

UNIT 2 HEALTHY LIFESTYLE

Part 1 Reading and Thinking

基础过关练

I .单词拼写

- 1.Those who love animals hold the view that animal _____(虐待)needs to be taken seriously.
- 2.Our brains _____(促使) decision-making by stopping us focusing too much on unimportant past details.
- 3.If your child _____(支配) children of his own age, try to arrange for him to play with older children.
- 4.The aircraft flew over the island _____(反复地), and no sign of life has been seen.
- 5.Japanese workers are generally highly _____(悲观的)about their futures in their current companies.
- 6.The actors not performing sit at the side of the stage in full view, waiting for their _____ (提示).
- 7.Staying up late makes him at his worst in terms of p_____ situation, so he's decided to work out.
- 8.Have you ever been faced with trying to stay positive when others around you are n_____?
- 9.Everyone who will attend the meeting should keep d_____ and no one is exception including you.

10.The doctor took out a bottle, put two p_____ into the farmer's hand and asked him to swallow them.

II.选词填空

decide on;in response to;straight away;rely on
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1.Early in your project, you should first _____ which type of material to use.

2.When the bell rang, the children were required to hand in their examination papers _____.

3._____ the novel coronavirus pneumonia, all large gatherings have been cancelled.

4.No one can say which brand will feel best on your feet, so you have to the feel of each pair.

III.单句语法填空

1.Those old apartments have been pulled down and replaced several stadiums.

2.I would be very grateful if you could take some time to make changes my resume.

3.To prevent the rich and powerful _____(abuse)their power, the government laid down related laws.

4.Dr. Wang's advice is that he combine a balanced diet _____ regular exercise to keep fit.

5.It is reported that _____ (physical) attractive people are more likely

to be treated well by others.

6._____ (examine)once every two years,whether it is a car or a bus, is the rule that all drivers must obey.

7.I didn't want to get _____ (involve)in the quarrel between Tom and Jack, so I walked out.

8.The professor keeps telling his students _____ (repeated) that the future belongs to the well-educated.

9.Our travel agency is _____ (rely), and we try to describe our centers as realistically as possible.

10.The number of “likes” or followers cannot compare to having long term and _____(reward) friendships.

IV.课文语法填空

Just as Aristotle put it,“We are what we__1__(repeated) do.” In many aspects, our lifestyle is the result of the choices that we have made. So forming good habits is very important, especially for__2__(teenager). That's because bad habits, if not corrected, will have__3__ bad effect on our adult life. To prevent harmful habits from dominating our life, we should make use__4__ the “habit cycle” to kick bad habits and develop good ones. First we can facilitate positive changes by examining our bad habit cycles and trying to adapt them. Aside from this, we should also form good habits on purpose. Gradually, we__5__(reward) by our actions.

Of course, bad habits, once 6 (form), are not easy for us to get out of. Some people can get out of bad habits quickly while others might try many times until they succeed. If we can't succeed straight away, don't become pessimistic. As a matter of fact, the 7 (successful) way to change is not suddenly, but over a period of time. 8 the Chinese saying goes, "A journey of a thousand miles 9 (begin) with a single step." As long as we continue to take small steps, we are sure 10 (get) rid of bad habits and build a healthy life.

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

能力提升练

I. 阅读理解

A

主题语境：人与社会 难易度：★★ 语篇类型：记叙文 建议用时：6

(2020 安徽滁州高二期末联考)

Josh Morrison, 17, dreamed of raising \$100,000 to build a home for a low-income family. After years of hard work, his dream has come true. The house is now in the early stages of building.

Six years ago, Josh and his dad went into the Habitat for Humanity ReStore, a home improvement store and donation center run by the nonprofit organization. They were there to buy a sink. Josh, then 11, also noticed a collection of pennies. "I instantly felt the urge to help out with

that,” he said. Josh set a fund-raising deadline of four years. Many people doubted whether he could reach his goal of \$100,000, but it didn't shake his faith. He devoted his time to raising money at his school and other nearby schools. He collected money from neighbours, got publicity from local newspapers, and placed cans in stores so that people could donate extra change.

Josh's fund-raising efforts began to produce results. Still, there were challenges. Four months before his deadline, he was \$30,000 short. He decided to hold a Family Fun Fair and Spaghetti Dinner event in Uxbridge, which is in the province of Ontario. The event raised \$19,000.

“I didn't care how long it took me,”said Josh. “I would raise \$100,000.”With three weeks left, a company called Josh's house offered to donate \$18,000. Eventually, Josh reached a total of \$134,000 before the deadline.“The momentum just kept going, and we decided to do more,”he said.“Josh's Penny House”is being built by Habitat for Humanity in the city of Oshawa, along with 24 new town houses. Josh has helped with some of the construction, as have other volunteers. He will choose the family that moves into the unit.

Next year, the 17-year-old kid will head to college in British Columbia, Canada's westernmost province. As an 11-year-old kid when starting fund-raising, Josh was able to send a powerful message across the world. No matter how old you are, if you have a dream and are willing to

do anything to achieve it, it can come true.

1. Which word can best describe Josh Morrison in Paragraph 2?

A. Cautious. B. Straightforward.

C. Open-minded. D. Determined.

2. Why did Josh hold the Family Fun Fair and Spaghetti Dinner event?

A. To attain his goal.

B. To call for more attention.

C. To win approval from the locals.

D. To find sponsors for a family.

3. What does the underlined part in Paragraph 4 mean?

A. He received continuous donations.

B. His project became more popular.

C. He got more support from his family.

D. The result was beyond expectations.

4. What can be the best title for the text?

A. Kindness from a Company

B. The Penny House Dream

C. A Fund-raising Campaign

D. A Boy with a Warm Heart

B

主题语境：人与自我 难度：★★ 语篇类型：议论文 建议用时：6

(2020 湖北宜昌高二上期末)

You're watching your favorite TV show when a commercial(广告)break starts. First you see an ad for candy. Then there's one for fast food. In response, your stomach growls(咕咕直叫). Suddenly, all you can think about is how much you need a snack. If that sounds familiar, you're not alone. Researchers from McMaster University in Canada studied the effects of junk food ads. The researchers examined the effects of advertising junk food on more than 6,000 kids through TV commercials and other types of media. They found that kids made unhealthy food and drink choices as quickly as 30 minutes after seeing the ads.

“There is too much unhealthy food advertising out there, which appears repeatedly,” says Behnam Sadeghirad. He's one of the researchers who led the study. “This is dangerous for younger children because they lack self-discipline and don't know the advertised foods are healthy or not.”

Food and drink ads are everywhere, from TV to the Internet. Companies want to make sure you know about their products. They spend nearly \$1.8 billion a year on food ads aimed at kids, according to a report. The Nielsen Company tracked the number of food ads that kids saw in 2015. It found that kids watched nearly 12 food ads on TV each day. Most of these ads weren't for healthy foods. In fact, on average, kids saw only one ad per week for fruit and vegetables. Instead, most of the ads were for fast food, candy and sugary drinks.

Jennifer Harris, a professor at the University of Connecticut, says this is a big part of the problem. “Unhealthy foods are not things we should be encouraging kids to eat more often,” says Harris. “But unfortunately those are the products being advertised to them the most.”

Health experts say it's OK to treat yourself to a cookie once in a while. But what can you do to keep from having an unhealthy snack every time you see an ad for junk food? Harris says it's important to learn to spot the techniques companies use in their ads. “What kids can do is notice what's going on,” says Harris. “Think about, ‘Are these the products that are really good for my physical health?’”

5. What did researchers from McMaster University find?

- A. Junk food ads can affect kids' eating habits.
- B. Eating while watching TV is unhealthy for kids.
- C. Food ads are more attractive than other types of ads.
- D. There are many commercial breaks during TV shows.

6. What did the numbers provided by the Nielsen Company suggest?

- A. Food ads are everywhere.
- B. It's necessary to limit kids' screen time.
- C. It's hard to avoid seeing junk food ads on TV.
- D. Companies spend large amounts of money on ads.

7. What advice does Harris give in the last paragraph?

- A. Get wise to ads.

B.Stay away from cookies.

C.Never see junk food ads.

D.Find products of good quality.

8.What's the best title of the text?

A.Attack of junk food ads

B.Tricks of the trade

C.Advertising of junk food

D.The effect of media on children

II.七选五

主题语境：人与自我 难易度：★★ 语篇类型：说明文 建议用时：7

(2020 河北辛集中学高二上第二次阶段考试)

Four simple ways to stay positive

Trying to stay positive, both in good times and bad times, is a great way to improve your quality of life. Try these four methods on a daily basis.

Don't think a lot about negativity.

Of course, staying positive 24 hours a day, seven days a week is a bit difficult. Letting things get to you is normal. In fact, it's just healthy to cry or express frustrations once in a while. It's when those negative moments control your life that your emotional balance is at risk. 1

However, don't give that sadness another second in your day.

According to psychology, what you put into your body directly affects how you feel on the outside. Fill yourself with good, healthy foods like nuts, fruit and vegetables and limit snacking. Exercise is equally of great importance. Take a few days out of your week for at least half an hour of activity, and try to stick to a routine. 3

Be kind to others.

4 Making someone's day a bit brighter not only puts a smile on his or her face, but also yours as well. Remember to smile and treat each person with respect. Good deeds are contagious (有感染力的), and your positive attitude may spread among others.

Take it one day at a time.

Being positive and keeping away from feeling pessimistic isn't an easy thing. It's a steady effort that we follow every hour of every day.

5 Instead, focus on living in the moment and doing what you can to make each moment better.

A. Eat healthily and stay fit.

B. Take your lunch breaks outside.

C. Don't worry about what the future may bring.

D. Take a few minutes to feel sad and accept what happened.

E. Good feelings come from acts of kindness and selflessness.

F. Gratefulness helps you appreciate life in bad times.

G. Even going outside for a walk and enjoying the sunshine improves

your mood.

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

答案全解全析

基础过关练

I 1.abuse 2.facilitate 3.dominates 4.repeatedly

5.pessimistic 6.cues 7.physical 8.negative 9.discipline 10.pills

II 1.decide on 2.straight away 3.In response to 4.rely on

III.1.with 考查固定短语。句意:那些旧的公寓已经被拆除,取而代之的是几个体育场。
replace...with...用.....取代.....。

2.to 考查固定短语。句意:如果您能花点时间修改我的简历,我将不胜感激。make changes to...
对.....做出修改。

3.abusing 考查非谓语动词。句意:为了不让有钱、有势的人滥用职权,政府制定了相关法律。
prevent sb. (from) doing sth.阻止某人做某事。故填 abusing。

4.with 考查介词。句意:王医生的建议是他把均衡饮食和经常锻炼结合起来以保持健康。
combine...with...把.....和.....结合起来。

5.physically 考查副词。句意:据报道,外表有魅力的人更容易被别人善待。修饰形容词
attractive 应该用副词。

6.Being examined 考查非谓语动词。句意:无论是汽车还是公共汽车,每两年检查一次是所有
司机必须遵守的规则。空格处在主句中作主语,而且表示被动含义,所以填动名词的被动形式。

7.involved 考查过去分词。句意:我不想卷入汤姆和杰克之间的争吵,所以我走出去了。句中
get 是系动词,后面应该填过去分词。get involved in 卷入。

8.repeatedly 考查副词。句意:这位教授一直反复告诉他的学生未来属于受过良好教育的人。
设空处作状语,应该用副词。

9.reliable 考查形容词。句意:我们这家旅行社是可靠的,而且我们尽可能如实地描述我们的
(旅游)中心。设空处作表语,表示“可靠的”,故填形容词 reliable。

10.rewarding 考查形容词。句意:点赞或追随者的数量无法与拥有长期且有益的友谊相提并
论。修饰名词 friendships 应该用形容词 rewarding,意为“有益的”。

IV.1.repeatedly 考查副词。句意:正如亚里士多德所说:“重复的事情造就了我们。”修饰动词

do 应该用副词。repeatedly 反复地;再三地。

2.teenagers 考查名词复数。句意:因此养成良好的习惯是非常重要的,特别是对青少年而言。介词 for 后面应该用名词作宾语,而 teenager 是可数名词,且空前没有冠词等限定词,所以用复数形式。

3.a 考查冠词。句意:那是因为如果不改正那些坏习惯,它们将会对我们的成年生活产生不好的影响。have a bad effect on...对.....有不好的影响。

4.of 考查介词。此处指为了防止有害的习惯支配我们的生活,我们应该利用“习惯周期”。make use of 利用。

5.will be rewarded 考查动词时态和语态。句意:渐渐地,我们将被我们的行为奖励。根据句意可知此处应该用一般将来时的被动语态。故填 will be rewarded。

6.formed 考查非谓语动词。句意:当然,对我们来说坏习惯一旦养成很难改掉。根据句子结构可知,此处是状语从句的省略形式,form 和逻辑主语 bad habits 之间是被动关系,所以用过去分词形式。once formed 的完整形式为 once they are formed。

7.most successful 考查形容词最高级。句意:事实上,最成功的改变方式不是突然的,而是经过一段时间。根据空前的定冠词 the 以及空后的名词 way 及句意判断应该用形容词最高级。

8.As 考查关系词。句意:正如中国的一句俗语所说:“千里之行,始于足下。”分析句子结构可知,设空处引导非限制性定语从句,意为“正如,正像”。

9.begins 考查动词时态。此处为格言、警句,故用一般现在时。

10.to get 考查非谓语动词。句意:只要持续地迈出一小步,我们肯定能摆脱坏习惯,建立一种健康的生活方式。be sure to do sth.肯定会做某事。

能力提升练

I .

A

◎语篇解读 本文是一篇记叙文。文章讲述了 17 岁的 Josh Morrison 梦想筹集 100,000 美元,为低收入家庭建造家园,经过他多年的努力,梦想终于实现了。

1.D 推理判断题。文章第二段讲述了六年前,Josh 提出四年的筹资期限,许多人怀疑他是否能达到 100,000 美元的目标,但这并没有动摇他的信念,他开始到处筹资。由此可以看出 Josh 是信心坚定的,不可动摇的,因此用 determined(坚定的)最恰当。故选 D。

2.A 细节理解题。根据文章第三段中的 Four months before his deadline, he was \$30,000 short. He decided to hold a Family Fun Fair and Spaghetti Dinner event in Uxbridge, which is in the

province of Ontario. The event raised \$19,000.可知,在最后期限的前 4 个月,他仍缺少 30,000 美元,于是他决定在 Uxbridge 举办 Family Fun Fair and Spaghetti Dinner。目的是实现他的目标,即筹集 100,000 美元。故选 A。

3.A 推理判断题。根据文章第四段中的 Eventually,Josh reached a total of \$134,000 before the deadline. “The momentum just kept going,and we decided to do more,” he said. “Josh’s Penny House” is being built by Habitat for Humanity in the city of Oshawa, along with 24 new town houses.可知 Josh 的筹资梦想实现了,并且他决定要做更多,由此可推测画线部分表示“他收到持续的捐款”。故选 A。

4.B 主旨大意题。根据文章第一段中的 Josh Morrison,17,dreamed of raising \$ 100,000 to build a home for a low-income family. After years of hard work,his dream has come true.可知文章主要讲述了 17 岁的 Josh Morrison 梦想筹集 100,000 美元,为低收入家庭建造家园,他的梦想最终实现。B 选项符合文章主题,而且有新意,故选 B。

【高频词汇】 1.donation n.捐赠 2.challenge n. & v.挑战

3.volunteer n.志愿者 v.自愿

B

◎语篇解读 本文是一篇议论文。文章通过介绍一项调查讨论了垃圾食品广告对孩子们的健康造成的影响,专家呼吁人们应该学会看出广告宣传所使用的手段,并告诉孩子们在选择食物之前思考一下它们是否健康。

5.A 细节理解题。根据第一段中的 They found that kids made unhealthy food and drink choices as quickly as 30 minutes after seeing the ads.可知,垃圾食品的广告会影响孩子们的饮食习惯。

6.C 推理判断题。根据第三段中的 It found that kids watched nearly 12 food ads on TV...most of the ads were for fast food, candy and sugary drinks.可知,孩子们平均每天会看到 12 个食品广告,而其中绝大多数都是有关垃圾食品的,所以孩子们很难避免在电视上看到垃圾食品的广告。

7.A 细节理解题。根据最后一段中的 Harris says it’s important to learn to spot the techniques companies use in their ads. “What kids can do...‘Are these the products that are really good for my physical health?’”可知,Harris 认为人们应该学会看出广告宣传中的手段,并告诉孩子们应该在选择食物之前思考一下它们是否健康。

8.A 主旨大意题。文章介绍了孩子们每天接受着垃圾食品广告的狂轰滥炸并深受这种广告的影响,这会损害他们的身体健康,由此可知 A 项适合作标题。

【高频词汇】 1.commercial n.广告 2.advertise v.做广告

3.on average 平均 4.technique n.技术,技巧

II.◎语篇解读 本文是一篇说明文。文章主要向读者介绍了四个简单的帮助人们保持积极心态的方法。

1.D 根据后句中的 However 以及 that sadness 可以推断空格处介绍的是负面情绪的危害,而且和 sadness 有关,纵观选项可知 D 选项中的 sad 与此对应,而且内容符合语境。

2.A 本空位于段落小标题的位置,根据其他几个段落标题的句式判断该处应该填祈使句,而本段主要介绍的是健康饮食和保持健康对积极情绪的影响,故 A 项内容可以概括本段。

3.G 前句提到每周锻炼几次,每次至少半个小时,G 项“甚至户外散步以及享受阳光都会改善你的情绪。”可以承接上文。

4.E 本段的建议是要对他人友好,而空后提到让某人的一天变得更美好不仅能让他的脸上露出笑容,也能让你的脸上露出笑容,所以判断 E 项“好情绪来源于善良、无私的行为。”符合上下文语境。其中 kindness 和小标题中的 kind 呼应。

5.C 根据空后的 Instead 可以判断设空处内容和后句构成转折,故判断 C 项“不要担心将来可能会带来什么。”符合语境。

【高频词汇】 1.positive adj.积极的 2.negativity n.消极

3.frustration n.令人沮丧的事物 4.emotional adj.情感的

5.routine n.惯例 6.steady adj.稳定的;不变的