**Unit 1　Food for thought**

**Part 1　Starting out &Understanding ideas**

基础过关练

Ⅰ.单词拼写

1.Yet even though 　　　(婚礼) budgets have been cut down, the cuts are less than you might have expected.

2.It used to be that 　　　(婚姻) was one of the best ways for women to improve their lives financially.

3.Yuan Longping invented 　　　(超级的) hybrid rice, making it possible to increase rice harvests without expanding the area of the field.

4.While running on the playground on a quiet Sunday morning, he came across a large crowd 　　　(聚集) by the side.

5.This is a deadly 　　　(毒药). Keep it out of the reach of the children.

6.White has always been a s　　　of purity in most countries.

7.What’s your o　　　 of the American presidential election?

8.How d　　　you speak to your parents with such disrespect!

Ⅱ.用方框内短语的适当形式填空

come across; fall in love with; feel at home; had better; grow up

1.It is generally acknowledged that fathers play an important role during their children’s 　　　　　　.

2.You 　　　　　　get a doctor to pull out your bad tooth.

3.It is not a good idea to refer to the dictionary word by word when you 　　　　　　new words while reading English material.

4.Influenced by his hobby, his daughter gradually 　　　　　　painting, too.

5.They were friendly and kind, and I 　　　　　　immediately.

Ⅲ.单句语法填空

1.It is typical　　　　my father to speak fast and loudly.

2.An amusement park is the perfect locale for youngsters to have all 　　　　(sort) of adventures.

3.Teenagers who are addicted to the Internet are more likely to suffer 　　　　depression.

4.The campaign was aimed at encouraging people 　　　　(perform) garbage classification.

5.The old picture reminds me 　　　　my first time when I got first prize in the English Poetry Reading Contest.

6.After I graduated from college, I took to 　　　　(wake) up early to run around the lake.

Ⅳ.课文语法填空

　1　(grow) up in England with a British father and a Chinese mother, I　2　(enjoy) food from both countries ever since I was able to hold a knife and fork—and chopsticks!

Mum has sweet　3　(memory) of the food from her home town in Sichuan, and often cooks spicy dishes. Thanks　4　this, Dad has come to love hot pot! But there are still some dishes　5　Dad dare not try even after many years of marriage to my mother.　6　I enjoy those dishes.

Dad can cook a super “full English breakfast”of bacon, eggs, beans, sausages and toast with butter—Mum and I just have to find a way　7　(get) him into the kitchen!

I came across stinky tofu, a horrible grey thing that looked and smelt like a　8　(burn) sports shoe during my first visit to China. It reminded me of blue cheese, a　9　(similar) strong smelling type of food you either love or hate.

People say that one man’s meat is another man’s poison, but I feel at home with food from both my cultures. To me, there’s nothing　10　(good) than a cross-cultural afternoon tea of English biscuits and a cup of Chinese oolong tea in a fine china cup!

1.　　　 2.　　　 3.　　　 4.　　　 5.

6.　　　 7.　　　 8.　　　 9.　　　 10.

能力提升练

Ⅰ.阅读理解

A



(2021辽宁葫芦岛高一模拟,id:2147486166;FounderCES)

Dear Mr.King,

I’m Bob Watson, one of the customers of your grocery store. I’m writing to express my opinions about your goods.

Your Supermart is super in many ways. First I enjoy the selection of produce and fresh baked items. Second your low prices and excellent customer service keep me coming back to Supermart. I have found, however, that I must make a separate shopping trip to one of your competitors because there are many items your store does not carry. This becomes inconvenient for me, as my time is valuable, and I don’t like to make two trips. I have been a long time Supermart shopper and hope to continue for many years. If I could find all the satisfying items I need in one place, I would be a more satisfied customer.

Specifically, I have never been able to purchase nacho cheese soup at your store. I can find other flavors (味道) of soup, but your store does not carry nacho cheese soup, a common ingredient (原料) in many of my recipes. In addition, I can only find large wonton wrappers, while many other stores carry both large and small and offer a more varied selection to their customers. Another example is Regent Brand Chili Seasoning. Though it is not a leading brand, it is still common on the shelves of other grocery stores in this area and is superior in flavor to its competitors.

I sincerely hope to continue a relationship with your store, and I hope that you will consider the possibility of expanding your goods to be more competitive.

Yours truly,

Bob Watson

1.From the letter, we can learn that the author is 　　　.

A.a very picky reporter

B.a regular customer of the store

C.a responsible nutritionist

D.a competitor of the store

2.How does the author present his point in Paragraph 3?

A.By comparing two different stores.

B.By analyzing the figures.

C.By providing scientific findings.

D.By giving examples.

3.According to Bob, the grocery store 　　　.

A.offers good customer service

B.is outstanding in every way

C.meets all his needs

D.lacks convenient transportation

B



(2021江苏常熟高一期中,id:2147486180;FounderCES)

There it was. A test of willpower. I was on a special diet with foods carefully selected for balanced nutrition and caloric value. A piece of cheese cake was not a good choice. So here was my dilemma: Should I not eat the cheese cake, feel dissatisfied and take my disappointment out on the annoyingly skinny physical instructor at the gym? Or should I eat the cheese cake and work off the calories?

The latter seemed like a win-win solution. Not only would I get to enjoy the cheese cake, but I’d get an exercise session (训练时段). And then it hit me: a delicate plan to use my cheese cake as an exercise incentive. I plated a thin slice of cheese cake and carefully walked it up the stairs and set it on my bedside table with a small fork. I put on my exercise outfit (全套服装) and went downstairs.

The appeal of the cheese cake got stronger so I launched my plan: I would run up and down the stairs and then back up again. My reward: one small bite of the cheese cake. If I wanted another, I’d have to run down and up and down and up again. Off I went. Ah, creamy vanilla (香草) goodness without guilt. I wanted another bite so I quickly sprinted (冲刺) through another stair climbing run.

Admittedly, it was harder to enjoy the creaminess of the cheese cake when my tongue was dry from over-breathing. I placed a bottle of water next to the cake. Down and up and down and up again. When I struggled over to the cheese cake, my hand bypassed the plate and went for the water instead. I didn’t want the cake any more. I wanted all this sweat and effort to do more than cancel the calories from the cheese cake. I was exhausted and sure the cheese cake tasted fine but just not good enough to make me run up and down the stairs one more time.

My plan worked. Now, any time I felt tempted to enjoy a former favorite, I remembered my stairs trick.

4.What can we infer about the author from Paragraph 1?

A.She had weak willpower.

B.She was bad-tempered and very critical.

C.She needed assistance with making the choice.

D.She hesitated over eating something against her diet.

5.What does the underlined word “incentive” in Paragraph 2 probably mean?

A.Reason. B.Hesitation.

C.Replacement. D.Companion.

6.What do we learn about the author’s plan?

A.It involved much energy consumption (消耗).

B.It rid the cake of the pleasant taste.

C.It changed the author’s preference for food.

D.It was tiring and caused suffering.

7.What may be the best title for the passage?

A.A costly dilemma

B.An evil cheese cake

C.A trick that worked

D.A sweaty experience

Ⅱ.七选五



(2020广东中山高一上期末,id:2147486194;FounderCES)

Many countries have traditional dishes made with special ingredients and prepared in a certain way.　1　, and when tourists visit, these are the foods they want to try. But why are some foods more popular than others in certain areas?

Traditional ingredients

Typical recipes are usually made with native plants and animal products. For example, Korean dishes often include rice and soybeans because both plants are native to East Asia and grow well in hot, wet areas. In contrast, wheat grows well in drier areas, like the Middle East, where bread is the common staple(主要的)food.　2　, whereas inland cuisines tend to use more meat from farm animals.

Food preservation

Local cuisines often depend on how people traditionally prepared food for storage. In warm weather, meat and fish can go bad quickly, so they must be cooked right away or preserved for later.　3　. For that reason, modern Norwegian cuisine includes many smoked foods.

Cooking techniques

　4　. In China, people often fry food in a deep metal pan or steam it in a basket over hot water. In Morocco, people cook traditional dishes in a special pot called a tajine, while in parts of India, people use a large oven, called a tandoor. And some local dishes aren’t cooked at all.

Imported(进口的)ingredients

Sometimes local cuisines include ingredients that originally come from another place.　5　, while many Russian dishes are made with potatoes. However, all of these ingredients were brought to Europe from South America in the fifteenth and sixteenth centuries. But now they are common around the world.

A.Seafood is often a key ingredient in coastal areas

B.There is a danger that local food traditions will be lost

C.Many different cooking techniques are used around the world

D.For example, Italian dishes often include tomatoes and peppers

E.Nowadays, we can buy food products from all around the world

F.These local dishes can become symbols of a place and its culture

G.In Norway, the Vikings used to “cure” meat and fish by smoking them over a fire

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Part 1　Starting out & Understanding ideas

基础过关练

Ⅰ.1.wedding　2.marriage　3.super　4.gathering　5.poison

6.symbol　7.opinion　8.dare

Ⅱ.1.growing up　2.had better　3.come across　4.fell in love with　5.felt at home

Ⅲ.1.of　考查介词。句意:我爸爸一向说话又快又大声。本句为“It is typical of sb. to do sth.”句型,意为“某人一向做某事。”,故本空应用介词of。

2.sorts　考查名词复数。句意:游乐场是年轻人寻求各种冒险的绝佳场所。根据空前的all可知空格处应用名词复数。all sorts of意为“各种各样的”。

3.from　考查介词。句意:沉迷于网络的青少年更有可能患上抑郁症。suffer from是固定搭配,意为“患……病”,故填from。

4.to perform　考查非谓语动词。句意:该活动旨在鼓励人们进行垃圾分类。encourage sb. to do sth.意为“鼓励某人做某事”,动词不定式作宾语补足语,故填to perform。

5.of　考查介词。句意:这张老照片使我想起了我第一次在英语诗歌朗诵比赛中获得一等奖(的情景)。remind sb. of sth.意为“使某人想起某事,提醒某人某事”,故填介词of。

6.waking　考查非谓语动词。句意:大学毕业以后,我养成了早起绕湖跑步的习惯。take to doing sth.养成做某事的习惯,to是介词,故填waking。

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| take to短语中的to是介词,后接*v.*-ing作宾语,此题容易误以为是不定式从而误填wake。 |

Ⅳ.1.Growing　考查现在分词。句意:我在英格兰长大,父亲是英国人,母亲是中国人,自从我能拿刀叉和筷子以来,我就喜欢吃两国的食物。本空在句中作状语,且句子主语I和动词短语grow up之间为主动关系,故本空应用现在分词形式。

2.have enjoyed　考查时态。句意参考上题。根据句意及ever since可知,本空应用现在完成时。

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| ever since意为“自从……以来”,其所在的时间状语从句常用一般过去时,主句常用现在完成时。 |

3.memories　考查名词复数。句意:妈妈对来自她的家乡四川的食物有着愉快的记忆,经常做辛辣的菜。本句中memory意为“回忆,记忆”,是可数名词,根据句意可知本空应用复数形式。

4.to　考查介词。句意:多亏了这(件事),爸爸已经爱上了火锅!thanks to意为“多亏,由于”,为固定短语,故本空应用介词to。

5.that　考查定语从句。句意:但是还有一些菜,即使在和我妈妈结婚多年后,爸爸也不敢尝试。本空引导定语从句,修饰名词dishes,在从句中作宾语,指物,且先行词前有some修饰,故本空应用关系代词that。

6.But　考查连词。句意:但是我喜欢那些菜。根据句意可知,设空处前句与设空处所在句之间为转折关系,故本空应用But。

7.to get　考查动词不定式。句意:……我和妈妈得找个办法让他进入厨房!a way to do sth.意为“做某事的方法”,故本空应用动词不定式作后置定语。

8.burnt　考查过去分词。句意:我第一次来中国期间偶遇了臭豆腐,那是一种可怕的灰色东西,看起来和闻起来像一只烧焦的运动鞋。本空修饰名词sports shoe,动词burn和被修饰词sports shoe之间为被动关系,故本空应用过去分词作定语。

9.similarly　考查副词。句意:它让我想起了蓝纹奶酪,这是一种你要么喜欢要么讨厌的同样味道很浓的食物。本空修饰形容词strong,故应用副词similarly,意为“同样”。

10.better　考查形容词的比较级。句意:对我来说,没有什么比这样一份跨文化的下午茶——用英式饼干搭配一杯盛在精致瓷杯中的中国乌龙茶——更好的了!根据空后than可知,本空应用比较级形式。

能力提升练

Ⅰ.A

◎语篇解读　这是一篇书信。杂货店的常客Bob Watson写信表达了对杂货店里的产品的看法。

1.B　细节理解题。根据短文第二段中的your low prices and excellent customer service keep me coming back to Supermart可知作者是该店的常客。故选B。A项:一个挑剔的记者;C项:一个负责任的营养学家。本文是一封以第一人称书写的信,书信中提到了写信者是一名顾客,但是并没有提及写信者的职业,故排除A、C两项;D项:商店的一个竞争者。写信者在信中提到了其他商店的做法,可知他并不是这家商店的竞争者,排除D项。

2.D　推理判断题。根据第三段中Specifically, I have never been able to purchase... Regent Brand Chili Seasoning. (具体来说,我从来没能在你们店里买到纳乔奶酪汤。我可以找到其他口味的汤,但你们店里没有纳乔奶酪汤,我的很多食谱里都有纳乔奶酪汤。此外,我只能找到大馄饨皮,而许多其他的商店里有大的和小的,并为他们的客户提供更多样化的选择。另一个例子是Regent牌辣椒调料。)由此可知,作者在第三段中通过举例子来陈述他的观点。故选D。本题容易误选A项:通过对比两家不同的商店。作者在第三段提到了纳乔奶酪汤、馄饨皮和辣椒调料,是在举例证明自己的观点,但是并没有提到其他的商店的名字,不是对比两家不同的商店,故排除A项。

3.A　推理判断题。根据第二段中Your Supermart is super in many ways...keep me coming back to Supermart.(你的超市在很多方面都很出色。首先,我喜欢选择农产品和新鲜的烘焙食品。其次,你们低廉的价格和优质的客户服务让我经常光顾超市。)可知,据鲍勃说,这家杂货店提供良好的顾客服务。故选A。B项的every和C项的all都太绝对,D选项的“交通问题”在文章中并没有被提及,故排除这三个选项。

【高频词汇】　1.customer *n*.顾客　2.separate *adj*.分开的;单独的　3.item *n*.一件商品(或物品);条款　4.purchase *v*.购买

5.varied *adj*.各种各样的

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| 原句　In addition, I can only find large wonton wrappers, while many other stores carry both large and small and offer a more varied selection to their customers.  分析　本句是由while连接的并列复合句,后一个分句中又含有carry和offer两个谓语动词。while在此处作并列连词,意为“而,然而”。  句意　另外,我只能找到大的馄饨皮,而很多其他的商店有大的也有小的,为顾客提供了更加多样化的选择。 |

B

◎语篇解读　这是一篇记叙文。文章主要讲述作者想出了一个计划,既可以享受美食,又可以激励自己去锻炼,结果这个计划奏效了。

4.D　推理判断题。根据文章第一段中So here was my dilemma...work off the calories?可知,作者对吃违背她健康饮食的东西时犹豫不决。故选D项。文章第一段提到这是对意志的考验,没说作者自己的意志力差,故排除A项;B、C选项在原文中没有被提及,也排除。

5.A　词义猜测题。根据第二段中Not only would I get to enjoy the cheese cake... as an exercise incentive.(我不仅可以享受奶酪蛋糕,还可以锻炼身体。然后我突然想到一个微妙的计划,用我的奶酪蛋糕作为锻炼的动机。)可知此处incentive意为“动机,诱因”,reason符合题意。故选A项。

6.A　细节理解题。根据文章第三段中If I wanted another, I’d have to run down and up and down and up again.可知,作者的计划涉及很多能量的消耗。故选A项。本题容易误选C项,意为“作者的计划改变了她对食物的热爱”。通过全文叙述可知,作者的计划既享受了美食,也达到了锻炼的目的,故C项错误。

7.C　主旨大意题。根据文章最后一段My plan worked. Now, any time I felt tempted to enjoy a former favorite, I remembered my stairs trick.可知,作者想出了一个计划既可以享受自己喜欢的美食,又可以激励自己去锻炼,而且计划奏效了。所以短文的最佳标题为“一个成功的小把戏”,故选C项。

【高频词汇】　1.nutrition *n*.营养　2.dilemma *n*.(进退两难的)窘境,困境　3.annoyingly *adv*.恼人地　4.appeal *n*.吸引力　5.launch *v.*开始从事,发起,发动　6.tempted *adj.*被引诱(而想做)的

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| 原句　Not only would I get to enjoy the cheese cake, but I’d get an exercise session(训练时段).  分析　这是个并列复合句,由not only...but (also)...连接,第一个分句中Not only置于句首,所以用了部分倒装结构,第二个分句省略了also。  句意　我不仅可以享受奶酪蛋糕,还可以锻炼身体。 |

Ⅱ.◎语篇解读　本文是一篇说明文,分析了为什么某些食物在某些特定地区会比在其他地区更受欢迎。

1.F　根据Many countries have traditional dishes made with special ingredients and prepared in a certain way.以及and when tourists visit, these are the foods they want to try可知,F项(这些地方菜可以成为一个地方及其文化的象征)承上启下,故选F项。

2.A　根据前文中In contrast, wheat grows well in drier areas和后文中whereas inland cuisines tend to use more meat from farm animals可知,这里陈述不同的食物来自不同的地区,所以这里为:海鲜通常是沿海地区的关键食材,故选A项。

3.G　根据前句In warm weather, meat and fish can go bad quickly, so they must be cooked right away or preserved for later.和后句For that reason, modern Norwegian cuisine includes many smoked foods.可知,设空处是有关食物保存方面的内容,G项(在挪威,维金人曾经通过在火上熏制肉和鱼来保存它们)承上启下,故选G项。

4.C　根据Cooking techniques和下文介绍在中国、摩洛哥和印度使用不同的烹饪技术,可知,本段介绍世界各地使用的许多不同的烹饪技术,故选C项。

5.D　根据前文Sometimes local cuisines include ingredients that originally come from another place.和后文while many Russian dishes are made with potatoes可知,这里为举例,D项(例如,意大利菜通常包括西红柿和甜椒)符合语境,故选D项。

【高频词汇】　1.in contrast相反　2.staple food主食

3.preservation *n.*保存;保护;维护　4.storage *n.*贮存,贮藏;存储

5.import *v.*进口