸运的人。weren't后面接形容词,故填lucky。

9.from　考查介词。away from...远离……,此处指不要将时间花在玩电子游戏或看电视节目上面。

10.an　考查冠词。　　　 amazing learning experience 为名词短语,experience在此处表示“经历”,为可数名词,此处表泛指,指一次令人惊奇的学习经历,且amazing以元音音素开头,故填冠词an。

【高频词汇】　1.actual *adj.*真实的;实际的　2.sort of有点

3.serve *v.*服务;招待　4.homeless *adj.*无家可归的　5.respect *v.*尊重　6.amazing *adj.*令人惊奇的