

全书综合测评

(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

Dance Classes

Ballet

Ballet teaches grace, posture(姿势) and flexibility. Students focus on the use of proper ballet items(物品),expanding their knowledge of classical ballet techniques and improving motor skills for classical ballet practice.The class is a formal ballet class.

Age:8—10

Date:September 7, 2019—May 16, 2020

Time:10:30 am—12:00 am on Saturdays

Creative Movers

Students can explore creative movement, balance, focus, the development of skills, motor planning and balance. The class helps build strength, flexibility and self-confidence, and allows children to realize expression in a positive and encouraging environment. Children use their imagination to celebrate movement and have lots of fun.

Age:3—5

Date:September 7, 2019—January 18, 2020

Time:9:00 am—9:45 am on Saturdays

Jazz

Jazz includes movements from both classical ballet and dance techniques. This class will focus on traditional Jazz dance. Students will be introduced to jazz-style rhythms and movements. In order to ensure proper placement for your child, we invite all students to participate in a sample(示 例) class. Students and parents work with program staff to meet students' personal dance goals.

Age:5—6

Date:September 7, 2019—May 16, 2020

Time:2:00 pm—3:00 pm on Saturdays

Hip Hop

Students will be introduced to several different aspects of hip hop dance including Popping, Locking, Breaking and Tutting in a high-energy environment. Our hip hop instructors are highly knowledgeable and will provide students with a wonderful view of hip hop dance.

Age:7—10

Date:September 7, 2019—May 16, 2020

Time:1:00 pm—2:00 pm on Sundays

1. Which class is suitable for 4-year-old children?

A.Ballet. B.Creative Movers.

C.Hip Hop. D.Jazz.

2.What can students do in the jazz class?

A.Make use of all the ballet items.

B.Learn the long history of jazz.

C.Dance with famous modern jazz dancers.

D.Get to know jazz-style movements.

3.What is special about the hip hop class?

A.It is open in the afternoon.

B.It is available on Sunday.

C.It teaches traditional dances.

D.It has the most skilled teachers.

B

It was the 9th day of Wuhan lockdown(封锁) starting on January 23. My parents left because they had been running fever for several days and they were showing other symptoms of COVID-19.

这是自 1 月 23 日开始的武汉封城的第 9 天。我的父母离开了，因为他们已经发烧好几天了，而且他们出现了新冠肺炎的其他症状。

[symptom=any feeling of illness or physical or mental change that is caused by a particular disease]

The virus, COVID-19, is somehow fearsome because it does not discriminate(区别对待) in choosing who it infects. And if the older

people were infected, the situation could be worse, so I was wondering whether my parents would make it.

新冠病毒在某种程度上是可怕的，因为它在选择感染对象时没有区别对待。如果老年人被感染，情况可能会更糟，所以我想知道我的父母是否能挺过去。 [**somehow=for a reason that is not clear**],[**fearsome=frightening**],[**discriminate=to treat a person or particular group of people differently**],[**infect=to pass a disease to a person, animal, or plant**],[**make it (to the top)=to be very successful**]

On the second day, my parents called and asked me how I was. We talked using FaceTime, and the moment I saw my mom lying there with an oxygen mask and my dad could not talk without breathing heavily, I realized that I had to live on my own.

第二天，我的父母打电话来问我怎么样。我们通过 FaceTime(苹果手机自带的视频聊天软件)聊天，当我看到妈妈带着氧气面罩躺在那里，爸爸说话时呼吸很重，我意识到我必须靠自己生活。

But two weeks later, I got a fever and had to go into quarantine(隔离) to be observed for 14 days. Fortunately, my illness turned out to be not COVID-19.

但两周后，我发烧了，不得不进入隔离观察 14 天。幸运的是，我的病不是新冠肺炎。

[**quarantine=a period of time during which an animal or person that might have a disease is kept away from other people or animals**]

so that the disease cannot spread],[observe=to watch carefully the way something happens],[turn out=to have a particular result, especially an unexpected one]

Everything there was busy, and there seemed to be a shortage of medical staff and materials were in short supply. Even though the doctors and nurses were covered from head to toe, I could see how tired they were when I looked into their bloodshot eyes. Most of the patients were really understanding, but of course there were those who were not, and complained loudly, but all the doctors and nurses tried their best to deal with it in a calming way.

那里的一切都很繁忙，而且似乎缺少医务人员和物资。尽管医生和护士从头到脚都被遮住了，但当我看着他们布满血丝的眼睛时，我能看出他们有多累。大多数病人都很理解，但当然也有人不理解，他们大声抱怨，但所有的医生和护士都尽力以平静的方式处理此事。

[bloodshot =When your eyes are bloodshot, they are red or pink on the white parts.]

When the quarantine was over, every patient thanked the workers for what they had done, but the answer patients received was exactly the same: “That's what we're here for.”

隔离结束后，每个患者都感谢工作人员所做的一切，但患者得到的回答完全一样：“这就是我们这里的目的。” **[exactly=used to emphasize(强调) what you are saying]**

4. When did the author's parents leave her for the hospital?

A. January 23. B. January 30.

C. February 2. D. January 31.

5. What does the underlined phrase “make it” in Paragraph 2 mean?

A. Succeed. B. Join in.

C. Live through.√ **D. Arrive.???**

6. What can we learn according to the passage?

A. Not all the patients understood the doctors and nurses.√

B. Both the author and her parents got infected with COVID-19.???

C. The patients were too tired.

D. The virus infects the older more easily.

7. What may the author think of the medical workers according to the passage?

A. Outgoing. B. Respectable.

C. Impatient. D. Calm.

C

One Canada, Two Languages

Canada is one of the few nations in the world to have two official languages: English and French. There are 10 provinces in the country, but only one of these—Quebec—is known as “French Canada”. This is because it was founded by French explorers while British adventurers discovered the rest.

Canada left the British Empire(英帝国) in 1867 to become an independent country and English and French have been recognized as the official languages ever since.

Most people speak English as their first language and the two national television networks broadcast in English throughout the country. Apart from in Quebec and a few places on the east coast, French television is very rare.

The same goes for traffic signs and menus. For example, outside of Quebec, there are only a few places where you'll see traffic signs in French. In restaurants, it's almost impossible to find French on the menu unless you are in the heartland(中心地带) of French Canada. However, all products sold in Canada must, by law, have labels(标签) and instructions in both languages.

In Canada's English-speaking provinces, official bilingualism means that students can choose to complete a special French language course. Under this program, they are taught most of their subjects in French.

If a student begins the course in kindergarten(幼儿园) or first grade, it is likely that all his lessons will be in French. However, if he starts at junior high school, 25 percent of the teaching will continue to be in English.

8. Which country controlled Canada before its independence?

A. France. B. Britain.

C.America. D.Germany.

9.Where can you watch French television programs?

A.Only in Quebec.

B.In Quebec and a few other places.

C.From the two national television networks.

D.All over Canada.

10.What does the underlined word “bilingualism” in the fifth paragraph mean?

A.外语教育 B.母语教育

C.双语教育 D.语言教育

11.What do we know about the education in Canada?

A.In English-speaking provinces only English courses are offered.

B.If you choose a special French language course, most of the subjects will be taught in French.

C.The courses in primary schools are all taught in English.

D.Most of the courses in junior high schools are taught in English.

D

Running is often tiring and a lot of hard work, but nothing beats the feeling you get after finishing a long workout around the track.

跑步通常很累，也很辛苦，但没有什么能比得上你在跑道上完成长时间锻炼后的感觉。

But while it's long been believed that endorphins (内啡

肽) —chemicals in the body that cause happiness—are behind the so-called “runner's high”, a study suggested that there may be more to this phenomenon than we previously knew.

但是, 尽管人们长期以来一直认为内啡肽——人体内引起幸福感的化学物质——是所谓“跑步者兴奋”的背后原因, 但一项研究表明, 这种现象可能比我们以前所知道的更多。[while=despite the fact that; although],[endorphin=a chemical naturally, released(释放) in the brain to reduce pain, that in large amounts can make you feel relaxed or full of energy],[so-called=used to show that you think a word that is used to describe someone or something is not suitable or not correct],[suggest=to communicate or show an idea or feeling without stating it directly or giving proof],[phenomenon=something that exists and can be seen, felt, tasted, etc., especially something unusual or interesting],[previously=before the present time or the time referred to]

According to a recent study published by a group of scientists from several German universities, a group of chemicals called endocannabinoids[ɪndəʊkənæbrɪ'nɔɪdz](内源性大麻素) may actually be responsible for this familiar great feeling.

根据德国几所大学的科学家最近发表的一项研究, 一组被称为内源性大麻素的化学物质实际上可能是产生这种熟悉的美妙感觉的原因。[responsible=to be the person who caused something to happen,

especially something bad]

To test this theory, the scientists turned to mice. Both mice and humans release high levels of endorphins and endocannabinoids after exercise, along with many other chemicals. After exercising on running wheels, the mice seemed happy and relaxed and displayed no signs of anxiety.

为了验证这一理论，科学家们转向了老鼠。运动后，老鼠和人类都释放出高水平的内啡肽和内源性大麻素，以及许多其他化学物质。在跑步轮上锻炼后，老鼠们看起来很开心，很放松，没有表现出焦虑的迹象。 [**along with=in addition to someone or something else**],[**in addition (to)=as well (as)**],[**anxiety /æŋ 'zaɪəti/ =an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future**]

But after being given a drug to block their endorphins the mice were still happy and relaxed after running. However, when their endocannabinoids were blocked with a different drug, the runner's high symptoms seemed to fade.

但是在给老鼠服用了一种阻断内啡肽的药物后，老鼠在跑步后仍然很开心，也很放松。然而，当他们的内源性大麻素被另一种药物阻断后，跑步者的兴奋症状似乎消失了。 [**block=to prevent movement through something**],[**fade=to lose colour, brightness, or strength gradually**]

“The long-held notion of endorphins being responsible for the runner's high is false. Endorphins are effective pain relievers, but only when it comes to the pain in your body and muscles you feel after working out,” Patrick Lucas Austin wrote on science blog Lifehacker.

“长期以来认为内啡肽是跑步者兴奋的原因的观点是错误的。内啡肽是有效的止痛药，但只有当涉及到锻炼后身体和肌肉的疼痛时，你才会感觉到，”帕特里克·卢卡斯·奥斯汀在科学博客《生活黑客》上写道。[long-held=长期持有的],[notion=a belief or idea],[reliever /ri 'li : və/ =something that makes something unpleasant less strong or less unpleasant]

Similar studies are yet to be carried out on humans, but it's already well known that exercise is a highly effective way to get rid of stress or anxiety.

类似的研究还没有在人类身上进行，但众所周知，锻炼是消除压力或焦虑的一种非常有效的方式。[have yet to=If you have yet to do something, you have not done it.],[carry sth out=to do or complete something, especially that you have said you would do or that you have been told to do],[highly=very, to a large degree, or at a high level],[get rid of sth=to remove or throw away something unwanted],[remove=to take something or someone away from somewhere, or off something]

The U.K.'s National Health Service even prescribes(开药方)

exercise to patients who are suffering from depression.

英国国民健康服务甚至给抑郁症患者开出了锻炼的处方。

[prescribe=(of a doctor) to say what medical treatment someone should have],[depression=the state of feeling very unhappy and without hope for the future]

“Being depressed can leave you feeling low in energy, which might put you off being more active. Regular exercise can boost your mood if you have depression, and it's especially useful for people with mild to moderate(中等的) depression,” it wrote on its website.

“抑郁会让你感到精力低下，这可能会让你不愿进行更多的活动。如果你患有抑郁症，定期锻炼可以改善你的情绪，对轻度至中度抑郁症患者尤其有用，”该组织在其网站上写道。**[put sth off=to decide or arrange to delay an event or activity until a later time or date],[arrange=to plan, prepare for, or organize something],[delay=to make something happen at a later time than originally planned or expected],[originally=first of all(原本, 起初, 原先)],[boost=to improve or increase something],[mild=轻微的],[moderate=中等的]**

It seemed like nothing can beat that feeling we get after a good workout, even if we don't fully understand where it comes from. At least if we're feeling down, we know that all we have to do is to put on our running shoes.

似乎没有什么能比得上我们在一次好的锻炼后得到的那种感觉，

即使我们不完全理解这种感觉的来源。至少如果我们情绪低落，我们知道我们所要做的就是穿上跑鞋。 [**even if=used to say that if something is the case or not, the result is the same**],[**at least=used to reduce the effect of a statement(反正，不管怎样，至少)**]

12.What did scientists from German universities recently discover?

A.Working out is a highly effective way to treat depression.

B.The runner's high could be caused by endocannabinoids.√

C.Endorphins may contribute to one's high spirits after running.

D.The level of endorphins and endocannabinoids could affect one's mood.???

13.For what purpose did the scientists give mice drugs in their experiment?

A.To find what reduces the runner's high symptoms.

B.To see the specific symptoms of the runner's high.???

C.To identify (确定) what is responsible for the runner's high.√

D.To test what influences the level of endocannabinoids released.

14.What does the underlined word “notion” in Paragraph 6 probably mean?

A.Effect. B.Goal.

C.Question. D.Opinion.

15.According to the U.K.'s National Health Service, regular workouts _____.

A. are the best way to treat depression

B. can help ease(/i : z/ 减轻) depression symptoms✓

C. only work for those with serious depression

D. can help people completely recover from depression???

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。

Top Tips for Better Writing

最佳写作技巧

There are many different types of writing, such as essays, letters and speeches. Whatever your style is, there are some universal tips that will help you improve your writing.

有许多不同类型的写作,如散文、信件和演讲。无论你的写作风格如何,都有一些通用的技巧可以帮助你提高写作水平。

[**universal=existing everywhere or involving everyone** 普遍的; 全体的; 共同的]

Be clear about your purpose.

明确你的目的。

The most basic question to ask yourself before you start is why you are writing. In an essay or assignment, your purpose is to convey information and draw conclusions. But if you are writing a business report, you may want to make recommendations(建议). 16F Whatever it

is, keep your purpose in mind at all times to avoid going off your topic.

在你开始写作之前，最基本的问题是你为什么要写作。在论文或作业中，你的目的是传达信息和得出结论。但如果你正在写一份商业报告，你可能会想提出建议。16F 不管是什么，始终牢记你的目标，避免偏离主题。[convey=to express a thought, feeling, or idea so that it is understood by other people 表达，传达（思想、感情或想法）]

Start with a plan.

从一个计划开始。

17 Far too often people write without a plan. The result is often disjointed writing with parts that don't connect. Whatever you are writing, creating a clear plan is the first step to get your message across quickly and in the most effective way.

17 很多时候，人们写作时没有一个计划。这样的结果往往是写作中各部分不连贯。无论你要写什么，制定一个清晰的计划是让你的信息以最快最有效的方式被理解的第一步。[far=very much],[disjointed=(especially of words or ideas) not well connected or well ordered（尤指词语或想法）不连贯的，没有条理的，杂乱无章的]

Guide readers through what you write.

引导读者阅读你所写的内容。

Your task is to help readers understand your message quickly and precisely.18 To do this, it is necessary to show them clearly how the

different parts relate to each other. Each sentence and each paragraph should be relevant to what comes before and what comes after. You should use words and phrases that connected to show these connections.

你的任务是帮助读者快速准确地理解你的信息。 18 要做到这一点，有必要向他们清楚地展示不同部分之间的关系。 每一句话和每一段都应该与前面的内容和后面的内容相关。您应该使用连接的单词和短语来显示这些连接。 [**relate to sb=to understand someone and be able to have a friendly relationship with them** 理解（某人）；体恤（某人）],[**relevant=connected with what is happening or being discussed** 有关的；相关联的；切题的]

19 Write for readers, not for yourself. A√ ~~19 Write for the aim, not for the words.~~ B???

19 为读者而写，而不是为你自己。 A√ ~~19 为目标而写，而不是为文字而写。~~ B???

Your aim in writing is to communicate ideas and information to other people, and you must keep that in mind with every word and sentence you write. Constantly ask yourself who you really write the information for.

你写作的目的是与他人交流思想和信息，你写的每一个单词和句子都必须记住这一点。不断地问自己这些信息是写给谁的。

[**constantly=all the time or often** 总是；经常地，不断地]

Write for the ear, not for the eye.

写东西是为了听，不是为了看。

Once you've finished a draft of your speech, practice reading it out loud. 20 You'll hear anything that sounds awkward. Revise so you are more comfortable giving your speech. You want to sound natural, no matter what the occasion is.

一旦你完成了演讲稿的草稿，练习大声朗读。20 你会听到任何听起来很尴尬的事情。修改一下，这样你在演讲时就会更舒服。无论在什么场合，你都要让自己的话听起来自然一些。 [**occasion=a particular time, especially when something happens or has happened** (尤指某事发生的) 时刻，时候]

- A. Write for readers, not for yourself.
- B. Write for the aim, not for the words.
- C. It sounds robotic, and employers hate it.
- D. Far too often people write without a plan.
- E. You'll hear anything that sounds awkward.
- F. Whatever it is, keep your purpose in mind at all times to avoid going off your topic.
- G. To do this, it is necessary to show them clearly how the different parts relate to each other.

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 like growing kinds of plants. Once, I planted two seeds(种子) side by side in the soil in my backyard. The first seed said, “I want to 21grow! I want to send my roots deep into the soil, and 22try to come up. I want to feel the 23warmth of the sun on my face!” and it grew. The second seed said, “I am scared. If I send my roots into the 24ground below, I don't know what I will meet in the dark. If I 25push my way through the hard soil, I may damage my small sprouts(芽). What if a small child may 26pull me up from the ground? No, it is much better for me to wait until safe.” A hen walking around for 27food found the waiting seed and right away ate it.

我喜欢种各种各样的植物。有一次,我把两颗种子并排种在后院的土壤里。第一颗种子说:“我要 21 成长!”我想把根深深扎入土壤, 22 试着往上长。我想感受阳光照在脸上的 23 温暖!然后它就长大了。第二颗种子说:“我很害怕。如果我把根深扎入 24 地下,我不知道黑暗中会遇到什么。如果我在坚硬的土壤中 25 前进,可能会损坏我的小芽。如果一个小孩子把我从地上 26 拔起来怎么办?不,我最好等到安全的时候再说。”一只四处觅 27 食的母鸡发现了等待着的种子,立刻把它吃掉了。

I sometimes 28ask myself—what if I stop focusing on the 29worst and go for the best? Most people can do unusual things 30if

they have the confidence to take a risk. 31However, most people don't. There are lots of people sitting on the sofa saying: I'm going...They will do it when they are rich and when they get married.

我有时会 28 问自己, 如果我不再把注意力放在 29 最坏的事情上而转向最好的事情呢? 30 如果有信心去冒险, 大多数人都能做不寻常的事情。 31 然而, 大多数人不会。很多人坐在沙发上说:我要去……等他们有钱了或者结婚了, 他们就会这么做。

The 32truth is that your life can never be perfect. Stay away from the sofa sitters who are waiting for a single perfect day to begin 33realizing their dreams.

32 事实是, 你的生活永远不会完美。远离坐在沙发上的人, 他们正在等待一个完美的日子来开始 33 实现他们的梦想。

Believe in yourself and know you can do 34anything! However, those who refuse to take the 35risk get controlled by life finally.

相信自己, 你能做 34 任何事情! 然而, 那些拒绝冒 35 险的人最终被生活所控制。

21. A. improve B. hide C. grow D. leave

22. A. dare B. try C. agree D. refuse

23. A. warmth B. kindness C. energy D. position

24. A. farm B. ground C. rock D. sand

25. A. lose B. push C. find D. change

26. A. pull B. put C. make D. lift

27.A.fun B.company C.food D.exercise

28.A.remind B.call C.ask D.punish

29.A.worst B.best C.hardest D.safest

30.A.until B.if C.since D.though

31.A.Again B.Therefore

C.However D.Besides

32.A.news B.question C.truth D.message

33.A.collecting B.realizing

C.breaking D.sharing

34.A.anything B.nothing C.neither D.both

35.A.advantage B.risk

C.time D.order

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。

Have you ever heard of Li Ziqi? She is 36a famous vlogger(视频博主) 37living (live) in a village in Sichuan, China. Her videos 38are (be) popular among people around the world. [**37 现在分词短语作后置定语**]

你听说过李子柒吗?她是 36 一个著名的视频博主, 37 住在中国四川的一个村庄。她的视频在世界各地的人们中很 38 受欢迎。

In her videos, Li makes everything, from paper 39to cloth,

dresses and even a sofa, with her own hands.

在她的视频中，从纸39到布，从衣服到沙发，她都是用自己的双手制作的。

Professor Li Jinzhao from Beijing Foreign Studies University spoke 40highly (high) of her videos. She 41thought (think) the videos were pleasing to the eye of her audience. “It is really 42relaxing (relax) to watch her making things,” she added.

来自北京外国语大学的李金朝教授对她的视频给予了 40 高度评价。她 41 认为这些视频取悦了她的观众。“看着她做东西真的很 42 放松，”她补充说。

Many people want to know 43why Li Ziqi is so popular. Professor Li explained that people 44who/that live in modern life feel anxious about the world and they want to live a quiet and natural life. [44who/that 引导定语从句，并在从句中作主语]

很多人想知道李子柒 43 为什么这么受欢迎。李教授解释说，生活在现代生活中 44 的人对世界感到焦虑，他们想过一种安静、自然的生活。

“What Li shows in her videos provides an interesting and creative way 45to look (look) at ordinary life in villages. We should learn from her positive attitude towards life,” Professor Li said.

“李在视频中展示的内容提供了一种有趣而富有创意的方式，让人们 45 了解农村的日常生活。我们应该学习她对生活的积极态度，”

李教授说。

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)

假设你是李华,你的好朋友苏珊前不久随父母去了美国,她写信告诉你她不适应美国的校园生活,感到孤独。请你根据以下要点用英语给她写一封电子邮件。

- 1.学好英语,增加交流机会;
- 2.多交朋友,友情会使人忘记孤独;
- 3.积极参加各种活动,使自己的生活更加有趣。

注意:

- 1.词数 80 左右;
- 2.开头和结尾已给出,不计入总词数;
- 3.可适当增添细节,以使行文连贯。

Dear Susan,

I'm sorry to hear that you are having trouble adapting to your new school life in America. I think my advice can be of help to you.

听说你在适应美国新的学校生活方面有困难,我很难过。我想我的建议对你有帮助。

Firstly, you should work hard at English, which can give you more opportunities to communicate with others. Secondly, why not make some

friends? They can help you to know more about America, and friendship can help you to forget your loneliness. Thirdly, it is a good idea to take an active part in various activities, which will help to make your life more interesting. By doing this, you will be happier with your new life soon.

首先,你应该努力学习英语,这可以给你更多的机会与他人交流。第二,为什么不交些朋友呢?他们可以帮助你更多地了解美国,友谊可以帮助你忘记孤独。第三,积极参加各种活动是个好主意,这将有助于使你的生活更有趣。通过这样做,你很快就会对你的新生活感到更快乐。

I hope you will find these ideas useful.

我希望你会发现这些想法很有用。

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。

The Merediths lived in a small community. As the economy was in decline, some people in the town had lost their jobs. Many of their families were struggling to make ends meet. People were trying to help each other meet the challenges.

梅雷迪思一家住在一个小社区里。由于经济衰退,镇上有些人失业了。他们的许多家庭都在努力维持收支平衡。人们试图互相帮助,

迎接挑战。

Mrs. Meredith was a most kind and thoughtful woman. She spent a great deal of time visiting the poor. She knew they had problems, and they needed all kinds of help. When she had time, she would bring food and medicine to them.

梅雷迪斯太太是一位非常善良体贴的女人。她花了很多时间看望穷人。她知道他们有问题，需要各种帮助。当她有时间的时候，她会给他们带来食物和药品。

One morning she told her children about a family she had visited the day before. There was a man sick in bed, his wife, who took care of him and could not go out to work, and their little boy. The little boy—his name was Bernard—had interested her very much.

一天早上，她告诉她的孩子们她前一天拜访了一个家庭。有一个人卧病在床，他的妻子照顾他，不能出去工作，还有他们的小男孩。那个名叫伯纳德的小男孩使她非常感兴趣。

“I wish you could see him,” she said to her own children, John, Harry, and Clara. “He is such a help to his mother. He wants very much to earn some money, but I don't see what he can do.”

“我希望你能见到他，”她对自己的孩子约翰、哈利和克拉拉说。他是他母亲的好帮手。他很想挣点钱，但我看不出他能做什么。”

After their mother left the room, the children sat thinking about Bernard. “I wish we could help him to earn money,” said Clara. “His

family is suffering so much.”

母亲离开房间后，孩子们坐在那里想着伯纳德。“我希望我们能帮助他挣钱，”克拉拉说。“他的家人很痛苦。”

“So do I,” said Harry. “We really should do something to assist them.”

“我也是，”哈利说。“我们真的应该做点什么来帮助他们。”

For some moments, John said nothing, but, suddenly, he sprang to his feet and cried, “I have a great idea! I have a solution that we can all help accomplish(完成).”

有一段时间，约翰什么也没说，但是，突然，他站了起来，喊道：

“我有一个好主意！我有一个我们都可以帮助完成的解决方案。”

[spring=to move quickly and suddenly towards a particular place 跳，跃，蹦]

The other children also jumped up all attention. When John had an idea, it was sure to be a good one. “I tell you what we can do,” said John. “You know that big box of corn Uncle John sent us? Well, we can make popcorn(爆米花), and put it into paper bags, and Bernard can take it around to the houses and sell it.”

其他孩子也全神贯注地跳了起来。约翰有了一个主意，肯定是个好主意。”“我告诉你我们能做什么，”约翰说。“你们知道约翰叔叔送我们的那大盒玉米吗？嗯，我们可以做爆米花，然后把它装进纸袋，伯纳德可以把它带到各家各户去卖。”

注意:续写词数应为 150 左右。

Paragraph 1:

When Mrs. Meredith heard of John's idea, she thought it was a good one, too. So, they went to the local supermarket together. They bought a bag of corn and some special bags for popcorn. When they got home, they made a lot of popcorn and put it in the special bags. With the popcorn, they went to Bernard's home. They told Bernard how to sell the popcorn. Bernard and his parents were very grateful. And the Merediths also felt very happy to help this family.

梅雷迪斯太太听说约翰的主意时，也认为是个好主意。于是，他们一起去了当地的超市。他们买了一袋玉米和一些爆米花专用袋。当他们到家时，他们做了很多爆米花并把它放在特殊的袋子里。他们带着爆米花去了伯纳德的家。他们告诉伯纳德如何卖爆米花。伯纳德和他的父母非常感激。梅雷迪思一家也很乐意帮助这个家庭。

Paragraph 2:

With everything ready, Bernard started out on his new business. He took the popcorn around to the houses and sold all his popcorn. He earned a lot of money. Then, he wanted to be self-dependent. Therefore, he asked Mrs. Meredith to teach him how to make popcorn. After that, not only did he sell popcorn, but he also added cream and salt to the popcorn to make it taste better. Bernard grew up to be a remarkable man. He did not forget the help of the Merediths, and he also did what he could to help those in

need.

一切准备就绪后，伯纳德开始了他的新事业。他把爆米花带到各家各户，卖掉了所有的爆米花。他赚了很多钱。然后，他想自力更生。因此，他请梅雷迪斯夫人教他如何制作爆米花。之后，他不仅卖爆米花，还往爆米花里加了奶油和盐，使其味道更好。伯纳德长成了一个了不起的人。他没有忘记梅雷迪思一家的帮助，他也尽力帮助那些需要帮助的人。

答案全解全析

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

第一部分 阅读

第一节

A

◎语篇解读 本文是一篇应用文,主要介绍了几门舞蹈课。这些课程适合不同年龄段的孩子,孩子们可以根据自己的喜好选择自己喜欢的课程。

1.B 细节理解题。根据 Creative Movers 中的 Age:3—5 可知,Creative Movers 这门课适合四岁的孩子。故选 B 项。

2.D 细节理解题。根据 Jazz 中的 Students will be introduced to jazz-style rhythms and movements.可知,学生们在 Jazz 课中可以了解爵士风格的舞蹈动作。故选 D 项。

3.B 细节理解题。根据文中提及的 Ballet(10:30 am—12:00 am on Saturdays), Creative Movers(9:00 am—9:45 am on Saturdays), Jazz(2:00 pm—3:00 pm on Saturdays), Hip Pop(1:00 pm—2:00 pm on Sundays)可知其他三门舞蹈课都是在星期六上课,而 Hip Hop 课是在星期天上课,这是它独特的地方。故选 B 项。

【高频词汇】 1.flexibility *n.* 灵活性 2.expand *v.* 扩展;扩大
3.classical *adj.* 经典的;古典的;传统的 4.formal *adj.* 正式的 5.rhythm *n.* 节奏
6.participate in 参加 7.staff *n.* 员工;全体职员 8.instructor *n.* 导师,教练
9.knowledgeable *adj.* 博学的;知识渊博的

B

◎语篇解读 本文是一篇记叙文。在武汉疫情期间,作者的父母被感染,本人也因发烧而被隔离,在隔离时他看到医护人员的付出,对医护人员的敬业精神感到由衷的敬佩。

4.D 细节理解题。根据第一段中的“*It was the 9th day of Wuhan lockdown(封锁) starting on January 23. My parents left because...*”可知,武汉在1月23日封城,作者的父母离开去住院是在封城的第9天,应该是1月31日。故选 D 项。

5.C 词义猜测题。根据第二段中的“*And if the older people were infected, the situation could be worse, so I was wondering whether my*

parents would make it.”可知,老年人感染了病情况会更糟糕,所以应该是担心是否能从疾病中活下来。故选 C 项。

6.A 细节理解题。根据第五段中的“Most of the patients were really understanding, but of course there were those who were not, and complained loudly”可知,并不是所有的病人都理解医生和护士。故选 A 项。根据第四段最后一句“Fortunately, my illness turned out to be not COVID-19.”可知,作者的病被证明不是 COVID-19,所以 B 项说法不正确。根据第五段第二句“Even though the doctors and nurses were covered from head to toe, I could see how tired they were when I looked into their bloodshot eyes.”可知文中说的是医护人员的劳累,而不是病人,故 C 选项错误。根据第二段第一句“The virus, COVID-19, is somehow fearsome because it does not discriminate(区别对待) in choosing who it infects.”可知这种名为 COVID-19 的病毒之所以可怕,是因为它在选择感染对象时不会区别对待,所以 D 项说法不正确。

7.B 推理判断题。根据第五段中的“I could see how tired they were...Most of the patients were really understanding, but of course there were those who were not, and complained loudly, but all the doctors and nurses tried their best to deal with it in a calming way.”(我能看出来他们有多累……大多数病人很善解人意,当然也有不理解,大声抱怨的,但所有的医生和护士都尽力以平静的方式处理。)以及最后一段“When the quarantine was over, every patient thanked the workers for what they had done, but the answer patients received was exactly the same:‘That’s

what we're here for.”(隔离结束后,每个病人都感谢工作人员为他们所做的一切,但他们得到的回答却是完全一样的:“这就是我们在这里的目的。”)可知,作者认为这些医护人员是值得尊敬的。故选 B 项。

【高频词汇】 1.symptom *n.* 症状 2.somehow *adv.* 以某种方式;不知怎么地 3.infect *v.* 感染;传染 4.make it 幸免于难;渡过难关;准时到达;获得成功 5.shortage *n.* 缺乏;缺少;不足
6.understanding *adj.* 善解人意的 7.complain *v.* 抱怨

长难句分析

原句 We talked using FaceTime, and the moment I saw my mom lying there with an oxygen mask and my dad could not talk without breathing heavily, I realized that I had to live on my own.

分析 本句为由第一个 and 连接的并列复合句。前一个分句中 using FaceTime 为现在分词短语作方式状语。后一个分句中 the moment I saw my mom lying there with an oxygen mask and my dad could not talk without breathing heavily 是 the moment 引导的时间状语从句,I realized that I had to live on my own 为其对应的主句,其中 that I had to live on my own 为宾语从句,作 realized 的宾语。

句意 我们用 FaceTime 聊天,当我看到妈妈戴着氧气面罩躺在那里,爸爸只能喘着粗气说话时,我意识到我必须独自生活了。

C

◎语篇解读 本文是一篇说明文。文章介绍了加拿大拥有两种官方语

言的原因,还讲述了加拿大的两种官方语言法语和英语在文化传播、交通、日常生活以及教育方面的应用的特点及差异。

8.B 细节理解题。由文章的第二段中的 Canada left the British Empire(英帝国) in 1867 to become an independent country 可知,加拿大在 1867 年摆脱英帝国的控制,成为一个独立的国家,故选 B。

9.B 细节理解题。由文章第三段中的 Apart from in Quebec and a few places on the east coast, French television is very rare.可知,除了加拿大的魁北克和少数地区之外你很难看到法语节目。故选 B。

10.C 词义猜测题。根据文章第五段可知在加拿大讲英语的省份,学生可以选择完成一门特殊的法语课程。在这个项目中,他们的大部分课程都是用法语教授的,即官方认可英语和法语两种语言,可以推测 bilingualism 意为“双语”。通过全文理解也可知加拿大的双语教育独具特色,故选 C。

11.B 细节理解题。由文章第五段 In Canada's English-speaking provinces, official bilingualism means that students...subjects in French.可知在这个项目中,他们的大部分课程是用法语教授的,在加拿大讲英语的省份,官方双语意味着学生可以选择完成一门特殊的法语课程,可知 A 选项错误,B 项正确。由最后一段第一句 If a student begins the course in kindergarten(幼儿园)or first grade, it is likely that all his lessons will be in French.可知,如果一个学生在幼儿园或一年级开始这门课程,那么他的所有课程很可能都是用法语上,所以 C 项错误。由最后一段最后一句 However, if he starts at junior high school, 25 percent

of the teaching will continue to be in English.可知,如果在中学开始这个课程,25%的教学将继续用英语,所以 D 选项错误。

【高频词汇】 1.official *adj.* 官方的;正式的 2.found *v.* 建立
3.independent *adj.* 独立的 independence *n.* 独立 4.broadcast *v.* 广播
5.apart from 除了…… 6.rare *adj.* 罕见的;稀少的
7.instructions *n.* 用法说明的;操作指南 8.complete *v.* 完成

D

◎语篇解读 本文是一篇说明文。文章讲述了跑步通常是很累的,但跑完后感觉会很好。研究表明内源性大麻素可能是产生这种愉快感觉的真正原因。

12.B 细节理解题。由第三段可知,德国几所大学的科学家最近发现一组名为内源性大麻素的化学物质可能是这种熟悉的极好感觉的真正原因,即跑步者的兴奋可能是由内源性大麻素引起的。故选 B 项。A 项“健身是治疗抑郁症的一种非常有效的方法”,这不是德国的大学的科学家的研究发现,故不符合题意;C 项“内啡肽有助于跑步后情绪高涨”,根据第二段可知,这是以前人们所持有的观点,并非德国的大学的科学家的研究发现,故不符合题意;D 项“内啡肽和内源性大麻素的水平会影响一个人的情绪”,根据第六段内容可知内啡肽只是缓解疼痛,不会影响情绪,所以 D 项错误。

13.C 推理判断题。由第三段和第四段第一句“To test this theory, the scientists turned to mice.”可知,科学家发现跑步者的兴奋可能是由内源性大麻素引起的,为了验证这个发现,科学家才用老鼠做实验,即为了

找出跑步者兴奋的原因。故选 C 项。A 项“为了发现什么减少了跑步者兴奋的症状”;B 项“为了看到跑步者兴奋的具体症状”;D 项“为了测试是什么影响内源性大麻素的释放水平”。

14.D 词义猜测题。由第二段可知人们之前很长时间都认为内啡肽导致跑步者兴奋,而最新研究发现这一观点是错误的,结合第六段可知 notion 表示“观点”。故选 D 项。

15.B 细节理解题。由倒数第二段中的 Regular exercise can boost your mood if you have depression, and it's especially useful for people with mild to moderate(中等的) depression 可知定期锻炼身体有助于缓解抑郁症状。故选 B 项。A 项“是治疗抑郁症的最好的办法”,文中并未说明;C 项“只是对那些严重的抑郁症起作用”与倒数第二段中的 especially useful for people with mild to moderate(中等的)depression 不符;D 项“可以帮助人们从抑郁症中完全恢复”,文中只是说可以缓解,并没有说可以使人们从抑郁症中完全恢复。

【高频词汇】 1.phenomenon *n.*现象 2.be responsible for...作为.....的原因;对.....负责 3.release *v.*释放;发行;公布
4.block *v.*阻止;阻塞 5.fade *v.*逐渐消失;褪去 6.work out 锻炼;计算出;解决 7.carry out 完成;实行,执行 8.effective *adj.*有效的 9.get rid of 摆脱,丢弃,扔掉 10.boost *v.*促进;增加

长难句分析

原句 But while it's long been believed that endorphins (内啡肽)—chemicals in the body that cause happiness—are behind the

so-called “runner's high”, a study suggested that there may be more to this phenomenon than we previously knew.

分析 本句为主从复合句。while it's long been believed that...“runner's high”为 while 引导的让步状语从句,其中 it 为形式主语, that...“runner's high”为主语从句作真正的主语, chemicals in the body that cause happiness 为 endorphins 的同位语,其中 that 引导定语从句,修饰先行词 chemicals;a study suggested that...knew 为主句,其中 that there may be more to this phenomenon than we previously knew 为宾语从句,作 suggested 的宾语,than 引导比较状语从句。

句意 但是,虽然长期以来人们一直认为内啡肽——体内的能带来快乐的化学物质——是所谓的“跑步者快感”产生的原因,但一项研究表明,这种现象可能比我们之前知道的还要有更多的原因。

第二节

◎语篇解读 本文是一篇说明文,作者就如何提高写作水平提出了几点可行的建议。

16.F 本段小标题是 Be clear about your purpose.(明确你的目的)。本段先列举了两个例子,强调要明确写作的目的,F 选项“不管是什么,时刻牢记你的写作目的,避免偏离你的主题。”符合本段的大意。故选 F 项。

17.D 本段小标题是 Start with a plan.(从一个计划开始)。D 项“人们写东西往往不拟提纲。”和设空处后一句 The result is often disjointed writing with parts that don't connect.(结果往往是写作杂乱无章,各部分

不连贯。)是因果关系。故 D 项切题。

18.G 由设空处前一句可知写文章的人的任务是帮助读者快速而又准确地了解自己想传达的信息。G 选项“为此,有必要向他们清晰地展示各个不同的部分之间是如何联系的”是对前句的说明。故 G 项切题。

19.A 本题考查本段落的大意,要选择小标题。根据本段第一句中的 Your aim in writing is to communicate ideas and information to other people 以及最后一句 Constantly ask yourself who you really write the information for.可知,A 项“为读者写而不是为你自己。”切题。故选 A 项。

20.E 根据前句 Once you've finished a draft of your speech, practice reading it out loud.(一旦你完成了你演讲的草稿,练习大声把它读出来。)以及后句 Revise so you are more comfortable giving your speech.(进行修改,如此你发表你的演讲时就能更应付自如。)可知,E 项“你会听出任何令人尴尬的地方。”切题。

【高频词汇】 1.convey v.表达,传递;运输,传送 2.draw conclusions 得出结论 3.get sth. across 把.....讲清楚;被理解;被传达
4.relevant adj.紧密相关的;切题的 5.keep...in mind 将.....记在心中
6.constantly adv.不断地 7.revise v.修改;复习
8.occasion n.重大场合;时候,场景 9.awkward adj.令人尴尬的;难对付的 10.relate to...与.....相关

第二部分 语言运用

第一节

◎语篇解读 本文是一篇记叙文。作者种了两颗种子,一颗种子敢于冒险,破土生长,而另一颗种子担忧未来,在等待的过程中被母鸡吃掉了。由此,作者感悟到:要相信自己,那些拒绝冒险的人最终会被生活控制。

21.C 根据下文的 **and it grew**(它成长了)可知,此处指第一颗种子想要成长(**grow**)。improve 提升,改善;hide 躲藏;leave 离开。

22.B 根据前文的 **I want to send my roots deep into the soil** 可知,第一颗种子想要把根深埋在土壤里,再由后文的 **come up** 可知此处表示努力。**try to do sth.**努力做某事。**dare** 敢于;**agree** 同意;**refuse** 拒绝。

23.A 根据上文可知,第一颗种子想要生根发芽,因此此处指想要感受阳光照在脸上的温暖(**warmth**)。kindness 善良;energy 能量;position 地位。

24.B 根据下文 **I don't know what I will meet in the dark** 可知,第二颗种子认为如果把根扎入地(**ground**)下,不知道在黑暗中会遇到什么。**farm** 农场;**rock** 岩石;**sand** 沙子。

25.B 根据语境可知种子在土壤里生长是要推着(**push**)土向上长。**push one's way** 是固定搭配,意为“挤出去,挤着前进”。lose 迷失;find 发现;change 改变。

26.A **What if...?**意为“假使.....将会怎样?”由下文的 **from the ground** 可知,第二颗种子担心它自己被小朋友从土地里拉(**pull**)出来。**put** 放置;**make** 制作;**lift** 举起。

27.C 根据下文的 **and right away ate it** 可知,母鸡把它吃掉了,所以母

鸡是在找食物(food),故选 C。fun 乐趣;company 陪伴;exercise 锻炼。

28.C 根据空后的 what if I stop focusing on...for the best? 可知,作者是在问(ask)自己。remind 提醒;call 呼叫;punish 惩罚。

29.A 根据前面的 stop 和空后的 go for the best 可知,此处表示不再关注最坏的(worst)情况,而是去追求最好的结果,故选 A。best 最好的;hardest 最难的;safest 最安全的。

30.B 句意:大多数人可以做不寻常的事,如果他们有信心冒险。结合句意可知,此处应用 if 引导条件状语从句。until 直到.....为止;since 因为;though 尽管。

31.C 句意:然而,大多数人并没有。根据上一句 Most people can do...和空后的 most people don't 可知,前后句语义上是转折关系。again 又一次;therefore 因此;besides 此外。

32.C 句意:事实是你的生活永远不可能是完美的。根据语境可知,使用 truth(事实)符合语境。news 消息;question 问题;message 信息。

33.B 根据上文的 They will do it when they are rich and when they get married.和本空所在的句子可知,此处指坐等完美的一天来开始实现他们的梦想。realize dreams 意为“实现梦想”。collect 收集;break 打破;share 分享。

34.A 根据 Believe in yourself 可知,要相信自己,所以此处指能做任何事(anything)。nothing 没有什么;neither 两者都不;both 两者都。

35.B 倒数第三段谈到了有信心冒险的人会做不寻常的事,而此处说那些拒绝冒险(risk)的人最终会被生活控制。advantage 优势,有利条

件;time 时间;order 指示,命令。

【高频词汇】 1.come up 长出地面;升起;发生;被提及;即将发生
2.right away 立刻,马上 3.focus on 特别关注;集中精力 4.take a risk
冒险 5.stay away from...远离.....

第二节

◎语篇解读 本文是一篇说明文。文章介绍了居住在中国四川的一个村庄里的一名著名的视频博主——李子柒。

36.a 考查冠词。句意:她是住在中国四川的一个村庄里的一名著名的视频博主。名词 vlogger 为可数名词,此处表示泛指。故填 a。

37.living 考查现在分词。句意见上题。live 与 vlogger 之间为主动关系,所以此处应用现在分词 living,构成现在分词短语作后置定语。

38.are 考查动词的时态和主谓一致。句意:她的视频受世界各地的人的欢迎。结合上一句的时态及本段语境可知,此处应用一般现在时。主语 videos 为复数,所以谓语动词用 are。

39.to 考查介词。句意:在她的视频中,从纸到布、衣服甚至是沙发,李子柒什么都是自己动手做的。from...to...从.....到.....。故填 to。

40.highly 考查副词。句意:来自北京外国语大学的李金钊教授对她的视频给予了高度评价。speak highly of...高度评价.....。故填 highly。

41.thought 考查动词的时态。句意:她认为这些视频让她的观众赏心悦目。分析句子结构可知,设空处为主句谓语动词,根据从句时态可知此处应用一般过去时,故填 thought。

42.relaxing 考查形容词。句意:“看着她做东西真的很让人放松,”她补

充道。分析句子结构可知,句中 It 为形式主语,真正的主语为不定式短语 to watch her making things。故填 relaxing,意为“令人放松的”。

43.why 考查宾语从句。句意:很多人想知道为什么李子柒这么受欢迎。分析句子结构可知,设空处引导宾语从句,根据句意可知,从句中缺少原因状语。故填 why。

44.who/that 考查定语从句。句意:李教授解释说活在现代生活中的人们对这个世界感到焦虑,并且他们想过一种安静的、自然的生活。分析句子可知,设空处引导定语从句,先行词为 people,指人,关系词在从句中作主语,故填 who 或 that。

45.to look 考查动词不定式。句意:李(子柒)在她的视频中展示的内容提供了一种有趣且富有创意的看待乡村普通生活的方式。分析句子可知设空处作后置定语,修饰 way。故填 to look。

【高频词汇】 1.pleasing *adj.*令人愉快的;讨人喜欢的

2.anxious *adj.*焦虑的 3.creative *adj.*有创造性的 4.positive *adj.*积极的 5.attitude towards...对.....的态度

长难句分析

原句 Professor Li explained that people who/that live in modern life feel anxious about the world and they want to live a quiet and natural life.

分析 该句为主从复合句。句中第一个 that 引导的是宾语从句,作 explained 的宾语;在该宾语从句中,and 连接两个并列的分句,前一个分句中含有 who/that 引导的定语从句,修饰先行词 people。

句意 李教授解释说活在现代生活中的人们对这个世界感到焦虑,并

且他们想过一种安静的、自然的生活。

第三部分 写作

第一节

One possible version:

Dear Susan,

I'm sorry to hear that you are having trouble adapting to your new school life in America. I think my advice can be of help to you.

Firstly, you should work hard at English, which can give you more opportunities to communicate with others. Secondly, why not make some friends? They can help you to know more about America, and friendship can help you to forget your loneliness. Thirdly, it is a good idea to take an active part in various activities, which will help to make your life more interesting. By doing this, you will be happier with your new life soon.

I hope you will find these ideas useful.

Yours,

Li Hua

第二节

写作指导		
故事要素	Character	Mrs. Meredith; her three children: John, Harry and Clara, Bernard
	Place	In a small community.
	Time	When the economy was in decline.

	What	The Merediths tried their best to help the little boy Bernard, whose family was suffering a lot from the decline, to earn money.
情节	Beginning	善良体贴的 Meredith 太太把大部分时间用于拜访穷人,一天她拜访了 Bernard 一家。
	Development	Meredith 太太把 Bernard 家的情况告诉了她的三个孩子,这些孩子想出了一个办法来帮助 Bernard。
续写方向	Para. 1	<p>When Mrs. Meredith heard of John's idea, she thought it was a good one, too.</p> <p>(1)What did the Merediths do about the idea? (2)Did they succeed in making popcorn? (3)Did they give the popcorn to Bernard? (4)What was the reaction of Bernard's family?</p>
	Para. 2	<p>With everything ready, Bernard started out on his new business.</p> <p>(1)Did Bernard sell the popcorn out? (2)What did Bernard do after selling out the popcorn? (3)What influence did the Merediths have on Bernard?</p>

One possible version:

Paragraph 1:

When Mrs. Meredith heard of John's idea, she thought it was a good one, too. So, they went to the local supermarket together. They bought a bag of corn and some special bags for popcorn. When they got home, they made a lot of popcorn and put it in the special bags. With the popcorn, they went to Bernard's home. They told Bernard how to sell the popcorn. Bernard and his parents were very grateful. And the Merediths also felt very happy to help this family.

Paragraph 2:

With everything ready, Bernard started out on his new business. He took the popcorn around to the houses and sold all his popcorn. He earned a lot of money. Then, he wanted to be self-dependent. Therefore, he asked Mrs. Meredith to teach him how to make popcorn. After that, not only did he sell popcorn, but he also added cream and salt to the popcorn to make it taste better. Bernard grew up to be a remarkable man. He did not forget the help of the Merediths, and he also did what he could to help those in need.