

## Part 2 Learning About Language & Using Language

### 基础过关练

#### I. 单词拼写

1. \_\_\_\_\_ (甜点) is not seen as an essential part of the meal, but as something extra.
2. I had no food in my dorm, so I had to go to the \_\_\_\_\_ (餐厅).
3. You can go to the \_\_\_\_\_ (自助餐厅). You can select what you want to consume there, but remember you should save food.
4. As they move to high school, their characters are fully formed and they are both very \_\_\_\_\_ (稳重的) teenagers.
5. At the class meeting, the students expressed their views on the behavior of admiring vanity (虚荣) and wearing famous \_\_\_\_\_ (品牌) clothes.
6. Nowadays, there are a lot of people who think that plastic surgery (整形手术) is \_\_\_\_\_ (稍微; 有点) hard to accept. Some have paid a heavy cost for it.
7. The bad-t\_\_\_\_\_ boy was criticized by the teacher because he didn't get along with many of his classmates.

#### II. 选词填空

at a minimum; contribute to; earn one's living; set off; switch off; slice off; on the other hand

1. We should thank “take-away deliverymen”, for they \_\_\_\_\_ the convenience of people's lives.

2. Just as she prepared to \_\_\_\_\_ for the next village, her two friends arrived in a taxi.
3. Some students may forget to \_\_\_\_\_ the lights and fans in their classroom while leaving.
4. Our headmaster rattled on (喋喋不休地说) for \_\_\_\_\_ two hours at the opening ceremony.
5. With the prices and house rents increasing rapidly in this country, many young university graduates cannot \_\_\_\_\_, let alone support their parents.
6. On the one hand, Peter's roommate is kind. \_\_\_\_\_, he's quite messy.
7. Just \_\_\_\_\_ enough meat for your dinner, and put the rest back.

### III. 单句语法填空

1. The boy was reminded that his homework \_\_\_\_\_ (not hand) in.
2. When I got to the school, I realized I \_\_\_\_\_ (leave) my backpack at home.
3. The police found that the house \_\_\_\_\_ (break) into and a lot of things were stolen.
4. The new suspension bridge \_\_\_\_\_ (design) by the end of last month.
5. I \_\_\_\_\_ (plan) to come over to see you last night, but someone called me and I couldn't get away.

6.Scientists have responded by \_\_\_\_\_(note) that hungry bears may be congregating(聚集) around human settlements.

7.When he was clipping(修剪)a tree, he was told that he should be careful not to slice his finger \_\_\_\_\_.

#### IV.完成句子

1.到去年年末为止我们已经建了五座新楼。

We \_\_\_\_\_five new buildings by the end of last year.

2.在老师回来之前,教室已经被打扫了,这使老师感到很欣慰。

The classroom \_\_\_\_\_before the teacher came back, which made the teacher very relieved.

3.当我们到达车站时,公共汽车早就已经开走了。

The bus \_\_\_\_\_already \_\_\_\_\_when we got to the station.

4.上个月我参观了一家公司,我哥哥曾经在那里工作过。

I paid a visit to a company last month, \_\_\_\_\_.

5.我刚开门,他就告诉了我这件事。(hardly...when...;倒装)

\_\_\_\_\_the door \_\_\_\_\_he told me the thing.

6.学校运动会刚开始天就开始下大雨。(no sooner...than...;倒装)

\_\_\_\_\_it began to rain heavily.

### 能力提升练

#### I .阅读理解

主题语境：人与自我——健康的生活方式 语篇类型：记叙文 建议用时：7

(2021 北京首都师范大学附属中学高二上开学考试,★★)

### Envelope Budget

From McDonald's to Sonic, fast food had a bad effect on my waistline and my budget. It was nothing to run to a drive-through to pick up a cold drink or a quick bite to eat. It was so easy to use my card for a small purchase. For me, I got a lot of satisfaction from fast food.

One day I sat down and calculated that I was consuming a surprising \$40 a week on fast food. This was a lot of iced coffee, hamburgers and junk food like that! Instead of reducing my guilty pleasures, I decided to give myself a strong budget to reduce my consumption. Every Monday I placed an envelope with \$20 in my purse. That was my fast food budget for the entire week. If there was anything left over at the end of the week, it was up to me to save or spend. If I spent all of the money during the week, there were no more fast food stops that week.

The budget made me more mindful of my purchases. Instead of purchasing a large drink from Sonic, I would purchase a small. It was still satisfying but not nearly pricey. Instead of eating a whole meal, I would pick the part that I actually wanted. Many days, the thought of hanging on to the money for a special purpose meant more to me than the instant satisfaction of fast food. I never really felt unhappy because it was a conscious choice to spend or save money on each purchase.

Envelope budget kept me honest. I had a clear idea of how much money I spent on fast food purchases each week. I started to bring my lunches more often to save more money for the week. It was a fun challenge to see how much I could save every week.

Changing the way I spent on fast food not only helped my budget, but improved my weight. In the first month I was able to get rid of 5 pounds by simply changing the way I spent on fast food. Now I am more likely to bring my lunch than to buy it. I am not upset, but empowered to make positive choices to improve my life.

1. According to Paragraph 1, the author\_\_\_\_\_.

- A. had no time to cook for herself
- B. was fond of fast food very much
- C. lived with a small amount of money
- D. got some benefits from using her card

2. What can we infer from the last paragraph?

- A. Envelope budget is good for health.
- B. The budget means the pressure of life.
- C. It is unusual to make some changes.
- D. It is hard to enjoy a healthy lifestyle.

3. What is the passage mainly about?

- A. Why the author became addicted to fast food.
- B. Why the author took envelope budget seriously.

C.How fast food controlled the author's behavior.

D.How envelope budget changed the author's life.

## II.完形填空

主题语境：人与社会——罐头食品 语篇类型：说明文 建议用时：17

(2020 山东青岛高二期末复习质量检测,★★)

Meeting your family's nutritional needs may seem difficult considering today's busy lifestyle. But it doesn't have to   1  . Even a new emphasis   2   more fruit and vegetables doesn't necessarily mean more preparation time if you   3   the convenience of canned foods.

When you open a   4   of fruit or vegetables at home you have fresh-packed nutritional produce in hand, with no man-made ingredients and no preservatives (防腐剂). And all the work has been   5   for you: the slicing, the peeling, even the cooking. Canned fruit and vegetables leave you the   6   to be creative. And with the variety of fruit and vegetables available these days, you can serve different combinations, create new dishes, and   7   new tastes to old recipes. Canned foods are good as well. A co-sponsored study by the United States Department of Agriculture and the National Nutritional Foods Association shows canned vegetables to be just as   8   as fresh or frozen. Because canned vegetables are   9   within hours of being packed, they generally retain(保留)70 to 90 percent of their nutrients.

Fruit and vegetables canning is as 10 as your grandmother “stores up” tomatoes and other things from the garden. Fresh produce is taken from the field at just the right time, 11 to the cannery(罐头食品厂) where it is checked, washed, sealed, and sterilized (消毒). All this generally 12 in less than 24 hours to 13 the best quality and nutritional value without the need for any preservatives.

Use the liquids from 14 vegetables as a substitute for water in recipes to get that last drop of good nutrition.

Most major brands of canned fruit and vegetables include the nutrient 15 and ingredient statements on their labels. This is especially important to those on calorie-conscious or restricted diets.

1.A.do      B.be

C.seem      D.need

2.A.on      B.to

C.about      D.over

3.A.pay attention to      B.get hold of

C.have faith in      D.take advantage of

4.A.bowl      B.bottle

C.can      D.box

5.A.prepared      B.done

C.designed      D.arranged

6.A.demand      B.time

C.patience      D.place

7.A.increase      B.decrease

C.put      D.add

8.A.good      B.bad

C.colorful      D.eco-friendly

9.A.cooked      B.fried

C.processed      D.boiled

10.A.simple      B.complex

C.quick      D.convenient

11.A.delivered      B.carried

C.brought      D.presented

12.A.comes      B.happens

C.goes      D.takes

13.A.ensure      B.remain

C.promote      D.produce

14.A.put      B.stored

C.canned      D.buried

15.A.elements      B.content

C.details      D.advice

### III. 语法填空

主题语境：人与社会——社会热点      语篇类型：议论文      建议用时：7

(2021 黑龙江哈师大附中高二月考,★★)



There has been a recent trend in the food service industry toward lower fat content and less salt. This trend, which was started by the medical community(医学界) 1 a method of fighting heart disease, has had some unintended side 2 (effect) such as overweight and heart disease—3 very thing the medical community was trying to fight.

Fat and salt are very important parts of a diet. They are required 4 (process) the food that we eat and to help us recover from injuries and improve several other bodily functions. When fat and salt 5 (remove) from food, the food tastes as if it is missing something. As a result, people will eat more food to try to make up for it. Even 6 (badly), the amount of junk food that people eat goes up. Junk food is full of fat and salt; by eating more junk food people will get more salt and fat 7 they need in their diet.

8 (have) enough fat and salt in your meals will reduce the urge to snack(吃快餐) between meals and will improve the taste of your food. However, be 9 (care) not to go to extremes. Like anything, it is possible to have too much of both, 10 is not good for health.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

## 答案全解全析

### Part 2 Learning About Language & Using Language

#### 基础过关练

I .1.Dessert 2.canteen 3.cafeteria 4.stable 5.brand

6.somewhat 7.tempered

II .1.contribute to 2.set off 3.switch off 4.at a minimum

5.earn their living 6.On the other hand 7.slice off

III.1.had not been handed 考查动词的时态和语态。句意:那个男孩被提醒他的家庭作业还没有交。男孩的作业在被提醒之前还没有交,因此空格处用过去完成时,表示“过去的过去”。又因为 homework 和 hand in 之间是被动关系,故用过去完成时的被动语态。

2.had left 考查动词的时态。句意:当我到达学校时,我意识到我把背包落在家里了。把背包落在家里发生在 realized 之前,因此用过去完成时。

3.had been broken 考查动词的时态和语态。句意:警察发现这所房子被人闯入了,并且许多东西被偷了。因为 the house 与 break into 之间是被动关系,要用被动语态;又因为 break into 发生在 found 之前,即“过去的过去”,故应用过去完成时的被动语态。

4.had been designed 考查动词的时态和语态。句意:这座新吊桥到上个月末就设计完成了。由“by the end of+过去的时间”可知要用过去完成时 suspension bridge 与 design 之间为被动关系,应用被动语态,故填 had been designed。

5.had planned 考查动词的时态。句意:我昨晚本打算来看你,但是有人打电话给我,我走不开。 设空处表示“本打算”,且该动作发生在 called 之间故用过去完成时。

6.noting 考查动名词。句意:科学家们作出了回应,他们指出饥饿的熊或许正聚集在人类聚居地周围。根据设空处前的介词 by 可知,此处用动名词形式,故填 noting。

7.off 考查固定搭配。句意:当他修剪树木时,他被告知他应该小心别把手指切下来。slice...off 切下;切掉。故填 off。

IV.1.had built 2.had been cleaned 3.had;left 4.where my brother used to work 5.Hardly had I opened;when 6.No sooner had the school sports meeting started than

### 能力提升练

I.◎语篇解读 本文是一篇记叙文。文章叙述了作者从一开始的喜爱快餐到经历由快餐带来的健康和预算问题,最后通过信封预算来强制自己改变生活习惯,从而提高了生活质量的经过。

1.B 细节理解题。根据第一段最后一句“For me, I got a lot of satisfaction from fast food.”可知,作者从快餐上获得了很多满足感。故选 B。A 选项“没有时间给她自己做饭”;C 选项“用少量的钱生活”;D 选项“从使用信用卡获得了一些好处”。

2.A 推理判断题。根据最后一段中的“not only helped my budget, but improved my weight”和“I was able to get rid of 5 pounds by simply changing the way I spent on fast food”可知,进行信封预算后,作者的体

重减轻了,说明信封预算有益于身体健康。故选 A。其他三项信息在文中均未提及。

3.D 主旨大意题。根据全文内容可知,本文是围绕信封预算如何改善作者的生活质量展开的。故选 D。A 选项“为什么作者对快餐上瘾”只在第一段涉及;B 选项“为什么作者要认真对待信封预算”说法片面;C 选项“快餐如何控制作者的行为”文中未提及相关信息。

【高频词汇】 1.budget *n.* 预算 *v.* 谨慎花钱 2.have a bad effect on 对.....产生不良影响 3.pick up(碰巧或廉价地)买到;学会;接收;接送 4.instead of 代替;而不是 5.purchase *n.* 购买的东西 *v.* 买,购买 6.hang on to 保留;紧紧抓住 7.instant *adj.* 立即的;立刻的;速食的 8.get rid of 去掉;去除;摆脱 9.addicted *adj.* 上瘾;有瘾

II.◎语篇解读 本文是一篇说明文。文章主要介绍了罐头食品的优势。

1.B 前面部分为 may seem difficult,seem 是系动词,设空处所在句是省略句,省略时,不定式后的 be 不能省略,完整形式为“‘But it doesn't have to be difficult.’”。

2.A emphasis 后面常跟 on 表示强调某一方面。

3.D 由上文提到的不必意味着更多的准备时间可知,此处应是如果你利用罐装食品的便利。take advantage of 为固定搭配,意为“利用”。pay attention to 注意;get hold of 抓住;have faith in 对.....有信心。

4.C 全文说的是罐装食品,所以此处应用 can。a can of 意为“一罐”。

bowl 碗;bottle 瓶子;box 箱子,盒子。

易错分析

此题中的其他选项均容易被误选,因为它们从语法和搭配上来看均符合要求,但结合全文介绍的是罐头,尤其是从本段第三句中的

Canned fruit and vegetables 可知这些选项是错误的。

5.B 罐装食品把所有的工作都已经为你做好了(done):切片、去皮、甚至烹饪。prepare 准备;design 设计;arrange 安排。

6.B 罐装水果和蔬菜给你留下了发挥创造力的时间。time 符合文意。demand 要求,需要;patience 耐心;place 地点。

7.D 此处指把新的味道添加到旧的食谱中。add...to...为固定用法,意为“把.....添加到.....中去”。increase 增加,增长;decrease 减少,降低;put 放置。

8.A as...as...为一种同级比较结构,该段最后一句中提到它们通常保留百分之七十到百分之九十的营养,所以此处指罐装蔬菜与新鲜蔬菜或冷冻蔬菜一样好(good)。bad 坏的;colorful 丰富多彩的;eco-friendly 环保的,对环境无害的。

9.C 罐装蔬菜在包装后的几小时之内就被加工(processed)。cook 烹饪,烹调;fry 油炸,油煎,油炒;boil(使)沸腾,煮沸,烧开。

10.A 把水果和蔬菜装罐就和你的祖母“贮存”西红柿或菜园里的其他东西一样简单(simple)。下文提到了罐装食品的操作流程,它不需要

很复杂的程序,过程很简单。complex 复杂的;quick 快的,迅速的;convenient 方便的。

11.A 新鲜农产品采摘后被运送(delivered)到罐头食品厂。carry 搬运,携带;bring 带来;present 呈现。

12.B 这些过程都发生(happens)在 24 小时内。come 来;go 去;take 拿走。

13.A 这些过程都发生在 24 小时内以保证最好的质量和营养价值。remain 仍然是,保持不变;promote 促进,提升;produce 生产,制造。

14.C 用罐装(canned)蔬菜的液体替代食谱中的水以获得最后一滴好营养。put 放,安置;store 储存;bury 埋葬。

15.B 大多数大品牌的罐装水果和蔬菜标签上都有养分含量(content)和原料的说明。nutritional content 指养分含量。element 元素;detail 细节;advice 建议。

【高频词汇】 1.nutritional *adj.* 营养的 2.emphasis *n.* 重点,强调

3.convenience *n.* 方便;便利 4.variety *n.* 品种;不同种类;多样化

5.available *adj.* 可获得的;可以利用的 6.combination *n.* 结合,联合

7.restricted *adj.* 受限制的

III.◎语篇解读 本文是一篇议论文。最近食品服务行业中出现了低脂低盐的趋势,但作者提出脂肪和盐是饮食中非常重要的部分,在饮食中需要有足够的脂肪和盐,所以不可走极端。

1.as 考查介词。句意:这一趋势,开始是被医学界作为对抗心脏病的方法,已经产生了一些意想不到的副作用,如肥胖和心脏病——这正是医

学界一直努力与之作斗争的。根据句意可知,此处意为“作为”。故填 as。

2.effects 考查名词复数。此处 effect 是可数名词,前面有 some 修饰,应用复数形式。故填 effects。

3.the 考查冠词。空后的 very 是形容词,意为“正是的,恰好的”,前面常用定冠词 the 表特指。

4.to process 考查动词不定式。句意:我们需要它们来加工我们吃的食物.....。require...to do...“需要.....做.....”,此处是被动语态 be required to do...。

5.are removed 考查动词的时态、语态和主谓一致。句意:当去掉食物中的脂肪和盐后,食物尝起来好像少了什么。句子叙述的是客观事实,应该用一般现在时,且 remove 与 fat and salt 之间为被动关系,故此处用一般现在时的被动语态,且主语为复数,谓语动词用复数形式。故填 are removed。

6.worse 考查比较级。句意:更糟糕的是,人们吃的垃圾食品的数量增加了。even worse“更糟糕的是”;badly 的比较级是 worse。

7.than 考查连词。句意:.....通过吃更多的垃圾食品,人们将摄取比他们在饮食中所需要的更多的盐和脂肪。形容词的比较级常和 than 连用。

8.Having 考查动名词。句意:你的饭中有足够的脂肪和盐将会降低你在两餐之间吃快餐的冲动,并会改善你的食物的味道。分析句子结构

可知,“\_\_\_\_\_ enough fat and salt in your meals”在句中作主语,所以此处应该用动名词形式。

9.careful 考查形容词。句意:但是,要小心,不要走极端。在系动词 be 后应该接形容词作表语,care 的形容词形式为 careful。

10.which 考查定语从句。句意:就像任何东西一样,两者都有可能吃太多,这对健康是不利的。分析句子结构可知,“\_\_\_\_\_ is not good for health”是非限制性定语从句,关系词指代前面整个主句的内容,意为“这件事,这一点”,因此用 which 引导非限制性定语从句。

【高频词汇】 1.trend *n.*趋势;趋向;倾向 2.content *n.*含量;所含之物;内容 3.unintended *adj.*无意的;无心的 4.side effect 副作用 5.make up for 弥补 6.the amount of.....的数量

7.go up(价格、数量或水平)上涨,上升 8.urge *n.*冲动 *v.*敦促;力劝  
长难句分析

原句 This trend, which was started by the medical community as a method of fighting heart disease, has had some unintended side effects such as overweight and heart disease—the very thing the medical community was trying to fight.

分析 句中关系代词 which 引导非限制性定语从句,修饰先行词 This trend;主句中 the very thing 是 overweight and heart disease 的同位语;the medical community was trying to fight 是省略了关系代词 that 的定语从句,修饰先行词 the very thing。



句意 这一趋势,开始是被医学界作为对抗心脏病的方法,已经产生了一些意想不到的副作用,如肥胖和心脏病——这正是医学界一直努力与之作斗争的。