

Part 3 Reading for Writing, Assessing Your Progress & Video Time

基础过关练

I. 单词拼写

1. The other day I _____ (点击) on the link to the next page of the website.
2. Only open messages from people you know and never reply to messages from a _____ (网霸).
3. Police are investigating the _____ (偷窃) of computers from the company's offices.
4. It's _____ (无礼的) to interrupt him when someone is speaking.
5. Set yourself _____ (目标) that you can reasonably hope to achieve.
6. He used a _____ (假的) name to get the job, which made him fired.
7. This week's magazine has some _____ (忠告) on healthy eating.
8. Louise Glück is the _____ (作者) of these poems and won the Nobel Prize for Literature in 2020.
9. Students should use smartphones properly. We know that smartphones could distract students from class and also _____ (搅乱) the quality of sleep.

II. 选词填空

make fun of; give out; keep...in mind; take over; build up
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1. You should _____ these guidelines _____ in case you make some mistakes.

2.The author has_____a good reputation and is popular all over the world.

3.It's rude to_____this disabled boy, and we should respect everyone.

4.Mr. Wang would give a lecture on how to learn English well, so there were people _____leaflets(传单) at the school gate.

5.It has been confirmed that he will_____his father's company.

III.单句语法填空

1.The hotel has 110 bedrooms, all with_____(privacy) bathrooms.

2.I_____(particular) like chatting with my friends using this software.

3.It is really_____(embarrass) that my car was stuck in the mud.

4.I am not very familiar_____botanical names, but this kind of plant is familiar_____ me.

5.There is no generally accepted_____(define) of life.

6._____that case, you should change your eating habit and eat separately.

IV.完成句子

1.因此,我们消耗的汽油和电越多,我们排放的碳就越多。

Therefore, _____petrol and electricity we consume, _____carbon we discharge.

2.然而,无论我做什么,我减肥的努力总是以失败告终。

However, _____ I do, my efforts to lose weight always end in failure.

3.京哈等高铁的开通使得中国人的出行更加方便。

The opening of Beijing-Harbin and other high-speed railways _____ for Chinese people to travel.

4.众所周知,眼见为实。

It's well known that _____.

V.课文语法填空

I'd blog about how you stay safe online and avoid bad 1 (experience) on the Internet. First of all, if you see or read something 2 makes you feel uncomfortable, leave the site 3 (immediate). Don't comment 4 anything. Second, protect your 5 (private). Don't give out your address or phone number. Third, be polite. 6 (surf) the Internet isn't an excuse for being rude, 7 you don't want to be the target for trolls or cyberbullies. Trolls often use several false names 8 (stay) on a site. Cyberbullies will also write something mean but usually, it 9 (target) at particular people. However, the more polite you are, the 10 (little) likely you are to be attacked.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____ 9. _____ 10. _____

能力提升练

I.阅读理解

(2021 湖南长沙市一中高一上期中,★)

Teenagers love to socialize, and the following websites give them a chance to do that while playing games, exploring virtual(虚拟的)worlds and taking quizzes.

Instagram

Instagram allows teenagers to upload photos of their daily lives and share them with friends. People say that a picture is worth a thousand words, and that must be true because Instagram has around 300 million users who are active each month. The platform is all about photos with short captions(说明文字). 53 percent of its users are aged 18—29, but a big percentage of those may be even younger.

Habbo Hotel

Habbo Hotel is a place for teens to chat. Each teen receives a personal room to decorate with virtual objects. They can also dress their avatars(用户头像) in virtual clothes or create games to play with friends. The room might have music, be set up like a classroom, or have other features, so different avatars can visit one another. Each room has an adult moderator(管理员) to make sure it stays safe.

Fanlala

Fanlala is a social network that gives teens who love celebrities, music and TV shows a place to interact. Through it, users can get the

latest news and gossip on their favorite shows, as well as take quizzes to test their knowledge.

Teen Chat

Teen Chat is a place for teens to interact with one another through forums according to their interests. For example, there are chat rooms for those who love anime(日本动漫) and for those who have just started college. There are also chat rooms for things like music, games, and sports.

1.What makes Instagram different from the other sites listed in the text?

- A.It's a great place for people to share photos.
- B.The majority of its users are in their early 20s.
- C.It has the largest number of users.
- D.Only those above 18 normally use it.

2.Which site allows its users to dress their characters and design virtual rooms?

- A.Instagram.
- B.Habbo Hotel.
- C.Fanlala.
- D.Teen Chat.

3.What can you acquire from Fanlala?

- A.Game skills.
- B.Sports knowledge.

C. Anime videos.

D. Entertainment news.

II. 七选五

主题语境：人与社会——社会热点 语篇类型：说明文 建议用时：8

(2021 江苏高一上百校联考,★★)

It could be time to admit that you have a habit of putting off your tasks because of you wasting much time on the Internet. If you are ready to reduce the time you spend on it, it may seem challenging. 1

Monitor your Internet usage time. To break that habit, learn how to manage the time you spend online. Monitor how long it takes you to do each task and record exactly what you did. 2 You'd be surprised at how much time you actually spend on necessary instead of unnecessary online activities.

3 While it may feel strange to use technology to stop you from using technology, this is where we are today. To increase your productivity while you are online, use apps that block your go-to sites. This will lessen the desire to jump over to these sites if the task at hand is challenging.

When working, avoid using your phone. Due to smart phones, it is now very easy to access the Internet. You have to stop wasting time online. Put away your phone when you are working or studying. So you

are unable to see or hear any signals when they come up. 4 So you are unable to check your phone when it is out of sight.

Seek professional help. 5 If you can't seem to stick to your own boundaries and you are spending more time online than you are with real people, it may be time to seek professional help. Recently, Internet addiction has become cause for concern in clinical psychiatry.

- A. Keep your phone in another room.
- B. Then decide if an activity is really necessary.
- C. Block your access to favorite time-wasting websites.
- D. Here are some methods that help you deal with the challenge.
- E. Do all of your computer work at the beginning of your project.
- F. The solution to any type of addiction belongs to a professional field.
- G. You will find these useful tips can help you solve most of your problems.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

III. 完形填空

主题语境：人与自我——优秀品行 语篇类型：记叙文 建议用时：12

(2020 湖北十堰高一上期末,★★)



Owura Kwadwo Hottish gives computer lessons in the school he works in. It is a normal school except for the fact that the school didn't have computers.

Owura became famous after he posted photos of him on the Internet. In the pictures, people could see he was teaching his students by 1 an entire computer on the blackboard. The photos showed the poor level of education for children in Ghana. People were 2 that Owura made sure each button was drawn correctly.

Owura wanted the students to 3 what life with a computer could be like someday. He would come to school half an hour ahead of 4 every day. He drew the computer on the blackboard, but at the end of his class, it was 5 to start the next class, so he had to 6 it the next day!

Owura's efforts were 7 when Microsoft took 8 of his act. They first took him to an international educators' conference in Singapore. He made a 9 about his teaching methods at the meeting. He 10 a standing ovation (热烈鼓掌) after the speech.

11, Owura got the thing he always wanted for his students—some companies gave computers to the school. Not a single child in the school had seen a real computer in their lives. Thanks to their teacher's 12, the world took notice and responded to them with 13.

“Your work has really made us feel 14 about the world. At Microsoft, we believe that educators are heroes. They 15 influence the lifelong skills of their students,” said Anthony Salcito, vice president of Microsoft.

1.A.operating B.drawing

C.describing D.repairing

2.A.worried B.disappointed

C.afraid D.amazed

3.A.start B.imagine

C.rebuild D.inspire

4.A.line B.culture

C.schedule D.judge

5.A.shown off B.called off

C.cut off D.rubbed off

6.A.improve B.repeat

C.confirm D.calculate

7.A.rewarded B.selected

C.forgotten D.affected

8.A.care B.notice

C.place D.charge

9.A.plan B.medal

C.decision D.speech

- 10.A.received B.replaced
C.decreased D.contained
- 11.A.Suddenly B.Hopelessly
C.Importantly D.Strangely
- 12.A.efforts B.designs
C.humors D.accounts
- 13.A.wisdom B.honesty
C.kindness D.pride
- 14.A.secure B.confident
C.helpless D.foolish
- 15.A.quickly B.briefly
C.directly D.rarely

Part 3 Reading for Writing, Assessing Your

Progress & Video Time

基础过关练

I .1.clicked 2.cyberbully 3.theft 4.rude 5.targets 6.false
7.tips 8.author 9.upset

II .1.keep;in mind 2.built up 3.make fun of 4.giving out
5.take over

III.1.private 考查形容词。句意:这家旅馆有 110 间客房,各有独立卫生间。修饰名词 bathrooms,应用形容词,故填 private。

2. particularly 考查副词。句意:我尤其喜欢用这个软件和我的朋友聊天。修饰动词 like 应用副词,故填 particularly。

3. embarrassing 考查形容词。句意:我的汽车陷入了泥中,真令人尴尬。此处作表语,It 作形式主语,真正的主语是 that 引导的从句,指事情,故此处应用 embarrassing,意为“令人尴尬的”。

4. with; to 考查介词。句意:我不太熟悉植物学方面的名称,但这种植物对我来说很熟悉。be familiar with 对……熟悉,主语往往是人。be familiar to 对……来说是熟悉的,主语往往是物。

5. definition 考查名词。句意:没有普遍公认的对生活的定义。由句意以及此处结构“...of”可知,此处应用名词,definition “定义”。

6. In 考查介词。句意:既然如此,你应该改变饮食习惯,分开吃。in that case 既然如此。

IV. 1. the more; the more 2. no matter what 3. makes it more convenient
4. seeing is believing

V. 1. experiences 考查名词复数。此处 experience 意为“经历”,是可数名词,前面没有限定词,故用其复数形式 experiences。

2. that 考查定语从句。设空处引导定语从句,修饰先行词 something,并在从句中作主语,故填关系代词 that。

3. immediately 考查副词。设空处修饰动词 leave,作状语。故用副词形式。

4. on/upon 考查介词。句意:不要对任何东西做出评论。comment on/upon...意为“对……做出评论”,故填 on 或 upon。

- 5.privacy 考查名词。此处作 protect 的宾语,故用名词 privacy。
- 6.Surfing 考查动名词。此处作主语,故用动词的-ing 形式,且首字母大写,故填 Surfing。
- 7.and 考查连词。句意:上网不是粗鲁无礼的借口,并且你也不想成为发恶意帖子的人或网霸的目标。设空处前后句为并列关系。故用连词 and。
- 8.to stay 考查不定式。此处表示使用假名字的目的,故用不定式作目的状语,故填 to stay。
- 9.is targeted 考查动词的时态和语态。句意:网霸也会写一些刻薄的东西,但通常是针对特定的人。target 和 it(指代 something)之间是被动关系,且由上下文语境可知用一般现在时,故填 is targeted。
- 10.less 考查固定用法。句意:然而,你越有礼貌,你被攻击的可能性就越小。此处是“the+比较级...,the+比较级...”结构,意为“越……就越……”,故填 less。

能力提升练

I.◎语篇解读 本文是一篇应用文。文章介绍了适合青少年在玩游戏、探索虚拟世界和参加测验的同时可以交友的四个网站。

1.A 细节理解题。根据第二段中的第一句“Instagram allows teenagers to upload photos of their daily lives and share them with friends.”可知,Instagram 允许青少年上传日常生活的照片,并与朋友分享,而结合第三、四、五段的内容可知,Habbo Hotel 的主要功能是虚拟房间交友,Fanlala 为喜欢明星、音乐、电视节目的青少年提供最新的消息和

绯闻,Teen Chat 为爱好相同的青少年提供交流平台,所以 Instagram 与其他网站的不同点是:它是分享照片的好地方。故选 A。B 项“它的大多数用户都是 20 岁出头”;C 项“它拥有最多的用户”;D 项“只有 18 岁以上的人才会用”。

2.B 细节理解题。根据第三段中的“Habbo Hotel is a place for teens to chat. Each teen receives a personal room to decorate with virtual objects. They can also dress their avatars in virtual clothes or create games to play with friends.”可知,Habbo Hotel 可以让用户给自己的角色穿上虚拟的衣服,设计自己的虚拟房间。故选 B。

3.D 细节理解题。根据第四段第二句中的“Through it, users can get the latest news and gossip on their favorite shows”可知,人们在 Fanlala 网站上可以获取娱乐新闻。故选 D。

【高频词汇】 1.socialize v.(和他人)交往,交际 2.explore v.探索;探讨
3.worth *adj.* 值……钱;有……价值; (指行动)值得,有价值;值得(费周折)
4.decorate v.装饰;装潢;点缀
5.set up 建立;创建;安排;组建

长难句分析

原句 People say that a picture is worth a thousand words, and that must be true because Instagram has around 300 million users who are active each month.

分析 本句为并列复合句。并列连词 and 连接两个并列分句。第一

个分句中,that 引导宾语从句;第二个分句中连词 because 引导原因状语从句,从句中关系代词 who 引导定语从句,修饰先行词 users。

句意 人们说一张照片值一千句话,那肯定是真的,因为每月 Instagram 有大约 3 亿的活跃用户。

II.◎语篇解读 本文是一篇说明文。很多人因为浪费了很多时间上网,导致工作被拖延。文章介绍了一些减少在网上浪费时间的办法。

1.D 根据上文 “It could be time to admit...it may seem challenging.” 并结合后文主要说明了一些缩短上网时间的方法可知,D 项 “这里有一些方法可以帮助你应对这个挑战”,符合语境,且选项中的 challenge 与前文中的 challenging 呼应。故选 D。

2.B 根据上文 “Monitor how long it takes you to do each task and record exactly what you did.” 以及下文 “You'd be surprised at how much time you actually spend on necessary instead of unnecessary online activities.” 可知,上文提到监控完成每项任务的时间,然后记录确切做的事情,后文则提到花在必要的网上活动的时间事实上并不多,所以 B 项 “然后决定一项活动是否真的有必要” 符合语境,且选项中的 necessary 与后文中的 necessary 是原词复现。故选 B。

3.C 根据下文 “While it may feel strange to use technology to stop you from using technology...if the task at hand is challenging.” 可知,本段主要是在说阻止自己访问那些浪费时间的网站来减少在网上浪费时间,所以 C 项 “阻止你访问你最喜欢的浪费时间的网站” 符合语境,且选项中的 Block 与后文中的 block 是原词复现。故选 C。

4.A 根据上文“Put away your phone when you are working or studying. So you are unable to see or hear any signals when they come up.”以及下文“So you are unable to check your phone when it is out of sight.”可知,此处介绍把手机收起来的方法。所以 A 项“把你的手机放在另一个房间”符合语境。故选 A。

5.F 根据上文“Seek professional help.”可知,本段介绍的方法是寻求专业的帮助,所以 F 项“任何类型的成瘾问题的解决方法都属于专业领域”符合语境,且选项中的 professional 与上文中的 professional 是原词复现。故选 F。

【高频词汇】 1.put off 推迟;拖延 2.challenging *adj.*挑战性的;考验能力的 3.put away 收好;把……收起;放好 4.come up 发生;出现;被提及;被讨论;即将发生 5.out of sight 看不见 6.stick to 坚持;维持

长难句分析

原句 If you can't seem to stick to your own boundaries and you are spending more time online than you are with real people, it may be time to seek professional help.

分析 本句是一个主从复合句。If 引导条件状语从句,从句中,than 引导比较状语从句。

句意 如果你觉得似乎无法坚持自己的界限,并且花在网上的时间比和真实的人在一起的时间多,也许是时候寻求专业帮助了。

III.◎语篇解读 本文是一篇记叙文。文章讲述了 Owura Kwadwo Hottish 在加纳一所学校教电脑,但是学校里没有电脑,他只能在黑板上画电脑。他把他的照片发到网上,得到了微软公司的注意,许多公司给学校捐赠了电脑。

1.B 考查动词。根据上段最后一句中的“the fact that the school didn't have computers”可知,学校没有电脑,所以 Owura 只能通过画在黑板上画电脑来教学生。operate 操作;draw 画;describe 描述;repair 修理。故选 B。

2.D 考查形容词。根据空格后的“Owura made sure each button was drawn correctly”可知 Owura 确保把每一个按键都画得很准确,人们对此感到惊讶。worried 担忧的;disappointed 失望的;afraid 害怕的;amazed 大为惊奇的。故选 D。

3.B 考查动词。根据空格后的“what life with a computer could be like someday”可知,在没有电脑的情况下,Owura 想让学生做的应该是“想象一下”将来有一天有电脑的生活是怎样的。start 开始;imagine 想象;rebuild 重建;inspire 激励,启发。故选 B。

4.C 考查名词。根据“He would come to school half an hour ahead of...every day”及下句中的“He drew the computer on the blackboard”可知,要想把电脑画在黑板上,他每天会提前半个小时到达学校。ahead of schedule 提前。line 线;culture 文化;schedule 工作计划;judge 裁判。故选 C。

5.D 考查动词短语。根据设空前后的“at the end of his class...to start the next class”可知,电脑课上完后,要开始上另一节课,所以为了上下一节课,画的电脑要被擦掉。show off 炫耀;call off 取消;cut off 切断;rub off 擦掉。故选 D。

6.B 考查动词。根据设空前后的“so he had to...it the next day”并结合上文提到的为了上下一节课,画的电脑被擦掉可知,所以第二天他不得不重新画。improve 改善,提高;repeat 重做,重复;confirm 确认;calculate 计算。故选 B。

7.A 考查动词。根据下文“They first took him to an international educators' conference in Singapore.”及“some companies gave computers to the school”可知,当微软公司注意到他的行为,Owura 的努力得到了回报。reward 回报;select 挑选;forget 忘记;affect 影响。故选 A。

8.B 考查名词。根据下文的“They first took him to an international educators' conference in Singapore.”可知,微软公司注意到他的行为并带他去参加国际教育工作者会议。take notice of 注意到。故选 B。

9.D 考查名词。根据下句中的 speech 可知,在会议上,Owura 就他的教学方法做了一个演讲。plan 计划;medal 奖章;decision 决定;speech 演讲。故选 D。

10.A 考查动词。根据空格后的“a standing ovation after the speech”可知,演讲结束,他收到了一次起立鼓掌。receive 收到;replace 代替,取代;decrease 减少;contain 包含,抑制。故选 A。

11.C 考查副词。根据空格后的“Owura got the thing he always wanted for his students—some companies gave computers to the school”可知,Owura 得到了他一直想给予学生的东西,这显然要比参加会议做演讲然后获得掌声更重要。suddenly 突然;hopelessly 无望地;importantly 重要地;strangely 奇怪地。故选 C。

12.A 考查名词。根据空格前的“Thanks to their teacher's”并结合上文学生们得到电脑可知,这是老师努力的结果。effort 努力;design 设计;humor 幽默;account 叙述。故选 A。

13.C 考查名词。根据空格前的“the world took notice and responded to them with”并结合上文一些公司给学校捐赠电脑可知,世界用“善良”来回应他们。wisdom 智慧;honesty 诚实;kindness 善良;pride 骄傲。故选 C。

14.B 考查形容词。根据空格后的“we believe that educators are heroes. They 15 influence the lifelong skills of their students.”可知,微软公司认为教育工作者是英雄,会影响学生的终身技能,Owura 的教育工作给了世界榜样,让微软公司对世界充满了信心。secure 安全的;confident 自信的;helpless 无助的;foolish 愚蠢的。故选 B。

15.C 考查副词。教育工作者们是直接影响着学生的终身技能的。quickly 迅速地;briefly 简短地;directly 直接地;rarely 罕见地。故选 C。

【高频词汇】 1.normal *adj.* 正常的 2.entire *adj.* 全部的;完全的

3.take notice of 注意到 4.respond *v.* 回应 5.lifelong *adj.* 终身的;毕生的