**Part 3　Developing ideas &Presenting ideas**

基础过关练

Ⅰ.单词拼写

1.The news that listening to electronic devices without earphones inside subway cars is forbidden was read by over 300 million people on the micro 　　　(博客).

2.The Yinchuan-Xi’an high-speed railway is expected to open at the end of 2020, 　　　(官员) from China Railway Lanzhou Group said recently.

3.The song is very popular among young people, which has been at the top of the　　　(排名)list for three weeks.

4.Many students like to order takeout, which is thought an unhealthy l　　　 by their parents.

5.It is well known that the water in the sea iss　　　.

Ⅱ.用方框内短语的适当形式填空

hit the books,catch up,more or less,bring up,make the most of,put...to the test,belong to

1.He　　　　　　by his grandmother so he is very close to her.

2.He bought the house ten years ago, so it 　　　　　　　him.

3.It is said that the vaccine has been 　　　　　　and is ready for mass production.

4.Ten years after graduation, my classmates are eager to have a get-together to 　　　　　　on each other’s work and families.

5.The size of my new school is　　　　　　the same as my previous school.

6.I can’t watch the game with you tonight; I have to 　　　　　　. I have a huge exam next week!

7.With the College Entrance Examination approaching, we have to 　　　　　　the time left.

Ⅲ.单句语法填空

1.Despite the impact of the pandemic, Qingdao still witnessed 　　　　(satisfy) growth in trade.

2.I often end up 　　　　(work) late and I don’t fancy eating in a restaurant on my own.

3.About 88.5 kilometers of new or upgraded cycle lanes have been built or are 　　　　construction in London.

4.In a new interview, she said she 　　　　(original) turned down the job as a secretary.

5.If you want to adapt　　　　your new school life better, my following suggestions may be of help.

Ⅳ.完成句子

1.我的茶杯碎了,你下班回家的路上帮我买一个回来好吗?

My teacup has broken; would you like to 　　　　　　　　　for me on your way home after work?

2.他的反应太快了,没有给别人回答问题的机会。

He was 　　　　　　　　　　　　　　　　　　others a chance to answer the questions.

3.听从医生的建议,否则你的咳嗽会变得更严重。

Follow your doctor’s advice, 　　　　　　　　　　　　　　　　　　.

4.今天如果你方便的话,请你在回家的路上帮我把这封信邮寄出去。

If 　　　　　　　　　　　　　　　today, please post the letter for me on your way home.

Ⅴ.课文语法填空

We ask five people to open their fridge doors and talk about their lifestyles. Here　1　(be) their answers.

24-year-old junior doctor Ellie doesn’t cook very often. Her fridge is　2　(usual) half empty and she is often too tired　3　(eat) much anyway. She often ends up saving part of her meal for　4　next day.

31-year-old teacher Jenny and her husband avoid all products　5　come from animals. Cooking together gives them a chance to relax and catch　6　on each other’s days.

35-year-old construction worker Ted works at the construction site. He thinks there’s nothing　7　(satisfying) than a big meat dinner and no family meal is complete without some form of meat.

49-year-old chef Mike has a big family with five　8　(child). He doesn’t really do much cooking at home. Once a week, they do a big shop and buy a lot of　9　(freeze) food.

19-year-old student Max shares a student house with four other students. Max’s mum says he needs to have three healthy meals a day, but he is so busy　10　(study) and meeting friends that he doesn’t really buy fresh food.

1.　　　 2.　　　 3.　　　 4.　　　 5.

6.　　　 7.　　　 8.　　　 9.　　　 10.

能力提升练

Ⅰ.阅读理解



(2021北京房山区高一上月考,id:2147486250;FounderCES)

I moved to the Spanish capital, Madrid, nearly two months ago. I am here for a year teaching English in a secondary school as a language assistant. Before I arrived I thought I would be able to adapt to Spanish culture very easily, but my previous expectations have been very different from the reality of Spanish life.

Firstly, I didn’t realize how difficult it would be to adapt to the Spanish day and the timing of meals. Spanish “midday” is at 14:00, meaning lunch is never before then. My expectation was that I would be eating lunch at 12:00 to 13:00, but most days it’s 15:30 before I eat lunch. Can I really still call this lunch? The same applies to dinner and tea. In the UK, dinner is between 18:00 and 19:00, but now the dinner time is 21:30. The thing I didn’t realize is that this affects the Spanish sleeping routine. Eating dinner so late of course means that Spaniards go to bed so much later. It is such a British thing to go to bed at 22:00!

Queuing (排队等候) politely is also something that is very British. I only realized it when I arrived in Spain. I took it for granted that queuing patiently is as the normal thing as in Britain or countries like China, Japan and America. But this definitely isn’t the case in Spain. If there’s a free table in a restaurant, you can quickly take it, even if there are other people who have been waiting longer than you.

Finally, the reality of the Spanish diet is very different from my expectations. Food products that are so normal in the UK aren’t nearly as popular here.

1.According to the passage, when is lunch time in the UK probably?

A.At 14:00.

B.At 12:00 to 13:00.

C.After 15:30.

D.At 15:30.

2.What does the underlined word “this” in Paragraph 2 refer to?

A.Eating dinner so late.

B.Going to bed so early.

C.Eating dinner so early.

D.Going to bed so late.

3.How many aspects of cultural differences between Spain and Britain are mentioned in the passage?

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

Ⅱ.七选五



(2021安徽名校高一上期中联考,id:2147486264;FounderCES)

Packing a healthy school lunch for your little child may be difficult. 　1　 If you give in and let them eat hot dogs and chocolate cake for a day, you can look forward to endless days of begging for the same meal again.

Prepare ahead. Small plastic containers are good for school lunches. Fill them up, and they are all set to be frozen in the fridge. 　2　 Make enough food for the next seven days. Keep them in the freezer.

Make the change. White bread is not healthy for growing children. But wholegrain bread is best for little ones. 　3　 Grapes, apples, bananas and pears are all suitable for healthy school lunches. If you must use canned fruit, wash off the sugary syrup before packing.

　4　 Foods which are rich in sugar may taste good, but they are not a healthy choice. A snack cake every time is okay. Do not pack cakes every day. Instead, bring fruit bread as a snack. Homemade cookies are healthier than store-bought ones.

Small, healthy changes in your child’s lunch help him or her develop healthy eating habits that last a lifetime. 　5　 Keep on and do not give in to your child’s begging to buy unhealthy snacks and packaged foods.

A.Avoid unhealthy snacks.

B.Create your own snacks.

C.Besides, choose fresh fruit.

D.Eating healthily is a learned behavior.

E.Choose one day of the week to prepare food for lunches.

F.Remind your child to wash hands before eating and never reuse plastic bags.

G.It’s true especially during those rushed mornings when everything seems to go wrong.

1.　　　 2.　　　 3.　　　 4.　　　 5.

Ⅲ.完形填空



(2020山东青岛高一期末复习质量检测,id:2147486278;FounderCES)

Meeting your family’s nutritional needs may seem difficult considering today’s busy lifestyle. But it doesn’t have to 　1　. Even a new emphasis 　2　 more fruit and vegetables doesn’t necessarily mean more preparation time if you 　3　 the convenience of canned food.

When you open a 　4　 of fruit or vegetables at home you have fresh-packed nutritional produce at hand, with no man-made ingredients and no preservatives (防腐剂). And all the work has been 　5　 for you: the slicing, the peeling, even the cooking. Canned fruit and vegetables leave you the 　6　 to be creative. And with the variety of fruit and vegetables available these days, you can serve different combinations, create new dishes, and 　7　 new tastes to old recipes. Canned foods are good as well. A co-sponsored study by the United States Department of Agriculture and the National Nutritional Foods Association shows canned vegetables to be just as 　8　 as fresh or frozen. Because canned vegetables are 　9　 within hours of being packed, they generally retain (保留)70 to 90 percent of their nutrients.

Fruit and vegetables canning is as 　10　 as your grandmother “stores up” tomatoes and other things from the garden. Fresh produce is taken from the field at just the right time, 　11　 to the cannery(罐头食品厂)where it is checked, washed, sealed, and sterilized (灭菌). All this generally 　12　 in less than 24 hours to 　13　 the best quality and nutritional value without the need for any preservatives.

Use the liquids that vegetables are 　14　 in as a substitute for water in recipes to get that last drop of good nutrition.

Most major brands of canned fruit and vegetables include the nutrient 　15　 and ingredient statements on their labels. This is especially important to those on calorie-conscious or restricted diets.

1.A.do B.be

C.seem D.need

2.A.on B.to

C.about D.over

3.A.pay attention to B.get hold of

C.have faith in D.take advantage of

4.A.bowl B.bottle

C.can D.box

5.A.prepared B.done

C.designed D.arranged

6.A.demand B.time

C.patience D.place

7.A.increase B.decrease

C.put D.add

8.A.good B.bad

C.colorful D.eco-friendly

9.A.cooked B.fried

C.processed D.boiled

10.A.simple B.complex

C.quick D.convenient

11.A.delivered B.carried

C.brought D.presented

12.A.comes B.happens

C.goes D.takes

13.A.ensure B.remain

C.promote D.produce

14.A.put B.stored

C.canned D.buried

15.A.element B.content

C.detail D.advice

Part 3　Developing ideas & Presenting ideas

基础过关练

Ⅰ.1.blog　2.officials　3.ranking　4.lifestyle　5.salty

Ⅱ.1.was brought up　2.belongs to　3.put to the test　4.catch up

5.more or less　6.hit the books　7.make the most of

Ⅲ.1.satisfying　考查形容词。句意:尽管受到疫情的影响,青岛的贸易仍有令人满意的增长。修饰名词应用形容词,故填satisfying,意为“令人满意的”。

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| satisfying多用来形容物的性质,意为“令人满意的”,satisfied用来形容人的感受,意为“感到满意的”。 |

2.working　考查非谓语动词。句意:我经常工作到很晚,不喜欢一个人在餐馆吃饭。end up doing sth.意为“结果做某事”,故本空应用动名词作宾语。

3.under　考查介词。句意:伦敦已经或正在修建大约88.5公里的新自行车道或升级的自行车道。under construction为固定搭配,意为“在建造中,在施工中”,故填介词under。

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| be under construction=be being constructed正在建设中,类似的用法还有:be under discussion正在讨论中。 |

4.originally　考查副词。句意:在一个新的采访中,她说她本来是拒绝了秘书的工作的。本空修饰动词短语turned down,应用副词形式,故填originally。

5.to　考查介词。句意:如果你想更好地适应你的新学校的生活,我下面的建议可能会有帮助。adapt to意为“适应……”,故本空应用介词to。

Ⅳ.1.pick one up

2.too quick in reacting to give

3.or your cough will get worse

4.it is convenient for you

Ⅴ.1.are　考查主谓一致。句意:这是他们的回答。本句为完全倒装句,主语为their answers,故本空谓语动词应用复数形式。

2.usually　考查副词。句意:她的冰箱通常是半空的,反正她总是太累了,吃不下太多东西。本空作状语,故应用副词形式。

3.to eat　考查不定式。句意参考上题。too...to do...意为“太……而不能做……”,故本空应用不定式形式。

4.the　考查冠词。句意:她常常最后把一部分食物留到第二天。the next day意为“第二天”,故本空应用定冠词the。

5.that　考查定语从句。句意:31岁的老师珍妮和她的丈夫避免所有来自动物的产品。本空引导定语从句,修饰名词products,本空在从句中作主语,指物,且先行词products前有all修饰,故本空应用关系代词that。

6.up　考查固定短语。句意:一起做饭给了他们一个放松并且了解彼此的一天的机会。catch up意为“打听(不在时所发生的事情);别后叙谈”,故本空应用up。

7.more satisfying　考查形容词的比较级。句意:他认为没有什么比一顿丰盛的肉食晚餐更令人满意了,没有某种形式的肉的家庭聚餐是不完整的。根据空后than可知,本空应用比较级形式。

8.children　考查名词复数。句意:49岁的厨师迈克有一个有5个孩子的大家庭。根据空前five可知,本空应用名词复数形式。

9.frozen　考查形容词。句意:他们一周大购物一次,并且买许多的冷冻食物。本空修饰名词food,应用形容词形式。

10.studying　考查动名词。句意:马克斯的妈妈说,他每天需要吃三顿健康的饭,但是他如此忙于学习和结交朋友,以至于他实际上不买新鲜的食物。be busy doing sth.意为“忙于做某事”。

能力提升练

Ⅰ.◎语篇解读　这是一篇记叙文。文章主要介绍了作者去西班牙后经历的与英国文化的差异。

1.B　推理判断题。根据第二段第三句My expectation was that I would be eating lunch at 12:00 to 13:00, but most days it’s 15:30 before I eat lunch.(我期望我会在12:00到13:00吃午饭,但大多数的日子是到15:30才吃午饭)并结合文章其他内容可知,作者作为语言助教从英国去西班牙,期望在12:00到13:00之间吃午饭,由此可推知英国的午饭时间可能在12:00到13:00之间。故选B项。

2.A　词义猜测题。画线词所在句子The thing I didn’t realize is that this affects the Spanish sleeping routine.意为“我没有意识到的事情是,这会影响西班牙人的睡眠时间。”,结合第二段倒数第二句Eating dinner so late of course means that Spaniards go to bed so much later.可知,是“很晚才吃晚饭”影响了西班牙人的睡眠时间,所以this指代“很晚吃晚饭”,故选A项。

3.C　细节理解题。根据第二段第一句Firstly, I didn’t realize how difficult it would be to adapt to the Spanish day and the timing of meals.和最后两句Eating dinner so late of course means that Spaniards go to bed so much later. It is such a British thing to go to bed at 22:00!和第三段第一句Queuing (排队等候) politely is also something that is very British.及最后一段第一句Finally, the reality of the Spanish diet is very different from my expectations.可知,文章从就餐时间、睡眠时间、排队和饮食四个方面提到了西班牙和英国的文化差异。故选C项。

【高频词汇】　1.assistant *n*.助手　2.expectation *n*.期待,期望　3.apply to适用于　4.take...for granted认为……理所当然

5.definitely *adv*.明确地,肯定地

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| 原句　If there’s a free table in a restaurant, you can quickly take it, even if there are other people who have been waiting longer than you.  分析　本句为主从复合句。主句是you can quickly take it。If引导条件状语从句,even if引导让步状语从句,在让步状语从句中又含有who引导的定语从句。  句意　如果餐馆里有空位,你可以很快占住它,即使有别人比你等的时间更长。 |

Ⅱ.◎语篇解读　这是一篇说明文。文章从三个方面向读者建议了如何给孩子准备健康的午餐,表明了养成健康饮食习惯的重要性。

1.G　根据上文“Packing a healthy school lunch for your little child may be difficult.”可知,为你的小孩准备一份健康的学校午餐可能很困难,此处进一步说明这种情况,G选项“It’s true especially during those rushed mornings when everything seems to go wrong.”与上文相呼应,进一步说明困难程度,故选G。

2.E　第二段中心句是“Prepare ahead.”,选项E“Choose one day of the week to prepare food for lunches.”恰好说的是如何提前做准备,与空后的“Make enough food for the next seven days.”(为接下来的七天准备足够的食物。)衔接紧密。故选E。

3.C　上文“White bread is not healthy for growing children. But wholegrain bread is best for little ones.(白面包对成长中的孩子不健康。但是全麦面包最适合小孩子。)”讲的是与面包有关的内容;而空后“Grapes, apples, bananas and pears are all suitable for healthy school lunches.(葡萄、苹果、香蕉和梨都适合做健康的学校午餐。)”讲的是与水果有关的事,选项C中的Besides和fresh fruit分别起到了承上和启下的作用,故选C。

4.A　根据第四段中“A snack cake every time is okay.(每次吃一块点心就可以了。)”和“Instead, bring fruit bread as a snack.(相反,带些水果面包作为零食。)”可知本段内容与健康的零食有关,所以A项“避免不健康的零食。”与段意相符。故选A。

5.D　从前文“Small, healthy changes in your child’s lunch help him or her develop healthy eating habits that last a lifetime.(在孩子的午餐上做一些小小的健康的改变,可以帮助他或她养成持续一生的健康饮食习惯。)”可知,想让孩子养成持续一生的健康的饮食习惯需要从日常生活中的点点滴滴的小事做起,这与选项D “健康饮食是一种习得性行为”语意一致,故选D。

【高频词汇】　1.look forward to期待,盼望　2.beg for乞求

3.freezer *n*.冰箱　4.suitable *adj*.适合的　5.be rich in富含……

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| 原句　Foods which are rich in sugar may taste good, but they are not a healthy choice.  分析　本句是由but连接的并列复合句。前一个分句中含有which引导的定语从句,修饰Foods。  句意　含糖量高的食物可能味道不错,但它们不是健康的选择。 |

Ⅲ.◎语篇解读　本文是一篇说明文,主要讲述了罐装食品的优势。

1.B　前面部分为 may seem difficult,seem是系动词,设空处所在句是省略句,重复时,以be代替,完整形式为“But it doesn’t have to be difficult.”。

2.A　emphasis后面常跟on表示强调某一方面。

3.D　此处表示“如果你利用罐装食品的便利”,take advantage of为固定搭配,意为“利用”。pay attention to注意;get hold of抓住;have faith in相信。

4.C　全文说的是罐装食品,所以此处应用can。a can of意为“一罐”。bowl碗;bottle瓶子;box盒。

5.B　罐装食品已经把所有的工作都为你做好了(done):切片、去皮,甚至烹饪。prepare准备;design设计;arrange安排。

6.B　罐装水果和蔬菜给你留下了创造的时间(time)。demand要求;patience耐心;place地方。

7.D　此处指“把新的味道添加到旧的食谱中”。add...to...为固定用法,意为“把……添加到……中去”。increase增加;decrease减少;put放。

8.A　as...as...为一种同级比较结构,此处指“罐装蔬菜与新鲜蔬菜或冷冻蔬菜一样好(good)”。bad坏的;colorful颜色鲜艳的;eco-friendly环保的。

9.C　因为罐装蔬菜在几小时以内就被加工(processed)装入罐中。cook烹饪;fry油炸;boil煮沸。

10.A　把水果和蔬菜进行罐装就像你的祖母“贮存”西红柿和园圃里的其他东西一样简单(simple)。complex复杂的;quick快的;convenient方便的。

11.A　新鲜农产品采摘后被运送(delivered)到罐头食品厂。carry携带;bring拿来;present提交。

12.B　这一切一般发生(happens)在24小时内。

13.A　这一切一般发生在24小时内,不用任何防腐剂以保证(ensure)最好的质量和营养价值。remain保持;promote促进;produce生产。

14.C　用罐装(canned)蔬菜的液体替代食谱中的水以获得最后一滴好营养。put放;store贮存;bury埋藏。

15.B　大多数罐装水果和蔬菜的主要品牌的标签上都包含关于营养成分(content)和原料的说明。nutrient content营养成分。element要素;detail细节;advice建议。

【高频词汇】　1.nutritional *adj.*营养的　2.emphasis *n.*重点,强调　3.combination *n.*结合体,联合　4.restricted *adj.*受限制的