

Part 3 Using Language, Assessing Your Progress & Video

Time

基础过关练

I .单词拼写

- 1.The coronavirus' situation is _____(动态的)and seems to change by the hour.
- 2.Most people think chicken soup can protect people from catching the (流感).
- 3.They are trying to promote the construction of networks to _____(增强)network conditions of schools.
- 4.It is reported that running can _____(刺激) the brain's pleasure centers.
- 5.Actor Dom Deluise talks about his career in _____(喜剧).
- 6.He wants to _____ (删除) files from the computer system.
- 7.Suffering from a bad toothache, he asked the d_____ to pull out his bad tooth.
- 8.Water can a_____ and give off a lot of heat without big changes in temperature.
- 9.I felt d_____ when I looked down from the top of the television tower.
- 10.Before I got out of the car, I looked at the map to r_____ my memory of the road.

II.选词填空

worn out;stressed out;take control of;bring out;succeed in;at least;try out

- 1.We all looked calm but the truth was that we were all _____.
- 2.Take good care of your schoolbag. If you treat it so roughly,it will be soon.
- 3.Every possible means has been_____but they still haven't found an effective one.
- 4.By looking for the best in others, you indirectly_____ the best in yourself.
- 5.Students are encouraged to_____their own study, rather than just depending on the teacher.
- 6.I live far from the school and it usually takes me_____20 minutes to get there.
- 7.I never thought such a little child could _____dealing with such a difficult problem.

III.单句语法填空

- 1.I do think that he's trying to make good _____(change), but it's not going to be easy.
- 2.He was so_____(absorb) in thought that he ran against a passer-by on his way home.
- 3.It's wonderful to have a month in the faraway village,free_____all worries.

4. These harmful chemicals in the food build _____ in people's bodies.
5. You can always make _____ (excuse) but the truth is that you can always do something.
6. Drinking too much alcohol will do damage _____ your liver as well as your brain.
7. You'd better avoid drinking too much _____ (sugar) drinks because they are bad for our health.
8. There are some health problems that, when not treated in time, can become bigger ones later _____.
9. Being fit means more than just going to the gym; it's an overall lifestyle change for the _____ (good).
10. The average _____ (month) wage in 38 major cities of China hit 8,829 yuan in the winter season of 2019.

IV. 完成句子

1. 随着人口的增长,越来越多的森林被转变成农田来种植庄稼。
_____, more and more forests have been turned into fields to grow crops.
2. 我本想通过这次旅行让他暂且忘却工作,但是他还是在讨论工作!
I had wanted this trip to _____, but he was still talking about it!
3. 钟南山是一位世界著名的医学专家,为人类做出了巨大的贡献。
Zhong Nanshan, _____, has made great

contributions to human beings.

4.这所房子舒适且便宜:最妙的是,大部分租金是由别人付的。

The house was comfortable and cheap: _____, most of the rent was paid by others.

V.翻译句子

1.I just remind you not to lose balance between work and life.

2.All of us have a choice: we can either make excuses, or make progress in life.

3.In some cultures the old are more valued,while in other cultures the young are more valued.

4.In my opinion, you'd better cut out the unimportant details in your composition.

能力提升练

I .阅读理解

主题语境: 人与自我 难易度: ★★ 语篇类型: 说明文 建议用时: 6

(2020 黑龙江牡丹江东部地区四校联考高二上期末)

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 prefer sugary food but refuse fruit and vegetables or just skip meals? 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 title of the article 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 demanding that a child 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 (成分) on food instructions. You might be surprised by the kinds of food 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, which can enhance their interest in home-made food. 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.

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

A.She wrote a book to help kids eat less.

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.

2.The command to clean 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

3.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.

4.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.

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 河北武邑中学高二上第一次月考)

Four Habits of Helping You Succeed

Nobody would like to experience failure. We all want to succeed. For those who have tried and failed, success seems difficult to understand.

1

•Know your values

Finding your values is in line with creating motivation. 2 Pick a handful of things and write them down. Remind yourself of your values every day and reflect on whether you are honoring those values through your work.

• 3

Choose one goal to start something large enough that will give you a sense of achievement, while adjusting well to your values. If you want to achieve your goal, focus is the key here. 4 If you perform many tasks at a time, you might never finish your projects because they will take far too long.

- Set a time for success

Set a date for success. Know when you hope to realize your goal. 5
By setting a time limit, you are making the process realistic.

- Don't give up because of failure

Failure can't be avoided when you take risks. By its very definition, the desire to succeed means you are risking failure. Many people tend to give up far too early. Don't fall into this trap! Use failure. Treat it as a good thing, and go on.

A. Make the right decision

B. Pick a goal and focus on it

C. Sit and reflect on what you value most.

D. Push yourself to be courageous, and take that next step.

E. Keep it realistic, while not giving yourself too much time.

F. I have made a list of four habits of helping you set goals and realize them.

G. The more focused you are on one goal, the higher chance you have of success.

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

III.读后续写

主题语境: 人与自我 难度: ★★ 语篇类型: 记叙文 建议用时: 20

(2020 湖南长沙明德中学高二上期末)

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。续写的词数应为 150 左右。

Long ago, in a remote village, there was a place known as the House of 1,000 Mirrors, which a great number of people visited every day. Nobody knew why the house had been built with so many mirrors.

A happy little dog heard of this place and decided to pay a visit himself. He ran all of his way with a happy heart. So long was the way that he spent many days on his way. When he arrived, although tired, he jumped happily up the stairs to the doorway of the house. There was a hole in the door. He looked through the hole with his ears lifting high and his tail shaking as fast as it could. To his great surprise, he found himself looking at 1,000 other happy little dogs with their tails shaking just as fast as his. He laughed a lot, and was answered with 1,000 great smiles just as warm and kind as his. As he left the house, he said to himself, “This is a wonderful place. I will come back and visit it often. And I will tell all my friends to come here to enjoy the wonderful sight.”

In this same village, another little dog, which was sad and blue all the day, also decided to visit the house. After running on the way for so

long a time, he felt tired as well as depressed. He slowly climbed the stairs and hung his head as he looked into the hole in the door. To his great surprise, he saw the 1,000 unfriendly dogs looking at him, so he barked at them right away.

Paragraph 1:

Then he was terrified to see *1,000* little dogs barking back at him.____

Paragraph 2:

Instead, the happy little dog came back together with lots of good friends._____

答案全解全析

基础过关练

I .1.dynamic 2.flu 3.enhance 4.stimulate 5.comedy

6.delete 7.dentist 8.absorb 9.dizzy 10.refresh

II .1.stressed out 2.worn out 3.tried out 4.bring out

5.take control of 6.at least 7.succeed in

III.1.changes 考查名词复数。句意:我认为他的确在努力做一些好的改变,但这并不容易。

change 在句中是可数名词,因为空前没有冠词等限定词,故用复数形式。

2.absorbed 考查形容词。句意:在回家的路上,他全神贯注地思考,以至于与一个过路人相撞了。be absorbed in 全神贯注于。

3.from 考查介词。句意:在遥远的村庄度过一个月,远离一切烦恼的事,真是太好了。be free from 免于;不受……的影响。

4.up 考查副词。句意:食物中的这些有害的化学成分会在人体中越来越多。build up 增多。

5.excuses 考查名词复数。句意:你可以总是找借口,但事实是你总是能做一些事。excuse 是可数名词,空前没有冠词等限定词,所以用复数形式。

6.to 考查介词。句意:喝太多酒会对你的肝脏以及大脑造成伤害。do damage to 对……造成伤害。

7.sugary 考查形容词。句意:你最好避免喝太多含糖饮料,因为它们对我们的健康有害。修饰名词 drinks 应该用形容词。

8.on 考查固定短语。句意:有一些健康问题,如果不及时治疗,以后会变得更严重。later on 后来。

9.better 考查比较级。句意:保持健康不仅仅意味着去健身房;这是一种整体生活方式的改善。a change for the better 好转,改善。

10.monthly 考查形容词。句意:2019年冬季,全国38个主要城市的平均每月薪酬达到了8,829元。修饰名词 wage 应该用形容词形式。

IV.1.As the population grows 2.take his mind off work 3.a world-famous medical expert

4.best of all

V.1.我只是提醒你不要在工作和生活之间失去平衡。

2.我们所有人都有一个选择:在生活中我们要么找借口,要么取得进步。

3. 在一些文化中,老年人更受重视,而在另一些文化中,年轻人更受重视。

4. 在我看来,你最好把作文中不重要的细节删掉。

能力提升练

I. ◎ 语篇解读 本文是一篇说明文。大多数父母都知道苏打水和糖果不是健康的选择,但如果孩子挑食、吃甜食、拒绝水果和蔬菜,他们该怎么办呢?本文为父母介绍了几条可以帮助挑食的孩子们吃得健康,而且可以避免在餐桌上发生争吵的建议。

1.C 细节理解题。根据第二段中的 In this article, she shares her experience as a child who was a picky eater. 可知,她在自己的书中和有挑食习惯的孩子的父母分享了一些方法。

2.D 细节理解题。根据第三段中的 The command to “clean your plate”...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吃饱后继续吃东西,这种习惯延续到成年可能导致身体超重或饮食失调。因此,清空盘子的指令通常会让孩子们养成坏的饮食习惯。

3.A 细节理解题。根据第四段中的 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. 可知,如果父母想让孩子尝试一种新食物,应该给他们一次提供较少的量。

4.D 细节理解题。根据第五段中的 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糖的摄入量。

【高频词汇】 1. picky adj. 挑剔的 2. command n. 命令

3. instructions n. 用法说明;操作指南 4. processed adj. 加工过的

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 prefer sugary food but refuse fruit and vegetables or just skip meals?

句意 大多数父母都意识到,苏打水和糖果这种饮食不是一种健康的选择,但如果他们的孩子挑食,更喜欢甜食而拒绝水果和蔬菜或者只是不吃饭,他们该怎么办呢?

分析 本句是并列复合句。第一个 but 连接两个并列分句。在第一个分句中,that a diet of soda and candy isn't a healthy choice 是宾语从句;在第二个分句中,if their children are picky eaters who prefer sugary food but refuse fruit and vegetables or just skip meals 是条件状语从句,在该条

件状语从句中,who 引导定语从句,修饰先行词 picky eaters。

II.◎语篇解读 本文是一篇说明文。没有人愿意经历失败。我们都想成功。对于那些尝试过却失败了的人来说,成功似乎是难以理解的。文章介绍了四个可以帮助我们设立目标并取得成功的习惯。

1.F 上文提到对于那些尝试过却失败了的人来说,成功似乎是难以理解的,而下文介绍了几个帮助我们实现目标的习惯,由此推断 F 选项能够起到承接上下文的作用。故选 F。

2.C 本段标题是 Know your value,由此可知本段和价值观有关,根据前句中的 values 和后句中的 them 判断空格处应该是让人们坐下来思考你最重视的是什么。故 C 项符合语境。

3.B 根据位置判断空格处是段落小标题,应该用短小精悍的祈使句。再根据本段第一句和第二句内容判断 B 项内容切题,建议人们选择一个目标并专注于这个目标。故选 B。

4.G 上文提到如果你想实现你的目标,专注是关键,由此推断 G 选项内容切题,可以承接上文,告诉人们你越专注于一个目标,你成功的机会就越大。关键词:focus。

5.E 根据上文内容可知,为成功设定一个日期,知道你什么时候希望实现你的目标;根据下文内容可知,人们可以通过设定一个时间限制来使这个过程变成现实。所以 E 项“使它切合实际,同时也不要给自己太多时间”切题。

【高频词汇】 1.motivation n.动力,积极性 2.remind v.提醒,使……想起 3.achieve v.实现
4.realistic adj.现实的 5.tend v.往往会

III.One possible version:

Paragraph 1:

Then he was terrified to see 1,000 little dogs barking back at him. He felt depressed and frightened, and decided to leave. As he left, he thought that place was a really terrible place, and there were so many unfriendly dogs which barked at him. He decided that he would never come back and visit it again and he would advise all his friends not to come here to see the horrible dogs. Thus he left the house and never returned.

Paragraph 2:

Instead, the happy little dog came back together with lots of good friends. They jumped and laughed around the house. Therefore, they saw thousands of laughing dogs in the mirrors. They felt happy. In fact, all the faces in the world are mirrors. What kind of reflections you see on the faces of the people you meet depends on what expression they find on your face. Thus, to live in a wonderful place full of kindness and love, you have to be a kind person with love in your heart

first.