

单元达标检测

(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

Most people agree that eating healthy food is important. But sometimes making good food choices can be tough. Now, there are apps that can help people learn about the food they eat to improve their diets.

Open Table

Open Table helps people choose restaurants when they want to go out to eat. Open Table is a free service that shows users restaurant availability based on where and when they want to dine. Open Table users can also make reservations directly through the app or website.

Epicurious

Epicurious is a free app and website to help users find recipes and become better cooks. The app has more than 30,000 recipes and can create a shopping list based on the ingredients in a recipe. The app rates recipes for popularity and other qualities and informs users about vegetables in season in different areas.

Happy Cow

The Happy Cow app is made freely for vegetarians. Users can search for vegetarian restaurants and stores around the world. The Happy Cow app is based on the Happy Cow website, where users can discover places nearby or search using keywords.

Local Eats

Restaurant chains, like McDonald's, can be found almost anywhere a person might travel. But sometimes tourists want to eat like locals. The website and app Local Eats is designed for that, which can help you find local restaurants in major cities in the US and in other countries.

1. Which app can help people book a table for a meal in advance?

A. Open Table. B. Local Eats.

C. Epicurious. D. Happy Cow.

2. Who might be interested in the app Local Eats?

A. App designers. B. Travelers.

C. Vegetarians. D. Chefs.

3. This text introduces these apps to help people to _____.

A. save money B. be better cooks

C. eat better D. make good food

B

It was an autumn day, and I was standing in the kitchen, hanging my head over the counter and trying to figure out how many calories were in a bowl of homemade yogurt and fruit. And I felt annoyed.

I was 16, and my best friend and I had gone to our first Weight Watchers meeting. It was the trend in the mid-1980s, and even though I was an athlete, like many teen girls, I didn't necessarily like what I saw in the mirror. But after a week or so of recording every meal and snack and calculating the calories, I had had enough. I went back to my routine of chewing whatever I wanted, running and skiing, and let that be that. And it's still pretty much what I do; as long as the workouts are regular and the food is whole and balanced, my body's set point hasn't varied for years.

The weight loss trend of three decades ago—full of scales and counting calories—has fallen away. Now fasting (禁食) is popular. The ways to keep fit vary: on the 5:2 diet a person eats for five days and fasts for two days each week, while the 18:6 refers to fasting for 18 hours and then eating within a six-hour window each day.

In this issue, associate editor Mark Barna tries to understand the science behind the fasting plans. Researchers have found that animals like monkeys age more slowly after years of eating less, and in the lab in humans, they saw improvements in a number of signs that indicated the risk of some diseases hard to cure. The hope for healthy weight loss isn't over yet, but at least now the calculators don't have to be on at every meal.

4. What made the author annoyed?

A. Her body was not as strong as an athlete's.

B. There were too many calories in the yogurt and fruit.

C. The Weight Watchers meeting was not necessary for her.

D. She had to work out the calories in every meal and snack.

5. Which of the following can replace the underlined word “chewing”?

A. Eating. B. Doing.

C. Cooking. D. Choosing.

6. How do people keep fit now?

A. They limit the calories they take in.

B. They lose weight only.

C. They fast daily or weekly.

D. They eat enough every day.

7. What do we know about the researchers' finding in this passage?

A. People age more slowly if they eat less.

B. People are healthier if they eat less.

C. People have stopped losing weight now.

D. People calculate the calories of every meal.

C

Many people believe eating healthily is more expensive than buying junk foods. But our new research, published in the *BMC Public Health*, shows this isn't the truth.

Less than 7% of Australians eat healthily. Most of the Australian family food budget is being spent on junk foods and drinks that are high

in fat, sugar and salt. As a result, two-thirds of adults (63%) and one-quarter of children are overweight.

We used the *Australian Health Survey 2016—2017* and the suggestions of the *Australian Dietary Guidelines* to model healthy diets for a family of two adults and two children every two weeks. We collected food prices in supermarkets and stores in high and low socio-economic(社会经济的) areas in Brisbane, and compared the diet prices with family incomes.

In both areas, a family of two adults and two children spends about 18% more on present diets than it would be required to buy healthy diets. About 58% of the food budget for present diets is spent on junk foods, including takeaway foods(14%), and sugary drinks(4%). In the low socio-economic area, a family of two adults and two children spends \$640.20 every two weeks on their present diets, but they could buy healthy diets for \$560.93 every two weeks. In the high socio-economic area, these numbers are \$661.92 and \$580.01.

Present diets cost more than healthy diets, so it is surely not the price that helps to drive preferences for unhealthy choices.

8. What did the researchers find?

- A. Most Australians eat unhealthily.
- B. Half Australians live on junk foods.
- C. Most Australian kids have fat problems.

D.Australians have a preference for sweet foods.

9.How did the researchers get the result?

A.By doing the study online.

B.By making a comparison.

C.By carrying out interviews.

D.By asking personal questions.

10.What can we learn from Paragraph 4?

A.A healthy diet is actually cheaper.

B.Australian foods are becoming healthier.

C.People choose junk foods for their low prices.

D.Healthy foods are becoming more expensive.

11.What might the following paragraph be about?

A.The harm of junk foods.

B.How we can eat healthily.

C.Why people choose junk foods.

D.The advantages of a healthy diet.

D

Most parents realize that a diet of soda and candy isn't a healthy choice, but what should they do if their children are picky eaters who refuse fruit and vegetables? There are ways to help kids eat healthily and avoid involving many fights at the dinner table.

Jane E. Brody wrote an article for *The New York Times* in August 2015. The article's title is *Another Approach to Raising Healthy Eaters*. In this article, she shares her experience as a child who was a picky eater. She provides some useful views for parents who have children that are very picky about what foods they will eat.

It turns out that asking a child to eat something doesn't really work well. The command to “clean your plate” can end up teaching children that it is normal to continue eating after their stomach is full. This habit may continue into adulthood, and can lead to overweight bodies or food disorders.

Instead, parents can try other methods that might actually influence their children to try new foods. One very simple method is to offer your children a small amount of newly introduced food. A large amount can seem intimidating (令人生畏的). One or two bites might feel less “scary” to try.

Another really easy thing parents can do is to read the ingredients on food instructions. You might be surprised by the kinds of foods that have some form of sugar added to them. One way to be a healthier eater is to reduce the amount of sugar a person eats. Read the ingredient labels, and pick a product that doesn't have extra sugar added. Start making your own type of your child's favorite foods at home instead of buying processed

ones. Consider organic foods over the popular, well-known foods that are full of sugar.

Sometimes, all it takes to get a child to eat healthily is to offer a food in a different way. Kids that hate raw cauliflower (菜花) might eat it after the vegetable is roasted. It is possible to turn a head of cauliflower into rice. It looks the same and your child may not notice the difference between it and real rice.

12. What do we know about Jane E. Brody?

- A. She wrote a book to help kids eat healthily.
- B. Her article for *The New York Times* was written in winter.
- C. She shared some methods with parents having picky children.
- D. Her experience as a picky eater once made her parents annoyed.

13. The command of cleaning one's plate usually_____.

- A. doesn't work at all
- B. leads to children's stomachache
- C. ends up with children's hating eating
- D. gets children into a bad eating habit

14. What can parents do if they want their children to try a new food?

- A. Offer a small amount of it.
- B. Give all of the food to them.
- C. Tell them the ingredients in it.
- D. Reduce the amount of sugar in it.

15.Which of the following can help your kid become a healthy eater?

A.Making him eat up all food.

B.Only eating organic foods.

C.Buying processed foods.

D.Eating less sugar.

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。

Everyone knows that fish is good for health. 16 But it seems that many people don't cook fish at home. Americans eat only about fifteen pounds of fish per person per year, but we eat twice as much fish in restaurants as at home. Buying, storing, and cooking fish isn't difficult. 17 This text is about how to buy and cook fish in an easy way.

18 Fresh fish should smell sweet: you should feel that you're standing at the ocean's edge. Any fishy or strong smell means the fish isn't fresh. 19 When you have bought a fish and arrive home, you'd better store the fish in the refrigerator if you don't cook it immediately, but fresh fish should be stored in your fridge for only a day or two. Frozen fish isn't as tasty as the fresh one.

There are many common methods used to cook fish. 20 First, clean it and season it with the spices(香料) of your choice. Put the whole fish on a plate and steam it in a steam pot for 8 to 10 minutes if it weighs

about one pound(A larger one will take more time.). Then, it's ready to serve.

A.Do not buy it.

B.The easiest is to steam it.

C.This is how you can do it.

D.It just requires a little knowledge.

E.The fish will go bad within hours.

F.When buying fish, you should first smell it.

G.The fats in fish are thought to help prevent heart disease.

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'm part of the Roots & Shoots programme, founded by Dr. Jane Goodall, DBE. It's all about making 21 changes in the world, and these changes will make the world better. As Dr. Goodall said, “What you do makes a difference and you have to decide what kind of difference you want to make.”

I decided to do something 22 for the world.

In Bulgaria,where I live,stray(走失的;无主的) dogs are everywhere. Although many people can turn a blind eye, I struggle to 23 the

soulful(凄婉的,脉脉含情的) eyes of a poor street dog. That's why I'm no longer a food-waster. When I see plates of 24 food, I see the desperate eyes of a stray animal. I see a 25 dog prowling around the bins, searching for food to fill his empty belly. 26 eating out in a restaurant, I'm not afraid to 27 a food bag with leftovers. When there are living beings out there 28, it seems selfish to waste food. I'll feed them to the stray cats or dogs. A week ago, I saw a stray dog around the bins. Hours earlier, I'd bagged up a plate of 29 fish. As I unwrapped it, he wagged his tail and sniffed the air. The fish was 30 in no time.

It's sad, isn't it? How can we waste so much food and think 31 of it? These homeless animals have taught me that food is precious and it isn't right to waste it. When your stomach is full, don't throw away the food you've left. 32 it for another whose stomach isn't full.

I can't count the times I've passed a stray animal with eyes asking for 33. For me, it's something I can't ignore. That is why I 34 end up fetching something from the food store if I haven't anything on me at the time.

The next time you see wasted food, 35 it into worthy food for all the starving mouths out there.

21.A.relative B.positive C.great D.possible

22.A.inspirational B.important

C.interesting D.useful

23.A.ignore B.notice C.realize D.meet

24.A.untouched B.wasted

C.spoiled D.piled

25.A.fierce B.wild C.weak D.angry

26.A.Even if B.As if

C.In case D.As well as

27.A.buy B.get C.take D.fill

28.A.running B.starving C.dying D.barking

29.A.leftover B.cooked C.spared D.shared

30.A.swallowed B.swept

C.lost D.gone

31.A.much B.nothing C.well D.badly

32.A.Put B.Wrap C.Save D.Leave

33.A.mercy B.money C.advice D.help

34.A.seldom B.always C.still D.actually

35.A.turn B.break C.cover D.make

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。

Severe locust(蝗虫) attacks in India and Pakistan have greatly damaged food crops, which might lead to a 30—50 percent 36

(reduce) in food crops. According to one recent report 37 (issue) by the United Nations, the world is on the verge of the worst food crisis in fifty years. 38 report from the National Bureau of Statistics shows that 39 total amount of wasted food is 50 billion kilograms, 40 can feed 350 million people a year. Globally, some environmentalists say the waste of food is also a waste of water, land, energy and other earth resources, 41 (result) in greenhouse gas emissions(排放) and other forms of 42 (environment) pollution. Last week, Chinese President Xi Jinping 43 (call) on the nation to maintain a sense of crisis about food security. In order to put an end to the wastage of food, a “Clean Plate Campaign” has been launched in China. 44 response to the nationwide campaign, the China Consumers' Association (CCA) has also called on the Chinese people not to waste food while eating out. Meanwhile, some other organizations have come up with creative ways 45 (help) people form healthy food ordering habits.

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)

假如你是李华,你的英国朋友 Jim 对中国的饮食文化很感兴趣,并将在春节期间来中国游玩,请你写一封邮件给他。邮件内容包括:

1.春节饮食习俗;

2.推荐一道你家乡的特色菜。

注意:

1.词数 80 左右;

2.可适当增加细节,以使行文连贯;

3.开头和结尾已给出,不计入总词数。

Dear Jim,

I am very glad to hear from you and delighted to know that you are interested in Chinese food. _____

Looking forward to meeting you soon!

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。

Kindness is everywhere in our life. Some of us are just thankful and some help a lot.

When browsing WeChat or other apps, there must be a few people asking for help like “Oh, I forgot to bring my book back. Can you take a picture of the text?” It's nothing at all for us to do more than lifting a finger, but most times, many people choose to turn off their phones or pretend that they didn't see the note. There will be somebody who answers him somehow, but he doesn't need to be me. Thinking of that, we won't be sorry for him.

But when we're really in need, it's such a kindness of him to reply quickly.

It was a beautiful sunny spring day. I had just finished driving my daughter to the airport to catch an early morning flight. My sons and I then went to a fast food restaurant for breakfast before heading back home. After eating we all got into the car and pulled out of the parking lot.

The restaurant was at the very top of a hill. At the bottom of the hill was a stop sign so we found ourselves at the end of a long line of waiting traffic while the cars at the bottom turned onto the main road one at a time.

As I looked down to the bottom of the hill my eyes saw an elderly man standing by the stop sign. His clothes were old and worn. He held a cardboard sign with the words “Need Help Please!” written on it.

My heart went out to him and I imagined myself in his situation.

As car after car turned onto the road without stopping for him,I
reached for my wallet to look for whatever cash that was left in it.

注意:续写词数应为 150 左右。

Paragraph 1:

*As I was pulling it out of my pocket, though, I saw a young woman
walk up to him along the side of the road.*_____

Paragraph 2:

*By the time I reached the bottom of the hill, both the elderly man and
the lady who had helped him were gone.* _____

答案全解全析

单元达标检测

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

第一部分 阅读

第一节

A

◎语篇解读 本文是一篇应用文。大多数人都想吃得健康,但是有时候选择好食物很难,本文介绍了几个帮助人们改善饮食的应用软件,以供读者选择。

1.A 细节理解题。根据 Open Table 中的“Open Table users can also make reservations directly through the app or website.”可知,这一软件可以帮助人们预订桌位。故选 A。

2.B 细节理解题。根据 Local Eats 中的“Restaurant chains, like McDonald's, can be found almost anywhere a person might travel. But

sometimes tourists want to eat like locals.”可知,连锁餐厅,就像麦当劳一样,几乎可以在任何一个人可能去旅游的地方找到。但有时游客想像当地人一样吃饭,所以这一软件适合游客。故选 B。

3.C 推理判断题。根据第一段最后一句中的“there are apps that can help people learn about the food they eat to improve their diets”可知,本文介绍这几个应用程序的目的是帮助人们改善饮食,使饮食更健康。故选 C。选项 A 与本文信息无关;选项 B“成为更好的厨师”与选项 D“做出美味的食物”意思接近,均指厨师提高厨艺,这与第二个应用程序 Epicurious 有关,但不是本文的目的。

【高频词汇】 1.be based on 基于…… 2.reservation *n.* 预订;预约

3.popularity *n.* 受欢迎;流行;普及 4.search for 寻找

5.be designed for 为……而设计

B

◎语篇解读 本文是一篇记叙文。作者通过自己的减肥经历介绍了减肥方式的变化,并说明了现在流行的禁食减肥的好处。

4.D 推理判断题。根据第一段中的“figure out how many calories in a bowl of...”可知作者在计算自己吃的食物的热量,并且文章第二段中的“‘But after a week or so of recording every meal and snack and calculating the calories, I had had enough.’”又进一步进行了说明,作者是由于计算每顿饭和零食的热量而感到恼怒。故选 D。本题容易误选 B,考生可能根据“figure out how many calories were in a bowl of homemade yogurt and fruit”,误认为作者因一碗自制酸奶和水果含有很高的卡路里而恼

火,忽视了作者对天天都这样计算的反感。A 项“她的身体不如运动员的强壮”;C 项“Weight Watchers meeting 对她来说是没有必要的”。

5.A 词义猜测题。上文作者说自己曾通过控制摄入食物的热量来减肥,后来她坚持不下去了。根据画线词所在句中的“I went back to my routine of”和“and let that be that”可推知,此处表达的是“我回到了过去的生活方式——想吃什么就吃什么,跑跑步,滑滑雪……。”chewing whatever I wanted 意为“吃任何我想吃的东西”,故 A 项正确。

6.C 细节理解题。根据第三段中的“Now fasting is popular. The ways to keep fit vary: on the 5:2...each week...18:6...each day...”可知,现在人们减肥的方法是禁食,禁食的方法分为“每周型”和“每日型”,故 C 项正确。A 项“他们限制摄入的热量”;B 项“他们只会减肥”;D 项“他们每天吃得足够多”。

7.B 推理判断题。根据最后一段中的“...and in the lab in humans, they saw improvements in a number of signs that indicated the risk of some diseases hard to cure.”可知,研究人员发现在长年的少量进食后,人类患上顽疾的风险会降低,故 B 项正确。本题容易误选 A,认为吃得少,能够延缓衰老,但这是研究者对动物的研究发现,与在实验室里对人类的研究发现不同。C 项“现在人们已经停止减肥了”,D 项“人们计算每顿饭的卡路里”,这两项均不是研究者的研究成果。

【高频词汇】 1.figure out 算出 2.annoyed *adj.*烦恼的

3.trend *n.*趋势 4.calculate *v.*计算 5.routine *n.*常规,惯例

6.workout *n.*锻炼 7.at least 至少 8.take in 摄入;吸收;领会;欺骗

长难句分析

原句 Researchers have found that animals like monkeys age more slowly after years of eating less, and in the lab in humans, they saw improvements in a number of signs that indicated the risk of some diseases hard to cure.

分析 句中并列连词 and 连接两个并列分句。在第一个分句中 found 后面是一个由 that 引导的宾语从句;第二个分句中 signs 后面是一个 that 引导的定语从句。

句意 研究人员发现,像猴子这样的动物,在多年少吃之后衰老得更慢,并且在实验室里,在人类身上,他们发现了许多表明某些难以治愈的疾病的风险的迹象有所改善。

C

◎语篇解读 本文是一篇说明文。许多人认为健康饮食比购买垃圾食品更昂贵,但是发表在《BMC 公共卫生》上的新研究表明事实并非如此。

8.A 推理判断题。根据第二段第一句“Less than 7% of Australians eat healthily.”可知,不到 7%的澳大利亚人饮食健康。所以超过 93%的澳大利亚人饮食不健康。由此推断出大多数的澳大利亚人饮食不健康。故选 A。选项 C“大部分澳大利亚的孩子有肥胖问题”,这与第二段最后一句中的 one-quarter of children are overweight 不相符;选项 B 提到的“一半的澳大利亚人以垃圾食品为生”,数量不对;选项 D“澳大利亚人喜欢吃甜食”文中没有提到。

9.B 推理判断题。根据第三段第二句“*We collected food prices in supermarkets and stores in high and low socio-economic areas in Brisbane, and compared the diet prices with family incomes.*”可知,研究人员收集了布里斯班社会经济水平高的和水平低的地区的超市和商店的食品价格,并将饮食价格与家庭收入进行了比较。由此推断出研究人员是通过比较才得出这个结果的。故选 B 项。选项 A“通过在线研究”;选项 C“通过进行采访”;选项 D“通过问个人问题”。

10.A 细节理解题。根据第四段第一句“*In both areas, a family of two adults and two children spends about 18% more on present diets than it would be required to buy healthy diets.*”可知,在这两个地区,一个有两个成年人和两个孩子的家庭在目前饮食上的花费比购买健康饮食所需要的多 18%。所以我们可以从第四段了解到健康的饮食实际上更便宜。故选 A。选项 B“澳大利亚的食物正变得越来越健康”;选项 C“人们选择垃圾食品是因为它们价格低廉”;选项 D“健康食品正变得越来越贵”。

11.C 推理判断题。根据最后一段的内容可知,目前的饮食比健康的饮食花费更多,所以价格肯定不是导致人们偏好不健康饮食的原因。由此推断出接下来的段落是关于为什么人们选择垃圾食品。故选 C。选项 A“垃圾食品的危害”;选项 B“我们如何才能健康饮食”;选项 D“健康饮食的优点”均不能与本文最后一段内容相衔接。

【高频词汇】 1.publish v.发表 2.spend...on...将.....花费在.....上
3.as a result 结果 4.compare...with...对比.....和.....
5.including prep.包括 6.drive v.驱使;激励;促进;迫使

7.preference *n.* 偏爱;喜好

D

◎语篇解读 本文是一篇说明文。文章为父母提供了一些方法可以帮助挑食的孩子们吃得健康,从而避免在餐桌上发生争吵。

12.C 细节理解题。根据第二段最后两句“In this article, she shares her experience as a child who was a picky eater. She provides some useful views for parents who have children that are very picky about what foods they will eat.”可知,她在这篇文章中向有挑食的孩子的父母分享了一些方法。故选 C。选项 A“为帮助孩子们吃得健康她写了一本书”与文章内容不符;选项 B“她给《纽约时报》写的文章是在冬天写的”与第二段第一句中的 wrote an article...in August 2015 信息相悖;选项 D“她挑食的经历一度使她的父母很恼火”文中没有出现此信息。

13.D 细节理解题。根据第三段最后两句“The command to ‘clean your plate’ can end up teaching children that it is normal to continue eating after their stomach is full. This habit may continue into adulthood, and can lead to overweight bodies or food disorders.”可知,“清空盘子”的指令最终可能会教导孩子们在他们的肚子饱了之后继续吃东西,这种习惯或许会延续到成年,并可能导致身体超重或饮食失调,这是一种坏的饮食习惯。故选 D。选项 A“根本不起作用”;选项 B“导致孩子胃疼”;选项 C“以孩子们厌恶吃东西而结束”。

14.A 细节理解题。根据第四段最后三句“One very simple method is to offer your children a small amount of newly introduced food. A large

amount can seem intimidating. One or two bites might feel less ‘scary’ to try.”可知,父母想让孩子尝试一种新食物时,应该给他们一次提供较少的份量。故选 A。选项 B“给他们所有的食物”;选项 C“告诉他们这里面的成分”;选项 D“减少这里面糖的含量”。

15.D 细节理解题。根据第五段第三句“One way to be a healthier eater is to reduce the amount of sugar a person eats.”可知,成为一个更健康的饮食者的一个方法是减少一个人吃的糖的量。故选 D。选项 A“让他吃光所有的食物”;选项 B“只吃有机食品”;选项 C“购买加工过的食品”。

【高频词汇】 1.involve *v.* 牵涉;牵连 2.approach *n.* 方法

3.experience *n.* 经历;经验;体验 4.turn out 证明是;结果是

5.end up doing sth. 以做某事结束 6.lead to 导致;引起

7.offer *v.* 提供 8.instructions *n.* 用法说明;操作指南

长难句分析

原句 Most parents realize that a diet of soda and candy isn't a healthy choice, but what should they do if their children are picky eaters who refuse fruit and vegetables?

分析 句中的连词 but 连接两个并列分句。第一个分句中 that 引导宾语从句;第二个分句是一个特殊疑问句,其中 if 引导条件状语从句,该从句中又含有 who 引导的定语从句。

句意 大多数父母都意识到苏打水和糖果构成的饮食不是一个健康的选择,但是如果他们的孩子是拒绝水果和蔬菜的挑食的人,他们该怎么办呢?

第二节

◎语篇解读 本文为说明文,介绍了买鱼和烹饪鱼的小窍门。

16.G 细节句。上句提到鱼对人的健康有益,本句是对上句的解释说明(如何有益),G 项“人们认为鱼的脂肪有助于预防心脏病”符合语境。故选 G。

17.D 细节句。上句指出购买、储存和烹饪鱼并不是难事。本句承接上句,D 项“它只需要一点儿知识”符合语境。故选 D。

18.F 主旨句。下文指出了新鲜的鱼和不新鲜的鱼都有什么气味,由此可判断 F 项为主题句,意为“买鱼时应该先闻闻味道”。故选 F。

19.A 细节句。上句指出有鱼腥味或者味儿很大的鱼不新鲜,本句承接上句,指出“不要购买这样的鱼”,故 A 项正确。

20.B 过渡句。上文指出做鱼的方法有很多种,根据下文出现的 steam 可知此处介绍清蒸的方法,B 项“最简单的方法就是清蒸”符合语境。故选 B。

【高频词汇】 1.store v.贮存;保存 2.immediately *adv.*立即

3.common *adj.*通常的;普通的 4.season...with...用.....给.....调味

5.weigh v.有.....重;重;称重量 6.serve v.上(菜、饮料);提供;为.....服务

7.prevent v.预防;阻止

长难句分析

原句 When you have bought a fish and arrive home, you'd better store the fish in the refrigerator if you don't cook it immediately, but fresh fish should be stored in your fridge for only a day or two.

分析 本句为并列复合句。but 连接两个并列分句,在第一个分句中 When 引导时间状语从句,if 引导条件状语从句。

句意 你买完鱼回到家后,如果不立即烹饪的话,最好把它储存在冰箱里,但是鲜鱼应该只在冰箱中存放一两天。

第二部分 语言运用

第一节

◎语篇解读 本文是一篇记叙文。作者通过自己喂流浪狗的经历号召我们,不要把吃剩下的食物扔掉而应该保留下来,给流浪动物吃。

21.B 根据下文 and these changes will make the world better 可知,这个项目号召人们做出会让这个世界变得更好的改变,即“积极的”改变。

relative 相对的;great 伟大的;possible 可能的。

22.D 从下文作者所做的事情可知,他决定做“有用的”事情。

inspirational 鼓舞人心的,启发灵感的;important 重要的;interesting 有趣的。

23.A 此处作者说明自己很难“忽视”那些流浪狗凄婉的眼神。notice 注意到;realize 实现;meet 遇到,见面。

24.B 根据上文可知,作者不再浪费食物,因此看到“浪费的”食物时,就想起流浪动物极度渴望的眼睛。untouched 未食用的;spoiled 变质的;piled 堆放的。

25.C 根据语境可知,流浪狗在垃圾箱中寻找食物,因此推断它因为饥饿而变得“虚弱”。fierce 凶猛的,凶狠的,凶残的;wild 野的;野生的;angry 生气的。

26.A 作者“即使”在餐馆里吃饭,也会带食物给流浪狗。as if 好像;in case 以防万一;as well as 也。

27.D 根据语境可知,此处表示作者把袋子“装满”吃剩的食物。buy 购买;get 得到;take 拿走。

28.B 根据语境可知,当有些动物在“挨饿”时,浪费食物是自私的行为。run 跑;die 死;bark (狗)吠叫。

29.A 根据语境和常识可知,此处表示作者把一盘“吃剩的”鱼装在袋子里。cooked 烹饪好的;spared 留出的;shared 共享的。

30.D 此处表示狗很快把鱼吃光了,be gone 表示“不见了”。swallow 吞咽;sweep 打扫,清扫;lose 丢失,失去。

31.B 作者强调,我们怎么能浪费那么多食物还“觉得这无所谓”呢?think nothing of 表示“觉得……无所谓”。

32.C 作者号召我们,不要把吃剩的食物扔掉而应该“保留”下来,给流浪动物吃。put 放置;wrap 包,裹;leave 留下,离开。

33.D 此处表示作者经过流浪动物时多次看到它们寻求“帮助”的眼神。mercy 宽恕,仁慈;money 钱;advice 建议。

34.B 作者很同情流浪动物,因此如果自己身上没带食物,就“总是”去食品店带食物给它们。*seldom* 很少;*still* 仍然;*actually* 实际上。

35.A 作者最后强调,下一次你看到浪费的食物时,把它们“变成”有用的食物,给饥饿的流浪动物吃。*break* 打破;*cover* 覆盖;*make* 制造。

【高频词汇】 1.*make a difference* 起作用;有影响 2.*struggle* *v.* 努力;吃力地进行 3.*desperate* *adj.* 绝望的;(因绝望而)不惜冒险的,不顾一切的,拼命的 4.*selfish* *adj.* 自私的 5.*in no time* 立即;马上 6.*precious* *adj.* 宝贵的,珍贵的 7.*count* *v.* 计算

第二节

◎语篇解读 本文是一篇说明文。文章介绍了世界粮食安全问题以及中国为此做出的努力。

36.*reduction* 考查名词。句意:……这可能造成粮食作物 30%—50% 的减少。设空处作 *lead to* 的宾语,且由冠词 *a* 修饰,应用 *reduce* 的名词形式 *reduction*。

37.*issued* 考查过去分词作定语。该句中已有谓语动词,此处要用非谓语动词,*report* 与 *issue* 之间为逻辑上的被动关系,应用过去分词,构成过去分词短语作后置定语。

38.*Another* 考查代词。前句中出现了 *According to one recent report*,结合习惯用法 *one...another...*“一个……另一个……”(此处表泛指的一个)可知,此处要用 *another*,设空处位于句首,首字母大写。故填 *Another*。

39.the 考查冠词。根据 is 50 billion kilograms 可知,此处是固定用法 the amount of...表示“.....的数量”。故填 the。

40.which 考查非限制性定语从句。设空处引导非限制性定语从句,关系词指代前面的 50 billion kilograms,且在从句中作主语,所以要用关系代词 which。

41.resulting 考查现在分词作状语。上文 the waste of food is also a waste of water, land, energy and other earth resources 是原因,而此处是导致的结果,应用现在分词作结果状语。

42.environmental 考查形容词。此处修饰名词 pollution,应用形容词作定语。故填 environmental。

43.called 考查时态。此处是谓语动词,结合本句中的时间状语 Last week 可知,要用一般过去时。

44.In 考查介词。固定短语 in response to...意为“对.....的回应”,位于句首介词 in 首字母大写。

45.to help 考查不定式作状语。句意:同时,一些其他的组织已经提出创造性的方法来帮助人们形成健康的点餐习惯。提出方法是为了帮助人们形成习惯,此处表目的,要用不定式。故填 to help。

【高频词汇】 1.attack *n. & v.* 攻击;袭击 2.crisis *n.* 危机;危急关头;危难时刻 3.result in 导致;结果是 4.greenhouse gas 温室气体

5.maintain *v.* 保持;维持;维修;保养 6.in response to 对.....的回应

7.come up with 想出,提出(计划、想法等)

8.creative *adj.* 创造(性)的;有创造力的;创作的

长难句分析

原句 Globally, some environmentalists say the waste of food is also a waste of water, land, energy and other earth resources, resulting in greenhouse gas emissions and other forms of environmental pollution.

分析 句中动词say后是省略了连接词that的宾语从句;现在分词短语resulting in...作结果状语。

句意 从全球来看,一些环保人士说,浪费粮食也是浪费水、土地、能源和其他地球资源,会导致温室气体排放和其他形式的环境污染。

第三部分 写作

第一节

One possible version:

Dear Jim,

I am very glad to hear from you and delighted to know that you are interested in Chinese food.

During the Spring Festival, it's a tradition for families to get together and have a big meal. However, the food customs vary from place to place. In the north of China, dumplings are the typical food, which represent change and good luck. In contrast, in the southern part, it's a great time to eat tangyuan. They are sticky rice balls with different fillings. Tangyuan sounds like tuanyuan in Chinese, which means “family reunion”. When you come to Beijing, Beijing Roast Duck is what you can't miss. I bet it will be an unforgettable experience for you.

Looking forward to meeting you soon!

Yours,

Li Hua

第二节

写作指导			
故事要素	Time	a beautiful sunny spring day	
	Place	a stop sign, at the bottom of the hill	
	Character	the author, the author's children, an elderly man, a young woman	
	What	An elderly man standing by the stop sign asked the people for help.	
情节	Beginning	介绍文章话题——善良	
	Development	把女儿送到机场后,作者和儿子去了一家快餐店。他们在那里吃了饭,然后开车离开了停车场。餐馆在山顶上,山脚下有一个停车标志,所以他们发现自己走到了一长列等候的汽车的尽头。作者向山下望去,看见一个衣衫褴褛的老人站在停车标志旁边。他举着一个硬纸板牌子,上面写着:“请帮忙!”当一辆接一辆的汽车在没有为他停车的情况下驶上公路时,作者伸手去摸他的钱包,看看里面有没有剩下的现金。	
续写	Para.1	As I was pulling it out of my pocket, though, I	①What did the young woman offer to the elderly man?

方向		saw a young woman walk up to him along the side of the road.	②What did the elderly man do? ③What happened to the author?
	Para.2	By the time I reached the bottom of the hill, both the elderly man and the lady who had helped him were gone.	What did the author feel?

One possible version:

Paragraph 1:

As I was pulling it out of my pocket, though, I saw a young woman walk up to him along the side of the road. She was carrying a bag full of food taken out from the fast food restaurant where I had breakfast with my sons just now. Then she handed it to the old man and gave him a hug. The old man thanked the young woman with a smile. Suddenly a loud honk from the car behind me made me realize that I hadn't been moving forward, because this simple choice for kindness had captured my attention and my heart.

Paragraph 2:

By the time I reached the bottom of the hill, both the elderly man and the lady who had helped him were gone. Yet, as I drove home the sun seemed to shine even more brightly. A choice is such a powerful thing. Each day we are given a choice. It can touch a heart and change a life. May you make all of yours of kindness. May you make your whole life a choice for love, help and joy.