

## Unit 1 The secrets of happiness

### 关键能力达标测试卷

一、A篇 本文主要讲述了 Jose 原本是一个学习很好的男孩,但是自从他沉迷于电脑游戏后就常常上课迟到,于是他的父母带着他去了祖父的农场,经过祖父的劝解后,Jose 终于想明白了一分耕耘一分收获的道理。

1. B 【解析】细节理解题。根据第一段中的“*He was always late for classes. Soon his parents got a phone call from the school.*”可知,Jose 的父母接到学校的电话是因为他上课总是迟到,故选 B。

2. B 【解析】细节理解题。根据第三段中的“*The next weekend, they took him to visit his grandfather.*”可知,第二个周末,Jose 的父母带着他去了祖父家,故选 B。

3. B 【解析】细节理解题。根据第三段中的“*His grandfather works in a farm. He grows vegetables, cotton, corn and many other crops.*”可知,他的祖父是一位农民,故选 B。

4. C 【解析】推理判断题。根据最后两段“*He stopped and looked at his grandson. ‘For you, it’s the same,’ he said. ‘I don’t want you to become a man who misses the season for planting.’ Jose learned a good lesson from his grandfather.*”可推测,听了爷爷的话,Jose 可能会努力学习。故选 C。

5. C 【解析】最佳标题题。根据最后一段中的“*Jose learned a good lesson from his grandfather.*”并通读全文可知,本文主要讲述了男孩 Jose 从自己的祖父那里了解到一分耕耘一分收获的道理。故选 C。

B 篇 本文是一篇记叙文,通过作者与女儿 Wendy 的对话,引出了对“幸福”这一主题的深入思考。女儿在国际幸福日这天询问父亲是否幸福,进而引发了作者对如何获得幸福的反思。作者通过对比自己和女儿对待幸福的态度,意识到应该更加享受当下,减少对幸福的过度思考。

6. D 【解析】细节理解题。根据第三段中“*Today is the International Day of Happiness*”可知,3 月 20 日是国际幸福日。故选 D。

7. B 【解析】细节理解题。根据第五段中“*Of course! I played volleyball with my best friend and I enjoyed it so much.*”可知, Wendy 那天和朋友一起打排球,她感到很开心。故选 B。

8. C 【解析】推理判断题。根据第八段的“*Maybe I should feel happy when my wife praises(称赞) my cooking. I know she’s very kind, because I’m not a really good cook. Maybe I should be happy when my best friend says I play basketball well, but I*

know he says that just to make me happy. I know I’m not good at basketball. The more I think this way, the less happy I feel.”可知,作者不认为他人对自己的夸赞可以让自己感到快乐,所以他快乐思考的越多,他就越不快乐,故选 C。

9. D 【解析】细节理解题。根据最后一段中“*My daughter doesn’t think so much about happiness, so she is happy on most days.*”可知,Wendy 不太在意幸福,所以她大多数时候都很快乐。故选 D。

10. C 【解析】细节理解题。根据最后一段中“*We should just enjoy the moment and think less about it.*”可知,我们应该更加享受当下,减少对幸福的过度思考。故选 C。

二、11. reviews 12. excited 13. chose 14. opinion 15. correct 16. decided 17. experiments 18. blew 19. scissors 20. empty

三、21. didn’t buy 22. Did; work 23. was born 24. How did 25. did; do 26. Where did 27. did; send 28. Did; use 29. What did you make together 30. won the first

四、本文是 Betty 与 Amy 的对话,主要内容是 Amy 和 Betty 昨晚的活动及 Amy 介绍了自己的中国朋友玲玲。

31. E 【解析】根据“*I went to see a film.*”可知,Betty 昨晚没有看电视。E 项“不,我没有。”符合语境,故选 E。

32. A 【解析】根据“*What did you do, Amy?*”可知,空处应是 Amy 昨晚所做的事情。A 项“首先我做了家庭作业。然后我给玲玲写了一封电子邮件。”符合语境,故选 A。

33. C 【解析】根据“*Who is Lingling?*”可知,空处应是对玲玲的介绍。C 项“哦,她是我在中国的朋友。”符合语境,故选 C。

34. F 【解析】根据“*Who brought her to England?*”可知,空处应填人。F 项“她父亲开了个会,把她带到这里来。”符合语境,故选 F。

35. D 【解析】根据“*How did they come?*”可知,空处应填交通工具。D 项“他们是乘飞机来的。”符合语境,故选 D。

五、本文主要介绍了一个国王虽然很善良但是却身体肥胖,没有医生能为他治疗,后来一个老人通过让国王不断步行到他住的地方使国王体重减轻。

36. lazy 【解析】句意:但是他也非常懒。由下文“*He would not do... except eating and sleeping.*”可知备选词汇“lazy 懒”符合语境,在句中作表语。故填 lazy。

37. anything 【解析】句意:除了吃饭和睡觉,他什么也不做。由“*He would not do... except eating and sleeping.*”可知备选词汇“something 某事”符合语境,句子为否定句,应用 anything。故填 anything。

38. fatter 【解析】句意:他变得比以前胖了,最后发现他的身体很难移动,甚至连脚都很难移动。由“*He would not do anything except eating and sleeping. He became... than before.*”可知备选词汇“fat 胖”符合语境,此处应用比较级形式。故填 fatter。

39. feet 【解析】句意:他变得比以前胖了,最后发现他的身体很难移动,甚至连脚都很难移动。由“*it difficult to move his body—even his...*”和备选词汇可知“foot 脚”符合语境,脚有两只,应用复数形式。故填 feet。

40. healthy 【解析】句意:国王邀请了全国各地的医生来帮助他恢复健康。由“*The king invited doctors from different parts of his country to make him...*”及备选词汇可知“health 健康”符合语境,make 后跟形容词。故填 healthy。

41. problem 【解析】句意:他听说了国王的问题。由“*He volunteered to help the king lose some weight.*”可知备选词汇“problem 问题”符合语境,故填 problem。

42. him 【解析】句意:国王决定让他试一试。短语 let sb do sth 让某人做某事,let 后面为人称代词的宾格,故填 him。

43. far 【解析】句意:他住得离宫殿很远。由“*He lived...*”可知“far away from 离……远”符合语境。故填 far。

44. never 【解析】句意:两个星期以来,国王每天都来,但他从未见过老人。由“*The king came every day for two weeks, but he... saw the old man.*”可知备选词汇“never 从未”符合语境。故填 never。

45. why 【解析】句意:他最终明白了为什么老人要求他走那么远。可知备选词汇“why 为什么”符合语境构成宾语从句,故填 why。

六、One possible version:

#### My happy moment

I like helping others. In my opinion, helping others can make me happy(高分句式)。

When my friends get into trouble, I will offer to help them if they tell me about it. I believe a friend in need is a friend indeed (高分句式). When I have difficulties, they could also give me a hand.

Last week, my classmate lost his lunch money. So he sat there sadly by himself. When I knew what happened, I shared my lunch with him. Although I felt a little hungry that day, I saw his happy smile and I was very happy too.

After that, I understand that if we all give a little love, the world will be very beautiful.

### 解题秘技

#### 写作指导

##### 1. 总体分析

① 题材:本文是一篇材料作文;

② 时态:时态综合使用“一般现在时”和“一般过去时”;

③ 提示:要求以“My happy moment”为主题,结合提示问题进行写作,适当添加细节,并突出写作重点。

##### 2. 写作步骤

第一步,表明自己和朋友互助;

第二步,具体介绍自己的经历;

第三步,书写结语。

##### 3. 亮点词汇

① in my opinion 在我看来

② give me a hand 帮我一下

③ by himself 他自己

## Unit 1 The secrets of happiness

### 核心素养提优测试卷

一、A 篇 本文是一篇记叙文,文章讲述了一个男人通过假装橙子不好吃,让卖橙子的老妇人自己品尝橙子的甜蜜。老妇人感激男人的善意,故事传达了善待他人也能给自己带来快乐的道理。

1. B 【解析】细节理解题。根据第一段中的“*After buying, he would pick one and try a piece of it, then he said it tasted bad before giving it back to her.*”可知,男人买了橙子后会尝一小块,然后说不好吃,再还给老妇人。故选 B。

2. C 【解析】细节理解题。根据第四段中的“*The old woman smiled and said, ‘I know what he’s trying to do. He wants me to eat an orange. So, it’s not like I’m giving him more oranges—his kindness makes a difference to me.’*”可知,老妇人知道男人这样做是出于好意,他希望老妇人能尝到一个橙子。故选 C。

3. B 【解析】细节理解题。根据第四段中的“*So, it’s not like I’m giving him more oranges—his kindness makes a difference to me.*”可知,老妇人给男人额外的橙子是为了感谢他的善意。故选 B。

4. A 【解析】词句猜测题。根据第四段中的“*The old woman smiled and said, ‘I know what he’s trying to do. He wants me to eat an orange. So, it’s not like I’m giving him more oranges—his kindness makes a difference to me.’*”可知,“makes a difference to me”意味着老妇人感受到了男人行为的

重要性和影响。她认为男人的善行不仅仅是给了她一个橙子，而是他的善意和关心让她感到温暖和被关怀，他的善行让她的生活有所不同，给了她正面的影响。故选 A。

5. B 【解析】主旨大意题。通读全文可知，对他人的善行也会给我们带来帮助，关心他人也能给自己带来更多的爱。故选 B。

**B 篇** 文章主要讲述了一只小狮子在森林中迷路后被一只羊收养，逐渐长大并变得强大，最终认识到自己的真实身份并得到其他动物的敬畏。这个故事启示我们，只有当我们真正了解自己时，才能意识到自己的强大。

6. D 【解析】细节理解题。根据第三段中的“One day, a big lion came. Many animals were afraid and ran away when they saw the big lion. But the small lion wasn't afraid. He was happy to meet the big lion and ran to play with him.”可知，当大狮子来时，小狮子和他一起玩。故选 D。

7. A 【解析】细节理解题。根据第二段中的“The sheep liked this small lion. She gave him food to eat and looked after him very well.”可知，羊很好，所以小狮子喜欢和她在一起。故选 A。

8. C 【解析】细节理解题。根据第三段中的“He was happy to meet the big lion and ran to play with him. Then he knew what he was really like.”可知，一头大狮子帮助小狮子知道自己很强大。故选 C。

9. B 【解析】细节理解题。根据最后一段中的“But when we know much about ourselves, we will know we are strong!”可知从这个故事我们可以知道，我们需要知道我们是谁。故选 B。

10. D 【解析】篇章结构题。根据第一段介绍了小狮子迷路。第二段介绍了小狮子和羊在一起，第三段介绍了小狮子和大狮子在一起，最后一段总结：当我们更了解自己的时候，我们就会知道我们是强大的。故 D 选项符合题意。故选 D。

**C 篇** 本文主要讲述了一条河流从不和别人分享他的水，所以他悲伤而孤独。之后，河中来了一条非常快乐的鱼，慢慢地，河流的孤独被这条鱼赶走了。

11. B 【解析】细节理解题。根据第一段中的“He was unfriendly and he never shared his water with any fish, plant or animal. So his life went on, sad and lonely, for many years.”可知，因为他从不和别人分享他的水，所以他悲伤又孤独地过了很多年。故选 B。

12. C 【解析】细节理解题。根据第二段中的“The girl was about to move away and she couldn't take Scamp with her. So she decided to let Scamp be free.”可知，因为她就要搬走了，不能把 Scamp 带走。故选 C。

13. B 【解析】代词指代题。根据第二段中的“When Scamp fell into the river, he felt the river's loneliness(孤独).”可知，当 Scamp 掉进河里时，他感受到了河流的孤独。所以 he 指的是

Scamp 这条鱼。故选 B。

14. A 【解析】主旨大意题。根据第二段中的“The river began to feel Scamp's happiness. His loneliness was driven away(被赶走) by Scamp and he started talking to Scamp.”和全文可知，文章主要讲述了一条河流从不和别人分享他的水，所以他悲伤而孤独。之后，河中来了一条非常快乐的鱼，慢慢地，河流的孤独被这条鱼赶走了，所以 A 选项最符合文章大意，故选 A。

15. D 【解析】推理判断题。文章是一篇寓言故事，所以可以在故事书上看到这篇文章。故选 D。

**D 篇** 本文主要讲述了作者和父亲参加“为爱跑步”比赛并相信自己能成功的故事。

16. E 【解析】根据下文的句子“Each day in the early morning walks, we went faster and faster.”可知，此处是讲作者和父亲开始练习跑步，而选项 E“爸爸和我两个月前开始练习”符合语境。故选 E。

17. A 【解析】根据上文的句子“Slowly, the walks turned into jogging(慢跑).”可知，此处是讲作者和父亲刚开始跑步时的情况是由走路变成慢跑，进而再变为跑步。而选项 A“然后最终慢跑变成了跑步”符合语境。故选 A。

18. F 【解析】根据上文的句子“I knew the 10-km run wouldn't be easy.”和下文的“As time went by, I began to think that Dad was trying to keep up with me.”可知，此处是讲作者对自己能够完成跑步的信心，而选项 F“但我开始相信我能做到”符合语境。故选 F。

19. C 【解析】根据上文“So sometimes he would slow down for me.”和下文“So he wouldn't feel bad just like what he did for me in the beginning.”可知，此处是讲作者会为父亲放慢脚步，而选项 C“我会发现自己慢下来了”符合语境。故选 C。

20. B 【解析】根据上文的句子“Suddenly, I hear Dad panting beside me. He tells me to go on. ‘Come on, Coop, you can do it...’ I run across the finishing line.”和下文的句子“I feel so happy!”可知，此处是指作者跑过终点线的时间，而选项 B“大的比赛钟显示 1:57:15”符合语境。故选 B。

**二、本文主要讲述了人们该怎样处理好自己的负面情绪。**

21. how 【解析】句意：有消极的情绪很正常，但是知道如何去解决它们也很重要。how to deal with them 怎样解决它们，故填 how。

22. better 【解析】句意：以下有四个方法能帮助你感到比从前更好，后面有 than before，前面要填的是形容词比较级，故填 better。

23. sad 【解析】句意：当你感到悲伤的时候，可以慢慢深呼吸，感到悲伤要把 sadly 变成形容词 sad，故填 sad。

24. carefully 【解析】句意：深呼吸将能够帮助你放松并思考地更加仔细，在这里需要副词修饰动词 think，故填 carefully。

25. it 【解析】句意：把它说出来谈论它，根据句意，后面应该谈的是你的感受，需要一个代词代指感受，故填 it。

26. someone 【解析】句意：把你的情绪分享给你信任的人，这句话是肯定的祈使句，要把 anyone 改成 someone，故填 someone。

27. support 【解析】句意：通过朋友、家庭成员或者老师的帮助，你可以得到支持和建议，需要找到与建议相关的同类的名词，故填 support。

28. or 【解析】句意：可以参加一些让你感到高兴的活动，像做运动，绘画或者听最爱的音乐，这里应填连词 or。

29. for 【解析】句意：活动你的身体能让你感觉更好，go for a walk 是固定短语，所以这里填介词 for。

30. ways 【解析】句意：记住：寻求帮助是可以的，每个人都有糟糕的日子，但是有了正确的方法，你也可以管控你的情绪，进而变得更强。在正确方法的帮助下，故填 ways。

**三、本文作者通过在森林里捡山核桃的过程，告诉我们，不要占用别人的辛勤劳动成果。**

31. Six years old. / He was six years old. 【解析】根据“When I was six years old, Grandpa sent me into the forest to pick up pecans(山核桃).”可知，作者当时六岁，故填 Six years old. / He was six years old.

32. In a hole in the tree. 【解析】根据“I watched when he picked up a pecan, ran to a tree and put it in a hole in the tree.”可知，松鼠把山核桃放在树干的一个大洞里，故填 In a hole in the tree.

33. By taking the squirrel's pecans. 【解析】根据“After taking the squirrel's pecans, my basket became full.”可知，作者把松鼠的所有的山核桃放进他的篮子里，所以篮子才装满，故填 By taking the squirrel's pecans.

34. Because he was happy. 【解析】根据“I was happy so I couldn't wait to show grandpa all the pecans.”可知，因为作者感到非常高兴，想给爷爷看他的成就，故填 Because he was happy.

35. He would give the pecans back. / He would return the pecans. 【解析】根据“That squirrel worked very hard to get his winter food,’ he said, ‘Now that all of his pecans are gone, don't you think that little squirrel will survive(存活) in the cold winter?’”及“Now it's time for you to think about what you should do.”可知，作者会将把山核桃还回去，故填 He would give the pecans back. / He would return the pecans.

**四、One possible version:**

### Happiness in My Life

Happiness is everywhere in our life. For me, spending time

with my family brings me happiness. My parents took me to travel in Beijing when I was in primary school(高分句式). We went there by train. My father took us to visit Tsinghua University. Then we tried some traditional Beijing food in Wangfujing Street. It was so delicious!

It's easy to be happy. First, stay close with your family and friends. They will cheer you up anytime and anywhere. Second, it's a good idea to develop a hobby(高分句式). Learning to play an instrument or reading books are both good choices. They can show you the beauty of art and great minds.

All in all, there will be happiness in life if you get your eyes and heart ready.

## 解题秘技

：

### 写作指导

#### 1. 总体分析

- ① 题材：本文是一篇材料作文；
- ② 时态：时态为“一般现在时”和“一般过去时”；
- ③ 提示：写作要点已给出，并给出开头，写作时注意连贯；不要遗漏任何要点，适当增加细节，并突出写作重点。

#### 2. 写作步骤

- 第一步，表明写作意图。由“生活中快乐无处不在”引出一次快乐的经历；
- 第二步，具体阐述写作内容。如何保持快乐，给出建议；
- 第三步，书写结语。鼓励大家积极寻找快乐，用眼睛去发现，用心去感受。

#### 3. 亮点词汇

- ① cheer up 为……加油
- ② develop a hobby 培养爱好

## Unit 2 Go for it!

### 关键能力达标测试卷

**一、A 篇** 本文介绍的是一些在中国举办的大型和激动人心的比赛及其吉祥物。

1. A 【解析】细节理解题。根据 The 11th Asian Games 对应的“The mascot(吉祥物) of the 1990 Beijing Asian Games is called ‘Panpan’”可知，第十一届亚运会在北京举办，故选 A。

2. A 【解析】代词指代题。根据“The mascot(吉祥物) of the 1990 Beijing Asian Games is called ‘Panpan’ and it comes from a real panda in China, Basi.”可知，it 指代的是“Panpan”这个名字，故选 A。

3. C 【解析】细节理解题。根据 The 16th Asian Games 对应的“The mascots of the 2010 Guangzhou Asian Games are A Xiang, A He, A Ru, A Yi and Le Yangyang.”可知,第 16 届亚运会在 2010 年举办,故选 C。

4. D 【解析】细节理解题。根据 The 24th Olympic Winter Games 对应的“People call it Bing Dwen Dwen because it shows the features and the spirit of the Olympic Winter Games.”可知,因为它展示了冬季奥运会的特点和精神,故选 D。

5. B 【解析】主旨大意题。根据第一段“Are you interested in sports games? Here are some big and exciting games in China. Read on to learn more about them.”及全文的内容可知,本文介绍的是一些在中国举办的大型和激动人心的比赛及其吉祥物,故选 B。

**B 篇** 本文介绍了一场体育赛事,以及四个男孩的跳高决赛的结果。

6. B 【解析】细节理解题。根据“On Saturday afternoon, four boys took part in the finals of the high jump.”可知,四个男孩参加的是跳高比赛的决赛。故选 B。

7. C 【解析】细节理解题。根据“All four boys were good players.”可知,Garcia 是运动员。故选 C。

8. B 【解析】细节理解题。根据“Scores”中“4 feet 8 inches”可知,Rashad 跳得第二高。故选 B。

9. B 【解析】细节理解题。根据“Scores”中的各项结果可知,文章提到了四个男孩的得分。故选 B。

10. C 【解析】推理判断题。通读全文,尤其根据“On Saturday afternoon, four boys took part in the finals of the high jump... Fans filled the stands to cheer for the boys.”可知,本文介绍了一场体育赛事,因此我们可以在体育报上看到这篇文章。故选 C。

**二、**本文主要讲述了热爱跑步的 Bobbie 在 1966 年成为了第一个完 成长跑的女性。

11. B 【解析】细节理解题。根据第二段中的“Bobbie trained for two years.”可知,Bobbie 训练了两年。故选 B。

12. A 【解析】代词指代题。根据第二段中的“But when she sent in her application for the race, they told her only men could run in the long race.”可知,当 Bobbie 递交申请参加比赛时,她被告知只有男性才能参加长跑,而 Bobbie 知道这是不对的。第三段落中的画线单词代指的是“只有男性才能参加长跑”这件事,即阻止女性参加跑步比赛。故选 A。

13. D 【解析】细节理解题。根据第四段中的“The day of the race came on April 19, 1966. Thousands of people came to watch it. Bobbie was there, too.”可知,Bobbie 在 1966 年的 4 月 19 号参加了比赛。故选 D。

14. D 【解析】推理判断题。根据倒数第二段中的“Everyone cheered for her.”可知,每个人都为 Bobbie 欢呼,所以人们对 Bobbie 参加比赛的事是感到开心的。故选 D。

15. C 【解析】最佳标题题。根据倒数第二段中的“Finally, Bobbie became the first woman to finish the big race.”及通读全文后可知,文章主要讲述了热爱跑步的 Bobbie 在 1966 年成为了第一个完成长跑的女性,她向人们证明了女性也能参加跑步比赛。所以文章的最佳标题应是“女性也可以参加比赛”。故选 C。

三、16. give up; went on 17. at least 18. What did 19. How did 20. Why did 21. What did; ask; do 22. All of us 23. both love 24. None of 25. Neither; was/were

**四、**本对话是关于,Bill 的腿受伤不能参加运动,两人讨论了 Bill 班级将要举行的篮球比赛的相关情况。

26. C 【解析】根据上文“You look unhappy.”及下文“I hurt my leg when I was playing basketball.”可知,应询问对方怎么了,选项 C“你怎么了?”符合语境。故选 C。

27. D 【解析】根据上文“I hurt my leg when I was playing basketball.”可知,听到对方受伤应表示遗憾,选项 D“听到这个消息我很难过。”符合语境。故选 D。

28. A 【解析】根据上文“Would you like to watch a football match with me?”及下文“Our class is going to have a basketball match. I'll cheer them on.”可知,此处应是否定回答,选项 A“很抱歉我不能。”符合语境。故选 A。

29. E 【解析】根据下文“A team from No. 2 Middle School.”可知,此处提到了一个团队,选项 E“你们将要和谁比赛?”符合语境。故选 E。

30. F 【解析】根据下文“The team is much stronger than before. We must play more carefully and harder this time.”可知,此处应表示对赢得比赛没有把握,选项 F“但我对此并不确定。”符合语境。故选 F。

**五、**本文主要介绍了美国的棒球运动以及足球运动。

31. sports 【解析】句意:棒球是美国最受欢迎的运动之一。根据“one of the favourite...”可知,此处是“one of + 复数名词”的结构,名词应用复数形式,故填 sports。

32. happily 【解析】句意:孩子们总是在运动场或公园里愉快地打棒球。空处修饰动词,应用副词,故填 happily。

33. old 【解析】句意:男孩女孩,年轻人老年人轮流击球,young 指年轻人,old 指老年人,故填 old。

34. from 【解析】句意:棒球赛季从四月到九月。短语 from... to... “从……到……”,故填 from。

35. heroes 【解析】句意:在此期间,棒球比赛在电视上播出,重要棒球队的成员成为美国的英雄。此处表示泛指,名词应用复

数形式,故填 heroes。

36. Millions 【解析】句意:许多棒球迷一起去看比赛,其他数百万的球迷听广播或看电视。短语 millions of 数百万的,位于句首,首字母大写,故填 Millions。

37. result 【解析】句意:甚至是在比赛结束很长一段时间以后,人们也会讨论比赛的结果和运动员们。故填 result。

38. American 【解析】句意:美式橄榄球可能是美国最受欢迎的运动。根据句意可知, American football 是美式橄榄球,故填 American。

39. interested 【解析】句意:比起棒球更多的人对橄榄球感兴趣。短语 be interested in “对……感兴趣”。故填 interested。

40. front 【解析】句意:当有一场重要的比赛时,成千上万的人坐在收音机旁或电视机前等待结果。此处是短语 in front of “在……前面”,故填 front。

**六、**One possible version:

Dear Tom,  
It's Saturday tomorrow, but I am going to school. I'm not going for lessons, but to play football. I am in our school team and we are going to play against another school team next week. The practice starts at 10:00 am. We will arrive as early as we can so that we will have time to warm up(高分句式). We are training harder because the other team beat us last year(高分句式). I hope we can beat them this year. And I also hope we will have more fans to come to watch our matches.

Yours,  
Li Ming

## Unit 2 Go for it!

### 核心素养提优测试卷

**一、**A 篇 本文主要讲述了在运动中如何避免受伤的一些建议。

1. C 【解析】细节理解题。根据“Drink water.”“Warm up your body.”“Have outdoor activities.”以及“Do not eat too much after sports.”可知,文中提到了四条建议。故选 C。

2. B 【解析】细节理解题。根据“So it is good to drink 500 ml of water two hours before you exercise.”可知,在运动前两小时喝 500 毫升的水是很好的,故选 B。

3. A 【解析】细节理解题。根据“Before you do any sports, remember to do some warm-up activities such as walking or morning exercises to get your body ready for sports.”可知,运动之前做一些热身活动是为了让你的身体为运动做好准备,故选 A。

4. C 【解析】细节理解题。根据“Do not eat too much after sports. If you eat too much food, it is better not to do any sports. You can have some fruit or vegetables if you really want to eat

something.”可知,运动之后可以吃点水果或蔬菜,故选 C。

5. D 【解析】最佳标题题。根据“Your body works more slowly, so you shouldn't do lots of sports. Here are some suggestions.”及全文的介绍可知,文章主要是介绍在运动中如何避免受伤的一些建议,故选 D。

**B 篇** 本文主要介绍了一项团体运动——曲棍球。

6. B 【解析】细节理解题。根据“... by using the hockey stick which looks like 'J'.”可知,曲棍球棍看起来像“J”,结合图片,故选 B。

7. C 【解析】细节理解题。根据“Six players and 14 substitutes on each team.”可知,每队 6 名队员和 14 名替补队员,共 20 名。故选 C。

8. A 【解析】细节理解题。根据“You need to flick the 'ball' with hands apart and bent knees.”可知,需要双手分开,弯曲膝盖来击“球”,故选 A。

9. B 【解析】细节理解题。根据“You break the rules when you: ... \* use a body part to stop or to move the 'ball'.”可知,球员不允许使用身体的某个部位去碰“球”。故选 B。

10. C 【解析】推理判断题。本文主要介绍了一项团体运动——曲棍球,所以最可能在体育版面看到,故选 C。

**C 篇** 本文主要介绍了中国马拉松比赛的兴起以及参与者的经历。

11. C 【解析】细节理解题。根据第一段中的“On April 26, more than 300, 000 runners took part in 26 marathon events nationwide...”可知,超过 30 万名选手参加了全国 26 场马拉松比赛。故选 C。

12. D 【解析】细节理解题。根据第二段中的“For Xu, the race meant months of training and preparation. He ran about 30 to 40 kilometres each week ahead of the run.”可知,Xu 每周跑 30 到 40 公里是为了比赛而训练。故选 D。

13. B 【解析】词义猜测题。根据第二段中的“The 800-metre run at school is more about speed while a marathon tests a runner's endurance and psychological quality...”可知,学校里的 800 米跑更多的是关注速度,而马拉松则考验跑步者的耐力和心理素质,所以画线部分的含义是“耐力”。故选 B。

14. C 【解析】细节理解题。根据最后一段中的“The simple words 'keep it up' meant a lot to me and I was encouraged to keep going to the end...”可知,让 Li Zhouzi 坚持到底的是来自人们的鼓励。故选 C。

15. D 【解析】最佳标题题。通读全文可知,文章主要介绍了中国马拉松比赛的兴起以及参与者的经历,所以 D 项符合。故选 D。

**D 篇** 本文介绍了 Sandy 是一位害羞的女孩,但是她喜欢踢足球。

在 Sandy 的努力下,她所在的球队赢得了比赛,Sandy 也向别人证明了自己的能力。

16. F 【解析】根据上文“Many people think only boys like playing football.”可知,很多人认为只有男孩子喜欢足球,但是女孩子比如文中的 Sandy 就喜欢足球,上下句为转折关系。故选 F。

17. B 【解析】根据“Since she was 10 years old, she has wanted to be a great football player.”及“After school, Sandy quickly finishes her homework and then practises football.”可知,从她 10 岁起,她就想成为一名伟大的足球运动员。现在放学后,她练习足球。此处应介绍现在的情况。B 选项“她现在 13 岁。”符合,故选 B。

18. D 【解析】根据“After school, Sandy quickly finishes her homework and then practises football.”可知,此处介绍练习足球的时间。D 选项“她每天花两个小时练习。”符合,故选 D。

19. C 【解析】根据“One day, the teacher said there would be a football game.”及“She took part in the game and her classmates laughed at her.”可知,她想加入这个比赛,C 选项“Sandy 想试一试。”符合,故选 C。

20. E 【解析】根据“They were proud of themselves. They were successful in the game.”可知,他们在比赛中成功了,此处应介绍接下来的想法。E 选项“然而,他们将继续为自己的梦想而奋斗。”符合,故选 E。

二、本文讲述的是 Ken 是个热爱网球的孩子,他是一位优秀的网球选手。后来他在比赛中遇到了安东尼奥,明白了“不可道听途说”的道理。

21. can stop 22. won 23. hearing 24. to hurt 25. told  
26. are getting 27. mind 28. to try 29. to play  
30. will practise

### 解题秘技

掌握重点句型,学会灵活运用。

句型一:It is+adj. for/of sb. +to do sth. “对某人来说做某事是怎样的”

句型二:It takes sb. +时间+to do sth. “某人花费多长时间去做某事”

本篇综合填空考查了以上两个句型结构。在这两个句子中,真正的主语是动词不定式,为避免句式结构出现头重脚轻的情况,会把真正的主语置于句末,it 作为形式主语放在句首。这两道题都是对于主语的考查,所以掌握好这两个句式结构,做题时也会得心应手。

三、本文主要讲述了团队精神。

31. It means the willingness of people to work together and help each other as part of a team.

【解析】根据第一段的“Team spirit means the willingness of people to work together and help each other as part of a team.”可知,团队精神的意思是人们愿意作为团队的一部分一起工作并互相帮助。故填 It means the willingness of people to work together and help each other as part of a team.

32. The different kinds of team spirit.

【解析】根据“There are different kinds of team spirit.”以及细读第二段可知,本段主要介绍了不同类型的团队精神。故填 The different kinds of team spirit.

33. It creates friendship and trust between people.

【解析】根据第三段的“Team spirit creates various good effects. It creates friendship and trust between people who may not get along fine when they don't have such team spirit.”可知,团队精神产生的好的影响是它创造了人与人之间的友谊和信任。故填 It creates friendship and trust between people.

34. 过于强烈的团队精神可能会造成与其他团队成员的冲突。

【解析】翻译题,符合基本句意即可得分。

35. Yes, I do. It can reach a team goal. It can also create friendship and trust.

【解析】开放性试题,结合自己的看法说明理由,言之有理即可。

四、Dear Mike,

I am very happy to receive your letter. You are interested in the Dezhou Canal Marathon held in Dezhou, so let me tell you some information.

In November last year, a canal marathon was held in downtown Dezhou. It was divided into three main races: a marathon of about 42 km, a half-marathon of about 21 km and a happy run of 5 km. About 10,000 people attended the race that day. This important event not only gave a choice of international exchange, but also reminded people of the spirit of sports(高分句式). I also joined it and got a good grade in the happy run. I hope I can do better next time!

Yours,

Li Hua

## Unit 3 food matters

### 关键能力达标测试卷

一、A 篇 本文是 Milo Cafe 的套餐菜单,介绍了午饭、下午茶、晚饭和甜点的食物以及价格。

1. C 【解析】细节理解题。根据菜单“Lunch”一栏可知,午饭套餐

有:蔬菜馄饨面,鱼肉或牛肉丸炒米粉,咖喱鸡蛋饭,共 3 种套餐。故选 C。

2. B 【解析】细节理解题。根据“Supper... Fried rice with eggs and vegetables”可知,晚饭可以吃鸡蛋蔬菜炒米饭。故选 B。

3. A 【解析】推理判断题。根据“Afternoon tea ¥20... French toast”和“Desserts... ¥8 with a set meal... Hot chocolate”可知,法式烤面包属于套餐里的食物,价格为 20 元,热巧克力属于甜点里的饮品,与套餐一起点价格为 8 元,所以 Mike 共消费 28 元。故选 A。

4. D 【解析】推理判断题。根据菜单可知,在 Milo Cafe 能吃到午饭、下午茶、晚饭,均属于中午及其后的时间,D 项“下午 12 点半”符合。故选 D。

5. B 【解析】推理判断题。本文是一份菜单,应来自一家餐厅。故选 B。

B 篇 文章主要讲了三条怎样喂狗的建议。

6. D 【解析】细节理解题。根据第三栏中的“Don't give the following food to your dog because it can be harmful or even dangerous to dogs: Grapes and nuts. (不要给你的狗下列食物,因为有些食物可能对狗有害甚至危险:葡萄和坚果。)”可知葡萄对狗有害或危险,所以不应该喂狗葡萄。故选 D。

7. C 【解析】细节理解题。根据第三栏中的“Don't give the following food to your dog... (不要给你的狗喂食以下食物……)”第四栏中的“Offer more meat. (提供更多的肉。)”第五栏中的“Give your dog some fish. (给你的狗一些鱼。)”可知文中共给出了三条建议。故选 C。

8. D 【解析】细节理解题。根据第四栏中的“Meat should take the biggest part of your dog's meal to provide enough energy. (为了给狗狗提供足够的能量,肉应该是狗狗饮食中最大的一部分。)”可知喂狗更多的肉是因为肉能给狗狗提供足够的能量。故选 D。

9. A 【解析】细节理解题。根据第五栏中的“It is good for healthy hair and strong bones. (它对健康的毛发和强壮的骨骼有好处。)”可知鱼对狗毛的健康有好处。故选 A。

10. A 【解析】推理判断题。根据第四栏中的“Offer more meat. (提供更多的肉。)”及“However, meat should not be more than half of the meal. (然而,肉类不应超过一餐的一半。)”可知要多提供肉类,但是肉不能超过一半。故选 A。

二、11. snacks 12. diet 13. actually 14. modern 15. menu

16. porridge 17. mine 18. medicine 19. heat 20. western

三、21. feels like 22. smells bad 23. feel; tired; weather

24. sounds beautiful 25. How delicious this kind of bread tastes

26. taste delicious 27. tastes a bit/little

28. It doesn't smell fresh 29. How was; Everything tasted

30. looks good/great

四、本文是 David 问 Cindy Smith 饮食习惯的对话。

31. F 【解析】根据“Yes, I do.”可知,这是一个一般疑问句。结合“What do you like for breakfast?”可知,应该是在问饮食习惯。选项 F“你有什么健康的饮食习惯吗?”符合,故选 F。

32. B 【解析】根据“What do you like for breakfast?”可知,回答早餐吃什么,选项 B“我喜欢牛奶和鸡蛋。”符合,故选 B。

33. C 【解析】根据“Do you have fruit after breakfast?”可知,这里介绍吃的水果,选项 C“我经常吃一个苹果或一个梨。”符合,故选 C。

34. A 【解析】根据“What about lunch?”可知,回答午餐吃什么。选项 A“我午餐吃一些沙拉。”符合,故选 A。

35. D 【解析】根据“Err... I like ice-cream... but I don't eat it.”可知,问对方是否吃冰淇淋,选项 D“你晚饭后吃冰淇淋吗?”符合,故选 D。

五、本文讲述了一位名叫 David 的中学生,他不喜欢运动,喜欢吃汉堡和冰淇淋,因此变得有些肥胖。他意识到自己的饮食习惯不健康,于是向医生寻求帮助,希望能变瘦。

36. playing 【解析】句意:David 也是一个体育明星吗?事实上,他不擅长踢足球。do badly in 在某方面做的不好,介词 in 后面用动名词,故填 playing。

37. likes 【解析】他很胖,喜欢吃汉堡,喜欢做某事 like doing something,主语是第三人称单数,故填 likes

38. is 【解析】句意:并且冰淇淋是他最爱的食物。ice-cream 是不可数名词,不可数名词做主语,谓语动词用单数,故填 is。

39. to eat 【解析】句意:他的妈妈要求他吃一些鸡蛋和水果,但是他不喜欢它们。ask sb. to do sth. 要求某人去做某事,故填 to eat。

40. to buy 【解析】句意:对他来说买衣服真的很困难。考察句型 it is+(adj.)+for sb. to do sth., 故填 to buy。

41. look 【解析】句意,他所有的衣服都是黑色的,因为他认为黑色的衣服可以让他看起来瘦。make sb. do sth. 让某人做某事,故填感官系动词原型 look。

42. to become 【解析】句意,他现在不高兴,他不想再变得更胖了。want to do sth. 想要做某事,故填 to become。

43. must/should do 【解析】句意,你可以吃一些苹果或者草莓,并且你必须做运动,或者并且你应该做运动。do sports 做运动,前面需要添加情态动词 should 或 must。

44. Make 【解析】请给我开一张药方吧,make a prescription 意思是开药方,本句是祈使句,表达请求,故填动词原形 Make 注意首字母要大写。

45. answers 【解析】句意:“一片面包,”医生回答他说。answer to sb 回答某人。主语是 the doctor, 第三人称单数,故填

answers.

## 六、One possible version:

Dear Jason,

I'm happy you like the scrambled eggs with tomatoes I made.

Now let me tell you how to make it.

To begin with, you'll need the following ingredients: one tomato, two eggs, half a green pepper, salt, and oil. There are several steps to making this dish. First, chop the tomato and green pepper into small pieces. Second, break the eggs into a bowl, add a pinch of salt, and beat them well. Then, heat some oil in a pan and scramble the eggs. Fourth, add the chopped tomato and green pepper to the pan and stir-fry for about two minutes. Finally, sprinkle a little salt over the dish, and it's ready to serve.

Give it a try and I'm sure you'll be able to recreate the delicious taste.

Yours,

Li Hua

## Unit 3 Food matters

### 核心素养提优测试卷

一、A篇 本文主要介绍了世界上几个关于食物的节日。

1. A 2. D 3. B 4. C 5. A

B篇 本文介绍了通过丝绸之路传到中国的蔬菜和水果。

6. B【解析】词义猜测题。根据第三段中的“... It kills germs in our body and is good for our health.”可知,大蒜可以清除我们体内一些……的东西,对我们的健康有好处,所以清除的应该是对身体不好的东西,故选B。

7. D【解析】细节理解题。根据第四段中的“The Silk Road was also called ‘Sweet Road’. Besides vegetables, it brought many kinds of tasty fruits to China, too.”可知,因为丝绸之路还给中国带来了许多美味的水果,所以丝绸之路又被称为“甜蜜之路”。故选D。

8. C【解析】细节理解题。根据第三段中的“What about garlic? Its home was in Central Asia. Zhang Qian brought it to China about 2,000 years ago.”可知,大蒜大约在2 000年前从中亚传入中国,故选C。

9. C【解析】推理判断题。根据第五段中的“Do you ever see the words ‘hu’, ‘yang’, ‘fan’ or ‘xi’ in Chinese names of some foods? These names usually mean that these foods do not come from China.”可知,含有“西”这个汉字的食物通常意味着此种食物不是来自中国,所以西红柿、西瓜不是来自中国的。故选C。

10. A【解析】最佳标题题。根据第二段中的“Zhang Qian lived in the Han Dynasty. He was an early visitor on the Silk Road and

brought many new foods and other things to China.”以及整个文章的理解可知,主要是介绍通过丝绸之路传入中国的一些食物,故选A。

C篇 本文主要讲述了过桥米线的来历。

11. C【解析】细节理解题。根据第一段中的“There is a scholar in Yunnan Province. He studies hard day and night on an island. His wife is very kind. She crosses a bridge to take meals to him every day.”可知,书生的妻子每天都去岛上给他送饭。故选C。

12. B【解析】代词指代题。根据第一段中的“As time goes by, the scholar is becoming thin and not in good health, so his wife is worried about it.”可知,妻子担心书生的身体健康状况,“it”指的是“书生的健康状况”,故选B。

13. C【解析】细节理解题。根据第二段中的“They find two secrets: there is thick chicken oil on the surface of the soup and the earthen pot can keep the heat in.”可知,汤在很长一段时间后仍然很烫的原因是汤表面有厚厚的鸡油和砂锅可以保温,所以ac符合题意。故选C。

14. B【解析】细节理解题。根据最后一段中的“After that, the scholar eats well and becomes healthy. Finally he succeeds in the exams.”可知,书生最后通过了考试。故选B。

15. A【解析】推理判断题。通读全文可知,本文主要讲述了过桥米线的来历,因此本文是一篇故事,故选A。

D篇 本文介绍了四种在夏季保持健康的方法。

16. E【解析】由下文“Here are some good ideas.”可推测,空处应提出了一个问题,选项E“我们如何在夏季保持健康呢?”符合语境。故选E。

17. F【解析】由下文“For example, blueberries are good for your brain and eyes. The more colours, the better.”可知,空处应和带颜色的水果和蔬菜有关,选项F“五颜六色的水果和蔬菜对我们的身体有益。”符合语境。故选F。

18. A【解析】由标题“Keep cool and enjoy sports”可知,空处和保持凉爽有关,选项A“它们能让你同时保持凉爽和健康。”符合语境。故选A。

19. C【解析】由标题“Get enough sleep”可知,空处和睡眠相关,选项C“但是我们仍然需要充足的睡眠。”符合语境,故选C。

20. D【解析】由下文“Summer makes us get outside more, but it can make us get sunburned easily.”可知,夏天阳光强烈,很容易被晒伤,此处与阳光有关。选项D“小心阳光”符合语境。故选D。

二、本文讲述了火锅的起源和古时候人们对火锅的喜爱。

21. other【解析】句意:青铜坩埚分为两部分,一部分是用来烹饪食物的锅,另一部分则是放置柴火的地方,所以这里填other。

22. person【解析】句意:但是在那时,青铜坩埚只能被用来烹煮一个人的食物,一个人 one person,故填 person。

23. different【解析】句意:在汉朝时期,人们开始将锅分为许多个部分来享用不同的口味,故填 different。

24. popular【解析】句意:在唐朝吃火锅受到了很多人的欢迎,短语 be popular with 受某人的欢迎,故填 popular。

25. winter【解析】句意:宋朝时期人们在11月吃火锅来欢迎冬天的到来,故填名词 winter。

26. poet【解析】句意:火锅中文名字是由袁枚提出的,他是清朝的一位诗人和美食家,因此要把名词 poem 改成名词诗人,poet,故填 poet。

27. meat【解析】句意:人们把各种各样的肉类和蔬菜放到锅里,这里要填不可数名词 meat。

28. because【解析】句意:火锅里人们最喜欢羊肉,因为它能让人们在冬季变得温暖。前后两句话构成因果关系,故填连词 because。

29. much【解析】句意:据说清朝的乾隆皇帝非常喜爱火锅,以至于他基本上每餐都要吃火锅。so much 用来修饰前面的 love. 故填 much。

30. thousand【解析】句意:他有一次办了一场大型的火锅宴,邀请了5 000多人来享用1 550个火锅,故填 thousand。

三、本文是一篇说明文,主要介绍了糖葫芦。

31. From northern China. /Northern China. /China.

【解析】根据第一段中的“Tanghulu, a traditional snack from northern China, is fruit covered with sugar on a stick.”可知,糖葫芦是一种来自中国北方的传统零食。故填 From northern China. /Northern China. /China.

32. To bring them good luck. /Because it'll bring them good luck.

【解析】根据第二段中的“Many Chinese people believe that eating Tanghulu on Chinese New Year's Day will bring them good luck all year.”可知,许多中国人相信在春节吃糖葫芦会带来好运。故填 To bring them good luck. /Because it'll bring them good luck.

33. Vitamin C and E.

【解析】根据第四段中的“They are rich in vitamin C and E.”可知,山楂糖葫芦富含维生素C和E。故填 Vitamin C and E.

34. Six.

【解析】根据第五段中的“First, wash the large haws clean, dig the seeds out, and pierce ten haws on a stick. Then heat the sugar, put the sticks of haws into heated sugar and quickly pull them out.”可知,首先,把大山楂洗干净,把种子挖出来,用棍子扎十个山楂。然后加热糖,把一串山楂放入加热过的糖中,迅速拉出来。当山楂上的糖冷却下来,变成一层

糖衣时,糖葫芦就做好了。总共6个步骤。故填 Six.

35. Delicious.

【解析】主观题,表达的观点合理即可。

四、Hi Dennis,

I usually eat beef, tomatoes and rice for dinner. I think they are healthy. My mum cooks well, so the food is always delicious. In China, we always have long noodles on birthdays because they are a symbol of long life(高分句式). It's getting popular to have cakes on our birthdays. We usually make a wish before eating the cakes. I also eat eggs and my mum says eggs are a symbol of life and good luck. I love to eat them.

What do you eat on your birthday? Maybe, you can try long noodles and eggs!

Yours,

Li Hua

## 期中测试卷

### 关键能力达标测试卷

### 答案

一、1. C 2. A 3. B 4. C 5. C 6. A 7. B 8. C 9. C 10. C  
11. B 12. A 13. C 14. A 15. C 16. A 17. C 18. A 19. C  
20. B 21. chicken 22. juice 23. expensive 24. order  
25. 6771-7878

二、A篇 本文介绍了明星餐厅的菜单。

26. D【解析】推理判断题,根据“Mrs Smith will take her son John to the restaurant for lunch this Saturday, the day after tomorrow.”可知,今天是周四。故选D。

27. C【解析】细节理解题。根据“Time: 7:00 am—5:00 pm from Tuesday to Sunday”可知,明星餐厅周一不营业,一周营业6天。故选C。

28. A【解析】细节理解题。根据“one child between 1 and 12 years old, free”可知,约翰周六的午餐没有花钱。故选A。

29. B【解析】细节理解题。根据“Big Breakfast: £3.95 (7:30 am—9:30 am) eggs, chocolate cake, hot milk, chicken soup”可知,一顿丰盛的早餐中包含鸡蛋和汤。故选B。

30. A【解析】细节理解题。根据“Ice Cream £2.50”可知,两个冰激凌花费5英镑。故选A。

B篇 本文主要介绍了作者和家人每周五晚上的披萨之夜。

31. A【解析】细节理解题。根据第一段中“That's the last workday before the weekend. Everyone is quite relaxed and wants to taste the weekend as early as possible.”可知,大多数家庭都想在周五晚上休息一下。故选A。

32. C【解析】推理判断题。根据第二段中“My parents go to Domino's on York Street to buy pizzas on their way back

home every Friday.”可知,Domino's是一个商店。故选C。

33. B【解析】细节理解题。根据第二段中“Often they buy chicken pizzas for themselves.”可知,作者的父母经常吃鸡肉披萨。故选B。

34. C【解析】细节理解题。根据第三段中“Every Friday after dinner the kitchen table is full of pizza boxes. It's our job to clean the table.”可知,星期五晚上晚饭后,孩子们打扫桌子。故选C。

35. D【解析】最佳标题题。通读全文以及第一段“Friday nights are pizza nights for most families.”可知,本文主要介绍了作者和家人每周末晚上的披萨之夜。因此文章的最佳标题“披萨之夜”。故选D。

**C篇** 本文是一篇说明文,主要介绍了美国人爱在电视上看的两种体育项目——棒球比赛和足球比赛,介绍了两种球类运动的赛事信息。

36. C【解析】细节理解题。根据第一段“What they do is watch matches on TV. They watch baseball, football, basketball, hockey, golf and tennis matches which means that for most of the weekends they sit in front of the TV.”可知,大多数周末大部分美国人都坐在电视机前观看比赛。故选C。

37. B【解析】细节理解题。根据第二段“The playing season begins in spring and finishes in the fall World Series, when two leading teams play against each other... Although called World Series, it has only one other country to take part in — Canada.”可知,世界职业棒球赛只有美国和加拿大两个国家的球队比赛。故选B。

38. B【解析】细节理解题。根据第三段“It is not like the game called soccer at all.”可知,美式足球根本不像足球比赛。故选B。

39. D【解析】词句猜测题。根据第四段“Many colleges feel that if they want their former students to give money to their old schools, they need a winning football team.”可知,许多大学认为,如果他们想让以前的学生捐钱给母校,他们需要一支获胜的足球队。由此推断,“this seems to be true”指的是“The former students will give money if their school team wins the game.”。故选D。

40. A【解析】最佳标题题。根据第一段“What they do is watch matches on TV.”和全文内容可知,本文主要介绍美国人爱在电视上看比赛,并着重介绍了棒球比赛和足球比赛,故本文的最佳标题是:电视上的比赛。故选A。

**D篇** 本文主要讲述了作者怀疑自己的父母之间是否有爱存在,因为他们之间从来没有浪漫的举动。但是当父亲生病后,父母之前的表现让作者知道了爱是在内心里面的。

41. D【解析】细节理解题。根据文中“At that time, my father suddenly got sick seriously. After they were back from the hospital, my mother helped him walk slowly on the beautiful country road every morning.”及下文“Reading his eyes, I know he loves my mother deeply.”可知,当作者的爸爸生了严重的病后,作者妈妈默默地照顾他,这就是作者父母之间表达爱意的方式。故选D。

42. A【解析】细节理解题。根据文中“I listened carefully but I couldn't understand until the next spring. At that time, my father suddenly got sick seriously.”可知作者直到春天父亲生病才理解。故选A。

43. C【解析】词义猜测题。根据“The thread really makes the quilt strong and warm.”可知线能将被子变得结实且温暖。故选C。

44. B【解析】细节理解题。根据“To tell you the truth, I just like walking with your mom.”可知母亲帮助父亲散步只是因为父亲喜欢和母亲一起散步。故选B。

45. A【解析】最佳标题题。通读全文可知,作者妈妈用线和被子比喻她和爸爸之间爱情就像线一样深埋在被子里面,安静地表达爱意,所以A项最合文意。故选A。

**三、本文主要介绍了快乐的人的一些习惯,这些习惯有助于他们保持快乐的心情和积极的生活态度。**

46. D【解析】根据下文“They slow down.”“They exercise.”及“They get enough sleep.”可知,此处介绍了快乐的人的一些习惯,选项D“以下是快乐的人的一些习惯。”符合语境。故选D。

47. C【解析】根据“Sometimes we think too much.”可知,此处介绍了人们想得太多,选项C“我们没有时间四处看看。”符合语境。故选C。

48. B【解析】根据“They exercise.”可知,此处提到运动,选项B“让你的身体动起来可以让你快乐。”符合语境。故选B。

49. F【解析】根据“Research shows that spending money on others makes you much happier than spending it on yourself.”可知,此处提到把钱花在别人身上比花在自己身上更快乐,选项F“他们把钱花在别人身上。”符合语境。故选F。

50. E【解析】根据“They get enough sleep.”可知此处要介绍睡眠对人的好处,选项E“当你睡觉的时候,你的大脑会重启和清理它们自己。”符合语境,故选E。

**四、A篇** 本文介绍了颜色与人们感受的关系。

51. relaxed【解析】考察形容词,根据句意,什么是你最爱的颜色?它会让你感到快乐或放松吗?这需要填的是修饰人的形容词,所以要把relax变成relaxed。

52. countries【解析】根据句意,科学家们询问了来自100多个国家

的26 596人关于他们最爱的颜色,并询问他们为什么喜欢。来自100多个不同的国家,所以要把country变为复数countries。

53. much【解析】根据句意,并且蓝颜色能让人们不会吃的太多,需要副词短语too much修饰动词eat,故填much。

54. sadness【解析】根据句意,蓝色也意味着……和下文内容当你不开心的时候,你可以说“I'm feeling blue.”,所以在这里应该填的是悲伤,需要把形容词变成其名词形式sadness。

55. sun【解析】根据句意,黄色是……的颜色。它是一种温暖的颜色,所以黄色应该是太阳的颜色,故填sun。

56. orange【解析】根据句意,很多人喜欢……是因为它也是一种温暖的颜色,说明喜欢后面跟的应该是一种颜色,并且还是温暖的颜色,故填orange。

57. them【解析】在工厂里橙色是工人衣服的颜色,它能帮助工人工作得更好,需要一个代词宾格,故填them。

58. trees【解析】根据句意,当你长时间做作业的时候,只需要站起来看一看外面的树木,再根据本段讲的是绿色,所以应该找的是能指绿颜色的事物,填trees。

59. better【解析】根据句意,你或许会感到比之前要好一些,所以用比较级better。

60. sweater【解析】所在段落讲的是紫色,所以在你母亲的生日时,你可以给她买一个紫颜色的毛衣作为礼物,填sweater。

**B篇** 本文是一篇记叙文。主要讲述了大同刀削面的制作过程和传承人赵喜平的故事,以及他是如何将这道传统山西面食推广至更广泛的地方。

61. miss【解析】句意:如果你是一个美食爱好者,你就不应该错过大同刀削面,它是山西最著名的面条之一。根据语境及句子结构可知,本句是if引导的条件状语从句,表示“如果……”,主从句时态为主将从现或者主情从现,所以should后跟动词原形。故填miss。

62. is【解析】句意:赵喜平是赵老七刀削面的第五代传承人。句子是主系表结构。故填is。

63. moved【解析】句意:在2004年从大同搬到了太原,并在这里开了他的面馆。由句中“and”和“opened”可知,此处时态为一般过去时,所以应使用其过去式。故填moved。

64. To make【解析】句意:为了做刀削面,赵需要准备面粉、肉和蔬菜。根据语境及句子结构可知,此处应使用不定式“to make”作为目的状语,表示“为了做刀削面,赵需要准备……”。位于句首,故填To make。

65. mixes【解析】句意:首先,他把面粉和水混合在一起。根据本段内容可知,本段讲述了赵平时制作刀削面的具体过程。故此处需要一个表示通常性、习惯性的动作,应用一般现在时。由主语“he”是第三人称单数形式,故动词“mix”应变为单三形

式“mixes”。故填mixes。

66. cuts【解析】句意:最后,他用刀切好面片,并把面条在热水中煮几分钟。依据同上题。故填cuts。

67. can add【解析】句意:当人们在吃面条时,他们能把美味的肉和蔬菜加到面条里,考查短语add sth to sth,把……加到……里去,故填can add。

68. to improve【解析】句意:赵从他父亲那里学会了如何做面条,并尽力提升自己的烹饪水平。根据语境及可知,此处考查try one's best to do sth,表示“尽某人的最大努力做某事”;此空为动词不定式。故填to improve。

69. having【解析】句意:许多人每天去他的饭店吃午餐和晚餐,介词for后用动名词形式,固定短语,have lunch, have dinner,吃午餐,吃晚餐。故填having。

70. said【解析】句意:“我希望把山西的传统美食带到全国各地,甚至是其他国家。”他说道。故填said。

**五、本文是一篇说明文,本文介绍了世界各地有许多人喜爱辛辣食物,并详细阐述了辛辣食物对健康的多种益处。**

71. They are good for our heart and can help us lose weight.

**【解析】**根据原文“Spicy foods are good for your heart.”和“Spicy foods can even help you lose weight.”可知,辣的食物对我们的心脏有好处,并且可以帮助我们减肥,故填They are good for our heart and can help us lose weight。

72. Capsaicin can kill the cancer cells.

**【解析】**根据原文“Capsaicin has been found to kill some cancer cells, according to the American Association for Cancer Research.”可知,辣椒素可以帮助预防癌症,因为它能杀死癌细胞,故填Capsaicin can kill the cancer cells。

73. It is a burning feeling that you have on the surface of your tongue.

**【解析】**根据原文“In fact, 'spicy' is a burning feeling that you have on the surface of your tongue.”可知,这是原文对spicy一词的直接解释,故填It is a burning feeling that you have on the surface of your tongue。

74. Because their tongues have become less sensitive to spicy.

**【解析】**根据原文“That some people can stand spicy food is because their tongues have become less sensitive to it.”可知有些人能承受辣的食物,是因为他们的舌头对辣的感觉变得不那么敏感了,故填Because their tongues have become less sensitive to spicy。

75. He or she supports people to love the spicy food. **【解析】**综合分析整篇文章的语气和内容,作者多次提到辣的食物的好处,比如对心脏有益、帮助减肥、预防癌症等,并在最后一段鼓励读者“Don't hesitate to include spicy foods in your balanced

diet!”,可推断出作者对辣的食物持支持态度,故填 He or she supports people to love spicy food.

## 解题诀窍

### 规律总结

遇到归纳总结主旨大意,作者观点或给出最佳标题等题目时,一般根据文章结构可在文章的第一段和最后一段中寻找文章的中心句,或关键词。如本篇阅读表达的 75 题,作者对于辛辣食物的观点可在最后一段里找到,如句子“Don’t he sitate to include spicy foods in your balanced diet!”和关键词“spicy food lover”、“congratulations”。

## 四、例文

### An Unforgettable Competition

During the past year at junior high school, I have had many unforgettable experiences. One of them was when our class prepared for a group singing competition.

During the last week before the competition, my classmates and I practised singing in our free time. Although we also had lots of homework, everyone of us took it seriously and did our best. Thanks to our hard work, we won first prize. All of us were so excited. When we got the prize, I thought of an old saying — No pains, no gains. It was hard work, but we developed our friendship, confidence as well as understanding during the preparation.

## 听力材料

(一) 1. I’m afraid I can’t do well in this experiment.  
2. What are the blue glasses for?  
3. How often do you go hiking with others?  
4. How many apples do you want to buy?  
5. Did you feel happy after helping the old man?  
(二) 6. Suzy cut out a picture of dragon and stuck it on the card.  
7. These hamburgers taste good and I like them.  
8. My grandma, who has a sweet tooth, always eats chocolate after meals.  
(三) 9. W: What does Alice like for lunch, John?  
M: She likes rice, meat and vegetables.  
Q: What does Alice like?  
10. W: What do you like doing in your free time, Alex?  
M: Playing the guitar. It can make me happy.  
Q: What can make Alex happy?  
11. W: Who beat No. 1 Middle School in the basketball match?  
M: A team from No. 2 Middle School.  
Q: Who won the basketball match?

12. W: I can’t find the salt, where did you put it?  
M: Oh, I remember I put it in the blue bottle last night Nancy.  
Q: What ingredient is Nancy looking for?  
13. W: Jack, congratulations on winning the running race!  
M: Thank you.  
W: So, how long have you been practicing running?  
M: For five years.  
Q: When did Jack start to practice running?  
(四) W: Is there a basketball game next Friday?  
M: Yes, but we still need one player. Who do you think should be the player between Edwin and Tom?  
W: I think Edwin should be.  
M: Why?  
W: Edwin is good at running and he is very tall. He can do a good job in the game.  
M: But Tom is also very talented.  
W: But Tom is shorter and fatter. I think he may not be as smart as Edwin.  
M: Maybe you are right. Let’s choose Edwin.  
W: Where should we practise?  
M: I think the school gym is the best place.  
W: Yeah. By the way, tomorrow is my father’s birthday. I can’t go to practise with you.  
(五) 18. M: I’m Mr. Tiller. When you get angry with anybody, it is not good to fight against him. All the classmates are your friends. Even if you can’t agree with each other on everything, you don’t need to quarrel or fight. You should be open and willing to help.  
19. W: Hi, everyone. I’m Officer Smith. Running after each other during the break may get you hurt. If you can’t control your speed, you might run into someone else.  
20. M: I’m Teacher Wu. Your new PE teacher. I will teach you to play basketball this term.  
(六) W: Welcome to Happy Restaurant. We have fish, chicken, rice, fruit and vegetables for you. As for drinks, we have apple juice, orange juice, milk and tea. Many people come to our restaurant for dinner every day. Do you want to try Chinese food? We have Sichuan food and Guangdong food here. They are delicious and not expensive. You can take our food home, too. You will have a happy dinner with your family and friends. Would you like to have some? Please come in. You can order the food on the phone. Our phone number is 6771-7878.

## 期中测试卷

### 核心素养提优测试卷一

## 答案

—. 1. B 2. A 3. C 4. C 5. C 6. C 7. A 8. B 9. C 10. C  
11. C 12. B 13. B 14. C 15. B 16. A 17. C 18. C 19. A  
20. B 21. anything 22. Helping 23. friendly 24. opinions  
25. Talk

**二、A 篇** 本文主要讲述了 Sally 的生活方式,包括饮食习惯及运动习惯。

26. A 【解析】标题匹配题。根据“*I have milk and eggs. They are my favourite food for breakfast.*”与早餐有关,第 1 个空应是 f “你早餐吃什么?”;根据“*Yes. I eat chicken and rice at school, and sometimes I eat salad for lunch.*”与午餐有关,第 2 个空应是 d “你在学校吃午饭吗?”;根据“*I like bananas, apples and strawberries. I eat fruit every day so I always go to the market on Sundays to get some. Fruit is important to my health.*”与水果有关,第 3 个空应是 a 项“你喜欢水果吗?”;根据“*Sure, I do. I play ping-pong with my friends after school every day. I think it’s interesting and relaxing. Sometimes I play soccer*”与打乒乓球、足球等运动有关,所以第 4 个空应是 e 项“你每天都做运动吗?”。故选 A。

27. B 【解析】细节理解题。根据“*I eat chicken and rice at school, and sometimes I eat salad for lunch.*”可知,Sally 会在午餐时吃鸡肉和米饭,有时还会吃沙拉,所以她应是喜欢吃这些东西的。故选 B。

28. D 【解析】词义猜测题。根据“*I eat fruit every day so I always go to the market on Sundays to get some.*”可知,每天都吃水果,所以周日的时候就会去市场买一些回来。画线单词 market 意为“市场”,等同于 store。故选 D。

29. A 【解析】推理判断题。根据“*Yes. I eat chicken and rice at school, and sometimes I eat salad for lunch. I don’t like hamburgers. They aren’t good for my health.*”和“*I eat fruit every day so I always go to the market on Sundays to get some. Fruit is important to my health.*”可知,Sally 有着健康的饮食习惯。故选 A。

30. C 【解析】最佳标题题。根据“*Let’s ask her some questions about her lifestyle and see how she answers them.*”及通读全文后可知,本文主要讲述了 Sally 的生活方式,包括饮食习惯及运动习惯。故选 C。

**B 篇** 本文讲述了詹妮想当演员的梦想遭到父母的反对时,她向好友凯特进行求助,凯特给她提供了一些建议。

31. D 【解析】细节理解题。根据“*My dream job is to be an actress, but my parents don’t agree with me. They don’t*

understand how I feel when I act. They even didn’t let me play a role in *Little Women* last summer. They asked me to learn French. I was really angry.”可知,詹妮生气是因为父母不支持她的演员梦。故选 D。

32. A 【解析】词义猜测题。根据“*Getting into acting is very difficult. I’m not saying that you can’t do well in it, but it’s important to be realistic.*”可知,Kate 认为进入演艺圈很难,她并不是说 Jenny 不能做好,而是要现实一些。由此推测“realistic”意为“现实的”。故选 A。

33. D 【解析】细节理解题。根据“*Getting into acting is very difficult.*”可知,凯特认为进入演艺圈很困难。故选 D。

34. A 【解析】细节理解题。根据“*If you really want to try, you should go to a good acting school in your free time and start learning.*”可知,凯特认为詹妮应该先去表演学校学习表演。故选 A。

35. C 【解析】细节理解题。根据“*Talk to your parents and tell them you’d like to take some lessons you like.*”可知,凯特建议詹妮和她的父母谈一谈。故选 C。

**C 篇** 本文是一篇说明文,文章介绍了中国传统食物——饺子。

36. A 【解析】词义猜测题。根据“*The Spring Festival is very important in China. When it comes, we make dumplings*”可知,春节在中国非常重要,当它到来时,我们会包饺子,可推知此处“it”指代春节。故选 A。

37. C 【解析】细节理解题。根据“*But I love eating dumplings with vegetables and pork(猪肉).*”可知,爱丽丝喜欢吃带蔬菜和猪肉的饺子。故选 C。

38. B 【解析】细节理解题。根据“*We think that if one eats the dumpling with the coin in it, he can be lucky(幸运的) in the new year.*”可知,我们认为如果一个人吃了有硬币的那个饺子,他在新的一年里会幸运。故选 B。

39. A 【解析】推理判断题。根据“*Welcome to China.*”并通读全文可知,爱丽丝主要介绍了中国的传统食物,并且欢迎大家来中国,可推知她在中国。故选 A。

40. C 【解析】最佳标题题。根据“*In China, there is a lot of food. But everyone in China likes dumplings very much,*”可知,文章开头指出中国有很多食物,但每个中国人都非常喜欢饺子。通读全文,文章主要介绍了饺子的种类,吃法以及意义,故本文是在介绍中国传统食物饺子。故选 C。

**D 篇** 本文介绍了学生们可以参与的几种运动,包括太极、街舞和龙舟赛。

41. B 【解析】细节理解题。根据“*Li Hua from Yantai No. 1 Middle School of Shandong*”可知,李华来自山东烟台一中,故选 B。

42. C 【解析】细节理解题。根据“Tai chi is different from ball games. It makes me calm down and relaxed.”可知,李华认为太极让她平静和放松,故选 C。

43. D 【解析】细节理解题。根据“Zhang Li is a hip-hop fan, and she has hip-hop classes in her high school this year.”可知,张丽喜欢在学校跳街舞,故选 D。

44. A 【解析】细节理解题。根据“Students hold the race on the playground instead of in the water.”可知,学生们在操场上举行龙舟比赛,故选 A。

45. C 【解析】主旨大意题。本文介绍了中国体育课上的几种有趣的运动,选项 C“有趣的中国体育课”符合主题,故选 C。

三、本文就如何开始锻炼并坚持下去给出了一些建议。

46. B 【解析】根据“How can you start to take exercise and keep on doing it?”可知,此句是说这里有一些建议。B 项“这里有一些建议给你。”符合语境,故选 B。

47. F 【解析】根据“It should be to become healthier or feel better.”可知,此句是要回答为什么锻炼。F 项“答案不应该仅仅是减肥。”符合语境,故选 F。

48. E 【解析】根据前句“There are many ways to exercise such as walking, running, swimming or playing ball games.”和后句“If you enjoy it, it will be easy to keep on doing it.”可知,此句是说找一些自己喜欢的运动。E 项“尝试一些,找到一两个你喜欢的运动。”符合语境,故选 E。

49. C 【解析】根据“If you are busy, you can look for some easy ways to exercise.”和“For example”可知,此句是在举例说明一些容易的锻炼方式。C 项“你也可以步行去上学或上班。”符合语境,故选 C。

50. D

四、A 篇 本文是一篇说明文。短文主要介绍了在新西兰,最受欢迎的运动是橄榄球。

51. even 【解析】句意:我们都知道足球是欧洲乃至全世界最受欢迎的运动。空格处需要一个副词,再结合所给的句子 in Europe... around the world 可知,此处是加强语气,表示“甚至是全世界”,even“甚至”符合语境,故填 even。

52. because 【解析】句意:但是在新西兰,最受欢迎的运动是橄榄球,因为他们认为没有什么比打橄榄球更令人愉快的了。根据前后句的句意可知,此处需要一个引导词,引导原因状语从句。故填 because。

53. than 【解析】句意:但是在新西兰,最受欢迎的运动是橄榄球,因为他们认为没有什么比打橄榄球更令人愉快的了。根据空格前的 more enjoyable 可知,这是一个比较级结构,需要填入比较级的标志词 than。故填 than。

54. against 【解析】句意:新西兰队将在揭幕战中对阵法国队。根

据空格位置可知,需要填入一个介词,再结合 play 可知,此处考查 play against“……对战”。故填 against。

55. scared 【解析】句意:法国可能会感到有点害怕。根据空格位置可知,需要填入一个形容词,再结合 France may feel a little, 应是感到害怕,故填 scared。

56. biggest 【解析】句意:新西兰是一个小国家,但是他们有世界上最大的橄榄球队!结合连词 but 前后的句意是转折关系,根据前面的形容词 small 可知,此时要填入它的反义词 big,而句中的 in the world 提示要用它的最高级 biggest,在这作定语。故填 biggest。

57. other 【解析】句意:橄榄球不同于其他运动,比如足球。根据空格位置可知,需要填入一个形容词,再结合 sports, like soccer 可知,这里是指“其他的”,所以填 other,作定语,故填 other。

58. well 【解析】句意:你需要抱摔对手,所以要打好比赛更难。根据 it is more difficult to play it... 可知,这里是指打好比赛,所以该空要填 well,作状语。故填 well。

59. why 【解析】句意:这就是为什么许多新球员害怕受伤,但他们的教练会教他们抱摔的规则和正确的方法。that's why 这就是为什么,其后跟表达结果的句子。故填 why。

60. confident 【解析】句意:他们的球迷总是大声为他们加油,他们更有信心赢得比赛。根据 feel more... 可知,这里是指有信心的,所以要填 confident 与前面 more 构成形容词比较级,作表语。故填 confident。

B 篇 本文主要介绍了作者一次可怕的烹饪经历。

61. cooking 【解析】句意:然而,我害怕烹饪,因为我有一段可怕的烹饪经历。根据 be afraid of doing 可知,其后跟一个动名词。故填 cooking。

62. to come 【解析】句意:那是一个星期天的下午。我的父母不在家。我邀请了一些我的好朋友来到我的家里。考查短语,ask sb. to do sth. 的用法,故填 to come。

63. sang 【解析】句意:我们看了电视,玩了游戏,开心地唱歌跳舞。该空的动词和 watched, played, danced 是并列谓语关系,也需要填一个动词过去式,故填 sang。

64. to buy 【解析】句意:不久之后我们都感到很饿。但是我们没有足够的钱去买三明治或者汉堡。have enough money to do things, 在这里用动词不定式作目的状语,故填 to buy。

65. decided 【解析】句意:所以我们决定在家里烹饪一些食物。decide 其后跟动词不定式,在这里要填 decided。

66. to do 【解析】句意:我之前从来没有做过饭,所以我不知道要做什么。didn't know 后跟 what+不定式作宾语,故填 to do。

67. turned 【解析】句意:我往碗里倒了一些水,把它放在炉子上,然后打开炉子。可知 67 题所在的空跟前面的 put; poured 表

并列,都是谓语动词的过去式,故填 turned。

68. broke 【解析】句意:玻璃碗变成了碎片,水洒的到处都是。break into pieces 摔成碎片,故填 broke。

69. learned 【解析】句意:那太糟糕了。并且我从这次的经历中得到了一个教训。短语 learn a lesson from something, 学到一个教训,故填 learned。

70. use 【解析】根据句意:永远不要使用玻璃碗来做饭。表达建议和忠告用祈使句最为合适,所以 70 题应填动词原型 use。

## 解题秘技

:

对于表达建议、警告、忠告、请求的句子,使用祈使句最为合适,肯定句为动词原形开头,否定句为 don't/never/no+动词原形,动词作谓语动词。句中不会出现其他谓语动词。

五、本文主要介绍了篮球运动的起源、发展、规则和知名球员等。

71. The teacher put a peach basket on the wall.

72. A basket and a ball.

【解析】根据“All they need is a basket and a ball.”可知,打篮球需要一个篮子和一个球。故填 A basket and a ball.

73. There are thousands of basketball teams in the USA.

【解析】根据“There are thousands of basketball teams in cities and schools in the USA.”可知,美国有数千支篮球队。故填 There are thousands of basketball teams in the USA.

74. By throwing the ball through the other team's hoop.

75. Yes, I do. Because playing basketball helps me keep active. /

No, I don't. Because playing basketball makes me feel tired.

开放性问题,言之有理即可。

四、

## House of Pancakes

Would you like some pancakes? Please come to House of Pancakes.

There are many kinds of pancakes here, small ones, medium ones and large ones(高分句式). The small one is 4 yuan; the medium one is 6 yuan and the large one is 8 yuan. We have some great specials. The small pancake with cabbages and carrots is just 3 yuan. The medium pancake with tomatoes and eggs is just 4 yuan. You can also try our large pancake with onions and beef for just 6 yuan(高分句式)。

Welcome to House of Pancakes. You will like the food here.

## 听力材料

(一) 1. Thank you for this lovely sweater to me.

2. How is Linda doing now?

3. How did you feel after reading the story?

4. How much rice do you need this month?

5. It is kind of you to help me with my English.

(二) 6. I don't like lemons because they are too sour for me.

7. Lily won the first place, so we were proud of her.

8. I think it's fair for children to share the housework.

(三) 9. W: I often feel nervous when I see an elephant. What about you, Mike?

M: I often feel so happy.

Q: How does Mike often feel when he sees an elephant?

10. W: The advertisement says that this product can make you feel good.

M: Really? I always think advertisements are misleading.

Q: What does the man think of the product?

11. W: Jim, why didn't you often ride a bike last year?

M: Because I hurt my legs, so my parents didn't let me do lots of exercise.

Q: Why didn't Jim do much sport last year?

12. W: Jack, why did you come home late?

M: Mum, I just read a book in the library. I borrowed it from Neil and I can only keep it for two days.

Q: Why did Jack come home late?

13. W: Hi, John. What are you doing?

M: I am making fruit salad.

W: Well, how much yogurt do you need?

M: I need two cups of yogurt.

Q: How much yogurt does the man need?

(四) W: Good evening, may I take your order?

M: Yes. What kind of noodles do you have?

W: We have beef noodles, mutton noodles and chicken noodles.

M: Are there any vegetables in the beef noodles?

W: Yes. There are some potatoes.

M: OK. I'd like beef noodles.

W: And do you have any drinks?

W: Of course. We have tea, milk and orange juice.

M: Orange juice, please.

W: OK, one large bowl of beef noodles and orange juice.

M: How much are they?

W: A large bowl of beef noodles is 10 dollars and the orange juice is 4 dollars.

M: OK. Thanks a lot.

W: You're welcome.

(五) 18. M: Billy is an active boy. He likes playing sports and he is interested in playing basketball. He wants to do well in it.

19. M: Sally is a nice girl. She likes all the subjects. She is good at English but she doesn't do well in maths. She thinks it's difficult for her.

20. M: My name's Paul. I am a student in Yuxin Middle School. I am often late for school. My teacher is not happy.

(六) M: We have a lot of trouble in our life. When you are unhappy or forget how great you are, there are some ways to help you. Look in the mirror and say to yourself, "I'm a special person and I can do anything." Do something nice for someone. Helping others always makes you feel good.

Smile. Be friendly to people you meet. Look for the good things in your friends and family. Read and start a diary. Turn off the TV and write down your opinions. Writing always helps to show your feelings. Stay with your family. We all need our family time. Talk with your mum and dad or maybe even your cousin.

## 期中测试卷

### 核心素养提优测试卷二

#### 答案

一、1. B 2. C 3. A 4. B 5. B 6. B 7. C 8. A 9. B 10. C  
11. A 12. B 13. A 14. B 15. A 16. A 17. C 18. C 19. B  
20. A 21. two 22. cream 23. glass 24. turn 25. delicious

二、A篇 本文是 Abd Allah 关于饮食的博客,以及一些网友的回复。

26. B【解析】细节理解题。根据 "I sometimes eat bread with jam. But usually I eat fuul and bread for breakfast." 可知早餐通常吃豆泥和面包。故选 B。

27. B【解析】推理判断题。根据 "I also want to ask you a question..." 以及后续网友对早餐饮食的回复可知,选项 D "你早餐吃什么?" 符合,故选 B。

28. C【解析】词义猜测题。根据 "For breakfast, I usually have noodle soup. My grandma makes it every morning." 可知奶奶每天早上都做面汤,故 it 指代面汤,故选 C。

29. C【解析】细节理解题,根据 "I always eat a big breakfast because we don't have lunch at school." 可知她总是吃一顿丰盛的早餐,因为她们在学校不吃午饭。故选 C。

30. D【解析】推理判断题。本文是 Abd Allah 关于饮食的博客,以及一些网友的回复,故文章可能来自网站。故选 D。

#### 解题秘技

解答文章出处题要根据文章的主旨进行推断,通常需将文章主旨归纳到某个大主题中,然后推断文章出处。此外文章的体裁、形式也是推断其出处的重要依据,例如本篇的形式及 reply, posted by... 等词语均可作为提示对文章出处进行推断。

B篇 本文主要介绍了作者在冬天喜欢的食物和活动。

31. C【解析】细节理解题。根据 "The world is covered with white snow." 可知在冬天,我们到处都可以看到雪。故选 C。

32. B【解析】细节理解题。根据 "Hot pot is my favourite." 可知作者最喜欢吃火锅。故选 B。

33. C【解析】细节理解题。根据 "We can build snowmen in the yard... We can also have snowball fights with our friends." 可知我们可以在院子里堆雪人和打雪仗。故选 C。

34. C【解析】细节理解题。根据 "The sweet smell of roasting sweet potatoes on the street is very inviting. When you take a bite, it's warm and sweet." 可知烤红薯是温暖和甜蜜的。故选 C。

35. D【解析】细节理解题。根据 "We decorate our snowmen with hats, scarves, and buttons." 可知用帽子、围巾和纽扣装饰雪人。故选 D。

C篇 本文是一篇说明文,文章讲述了人们通过手机计步器应用记录步数来促进健康和锻炼的习惯。

36. A【解析】推理判断题。根据第一段 "People think that good health is very important and they often talk about it." 以及全文可知,文章讨论了人们如何通过手机应用记录步数来保持健康,这是健康杂志常见的话题,因此推测,文章可能来自健康杂志。故选 A。

37. C【解析】细节理解题。根据 "'It helps me to exercise more and keep a good habit. I often talk to my friends online about how to stay healthy. We work in the same group to cheer each other to keep exercising,' Miss Song said." 可知,作者通过举例说明了使用计步软件的好处。故选 C。

38. B【解析】阅读排序题。根据 "Showing the number of steps is becoming more and more popular." 可知,文章首先提到计步越来越流行,d 排第一;根据 "People think that good health is very important and they often talk about it." 和 "'It helps me to exercise more and keep a good habit. I often talk to my friends online about how to stay healthy. We work in the same group to cheer each other to keep exercising,' Miss Song said." 可知,然后提到很多人讨论健康,以及举例说明 Miss Song 经常讨论如何保持健康,c 排第二;根据 "I feel good to exercise with my friends." 可知,接着提到 Mr Li 感觉和朋友一起锻炼很好,e 排第三;根据 "Sometimes you can get prizes for walking more steps." 可知,又提到走更多步数可以获得奖励,b 排第四;根据最后一段 "Recording the steps helps people develop a good habit of walking and showing the number can make people more interested in walking." 可知,最后提到通过记录步数可以帮助人们养成走路的好习惯,a

排第五。因此顺序是 d-c-e-b-a。故选 B。

#### 解题诀窍

##### 阅读排序题

阅读排序题主要考查的是文章的结构和逻辑。需要能够快速地捕捉到文章的中心思想。明确时间和逻辑关系是关键。利用排除法快速定位首段。捕捉关键信息,按照行文顺序推导。遇到不懂的地方,重读首尾,寻找熟悉的内容。

39. D【解析】细节理解题。根据 "I really like it and I use it every day..." ,表明他每天都使用计步器应用。故选 D。

40. B【解析】主旨大意题。通读全文可知,文章主要讨论了人们如何通过使用计步器应用来记录步数,从而激励自己保持健康和养成走路的好习惯。故选 B。

D篇 本文讲述了发生在圣诞节的父女重逢的一个温馨故事。

41. C【解析】细节理解题。根据第一段 "Mr White was working alone in his store..." 可知,怀特先生在他的商店里工作,他以开店为生。故选 C。

42. B【解析】细节理解题。根据第二段 "The bell was from his daughter and it was the only thing he had from his family." 可知,这个铃铛是来自怀特先生的女儿,也是他拥有的唯一属于家人的东西,他很珍惜。故选 B。

43. D【解析】细节理解题。根据第三段 "Mr White thought of his daughter and he changed his mind." 可知,在女孩离开店以前,怀特先生想起了他的女儿,因而改变了主意。故选 D。

44. A【解析】细节理解题。根据最后一段 "Mum says the gift is for you..." 可知,这个礼物是怀特先生的女儿送给怀特先生的。故选 A。

45. C【解析】推理判断题。根据句首 "It was Christmas Day" 可知,故事发生在圣诞节,晚上怀特先生的女儿来到了店里,可以推断他们会一起庆祝圣诞节。故选 C。

三、本文主要介绍了作者参加超级马拉松的经历。

46. B【解析】根据 "I am feeling so tired." 可知是感到非常累,选项 B "跑完之后,我的脚几乎不能动了。" 符合语境。故选 B。

47. C【解析】根据 "But this was much harder than they were." 可知这次的比赛比之前的都难,故此处介绍之前的比赛,选项 C "我之前完成了五次正常的马拉松(42 公里)。" 符合语境。故选 C。

48. E【解析】根据 "I think the most important thing for me is the right speed." 可知此处内容和速度有关,选项 E "如果我跑得太快,我就不会一直跑到比赛结束。" 符合语境。故选 E。

49. D【解析】根据 "My family always ask me why I don't join the

basketball or other ball games." 可知此处回答为什么不参加篮球或其他球赛,选项 G "因为我一点也不喜欢这种团队运动。" 符合语境。故选 D。

50. F【解析】根据 "Maybe I'll be able to raise even more!" 可知可能会筹到更多的钱,可见还会继续参加比赛,选项 F "我打算明年再做一次。" 符合语境。故选 F。

四、A篇 本文主要介绍了中国的传统节日春节及这个节日中重要的食物饺子。

51. special【解析】句意:在大部分国家,人们通常会在一个特别的节日吃传统的食物。考查形容词修饰 holiday,故填 special。

52. Chinese【解析】句意:对于中国人来说,这个特殊的节日就是春节。应把 China 改为形容词 Chinese。

53. family【解析】句意:这是和你的家人团聚的时间。所以填 family。

54. luck【解析】句意:在春节,中国人会祝福他们的家庭成员和朋友们一整年好运。所以要把形容词 lucky 变为名词 luck。

55. as【解析】句意:他们把春节看作是一个团聚的时刻,通常在除夕夜用一顿丰盛的家庭大餐来庆祝。see... as... 表示 "把...看作..." ,为固定用法。故填 as。

56. How【解析】句意:对于这顿年夜饭,饺子是很必要的。那如何制作? 需要的是疑问副词 how,首字母大写。故填 How。

57. pork【解析】句意:你需要什么:饺子皮、蔬菜、牛肉或猪肉、盐和油。根据填写肉类的名词,符合语境,故填 pork。

58. into【解析】句意:用刀把蔬菜切成小块。cut... into 表示 "把...切成..." ,为固定短语。故填 into。

59. little【解析】句意:然后把一点油和盐加进去,用筷子把它们混合到一起。a little 修饰不可数名词,故填 little。

60. ready【解析】句意:当馅料准备好的时候,用一把勺子把馅放进饺子皮中,然后把饺子皮对折捏好。根据句意填形容词 ready。

B篇 本文讲述了吴玉洁和她的队友们刻苦训练的故事。通过足球运动,学生们可以实现他们的梦想。

61. to play【解析】句意:但是吴玉洁已经准备好和她的队友在操场上踢足球了。根据 "is ready" 可知,此处跟不定式表示准备,好去做某事,故填 to play。

62. train【解析】句意:女孩们每天训练大约四个小时。时间状语为 every day,所以用一般现在时。故填 train。

63. to help【解析】句意:徐老师来到这个学校做志愿工作是为了帮扶农村教育。该空说明来农村学校的目的,应用不定式作目的状语,故填 to help。

64. learning【解析】句意:他花了很多时间从视频中学习。根据 spend time doing sth. "花时间做某事" 可知,此处应用动名

词。故填 learning。

65. won 【解析】句意：所以当他听说女孩们在小学比赛中获得第一名时，他真的很惊讶。win“赢得”。其后接比赛类名词作宾语，动作发生在过去，故填 won。

66. work 【解析】句意：她们有很好的品质——她们比其他人更强壮，更努力地合作。空格后的 together 修饰该空，所以填 work 符合语境。

67. enter 【解析】句意：作为一名优秀的足球老师，他帮助这些学生进入好学校。help sb. do sth. 帮助某人做某事，enter 进入。故填 enter。

68. to try 【解析】句意：徐认为足球可以帮助学生得到良好的教育，所以他计划尽自己最大的努力帮助足球队。此处考查 try one's best to do sth.，表示“尽某人的最大努力做某事”；又因为 plan 后跟不定式，故填 to try。

69. flying 【解析】句意：现在，这项运动正在帮助学生实现他们的梦想，比如坐飞机和看海。such as 中 as 为介词，所以其后跟动名词。故填 flying。

70. will get 【解析】句意：在未来，学生们将会从足球中得到更多。有时间状语 in the future，故谓语动词应用一般将来时，故填 will get。

五、本文主要介绍了笑对人们的身体和心理健康有益。

71. About 17 times a day. / About 17 times. / About seventeen times.

【解析】根据“Scientists say that people laugh about 17 times a day.”可知，人们每天笑大约 17 次。故填 About 17 times a day. / About 17 times. / About seventeen times.

72. They stretch their hands above their heads.

【解析】根据“First they stretch their hands above their heads.”可知，首先，他们把手伸过头顶。故填 They stretch their hands above their heads.

73. They exercise many muscles and breathe deeply when they laugh.

【解析】根据“When you laugh, you exercise many muscles in your body.”“when you laugh, you also breathe deeply. This helps you relax.”可知，当人们笑的时候，他们会锻炼许多肌肉并深呼吸。故填 They exercise many muscles and breathe deeply when they laugh.

74. Because laughter helps us feel part of a group.

【解析】根据“Many scientists believe that we use laughter to connect to other people. Laughter helps us feel part of a group.”可知，我们用笑声与他人建立联系，因为笑能让我们感觉自己是团队的一部分。故填 Because laughter helps us feel part of a group.

75. Yes. Because it can help me relax. / Because it can help me feel better. (合理即可)

### 解题诀窍

开放式问题的回答技巧：

开放式问题没有固定答案，因此在回答这类问题时可以从正反两方面进行回答。但是要注意，一般的开放式问题都会要求给出额外的如理由、阐述等方面的表述。在填写这类表述时要注意 1. 填写内容要与你的答案逻辑契合；2. 填写内容要拼写、语法规范，以防出现低级错误。

### 四、

#### My Happiness

What's happiness? Different people have different answers.

For me, happiness comes from my parents' love. I will never forget one thing. Once, I had a bad mark at a math test. I was afraid to meet my parents. But when I got back home late, my parents knew what happened, they said to me “It doesn't matter, my child. Remember we'll always be with you when you need help, We believe you can be better next time. Never give up.” I was moved and made up my mind to work harder and harder.

I feel happy. Whenever I am in trouble, I can feel my parents' love. I want to be a good child for my parents.

### 听力材料

(一) 1. I lost my phone on the playground yesterday.

2. I had my favourite ice cream today.

3. Do you feel happy when you visit the museum?

4. How do you become a good swimmer?

5. We will play against a fantastic team in the next match.

(二) 6. Tara got a soft toy dog as a gift on Children's Day.

7. Too much cola is bad for our health.

8. I enjoy exercising at the park because I love the clean air and sunshine.

(三) 9. W: It tastes good so much. Could I have another one?

M: Of course, Madam!

Q: Where does the conversation take place?

10. M: What do you like doing after dinner?

W: I like jogging.

Q: What does the woman like doing after dinner?

11. M: The food that my father cooks tastes good.

W: Oh, really? What my father can do is to take us to eat in the restaurants.

Q: What does the girl mean?

12. W: Sorry, I'm late. The traffic was too heavy.

M: It's 8:45. The baseball match started fifteen mintes ago.

Q: When did the baseball match start?

13. W: Dad, I'm hungry. Could you tell me how to make a sandwich?

M: Sure. First, pick a piece of bread. Then, put some sauce on it. Next, put some ham and vegetables. Finally, put a piece of bread on top.

Q: What should the girl do first to make a sandwich?

(四) W: Hello, Peter! Do you often have breakfast at home?

M: Yes, I often have eggs and milk. What about you?

W: I have bread and porridge.

M: Do you also have lunch at home?

W: No, I usually have lunch at school. The food is delicious.

M: What do you usually have for lunch?

W: Hamburgers and chicken. What do you usually have for lunch?

M: Meat and different vegetables. I like meat very much.

(五) 18. M: My name is Bill. I made a new friend last week. He likes playing basketball.

19. W: Hi, I'm Tina. I'll take my vacation in Canada. The news says the weather will be snowy and windy there.

20. W: I'm Sue. I like art and music very much, but I can't draw well. I want to learn to draw pictures.

(六) M: Do you hear of milkshake? Milkshake is very popular with people all over the world. Many people like it very much. Do you know how to make an apple milkshake? Well, let me tell you about it. It's very easy. First, you need to peel two apples. And cut them up into small pieces. Next, put the apples and cream into the blender. Then, pour a glass of milk into the blender. Finally, it's time to turn on the blender. Two minutes later, the milkshake is OK and you can drink the milkshake. It's so delicious.

### Unit 4 Life in the future

#### 关键能力达标测试卷

一、A 篇 本文讲述了作者从小爱好阅读，通过阅读不仅获取了知识，也在内向性格中找到了自我认同，并通过书本开阔了视野，领略到世界的广阔及与人相遇的奇妙。

1. D 【解析】细节理解题。根据第一段“When I was a child, my parents read bedtime stories to my sister and me each night. It is one of my favourite childhood memories.”可知，作者最喜欢的童年记忆之一是听父母读睡前故事，故选 D。

2. A 【解析】细节理解题。根据第二段中的“To make me play

with friends like other kids, my parents would have to take books away from me.”可知，父母阻止作者读书是为了不让她因为读书而失去朋友，故选 A。

3. D 【解析】推理判断题。根据第三段中的“I see reading as an important part of my life, not a hobby to pass my time. For me, reading opens up a whole new world.”可知，阅读为作者打开了一个全新的世界，所以推断，作者认为阅读是将世界与自己连接的桥梁，故选 D。

4. D 【解析】推理判断题。根据第四段中的“I'm an introverted person and really need my alone time.”和“Last year, I had several experiences that began to make me feel worried about my being shy... I read Susan Cain's book *Quiet: The Power of Introverts in a World That Can't Stop Talking*. This book helped me understand myself. And I'm not afraid to be myself.”可知，内向的人比较害羞，故选 D。

5. C 【解析】细节理解题。根据最后一段中的“I've met great people and travelled around the world—all from my chair or bed with a book in my hands.”可知，作者通过在椅子或床上阅读书籍与伟人相遇并环游世界，故选 C。

B 篇 本文主要向我们介绍了一些很棒的在线资源，这些资源让我们的生活丰富多彩。

6. A 【解析】细节理解题。根据第一段中的“as we are living in the Internet era. Here are some great online resources. They can make our life colourful.”可知，因为生活在互联网时代，我们可以有一个丰富多彩的生活。故选 A。

7. D 【解析】细节理解题。根据 **Online museums** 部分中的“If you are a fan of museums, go to the National Museum of China's official website. There are VR exhibitions, livestreaming classes and many other resources. For example, an exhibition about Confucius is going on right now.”可知，如果你想了解孔子，你可以去中国国家博物馆的官方网站。故选 D。

8. A 【解析】细节理解题。根据 **Online concerts** 部分中的“Popular ones include 'Doulive Sofa Concert' on Douyin and 'I'm with You' on Sina Weibo.”可知，你可以在新浪微博上找到你最喜欢的歌手。故选 A。

9. C 【解析】细节理解题。根据“**Online museums**”、“**Online concerts**”和“**Online libraries**”可知，没有提到在线学校，故选 C。

10. C 【解析】最佳标题题。根据“Here are some great online resources. They can make our life colourful.”可知，本文主要向我们介绍了一些很棒的在线资源，故选 C。

**新教材类文衔接** 本文是关于 100 名学生空闲时间所做活动的调查报告。

## 解题秘技

类文点拨:本单元内容要求制作有趣活动的报告,本文亦以同学们空闲活动的调查报告为素材。

11.B【解析】细节理解题。根据表格“★① How often do you watch TV?”中的 Sometimes 对应的是大约 24, 可知有大约 24 个学生有时看电视。故选 B。

12.D【解析】细节理解题。根据表格“★② How often do you surf the Internet?”中的 Every day 占比 22%, 可知 22% 的学生每天上网。故选 D。

13.B【解析】细节理解题。根据表格中的信息可知, 只有“★① How often do you watch TV? (你多久看次电视?)”以及“★④ How often do you help to do housework? (你多久帮忙做次家务?)”中, 没有出现 never, 由此可知看电视和帮忙做家务是每个人都会做的, 故选 B。

14.C【解析】细节理解题。根据第一段中的“Last month we asked 100 students about their free time activities. (上个月, 我们向 100 名学生询问了他们空闲时间的活动情况。)”和表格★③可知, 一周锻炼一到两次的人数大约为 25~30, 大约占总人数的 25%~30%; C 选项中的 27% 符合, 所以 C 选项正确。故选 C。

15.B【解析】推理判断题。由文章里的四幅图表可知, 只有 B 项大约有 48 名同学有时会浏览互联网, 而 A 项每天锻炼的同学在图表中没有超过 40 人, CD 项的 no 和 all 不正确。故选 B。

二、16. give up 17. Put on 18. is going; Let's 19. Don't; beside 20. Don't talk; Let's 21. Don't eat 22. Don't draw/Never draw 23. Don't park 24. Let's fly kites 25. Work hard

三、本文是两个人讨论电视节目的一则对话。

26.E【解析】根据“Yes, I watched my favourite TV show just now.”和“Friends.”可知, 是询问看的什么节目, 选项 E“你最喜欢的电视节目是什么?”符合语境。故选 E。

27.B【解析】根据“It's a comedy show.”可知, 是询问什么类型的节目, 选项 B“它是哪种类型的节目?”符合语境。故选 B。

28.F【解析】根据“Because I can learn about different places from the shows.”可知, 是询问原因, 选项 F“你为什么喜欢它们?”符合语境。故选 F。

29.C【解析】根据“I don't mind them.”可知, 此处是问对某种事物的看法, 选项 C“你认为烹饪节目怎么样?”符合语境。故选 C。

30.D【解析】根据“Me, too!”可知, 是与上个人观点或做法相同, 选项 D“但是我看的时候总是感到饥饿。”是对前面对话内容

的承接, 符合语境。故选 D。

四、本文主要介绍了 DIY 的几点好处, 并通过举例来说明。

31. reasons【解析】句意: 造成这种情况的原因有很多, 以下是一些原因。根据“many”可知, 此处应用名词 reason 的复数形式。故填 reasons。

32. cheaper【解析】句意: 首先, DIY 比在商店买东西要更便宜。根据“than”可知, 此处应用形容词 cheap 的比较级 cheaper, 表示“更便宜的”。故填 cheaper。

33. money【解析】句意: 首先, DIY 比在商店里买东西要更便宜, 它能帮助你省钱, 短语 save money 省钱, 故填 money。

34. something【解析】句意: 其次, 人们喜欢知道如何做新事物。根据“people enjoy knowing how to do... new.”可知, 此处为人们乐衷知道如何去做新事物。故填 something。

35. themselves【解析】句意: 第三, 有些人自己工作得更好。根据“some people work better by...”可知, 此处为固定短语 by oneself“自己”, they 的反身代词为 themselves“他们自己”。故填 themselves。

36. happily【解析】句意: 他们可以看着自己制作的东西并高兴地说:“这都是我自己做的”。根据“and say...”可知, 此处修饰动词 say 应用 happy 的副词形式 happily, 表示“高兴地”。故填 happily。

37. few【解析】句意: 我的一个朋友几个月前买了一套旧房子。短语“a few”修饰可数名词复数 months, 表示几个月。故填 few。

38. walls【解析】句意: 他和妻子把每个房间的墙壁都粉刷了。all 修饰名词复数。故填 walls。

39. before【解析】句意: 现在他的房子看起来比以前更漂亮了。than 的意思是比..., 比较的是过去, 故填 before。

40. most【解析】句意: 现在他已经学会了做大部分的修理工作, most of 大部分的, 大多数的, 故把 many 变为 most。

五、Dear David,

I'm glad you will visit my school. Let me tell you something about my school life. We have six classes every day. I like the lunchtime best because I can enjoy delicious food and chat with my friends(高分句式). After school, I often play basketball with my friends. It's my favourite sport. As for your free time in Nanjing, I suggest you visit the Confucius Temple. It's a good place to learn about Chinese culture. You can also try some local snacks there. I hope my advice will be helpful to you(高分句式). Looking forward to your reply.

Best wishes.

Yours,

Li Hua

## 解题秘技

写作指导

1. 总体分析

- ① 题材: 本文是一封电子邮件;
- ② 时态: 时态为“一般现在时”;
- ③ 提示: 写作要点已给出, 考生应根据所给信件内容写出回信内容, 适当添加细节, 并突出写作重点。

2. 写作步骤

- 第一步: 表示很高兴收到来信;
- 第二步: 具体介绍学校生活的一些信息和南京景点及美食;
- 第三步: 书写结语, 期待来信。

3. 亮点词汇

- ① as for 关于
- ② be helpful to sb. 对某人有帮助
- ③ look forward to 期待

## Unit 4 The art of having fun

### 核心素养提优测试卷

一、A 篇 本文主要讲述了作者对音乐的热爱。

1. C【解析】段落大意题。从第一段我们可以知道关于作者的什么信息? A 项: 他擅长跳舞; B 项: 他有许多最喜欢的活动; C 项: 当听音乐的时候他感到高兴; D 项: 当他还是一个孩子的时候他上音乐课。根据第一段“Listening to music is my favourite activity. (听音乐是我最喜欢的活动。)”和“I couldn't help but feel happy and start to dance. (我忍不住感到高兴并开始跳舞。)”可知, 当听音乐的时候作者感到高兴, 故选 C。

2. C【解析】细节理解题。根据文中描述“As I got older, I began to play the guitar in our garage... And I would sing when I played.”可知, 作者会在车库里弹吉他和唱歌, 故选 C。

3. A【解析】细节理解题。根据文中“On the first Friday of each month, every one of my family took turns singing a song. But who could sing the most beautifully? That was up to our neighbours to decide.”可知, 周五晚上唱歌比赛的获胜者由邻居决定, 故选 A。

4. B【解析】推理判断题。根据文中“Music is... in my life. It's like a friend that helps me deal with my feelings.”可知, 音乐在生活中帮助作者应对情感, 因此它是重要的, 故选 B。

5. A【解析】主旨大意题。根据“Listening to music is my favourite activity.”以及通读文章可知, 本文主要讲述了作者对音乐的热爱, 故选 A。

B 篇 本文讲述了不同的人喜欢在不同的地方读书, 并分享了他们各自的读书体验和感受。

6. D【解析】词义猜测题。根据“You can listen to the singing of birds and the green leaves make you peaceful.”可知, 听鸟儿歌唱和绿叶可以让你感到宁静, peaceful“宁静的”, 故选 D。

7. C【解析】细节理解题。根据“Home is the best. Home is the warmest place in the world. You can lie on a sofa or just sit on the floor. Quietly, you can enjoy reading books, like talking with good friends. Rose”可知, Rose 认为家是最好的读书地点, 故选 C。

8. A【解析】细节理解题。根据“In the reading club. After reading a good book, maybe you can't wait to share it with your friends. It's really amazing to talk about a good book. Everyone has his own ideas about the book. You can learn more by sharing. Dick”可知, Dick 喜欢在读书俱乐部读书, 因为他可以和朋友们谈论书籍, 故选 A。

9. B【解析】细节理解题。根据“In a coffee shop. The taste of coffee is so nice. On sunny days, you can enjoy the sun through the window. On rainy days, you can listen to the sound of rain. Also, you can watch different people passing by. They may walk into your book and become part of it. Emma”可知, Emma 喜欢在咖啡店读书, 故选 B。

10. B【解析】主旨大意题。根据“Where do you usually read books? Please share your ideas.”可知, 本文主要介绍了几个不同的读书地点, 故选 B。

C 篇 本文介绍了一款名为《黑神话: 悟空》的游戏, 它融合了中国文化元素, 吸引了全球玩家的关注和喜爱, 促进了世界对中国文化的了解。

11. C【解析】细节理解题。根据“Black Myth is China's first AAA video game. Why is it so popular? It is because of the Chinese culture inside it.”可知, 人们因为中国文化而谈论这个游戏。故选 C。

12. A【解析】细节理解题。根据“For this reason, although players from other countries were not fans of Chinese culture, they are now 'hard-working' on every detail of the novel. For almost the first time, the world tries actively to understand Chinese culture.”可知, 游戏玩家被游戏中的中国文化所吸引, 因此世界第一次积极尝试了解中国文化。故选 A。

13. C【解析】词义猜测题。根据“Take the Hanging Temple for example. It was built nearly 1,500 years ago and truly hangs on a steep cliff. Players are amazed when they realise it is a true attraction.”可知, 游戏中美丽的场景也很吸引人, attractive 与 enjoyable“令人愉快的”意思相近。故选 C。

14. B【解析】篇章结构题。第一段介绍《黑神话: 悟空》游戏的全球热度及其背后的原因; 第二段和第三段详细阐述《黑神话:

悟空》如何通过中国文化元素吸引玩家；第四段介绍玩家的反馈和对中国文化的兴趣，结构如选项 B 所示。故选 B。

15. D 【解析】最佳标题题。本文主要介绍了一款融合中国文化的 game——《黑神话：悟空》，因此选项 D“流行视频游戏中的中国文化”最适合作为本文的标题。故选 D。

**D 篇** 本文主要介绍了中国古代儿童玩的游戏。

16. E 17. B 18. A 19. C 20. D

**二、本文介绍了积木。**

21. ages 【解析】根据句意，因为它们有趣的设计，所有年龄段的孩子都喜欢搭积木，of all ages“所有年龄段的”，故填 ages。

22. choices 【解析】根据句意，它们总是作为礼物的最好的选择，所以在这里要填的是 choice，主语是 they，所以 choice 要变成复数，故填 choices。

23. daily 【解析】根据句意，孩子们会用积木建造他们在日常生活中见到的各种各样的事物。daily 指的是日常的、每天的，修饰 life，故要把 day 变成形容词 daily，故填 daily。

24. them 【解析】根据句意，这件事给予了他们学习身边事物和生活技能的机会。24 题代词在这里作宾语，故用宾格 them。

25. language 【解析】根据句意，搭积木可以帮助孩子们锻炼他们的语言技巧，大部分孩子会在他们用这些传统的玩具搭建东西时彼此进行交流，说明在这里搭积木培养的是孩子的语言能力，故填 language。

26. others 【解析】根据句意，当他们开始在一起玩积木的时候，他们会学会和其他人一起轮流玩，分享和共同解决问题，所以这里要把 other 变成代词，加 s 变成 others。

27. only 【解析】根据句意，然而，这些并不是玩积木的仅有优点。only“仅有的”，所以填 only。

28. science 【解析】根据句意，搭积木也能够帮助孩子们发展在数学和……方面的能力，28 题前面 and 引导的两个并列成分中，math 指的是数学学科，所以 28 题也指的是学科名词，故填 science。

29. colours 【解析】根据句意，搭积木可以帮助孩子们去思考搭建时不同的形状、颜色和尺寸，故填 colours。

30. interesting 【解析】根据句意，搭积木是既好玩又有趣的，因此要把 interest 变成 interesting。

**三、本文是一项关于社区民意调查的报告，调查的目标是找出社区中最受欢迎的放松去处。**

31. Because Sunshine Coffee Shop has the best coffee and cakes，and it's quiet and relaxing.

【解析】根据表格一“The main reason is that it has the best coffee and cakes. It's said that the shop owner learned how to make dessert in France for about half a year. She makes the most delicious dessert, especially the matcha cheese cake.

What's more, the environment of the coffee shop is quiet and relaxing. (主要原因是它有最好的咖啡和蛋糕。据说店主在法国学了半年如何制作甜点。她做的甜点最好吃，尤其是抹茶奶酪蛋糕。更重要的是，咖啡馆的环境很安静和放松。)可知，35% 的人选择 Sunshine Coffee Shop 的原因是它有最好的咖啡和蛋糕，并且其环境安静、舒适。故填 Because Sunshine Coffee Shop has the best coffee and cakes, and it's quiet and relaxing.

32. Matcha cheese cake.

【解析】根据表格一“She makes the most delicious dessert, especially the matcha cheese cake. (她做的甜点最好吃，尤其是抹茶奶酪蛋糕。)可知，Sunshine Coffee Shop 最好的甜点是抹茶奶酪蛋糕。故填 Matcha cheese cake.

33. Birthday parties.

【解析】根据表格二“So many people have their birthday parties in the shop. (很多人在店里举行生日聚会。)可知，很多人在 DJ 音乐店举办生日派对。故填 Birthday parties.

34. A bottle of soft drink for free.

【解析】根据表格三“When they get 5 stars, they can get a bottle of soft drink for free as a prize. (当他们获得 5 星时，他们可以免费获得一瓶软饮料作为奖励。)可知，当读者获得五颗星时，他们能获得一瓶免费的软饮料作为奖励。故填 A bottle of soft drink for free.

35. 3.

【解析】根据该文章中提及的 Sunshine Coffee Shop, DJ Music Shop 和 See-You-Again Book Bar 可知，共有三处放松的地点被提及。故填 3.

**四、** Nowadays, teenagers have different ways for fun from the past.

In the past, teenagers used to choose games outside. For example, they could play outdoors together with their friends or family. They climbed mountains or played balls with classmates on weekends. These activities were good for their health and could make them happy when they played in the nature(高分句式)。

However, teenagers these days like to stay alone at home most of the time. They play computer games or chat with friends on the phone. Although there are so many kinds of computer games, they still feel lonely(高分句式)。What's more, these activities are bad for their eyes and health.

I hope we teenagers can put down our phones and go outdoors to spend more time with others. It is really important and meaningful.

## Unit 5 Amazing nature

### 关键能力达标测试卷

**一、A 篇** 本文介绍了生活在亚马逊河中的粉红海豚的体型、颜色变化、饮食习惯和社交行为。

1. D 【解析】细节理解题。根据第一段中的“But pink dolphins live in Amazon River.”可知，粉红海豚生活在亚马逊河。故选 D。

2. C 【解析】细节理解题。根据第二段中的“Young pink dolphins are gray.”可知，幼小的粉红海豚是灰色的。故选 C。

3. A 【解析】推理判断题。根据第三段中的“They live in groups but their group is small. A group has two or four pink dolphins. The pink dolphins in the same group go into the water, play in the water and look for food together. (粉红海豚群居，但它们的群体很小；一个群体有两只或四只粉红海豚；同一群体的粉色海豚进入水里，在水里玩耍，一起寻找食物。)可知，作者通过介绍一些与粉红海豚的事实，来说明它们是社群动物。故选 A。

4. C 【解析】细节理解题。根据第二段中的“Pink dolphins have about 52 pairs of teeth. The teeth help them get food easily.”可知，粉红海豚的牙齿在获取食物方面有很大帮助。故选 C。

5. C 【解析】最佳标题题。通读全文可知，本文介绍了生活在亚马逊河中的粉红海豚的体型、颜色变化、饮食习惯和社交行为。C 选项“粉红海豚”符合文意。故选 C。

**B 篇** 本文介绍了青藏高原在夏天的天气变化很大，你可以在一天内体验“四季”。

6. A 【解析】细节理解题。根据第一段中的“The weather there changes a lot in summer.”可知，青藏高原的天气在夏季变化很大，故选 A。

7. B 【解析】细节理解题。根据“Spring” morning 部分中的“In the early morning, it's cool.”可知，在青藏高原的清晨天气非常凉爽，故选 B。

8. D 【解析】细节理解题。根据“Winter” night 部分中的“The rainy season is from June to September each year.”可知，雨季从六月到九月，因此雨季是在九月结束，故选 D。

9. D 【解析】细节理解题。根据“Summer” noon 部分中的“The sunlight is so strong that you might want to wear a pair of sunglasses.”可知，当阳光非常强烈的时候，你想戴一副太阳镜，故选 D。

10. C 【解析】推理判断题。根据第一段中的“Do you ever go to the Qinghai-Xizang Plateau? The weather there changes a lot in summer. You can experience ‘four seasons’ in just one day. What is it like? Let's take a look.”可知，本文介绍了青藏高原的天气，因此可能摘自旅游指南，故选 C。

**二、** 11. National 12. behaviours 13. proud 14. scientists

15. disappear 16. commonest 17. smallest 18. further

19. fewest 20. most excellent

21. bigger and busier than 22. is famous for

23. more; than any other 24. is getting cooler and cooler

25. as/so interesting as

**四、** 本文是两人有关一些地理知识的对话。

26. D 【解析】根据“The Sahara is the biggest.”可知，阿拉伯沙漠不是最大的。选项 D“不，它是世界上第二大的。”符合语境，故选 D。

27. F 【解析】根据“How big is the Sahara?”可知，介绍撒哈拉沙漠的面积。选项 F“它的面积约为 932 万平方公里。”符合语境，故选 F。

28. A 【解析】根据“Are there any deserts in China?”和“And the Taklimakan Desert is bigger than any other desert in China.”可知，应作肯定回答。选项 A“是的，当然有。”符合语境，故选 A。

29. E 【解析】根据“Where is it?”可知，回答地点。选项 E“它在新疆。”符合语境，故选 E。

30. B 【解析】根据“Let's take a trip there.”可知，此处是和旅行有关。选项 B“去沙漠旅行可能会很有趣。”符合语境，故选 B。

**五、** 本文主要介绍刘屹靖是一个风暴摄影师，他拍摄很多风暴的照片并上传到网上。后来偶遇一位农民，了解到风暴对农作物的损害，刘屹靖决定做恶劣天气的短视频，让更多的人了解大自然。

31. windows 【解析】句意：在中国很少有人会像刘一样喜欢暴风雨，其他人或许会关掉他们的窗户来阻挡暴风雨的声音。句中的 close their windows 符合句意，故填 windows。

32. However 【解析】句意：然而，刘屹靖为每一次暴风雨而激动地跳跃。根据“Other people may close their windows to block out sounds of the storm.”和“Liu jumps excitedly for every storm.”可知，前后对比，刘屹靖和其他人面对风暴时的态度不一样，空格处表示转折。又因空格前后有逗号，此处则应该填副词，修饰整个句子，however“然而”符合语境。故填 However。

33. across 【解析】句意：这位 21 岁的年轻人大约已经穿越了中国的 30 000 公里。穿越某地，用介词 across。

34. photos 【解析】句意：他拍下风暴的照片并分享到网上，得到了很多赞和评论。take photos of 给……拍照片，故填 photos。

35. popular 【解析】句意：这位年轻人已经变得越来越受欢迎。more and more 越来越……，根据下文很多大学邀请他去演讲并且中央电视台也使用他的作品，说明他越来越受欢迎。故填 popular。

36. one 【解析】句意：不久之前他的一张照片就被选择作为《大气科学进展》杂志的封面。考查短语 one of 加名词复数，故填代

词 one。

37. farmer 【解析】句意：一天，他偶遇了一位农民。根据“The man told him that a storm damaged the local crops.”可知，这个人是农民，“农民”farmer。故填 farmer。

38. something 【解析】句意：这位农民告诉他暴风雨破坏了当地的庄稼，刘觉得很难过，所以他决定去做一些事情。需要使用不定代词。句子为肯定句，故填 something。

39. weather 【解析】句意：他开始制作关于恶劣天气的短视频。根据下文的句子“Many people are now learning new things about the weather from him.”可知，很多人都通过他的视频了解了关于天气的知识。所以他制作的短视频应是关于恶劣天气的。故填 weather。

40. better 【解析】句意：我希望我的作品可以帮助人们更好地了解自然。故填 better。

六、 As we know, the nature is very important to all living things, including we human beings. We can get food, fruit and medicine from the nature. Also, the nature provides us with fresh air and clean water. So we must get closer to the nature and protect it.

However, some people sometimes do bad things to our nature. Once, I took a walk in the park near my home. The rubbish was here and there. It smelled terrible. I felt sorry about it. The next day, I asked some of my good friends to clean the park. After a day's work, the park was clean and beautiful. We felt tired but very happy. (高分句式)

From then on, more and more people join us to keep the park clean. (高分句式) More and more people realize the importance of the nature. Let's call on more people to protect our nature. Let's get closer to the nature together!

## Unit 5 Amazing nature

### 核心素养提优测试卷

一、A篇 本文主要介绍了与中国相关的一些地理知识。

1. C 【解析】细节理解题。根据“China is a country in East Asia... It covers about 3.7 million square miles.”可知，第一段我们可以知道中国的人口数量，大小，以及位置，C 选项内容并未提及。故选 C。

2. B 【解析】段落大意题。根据“The snow in the mountains is a source of many rivers. In fact, the snow makes two of China's most important rivers. They are the Yellow River and the Yangtze River. The Yellow River is China's second longest river. It is very special to the Chinese people, as it was the birthplace of Chinese civilization. The Yangtze River is the longest river in Asia and the third longest river in the world!”

可知，第三段介绍了中国最重要的两条河流——黄河和长江。故选 B。

3. C 【解析】词义猜测题。根据画线词前文的“There are thousands of rivers in China. But there are still deserts in the country. And rainforests are also in some areas of the country.”可知，前文提到了中国有河流，沙漠和热带雨林，以及“So visitors can enjoy diverse landscapes in this country!”可知，应该是欣赏“多样的”景色。故选 C。

4. D 【解析】细节理解题。根据“The Yellow River is China's second longest river. It is very special to the Chinese people, as it was the birthplace of Chinese civilisation.”可知，黄河对中国人民来说非常特别，因为它是中华文明的发源地。故选 D。

5. B 【解析】推理判断题。本文主要讲述了中国的地理环境、河流等信息，所以作者写这篇文章是为了介绍与中国相关的地理信息。故选 B。

B 篇 本文介绍了北极圈的寒冷天气和真实地域信息。

6. B 【解析】推理判断题。根据“People often think of the North Pole and the South Pole as frozen areas.”并结合全文可知，本文主要介绍了北极和南极的实际情况，内容与“自然科学”有关，所以这篇文章有可能出自一本关于科学的书。故选 B。

7. A 【解析】细节理解题。根据第三段中“About 100 years ago, two men, Robert Peary and Mathew Henson, were able to get to this environment full of troubles and difficulties. They reached the North Pole on April 6th, 1909.”可知，大约 100 年前，有两个人成功地到达了北极，故选 A。

8. D 【解析】细节理解题。根据“People who stay there may face many problems: very cold temperatures, sudden storms, and even hunger.”可知，在北极圈，人们想待在这里需要面临很多困难，如：超低温，暴风雪和饥饿。故选 D。

9. D 【解析】细节理解题。根据最后一段中“The movement of the ocean water under the ice may often cause many different changes on the surface. Sometimes the ice breaks into two opening lanes of water called 'leads'.”可知，冰下海水的运动常常会引起海面上许多不同的变化，有时冰分裂成两个开放的水道。故选 D。

10. C 【解析】主旨大意题。根据“People often think of the North Pole and the South Pole as frozen areas.”并结合全文可知，本文介绍了北极圈的寒冷天气和真实地域信息。故选 C。

C 篇 本文是一篇记叙文，主要介绍了年仅 14 岁的 Ryan Hickman 通过海滩清理活动来关爱自然，保护海洋动物。

11. C 【解析】推理判断题。根据第一段内容可知，Ryan 从两岁开始收集瓶子。由此推测出， $14 - 2 = 12$ ,  $2024 - 12 = 2012$ ，所以 Ryan 于 2012 年开始在海滩上收集瓶子。故选 C。

12. B 【解析】词义猜测题。根据第二段中“'I really can't endure the pollution anymore. Picking up a piece of rubbish may save a turtle's life.'”可知，“我”真的不能再忍受污染了。捡起一块垃圾可能会拯救一只海龟的生命。由此可知，画线词 endure 的意思最有可能是“忍受”，bear 表“忍受”。故选 B。

13. A 【解析】细节理解题。根据第三段中“Watching the videos of ocean pollution there encouraged him to think about what he could do to help save them.”可知，看了那里的海洋污染视频后，他开始思考自己能做些什么来拯救它们。故选 A。

14. D 【解析】细节理解题。根据第四段中“From a young age, he has developed a love for recycling. He kept collecting rubbish and bottles for a long time. One day, Ryan knew that saving sea animals needed money.”可知，Ryan 长期收集垃圾和瓶子，并且他卖掉了垃圾和瓶子，为拯救海洋生物筹集资金。故选 D。

15. B 【解析】推理判断题。通读全文，结合最后一段内容“Ryan has also travelled worldwide, speaking to kids about what kids can do for the protection of sea animals. He said, 'It's meaningful. I'll keep on doing it.'”可知，本文主要介绍了年仅 14 岁的 Ryan Hickman 通过海滩清理活动来关爱自然，保护海洋动物。由此可推测出，Ryan 是善良的。故选 B。

D 篇 本文是一篇说明文。介绍了票选出的三个世界奇迹。

16. F 【解析】由前文“... to honor the wonders in the nature.”可知，人们要纪念自然中的奇迹，后文紧接着“The final list... came out.”表示“新七大奇迹名单问世”。选项 F 意为“世界各地的人们投票选出了最喜爱的地方。”，符合情境。故选 F。

17. B 【解析】由小标题“The Amazon Rainforest”和后文“A single hectare( $1,000\text{m}^2$ ) of Amazon Rainforest contains about...”可知此处讲的是世界最大的热带雨林——亚马逊雨林。选项 B 意为“它成为了世界上最大的热带雨林”，符合情境。故选 B。

18. D 【解析】由后文“This is because its plants continuously recycle carbon dioxide into oxygen.”可知亚马逊雨林持续不断地将二氧化碳转换成氧气，相当于人类肺的功能。选项 D 意为“它一直以来都被称为‘地球之肺’。”，符合情境。故选 D。

19. E 【解析】由后文“...tourist activities in the park is scuba diving”可知该公园最受欢迎的活动之一是戴水肺潜水。选项 E 意为“该公园还有世界上最丰富的海洋环境之一。”，符合情境。故选 E。

20. C 【解析】由小标题“Table Mountain”和后文“... so they could drink and eat on it.”可知此处讲的是“桌山”，传说是神创造了这座山，他们以此为桌，在上面吃喝。选项 C 意为“从名字就可以看出这座山的外形一定酷似一张大桌子。”，符合情境。故选 C。

选 C。

二、本文是一篇记叙文。主要讲述了几个小孩完成老师布置的任务——在森林中找到彩虹颜色的故事。

21. to find 【解析】根据句意，生物老师要求 Eric 和他的伙伴们在森林中找到彩虹的颜色，ask sb. to do sth. 表“要求某人去做某事”，故填 to find。

22. was 【解析】根据句意，草是绿色的，土地是棕色的，秋天的叶子是橙色，黄色和红色的，下文中都用到了 be 动词的过去式，故此题填 was。

23. going 【解析】根据句意，“我们将去哪里找到紫色和蓝色呢？” Eric 想。考察一般将来时 be going to do 的用法，故此题填 going。

24. make 【解析】根据句意，过了一会儿，他们依然没有取得任何进展，make progress 表“取得进展，获得进步”，前面有助动词 didn't，所以这里要填原形 make。

25. looking 【解析】根据句意，他们感到很焦虑，老师鼓励他们继续耐心地看一看。keep doing sth. 表“坚持做某事”，故此题填 looking。

26. to give 【解析】根据句意，他的伙伴变得不耐烦了并且想要放弃。want to do sth. 表“想要做某事”；give up 表“放弃”，故填 to give。

27. decided 【解析】根据句意，但是 Eric 决定他应该独自前往更远的地方来寻找其他颜色。决定去做某事，后面既跟不定式，也可以跟从句做宾语，所以这里要填过去式 decided。

28. continued 【解析】根据句意，他继续他的任务，幸运的是他发现了一只漂亮的紫色蝴蝶。说明 28 题时，他寻找颜色的任务还没有完成，应该是继续任务，故填 continued。

29. feel 【解析】根据句意，老师高度评价了 Eric 的坚持，并且老师的表扬让他感到自信和骄傲，make sb. do sth. 表“让某人做某事”，故填 make。

30. keeps 【解析】根据句意，这样的经历也提醒 Eric，如果他能坚持努力并足够细心，他一定会找到彩虹的颜色。if 引导条件状语从句，主句用一般将来时，从句用一般现在时，if 后的主语是 he，所以其后的谓语动词用第三人称单数。keep doing sth. 表“坚持做某事”，故填 keeps。

三、本文主要讲述了四川农村姑娘通过开发游戏和绘制数字艺术作品，来提高人们对自然的理解，并呼吁人们重视气候变化问题。

31. Zheng Huan has a deep love for nature.

【解析】根据“... Zheng Huan has a deep love for nature.”可知，Zheng Huan 深爱着大自然。故填 Zheng Huan has a deep love for nature。

32. Players take pictures of different things in nature to get points.

【解析】根据“Players take pictures of different things in nature to get points.”可知,玩家拍摄自然界中不同事物的照片以获得积分。故填 Players take pictures of different things in nature to get points.

33. 它们对我来说都变得生动而有意义,因为现在我了解它们。  
34. It is about how AI will influence the environment in the future.  
【解析】根据“... the book AI 2041 which talks about how AI will influence the environment in the future.”可知,《AI 2041》一书探讨了人工智能在未来将如何影响环境。故填 It is about how AI will influence the environment in the future.

35. creative; responsible

【解析】开放性试题,答案不唯一,合理即可。

四、Dear boys and girls,

Good morning! I'm very glad to stand here to give you a speech about protecting the Earth.

The earth is our home and provides us with air, food and water. It is necessary for us to protect it. However, there are some bad behaviours. People always cut down trees recklessly. What's more, people often leave the rooms without turning off lights and throw away the bottles with water in them and so on (高分句式).

It's time to protect our earth now. First, we should protect the forest and save water and electricity. For example, remember to turn off the taps and light when we don't use them. Second, if we have to throw rubbish, please put it in the dustbin (高分句式). What's more, we should use less plastic bags.

In a word, it's our duty to protect our home (高分句式). Let's make the earth more beautiful.

## Unit 6 Hitting the road

### 关键能力达标测试卷

一、A篇 本文介绍了不同季节适合旅游的地方。

1. B【解析】细节理解题。根据 Summer Changbai Mountain(夏天长白山)下面的信息“The best time to visit Changbai Mountain in Jilin is August... You'll have time to take lots of photos. (参观吉林长白山的最佳时间是8月……你将有时间拍很多照片。)”可知,如果你喜欢拍照,你可以去吉林长白山,故选 B。

2. B【解析】细节理解题。根据 Spring Wuyuan, Jiangxi(春天江西婺源)下面的信息“Spring is the best time to visit Wuyuan in Jiangxi. The yellow flowers all over the hills make the villages look like a fairytale(童话的) world. You'll have free time to walk across the beautiful countryside and enjoy the famous tea. (春天是游览江西婺源的最佳时间。漫山遍野的黄花使村庄看起来像一个童话世界。你将有空闲时间漫步在美丽的乡村,享

受著名的茶。)”可知,游览江西婺源可以看漫山遍野的黄花,漫步在美丽的乡村,享受著名的茶。故选 B。

3. A【解析】细节理解题。根据 Winter Sanya, Hainan(冬天海南三亚)下面的信息“Sanya on Hainan Island is great for a holiday in winter. You can get away from the cold. (海南岛的三亚是冬天度假的好地方。你可以远离寒冷。)”可知,因为你可以远离寒冷,故选 A。

4. D【解析】细节理解题。根据方框中最下面的信息“For more information, please call us at 2213729. (如欲查询更多信息,请致电 2213729。)”可知,你可以打电话了解更多有关旅游的信息。故选 D。

5. B【解析】推理判断题。根据方框中最上面的信息“We have great tours for every season. (我们每个季节都有很棒的旅行。)”可知,本文介绍的是旅行,应该会在旅行指南看到这篇文章。故选 B。

B 篇 本文讲述了作者和朋友去伦敦参加艺术节,在伦敦周围的山上露营时遇到了大雨,返回酒店时又没有空余的房间休息,幸运的是,最后在一个善良的酒店员工的帮助下,得以在酒店的餐厅歇息。

6. D【解析】细节理解题。根据第一段中的“Last week, I went to London with my friend for an art festival by car.”可知,作者去伦敦是为了参加一个艺术节。故选 D。

7. A【解析】细节理解题。根据第二段中的“We arrived in London one day before the art festival started. It was sunny and hot in the city,”可知,作者和朋友到伦敦时,天气晴朗且炎热。故选 A。

8. C【解析】细节理解题。根据第四段中的“Luckily, a nice hotel worker let us sleep in the dining room. We fell asleep quickly because we were so exhausted.”可知,作者和朋友最后睡在一家酒店的餐厅里。故选 C。

9. B【解析】词义猜测题。根据第四段中的“We fell asleep quickly...”可知,作者和朋友很快就睡着了,由此可知他们非常累、已经精疲力尽了;“exhausted”表示“精疲力尽的”。故选 B。

10. D【解析】推理判断题。根据最后一段中的“Our camping trip didn't go very well, but we felt very warm. When we left the hotel, we said thanks to the hotel worker for his great help.”可知,作者和朋友的露营之旅进行得不太顺利,但感到很温暖。离开酒店时,他们对酒店工作人员的大力帮助表示感谢。由此推知当他人遇到困难时,我们应伸出援手。故选 D。

二、11. general 12. achieve 13. truth 14. huge 15. curiously 16. airport 17. prefer 18. interest 19. waterfalls 20. beauty

三、21. as expensive as 22. writes as carefully as

23. not so/as popular as 24. ten metres wider than

25. funnier; boys

四、本文是一则对话,对话中 Jane 向 Alex 介绍了自己的旅行。

26. E【解析】根据“Did you have a good holiday?”以及“Hi, Alex. Yes.”可知,此处介绍自己的假期。选项 E“真的很棒。”符合题意。故选 E。

27. F【解析】根据“By plane.”可知,上句询问的是交通方式。选项 F“你是坐火车还是坐飞机去的?”符合题意。故选 F。

28. C【解析】根据“We went sightseeing, went shopping, took some photos and ate braised chicken and Dalu noodles.”可知,上句是询问做了什么。选项 C“你在那里做了什么?”符合题意。故选 C。

29. D【解析】根据“Oh, it was cold.”可知,上句是询问天气。选项 D“德州的天气怎么样?”符合题意。故选 D。

30. A【解析】根据“For a week.”可知,上句是询问多长时间。选项 A“你在德州待了多久?”符合题意。故选 A。

五、本文主要介绍作者和朋友上周去张家界及之后去北京公园的旅游经历。

31. everybody【解析】句意:它使每个人都醒来了。根据“we heard a noise!”可知噪音把人吵醒了。wake sb up 把某人叫醒,根据上下文可知大家都醒来了,故填 everybody。

32. what【解析】句意:我们想知道那噪音是什么。根据“We found... was just a hungry monkey looking for food.”可知我们出来看看想知道噪音是什么,what 什么,引导宾语从句。故填 what。

33. it【解析】句意:我们发现那只是一只饥饿的猴子在寻找食物。此空为宾语从句中的主语,指猴子,用 it,故填 it。

34. top【解析】句意:我们希望从顶部看到湖和森林。根据“we climbed Mount Tianzi!”可知爬到山顶是为了从山顶观景,top 顶部,符合语境,故填 top。

35. cloudy【解析】句意:但是天气多云是个遗憾。根据“We could only see the mountain tops above the clouds.”可知天气是多云的,cloudy 多云的,形容词作表语。故填 cloudy。

36. hardly【解析】句意:公园是如此安静以至于我们几乎不能相信我们在城市中心。根据“we are in the city center”和“The park is so quiet”可知在市中心如此安静是难以置信的,hardly 几乎不,符合语境,故填 hardly。

37. famous【解析】句意:公园因湖、桥和山上的古建筑物而出名。be famous for 因……而著名,故填 famous。

38. up【解析】句意:这个湖占据超过一半的公园的区域。take up 占据,根据“over half of the park area”可知此处是讲占地面积,故填 up。

39. because【解析】句意:但是 Tony 不想爬了因为他太累,并且这里很热。“... he is so tired and it's so hot here”是不想爬山的原因,应用 because 引导原因状语从句,故填 because。

原因,应用 because 引导原因状语从句,故填 because。

40. place【解析】句意:她建议我们应该找一个地方来野餐。根据“We think it's better to have our picnic at the top of the hill.”可知此处是考虑野餐的地点,应用名词 place。故填 place。

六、One possible version:

### My trip to a village

Last Saturday, I took a trip to a village near my home with my parents. The weather there was sunny and warm that day. It took us about an hour to drive there(高分句式)。

When we got there, my father and I flew kites at first. My mother took some beautiful pictures. After that, we picked some fresh fruit on the farm together. Then we had lunch in a small but clean restaurant. The food there was very delicious. In the afternoon, we went fishing for an hour. We didn't go home until it was dark(高分句式)。

It was great fun to stay in the village and I was happy about this trip. I'm looking forward to travelling there again.

## Unit 6 Hitting the road

### 核心素养提优测试卷

一、A篇 本文主要介绍一个为期三天的烧烤旅行。

1. A 2. C 3. C 4. B 5. B

B 篇 本文是一篇说明文,文章主要介绍了在中国年轻人中流行的一种活动——城市漫步。

6. C【解析】细节理解题。根据第二段的“They not only enjoy the beautiful streets, but also visit some small shops. They love this trip a lot.”可知他们在上海城市步行时,不仅可以欣赏美丽的街道,还可以参观小商店。故选 C。

7. B【解析】细节理解题。根据第四段的“Some places... Shanghai uses Citywalk ways as bus ways to help people get to more places.”可知,第四段回答了一些城市如何发展城市步道。故选 B。

8. A【解析】细节理解题。根据第二段的“Nancy is an art teacher and Dave is a doctor now.”以及最后一段的“Zhang Zhi, a man in Beijing, helps people with travel and says people now like personal travel services better.”可知,Nancy 在学校工作,Dave 在医院工作,张志在旅游公司工作。故选 A。

9. D【解析】观点态度题。根据最后一段的“He thinks Citywalk makes travelers better find the trips they want according to their interest and needs.”可知,张志认为城市步行很有用。故选 D。

10. C【解析】推理判断题。根据第三段的“People who like the same things can easily make friends there.”可推断出作者可能接受:如果你想交朋友,你可以试试城市漫步。故选 C。

C 篇 本文主要介绍了作者的纽约之行。

11. B 【解析】细节理解题。根据第二段中的“When we arrived in New York, we saw the Statue of Liberty first. The statue was so tall. We went to watch it by boat.”可知,琳达乘船观看自由女神像。故选 B。

12. C 【解析】细节理解题。根据第二段中的“Then we went to Luna Park. There were so many roller coasters in this park. I liked to play them very much...”可知,她喜欢玩过山车。故选 C。

13. D 【解析】细节理解题。根据第二段中的“When we arrived in New York, we saw the Statue of Liberty(自由女神像) first. The statue was so tall. We went to watch it by boat.”可知,首先是参观自由女神像,即 d;根据第二段中的“After watching the Statue of Liberty, we visited two great museums.”可知,然后是去参观两个很好的博物馆,即 c;根据第二段中的“Then we went to Luna Park.”可知,接下来去了月神公园,即 a;根据第三段中的“We met the team leader from America. Her name was Tina Dean. Later, we had a big party in Tina's house.”可知,最后在缇娜家举行了一个大聚会,即 b。故选 D。

14. B 【解析】篇章结构题。通读全文可知,第一段是总述上个月和老师同学们去了纽约玩;第二、三段是具体介绍在纽约玩的情况;第四段是总结全文。因此本文的结构为总一分一总。故选 B。

15. D 【解析】最佳标题题。根据第一段中的“My name is Linda. I had a trip in America with my teachers and classmates last month.”及全文可知,本文主要介绍了作者的纽约之行。故选 D。

D 篇 本文介绍了作者去格林自然公园露营的事。

16. D 【解析】根据上文“We were happy because it was a sunny day.”可知,因为天气很好我们非常开心,选项 D“我们希望有一个美妙的两天假期。”符合语境。故选 D。

17. B 【解析】根据上文“Soon, there was a heavy rain.”和下文“We ran around but we could find no place to hide.”可知,很快天空下起了大雨,我们无处藏身,选项 B“不幸的是,我们没有人带雨伞。”符合语境。故选 B。

18. A 【解析】根据上文“It was even worse that our small compass showed that we went the wrong way.”可知,更糟糕的是,指南针显示我们走错了路,选项 A“我们迷路了!”符合语境。故选 A。

19. C 【解析】根据下文“But we weren't able to make a fire, as everything was wet.”可知,我们尝试生火,但没有成功,选项 C“克里斯和我试着生火取暖。”符合语境。故选 C。

20. E 【解析】根据上文“This camping trip may not be wonderful, but we know each other better.”可知,这次露营虽然不完美,但是我们对彼此更加了解了,选项 E“我从这次旅行中学到了团队合作。”符合语境,介绍作者从这次露营中学到的东西。故选 E。

二、本文主要描述了作者在暑假期间去印度拜访叔叔一家,并参观了一个大象保护区的经历。在那里,作者近距离观察了大象,给它们喂食,并拍了很多照片。这次旅行给作者留下了深刻的印象,是一次难忘的旅程。

21. have 【解析】句意:一整年,我一直在期待暑假到来,因为我会去印度我叔叔家度过愉快的时光。根据“... would... a good time in my uncle's family in India...”可知,此处应选择 have 表示“have a good time”玩得高兴;过得愉快, would 后用动词原形。故填 have。

22. arrived 【解析】句意:终于我在 6 月 1 日到达那里。根据“... there on the first day of June by plane...”可知,此处应选择 arrive 表示“到达”,时态为一般过去时。故填 arrived。

23. to do 【解析】句意:在晚上我们正在讨论第二天要做什么, discuss 后面跟疑问代词 what 加不定式作宾语,故填 to do。

24. to visit 【解析】句意:我的叔叔建议我们去参观一个大象保护区,考察短语, advise sb to do sth., 建议某人去做某事, 参观大象保护区, 所以这里动词应填不定式, 故填 to visit。

25. took 【解析】公交车行程只花了半个小时。根据“The bus ride only ... half an hour.”可知,公交车行程花了半个小时。故填 took。

26. playing 【解析】句意:我看一头可爱的大象宝宝正在那里玩球。考查 see sb. doing sth. 看见某人正在做某事, 故填 playing。

27. were sleeping 【解析】句意:一些大象正在洗澡,而另一些则在树下睡觉。While 引导的时间状语从句, 表达一段时间, 所以从句的谓语动词用过去进行时, 结构为 were+现在分词。故填 were sleeping。

28. fed 【解析】句意:我和堂兄弟们喂了大象,还拍了很多大象的照片。feed 喂食, 谓语动词用过去式。故填 fed。

29. leave 【解析】句意:很快我们不得不离开了。have to do 不得不做某事, 故填原型 leave。

30. talking 【解析】句意:在回家的路上,我们一直愉快地谈论着这次旅程。keep doing sth 一直在做某事。故填 talking。

三、本文讲述了丽萨和家人去印度度假的故事。第一天他们玩得很开心,晚上住在帐篷里,第二天早上醒来看到帐篷外的一条蛇,但他们有惊无险。

31. It was interesting but scary. 【解析】根据第一段的“Last weekend was interesting but scary.”可知,上周末很有趣,但

很吓人。故填 It was interesting but scary.

32. They took a long bus ride. 【解析】根据第二段的“First, we took a long bus ride to a lake in the countryside.”可知,他们坐了很长时间的公共汽车去了农村的一个湖。故填 They took a long bus ride.

33. She was so scared that she couldn't move. 【解析】根据第三段的“I was so scared that I couldn't move.”可知,丽萨被吓得动弹不得。故填 She was so scared that she couldn't move.

34. They shouted to their parents. 【解析】根据第三段的“We shouted to our parents to let them know about the danger.”可知,她们向父母大声喊叫,让他们知道有危险。故填 They shouted to their parents.

35. Snakes can't hear but they can feel movement and don't go near snakes. 【解析】根据第三段的“My dad told me later that snakes don't have ears but can feel things moving. He also told me it was important not to go near a snake. This was a very useful lesson for me.”可知,蛇没有耳朵,但能感觉到东西在动;我们不要靠近蛇。故填 Snakes can't hear but they can feel movement and don't go near snakes.

四、One possible version:

Dear Peter,  
How's it going? Last year I went to Beijing with my family on summer vacation. It was such a nice trip that it was likely to influence my life. Beijing is a city with many attractions.

First we visited the Great Wall, which is famous and shows the wisdom of ancient people. I took many photos there. Then I visited the Palace Museum with my parents. It was crowded with visitors. So we didn't stay there for a long time. What I want to mention most is that we took a walk in Tsinghua University, which is my dream college. Walking in it, I couldn't help imagining my wonderful college life. In a word, we had a good time in Beijing.

Thanks to this trip, I have set my goal and I must work hard to make my dream come true.

Looking forward to your reply.

Yours,

Li Hua

## 重难专项集训卷 听力一

听力材料

一、题组(一):

1. What kind of dumplings would you like?
2. When do we go to the movie?
3. I'm a huge fan of movies. Now I've collected more than 100 movie posters.

4. I'm sure you can do well in the football match.

5. How would you feel if someone stole your new wallet?

题组(二):

6. How much yogurt do you need?

7. Did Bob like history when he was in junior high?

8. Can you tell me where the West Lake is?

9. Where do you often go to have fun?

10. Have a good summer vacation!

题组(三):

11. How was your last school trip?

12. Are the children waiting to watch the tennis match?

13. What do you think of Mr. Miller's speech?

14. The ten-year-old boy won the first prize in the swimming competition.

15. When does the sports meeting start?

题组(四):

16. What's the temperature of Xi'an today?

17. Did everyone have a good time?

18. Where is this kind of green tea produced?

19. What programme does your father like best?

20. What would you say when you are in danger?

二、题组(一):

21. W: We know Kate runs faster than Lucy.

M: Yes. But they don't run as fast as Tom.

Q: Who runs faster, Tom or Kate?

22. M: What do you often do to have fun, Cindy?

W: I like to watch game shows because they are very relaxing.

M: Oh, I can't stand them. They are kind of meaningless. I love sports. I think they are useful.

W: I agree with you. Let's do sports.

M: Okay.

Q: What does the boy think of game shows?

23. W: I think swimming is more interesting than hiking. What about you, Justin?

M: I agree with you.

Q: Which does Justin think is more interesting?

24. W: I had a school trip last week.

M: Really? Where did you go?

W: We went to the forest.

Q: Where did the girl go last week?

25. W: Where did you go for the trip?

M: Chongqing. I enjoyed both the hot pot and the cool things

in the museum.

Q: What did the man enjoy on his trip?

题组(二):

26. M: How do you describe the glass of water?

W: It's half empty.

Q: What do you think of the woman?

27. W: Take a look at the photos of our school trip to Beijing

World Park. I think they are great.

M: How nice!

Q: What are the two speakers doing?

28. M: We're going to play volleyball at three this afternoon.

Would you like to come?

W: Oh, I have to go to a meeting at two and it'll last at least two hours.

Q: What does the woman mean?

29. W: Would you like to swim or hike next Sunday?

M: Neither. I like to read at home.

Q: What does the boy want to do next Sunday?

30. M: Is this your pencil box, Linda?

W: No, it isn't. My pencil box is bigger than this one. This one looks the same size as Jim's. I think it may be his.

Q: What can we learn about Linda's pencil box?

题组(三):

31. W: You can take a taxi around the center of Beijing to learn more about old Beijing.

M: It will be expensive but fast.

Q: What are the two speakers talking about?

32. M: I like reading these books. They can give me advice on travelling.

W: Oh, I am interested in them too.

Q: What kind of books are they talking about?

33. W: You look sad, Mike. What's the matter?

M: Oh, I left my homework at home this morning.

Q: Why does Mike look sad?

34. M: Don't stand in the snow, Lingling. You will catch a cold.

W: Oh, no, Dad. I find it interesting to make a snowman here.

Q: What does Lingling think of making a snowman?

35. W: Who is your best friend, Mike?

M: Peter. We both enjoy reading.

W: Who is more outgoing, Peter or you?

M: I'm more outgoing. But Peter can play basketball better than me. He often asks my cousin Bob to play it with me

on weekends.

Q: Who can play basketball better?

题组(四):

36. W: Hi, Jay. I haven't seen you for a long time. Where have you been?

M: I've been to Harbin. It's really exciting to go skating on real ice.

Q: What did Jay do in Harbin?

37. M: Lucy, who do you think is best at playing the violin in your class?

W: Betty is. But Alice is best at piano and Sally is best at guitar.

Q: Who plays the violin best in Lucy's class?

38. W: Did you try Chinese food during the trip, Danny?

M: No. But I have tried Indian food.

Q: What kind of food did Danny try during the trip?

39. M: It's a nice day. Let's go out to play. I've got some candies, some hamburgers and...

W: That isn't very healthy, Peter. Please bring some fruits.

Q: What does the woman ask the man to bring?

40. M: How often do students watch TV in your class, Nancy?

W: 15% of the students watch TV every day, 50% watch TV 6 times a week, 25% watch TV 1 to 2 times a week, and the others never watch TV.

Q: What percent of the students in Nancy's class sometimes watch TV?

题组(一):

41. W: I'd like to have some Sichuan food tonight on Hunan Road.

42. When we got up the top of the mountain, we were proud of ourselves.

43. Lisa wants to go somewhere warm to enjoy flowers this year.

题组(二):

44. Reading books helps me relax after a busy day.

45. Trees are very valuable and we should protect them.

46. I'm afraid I don't like cheese.

题组(三):

47. Nothing is more enjoyable than playing tennis.

48. Water is common in our life, and I think it is the healthiest drink in the world.

49. Lisa fed chickens on the farm this morning.

题组(四):

50. Your pizza smells very delicious. May I try some?

51. Mike hurt his leg when he played basketball yesterday.

52. Peter made a new friend on the journey last year.

答案

一、题组(一):1. B 2. C 3. B 4. A 5. A

题组(二):6. B 7. C 8. B 9. B 10. C

题组(三):11. A 12. A 13. B 14. A 15. C

题组(四):16. C 17. B 18. B 19. C 20. A

二、题组(一):21. B 22. B 23. A 24. A 25. B

题组(二):26. B 27. B 28. B 29. C 30. A

题组(三):31. A 32. A 33. B 34. B 35. C

题组(四):36. B 37. B 38. B 39. C 40. B

三、题组(一):41. B 42. A 43. C

题组(二):44. B 45. C 46. A

题组(三):47. C 48. B 49. A

题组(四):50. A 51. B 52. C

## 重难专项补漏卷 听力二

听力材料

一、题组一

M: Hello, Kate! Long time no see! Where did you go this summer vacation?

W: Hi, Bob! I went to America with my parents.

M: Have you ever been to America?

W: Yeah. I have been there three times.

M: That's so cool! Where did you go when you were in America?

W: First, we went to New York. Then we visited Hollywood and Disneyland. We had fun there.

M: Really? How did you go there?

W: By plane. But it was too expensive. It cost us 6,500 dollars in total.

M: What do you think of New York?

W: New York is beautiful but crowded. Central Park is quiet and peaceful. You can go there on your vacation.

M: Okay. My vacation begins in June and I'm planning to go to America with my friends.

题组二

W: I'm making some plans to volunteer in a history museum this summer vacation.

M: Why do you plan to volunteer there?

W: Because I want to know more about the inventions.

M: Great! I went there last summer.

W: What do you think of it?

M: It was meaningful and I learned a lot.

W: What did you do there?

M: I did things like cleaning the glass, or just standing there to

see if anyone needs help.

W: Sounds a little boring. What else?

M: I also talked with visitors and introduced some inventions to them.

W: That sounds interesting.

M: Yeah, I really think it is a good way to spend your holidays. You will have fun there.

W: Could you tell me how I can get there?

M: Sure. You can take a bus there. Because it's a little far from your home.

题组三

W: You cook fish so well. Who taught you?

M: My grandma. She likes cooking very much.

W: Can you teach me to do it? I want to cook fish for my mother. M: Of course. First, wash it in clean water.

W: OK. It's so easy.

M: Second, fry it in oil. Get it out when it is cooked.

W: It is a little difficult for me.

M: Third, boil it in water, and add some onion, sugar and salt. Then you can enjoy it.

W: I don't like onion. Can I cook it without onion?

M: OK. You can add something else instead of it.

题组四

M: Sue, do you know something about the International Marathon?

W: Yeah, the International Marathon was held in Xichang on November 9th. It was the first time to hold a marathon in Sichuan. And it was said to be the most beautiful one in marathon history.

M: Wow! Sounds great! How many people took part in it?

W: Nearly 20,000 runners from 25 countries. Among the runners, the oldest one was more than 90 years old and the youngest one was only four.

M: It must be very exciting.

W: Yeah. In order to make the runners feel relaxed and forget tiredness, beautiful music was played during the competition.

M: Wow! That's cool. I hope to take part in it next time.

W: Really? I will be there to cheer for you.

题组五

W: Hey, Frank. Can I talk to you for a minute?

M: Sure, Marie. What's up?

W: I joined a book group three months ago. I know you do a lot of reading, so I thought you might be interested.

M: That sounds like fun. When does your group meet?

W: On the last Saturday of the month.

M: What do you usually do in the group?

W: Well, every month we read a new book. And then in the next meeting, we'll discuss it.

M: What books have you read?

W: Recently we have read *The Beautiful Mind* and *The Great Gatsby*. Now we are reading *The Kite Runner*.

M: *The Kite Runner*? That's a great book.

W: Would you like to come with me?

M: That sounds interesting. I'd love to come.

W: Great! The next meeting will be held in two weeks, so you still have time to read the book.

M: That is very true. I'll do it at once.

## 二、题组一

1. M: Mount Fuji is the highest mountain in Japan. It's 3,776 metres high, not far from Tokyo. It is a symbol of Japan.

2. W: Mount Wuyi lies in Fujian. Most of the hills here are made of red stones. It has been an important centre of Chinese Taoism.

3. M: The Alps is the name for one of the great mountain systems of Europe. It is a great place for skiing lovers.

## 题组二

1. M: Andrew is a college student from Germany. He is a big fan of table tennis. He was really interested in table tennis when he was very young.

2. W: Kelly's father likes football very much. He will be 50 in June this year. She wants to take him to watch a football game as his birthday gift.

3. M: Zhang Lei is a super fan of badminton. He loved playing badminton when he watched the Chinese team win gold medals in Olympics. He wants to become a famous badminton player.

## 题组三

1. M: Ben is usually worried about the PE tests as he's not good at running. He wants to find a coach to help him.

2. W: Emma is a book lover. She always carries a book and reads when she is free.

3. M: Tony is busy practising his songs because the school singing competition is coming.

## 题组四

1. M: Mike plans to visit Britain. His dream is to visit the home of the king and the queen of Britain.

2. W: Mrs White will visit New York next week. She wants to see

a famous sculpture. It is a woman with a torch in her hand.

3. M: Liu Juan will go to college next year. She wants to get some information about famous universities in England.

## 题组五

1. W: Sally is going to Beijing to visit her grandparents during the holidays. She'll stay there for a week.

2. M: David is interested in drawing. He wants to see some exhibitions during the coming holiday.

3. M: Leo lives in the country. There are many forests in the area. Leo wants to do something meaningful during the summer holiday.

## 三、题组一

M: In different countries people have different ideas and habits about tea. In China, people drink it at any time of the day at home or in the teahouse. Another country is England, and the late afternoon is "tea time". More than half of the people have a cup of tea. Englishmen usually make tea in a teapot and drink it with milk and sugar. They also eat cakes and some biscuits at tea time. In the United States, people mostly drink tea at breakfast or after meals. Americans usually use tea bags to make their tea.

## 题组二

W: The World Cup is a football competition between the world's top national teams which takes place every four years. It was first held in Uruguay in 1930, and it was canceled twice in history because of the Second World War. 32 teams play in the group stage, and the winners will be in the next games to compete for the champion. At the end of the competition, the World Cup trophy will be given to the winning team. The World Cup trophy shown today was designed in 1974. The name of the winning country will be shown on the bottom of the trophy. It is 36 cm tall and it is made of gold. The World Cup trophy is so valuable that once it was stolen!

## 题组三

M: Life is not easy. How can you keep in a good mood? Firstly, keep fresh flowers around the house because fresh flowers have a way of livening up the space and your mood. Secondly, go shopping weekly. If your kitchen is filled with healthy snacks, you can easily feel happy. Third, leave an hour a day just for yourself. When you have no time for yourself, you can feel like you're busy meeting other people's needs. But give time to yourself in your own thoughts such as waking up early to make coffee and read the paper. It's amazing how relaxed you'll feel. Finally, set little daily goals and cross them off. There's no

better feeling than checking something off here to-do list. Now give yourself some easy wins by making daily checklists and knocking them off one by one.

## 题组四

M: I had a great trip to the country with my parents last Sunday. We went there by bike. My parents said it was good for the environment. When we went through the farm, many farmers were harvesting crops. We stopped and I wanted to help them, but I found it's hard for me to do it. And then a farmer invited us to pay a visit to his family. He has a big yard and a beautiful garden. He raises some chickens, rabbits and a dog. We ate lunch at his home. The food was tasty and they were grown by the farmers. How great they are! We'd like to have a life like them.

## 答案

一、题组一: 1. C 2. A 3. A 4. B

题组二: 1. A 2. C 3. C 4. A

题组三: 1. A 2. B 3. B 4. C

题组四: 1. A 2. C 3. B 4. C

题组五: 1. B 2. C 3. A 4. B

二、题组一: 1. A 2. C 3. B

题组二: 1. C 2. B 3. A

题组三: 1. C 2. B 3. A

题组四: 1. B 2. C 3. A

三、题组一: 1. teahous 2. half 3. sugar 4. biscuits

5. meals

题组二: 1. national 2. twice 3. 1974 4. country

5. valuable

题组三: 1. flowers 2. weekly 3. an 4. amazing

5. feeling

题组四: 1. Sunday 2. parents 3. bike 4. lunch

5. tasty

## 重难专项集训卷 阅读理解

### 一、本文主要介绍了山西陈醋文化

1. D【解析】细节理解题。根据第二段的"In 1956, people there started a vinegar brand called 'Donghu'."可知,1956年,那里的人创立了一个名为"东湖"的醋品牌,结合选项可知,人们在1960年可以买到它。故选D。

2. B【解析】段落大意题。根据第二段的"In 1956, people there started a vinegar brand(品牌) called 'Donghu'."及细读第二段可知,第二段主要介绍了东湖醋园的历史。故选B。

3. A【解析】细节理解题。根据第三段的"They can buy ice-cream

with vinegar and have a taste of drinks made of vinegar. They can even buy moon cakes that have vinegar in them."可知,在东湖醋园,我们可以品尝到用醋做的冰淇淋和月饼。故选A。

4. C【解析】词义猜测题。根据最后一段的"It provides visitors with a window to Shanxi mature vinegar."可知,window在此处意为"窗口",与选项C"这为我们了解茶文化提供了一个窗口"意思一样。故选C。

5. D【解析】细节理解题。根据最后一段的"In the first half of 2023, the vinegar park received over 100,000 visitors."可知,在2023年上半年,醋园接待了超过10万名游客。故选D。

二、文章主要介绍了阿姆斯特丹这个自行车城市,同时对于人们去游玩时提出了一些关于骑自行车的建议。

6. C【解析】细节理解题。根据第一段"Amsterdam is the bike capital of the world. Biking is a fun and easy way of getting around Amsterdam."可知,阿姆斯特丹是世界自行车之都。骑自行车在阿姆斯特丹是一种既有趣又简单的出行方式。故选C。

7. B【解析】细节理解题。根据第三段中"If you do not want to buy a bicycle, you can go to bicycle rentals."可知,如果游客想在阿姆斯特丹待几天可以选择租自行车。故选B。

8. A【解析】词义猜测题。根据该词修饰名词 guide 并根据下文"Because he would take you to some of the city's most beautiful places...."可知,他会带你去城里最美丽的地方……。故选A。

9. B【解析】细节理解题。根据第二段的"Students go to school by bicycle. People ride their bicycles to work. Travelers ride bicycles freely around the city. Even police work on bicycles."可知,学生们骑自行车上学,人们骑自行车上班。游客们在城市里自由地骑自行车。甚至警察也骑自行车工作。B项"在阿姆斯特丹除了警察大部分人骑车上学或者工作"与原文不符,该项错误。故选B。

10. B【解析】标题归纳题。根据第一段的"Amsterdam is the bike capital of the world."可知,阿姆斯特丹是世界自行车之都。故选B。

三、本文介绍了乘坐公共汽车游览牛津的相关信息。

11. A【解析】细节理解题。根据"Trinity College 10:00"可知,10点可以在Trinity College这一站坐第一班公交车。故选A。

12. D【解析】细节理解题。根据"Tour Prices"一栏可知,史密斯一家人可以花45英镑参加48小时有效的旅游。故选D。

13. A【解析】细节理解题。根据"Magdalen College"部分中"It's bell tower and gardens are famous sights in Oxford."可知,在Magdalen College游

客们可以游览钟楼。故选 A。

14. C 【解析】细节理解题。根据“Corpus Christi College”部分的“It is one of the smallest colleges in Oxford but has the best library. (它是牛津最小的大学之一,但却是最好的图书馆。)”可知,你可以在 Corpus Christi College 借书。故选 C。

15. C 【解析】主旨大意题。根据第一段“Do you want to have fun in Oxford? Take a bus tour! (你想在牛津玩得开心吗?乘坐公共汽车游览!)”可知,这篇文章主要是关于在牛津乘公共汽车观光的。故选 C。

四、这篇短文主要介绍了雨林的重要性和当前面临的危险。

16. B 【解析】细节理解题。根据“... but the biggest forests are in South America, Africa and Southeast Asia. (……但最大的森林在南美洲、非洲和东南亚。)”可知,在非洲能发现最大的森林。故选 B。

17. A 【解析】代词指代题。根据第二段的“About 75 percent of animals live in rainforests. There are many beautiful birds, insects and so on. Many of them live in the trees, over 30 metres from the ground. (大约 75% 的动物生活在雨林中。这里有许多美丽的鸟类、昆虫等。它们中的许多生活在离地面 30 多米的树上。)”可知,them 指的动物。故选 A。

18. D 【解析】细节理解题。根据第四段的“For example, many years ago there was a large rainforest in Java, but now there is nothing. The same thing happens now in many other parts of the world. (例如,许多年前,爪哇岛有一大片雨林,但现在什么都没有了。现在同样的事情现在也发生在世界其他许多地方。)”可知,世界上许多地方的雨林正在消失。表述正确。故选 D。

19. B 【解析】推理判断题。根据最后一段的“It's time to take action to save rainforests. (是时候采取行动拯救雨林了。)”可知接下来要说保护热带雨林的方法。符合题意。故选 B。

20. C 【解析】推理判断题。结合全文可知,本文主要介绍了雨林的重要性和当前面临的危险。由此可推知,本文可能来源于自然杂志。故选 C。

五、本文是一篇说明文,文章讲述了人们通过手机计步器应用记录步数来促进健康和锻炼的习惯。

21. A 【解析】推理判断题。根据第一段的“People think that good health is very important and they often talk about it.”以及全文可知,文章讨论了人们如何通过手机应用记录步数来保持健康,因此推测,文章可能来自健康杂志。故选 A。

22. C 【解析】细节理解题。根据“It helps me to exercise more and keep a good habit. I often talk to my friends online about how to stay healthy. We work in the same group to cheer each other to keep exercising,” Miss Song said.”可知,作者通

过举例说明了使用计步软件的好处。故选 C。

23. B 【解析】细节理解题。文章第一段首先提到计步越来越流行,选项 d 排第一;第三段举例说明 Miss Song 经常讨论如何保持健康,选项 c 排第二;根据第四段的可知,接着提到 Mr Li 感觉和朋友一起锻炼很好,选项 e 排第三;然后提到走更多步数可以获得奖励,选项 b 排第四;最后提到通过记录步数可以帮助人们养成走路的好习惯,选项 a 排第五。因此顺序是 d—c—e—b—a。故选 B。

24. D 【解析】细节理解题。根据第四段的“I really like it and I use it every day”,表明他每天都使用计步器应用。故选 D。

25. B 【解析】主旨大意题。通读全文可知,文章主要讲述了人们如何通过使用计步器应用来记录步数,从而激励自己保持健康和养成走路的好习惯。故选 B。

六、本文主要介绍了一些特殊的亚洲运动。

26. B 【解析】细节理解题。根据“It has a history of about 80 years.”可知,Sepak takraw 有大约 80 年的历史了,故选 B。

27. D 【解析】细节理解题。根据“Kurash is a sport from Uzbekistan.”可知,Kurash 来自乌兹别克斯坦,故选 D。

28. B 【解析】推理判断题。根据“Kabaddi is a sport from India.”可知,Kabaddi 是一项印度运动,而“老鹰抓小鸡”是中国的一项运动,所以这样解释是为了帮助我们更好地了解 Kabaddi。故选 B。

29. A 【解析】推理判断题。根据“There are 10 to 50 paddlers in a team, and they work together.”可知 Mike 可以尝试龙舟运动。故选 A。

30. C 【解析】推理判断题。根据全文可知,文章主要介绍了一些特殊的亚洲运动,所以可能在报纸上看到。故选 C。

七、本文介绍了四条著名的河流。

31. B 【解析】细节理解题。根据第一栏的“The Nile River is the longest river in the world.”可知,尼罗河是世界上最长的河流。故选 B。

32. A 【解析】细节理解题。根据第二栏的“Although it isn't the largest river in Asia, the Ganges River is still well-known.”可知,恒河位于印度。故选 A。

33. D 【解析】细节理解题。根据第三栏的“However, scientists think it as the oldest river in the world. That's the reason why this river is well-known!”可知,芬克河出名是因为它被认为是世界上最古老的河流。故选 D。

34. A 【解析】细节理解题。根据第四栏的“The Congo River, with the second-largest discharge, has only one fifth discharge of it!”可知,刚果河的流量大约是亚马逊河流量的五分之一,即 41,800 m<sup>3</sup> 每秒。故选 A。

35. D 【解析】推理判断题。本文介绍了四条著名的河流,最有可

能在地理杂志阅读到这篇文章。故选 D。

八、本文是 Hoburn 大学运动俱乐部招募成员的广告。

36. C 37. B 38. C 39. C 40. D

九、本文主要介绍了在中国年轻人中流行的一种活动——citywalk。

41. A 【解析】词义猜测题。根据第三段的“Citywalk emphasises following the heart and moving at a slower speed. People do not need to have a good plan before they start walking.”可知城市漫步强调跟随内心,并以较慢的速度前进,人们在开始行走之前不需要有一个好的计划。画线单词 emphasises 与选项 A“赋予某事特别的重要性。”意思相近,故选 A。

42. D 【解析】细节理解题。根据“Citywalk helps them live a warmer, more relaxed and slower lifestyle.”和“let's go walking together and discover how beautiful everyday life looks!”可知,中国的年轻人喜欢城市漫步,因为它可以让他们以较慢的速度探索日常生活。故选 D。

43. B 【解析】细节理解题。根据“Citywalk involves discovering old buildings, visiting special shops, having a cup of coffee, trying local food and so on.”可知人们在城市漫步时会去寻找一些古老的建筑。故选 B。

44. B 【解析】主旨大意题。根据最后一段“So, let's go walking together and discover how beautiful everyday life looks!”可知,作者写这篇文章的目的是号召人们参加城市漫步。故选 B。

45. D 【解析】最佳标题题。根据第三段“But in China, citywalk emphasises following the heart and moving at a slower speed.”可知城市漫步——一种慢生活方式最适合当文章的标题。故选 D。

## 重难专项集训卷 补全短文六篇

一、本文主要讲述了保持清醒的方法。

1. C 【解析】根据上文“So what can you do to stay awake when you are tired?”和下文内容可知,空处应是说给你介绍一些方法,选项 C“这里有一些你可以尝试的方法。”符合语境,故选 C。

2. E 【解析】根据上文“Start your day off with a healthy breakfast.”可知,此处介绍早餐吃什么,选项 E“你可以试试鸡蛋、蔬菜或烤面包。”符合语境,故选 E。

3. F 【解析】根据上文“When you are tired, water is your friend.”可知,讲述水的作用,选项 F“喝水有助于提高你的能量水平。”符合语境,故选 F。

4. A 【解析】根据下文“A few minutes of physical activity can improve oxygen circulation and keep your body active.”可知,此处与运动有关,选项 A“试着做一点运动。”符合语境,故选 A。

5. D 【解析】根据上文“However, there is still something that you can't do when you are tired.”可知,此处介绍安全的方法,选项 D“唯一安全的办法就是睡个好觉。”符合语境,故选 D。

二、本文介绍了南美洲最大的国家——巴西。这个国家以其独特的文化吸引着游客。重点介绍了巴西这一旅游胜地的景点、热情的巴西人、美食、足球和世界第二长河亚马孙河。

6. C 【解析】根据下文“The Amazon Rainforest is the biggest forest in the world. It is in the northern part of the country and covers half of Brazil. It is home to hundreds of thousands of animals. Many visitors go there every year.”可知,本段主要介绍亚马逊热带雨林这一著名景点每年吸引很多游客去。故选 C。

7. F 【解析】根据下文“People call it ‘the world's biggest party’. It happens in Rio de Janeiro every February or March. Everyone wears beautiful clothes and dances samba.”可知,本段讲的是丰富多彩的聚会。故选 F。

8. A 【解析】根据下文“Barbecue is a traditional Brazilian dish. If you eat at a restaurant, you can see people cooking meat on long skewers over an open fire. Then waiters hold the skewers and move from table to table.”可知,本段主要讲巴西美食。故选 A。

9. E 【解析】根据下文“In Brazil, soccer is more than just a sport. It is a national pastime. Many children begin to learn how to play soccer at an early age. They often play it in the street or on the beach.”可知,本段主要讲巴西足球。故选 E。

10. D 【解析】根据下文“The Amazon is the world's second longest river. Over 3000 kinds of fish live in the river. If you're lucky, you can see pink dolphins. But be careful when you swim. The biggest snake, the anaconda(蟒蛇), and the most terrible fish, the piranha(食人鱼), live there.”可知,本段主要讲巴西世界级的河流亚马孙河。故选 D。

三、本文主要提供了一些建议,帮助人们实现健康的生活方式。

11. E 12. B 13. D 14. F 15. A

四、本文主要介绍了让你保持健康的几个方法。

16. F 【解析】根据下文“People always say, ‘An apple a day keeps the doctor away.’ Just eat more fruit and vegetables.”可知,此处应该和饮食习惯有关。选项 F“一个良好的饮食习惯是很重要的。”符合语境。故选 F。

17. C 【解析】根据下文“You can run, swim, play ball games or just take a walk.”可知,此处应该和运动有关。选项 C“有很多锻炼的方法。”符合语境。故选 C。

18. A 【解析】根据下文“There is an old English saying: Early to bed and early to get up makes a man healthy and smart.”可

知,此处应该和睡眠有关。选项 A“良好的睡眠习惯对你有好处。”符合语境。故选 A。

19. D 【解析】根据上文“Keep yourself clean. Take a shower often.”可知,此处应该和保持清洁有关。选项 D“饭前洗手。”符合语境。故选 D。

20. E 【解析】根据下文“Taking some time off your work is important to your health. Have a hobby, get out of your house and walk in nature.”可知,此处应该建议放松休息。选项 E“花点时间放松一下。”符合语境。故选 E。

五、本文介绍了自己的一次特殊的攀登火山的经历。

21. F 【解析】根据上文“In May, I visited a volcano park in Inner Mongolia with my parents.”可知,设空处应点评这次旅行。选项 F“这是一次特殊的旅行。”符合语境。故选 F。

22. C 【解析】根据下文“When we went up, I could feel a strong wind blowing sand around.”可知,设空处应该说的是登山的过程,选项 C“我们有阶梯可以爬到山顶。”符合语境。故选 C。

23. B 【解析】根据前文提到的“The first volcano I met was not high but very sandy.”可知,这里应该介绍第二座火山,选项 B“第二座火山有一个大洞。”符合语境。故选 B。

24. E 【解析】根据“With no stairs, I climbed up by myself. The rocks and sand were very slippery.”可知,前文描述了攀登的条件不好,设空处应该说结果,选项 E“但我努力了,终于爬到了顶峰。”符合语境。故选 E。

25. A 【解析】根据下文“From this trip, I know that scientists have to get over lots of difficulties when they study volcanoes all over the world.”并结合设空处的位置,应该对火山做个总结,选项 A“火山美丽而神秘。”符合语境。故选 A。

六、本文主要介绍了足球这种运动以及世界杯男子足球赛和女子足球赛。

26. C 【解析】根据上文“In the USA, more than one million children play in football teams.”和下文“In England, even the smallest children can tell you the names of players in some teams.”可知,本段介绍不同的国家孩子踢足球的情况,选项 C“在中国,现在越来越多的孩子踢足球。”符合语境,故选 C。

27. E 【解析】根据上文“Every four years, the best men’s football teams in the world have matches in the finals... The match lasts for three weeks to see which team can win the World Cup.”可知,此处介绍了世界杯的基本情况,选项 E“但只有 32 支队伍能进入决赛。”符合语境,故选 E。

28. A 【解析】根据下文“Some put up the pictures of them on the walls of their rooms.”可知,此句介绍了人们喜欢的球员,选项 A“很多人都有自己喜欢的球员。”符合语境,故选 A。

29. B 【解析】根据下文“There are about 142 women’s football teams in the world.”可知,此句介绍了女子足球队,选项 B“女子足球也很受欢迎。”符合语境,故选 B。

30. D 【解析】根据上文“There is also the women’s World Cup match. It began in 1991.”可知,此句介绍了女子世界杯。选项 D“五年后,女子足球加入了夏季奥运会。”符合语境,故选 D。

## 重难专项补漏卷 综合填空

(一) A 篇 本文介绍了世界上最危险的运动之一——登山,并且说明了最受登山运动爱好者欢迎的山是喜马拉雅山。

1. along 【解析】句意:喜马拉雅山脉延绵至中国西南部地区。动词 run 在这句的意思是延伸,所以其后需要表示沿着的介词,故填 along。

2. highest 【解析】句意:在所有的山中,珠穆朗玛峰是最高的,也是最著名的。根据“Of all the mountains”可知,此处需用最高级 highest“最高的”。故填 highest。

3. clouds 【解析】句意:厚厚的云层覆盖着山顶,雪下得很大。此处需用名词 cloud,为可数名词,故填 clouds。

4. difficulties 【解析】句意:甚至更为严重的困难,包括冰冻的气候条件和强烈的暴风雪。该空前面被 more serious 所修饰,说明是更严重的问题或困难,所以用 difficult 的名词形式,故填 difficulties。

5. top 【解析】句意:当你接近山顶的时候,你也很难吸入空气,故填 top。

6. Chinese 【解析】句意:1960 年,第一支中国代表队成功登顶,1975 年,第一位女性成功登顶。修饰空后名词 team 需用形容词 Chinese,表示“中国的”。故填 Chinese。

7. lives 【解析】句意:为什么这么多登山者冒着生命危险登山呢? life 名词“生命”,“their”后跟名词复数。故填 lives。

8. main 【解析】句意:其中一个主要原因是人们想在困难面前挑战自己。此句话里需要一个形容词修饰 reasons,所以根据句意填 main 最合适。故填 main。

9. dreams 【解析】句意:这些登山者的精神告诉我们,我们不应该放弃实现梦想的努力。动词 achieve 意为“实现”,后面应接梦想一类的名词,故填 dreams。

10. stronger 【解析】句意:它也向我们展示了有时人类可以在自然的力量面前变得更强。该空后有介词 than,所以需要形容词比较级,故填 stronger。

B 篇 本文主要介绍了 Nick 和 Tim 喜欢旅行。去年暑假,他们一起去山里远足和露营,他们感到很快乐并决定继续去探索别的有趣的地方。

11. camping 【解析】句意:去年暑假期间,Nick 和 Tim 计划在晚上去山里徒步宿营。本题所在句子前面有“go hiking and”,

可知这里表并列,需要填一个动名词,根据句意故填 camping。

12. needed/might need 【解析】句意:所以在他们旅行之前,他们买了许多他们需要的东西或或许需要的东西,故这里可以填 needed,也可填 might need。

13. prepared 【解析】句意:当他们准备好所有物品时,他们在一天天气晴朗的下午开始了旅行。前文提到他们买了所有需要的东西,所以本题应该是把所有的物品准备好,故填 prepared。

14. to smell 【解析】句意:当他们开始爬山时,他们停下来闻花香,触摸绿色的叶子,品味泉水。to do 不定式表达的是停下来去做某事,故填 to smell。

15. feeling/to feel 【解析】句意:然而,当天开始黑了的时候,他们感觉到疲惫。begin to do 或 begin doing 都可表示开始做某事,故填 feeling 或者 to feel。

16. to put 【解析】句意:他们短暂休息了一会儿,决定先搭起宿营的帐篷。decide to do 表示决定去做某事,故填 to put。

17. played 【解析】句意:然后他们欣赏美丽的月光,玩纸牌,分享有趣的经历等等。本空和本句话前面的 enjoyed 及后面的 shared 构成并列的谓语动词,都需要用过去式,故填 played。

18. laughed 【解析】句意:他们说说笑笑直到深夜。本空也和所在句子前面的谓语动词 talked 构成并列的谓语,故使用过去式,故填 laughed。

19. meeting 【解析】句意:当他们准备去睡觉的时候,他们害怕遇见蛇。be afraid of doing 表示害怕做某事,故填 meeting。

20. will spend 【解析】句意:他们很惊讶地发现他们能在没有手机的情况下玩的如此开心,所以他们将会花费更多的时间去探索其他有趣的地方。因为探索其他有趣的地方还没有开始做,故此题需要用一般将来时,故填 will spend。

(二) A 篇 本文主要介绍了长江的相关知识。

1. longest 【解析】句意:长江全长 6 300 多千米,是中国最长的河流。且本题所在空前有定冠词 the,是考查形容词的最高级,故填 longest。

2. third 【解析】句意:并且它也是世界第三长河。表达第几最的含义,句式为定冠词 the+序数词+形容词最高级结构,根据地理事实可知,长江是世界第三长河,故需要把 three 改为 third,故填 third。

3. from 【解析】句意:长江的水源来源于中国西部的唐古拉山口,并且流入中国的东部海域。start from 表示“来源于”,故填介词 from。

4. busiest 【解析】句意:长江是世界上最繁忙的河流之一,江上来往船只很多。通过后文的“it is always full of ships and boats”可知长江的航运非常繁忙,one of + the + 形容词最高

级,表示最……的之一,故填 busiest。

5. themselves 【解析】句意:这就是为什么古老的中国人民在河边生活和工作,是为了生产粮食来喂养他们自己和动物们。前面的 produce food,表示生产粮食是为了人类自己吃和喂养动物,故填 themselves。

6. more 【解析】句意:现在长江之上有超过 50 多座桥梁。more than 表示超过;多于,故填 more。

7. kinds 【解析】句意:长江也是多种不同种类动物的家园。许多不同种类,故填 kinds。

8. However 【解析】句意:然而,因为长江的污染和繁忙的航运交通,这些物种处于濒危状态,此句话表示转折关系,故填 However。

9. pollution 【解析】句意:因为长江的污染和繁忙的航运交通,这些物种处于濒危状态,故根据句意此题需填 pollution。

10. difference 【解析】句意:幸运的是,中国人民和政府已经为保护这些动物有所作为。make a difference 表示“有影响;有意义;有所作为,引起变化”,所以在这里需要 different 的名词形式,故填 difference。

B 篇 本文介绍了马铃薯(土豆)作为人们长期以来的食物,它的用途和烹饪方法是多种多样的。

11. Using 【解析】句意:用土豆作为一种主食可以让我们变得更健康。根据题意这里需要 use 放在句子中作主语,所以应是动名词短语 using potatoes as a staple 作主语,注意首字母大写,故填 Using。

12. keep/to keep 【解析】句意:正如我们所知,维生素 C 可以帮助人们保持强健。help sb. do/to do sth. 帮助某人做某事,故填 keep 或 to keep。

13. are looking 【解析】句意:马铃薯是低热量食物。这些都是人们在健康饮食当中所追寻的东西。本空后有介词 for, look for 词意为“寻找,追寻”,如果想表达现阶段人们正在做的事,可用现在进行时,故填 are looking。

14. to grow 【解析】句意:并且马铃薯也容易种植。be easy to do sth. 容易去做某事。根据后文“People can plant them in almost every part of China.”可知,表达的是马铃薯种植起来很容易,中国的大部分地区都可以种植马铃薯。故填 to grow。

15. is facing 【解析】句意:中国正面临着水资源短缺的问题,以马铃薯是一个很好的选择。和 13 小题一致,表示现阶段面临的问题,用现在进行时,故填 is facing。

16. cook 【解析】句意:许多中国人认为马铃薯是蔬菜。他们会用马铃薯和其他食材来烹饪,用马铃薯做出来的菜肴真的很美味。故填 cook。

17. to try 【解析】句意:作为一种主食,科学家们尝试用马铃薯制

作面条和其他的主食。你愿意尝试用马铃薯做的面条吗? would like to do sth. 表示愿意做某事,故填 to try。

18. taste【解析】句意:它们尝起来真的很不错。根据句意可知此处需要填感官系动词,故填 taste。

19. can eat【解析】句意:马铃薯有很多的优点,但是也并不意味着我们能每天都可以吃。本题表达的是许可或某种能力,添加情态动词比较合适,故填 can eat。

20. will get【解析】句意:马铃薯中含有很多的淀粉,如果我们吃很多且不怎么做运动,那么我们将会变胖。if 引导的条件状语从句,主句用一般将来时,从句用一般现在时,故填 will get。

(三)A 篇 本文讲述了一个 14 岁的男孩,生活在一个小村庄,他家离学校有将近 6 千米远。但是由于家里穷,他没能拥有一辆自行车。于是他通过跑步上学把身体锻炼得很强壮。在上个月学校举办的运动会中,他在男子 1 000 米赛跑中获得了第一名。

1. kilometres【解析】句意:他的家在一个小村子里,距离他的学校大约有六千米。根据句意 six 应修饰表达距离的名词,故填 kilometres。

2. never【解析】句意:他每天都跑着去学校,从来都不会上课迟到。连词 and 连接的并列句之间是顺承关系,所以这里应该是他从不迟到,故填频率副词 never。

3. money【解析】句意:他的妈妈认为他太累了便想借一些钱来给他买自行车。因为他的家庭比较贫穷,所以借的应该是钱来买自行车,故填 money。

4. health【解析】句意:李磊并不同意,因为他知道他的爸爸一直身体不好。in poor health 表示身体不好,故填 health。

5. So【解析】句意:并且他的家庭要花费很多钱来给他的爸爸买药,所以他依然坚持每天跑步去上学,前面的句子“*And the family would spend much money on his father's medicine.*”和此题所在的句子是因果关系,所以需要表达结果的连词,故填 so。注意首字母大写。

6. result【解析】句意:结果,他变得更强壮,跑得也更快。考查短语 as a result“结果是”,故填 result。

7. fastest【解析】句意:事实上,他是他的班里跑得最快的。此题所在的空修饰动词 run, 所以需要填副词 fast, 并且前面又有定冠词 the, 说明此处用 fast 的最高级, 故填 fastest。

8. boy【解析】句意:上个月在他的学校有一场运动会,李磊跑的比任何一个男孩子都快,获得了男子 1 000 米赛跑的第一名。形容词或副词比较级后跟 than any other, 后加名词单数, 表示“比其他任何一个都……”, 故填 boy。

9. proud【解析】句意:他的同学和老师们都为他感到骄傲。考查短语 be proud of 对……感到骄傲, 故填 proud。

10. news【解析】句意:他跑回家告诉了父母这个好消息。从前

文知道他比赛得了第一名, 所以是好消息, 故填 news。

B 篇 本文主要描述了 Tom 对硬币收藏的热爱和投入, 以及这项爱好给他带来的快乐和满足感。

11. looks【解析】句意:汤姆对硬币拥有一个虽小但是很有价值的收藏。他拥有一枚看起来很古老的硬币。very old 在这里作表语, 所以前面是感官系动词, 主语 it 是三单, 故填 looks。

12. to touch【解析】句意:他总是认真地照顾这枚硬币, 并且戴着手套来触摸。此空不定式短语修饰 wear gloves, 作目的状语。故填 to touch。

13. has【解析】句意:他收藏里的另一枚硬币的两面有着相似的图案, 但是唯独这一块儿更具价值。主语是 another one, 所以 have 要用第三人称单数形式, 故填 has。

14. puts【解析】句意:他把它们放在一个特殊的盒子里。主语是 he, 故填第三人称单数形式 puts。

15. talking【解析】句意:他的朋友们觉得很有意思, 汤姆也喜欢对他的朋友们谈论某一枚硬币的历史来源。enjoy doing sth. 喜欢做某事, 故填 talking。

16. to add【解析】句意:汤姆的妹妹有时会把贴纸贴到他的硬币上。add sth. to sth. 把……加到……上面, 故填 to add。

17. will/can damage【解析】句意:但是他认为贴纸会损坏他的硬币, 所以可填写 will damage 或 can damage。

18. showing【解析】句意:他喜欢把他的硬币收藏展示给到他家里来拜访的人。love doing sth. (长期) 喜爱做某事, 故填 showing。

19. storing【解析】句意:在他的房间里也有一张特殊的用来存放他收藏的桌子。介词 for 后面用动名词形式, 故填 storing。

20. brings【解析】句意, 汤姆的收藏不仅仅是一种爱好, 而且也给他带来了很多的乐趣。主语 it 为三单, 故填 brings。

(四)A 篇 本文主要介绍了中国象棋, 象棋不仅仅是一种娱乐的游戏, 也是中国文化的一个重要组成部分。

1. two【解析】句意:它是两个人之间的策略游戏, 也受到了世界上很多人的欢迎。前面有介词 between 表示的是在两者之间, 用基数词, 故填 two。

2. parks【解析】句意:在中国你很容易见到象棋游戏, 人们通常会在公园、社区中心、寺庙和学校下棋, 后面的词都是地点名词, 故此空也是地点名词, 故填 parks。

3. If【解析】句意:如果你去到中国或者东南亚的任何一个中国人社区, 你将不会很难发现人们在玩这个游戏。if 引导的是条件状语从句, 注意首字母大写, 故填 If。

4. interested【解析】句意:此外互联网的发展也让更多的中国人对这项游戏感兴趣。make sb. 后加形容词, 表示让某人……; 形容词修饰人, 故填 interested。

## 易错辨析

形容词-ed 结尾多修饰人,-ing 结尾多修饰物。

5. foreigners【解析】句意:然而很多外国人对这项来自东方的游戏并没有很多的了解。上文中已经提到了很多中国人玩这个游戏, 所以这一段则表达的是外国的人对此并不了解, 与上一段构成转折关系, 故填 foreigners。

6. where【解析】句意:他们在互联网上提出了很多问题, 关于如何玩这项游戏和在哪里玩这项游戏。前面有 how to play the game, 所以这里可以填 where to play, 故填 where。

7. exciting【解析】句意:对他们来说, 象棋只是一项让人感到兴奋的游戏。形容词修饰 game, 修饰物, 故填 exciting。

8. culture【解析】句意:事实上, 象棋不仅仅只是一个游戏, 它也是中国文化的一个重要部分。Chinese 后面修饰的是名词, 根据句意, 故填 culture。

9. better【解析】句意:理解象棋能帮助你和中国人更好地交流。填比较级, 故填 better。

10. enjoyment【解析】句意:象棋还有很多东西, 把它称为一种游戏可能对这种古老的娱乐方式不公平。this ancient way of 后跟名词, 象棋是一种娱乐方式, 故填 enjoyment。

B 篇 本文是一篇记叙文, 主要讲述了作者参加志愿者工作后也参加了跑步比赛, 中途作者想放弃, 但是一位 80 岁的老人鼓励了作者, 让作者坚持跑完了全程。

11. gave【解析】句意:在我年轻时, 我喜欢做一些志愿者工作。有一次当我在一场比赛中给运动员分发水的时候…… Once 表示过去的时间, 用过去式, 故填 gave。

12. passing【解析】句意:我很高兴看到他们跑过去并且快速地接过一瓶水。see sb. doing sth. , 看到某人正在做某事。且 and 后有 taking a bottle of water, 故填 passing。

13. could play【解析】句意:在那之后, 我认为我或许也可以在一场比赛当中起到作用。添加情态动词可表达有从事某方面的能力, 整个句子时态是一般过去时, 故填 could play。

14. joined【解析】句意:然后下一年我就参加了比赛。join in 意为“参加”, 时态为过去时, 故填 joined。

15. running【解析】句意:在跑了 5 英里之后, 我感觉到很累了以至于我决定我将再也不做这样的事。此空前有介词 after, 故填 running。

16. to finish【解析】句意:对我来说完成第一个 5 英里就已经很困难了。本句是 it is + adj. + for sb. to do sth. 结构, 故填 to finish。

17. walked【解析】句意:我慢慢地边跑边走。前面的谓语动词 jog 慢跑, 所以后面动词应该也是指速度不快的运动。故填

walked。

18. keep【解析】句意:因为我大约要比他年轻 55 岁, 但是我甚至赶不上他。keep up with 表示“追上, 赶上”, 前面有 couldn't, 故填原形 keep。

19. reached【解析】句意:当我到达终点时, 我很开心。故填 reached。

20. will try【解析】句意:相反, 下一年我将会再一次尝试。the following year 表示的是下一年, 指将来时间, 故此题用一般将来时, 故填 will try。

## 重难专项集训卷 阅读表达五篇

一、文章主要介绍了作者喜欢阅读的故事。

1. For two hours. 【解析】根据第一段的 “I spend two hours reading books every day.” 可知, 作家每天读两个小时的书。
2. His father. 【解析】根据第一段的 “My father often read to me before I went to bed when I was a little boy.” 可知, 当作家还是个小男孩时, 他爸爸给他读书。
3. A dragon and a beautiful girl. 【解析】根据第一段的 “I still remember one story about a dragon and a beautiful girl. That was my favourite story at that time.” 可知, 当作者还是个小男孩时, 他最喜欢的故事是关于一条龙和一个美丽的女孩。
4. Because they make him think and learn a lot. 【解析】根据第二段的 “And I'm also interested in real life stories because they make me think and learn a lot.” 可知, 作者现在对真实生活故事感兴趣, 因为它们让他思考并学到很多东西。
5. It's a really interesting thing to do. 【解析】根据最后一段 “Reading can never be boring! I think it's a really interesting thing to do.” 可知, 作者认为读书是一件非常有趣的事情。

二、本文主要介绍了“睡眠旅行”的相关内容。

6. In 2020. 【解析】根据第二段的 “Sleep tourism became popular in 2020.” 可知, “睡眠旅行”在 2020 年变得流行。故填 In 2020.
7. Because health and happiness are more important for them. 【解析】根据第三段的 “Studies show people like sleep tourism because health and happiness are more important for them.” 可知, 因为健康和快乐对于人们来说更重要。故填 Because health and happiness are more important for them.
8. By providing comfortable bedding, dreamy music, smart lighting, and so on. 【解析】根据最后一段的 “Hotels are trying to better their environment by providing comfortable bedding, dreamy music, smart lighting, and so on.” 可知, 酒店通过提供舒适的床上用品、梦幻般的音乐、智能照明等来改善环境。故填 By providing comfortable bedding, dreamy music, smart lighting, and so on.

9. 旅行公司和酒店正在共同努力让人们旅行得好休息得好。【解析】言之有理即可。

10. Yes, I'd like to. Because sleep tourism can give me a chance to break from the stress and the busy everyday life. 【解析】开放性试题,言之有理即可。

三、本文讨论了独自旅行和与朋友一起旅行的优缺点。

11. You can decide where you go and what you eat. 【解析】根据第二段的“One of the greatest things about travelling alone is that you can decide where you go and what you eat.”可知,独自旅行时你可以决定去哪里和吃什么。

12. Travelling alone. 【解析】根据第三段的“Travelling alone really shows you what you're made of and helps you to discover inner strength you didn't know you had.”可知,独自旅行可以帮助你发现自己的内在力量。

13. Communicating with the local people. 【解析】根据第四段的“When you travel in a one-person team, this can give you a chance to enjoy communicating with the local people, that is the most interesting part of the travelling.”可知,与当地人交流是旅行中最有趣的部分。

14. Because there's research to be done, flights to be booked and choices to be made. 【解析】根据第五段的“In fact, travelling to know more about the world is not easy. There's research to be done, flights to be booked and choices to be made.”可知,通过旅行来更多地了解世界不容易,因为有研究要做,有机票要订,有选择要做。

15. I prefer to travel with friends. Because I won't feel lonely all the way and they can help me take photos. 【解析】开放性试题,答案不唯一,言之有理即可。

四、本文是一篇说明文。主要介绍了保持健康的一些好建议。

16. On April 7th. /It's on April 7th. 【解析】根据“It's on April 7th every year.”可知,世界健康日在每年的四月七日。

17. Food in bright colours. 【解析】根据“But food in bright colours is good for us. We can eat more red apples, green peas, yellow bananas...”可知,亮色的水果对健康有好处。

18. Tony. /Tony eat healthily. /Tony does. 【解析】根据“Tony: Yes, I like eating vegetables like carrots and tomatoes.”可知,托尼吃得最健康。

19. Be happy 【解析】根据“Being happy can make us healthy, too.”可知,第三方式是快乐使人健康。

20. I exercise every day. 【解析】本题为开放性题目,答案不唯一,答案合理即可。说出一种保持健康的方式,比如:我每天锻炼身体。

五、本文主要介绍了随着越来越多的人关心自己的健康,他们对户外

运动的需求也越来越强烈,人们开始骑自行车,骑自行车变得越来越受欢迎。

21. Cycling.

22. By giving some numbers.

23. Every July.

24. Spending money on their own bodies.

25. I like running. Because running can make me feel happy.

## 重难专项集训卷 书面表达五篇

一、例文:

### Let's Do Exercise Together

August 8th is the Fitness Day in China. It's very important for us to do exercise. Doing exercise can not only help us keep fit, but also help to enrich our life. What's more, doing exercise helps us to study better.

We can do exercise whenever we want. It is good for us to go to school on foot or by bike. In PE classes, we can do all kinds of exercise, such as running, jumping, playing basketball and so on. On weekends, we can climb mountains or go swimming with our friends. Also, we can go hiking during the vacations.

Let's do exercise and have a healthy lifestyle together!

二、例文:

Travelling can give us time to think, learn and grow. It also helps us discover inner strength and get a whole new outlook on the world.

What impressed me most is the last summer's trip to Beijing with my parents. To watch the raising of the national flag, we got up at 3 o'clock in the morning. However, when we got to Tian'anmen Square, we found a lot of people there. We waited patiently. As the music was played, we couldn't help singing along with the national anthem. Watching the rising flag, the sense of national pride and love for the country came into my heart.

I couldn't stop taking many photos and posted them with a sentence on my Weibo account, “The world is a book, and those who do not travel read only a page.”

三、例文

Dear Mike,

I'm glad to hear that you're coming for the exchange visit. Now let me tell you something you want to know.

Beijing is the capital of China with a long history. There are lots of places of interest, such as the Great Wall, the Palace Museum, the Summer Palace and so on. Since it lies in the north of China, the winter here is long and it snows sometimes.

Autumn is the best season in Beijing, for it is neither too cold nor too hot. One of the most famous traditional foods is Beijing Roast Duck. I would like to invite you to taste it in the restaurant near our school. After dinner, we can watch movies together in the best movie theater—Hua Yi Brother Movie Theater which has the best quality projection equipment. I am sure you will enjoy it.

I hope these will be helpful for you.

Yours,

Li Ping

四、例文

### Reading Brings Me Happiness

My life is full of happiness because of reading. It brings me a lot of knowledge as well as plenty of improvement. Besides, reading can reduce my time on watching TV and playing computer games. I can spend more time on my subjects. What's more, reading is also extremely necessary in my study life, with which I can make great progress. All in all, reading has brought me so much happiness that I can hardly stop reading. I strongly recommend you to read more books and get more useful information.

### 解题秘技

：

#### 写作指导

##### 1. 总体分析

- ① 题材:本文是一篇话题作文;
- ② 时态:时态为“一般现在时”;
- ③ 提示:以“……带给我快乐”为题,谈谈自己的看法及理由,注意行文连贯,无语法错误。

##### 2. 写作步骤

- 第一步,开篇点题,引出下文;
- 第二步,具体阐述对其看法及带来快乐的原因;
- 第三步,总结,提出建议。

##### 3. 亮点词汇

- ① because of 因为
- ② as well as 也
- ③ what's more 而且

##### 4. 高分句型

- ① Besides, reading can reduce my time on watching TV and playing computer games. (and 并列结构)
- ② All in all, reading has brought me so much happiness that I can hardly stop reading. (so... that 引导的结果状语从句)

五、例文

## My favourite sport

Sports are part of our life. My favourite sport is basketball. At the age of 10, when I watched the games in NBA, I started to be fond of the game. I like not only watching basketball games with my friends in my spare time, but also playing basketball on the playground after school.

During playing basketball, I have benefited a lot from the sport. Firstly, it can help me to keep healthy and happy. Secondly, I can make a lot of friends through playing basketball and we can share our successes and failures. And it makes me understand that there is no “I” in the team. Every player should cooperate with other players in the team. So, I insist on playing it with my friends and classmates every day.

## 教育强省新题型汇编卷

角度一

(一)1. They went to the seaside/beach(on vacation).

2. Why does he like doing exercise/to do exercise?

3. Would you like to come to my birthday party?

4. Will people have robots in the future?

5. How do you make a banana milk shake?

(二)A 篇 本文介绍了一位名叫 Steve 的侦探帮助 Dean 夫人找回丢失的戒指的过程。

6. A 【解析】细节理解题。根据“She lost her ring this morning. It's a yellow ring with her name ‘Julie’ on it.”可知,戒指是黄色的。故选 A。

7. D 【解析】图片信息题。根据“Now, the ring isn't under the pillow, but a card is.”可知,第一张卡片在枕头下。故选 D。

8. B 【解析】代词指代题。根据“Well, I have to find the key first. With Mrs Dean's help, I find it on the bookcase”可知,是在书架上找到了钥匙, it 指代前面提到的钥匙。故选 B。

9. C 【解析】推理判断题。根据“Here isn't your ring. Find a yellow key. It can help you.”及“Congratulations! You find your ring. It's the Mother's Day game for you!”可知,写这两张卡片的是同一个人,即 Dean 夫人的儿子 Peter,因此 XX 是 Peter。故选 C。

10. B 【解析】情节排序题。根据“A bag is on the red chair, but I don't find the ring in the bag.”可知,Steve 在椅子上发现了一个包;根据“Now, the ring isn't under the pillow, but a card is.”可知,Steve 在枕头下发现了来自 XX 的一张卡片;根据“I open it with the key and find the ring. A card is in it too!”可知,Steve 用钥匙打开了盒子,发现了戒指和卡片。正确顺序是 b—a—d—c。故选 B。

B 篇 本文是招募志愿者的海报。

11. B 【解析】主旨大意题。根据“VOLUNTEER OPPORTUNITIES”可知,这个海报是关于志愿者的。故选 B。

12. C 【解析】细节理解题。根据“Earn community service hours, learn valuable job skills, make new friends, and... have fun!”可知,这个志愿者的机会能赚取社区服务时间、学习有价值的工作技能、结交新朋友以及会玩得开心,因此 Coco(一个 14 岁,家庭作业需要帮助的女孩)并不适合这份工作。故选 C。

13. A 【解析】细节理解题。根据“Contact Teen Services”可知,如果需要联系,可以打电话或发邮件给 Teen Services。结合选项可知,故选 A。

## 角度二

(一)本文是一篇议论文。主要介绍了西方的龙和中国的龙在文化上的不同,就“龙”应该翻译成“Loong”还是“Dragon”这一问题进行了讨论。

1. kill
2. helpful【解析】根据“While in China, the loong is a kind of positive animal that helps humans.”可知,中国的龙是积极且对人类有益的。故填 helpful。
3. 19th/nineteenth 4. culture
5. Yes, it should. Because “loong” can describe Chinese culture better than “dragon”. /“Dragons” are bad so they can not show the rich and deep meanings of the Chinese loong. /No, it shouldn’t. Because “dragon” is more well-known than “loong” all over the world. (开放性试题,言之有理即可)

(二)本文主要介绍了几个外国人在中国实现梦想的故事。

6. He was a salesperson. /A salesperson.
7. Nearly 700(paying users).
8. (Zhou Meining is from) Russia.

## 解题诀窍

长难句分析: Crimmins’ team has produced more than 600 online teaching videos, which have helped more than 7,000 international students, including nearly 700 paying users.

翻译:Crimmins 的团队已经制作了超过 600 条的在线教学视频,这些视频帮助了 7 000 多名国际学生,其中包括将近 700 名的付费用户。

## A Welcome Speech

Ladies and gentlemen,

Welcome to our Chinese Culture Festival. This festival is not only a good chance for us to learn Chinese culture, but also a platform to show the students’ talent.

The culture festival is on May 12th. In the morning,

there will be many stalls to show Chinese calligraphy, paper cutting and so on at the hall. In the afternoon, we will invite different experts of Chinese traditional culture to give talks in the library. In the evening, we can enjoy different shows at the art centre, including folk dance, Beijing Opera, etc.

Wish the festival a success! Hope you enjoy it.

Thank you for your listening!

## 角度三

本文是一篇记叙文。主要讲述了作者刚转学对新环境不熟,胆怯不自信,在老师的帮助下克服了心理障碍,适应了新环境,并重新获得自信的故事。

1. B 【解析】细节理解题。根据第三段中“My mind raced. Had I got a bad grade? Had I hurt anyone’s feelings?”可知,当作者被叫去办公室的时候,作者很担心,害怕自己闯祸了。故选 B。
2. A 【解析】细节理解题。根据第一段中“With a smile my mum walked away and I was left taking centre stage in front of a group of students.”可知,作者和妈妈一起去的学校;第二段中“Over the next few days, Mrs Blackstone made it her job to find me a new best friend.”可知,老师帮助作者结识新朋友;根据第三段中“One spring afternoon, Mrs Blackstone asked me to stay after class.”可知,老师让作者课后留了下来;根据最后一段中“I walked out of her office, not staring at my shoes, but looking straight ahead with my head high.”可知,作者变得更自信了。事件的正确顺序是:①③④②。故选 A。

3. A 【解析】推理判断题。根据最后一段中“I walked out of her office, not staring at my shoes, but looking straight ahead with my head high.”可知,老师的话给了作者极大的鼓励,空处应描述老师的话对作者的影响,选项 A“那天她的声音对我来说就像音乐”符合语境。故选 A。
4. The teacher is kind because she sees something special in Amanda and encourages her. (开放性试题,言之有理即可)

## 原创主题地方情境练

一、本文主要介绍了“城市漫步”这一旅游方式,对比了它与传统旅行方式的不同之处以及它的好处。

1. A 【解析】细节理解题。根据“Citywalk is becoming a new travel fashion for the youth in China who are exploring cultural spots.”Citywalk 是受到年轻人喜欢的旅行新风尚,而不是 A 项中说的老年人。故选 A。
2. C 【解析】图片理解题。根据第二段“They can follow a city route, exploring old buildings, going window-shopping, drinking a cup of coffee, or enjoying local snacks.”可知,城市漫步者可以探究古老的建筑物,橱窗购物,喝咖啡或者品尝当地美食,所以图片对应的 a,b,c,e 是正确的,故选 C。

3. C 【解析】词义猜测题。根据“They can follow a city route, exploring old buildings, going window-shopping, drinking a cup of coffee, or enjoying local snacks.”他们可以走一条城市……,游览旧建筑,逛街,喝咖啡,享用当地美食。可推知应该是一条旅行线路。故选 C。

## 解题秘技

解答词义猜测题,要关注上下文,此处下文中对 route 的内容进行了一番解释,有助于猜测词义。

4. C 【解析】推理判断题。根据第三段的叙述可知,Sun Yiran 对在济南进行城市漫步的评价很高,尤其是通过“She wants to offer visitors to experience in this magical city.”可知她想让游客们都来济南体验一下,与 C 选项表意接近。故选 C。
5. D 【解析】细节理解题。根据最后一段可知,Citywalk 带来的好处不包括提供市场需求,故选 D。

二、本篇文章讲述了斯科特一家人在青岛旅行的经历。

1. It was hot and sunny.  
【解析】根据第二段的“At about 3:00 pm, they got to the beach. It was really hot and sunny.”可知,第一天是晴朗炎热的,故填 It was hot and sunny.
2. They played beach volleyball.  
【解析】根据第二段的“Scott’s parents spent much time playing beach volleyball. Scott enjoyed swimming in the sea.”可知,斯科特的父母在海滩上打排球。故填 They played beach volleyball.
3. 他们都感觉这一年中最快乐的一天。  
【解析】翻译合理即可,注意形容词最高级 happiest,故填他们都感觉这一年中最快乐的一天。
4. Because it rained all the day.  
【解析】根据第三段的“On the second day, it rained all the day so they hardly ever went out. Scott watched TV with his father in the hotel. His mother drew some pictures by herself.”可知,因为一整天在下雨,所以他们待在旅馆里,故填 Because it rained all the day.

5. For about three days  
【解析】根据每段开头的“On June 18th...” “It was about 11:00 am when they arrived in Qingdao by bus on the first day.” “On the second day...” “On June 20th...” “On the morning of June 21st, they left the hotel and took the bus home.”可知,第一天是 6 月 18 日,21 日早上返回,所以在青岛待了三天,故填 For about three days.

三、本文讲述了 2024 年德州市举办的马拉松比赛。

1. B 【解析】根据下文“... And about 4,300 people registered for the joyful run event.”可知,此处表达参加马拉松比赛的项目和人数,故选 B。
2. C 【解析】根据下文“... but also a journey to experience the city culture.”可知,前文是 not only“不仅”,故选 C。
3. F 【解析】根据下文“... It lies on the north bank of the Yellow River, and the east of the Beijing—Hangzhou Grand Canal. So it is the intersection of the Yellow River and the Grand Canal.”可知,此处描述的是德州的城市信息,故选 F。

4. E 【解析】根据下文“The marathon track passed through five towns in the city centre.”可知,此处应介绍德州本次举办马拉松比赛的信息,故选 E。
5. A 【解析】根据上文“The marathon track passed through five towns in the city centre.”可知,马拉松赛道穿越市中心的五个城镇,所以连接了城市的很多公园和景点,故选 A。

四、本文介绍了草莓奶昔的制作材料,工具和过程。

1. A 【解析】细节理解题。根据 INGREDIENTS 一栏中“7fl oz (200ml) milk”可知,制作一份草莓奶昔需要 200 毫升牛奶,故选 B。
2. D 【解析】细节理解题。根据 EQUIPMENT 一栏中的内容可知,眼镜不是需要的设备。故选 D。
3. C 【解析】细节理解题。根据第二个步骤的描述“... so it will blend easily in Step 4.”可知,草莓切开,香蕉切片,是为了让二者混合搅拌更容易,故选 C。
4. D 【解析】阅读排序题。根据上文可知,制作草莓奶昔的顺序应是先用水清洗草莓,再切开草莓、香蕉切片,之后把它们放入搅拌机,最后倒入杯子,因而正确顺序是②—③—①—④,故选 D。
5. C 【解析】推理判断题。这篇短文介绍了制作草莓奶昔的材料、设备和过程。可能在家庭小册上看到这种类型的文章。故选 C。

五、A 篇 本文介绍了山东的一种传统美食——花饽饽。

1. history 【解析】句意:它拥有着超过 300 年的历史。其后是“more than 300 years”,所以前面应是“a history of”,故填 history。
2. special 【解析】句意:他们通常在特殊的日子里吃它,如节日、婚礼和生日。其后有节日、婚礼、生日这样重要且特殊的日子,所以在这里需要形容词 special,故填 special。
3. factories 【解析】句意:所以在山东有很多制作花饽饽的工厂。此空需要地点名词,故填 factories。
4. good 【解析】句意:当丽丽是一个孩子的时候,奶奶就教给她如何制作花饽饽。所以她现在对制作花饽饽很擅长。考察短语 be good at 对……擅长,故填 good。

5. happy 【解析】句意：于丽丽和她的工人每天都要花很多时间，但是她感到很开心，因为有很多年轻人也表达出了对花饽饽的喜爱。系动词 feel 后跟形容词，故填 happy。

6. art 【解析】句意：花饽饽不仅是一种食物，而且也是一种艺术。26 题前面有冠词 an，所以需要名词，故把 artist 改为 art。

7. colours 【解析】句意：花饽饽有不同的颜色和形状，比如动物，花朵和水果，它看起来好看且尝起来好吃。27 题后有 shapes，说明在这里也需要的是名词复数，故填 colours。

8. symbol 【解析】句意：对于山东人来说，花饽饽是中国新年的一种标志。symbol 意为标志象征。

9. luck 【解析】句意：它体现了好运和人们对美好生活的愿望。这里用 good luck 最为合适，故填 luck。

10. why 【解析】句意：这就是为什么它在山东受到越来越多人的欢迎。that's why 引导结果状语从句，故填 why。

**B 篇** 本文介绍了放风筝的发展历史以及放风筝的文化传承。

1. flying 【解析】句意：春天已经到来，对你来说这是放风筝的一个完美时间，你可以从放风筝中得到很多益处。from 为介词，故填 flying。

2. makes 【解析】句意：这项活动不仅能够帮助你强健体魄，而且能够让你放松。not only... but also... 连接并列的谓语动词 helps 用单三，所以 32 题所在的 make 也要用单三形式，故填 makes。

3. created 【解析】句意：你对谁发明了风筝感到好奇吗？风筝是在过去发明的，所以要填过去式 created。

4. used 【解析】句意：墨子使用木头制作了可以在空中飞一整天的“飞鸟”，这也是风筝的原型。use sth. to do，使用……去制作，故填 used。

5. to test 【解析】句意：不久后军队也开始使用风筝来检测风力，测量距离和救人。use sth. to do，不定式可作目的状语，故填 to test。

6. could play 【解析】句意：在唐代人们使用风筝更多的是为了娱乐，一开始只有皇族成员才可以放风筝。这里表达的是某种能力或许可，可使用情态动词 can 表达这种语气，因为是在过去，故填过去式 could play。

7. came 【解析】句意：每年清明节来临时，几乎每家每户都出去放风筝并且去野餐。这里讲的是古代的故事，所以 37 题填的是过去式 came。

8. to enjoy 【解析】句意：这是一个享受温暖天气和新鲜空气的好时机。it is+a good time+ to do sth.，表达做某事是一个好时间，需要不定式作主语，故填 to enjoy。

9. to show 【解析】句意：现在放风筝已经成为了国内外的一项娱乐活动，人们喜欢放风筝来展示他们的风筝制作和放风筝的技艺。不定式作目的状语，故填 to show。

10. take 【解析】句意：每年来自世界各地的风筝爱好者都会来到潍坊观看和参与国际风筝节。前面有不定式 to watch 和 and 后的 take part in 表并列，可省略不定式符号 to，故填 take。

四、Dear Mr Zhang,

I'm happy to know you're going to hold a study tour summer camp this summer vacation. I hope you can vote for a trip to the museum.

When we talk about the best place for the study tour, I'd like to recommend a trip to experience culture and art. Generally speaking, culture and art play a very important role in our growth. When talking about the destination of the journey, the best choice for us is Shandong Museum. It is a comprehensive museum with a history of over 50 years. There are different kinds of ancient things showing now. It is the best place for us to see exhibitions. During our journey, we can not only enjoy the splendid rich Chinese art and culture, but also learn from history (高分句式).

Yours,

Li Hua

## 期末测试卷一

### 关键能力达标测试卷

听力材料

一、(一)

1. Could you help me with my English grammar?

2. What do you think of the actor?

3. May I have a sandwich?

4. Excuse me, where is the post office?

5. I've visited several interesting places.

(二)

6. Turn left and you can see Science And Technology Museum on the right.

7. My younger brother likes collecting China's fans.

8. Li Ming wants to find a place to watch basketball matches.

(三)

9. M: Hello, Jane. Last week, I went to the new sports centre with my father and we played table tennis and volleyball.

W: What about swimming?

M: They are going to build a swimming pool next year.

10. M: Oh, you have some ping-pong bats, Sarah.

W: Yes, I love sports. I play ping-pong every day.

11. W: What's wrong with you, Stephen?

M: I'm unhappy. I want to go to the beach with Tom tomorrow, but my parents won't let me go. They say I

don't clean my bedroom.

12. W: Excuse me, which is the way to the North Mountain?

M: Go down this street. At the end of the street, you'll see the mountain. It'll take you about half an hour to walk there.

13. W: Could you please turn down the CD player? The rock music is too noisy.

M: All right. I will play country music for you. I know you like it.

(四)

W: Hey, Mike. What are you doing?

M: I'm reading about this year's *Our Town Bike Race*.

W: Let's enter the race together. What do you think?

M: I'm not sure. It's too difficult!

W: You can do it. You're great on your bike.

M: I don't know. A lot of racers are very fast. They jump, too! I can't jump well.

W: Yes, the race is difficult. Let's practise. We can practise the jumps after school.

M: OK. I don't want to fall during the race. Maybe I need a better bike.

W: Mike, if you're afraid, then don't enter.

M: Afraid? Me? No way! I'm not afraid! I'll enter.

W: Are you sure?

M: Yes, I'm sure. Maybe I'll be the first person to cross the finish line!

W: Well, we may not be the winners, but we can still enjoy it and have a lot of fun!

(五)

18. M: Welcome to Shenzhen Bay Park! Birds from the north of China come here from November to March every year. There is a popular place to watch the birds.

19. W: Xiangsiling Park is at the foot of Bijia Mountain. There is a nice park. People can camp, picnic or just let their children run around for fun there.

20. M: Do you know Enshang Wetland Park? Visitors can enjoy an ocean of flowers and trees and get an amazing view of the mountain.

(六)

M: Does studying make you tired? Here are some suggestions to help you feel better. First, relax at weekends. Having a nice sleep at weekends is a good idea. It can make sure of your study. Second, write something down. That's a great

way to think about and remember life. You can do it on paper or on computers. Third, join in activities. Going out with friends for a trip will make you happy. Fourth, cry out. If you feel sad, don't hide your feelings. Crying out may help reduce your sadness. Fifth, enjoy a big meal. Don't eat less food. Eating delicious food will make you feel good.

答案

一、(一)1. A 2. A 3. B 4. A 5. B

(二)6. C 7. A 8. B

(三)9. C 10. C 11. B 12. C 13. A

(四)14. A 15. B 16. C 17. B

(五)18. B 19. C 20. A

(六)21. sleep 22. paper 23. happy 24. hide 25. meal

二、A 篇 本文讲述了四种不同的旅行

26. A 【解析】细节理解题。根据“Cultural Journeys”中的“The cultural journeys will help you discover ancient civilisation in Asia...”可知，文化之旅将帮助你发现亚洲的古代文明。故选 A。

27. B 【解析】词句猜测题。根据“Cultural Journeys”中的“Visit temples and palaces—just have it in mind to bring your camera!”可知，去参观寺庙和宫殿要记住带上你的相机，因此“have it in mind”意为记住，与 remember 同义。故选 B。

28. D 【解析】细节理解题。根据“Wildlife Holidays”中的“Go on trips in Africa and watch lions and giraffes.”可知，野生动物假期这个活动可以去非洲旅行，观看狮子和长颈鹿。故选 D。

29. C 【解析】细节理解题。根据“Trekking Tours”中的“We have trekking holidays to famous places. You don't need to be very sporty or wealthy, but you have to be fairly healthy.”可知，徒步旅行你必须相当健康。故选 C。

30. A 【解析】细节理解题。根据“Activity Holidays”中的“For those who like warmer weather, we also have sand boarding.”可知，可以去滑沙。故选 A。

B 篇 本文主要介绍了郴州旧房翻新和人们对此的看法。

31. B 【解析】细节理解题。根据第一段中“The Beihu neighbourhood is home to many old houses. And more than 35% of them were not repaired.”可知，有超过 35% 的老房子没有得到修缮。故选 B。

32. A 【解析】细节理解题。根据第二段中“It asked people to renovate the old houses.”可知，这个计划是为了翻新老房子。故选 A。

33. B 【解析】细节理解题。根据第三段中“She rented two old buildings that are over 100 years old and she has turned them into a restaurant and a show hall for crops.”可知她把两个超

过100年的老建筑改造成了一间饭店和一个农作物的展示厅。故选B。

34. C【解析】态度观点题。根据最后一段中“Renovating the old houses has brought hope to our village...”可知，C项“修缮老房子给村子带来希望”符合村民对修缮老房子的态度。故选C。

### 解题秘技

探究或总结作者对某件事物的情感态度和观点时，可以从话语中的一些关键词中找到答案。如本题，询问村民对旧房改造的态度，可从“Renovating the old houses has brought hope to our village. We are living better and better lives now.”看出。

35. A【解析】最佳标题题。通读全文可知，文章主要介绍了“唤醒老屋”计划所带来的成果。故选A。

C篇 本文主要介绍了各种饮料的功能以及饮用注意事项。

36. A【解析】细节理解题。根据第四段“Water. It is the best and healthiest drink.”可知，水是最好的饮料。故选A。

37. C【解析】篇章结构题。根据“Once a student wants to do well in his PE test... Of course, he does badly in the PE test.”可知，第二段中作者通过举例子来说明不能喝太多功能饮料。故选C。

38. D【解析】推理判断题。根据第六段“Milk. Milk helps you build a healthy body.”可知，牛奶有益身体健康。故选D。

39. B【解析】最佳标题题。通读全文可知，文章主要介绍了各种饮料的功能和饮用注意事项。B项最适合作为文章的标题。故选B。

40. D【解析】推理判断题。本文主要讲述了各种饮料对健康的影响，因此可以在健康杂志上看到。故选D。

D篇 本文主要介绍了班里来了一位新学生，接下来的两周里新学生和同学们相互教一些新东西。新学生离开时，他们很伤心。

41. A【解析】细节理解题。根据第二段“‘Class, this is Joon,’ he says, ‘He’s from South Korea, and he’ll be with us for two weeks.’（‘同学们，这是Joon，’他说，‘他来自韩国，他将和我们在一起两个星期。’）”可知，Joon来自韩国。故选A。

42. D【解析】细节理解题。根据“‘Do you like skateboarding?’ asks Danny.（‘你喜欢滑板吗？’Danny问。）”和“‘I’m not very good at it,’ says Joon. ‘Could you show me how?’（‘我不擅长，’Joon说。‘你能告诉我怎么做吗？’）”以及“‘Sure!’ says Danny.（‘当然可以！’Danny说。）”可知，Danny会滑滑板。故选D。

43. C【解析】推理判断题。根据倒数第二段“After school, they have a great time teaching each other.（放学后，他们互相教对方，玩得很开心。）”可知，他们认为相互教对方新东西很有趣。

故选C。

44. A【解析】推理判断题。根据文章“They learn that Joon likes art, just like Emma.”可知Joon和Emma都喜欢美术，故A项正确。根据“‘Do you like skateboarding?’ Asks Danny. ‘I’m not very good at it,’ says Joon. ‘Could you show me how?’ ‘Sure!’ Says Danny.”以及“Then Joon teaches them Taekwondo.”可知，Joon教Danny跆拳道，Danny教Joon滑冰，故B项错误。根据“He’s been to the UK and Italy, but he’s never been to the USA before.”可知Joon没有去过美国，故C项错误。根据“They all feel sad when Joon leaves.”可知，Joon离开时大家都很伤心，故D项错误。故选A。

45. B【解析】最佳标题题。通读全文，尤其根据第一段“Mr Sims, the maths teacher, walks in with a new student.（数学老师Sims先生带着一名新学生走进来。）”可知，短文主要讲述了一位来自韩国的新学生到班里的事情，所以标题应为“一个新朋友”。故选B。

### 三、本文主要介绍了一些有关沙漠的有趣事实。

46. A【解析】根据“The wind can change the shape of the deserts.”可知，风可以改变沙漠的形状。故此处应介绍风是如何改变沙漠的形状的。选项A“它把沙子从一个地方移动到另一个地方。”符合语境。故选A。

47. D【解析】根据“Temperatures in the desert can be quite different. During the daytime, the temperature may reach 40°C even in the shade.”可知，沙漠里的温度差别很大。白天，即使在阴凉处，温度也可能达到40°C，故接下来应介绍沙漠夜晚的温度。选项D“到了晚上，沙漠会变得非常冷。”符合语境。故选D。

48. C【解析】根据“The camel is sometimes called ‘the ship of the desert’.”可知，本段都在介绍骆驼，故空格处内容应与骆驼相关。选项C“它长长的睫毛可以在沙尘暴来袭时挡住沙子。”符合语境。故选C。

49. F【解析】根据“An oasis is an area of the desert where water may be found... People and animals visit an oasis for water and food. Plants grow at an oasis.”可知，绿洲是沙漠中有水的区域。人和动物来到绿洲寻找水和食物。植物生长在绿洲里。故空格处应介绍在绿洲可以做的事情。选项F“一些农民可以在这里种植庄稼。”符合语境。故选F。

50. B【解析】根据“Oil was discovered under parts of the desert and in the Arabian Gulf.”可知，在部分沙漠的地下和阿拉伯湾发现了石油，故接下来应介绍这些石油带来的好处。选项B“它使该地区的一些国家非常富有。”符合语境。故选B。

### 四、A篇 本文主要讲述了丹尼斯参加篮球队后刻苦练习，在参加比赛时，和队友配合默契，赢得比赛的故事。

51. faster【解析】句意：而且他跑得也比其他人快。所以他的体育老师想让他成为学校篮球队的一员。fast表示“快速的”，根据much可知，此空应填副词的比较级，故填faster。

### 解题秘技

修饰比较级的副词，记住“蚂蚁远离三只鹅”口诀，即much, even, far, still, a little, a bit, a lot七个副词或副词短语。看到所填形容词或副词前有这些词时，形容词、副词多用比较级。

52. member【解析】句意：所以他的体育老师想让他成为学校篮球队的一员。故填member。

53. well【解析】句意：一开始，他打篮球不能像其他人一样打得好，但他从未放弃。修饰动词play，故填well。

54. hardest【解析】句意：他放学后刻苦练习，是他们球队中练习最努力的。表最努力的，空处需要填副词的最高级，故填hardest。

55. between【解析】句意：上周日，他的学校和第二中学之间有一场篮球比赛。between... and... 表示“在……和……之间”，故填between。

56. excited【解析】句意：丹尼斯听到这个好消息时非常兴奋。excited表“兴奋的”。故填excited。

57. quietly【解析】句意：那天丹尼斯一直安静地等待直到轮到自己比赛。副词修饰动词wait，故填quietly。

58. surprise【解析】句意：让我们感到惊讶的是，丹尼斯在比赛中表现的很好。短语to one’s surprise表示“让某人惊讶的是”，填surprise。

59. on【解析】句意：他们大声地为自己欢呼。cheer on表示“为……欢呼”。故填on。

60. confident【解析】句意：丹尼斯比之前打篮球时更加自信了。故填confident。

### B篇 本文主要讲述了作者前往云南旅行的经历。

61. to have【解析】句意：每年都有大量的游客到这里来玩。have fun表示“玩得开心”。空处充当谓语动词come的目的状语，故填to have。

62. look【解析】句意：在石林有各种各样的石头。有些看起来像漂亮的女孩，有些看起来像帅气的男人。look like表“看起来像”。不定代词some做主语，谓语动词用原形，故填look。

63. went【解析】句意：我也去了丽江。go to somewhere表示去某地。本文为一般过去时，谓语动词用过去式，故填went。

64. runs【解析】句意：一条河流穿过整个城市。run表“流经，延伸”，主语为A river，故填runs。

65. to find【解析】句意：如果你沿着这条河走，你将不会迷路，因

为对你来说找到自己的路很容易。句型it is easy for somebody to do something表示“做某事对某人来说来说是很容易的”，故填to find。

66. singing【解析】句意：在云南有很多少数民族。并且他们都喜欢唱歌和跳舞。like doing something表示“喜欢做某事”。故填singing。

67. danced【解析】句意：那天晚上我们和他们一起围着篝火跳舞。表达过去的旅行经历，谓语动词需用过去式，故填danced。

68. sat【解析】句意：我甚至坐在了大象的背上，虽然我一开始很害怕。sit on its back表示坐在大象的背上，时态为过去时，故填sat。

69. took【解析】句意：我也和大象一起拍了很多的照片。take photos with... 表“和……拍照片”。时态为一般过去时，故填took。

70. will remember【解析】句意：在云南的旅行是如此美好以至于我将会永远记得。forever作为时间状语，谓语动词的时态应用一般将来时，故填will remember。

### 五、本文讲述了作者游玩慕田峪长城的经历。

71. April, May, September and October.

【解析】根据“... the best time is April, May, September and October.”可知，游览慕田峪长城的最佳时间是四月、五月、九月和十月。故填April, May, September and October。

72. We can take the cable car.

【解析】根据“Of course, you can also take the cable car because it makes it easier for you to climb the wall.”可知，作者也推荐坐缆车，因为那可以让爬长城变得更容易。故填We can take the cable car.

73. 3/Three.

【解析】根据“The first interesting part was taking a chairlift up to the wall.”“The next interesting part was walking along the wall.”以及“But the most interesting part of the trip was the ride.”可知，作者提到了这次旅行的三个有趣的部分。故填3/Three。

74. About two or three minutes.

【解析】根据“You can take a slide down from the wall. It takes about two or three minutes to slide all the way down.”可知，滑下去大约需要两到三分钟。故填About two or three minutes.

75. By arriving before the first coach.

【解析】根据“If you arrive before the first coach, you may be able to enjoy the sights of the wall by yourself.”可知，如果你在第一班大巴到达之前到达，你可以自己欣赏长城的景色。故填By arriving before the first coach.

四、Dear John,

Thanks for your letter. I'm very glad to tell you about the Chinese saying, "Read 10,000 books and travel 10,000 miles." It means that it is important to read ten thousand books and walk ten thousand miles. It tells us that reading and travelling can make us learn more knowledge. I often read because I can learn a lot from books. I usually read after I finish my homework or before I go to bed. (高分句型) I like reading novels and newspapers. I also like travelling. The visit to Beijing last year was my favourite trip. I visited the places of interest in Beijing and learned about its traditional culture. I really understand the meaning of "He who does not reach the Great Wall is not a true man. (高分句型)"

What about you? I hope you can write a letter and tell me.

Best wishes!

Yours,

Li Hua

#### 解题秘技

##### 写作指导

###### 1. 总体分析

① 题材:本文是一篇应用文;  
② 时态:时态为“一般现在时”和“一般过去时”;  
③ 提示:根据所给提示完成写作,注意标点符号及大小写等问题,不要犯语法错误。注意上下文之间的逻辑关系,语意连贯。

###### 2. 写作步骤

第一步:感谢对方来信;  
第二步:回答“读万卷书,行万里路”的含义、为什么喜欢读书、喜欢读什么书、什么时候读书、是否喜欢旅行以及最喜欢的旅行等问题;  
第三步:询问对方情况,期待来信。

### 期末测试卷

#### 核心素养提优测试卷(一)

##### 答案

一、1. C 2. C 3. B 4. A 5. B 6. B 7. C 8. A 9. A 10. B  
11. A 12. B 13. C 14. C 15. B 16. B 17. B 18. A 19. C  
20. B 21. sixteen/16 22. September 23. friendly 24. online  
25. reading

二、A篇 本文主要介绍了在发现受伤或未受伤的小鸟时应该采取的正确措施,以及一些关于母鸟行为的常识。

26. C 【解析】细节理解题。根据“If the bird is HURT: Call the animal centre(0-123-4567).”可知,如果发现鸟受伤了,应该

打电话给动物中心。故选 C。

27. B 【解析】细节理解题。根据“If it has FEATHERS: Just leave it there! (It's learning how to fly!)”可知,对于一只没有受伤且有羽毛的小鸟,什么都不做的原因是它正在学习飞翔。故选 B。

28. D 【解析】细节理解题。根据“People believe birds will give up their babies if they have the smell of people on them. WRONG! Birds don't care!”可知,母鸟不在乎鸟宝宝身上有人类的气味。故选 D。

29. A 【解析】词义猜测题。根据“If it has FEW FEATHERS: You CAN reach the nest→Put the bird back.”可知,如果它的羽毛很少,你可以够着鸟巢,把鸟放回去。因此“reach”表示“够着”。故选 A。

30. D 【解析】推理判断题。从右上角的课程和上课日期,结合笔记本样式,可以推断是学生的笔记。故选 D。

B篇 本文介绍了中国的新年是一个很重要的节日。作者在文中介绍了在新年的时候人们一般吃什么以及这些食物的寓意。

31. D 【解析】细节理解题。根据第一段“Because it is a time for family members to be together. (因为这是家人团聚的日子。)”可知,中国新年对中国人来说很重要的原因是这是家人团聚的日子。故选 D。

32. A 【解析】细节理解题。根据第二段“... people put a clean coin in one of *jiaozi*. The person who finds it is lucky.”可知,找到饺子里有一枚干净硬币的人是幸运的。故选 A。

33. B 【解析】细节理解题。根据第三段“*Niango* is a kind of rice cake. It means tall or high. People eat it and wish to do better or get higher the next year.”可知,人们吃年糕是希望第二年做得更好或者高升。故选 B。

34. D 【解析】细节理解题。根据“Dumplings mean wealth.” “*Niango* is a kind of rice cake.” “Fish is an important dish” 及“Many people like to eat long noodles.”可知,文中共提到了四种食物。故选 D。

35. C 【解析】最佳标题题。本文主要讲述了中国新年吃的一些食物。选项 C“中国新年的食物”符合题意。故选 C。

C篇 本文是主要介绍了世界各地的人们空闲时喜欢做的事情。

36. A 【解析】推理判断题。根据“People from Canada spend about 43.5 hours online every week, 8 hours longer than Americans.” 可知,加拿大人每周要上网 43.5 小时,比美国人多 8 小时,据此推断,美国人每周的上网时间为  $43.5 - 8 = 35.5$  小时。故选 A。

37. D

38. B 【解析】词义猜测题。根据“When none of your family or friends are available, you can still go to a bar by yourself.”可知,如果你自己去酒吧,说明朋友或者家人没空,据此推断画线单词“available”意为“有空的”,与“free”同义。故选 B。

知,如果你自己去酒吧,说明朋友或者家人没空,据此推断画线单词“available”意为“有空的”,与“free”同义。故选 B。

39. C 【解析】细节理解题。根据“In Greece and Estonia, over 80 percent of people exercise every day.”可知,80%以上的希腊人每天都锻炼。故选 C。

40. B 【解析】细节理解题。根据“The UK has six of the top 20 most visited museums in the world, such as the National Gallery, the British Museum and Tate Modern.”可知, Tate Modern 是英国的一个博物馆。故选 B。

D篇 本文主要讲了西晋时期周处除“三害”的故事。

41. B 【解析】细节理解题。根据第一段“During the Western Jin Dynasty(265 ~ 316), there was a young man named Zhou Chu. He was very strong but not always nice to others. (西晋时,有个年轻人叫周处。他很强壮,但总是对别人不好。)”可知他很强壮,但很坏。故选 B。

42. A 【解析】细节理解题。根据第一段“There was a man-eating tiger and a monster living in the water near the village. They often did bad things for the village. People called them, along with Zhou Chu, the 'three evils'. (村子附近的水里住着一只吃人的老虎和一只怪物。他们经常在村子里做坏事。人们把他们和周处一起称为‘三害’。)”可知‘三害’是老虎、怪物和周处。故选 A。

43. B 【解析】细节理解题。根据第二段“But the villagers thought he was dead, too. So they had a big party to celebrate the death of the 'three evils'. (但村民们也以为他死了。所以他们举行了一个盛大的聚会来庆祝‘三害’的死亡。)”可知村民举行了一个盛大的聚会因为他们觉得“三害”死了。故选 B。

44. B 【解析】细节理解题。根据第三段“From then on, Zhou Chu learnt from his mistakes. He became a good person and stopped bullying others. (从那以后,周处从自己的错误中吸取了教训,成为一个好人,不再欺负别人。)”可知最后周处改变了,成为了一个好人。故选 B。

45. C 【解析】推理判断题。根据第三段“From then on, Zhou Chu learnt from his mistakes. He became a good person and stopped bullying others. (从那以后,周处从自己的错误中吸取了教训,成为一个好人,不再欺负别人。)”可知我们学到的是要从错误中吸取教训。故选 C。

三、本文讲述了遇到坏的事情时,生气是解决不了问题的,甚至会使问题变得更糟,并通过 Gary Egeberg 写的书为我们提出了一些控制情绪的方法。

46. E 【解析】根据“Getting angry with others can cause you to lose friends.”可知,此处应是警告我们最好不要生气,选项 E“如果你生气了,你需要控制你的情绪。”符合语境,故选 E。

47. D 【解析】根据“Gary Egeberg, an American high school teacher, wrote *My Feelings Are Like Wild Animals* to help you control your feelings.”可知,此处应是介绍这本书的内容,选项 D“它讲述了当坏事情发生时,怎样保持冷静。”符合语境,故选 D。

48. C 【解析】根据“The book says that getting angry only makes problems worse.”可知,此处应是继续阐述生气的坏处,选项 C“它从不会使问题变得更好。”符合语境,故选 C。

49. A 【解析】根据“*The book* gives many tips to help you if you get angry easily.”和其后的三个方法可知,此处应是过渡句,选项 A“以下是排在前三的方法。”符合语境,故选 A。

50. B 【解析】根据“When you get angry, walk away from the problem and go somewhere else.”可知,此处建议在生气时做别的事转移注意力,选项 B“做一些不同的事。”符合语境,故选 B。

四、A篇 本文讲述了作者和家人在夏季前往挪威的洛夫顿岛旅行的故事。

51. down 【解析】句意:因为这些岛屿位置非常靠北,太阳永远不会落山所以天也不会变黑。短语 go down 下去,落山,故填 down。

52. second 【解析】句意:第二天,我们决定去乘船旅行。根据句意,需要把基数词变为序数词,故填 second。

53. before 【解析】句意:人们需要在出发当天上午 10:30 之前预订。在……之前,故填 before。

54. heavily 【解析】句意:尽管当天早上下着大雨,但我们仍然准时出发。需要副词修饰动词 was raining,所以把 heavy 改为 heavily。

55. lucky 【解析】句意:我们是足够幸运的,太阳在下午又出来了。 enough 修饰形容词,句意表达我们能见到太阳再次出现很幸运,故填 lucky。

56. famous 【解析】句意:过去,这些岛屿以捕鱼闻名。根据 be famous for 因……而出名,又根据“People sailed there in small open boats to fish.”可知,岛屿是以捕鱼著称的,故填 famous。

57. by 【解析】句意:所有的渔民都需要一个住的地方,所以数年以来很多渔民的房子就出现在了水边。短语 by the water 在水边。by“在……旁边”。故填 by。

58. well 【解析】句意:博物馆里展示了一些传统的东西,比如渔具和传统的船只。as well as 也;还有。故填 well。

59. daily 【解析】句意:在夏天,它日常的开放时间是上午 11 点至下午 5 点 30 分。需要形容词表达“日常的;每天的”,故填 daily。

60. yourself 【解析】句意:你应该去一次洛夫顿岛度假,在那里你将会玩得很开心。enjoy oneself 玩得开心;过得愉快。主语是 you,

要变为对应人称的反身代词,故填 yourself。

**B篇** 本文主要讲述了作者去费城的“请触摸”博物馆参观的经历。

61. can touch 【解析】句意:在这里,我们可以触摸一切。touch 意为触摸;根据上文“Don’t touch that!”以及“But The Please Touch Museum in Philadelphia is... the opposite.”可知,此处指在这个博物馆里孩子们可以去触摸一切。故填 can touch。

62. was 【解析】句意:我第一次参观这个博物馆是在一年前。本句有时间状语 one year ago, 动词应用过去式,故填 was。

63. told 【解析】句意:妈妈一告诉我们博物馆的名字,我就对参观这个博物馆感到兴奋。as soon as 引导的时间状语从句,主句用一般过去时,主从句时态应保持一致。故填 told。

64. jump 【解析】句意:她甚至告诉我们,我们可以攀爬和跳跃,触摸博物馆里的一切。climb, jump, touch 都是并列的谓语动词,前面有情态动词 could, 其后跟动词原形。故填 jump。

65. to learn 【解析】句意:它给了孩子们通过玩耍来学习的机会。不定式短语修饰名词 chance, 表达……的机会,故填 to learn。

66. pull 【解析】句意:我非常喜欢这个地方,以至于当我们准备离开时,妈妈不得不把我拉走。have to do 不得不做某事,因为作者玩得太开心了,所以妈妈不得不把他拉走,故填 pull。

67. enjoyed 【解析】句意:我特别喜欢非常大的水桌和杂货店。根据“I... enjoyed the very large water table and the grocery store.”可知,此处表示“特别喜欢”,应用副词 especially 来修饰动词,故填 enjoyed。

68. didn’t realise 【解析】句意:我玩得很开心,甚至没有意识到我在学习。根据“I had so much fun that I... I was learning.”可知,此处指作者玩得很开心,甚至没有意识到自己在学习。故填 didn’t realise。

69. gets 【解析】句意:唯一的问题是,这个地方在周末很快就会变得拥挤。时间状语 on weekends 在周末,用一般现在时,主语是 this place, 故填 gets。

70. arrive 【解析】句意:所以如果你不想涌入人潮之中,请早点到那里去。arrive 表示到达。祈使句谓语动词使用原形,故填 arrive。

五、本文为迈克向在澳大利亚度假的吉姆询问澳大利亚火灾的情况。

71. In Australia.

72. It’s hot and windy.

73. They have killed lots of animals.

74. By listening to the radio.

75. Bush fires are normal in Australia.

#### 四、 I’ll Enjoy Reading in the Summer Vacation

Books are our good friends. They can help us know about the world and make our life full of happiness. With them, we’ll

never feel lonely.

I’ve made a reading plan for the coming summer vacation. In the morning, I’m going to spend 2.5 hours reading in the City Library. There, I can find books which are suitable for teenagers. In the afternoon, I’ll share my thoughts with my friends so that I can get something new in reading. (高分句式)

The more books I read, the wealthier I’ll be in spirit (高分句式). Wish all of us could improve ourselves by reading.

#### 解题诀窍

##### 范文点评

本题是一篇提纲作文,要求以“ I’ll Enjoy Reading in the Summer Vacation”为题说说阅读的好处和自己的阅读计划。首先要认真审题,本题重点是阅读的好处和阅读计划,写作时要围绕主题展开写作。短文主要用第一人称,一般将来时和一般现在时态。

#### 听力材料:

(一) 1. How much milk do we need?

2. May I take your order now, sir?

3. How many times have you ever been to Beijing?

4. Why not write poem about nice seasons?

5. Where is longjing tea produced?

(二) 6. He often walks to school to enjoy the scenery along the way.

7. The dumplings look nice, smell delicious and taste good.

8. We gathered around the playground and cheered for the players.

(三) 9. M: Yesterday I went for a plane ride over the Grand Canyon!

I’ve never been so scared. What’s the scariest thing you’ve ever done?

W: I don’t travel a lot, so I don’t have many travel stories.

But I always go to the dentist. Nothing is scarier than that.

Q: What does the woman think is the scariest?

10. M: Jade, do you have any experience of looking after children?

W: Yes, I was a volunteer at a summer camp last year. I organised games for the primary school children aged seven to ten.

Q: Where did Jade volunteer last year?

11. W: Did you read this article? It’s about popcorn. In 1948, some ancient popcorn was found in New Mexico. The popcorn was over five thousand years old.

M: Yeah. Popcorn is an ancient food. People have eaten it

for thousands of years.

Q: What are the speakers talking about?

12. M: What’s your favourite sport?

W: My favourite sport is swimming. It’s exciting.

Q: What kind of sports does the woman like best?

13. M: Would you like to go hiking with me next Sunday?

W: Yes, I’d love to. When shall we meet?

M: Let’s make it seven o’clock.

Q: What are they going to do next Sunday?

(四) W: Hi, Bob.

M: Hey, Jane. What’s the matter? You seem unhappy.

W: Emm... It’s because of my parents. I’m a little bit angry with them.

M: Your parents? Why?

W: They make me too busy on weekends.

M: What do you have to do?

W: On Saturday I have to finish homework and on Sunday I still have many after-school lessons. I don’t have time to do my favourite sports.

M: Oh. That’s a pity! Have you ever tried to talk to them?

W: No! I don’t think they’ll listen to me.

M: You will never know until you try.

W: OK. I would like to try.

(五) 18. Mr Wang loves skiing. This winter holiday, he decides to go to Europe and enjoy himself there.

19. Lin Tao is interested in geography. The summer holiday is coming and he’d like to travel across a famous desert in China with his classmates.

20. Andy plans to take some photos of different kinds of birds in the summer holiday.

(六) M: Hi. My name is Mango. I come from Finland and I’m sixteen years old. Now I’m enjoying my trip around China with my parents. Our trip started in September last year. We went to over ten places of our country and met many friendly people on the way. My father took lots of photos and showed them online. Now many people know about our trip. We keep doing one thing everyday—that is reading. My father says it’s very important.

#### 期末测试卷

##### 核心素养提优测试卷(二)

#### 答案

—. 1. A 2. A 3. C 4. B 5. A 6. B 7. C 8. A 9. C 10. A

11. A 12. C 13. A 14. B 15. A 16. B 17. C 18. C 19. A

20. B 21. fun 22. relaxed 23. favourite 24. plan 25. ill

二、A篇 本文介绍了汤姆叔叔的餐厅的儿童节菜单、电话、地址、开放时间、优惠及提示信息。

31. B 【解析】细节理解题。根据“Uncle Tom’s Restaurant”及“Discount! Only today!”可知,汤姆叔叔的餐厅在6月1日有优惠。故选B。

32. B 【解析】数字计算题。根据“Special 2... Price: ¥38”及“Children Special 1... Price: ¥32”可知,Brown先生需要为特色餐2和儿童特色餐1支付  $38 + 32 = 70$  元,根据“If the children win the game, they can get one of the Children Specials for free.”可知,如果孩子们赢得比赛,他们可以免费获得一份儿童特色餐。由此可知,Brown先生只需要支付特色餐2的费用,即38元。故选B。

33. C 【解析】细节理解题。根据“Opening hours: Monday—Friday 10:00 am—9:00 pm; Saturday—Sunday 10:00 am—10:00 pm”可知,可以在周四晚上6点去这个餐厅。故选C。

34. A 【解析】细节理解题。根据“Please pay first before you enjoy your meal.”可知,用餐前需要先付款。故选A。

35. D 【解析】推理判断题。根据“Welcome to our restaurant! You will have a great time here!”可知,本文是一则餐厅的广告。故选D。

**B篇** 本文是一篇说明文。文章介绍了跑步对健康的好处。

26. D 【解析】细节理解题。根据“Doctors say many of the health problems come from these bad habits: eating too much, drinking too much, smoking too much and not having enough exercise.”可知,产生许多健康问题的原因不包括有足够的锻炼。故选D。

27. D 【解析】细节理解题。根据“Doctors tell us, ‘Eat less, don’t smoke, and exercise more.’”可知,医生告诉我们,“少吃,不抽烟,多锻炼”。故选D。

28. C 【解析】细节理解题。根据“She runs to lose weight.”可知,这位68岁的女士跑步是为了减肥。故选C。

29. B 【解析】主旨大意题。根据“Running is good for our health in other ways, too. Many runners say running makes colds and other small health problems go away.”以及“Running can also help people to relax.”可知,本段主要说明跑步有助于人们更加健康和放松。故选B。

30. D 【解析】主旨大意题。通读全文可知,本文主要介绍了跑步对健康的好处。故选D。

**C篇** 本文主要讲述了人们感到悲伤的原因,以及如何克服悲伤。

36. B 【解析】细节理解题。根据“It’s OK to feel sad. You should know what to do when you are sad.”可知,作者认为悲伤没关系。故选B。

37. D 【解析】词义猜测题。根据“Then try to find out that ‘I’m not happy because I am not good at math.’ or ‘I’m sad because I can’t find my pen.’”可知，此处是说要找出悲伤的原因，由此推断 cause 的意思为“原因，理由”。所以只有 reason 是其同义词。故选 D。

38. C 【解析】句子回填题。根据“Tell some other people how you feel... You feel happy when knowing they understand you.”可知，该段主要是说要向他人诉说，他们会倾听你的感受，当他们理解你时，你会得到帮助，感到快乐。C 项表示“向他人寻求帮助”，符合文意。故选 C。

39. A 【解析】细节理解题。根据“You can tell a parent, a teacher, or your best friend.”可知，并不是告诉所有人，A 项表述错误，故选 A。

40. C 【解析】推理判断题。根据第一段“You may feel sad sometimes. It’s OK to feel sad. You should know what to do when you are sad.”可推断这是一篇关于如何调节悲伤情绪的文章，所以关心内心情绪的人可能最喜欢这篇文章。故选 C。

**D** 篇 本文是一篇记叙文，文章主要讲述了作者幼时以为比萨斜塔是卖披萨的地方，多年后实地参观了比萨斜塔，斜着的塔让作者明白了不完美的事物更加有趣。

41. A 【解析】细节理解题。根据“I thought the tower was a place selling pizza.”可知作者以为塔是卖披萨的地方。故选 A。

42. A 【解析】细节理解题。根据“It is already over 850 years old.”可知它已经有 850 多年的历史了。故选 A。

43. C 【解析】细节理解题。根据“The tower got its name because it really leaned to one side.”可知这座塔确实向一侧倾斜。故选 C。

44. B 【解析】词义猜测题。根据“Some people tried to fix it. They were afraid it might fall over.”可知此处指有些人担心它可能会倒塌，试图修理它。猜测 fix 意为“修理”。故选 B。

45. C 【解析】推理判断题。根据“There are many other older and more beautiful towers in Italy. But the Leaning Tower of Pisa is the most famous.”可知比萨斜塔在意大利。故选 C。

**三、**本文主要介绍了作者的表姐劳拉和她的课余时间丰富多彩的活动。

46. A 【解析】根据“She’s five years older than me, so she’s 19 years old now and she lives in Bristol.”可知此处是在介绍劳拉的一些基本情况，选项 A“她非常友好和聪明。”符合语境，故选 A。

47. B 【解析】根据“She started dancing when she was six years old.”可知此处应与跳舞有关，选项 B“她几乎每天练习。”符合语境。故选 B。

48. F 【解析】根据“Usually, it was easy for me to find her from the group of dancers.”可知此处应是说为什么能容易找出她，选项 F“因为她在所有人中跳得最好看”符合语境，故选 F。

49. E 【解析】根据“We were happy to know that she won the competition”可知此处应是说她参加了摄影比赛，选项 E“去年她去了这个城市参加摄影比赛”符合语境，故选 E。

50. C 【解析】根据“As you see, my cousin Laura is very excellent.”可知此处是对劳拉的评价，选项 C“我认为我需要向她学习很多”符合语境。故选 C。

**四、A 篇** 本文主要介绍了明代著名的地理学家——徐霞客以及他的著作《徐霞客游记》。

51. during 【解析】句意：徐霞客每天都在日记里写下他在旅途中看到的东西。根据句意可知，写日记是在旅途中发生的。故填 during。

52. areas 【解析】句意：徐考察了贵州、云南、广西等地。根据“Guizhou, Yunnan, and Guangxi”可知，这几处均为地区，空处需填表示地点的名词复数，故填 areas。

53. mistakes 【解析】句意：徐纠正了许多关于中国地理的错误。根据“many”和提示词汇可知，many 修饰名词复数，空处需填名词复数形式，mistakes 为 mistake 的名词复数形式。故填 mistakes。

54. one 【解析】句意：他发现澜沧江和怒江并不是同一条河流，需填代词代指 river，故填 one。

55. centuries 【解析】句意：几个世纪以来，人们都错误地认为长江的源头是岷江，for 后跟时间名词表示时间之长，故填 centuries。

56. finally 【解析】句意：他的作品最终成为了一部 60 多万字的巨著，《徐霞客游记》。根据“became”和提示词汇可知，动词 became 前需填副词，finally 为 final 的副词形式。故填 finally。

57. important 【解析】句意：《徐霞客游记》是中国最重要的书籍之一，不仅因为它对中国地理的准确描述，还因为徐优美的写作风格。根据“one of... books”和提示词汇可知，“one of the+形容词最高级+名词复数”表示“最……的……之一”，空处需填“the+形容词最高级”，most important 为 importance 的形容词最高级。most 已给出，故填 important。

58. also 【解析】句意：《徐霞客游记》是中国最重要的书籍之一，不仅因为它对中国地理的准确描述，还因为徐优美的写作风格。not only... but also... 不仅……而且……，故填 also。

59. nature 【解析】句意：他绘成了一幅栩栩如生的中国地图，并通过文字表达了他对自然的热爱。根据句意，徐霞客对自然非常热爱，故填 nature。

60. successful 【解析】句意：他是一位伟大的地理学家和一位成功

的作家。需要形容词修饰 writer。故填 successful。

**B 篇** 本文主要介绍了学生 Cui Chenxi，发现教材上的标注错误后向出版社指出改正，由此知道他对生物非常感兴趣，喜欢通过书籍钻研自然科学的知识。

61. to describe 【解析】句意：在其中的一幅图里，有一只食蚜蝇，图片下有一个词来描述这幅图片。根据前文可知，picture 后需要不定式作后置定语修饰。故填 to describe。

62. got 【解析】句意：Cui 向教科书出版人员报告了这两个混淆了的昆虫，并很快得到了一个回复。该句话是一般过去时态，get 和 report 是并列的谓语动词，都用过去式，故填 got。

63. asking 【解析】句意：在问过一位生物老师后，出版人员确认了这个错误。句中 after 是介词，意思是“在……之后”，介词后要接动词的动名词形式。故填 asking。

64. would correct 【解析】句意：他们说他们将会很快就更正这个错误。said 后跟宾语从句，主句用一般过去时，从句虽然发生在将来，但是也应用过去将来时，would do。故填 would correct。

65. discovered 【解析】句意：当被问到他是怎样发现错误的，崔同学回答说“很简单……”。句中“... how he... the mistake...”作 asked 的宾语从句，how 是引导宾语从句的引导词，he 是从句的主语，discover 和主语是主动关系，句子是过去时态，填 discover 的过去式。故填 discovered。

66. have

67. to learn 【解析】句意：他在学校收集了 10 种蚂蚁为了了解昆虫的习惯和理解昆虫如何活动。in order to 为了……表示做某事的目的，learn about 了解……。故填 to learn。

68. bought 【解析】句意：令我们惊讶的是，他的妈妈为他买了数百本有关自然科学的书籍。has 为现在完成时的助动词，其后跟过去分词 done。故填 bought。

69. reading 【解析】句意：尽管 Cui 需要做大量的运动和参加课外活动，但他每天仍然花一个多小时阅读自然科学书籍。考查 spend time doing sth. “花费时间做某事”，所以填动名词形式 reading。

70. loves 【解析】句意：他很高兴了解自己喜欢的事情。整个句子为一般现在时。故填 loves。

**五、**本文讲述的是 16 岁的女孩 Pat 制作奶酪的故事。

71. She comes from Australia.

**【解析】**根据“16-year-old Pat Tulloch has a different hobby. She makes cheese on the family farm in Australia.”可知，Pat Tulloch 来自澳大利亚。故填 She comes from Australia。

72. She was ten years old.

**【解析】**根据“When she was ten, she made some cheese herself for the first time.”可知，Pat 第一次自己做奶酪是 10 岁的时候。故填 She was ten years old.

候。故填 She was ten years old. / She was 10 years old. / Ten years old. / 10 years old. / Ten. / 10.

73. 去年他们的邻居给了她一只小奶牛来养，但是至今它也没有产出来奶来制作奶酪。

**【解析】**根据画线句翻译合理即可。

74. Her parents.

**【解析】**根据“Pat always needs good milk for her cheese, but she doesn’t have to buy it. ... Pat can just ask them when she needs more.”可知，Pat 需要牛奶的时候问她的父母要。故填 Her parents.

75. She thinks doing well in her studies is more important.

**【解析】**根据“... but doing well in my studies is more important now.”可知，Pat 认为在学习上取得好成绩更重要。故填 She thinks doing well in her studies is more important.

**四、Dear Tom,**

My family and I arrived in Australia three days ago. Australia is a large and beautiful country. It’s winter now and it’s a little cold here these days(高分句式). We visited many places of interest. We saw the kangaroos and they are cute. We went to the Sydney Opera House and enjoyed a famous opera. The actors and actresses were excellent. I went skating. It was so excellent.

Most of the local people in Australia are really kind and friendly, I can talk with them in English. The food here is also very special. We had Australian Lobster, too. They were so delicious! And we enjoyed it very much(高分句式).

Yours,

Li Hua

**听力材料**

(一) 1. I get up early and do morning exercises every day.  
2. We should make a travel plan before visiting a place.  
3. If you have the same idea as your friend, what would you say?  
4. Which food do you like at the party?  
5. I’m afraid I can’t go to the science museum with you.

(二) 6. Mountain Tai is a great wonder of the natural world.  
7. Daniel shows great interest in drawing because he can get pleasure from it.  
8. This morning, I fed the white cat delicious fish.

(三) 9. W: Well, what kind of room do you like?  
M: I want a double room and I can see the garden from the window.  
Q: What kind of room would the man like?

10. W: I am hungry. Let’s make fruit salad. Do you have bananas?

M: Yes, I do. How many bananas do we need?

W: Three.

Q: How many bananas do they need to make fruit salad?

11. M: Hi, Susan. What about going swimming with me?

W: That's a good idea, Tom. But my mother will do some shopping. I have to look after my sister.

Q: What does the girl mean?

12. M: Cindy, did you go bird watching last week?

W: Yes. I want to collect some information for my biology report.

Q: Why did Cindy go to watch the birds?

13. W: Who are these boys standing next to you, Jack?

M: There are my classmates Danny and Andy. Danny is the tallest student in our class. Andy is the heaviest and I'm the fastest swimmer.

Q: Who swims fastest in the class?

(四) M: What do you eat for breakfast in America, Betty?

W: Hi, Li Ming. We eat bread, eggs and drink milk and fruit juice.

M: What about vegetables and meat?

W: We usually eat vegetables and meat for lunch and dinner.

M: We eat vegetables, meat, eggs and have soup for breakfast in China.

W: Oh, that's good.

(五) 18. High-speed trains are seen as one of the new Four Great Achievements of China.

19. The Yangtze River, the longest river in Asia, is also the third longest river in the world.

20. Mount Everest is one of the highest mountains in the world.

(六) M: Now more and more people get to know the importance

of doing sports. It can bring fun to us, and it can also make us relaxed and healthy. So what should we do? First, we should choose our favourite ones from different kinds of sports. The sport must be right for us. Second, we must warm up before exercising. Third, as a beginner, we had better have an exercise plan. For example, how long are we going to exercise each time? How many times a week? What kind of clothes and shoes should we wear? If we're a lover of sports, it's important to know these things. Last but not least, we had better not exercise if we fall ill, or it will be very dangerous.