

单元达标测评

(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

Considering that the Sundarbans National Park is situated in the tropics,September to March is the ideal time to come here.April,May and June are too hot while July and August often bring heavy season winds that limit travel and don't make for a very pleasant sightseeing experience.You can really enjoy doing lots of charming things in the Sundarbans during September to March.

Take a river tour

Most tourists who explore the Sundarbans arrive in Khulna City first.From there,you can join a boat tour that travels south along the Ganges River through miles of preserved forest all the way to Kotka,where there is a beautiful beach along the Bay of Bengal.

Visit a bird habitat

This bird habitat is a nesting place for dozens of tropical birds found in the Sundarbans.The best way to observe these birds is climbing up the Sajnekhali Watchtower.If you're lucky,you'll also catch the famed Bengal

Tiger making its rounds through the swampy jungle.

Visit the Mangrove(红树林)Interpretation Centre

If you wish to spend some time indoors out of the sweaty heat,go to the Mangrove Interpretation Centre.This place is very educational with many posters,maps and exhibits showing wildlife and varieties of mangrove plants found within the park.You'll also get to see crocodiles in a small pool.

Take a tour of local villages

Experience village life that has largely remained unchanged for centuries.In this vast tropical region,there are villages made up of various ethnic groups who rely on fishing,farming and working in the local through growing tourist industry for their livelihood. The Sundarbans is a UNESCO world heritage site where you can visit villages and talk to locals,from whom you can get cues about their culture.

1.Which month is suitable for a visit to the Sundarbans National Park?

A.December.

B.August.

C.June.

D.May.

2.What can visitors do in the Mangrove Interpretation Centre?

A.See some plants and animals.

B.Put up posters about wildlife.

C.Feed crocodiles in a small river.

D.Observe birds by climbing up the trees.

3.What is the author's main purpose of writing the text?

A.To advertise some natural animal habitats.

B.To advocate the protection of forests in Khulna City.

C.To introduce several charming villages in the vast tropical region.

D.To show visitors something attractive to do in the Sundarbans.

B

Being fat is a non-stop fight between not being noticed and attracting much notice. Sometimes you want to be accepted; instead, you're singled out and judged. In 2015, when I became the first plus-size designer to win Project Runway, I hoped it would be a moment not only for inclusive fashion, but also for all other fat human beings out there. It wasn't just me who had won; we'd won. Many women told me they were afraid to wear bright colors or show off their arms until they saw me doing it. But some of the words on the Internet were terrible: "Why did they pick that fat designer?" "How can she encourage such an unhealthy lifestyle?" My positive psychology was affected. I got sad and negative and put on more weight. I reached a point where I couldn't climb stairs without losing my breath.

I finally realized that if I didn't take care of myself, I couldn't keep doing what I loved, so I went to see a doctor and started doing exercise

every day. After that I got more judgments, this time from people in the fat group who once supported me. They turned their backs on me and said, “You can't be body positive and still losing weight.” I thought, “Well, why not? I wasn't trying to be ‘prettier’; I wanted to have control of my life.”

Size should not divide us, whether we are fat, thin, or anywhere in the between. I'm designing clothes for plus women, but one day I might be open to designing straight(直筒型的) sizes. People judge me for that, too. But I just want to create clothes that make people feel good. I want every woman to love herself and go after her dreams like I did.

4.What was the author's hope after she won Project Runway?

- A.People would look up to her.
- B.Other fat people would share her pride.
- C.The clothes she designed would sell well.
- D.Fat people would lead the fashion industry.

5.What did the author do after she saw the words on the Internet?

- A.She lost interest in fashion.
- B.She lost control of her body.
- C.She stopped wearing bright colors.
- D.She decided to have a healthy lifestyle.

6.What was fat people's attitude to the author when she started losing weight?

A.Dissatisfied.

B.Uninterested.

C.They laughed at her.

D.They couldn't believe it.

7.In which part of a newspaper might this passage appear?

A.Environment. B.Medicine.

C.Career. D.Entertainment.

C

When we talk about positive thinking, we often use terms having to do with our hearts—open heart, pure heart or joyful heart. But new research from Duke University is making a closer connection, finding that a positive attitude may be helpful to people who have angina (心绞痛), a common heart condition.

Symptoms of this condition include chest pain or pressure because the heart is not receiving sufficient oxygen. Patients who displayed optimistic thought patterns, including having positive expectations about recovery, were 40 percent less likely to be hospitalized or require surgery than those who were not optimistic, according to the study. The researchers collected data from 2,400 patients who had diagnoses of angina.

An interesting additional finding from the patients' questionnaires was that the most optimistic patients were also the least likely to have

histories of heart attack, heart failure or heart disease.

The researchers did not declare a causal relationship between positive thinking and better heart disease outcomes, however. There are multiple possible reasons for the results of the study, including the idea that patients who are healthier to begin with are more likely to expect to recover and regain good health.

But the study does represent a new way of looking at the situation. Now, in addition to a body of research that examines the relationship between depression and heart health, there is a new way of inquiry that asks whether positive thinking could be used as a strategy to improve outcomes.

Lead researcher Alexander Fanaroff, a fellow in the department of cardiology (心脏病学) at the Duke University Medical Center, told the Duke Chronicle that his next research question will find ways to improve attitudes among heart patients.

Perhaps his subjects could reflect on the words of the writer Anthony J. D'Angelo: "Smile—it is the key that fits the lock of everybody's heart."

8. How can people with angina get better according to the study?

- A. By expecting more.
- B. By thinking positively.
- C. By getting timely surgery.
- D. By taking more exercise.

9.What may be Alexander Fanaroff's next research?

A.To explore how to improve patients' attitudes.

B.To find out the ways to treat heart patients.

C.To learn the causes of heart diseases.

D.To test if positive attitudes help with health.

10.What can we learn from the text?

A.Optimistic people hardly get heart attack.

B.People's attitudes decide their overall health.

C.How positive thinking benefits heart health is unclear.

D.The reason why patients recover well is that they have no depression.

11.What may be the best title of the text?

A.Keep positive to get rid of illness

B.Angina, a kind of serious condition

C.Depression, a key cause of heart attack

D.Positive thinking makes hearts healthier

D

Next time you're in a public place, take a look around you, and count how many people are using their phones. I can tell you now that it is probably more than half, whether you're on public transport, in a cafe or simply standing on an escalator.

I'm not saying that I am not an example of this, but it always amazes me how people can spend so much time on their phones without actually

talking to anyone in particular. It seems that they rely on their phones too much.

For example, I recently visited London and travelled on the tube while I was there. Apart from the people asleep, almost everybody else was on their phones, and because of the nature of the tube, it is difficult not to see exactly what they are all doing. Of course, being underground is difficult for you to get any signal, which rules out texting or using the Internet, but there is still plenty you can use your phones for. People were absorbed in playing games, reading articles and listening to music, and I am sure that as soon as they emerged from the train station they would start texting or calling or checking their emails.

Recently, my smartphone broke and had to be sent off to the warehouse for repair for a week or so. In the meantime I had to use a really old, basic phone just to keep me in touch with my family and friends. All I could do on this phone was send text messages, make calls and play one game. And I loved it. I loved being free from the Internet, and I really didn't mind not having constant updates about what my friends were doing or what the latest celebrity story was. It allowed me to spend more time taking in my surroundings.

However, I knew that as soon as I got my smartphone back I would be one of those people once again. But I made up my mind to discipline myself.

12. Why are you asked to look around in Paragraph 1?

A. To ensure your safety.

B. To communicate with people.

C. To count the people around you.

D. To count the number of people using phones.

13. What were many people on the tube in London probably doing?

A. Using mobile apps.

B. Talking with each other.

C. Reading printed books.

D. Checking social network sites.

14. What did the author think of having to use his basic phone?

A. He felt great actually.

B. He found it very inconvenient.

C. He couldn't see much difference.

D. He felt terrible at first but better later.

15. What does the underlined part “those people” in the last paragraph refer to?

A. People without mobiles.

B. People using basic phones.

C. People using smartphones reasonably.

D. People spending a lot of time on mobiles.

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。

Are you sometimes stressed out? Singing is a simple and effective way to reduce stress. It is beneficial mainly in the following three aspects.

Physical Benefits

16 This is especially recommended to the elders and those who have some forms of disability in their voice. However, it is important to find a capable instructor to employ good singing techniques so as not to further damage vocal cords (声带) or lungs.

Singing also helps to improve your posture. Most people think that singing begins and ends with their mouths. 17 Singing practice will get you used to the proper body position of standing and help you form the good habit of standing straight.

Emotional Benefits

Singing helps in reducing your depression in psychology and lowering your stress level. When you sing, your body releases chemicals that make you feel happy, easing the tension and helping you to relax.

18

Social Benefits

The social benefits of singing are huge. 19 So people who suffer from stage fright are advised to sing in front of family and friends before a live performance.

Singing is also very good for improving your communication skills. It is said that singing to babies helps to prepare their brains for a language and may lessen the risk of language problems later in life. 20 The time spent in group singing, whether in a choir or at karaoke, creates a deep and lasting bond of friendship.

A.Try to regain your memory by singing.

B.First, it can help build up your confidence greatly.

C.When you sing, you can give your lungs a workout.

D.Singing helps you to strengthen your immune system.

E.For adults, singing also enlarges your circle of friends.

F.In fact, the position of each body part affects your voice.

G.So, start to sing your favorite song next time you are feeling upset.

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。

There came Bryan's favorite game time. He sat back on the couch (沙发) and began to 21. As Bryan was playing, his mom walked through the room to see what he was doing. "Don't let the video game dominate you and turn you into a couch potato," said Mom. Bryan didn't reply and 22 his eyes on the flashing television screen. He gripped

(抓) his controller tightly and pushed the buttons hard.

Soon, Bryan's 23 began to hurt. He was having trouble moving his fingers. Bryan tried to stretch out his hand, 24 it felt like his fingers just wanted to curl back around the controller. Bryan 25 back into the couch. It was so comfortable that he felt like he was sinking deep into the cushions (靠垫). He felt a little thirsty, but it would be too much trouble to get up and 26 the game. Then Bryan thought about 27 Mom had said. Was his body really becoming part of the couch? He tried to concentrate 28 his back and legs to feel where his body ended and the couch began, but he 29 feel much of anything at all.

Bryan looked down at his hands. It seemed like they were stuck around the controller. Bryan felt 30. Could he really be turning into a video game controller? Suddenly, Bryan 31 the controller and made himself stand up.

Bryan ran to tell his mom what had happened. “Well, at least we know that video games haven't 32 your mind,” said Mom. “I think I'll take a break from video games and go outside 33,” said Bryan. And he did it straight away.

That day Bryan got a(n) 34 and made up his mind to keep a balance between video games and suitable exercise. Otherwise a man will end up with a couch potato, or even, a 35 of video games.

21. A. eat B. watch C. play D. write

- 22.A.moved B.left C.kept D.closed
- 23.A.hand B.head C.eyes D.neck
- 24.A.or B.so C.but D.until
- 25.A.turned B.walked C.looked D.settled
- 26.A.sell B.pause C.start D.run
- 27.A.where B.which C.how D.what
- 28.A.on B.with C.from D.to
- 29.A.shouldn't B.mustn't
- C.wouldn't D.couldn't
- 30.A.worried B.disappointed
- C.excited D.angry
- 31.A.fixed B.observed C.designed D.dropped
- 32.A.ruined B.opened C.relaxed D.read
- 33.A.though B.too C.instead D.still
- 34.A.desire B.lesson C.belief D.challenge
- 35.A.suspect B.slave C.master D.loser

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。

Up to 82 percent of children with healthy mothers are not easy to be obese(肥胖的), according to research. A mother, 36 has a healthy weight, exercises regularly, eats a healthy diet, doesn't smoke cigarettes

and 37 (drink) wine in moderation, is significantly less likely 38 (have) a fat child.

And research suggests it could be more to do with nurture(养育) 39 nature, as a mother's lifestyle appears 40 (direct) linked to the health of her child. When both a mother and her child follow a healthy lifestyle, the risk of obesity 41 (reduce) even more, the study of more than 24,000 children found.

The study examined the medical history and lifestyles of more than 24,000 children aged nine 42 fourteen, born to almost 17,000 women in the US. Researchers studied the link between a mother's overall health and likelihood of a child 43 (be) obese.

The mother's health is judged from her height-to-weight ratio(比例), her diet, amount of physical 44 (active), smoking status and how much alcohol she drinks. A healthy weight and diet, regular exercise, no smoking and moderate drinking all reduce the chance of a woman having 45 obese child.

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,你的澳大利亚笔友 David 在邮件中透露,他觉得他的朋友吸烟很酷,也想尝试一下,为此征求你的意见。请你根据以下提

示,给 David 回一封邮件,劝他不要吸烟。

写作要点:

- 1.吸烟危害大,会影响自身及他人的健康;
- 2.一旦上瘾,很难戒除;
- 3.提倡健康、积极的生活方式。

注意:

- 1.词数:80 左右;
- 2.文章应该包括上述要点中的所有信息,但不必逐条翻译;
- 3.可以适当增加细节,以使行文连贯。

Dear David,

I have learned from your email that you want to try smoking as you think it is very cool._____

Yours sincerely,

Li Hua

第二节 概要写作(满分 25 分)

阅读下面短文,根据其内容写一篇 60 词左右的内容概要。

If you're worried that too much “screen time” could badly influence your child's intelligence, new research suggests you might be right. By analyzing the data gathered from over 4,500 U.S. kids aged 8 to 11 between 2016 and 2017,Jeremy Walsh,a postdoctoral fellow with the CHEO Research Institute in Ottawa, found that too much “screen time” could be harming your child's intelligence.

Kids with the sharpest intellects spent less than two hours a day on their cellphones, tablets and computers coupled with 9 to 11 hours of sleep and at least an hour of physical activity. “Too much screen time could be affecting kids' ability to focus, especially if they are switching between apps on a device or between different screens at the same time,” Walsh suggested. “One leading theory is that much time on screens is spent multitasking using multiple apps or devices at once,” he said. “This can interfere with a child's ability to focus and keep interest in a task. It can be damaging the building blocks for good cognition(认知).”

“Sleep is important for brain development, since that's when the brain reorganizes itself and grows,” Walsh added. Besides, exercise has been shown to increase blood flow to the brain and oxygenation of brain tissues, and increases the connectivity of networks in the brain. Too much screen time could lead to a “cascade(瀑布)” effect where kids don't get enough sleep and then are less active during the day. “You can see how

this would have an impact on brain health,” said Walsh.

What should parents do? Walsh advised setting firm rules about the use of screens including how long children are using the screens, the kinds of apps they are using and how many screens they are using at once. Concerned parents also should preview games or apps before letting their children play, seek out more interactive(交互的)options that engage the children's minds, and use parental controls to block or filter the content and limit the screen time.

答案全解全析

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

第一部分 阅读

第一节

◎语篇解读 本文是一篇应用文。主要介绍了参观孙德尔本斯国家公园的理想时间以及公园内有趣的活动。

1.A 推理判断题。根据第一段中的...September to March is the ideal time to come here.可知,9月到次年3月是去孙德尔本斯国家公园的理想时间,A项(12月)正好在这个时间范围内。

2.A 细节理解题。根据 Visit the Mangrove Interpretation Centre 部分的内容可知,红树林解说中心有很多展示野生动植物的海报和展品,游客还可以看到鳄鱼,由此可知,游客在这里可以看到一些动物和植物。

3.D 主旨大意题。通读全文可知,本文主要介绍了参观孙德尔本斯国家公园的理想时间以及公园内有趣的活动,由此可知,作者的写作目的是向游客介绍一些在孙德尔本斯国家公园里可以做的有吸引力的事情。

【高频词汇】 1.situate vt.使位于 2.ideal adj.理想的

3.sightseeing n.观光 4.preserved adj.保藏的 5.famed adj.著名的 6.various adj.各种各样的

长难句分析

原句 April,May and June are too hot while July and August often bring heavy season winds that limit travel and don't make for a very pleasant sightseeing experience.

句意 4月、5月和6月太热了,而7月和8月经常带来强大的季风,这限制了旅行,而且并不能造就一次非常愉快的观光体验。

分析 本句是一个并列复合句。while连接两个并列分句。在第二个并列分句中,that limit travel and don't make for a very pleasant sightseeing experience是定语从句,修饰先行词heavy season winds,而that引导的定语从句中limit和don't make是并列的谓语动词。

B

◎语篇解读 本文是一篇记叙文。作者成为第一个赢得 Project Runway 的大码设计师时身体很胖,互联网上的评论让作者感到难过。后来她意识到不管胖与瘦,她希望每个女人都要爱自己并追逐自己的梦想。

4.B 细节理解题。根据第一段中的...I hoped it would be a moment not only for inclusive fashion, but also for all other fat human beings out there.可知,作者在获奖后希望其他胖人也会分享她的骄傲。故选B。

5.B 细节理解题。根据第一段中的 I got sad and negative and put on more weight. I reached a point where I couldn't climb stairs without losing my breath.可知,作者看到互联网上人们对她的评论后感到消极、悲伤,体重增加了,即她无法控制自己的身体。故选B。

6.A 推理判断题。根据第二段中的 After that I got more judgments, this time from people in the fat group who once supported me. They turned their backs on me and said, “You can’t be body positive and still losing weight.”可知,胖人们在为自己不想减肥找理由,对于作者开始减肥表示不支持、不满意。故选 A。

7.C 推理判断题。本文介绍了作者在得奖后因为肥胖而受到人们的褒贬不一的评价,因此心情一度受到影响,后来她意识到不管胖瘦,健康和对梦想的追求才是最重要的。由此推断这篇文章会出现在报纸的职业栏目。

【高频词汇】 1.single out 单独挑出 2.judgment n.看法 3.go after 追求

长难句分析

原句 In 2015, when I became the first plus-size designer to win Project Runway, I hoped it would be a moment not only for inclusive fashion, but also for all other fat human beings out there.

句意 2015年,当我成为第一个赢得 Project Runway 的大码设计师时,我希望这不仅是包容时尚的时刻,也是那里所有其他肥胖人士的时刻。

分析 本句是一个主从复合句。when I became the first plus-size designer to win Project Runway 是时间状语从句,it would be a moment not only for inclusive fashion, but also for all other fat human beings out there 是宾语从句,其中 not only...but also...连接两个介词短语修饰 moment。

C

◎语篇解读 本文是一篇说明文。最新研究表明,积极的态度可能对患有心脏绞痛的人有帮助。文章呼吁每个人都要微笑面对生活,这是一把打开每个人心灵的钥匙。

8.B 细节理解题。根据第一段中的 But new research from Duke University is making a closer connection, finding that a positive attitude may be helpful to people who have angina 可知,杜克大学的一项新研究发现积极的态度可能对患有心脏绞痛的人有所帮助。故选 B。

9.A 细节理解题。根据倒数第二段中的 his next research question will find ways to improve attitudes among heart patients 可知,Alexander Fanaroff 下一步的研究可能是探讨如何改善患者的态度。

10.B 细节理解题。根据第四段中的 patients who are healthier to begin with are more likely to expect to recover and regain good health 可知,一开始就更健康的患者更可能期望恢复健康并且也更可能恢复良好的健康。即人们的积极态度决定了他们的整体健康状况。故选 B。

11.D 主旨大意题。根据第一段内容可知,杜克大学的最新研究表明,积极的态度可能有助于患有心脏病的人。由此推断 D 项可以作为文章的最佳标题。

【高频词汇】 1.connection n.联系,连接 2.pressure n.压力

3.optimistic adj.乐观的 4.positive adj.积极的 5.expectation n.期望 6.declare v.宣布,声明
7.outcome n.结果

长难句分析

原句 But new research from Duke University is making a closer connection, finding that a positive attitude may be helpful to people who have angina,a common heart condition.

句意 但是杜克大学的一项新研究正在建立更密切的联系,发现积极的态度可能对患有心脏病——心绞痛的人们有益。

分析 本句的主干是 new research from Duke University is making a closer connection,而 finding that a positive attitude may be helpful to people who have angina,a common heart condition 是现在分词短语作状语,其中 that 引导宾语从句,在宾语从句中 who have angina,a common heart condition 是定语从句,修饰先行词 people,a common heart condition 是 angina 的同位语。

D

◎语篇解读 本文是夹叙夹议文。作者感慨现代人将很多时间浪费在手机上,而作者本人也不例外。近来由于作者的智能手机坏了,作者发现使用基本型手机可以让自己更自由、更关注身边的人和事。

12.D 细节理解题。根据第一段中的 take a look around you, and count how many people are using their phones 可知,作者让读者看周围有多少人在使用手机。故选 D。

13.A 推理判断题。根据第三段中的 being underground is difficult for you to get any signal...People were absorbed in playing games, reading articles and listening to music 可推断,在伦敦地铁里,很多人在没有信号的情况下使用手机应用程序玩游戏、读文章和听音乐。故选 A。

14.A 细节理解题。根据第四段中的 And I loved it. I loved being free from the Internet 可知,作者使用基本型手机时感觉很自由,很享受生活。故选 A。

15.D 词义猜测题。根据前两段内容可知,作者和其他人一样会沉溺于手机的各种应用程序中。作者的智能手机被送去维修后,虽然作者很享受使用基本型手机的生活,但是他知道一旦自己的智能手机被修好,他还是会和其他人一样把很多时间用在智能手机上。故选 D 项。

【高频词汇】 1.transport n.交通工具 2.apart from 除.....之外

3.signal n.信号 4.in the meantime 在此期间 5.keep in touch with sb.与某人保持联系

6.constant adj.持续的

7.update n.最新消息 8.surroundings n.周围的事物;环境

长难句分析

原句 I'm not saying that I am not an example of this, but it always amazes me how people can spend so much time on their phones without actually talking to anyone in particular.

句意 我并不是说我不是这方面的一个例子,但总是让我感到惊讶的是,人们怎么可以花这么多时间在他们的手机上,尤其是他们居然不与任何人交谈。

分析 本句是一个并列复合句,but 连接两个并列分句。在第一个并列分句中 that I am not an example of this 是 that 引导的宾语从句;在第二个并列分句中 how 引导宾语从句,其中 without actually talking to anyone in particular 是介词短语作状语。

第二节

◎语篇解读 你感觉到压力了吗?那么唱歌吧。科学证明唱歌是一种简单而有效的减压方式。本文从三个方面介绍了唱歌给人带来的好处。

16.C 空后句子提到这是专门推荐给声带有问题的人和老年人的,句中的 This 应该是指代推荐理由,即唱歌的好处,而且下一段的第一句中的 also 也是提示信息。故判断 C 选项内容符合语境。

17.F 根据本段首句可知,本段强调唱歌对人体姿势的影响,F 选项中的 the position of each body part 和本段首句中的 posture 呼应,而且内容符合语境。故选 F。

18.G 本段介绍的是唱歌有助于减轻抑郁症状,降低压力水平,而本空位于段尾,应该对本段内容起总结、概况作用,由此判断 G 选项内容切题,可以承接上文。故选 G。

19.B 空后内容是建议患有舞台恐惧症的人在现场演出前在家人和朋友面前唱歌,由此推断唱歌有助于不自信的人树立自信。故 B 选项内容符合语境。

20.E 根据空后内容可知,无论是在唱诗班还是在卡拉 OK,花在集体演唱上的时间都能建立起深厚而持久的友谊。故可知唱歌可以扩大人们的朋友圈子,帮助人们交朋友,下文的 friendship 可对应到 E 选项中的 friend,故选 E。

第二部分 语言运用

第一节

◎语篇解读 本文是一篇记叙文。文章讲述了 Bryan 打游戏上瘾后的遭遇。经过挣扎,Bryan

摆脱了电子游戏,并得出结论:把打游戏当作放松的方式,平衡打游戏和锻炼身体才是明智之举。

21.C 根据下文 As Bryan was playing, his mom walked through the room to see what he was doing.可知,Bryan 开始玩游戏。

22.C 根据下文内容可知,Bryan 没有回答妈妈的话,一直目不转睛地盯着电视屏幕。keep one's eyes on 注视,盯着。

23.A 根据下文 He was having trouble moving his fingers.可知,他的手指难以动弹了。由此可知 Bryan 的手开始疼起来了。

24.C 此处指 Bryan 试着伸出手来,但感觉他的手指只是想回缩到控制器上。上下文在意思上构成转折关系,故选 C。

25.D 根据后句内容可知,Bryan 向后仰坐在沙发上,他感觉非常舒服,就好像深深地陷入靠垫里面似的。settle back 向后仰坐。

26.B 根据空前内容可知,他感觉有点渴,但是停下游戏,站起来对他来说太难了。故选 B。

27.D 根据语境可知,Bryan 想到了妈妈说过的话,此处为 what 引导的宾语从句,what 在从句中作宾语。

28.A 根据语境可知,他尝试着集中注意力于他的背部和腿。concentrate on 集中注意力于。

29.D 根据语境可以判断,当他去感觉哪里是身体,哪里是沙发的时候,他却什么都感觉不到。故选 D。

30.A 根据后句的问题 Could he really be turning into a video game controller?可知,Bryan 有点担心了。

31.D 根据语境可知 Bryan 丢掉了遥控器,让自己站起来。

32.A 根据上文 Bryan ran to tell his mom what had happened.可知,Bryan 把自己刚才的遭遇告诉了妈妈,妈妈说幸好电子游戏还没给他的大脑造成伤害。

33.C Bryan 要停下游戏休息一下,去外边走走,由此可知前后是转折关系,instead 相反,代替。

34.B 根据文章内容可知,那天的经历对 Bryan 来说是一个教训。

35.B 结合上文可知 Bryan 打游戏时间太长,以至于自己无法控制自己,成了游戏的奴隶。

【高频词汇】 1.a couch potato 一个成天看电视的人 2.flash v.闪光 3.controller n.控制器
4.stuck adj.动不了,无法移动

第二节

◎语篇解读 本文是一篇说明文,研究发现正常的体重和饮食、定期锻炼、不吸烟以及适度

饮酒都能降低女性生育肥胖孩子的概率。

36.who 考查定语从句。句意:一个体重正常、经常锻炼、饮食健康、不吸烟、适量饮酒的母亲生出肥胖孩子的可能性要小得多。设空处引导非限制性定语从句,从句中缺少主语,先行词为 mother,指人,故填关系代词 who。

37.drinks 考查时态和主谓一致。分析句子结构可知设空处与 has、exercises、eats 和 doesn't smoke 作并列谓语,故用一般现在时。主语为 A mother,故用第三人称单数形式,故填 drinks。

38.to have 考查不定式。be likely to do sth.可能做某事。

39.than 考查介词。句意:研究表明,和先天因素相比,这可能更多地与后天因素有关,因为母亲的生活方式似乎与孩子的健康直接相关。根据空前的 more 判断此处填 than,表示比较。

40.directly 考查副词。修饰过去分词 linked 应该用副词形式。故填 directly。

41.is reduced 考查时态和语态。句意:这项对 24,000 多名儿童进行的研究发现,当母亲和孩子都遵循健康的生活方式时,肥胖的风险甚至会降低更多。根据句意可知此句描述的是客观事实,而且 the risk of obesity 与 reduce 之间是被动关系,所以应该用一般现在时的被动语态。故填 is reduced。

42.to 考查介词。句意:这项研究调查了美国近 17,000 名妇女所生的 24,000 多名 9 到 14 岁的儿童的病史和生活方式。from...to...从.....到.....。

43.being 考查非谓语动词。句意:研究人员研究了母亲的整体健康状况与孩子肥胖的可能性之间的关系。空格处作介词 of 的宾语,故用动名词形式,其中 child 是动名词的逻辑主语。故填 being。

44.activity 考查名词。句意:母亲的健康状况根据身高体重比、饮食、运动量、吸烟情况和饮酒量等因素判断。根据句意可知此处应填名词,表示“运动”,表示抽象意义,为不可数名词,故填 activity。

45.an 考查冠词。句意:正常的体重和饮食、定期锻炼、不吸烟以及适量饮酒都能降低女性生一个肥胖孩子的概率。child 是单数可数名词,此处泛指一个肥胖的孩子,而且 obese 以元音音素开头。故填 an。

【高频词汇】 1.obese adj.肥胖的 2.regularly adv.定期地;有规律地 3.significantly adv.显著地 4.link v.相关联

长难句分析

原句 A mother, who has a healthy weight, exercises regularly, eats a healthy diet, doesn't smoke cigarettes and drinks wine in moderation, is significantly less likely to have a fat child.

句意 一个体重正常、经常锻炼、饮食健康、不吸烟、适量饮酒的母亲生出肥胖孩子的可能性要小得多。

分析 本句是一个主从复合句。句子主干是 A mother is significantly less likely to have a fat child;who has...in moderation 是 who 引导的定语从句,在定语从句中 has、exercises、eats、doesn't smoke 和 drinks 是并列的谓语动词。

第三部分 写作

第一节

One possible version:

Dear David,

I have learned from your email that you want to try smoking as you think it is very cool. As far as I can see,smoking is a bad habit.

It is widely believed that smoking has harmful effects on one's body. It can do terrible damage to your heart,and even cause cancer. Additionally,cigarette smoking will affect the health of your family members.What's worse,you will find it hard to give up once you are addicted to cigarette smoking.

I suggest you live a healthy and active life.You'd better often take part in sports to build you up and develop some healthy hobbies to enjoy life.

Yours sincerely,

Li Hua

第二节

One possible version:

New research has found that excessive“screen time”may negatively affect children's intelligence.(要点 1) It prevents children from focusing and staying interested,thus restricting their cognitive development. (要点 2) Also, it results in inadequate sleep and lack of physical activity, which do harm to the brain health. (要点 3)Accordingly, parents are advised to establish strict regulations concerning the use of screens, monitor the content and limit the screen time.(要点 4)