

Part 3 Using Language, Assessing Your Progress & Video Time

基础过关练

I. 单词拼写

1. Great _____ (数量) of sand were washed down the hillside by the rain last night.
2. Be certain to eat slowly and _____ (咀嚼) your food extremely well.
3. _____ (总体上), Beijing Daxing International Airport has been operating well since Sept. 25, 2019.
4. The boy got full marks in the final English test, and many students were around him asking for _____ (诀窍) for learning.
5. The top _____ (种类) in terms of sales during the shopping carnival (购物狂欢节) were rice, oil, mobile phones, refrigerated (冷藏的) supplies, and daily and cleaning necessities.

II. 选词填空

regardless of; quantities of; make up; cut down on; end up; in addition to; on the right track

1. Every time they went dancing they _____ in a bad mood.
2. He _____ coffee and cigarettes, and ate a balanced diet.
3. In this small country, women officers _____ 13 percent of the police force.
4. _____ the weather, the food delivery workers always deliver the meal to us on time.

5.They read large _____text and, in general, read the text without interruption.

6.But time has proved that we are _____of combining economic growth with ecological protection.

7._____ the concerts, there will be an exhibition(展示) on a different theme every day to illustrate the history of Chinese music and musical instruments.

III.单句语法填空

1.The_____(fundamentally) problem remains the housing shortage.

2.With many forests being destroyed, huge quantities of good soil_____(be) being washed away each year.

3.We do not live in an _____(idea) world, so it's normal to have some setbacks in life.

4.That has been our _____(consist)stand in terms of this kind of problem.

5.The programme was promoted in_____(associate) with the music department.

IV.翻译句子

1.此外,有证据表明一些物质被从一个表面转移到另一个表面。(there is evidence that...)

2.“由你来决定怎样到那儿,”老师说。(it's up to sb. to do sth.)

3.她学习英语确实很努力,但她从来没有得到过满分。(强调谓语动词)

V. 课文语法填空

Scientists 1 (insist) for years that a big enemy of health is fatty food. However, there is increasing evidence 2 the real driver of poor health is not so much fatty food, but sugar. Much of the extra sugar comes from sweets and sweet drinks. If you want to be healthy, you have to cut down on desserts, and cut out sweet drinks altogether.

Beyond this, you can keep healthy by consuming different 3 (category) of fresh foods, especially fruit and vegetables, 4 are full of vitamins and fibre. Besides, it is also important to have some meat, beans, or dairy products in your diet, as they provide the necessary protein for strong bones and muscle 5 (grow). The ideal diet is a 6 (balance) one, without too much or too little of any one thing. Finally, a fundamental key 7 healthy eating is to eat slowly. 8 (eat) slowly allows your body to digest your food better. In addition, studies show that consistent eating habits, for example, taking three meals a day at the same time each day, 9 (be) better for our health. It is also better to eat a modest amount of food each time, rather than to eat a lot in one meal, and then a little in the next.

There is no trick to healthy eating. It is up to you 10 (decide)
how you want to live, and to make the right decisions about your diet.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

能力提升练

I .阅读理解

主题语境：人与社会——跨文化沟通 语篇类型：记叙文 建议用时：6

(2021 北京新学道临川学校高二上月考,★★)

I moved to the Spanish capital, Madrid, nearly two months ago. I am here for a year teaching English in a secondary school as a language assistant. Before I arrived I thought I would be able to adapt to Spanish culture very easily, but my previous expectations have been very different from the reality of Spanish life.

Firstly, I didn't realize how difficult it would be to adapt to the Spanish day and the timing of meals. Spanish “midday” is 14:00, meaning lunch is never before it. My ideal expectation was that I would be eating lunch from 12:00 to 13:00, but most days it's 15:30 when I eat lunch. Can I really still call this lunch?! The same applies to dinner or tea. In the UK, dinner is between 18:00 and 19:00, but now the dinner time is 21:30. The thing I didn't realize is that this affects the Spanish sleeping routine. Eating dinner so late of course means that Spaniards go to bed much later. It is such a British thing to go to bed at 22:00!

Queuing (排队等候) politely is also something that is very British. I only realized it when I arrived in Spain. I took it for granted that queuing patiently is as the normal thing as in Britain or countries like China, Japan and America. But this definitely isn't the case in Spain. If there's a free table in a restaurant, you can quickly take it, even if there are other people who have been waiting longer than you.

Finally, the reality of the Spanish diet is very different from my expectations. Food categories that are so normal in the UK aren't nearly as popular here.

1. According to the passage, when do people have lunch in the UK probably?

A. At 14:00.

B. From 12:00 to 13:00.

C. After 15:30.

D. At 15:30.

2. What does the underlined word “this” in Paragraph 2 refer to?

A. Eating dinner so late.

B. Going to bed so early.

C. Eating dinner so early.

D. Going to bed so late.

3. How many aspects of cultural differences between Spain and Britain are mentioned in the passage?

A.2. B.3.

C.4. D.5.

II.七选五

主题语境：人与社会——安慰食品 语篇类型：说明文 建议用时：7

(2021 河南郑州四中高二上开学考试,☆☆)

Food is life;it gives us the nourishment we need to stay alive and be healthy. Usually, we eat because we are hungry or need energy. Brian Wansink, a professor at the University of Illinois, says we also eat certain foods because they make us feel good, and remind us of happy memories. 1 For some people, ice cream is a comfort food. For others, a bowl of noodles makes them feel good.

2 Professor Wansink believes that we associate food with important times, feelings, and people in our lives. “When I was a child, my mother made a delicious soup; I loved it. 3 And it helps me feel better,” says one of Wansink's co-workers.

Do men and women choose different comfort foods? Wansink's research at the University of Illinois says “yes”. In his study, the favorite comfort food for both men and women is ice cream. Besides this, men usually prefer hot, delicious foods like soup or noodles. 4 Men and women like to eat comfort foods when they are happy, but women eat these foods more when they are sad or worried.

5 About 40 percent of the comfort foods in Wansink's study are healthy dishes like soups and vegetables. It shows, says Wansink, that a comfort food can taste good and be good for you overall.

A. Not all comfort foods are junk food.

B. Where can we buy this sort of food?

C. Sweet foods are also their preference.

D. How does a food become the comfort food?

E. Wansink calls this kind of food the comfort food.

F. Women like sweet things such as chocolate and candies.

G. Now, I often eat this soup when I am tired or worried.

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

III. 读后续写

主题语境：人与社会——社会热点 语篇类型：记叙文 建议用时：20

(2020 山东滨州高二期末,★★)

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。

On the morning of Jan. 25, the very day of the Chinese Lunar New Year, I was unpleasantly woken up by a phone call. It was for my father. He picked it up, and I sensed from his shaky voice that something went wrong.

As soon as he hung up, my father turned to my mother and then me, saying, “It was the secretary. He called everyone to meet in the office right now because of the outbreak of COVID-19.”

“But Dad, it's the Spring Festival!” How I wished my father could change his mind and stay with us. Wasn't the day meant for families to be together? My father, an official working in another town, seldom came back home. And was the virus serious enough to keep us apart? I was upset. To my great disappointment, my father left home without hesitation, comforting me by saying that he would be back soon.

In the following days, news about the fast spread of COVID-19 and the astonishing death toll scared everyone in the country. Father never returned home, only occasionally talking on WeChat, over which he told us how he went from door to door, checking every family and persuading people to stay at home. I realized that my father was working in dangerous conditions under an incredibly great burden. He always looked tired but determined. Every time I told him to take care of himself, he would smile and say, “Don't worry, my son. Your father is as strong as a bull.” At those moments, tears would well up in my eyes, and all my complaints would go away before I could say anything. The talk was brief but meant a lot to me.

I learned from the media that the medical staff, government officials, and almost everyone involved were working in the battle against

COVID-19. It was these guardian angels (守护天使) who, despite the possibility of getting infected themselves, were risking their life so that the rest of us could be safe. Among them was my father. He's protecting the people, me included.

注意:续写词数应为 150 左右。

Paragraph 1:

*Then came the bad news that my father was ill in hospital.*_____

Paragraph 2:

Weeks later, my father came back home healthy.

答案全解全析

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基础过关练

I .1.quantities 2.chew 3.Overall 4.tricks 5.categories

II .1.ended up 2.cut down on 3.make up 4.Regardless of

5.quantities of 6.on the right track 7.In addition to

III.1.fundamental 考查词性转换。句意:根本问题依然是住房短缺。
problem 是名词,所以前面应该用形容词修饰。

2.are 考查时态及主谓一致。句意:随着许多森林正在被破坏,每年大量的优质土壤正在被冲走。由句中的 each year 及语境可知用现在进行时;huge quantities of good soil 作主语,谓语动词的数应该与 quantities 保持一致,即谓语动词用复数形式。故填 are。

3.ideal 考查形容词。句意:我们并非生活在完美的世界里,所以在生活中遇到一些挫折是正常的。设空处作定语修饰名词 world,意为“完美的;理想的”。

4.consistent 考查词性转换。句意:那是我们在这类问题上的一贯立场。设空处修饰其后的名词 stand,应用 consist 的形容词形式,consistent 意为“一致的;始终如一的”。

5.association 考查词性转换。句意:这个方案是与音乐系联合推动的。
in association with...与.....联合,与.....一起。

IV.1.In addition, there is evidence that some matter is transferred from one surface to another.

2.“It's up to you to decide how to get there,” the teacher said.

3.She did work very hard at her English, but she never got full marks.

V. 1.have insisted 考查动词的时态。句意:多年来,科学家们一直坚持说,健康的一大敌人是高脂肪食物。根据空格后面的时间状语 for years 和句意可以判断此处用现在完成时。

2.that 考查同位语从句。句意:然而,越来越多的证据表明,健康不佳的真正推手并不是太多的高脂肪食物,而是糖。that 引导同位语从句,解释说明 evidence 的具体内容。

3.categories 考查名词复数。句意:除此之外,你可以通过吃不同种类的新鲜食物来保持健康,尤其是水果和蔬菜……。由前面的 different 可以判断此处应该用名词的复数形式。

4.which 考查非限制性定语从句。此处指水果和蔬菜富含维生素和纤维素。设空处引导非限制性定语从句,指代先行词 fruit and vegetables,并在从句中作主语,故填 which。

5.growth 考查名词。此处指它们为强壮的骨骼和肌肉增长提供必要的蛋白质。muscle 5 与 strong bones 并列,作 for 的宾语,由此可知此处应该用名词形式。

6.balanced 考查形容词。句意:理想的饮食是一种均衡的饮食,没有太多或太少的任何一种东西。由设空处前的冠词 a 以及设空处后的 one 可知应填形容词,balanced 意为“均衡的”。

7.to 考查介词。句意:最后,健康饮食的一个基本要点是慢慢吃。与 key 搭配的介词是 to。

8.Eating 考查动名词。句意:慢慢吃允许你的身体更好地消化食物。

由空格后面的谓语动词 allows 可以判断,此处应该是动名词作主语。

故填 Eating。

9.are 考查主谓一致。此题很容易把空格前面的动名词短语 taking three meals a day at the same time each day 看成是主语,从而误填答案 is,其实真正的主语是前面的 eating habits,故填 are。

10.to decide 考查动词不定式。句意:由你决定你想要怎样生活,并对你的饮食做出正确的决定。 It is up to you to do sth.意为“由你决定做某事”。

能力提升练

I.◎语篇解读 本文是一篇记叙文。文章主要叙述了作者去西班牙后经历的与英国的生活习惯、文化等方面的差异。

1.B 推理判断题。根据第二段第三句“My ideal expectation was that I would be eating lunch from 12:00 to 13:00, but most days it's 15:30 when I eat lunch.”可知,作者作为语言助教从英国搬到西班牙,理想的期望是在 12:00 到 13:00 之间吃午饭,由此推知英国的午饭时间可能在 12:00 到 13:00 之间。故选 B。选项 A 是西班牙的正午时间;选项 C、D 容易误选,但与题干内容不符合,15:30 这个时间与西班牙的午饭时间相关,但与英国的午饭时间没有关系。

2.A 推理判断题。根据画线词所在句子的上文“In the UK, dinner is between 18:00 and 19:00, but now the dinner time is 21:30.”可知是吃晚饭的时间发生了变化,下文“Eating dinner so late of course means that

Spaniards go to bed much later.”也进一步说明,是“很晚才吃晚饭”影响了西班牙人的睡眠时间,所以“this”指代“很晚吃晚饭”。故选 A。

3.C 细节理解题。根据文章第二、三、四段内容可知,文章从就餐时间、睡眠时间、排队和食物种类四个方面提到了西班牙和英国的文化差异。故选 C。

【高频词汇】 1.assistant *n.*助教;助理;助手 2.adapt to 适应

3.expectation *n.*期望;期待;预料 4.apply to...对.....适用

5.take it for granted that...想当然地认为..... 6.case *n.*实情;具体情况;事例;实例

长难句分析

原句 Before I arrived I thought I would be able to adapt to Spanish culture very easily, but my previous expectations have been very different from the reality of Spanish life.

分析 并列连词 but 连接前后两个并列分句。第一个分句中,连词 Before 引导时间状语从句;动词 thought 后是省略了连接词 that 的宾语从句。

句意 在我来之前,我以为我能很容易地适应西班牙文化,但我之前的期望与西班牙生活的实际情况大不相同。

II.◎语篇解读 本文是一篇说明文。文章介绍了安慰食品是如何产生的以及男性和女性在选择安慰食品时的一些偏好,并解释了安慰食品并不都是垃圾食品。

1.E 根据上句“Brian Wansink, a professor at the University of Illinois, says we also eat certain foods because they make us feel good, and remind us of happy memories.”以及下文“For some people, ice cream is a comfort food. For others, a bowl of noodles makes them feel good.”可知,本句承上启下,说明那些吃了让人感觉良好的食物被称为安慰食品。

E 选项“Wansink 称这种食物为安慰食品”符合语境。

2.D 根据后句“Professor Wansink believes that we associate food with important times, feelings, and people in our lives.”以及下文进一步给出的例子 “When I was a child, my mother made a delicious soup...helps me feel better”可知,此处是在解释安慰食品是如何产生的。D 选项“一种食物是如何成为安慰食品的?”符合语境。

3.G 根据上句“When I was a child, my mother made a delicious soup; I loved it.”可知,本句承接上文,继续解释对妈妈做的这种汤的感受。G 选项“现在,当我累了或担心的时候,我经常喝这种汤”符合语境。

4.F 根据上句“Besides this, men usually prefer hot, delicious foods like soup or noodles.”可知,此处是在列举男性和女性对选择安慰食品的一些偏好,上文提到了男性,那么本句应当说女性。F 选项“女性喜欢甜食,如巧克力和糖果”符合语境。

易错分析

本题容易误选 C,受上句中的 prefer 影响,忽视与下句的结合,没有把握作者分别对男性、女性偏好的安慰食品的分析,仅理解为男性的偏好。

5.A 根据后文“About 40 percent of the comfort foods in Wansink's study are healthy dishes like soups and vegetables. It shows, says Wansink, that a comfort food can taste good and be good for you overall.”可知,本段主要说明并不是所有的安慰食品都是垃圾食品,它们也可以是对人有好处的食物。A 选项“并非所有的安慰食品都是垃圾食品”符合语境。

【高频词汇】 1.alive *adj.*活着;有活力;继续存在的 2.certain *adj.* 某些的;确信的 3.remind...of...提醒/使.....想起.....
4.prefer *v.*较喜欢;喜欢.....多于..... 5.preference *n.*偏爱;喜好

长难句分析

原句 Brian Wansink, a professor at the University of Illinois, says we also eat certain foods because they make us feel good, and remind us of happy memories.

分析 本句中的 a professor at the University of Illinois 为 Brian Wansink 的同位语,谓语动词 says 后是一个省略了连接词 that 的宾语从句,其中连词 because 引导原因状语从句。

句意 Brian Wansink 是伊利诺伊大学的教授,他说,我们也因为某些食物让我们感觉良好,并让我们想起快乐的回忆而吃它们。

III.

写作指导		
故事	Time	on the morning of Jan. 25
	Place	at home

要素	Character	the father, the son and the mother	
	Reason	the outbreak of COVID-19	
情节	Beginning	引出文章话题——新冠肺炎暴发和应对	
	Development	随着疫情日益严重,儿子非常担心父亲,但是父亲从不抱怨。尽管工作十分辛苦,但他仍旧坚持在一线。	
续写方向	Para.1	Then came the bad news that my father was ill in hospital.	①What did the writer and his family think when they heard of his father's illness? ②How did the author's father fight against the illness? ③What did the author and his mother do and what was their belief?
	Para.2	Weeks later, my father came back home healthy.	①What does the author think of our country, our government and our health care workers through the epidemic? ②What is the author's belief?

One possible version:

Paragraph 1:

Then came the bad news that my father was ill in hospital. This really disturbed my mother and me. However, my dad was positive and brave, actively cooperating with medical staff to fight against the illness. Meanwhile, he constantly encouraged other patients. Through the Internet,

my mother and I called my father every day to encourage him. We believed that under the treatment of medical experts and doctors, the spread of the epidemic would be controlled.

Paragraph 2:

Weeks later, my father came back home healthy. What I need to express is my gratitude to our country, our government, and our health care workers who do not fear sacrifice. You take care of the infected people patiently and carefully day and night without any complaint. I also express my thanks on behalf of people who have recovered. Without your careful treatment, they couldn't have left the hospital safe and sound. You give us a new hope and help us build up confidence to defeat the disease. As long as we work together, we will win the war without gunpowder.