

普通高中教科书

ENGLISH

英语

选择性
必修
第三册



练习部分

学校 _____ 班级 _____

姓名 _____ 学号 _____

上海外语教育出版社

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前　　言

《高中英语》(上外版)配套练习部分是教科书的必要补充。它紧密围绕教材的有关内容,以新颖的题型、真实且贴合主题的素材、多样的练习和有趣且有意义的活动给同学们提供各种提高语言实践能力的机会。在使用练习部分之前,同学们要了解它的几个特点。

第一,结构严谨。练习部分对接教材中每单元的教学目标,将课堂教学与语言实践有效连接,形成闭环。教材中,每单元均会从语言能力、文化意识、思维品质和学习策略等方面向你们提出学习目标。同样,练习部分也紧紧围绕这些单元目标,将课堂教学中的内容迁移过来供大家巩固、提高并拓展。其中,教材中的 Discovering 对应练习部分中的 Grammar in Use 和 Vocabulary Focus; Understanding 对应 Listening and Viewing 和 Reading and Viewing; Producing 对应 Speaking 和 Writing; Extending 对应 Extended Reading 部分。在选择性必修中,练习部分还设置 Integrated Tasks 和 Long-term Project 等板块,通过综合项目、长周期项目等活动形式充分调动学习兴趣,培养实际运用语言的能力。

第二,设计新颖。练习部分兼顾题型的新颖性与素材的可读性。比如,在检测同学们是否掌握核心词汇方面,我们引进了“猜词游戏”的题型;在语法环节,我们引进了“大家来找茬”的题型等。又如,在综合练习题中,我们不仅要求大家理解阅读素材的意义,还要基于这些材料来完成说和写的任务,让学和用完美结合。以必修第二册第四单元 Sports 为例,大家在写作练习中需要复听听力练习中的一则材料(有关 Wilma Rudolph 的励志故事),然后回答有关问题,再基于同学们自己的作答,以 Wilma Rudolph 的视角来完成一篇发言稿,用于在电视节目中播出。

第三,内容丰富。练习部分在选材中兼顾素材的多样性和真实性。在多样性方面,选材要素包括连续性和非连续性文本、插图和漫画等。在真实性方面,部分听力材料选自真实的生活场景,并伴有真实的背景音效等。这些都让你们在练习中不仅感受到试题的趣味性,也增强了英语学习的有效性,不断提升大家进行课外自主学习的能力。

在此,我们也向同学们提出一些使用练习部分的建议。

第一,考虑到同学们对练习需求的差异,在不同板块中,我们均设计了基础级和提高级的试题。每单元还有拓展阅读训练,学有余力的同学可以将拓展的内容作为切入点,进一步开展探究式的学习。每本练习部分的最后还附有一套复习题,同学们可根据教师的指导认真完成。

第二,练习部分的编写宗旨是让同学们练习高质量的习题,避免陷入题海战术。因此,我们建议必修三册的单元练习总时长控制在 100—120 分钟,选择性必修四册的单元练习总时长控制在 110—140 分钟。同学们可根据教师的指导,在规定的时间内分批次认真完成。

第三,请大家留意练习部分每页都留有空间,这是供同学们做笔记使用的。大家不仅可以在教师讲评中记录要点,也可以将自学过程中查阅的单词含义和用法记录在这一区域,供日常翻阅和复习使用。

同学们,学习需要日积月累、持之以恒的努力。让我们用好配套练习内容,巩固教材中的知识,延伸教材中的内容,提升对教材中主题的理解。练习部分将伴随并见证同学们在高中英语学习过程中的成长。同学们在其中收获的点点滴滴,汇聚在一起,也必定成为大家今后语言实践能力和综合素养的重要组成部分。

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UNIT 1 Fighting Stress

GRAMMAR IN USE

Section A How can your emotional problems affect your pets?
Read the passage and complete the tasks.

Task 1. Fill in the blanks with the proper form of the given words to make the passage coherent and grammatically correct.

How can your problems affect your pets? Although pets may be considered to be furry family members, it is important to remember our pets' needs and how human behaviour can influence their health.

It's very common for an overweight owner (1) _____ (raise) an overweight pet. Overweight in cats and dogs can lead to serious health problems, (2) _____ (include) heart disease, breathing problems, decreased liver function, increased risk of cancer and decreased quality and length of life. Be sure (3) _____ (give) your pet enough exercise for its breed and that it is being fed the recommended daily nutrition.



Second-hand smoke does affect animals because their oral tissues (4) _____ (expose) to harmful substances in the air, our clothes, hair and furniture. Health risks range from breathing problem to lung cancer in dogs. Birds can develop eye, skin and heart problems. (5) _____ (decrease) the risk, after smoking, change your clothes and take a bath before touching your pet.

While our mental health issues do not have a negative effect on our pets' behaviour, we tend (6) _____ (neglect) the needs of our pets when we are dealing with our own problems. Try (7) _____ (keep) up with your pet's usual routine and give it the best interaction you can offer. If the thought of taking your dog for its usual walk is causing you anxiety, play fetch indoors for longer.

Task 2. Complete the tips for pet-lovers based on the information from the passage.



- Make every effort (1) _____.
- Prevent yourself from (2) _____.
- Make sure (3) _____.
- Avoid (4) _____.
- Tell yourself (5) _____.
- Recommend (6) _____.
- Try (7) _____.

Section B Facing heavy pressure in our daily life, how can you relax? Read the passage and complete the tasks.

Task 1. Fill in the blanks with the proper form of the given words to make the passage coherent and grammatically correct.

Learning to Relax

We all experience some form of stress at some stage of our lives. Stress is the reaction people may have when (1) _____ (address) demands and shouldering pressures that are not matched to their knowledge and abilities. In other words, when you are stressed, you are pushing yourself, and being pushed, beyond the limits of your resources.

There is no avoiding it — stress is a fact of life. Learning to relax could be the strongest defense against its negative effects.

Relaxation is as subjective an experience as stress. There are many ways to relax that provide different degrees of relaxation, (2) _____ (depend) on your personal make-up. Some strategies are more effective than others, but anything that helps you (3) _____ (relax) can count as relaxation.

Put the Kettle On

Keep calm and have a cup of tea with a friend or two. Even though tea contains some stimulating caffeine, there are certainly times when it seems (4) _____ (calm) rather than upset the nerves. Turning to making and drinking tea has become an almost conditional reaction during times of stress.

Make Your Exercise Green

Benefits were found to be greatest after just five minutes of such green exercise as walking, jogging, and cycling. Exercise in places that are quiet or allow time for you (5) _____ (stay) alone. If you work out at your gym, find an area or room that is mostly deserted, so that you aren't distracted by thoughts of things around you.

Try to find mindless repetitive exercises (6) _____ (participate) in. This might include swimming or running laps. Not only do they help fight against stress, they will also improve your physical fitness.

Practise Mindfulness

Living in the moment is a way of approaching life by consciously staying only in the present moment. It is our thoughts about the past and the future that cause us (7) _____ (suffer) most. But you can't change the past and there may be nothing immediate you can do (8) _____ (affect) the future! Letting go of this pattern of thinking can bring relief from anxiety and worry. (9) _____ (apply) this technique to our daily life involves learning to open up and be intensely aware of everything that is happening around you right now, in this moment.

Task 2. Xiao Ming (M) and Xiao Li (L) are talking about how to reduce stress. Complete the dialogue based on the information from the passage. Use infinitives if necessary.

M: I'm suffering headache and stomachache.

L: (1) _____. But what's up?

M: Next month, I will participate in a basketball match and I can't concentrate on practising. I find no way to escape.

L: Facing stress, what we can do is (2) _____. We can't avoid it. Stress is a fact of life.

M: How can I deal with it?

L: Why not try to invite one or two friends (3) _____?

M: I don't like it. Any other solutions?

L: How about doing some physical exercises such as walking, running, cycling?

M: Where is the ideal place?

L: A quiet place (4) _____ and protects you from being distracted.



M: But I am in no mood to do physical exercises. I am always thinking about the match I failed last week and the coming one this week.

L: What bothers us most is (5) _____. Since it is unlikely for us to change the past and affect the future, the key is (6) _____.

M: Thank you. I will face up to the failure this time and look forward to the future.

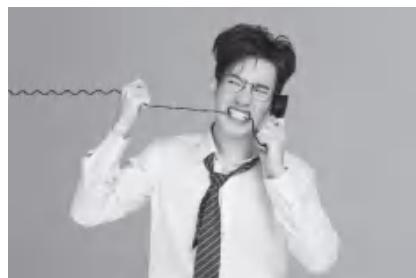
L: It's my pleasure (7) _____.

VOCABULARY FOCUS

Section A How much do you know about stress? Read the passage and fill in the blanks with proper words with the given definitions in the brackets for reference.

Let's Face It: We're All Stressed

How much do you know about stress? Stress, in everyday terms, is a feeling that people have when they are (1) _____ (given too much of sth, typically sth undesirable) with demands more than they can bear. These demands can be related to finances, work, relationships, and other situations. Let's face it: we're all stressed.



According to the American Psychological Association, actually, the top stressors for Americans today are their being (2) _____ (feeling worried or nervous) about money or work, and their being uncertain of the nation's future, which may (3) _____ (to make sb/yourself feel

unhappy, anxious or annoyed) them every day.

It doesn't matter what causes those emotions — whether it be from a stressful task, a difficult colleague or time pressure. It is just a(n) (4) _____ (of or relating to the body), mental, or emotional response to change. An active response to changes can (5) _____ (to give sb the desire, confidence or enthusiasm to do sth well) people to go through (6) _____ (involving considerable difficulty or hardship) times more smoothly while a persistently negative response to changes can have a harmful effect on health and happiness.

However, being aware of how you react to stressors can help to reduce the negative feelings and effects of stress, and to (7) _____ (to deal with a situation, a person, an area of work or a strong emotion) it more effectively. And fortunately, there are many ways to help to (8) _____ (to make sth less or smaller in size, quantity, price, etc.) stress, and even get rid of stress, such as practising mindfulness, exercising and doing yoga. All in all, keep the balance of life and keep stress away!

Section B There are many positive ways to reduce stress. Read the passage and complete the tasks.

Task 1. Complete the passage by using the words/phrases in the box. Each word/phrase can only be used once. Note that there are two words/phrases more than you need.

admit	anxiety	alert	bothering
focusing on	getting rid of	professional	recognise
relaxation	scared of	showing up	state

Stress Is Not Horrible

Stress is a direct result of negative emotions. It is inevitable. However, there are some (1) _____ ways to cope with it. Here are some tips from experts on how to manage stress better in the workplace and in our daily life.

Firstly, set realistic expectations. We live in the era of the upgrade — we're constantly looking for something excess in every aspect of our lives — and that automatically sets us up for failure with signs of stress (2) _____ in the end. So find gratitude for the things that we already have in our lives instead of always looking for something better.

Secondly, sometimes we need to (3) _____ we're not handling stress well. That's why experts suggest talking about the (4) _____ things to someone we trust. It is very important to socialise with someone we can lean on at work or in our life. They'll be the one to know when we've gone AWOL (absent without official leave), when we've got trouble (5) _____ our job, or when our productivity has gone down.

Then, write everything we are (6) _____ — the persons, places and tasks that have been triggers of stress. Once we (7) _____ those triggers, go talk to our manager or supervisor about these things.

Finally, remember to practise S.E.L.F. care. "S.E.L.F. care" stands for serenity, exercise, love and food — all necessities to ease the common stressors in our lives. *Meditation* (冥想) can reduce feelings of (8) _____ and stress. Take five minutes a day to find something that will bring you calm — whether it's listening to music or finding quiet time to take a deep breath. Exercise is also a major form of (9) _____. Even a 10-minute walk can make a world of difference on your mental and emotional (10) _____.

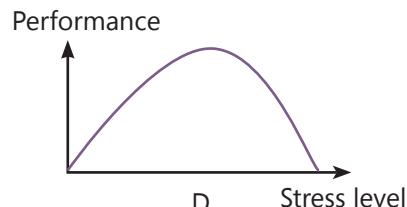
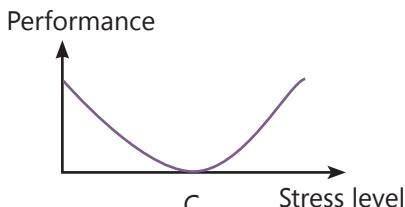
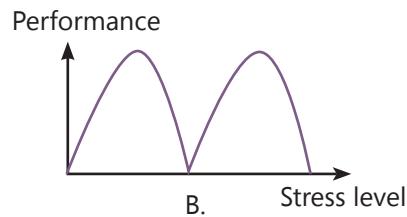
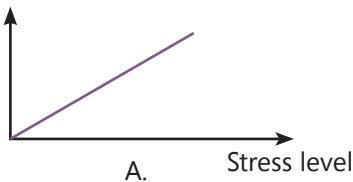
There are many ways to help to relieve stress. Manage it effectively, and it is not so horrible!



LISTENING AND VIEWING

 **Section A** Listen to the conversations and choose the best answer to each of the questions. The conversations and the questions will be read only once.

- () 1. A. Buy some yogurt with the woman.
B. Do some yoga with the woman.
C. Leave some work to the woman.
D. Build up the muscles in sports centre.
- () 2. A. Teacher and student. B. Boss and secretary.
C. Mother and son. D. Wife and husband.
- () 3. A. The man didn't prepare early enough.
B. The man will submit the paper on time.
C. The woman didn't adopt the early policy.
D. The woman is preparing for the same paper.
- () 4. A. Taking part in a physical fitness club.
B. Discussing problems with an acquaintance.
C. Taking a deep breath in a quiet environment.
D. Using five senses to build images in the mind.
- () 5. Performance



 **Section B** Do you think girls have more pressures than boys?
Listen to an interview and complete the tasks.

Task 1. Listen to the interview twice
and complete the notes.





Reason Why Girls Have More Pressures than Boys

- Girls face more intense (1) _____ pressures in school.
 - have more issues about body-image (2) _____
 - care more about their (3) _____ with teachers, parents and their peers

Impact of Pressures on Girls' Personalities

- When girls can't be great in everything, they may (4) _____.

(5) _____

- Look for signs of (6) _____.
 - The girl feels (7) _____ and tired.
 - The girl suddenly says she hates school or (8) _____ certain teachers.
- Make sure that their daughters have at least one free period during the school day.
- Try to (9) _____ for their daughters and don't push too hard.
- Don't be afraid to (10) _____.

Task 2. Setting realistic goals also matters to high school students. What's your realistic goal and how do you realise it through specific and detailed objectives? Study the example given and complete your goals and objectives on the next page.

Example:

Goal: To become an artist and run a gallery

Objectives:

- (1) Learn painting every weekend from now;
- (2) Go to a painting-profession-oriented university;
- (3) Take part in professional competitions to get recognised;
- (4) Find sponsorship for a gallery.



My Realistic Goal & Specific Objectives

Goal: _____

Objectives: _____

(1) _____

(2) _____

(3) _____

Section C Researchers are studying how relaxation techniques help students to battle anxiety and mental health issues. Watch the video clip and complete the tasks.

Task 1. Before watching, what do you think the students in the picture are most probably doing?



Task 2. Watch the video clip and fill in the blanks.

Mindfulness Techniques Teaching Students to Calm Down

Problem	Students' anxiety <ul style="list-style-type: none">• Death, disease like (1) _____ and camera (2) _____• (3) _____
Solution	Short, daily doses of relaxation and mindfulness

		An opportunity to (4) _____.
Feedback		Relaxation could (5) _____ and stuff.
		I dance to calm down. Relaxation breathing is like (6) _____.
		(7) _____ should also learn relaxation techniques.

Task 3. In the video clip, a teacher said, "Schools are not just there to get children the best grades that they can. We are also here to help our children become the very best versions of themselves." What is your understanding of it?

leaf READING AND VIEWING

Section A Read the story and see how the author saved herself by saving another person. Choose the best word or phrase for each blank.

She Lifted a Finger

As I sit on the stoop in front of my friend's house waiting for her, a man approaches. "Do me a favour. Call the police," the man says in broken English. "Finger. Cut." He holds up his forearm, covered with blood.

"No have phone," I say, as if English is also my second language.

"Have phone," he says, and dips his chin toward his front pants pocket.

In his pocket, I find a flip phone. I slip it out and then call the police. "I'm here with this guy, and he says he cut his finger."

"Did he cut it off?" the operator asks.

Now, there's a question I hadn't thought of. "Did you cut it off?" I ask him.



"Yes." He sighs with (1) _____. Someone finally understands the (2) _____ of his situation.

"Yes. He cut it off." I tell her.

"Go get the finger," the operator instructs me.

I follow the man toward his house. We get to the kitchen. The finger lies on the floor beside a table saw. I grab a paper towel and lay it over the finger.

"We have (3) _____ the finger," I tell the operator.

"Hang tight. The ambulance is on its way."

I cradle the finger back outside, being careful not to squeeze too hard, (4) _____ they'll need to reattach it. We sit on the stoop and wait for the ambulance, which we can hear in the distance. I tell the man, "It's OK. They'll be here soon."

I can see (5) _____ overtake him. A tear appears on the rim of his eye, where it balances for a second before it spills out and runs down his cheek. I don't know what he's thinking, but I'm thinking, what if he has a wife and kids (6) _____ him, and he can't go back to work? What if he doesn't have insurance? Or isn't in the country (7) _____?

"You're going to be OK," I say. I put my free hand on his back. "Gracias," he says.

It feels good to be able to calm someone, anyone. For months now, the second my hands would go idle, I would feel (8) _____. I've been this way for months. I have been trying to put on a good face for my kid, but I feel as if I've been failing. Could I save myself? I wouldn't know how. But I am (9) _____ to save this man.

Finally the ambulance arrives. They push him into the back, and they're off.

Throughout the evening, I can't stop worrying about the man. I remember that old proverb about how if you save someone's life, you are responsible for them for the rest of their life. It never (10) _____ to me before. Shouldn't the person who got saved owe a (11) _____, and not the other way around? But today, I get it. It's a great honour to help someone in need. I want to keep doing it.

I start keeping a (12) _____ for other people in need of rescuing. I help push a *stalled* (熄火的) car out of the road. I aid a cyclist when

her bike gets clipped by a car. I adopt a dog. Then one day, a month or two after the finger incident, I realise I've been so busy (13) _____ local hero that I have completely forgotten to be depressed. When I stop (14) _____, depression no longer affects me.

Now, more than a decade has passed since the accident. I wish I could see the man again, to see how he's (15) _____. But more important, to thank him, because when he lost his finger, he saved my life.

- | | | | | |
|---------|----------------------------|---------------|------------------------|-------------|
| () 1. | A. wonder | B. relief | C. sadness | D. surprise |
| () 2. | A. implication | B. motivation | C. sensitivity | D. gravity |
| () 3. | A. secured | B. recognised | C. identified | D. restored |
| () 4. | A. suggesting | B. imagining | C. assuming | D. doubting |
| () 5. | A. anger | B. impatience | C. shock | D. fear |
| () 6. | A. trusting in | | B. caring for | |
| | C. depending on | | D. worrying about | |
| () 7. | A. briefly | B. legally | C. willingly | D. formally |
| () 8. | A. hopeful | B. proud | C. guilty | D. anxious |
| () 9. | A. determined | B. ashamed | C. convinced | D. forced |
| () 10. | A. raised concern | | B. took effect | |
| | C. made sense | | D. caught attention | |
| () 11. | A. debt | B. chance | C. fortune | D. title |
| () 12. | A. diary | B. lookout | C. position | D. favour |
| () 13. | A. setting an example to | | B. making a name for | |
| | C. putting the emphasis on | | D. playing the role of | |
| () 14. | A. thinking | | B. worrying | |
| | C. moving | | D. pretending | |
| () 15. | A. moving up | | B. getting on | |
| | C. settling down | | D. standing by | |

Section B Do you have sleep problems? Read the passage and complete the tasks.

How to Get the Sleep You Need

Is there anything worse than desperately needing sleep and not being able to get it? Fortunately, science has begun revealing sleep's mysteries,

producing more **natural strategies** for improving our time in dreamland. Here are some of the latest ideas.

(1) _____

Tapping on your phone or laptop right up until bedtime is obviously a bad way to relax. But it turns out that the devices themselves cause sleep problems. Our brains react to the blue light emitted by computers, smartphones, and even LED bulbs much as they do to daylight — as a signal to stay alert. If you can't avoid screens in the two to three hours before you head to bed, try wearing blue light-blocking glasses.

(2) _____

Although it is known to cause sleep difficulties, caffeine can still *sneak up on* (偷偷地接近) you. Hot chocolate and decaf coffee, for instance, can contain up to 20 milligrams — enough to bother people who are sensitive. Certain heart, blood pressure, and asthma medications, as well as some treatments for colds, coughs, and allergies, can also make sleep more difficult. Ask your doctor or pharmacist for alternatives.

(3) _____

Amy George, a former *insomniac* (失眠症患者), finally went to a sleep doctor. "Tell yourself that if you lose sleep, it's OK. You'll still get through the day. Sometimes that's what you need to do to calm down and go to sleep."

Cognitive Behavioral Therapy for Insomnia, or CBT-I for short, helps you identify and address the roots of your problem. Often it involves relaxation training or meditation to reduce anxiety.

Because CBT-I has proved to be highly successful — and because it doesn't bring the risks and side effects of pills — it's now recommended as the first-line treatment for people with sleep difficulties.

(4) _____

Disrupted REM (rapid eye movement) sleep — the last and most dream-filled sleep cycle — is as big an issue as overall sleep deprivation. People with fewer dreams are more subject to extreme irritability, pain sensitivity, Parkinson's disease and anxiety.

Unfortunately, some sleeping pills can disrupt REM sleep. Alcohol does too. Another common disruptor: alarm clocks, which interrupt sleep cycles. Training yourself to wake naturally takes practice, but you'll be more rested if you can do it.

Task 1. Insert the subheadings into the passage.

- A. Become a Dream Weaver
- B. Beware of Sneak Attacks
- C. Don't Go Toward the Light
- D. Don't Worry about It

Task 2. Complete the table based on the passage.

<input type="radio"/>												
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How to get the sleep you need

Dos

- ✓ Wear blue light-blocking glasses if necessary;

✓ _____

✓ _____

✓ _____

✓ _____

Don'ts

- ✗ Don't tap on screens before sleep;

✗ _____

✗ _____

✗ _____

Task 3. Define "natural strategies" in paragraph 1 in your own words.

Natural strategies refer to _____

INTEGRATED TASKS

Section A Complete the translation from Chinese into English.
Use the words in the box.

make sure anxiety vital focus on worth

对我们大多数人来说压力是不可避免的。失业或者财政问题甚至像生日这种值得庆祝的事情都会产生压力。压力与体重增加、心脏病的发作以及焦虑有关。然而，如果生活中没有压力——良性压力，我们就会感到毫无目标并且不快乐。事实上，良性压力形式多样，在我们健康生活中起着至关重要的作用。

所幸的是，我们可以为自己的生活增添良性压力！确保专注于一些值得去做的活动，设定一些让我们感到快乐和兴奋的目标。

总之，为了在生活中保持健康的平衡，要尽力让自己拥有更多良性压力，尽可能减少不良的慢性（chronic）压力。

For most of us, there is no avoiding stress. _____

_____ But without "good stress" variety, we'd feel aimless and unhappy. _____

The good news is that we can add good stress to our life! _____

Section B Suppose your best friend Li Mei, who has just transferred to a new school and can't communicate well with new classmates, is under great pressure and in a low mood these days. You are trying to cheer her up. Read the passage and complete the tasks to help her.

Anxiety is the leading mental health issue among American teens, and clinicians and research both suggest it is rising. Nearly a third of all adolescents aged 13 to 18 will experience an anxiety disorder during their lifetime, according to the National Institutes of Health.

Philip Kendall, director of the Child and Adolescent Anxiety Disorders Clinic was not surprised by the results. "There is definitely a rise in the kids with serious anxiety," he said. "They are growing up in an environment of *volatility* (波动), where families have fallen apart, where there are wars across borders." And many popular social media sites are also to blame for teens anxiety. "With social media, it's all about the self-image — who's 'liking' them, who's watching them, who clicked on their picture, which may cause the anxiety of the youths," said Philip Kendall. "The causes of that anxiety also include classroom pressures." he added.

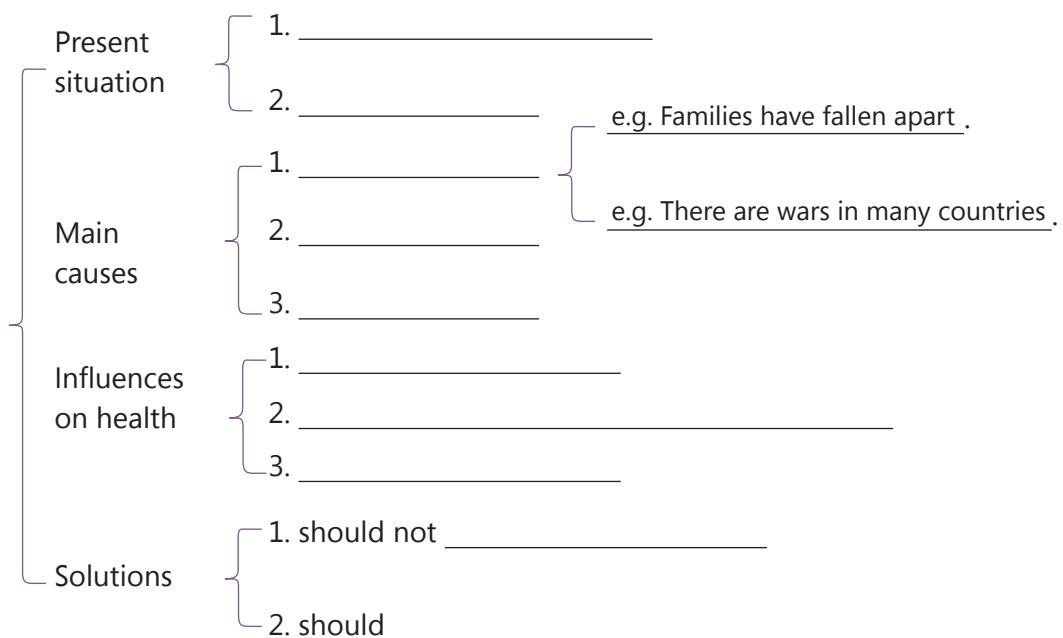


Anxiety slows normal bodily functions, such as the digestive and immune systems. All resources can then be concentrated on rapid breathing, blood flow, alertness, and muscle use. It is also worth mentioning that children with anxiety are more likely than their peers to be *obese* (肥胖).

When it comes to treating anxiety in children and teens, the biggest misunderstanding about anxiety is that we have to beat it. When we make anxiety the enemy, we actually create more anxiety for ourselves. Because anxiety arises from negative emotions, intentionally activating positive emotions such as care, appreciation and compassion may work to some extent. But just remember: positive thinking isn't enough; it must be positive feelings from the heart to affect your body and brain.

Anxiety in American teens

Task 1. Complete the mind map of the passage.



Task 2. What is your understanding of the last sentence "positive thinking isn't enough; it must be positive feelings from the heart to affect your body and brain"?

Task 3. Write a letter to Li Mei to help her and cheer her up.

Dear Li Mei,

I am sorry to learn that you have just transferred to a new school and been feeling down recently. But you are not alone. I happened to have read an article about anxiety among American teens. Usually there are three main causes of anxiety. I think

I really hope that these suggestions help you. Enjoy your new life.

Yours,

EXTENDED READING

Notes



Pre-reading questions:

Was there a time in your life when you needed to tackle a number of challenges at the same time? How did you get it through?

Nobody Really Knows What They Are Doing

Here's what your parents think about at night, just before they fall asleep: Oh my goodness! Am I doing it right? What if I am making a mistake? What am I doing?

Everyone does this. It's not embarrassing. It's very human. Nobody has life figured out. And the charlatans^① who claim they do have life figured out — they have it less figured out than anyone.

Why do you think our book stores are thick with self-help books? Why do you think meditation has taken off in this country? Why has yoga become such a thing? Everyone's chasing an inner calm that may never come. The generations judging you are scrambling^② just as much as you are. These complaints about younger people are nothing more than anxiety about the chaos^③ in our own lives.

I'm sorry about that. It's not very fair. But I also want to say this: A little chaos is OK. A little chaos keeps life interesting, keeps you on your toes.

Not long ago, a minister in California named Lydia Sohn interviewed a bunch of people between the ages of 90 and 96. There's a belief that human happiness happens on a curve^④. People are said to be happiest when they are young, and don't have a care in the world — and then happiest again when they are older, retired, and liberated to enjoy the little things. The middle part of life is supposedly the hard part. That's when people have kids, bills, crises.

It makes sense, doesn't it? But these 90-somethings that Sohn talked to told her something different. They said they were happiest in the

① *n. a person who claims to have knowledge or skills that they do not really have*

② *vi. to achieve sth with difficulty, or in a hurry, without much control*

③ *n. a state of complete confusion and lack of order*

④ *n. a line or surface that bends gradually*

(5) *vt. to make a bad or unpleasant situation worse*

middle part, when their lives were the messiest, when their kids were in the house and tracking mud through the living room and setting small fires in the backyard. This was when they were trying to balance work and family and figure out how to pay for bills and college and all that aggravating^⑤ stuff. These people said they were happiest in the chaos.

Talk to any successful person, in any field. Ask them when they were happiest, and I bet that 9 out of 10 will tell you they loved it most when they were in the chaos — battling, struggling, trying to find their way. It's the happiest time because they are very alive.

You are about to step into the chaos. You are probably going to have a job or two that you don't really like. You are going to worry about money. You'll get your heart broken a few times, both professionally and personally. There will be mornings you won't want to walk out the door. But it's OK. Remember this: It's never as bad as it seems. Everyone is making it up as they go along. Embrace the chaos, walk out the door, be kind to your fellow humans and change the world.

Food for thought

1. Who is this piece of writing intended for? Underline any clues you find in the passage and explain how the clues support your answer.

2. What are the reasons the author gives for embracing chaos in our lives? Can you think of more reasons for embracing chaos to strengthen the author's argument?



Challenge

Make an oral presentation to argue against the author's views. Outline your views for your presentation.

A large, light gray rectangular area representing a page from a notebook. It has a decorative scalloped edge at the top and bottom. Inside, there are ten horizontal lines spaced evenly apart, intended for writing notes.

Notes



UNIT 2

Cherishing Friendship

GRAMMAR IN USE

Section A Read a story about the author's special experience of being ill abroad. Fill in the blanks with the proper form of the given words to make it coherent and grammatically correct.

Good Luck Abroad



I was turning 70, and just as I was deciding how to celebrate, a brochure arrived from a seniors' travel company about a tour of the UK and Ireland. It was perfect to visit the birthplaces of my grandparents, Yorkshire and Connemara, where I'd always longed (1) _____ (go).

The tour started off well in London with a sightseeing tour and a Thames boat trip. However, the next morning I began to feel unwell. I was admitted to Warwick Hospital and needed (2) _____ (place) on an antibiotic drip. On regaining consciousness, I realised with horror that the tour had gone ahead and I had no one (3) _____ (contact) for help. Thankfully, a gentleman was found by the kind nurse (4) _____ (visit) another female patient next to my bed. They introduced themselves as Sue and Roger Bliss and offered to help me. From that moment the couple were my guardian angels, making sure I had everything I needed. They recommended me (5) _____ (not leave) the hotel in their hometown. Each morning they came with magazines, books and special treats. When I was well enough, they took me to see places of historical interest. At dinner on the night before my flight home, I spoke of a friend in New Zealand who over the years had been there (6) _____ (listen), advise and assist whenever needed, and how much this meant to me. I explained he was a retired surgeon. Sue suddenly exclaimed "Anne?" They happened (7) _____ (meet) years ago and had been friends for years.

Section B How can friendship contribute to our happiness?

Read the passage and complete the tasks.

Task 1. Jack has written a passage about happiness and friendship and hopes to have it published in the *English Post*. Help him correct the mistakes. Each indicated line contains an error.



Happiness and Friendship

There are lots of things that can contribute to happiness and fulfillment, and they vary with each individual. A 75-year-long study reveals that one common element is believed playing a vital role in most people's genuine, longstanding happiness. The study started at Harvard University in 1938 with 724 men, 60 of whom are still alive today. It is considered being the longest ongoing study on human happiness. After decades of observation, one of the study's leaders, Robert Waldinger, came to this conclusion good relationships keep us happier and healthier.

That's right, friends. Some people may falsely think that millions of dollars have to make so that they can be happy. But to be happy is as simple as building a strong relationship with a few people whose general presence you appreciate. Perhaps it is in some countries that loneliness hadn't reached epidemic (普遍的) levels, but here in America, making and holding onto friends is much easier said than done. Americans tell themselves to develop a deep friendship before they get to know the counterpart better.

According to a new study, making new friends are incredibly difficult for Americans. In fact, the average American has not made a new friend in five years. Sure, you happened to make some casual connections in the past few years, but we're talking about someone you'd want to hang out at least every week. The study surveyed 2,000 Americans. While 45% said they had no problem going out of their way to make new friends, but when it came to actually taking action, things like work, family and a lack of hobbies are often a drag on them. Still, you need to step out of the comfort zone. A potential friend is sure waiting for you right now.

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

(7) _____

(8) _____

(9) _____

(10) _____

Task 2. Since friendship plays a part in your happiness, can you recall the most precious experience of making friends? Write it down. Use the given words/expressions if necessary.

... happen ...; ... appear ...; ... seem ...; ... was/is thought/known/said/believed/reported (to) ...

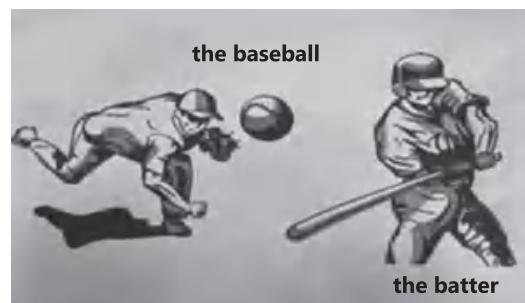
leaf VOCABULARY FOCUS

Section A The spirit “friendship first, competition second” is widely acknowledged. Read the passage about it and paraphrase the underlined parts, using the words/phrases you have learned in this unit.

A Beautiful Game

Even when the competition is fierce, winning a friendship is more important than winning a game. That is the (1) firm opinion most of the people hold now.

There is a video making people feel all the good feelings. In the video, baseball pitcher Ty Abbott of Mounds View High School wound up his pitch. With great (2) strength and energy in his body, he threw it to the batter, Jack Kocon of Totino-Grace High School. It (3) came as a result that it was a wonderful pitch. Kocon struck out, which meant Mounds View High School would advance to the state championship and Totino-Grace High School would (4) leave the competition and go home.



Excitedly, (5) a group of Abbott's teammates started running out to surround the hero. But Abbott chose to do something else first. He ran up to the other side, and wrapped his arms around Kocon. He gave him a long hug before (6) running slowly with him toward the edge of the field. (7) Only then did he join his cheering teammates to continue the celebration of winning the hard and difficult game.

Abbott and Kocon have been friends and played baseball together since childhood, and that life-long friendship shines through in this touching moment.

The video has been popular nowadays because we all love seeing beautiful moments. (8) Be thankful for the warmth of pure humanity, no matter who we are or where we come from.

(1) _____ (2) _____

(3) _____ (4) _____

(5) _____ (6) _____

(7) _____

(8) _____

Section B Read the passage about a long friendship and complete the tasks.

Task 1. Complete the passage by using the words/phrases in the box. Each word/phrase can only be used once. Note that there are two words/phrases more than you need.

abandoned	bear	cherish	crowded
gestures	gratitude	hang out	help out
maturity	quality	underestimate	tear

My Longest Friendship

We always say family first and that friends come and go. I believe that friendship is just as precious as family and that when you find the right friends, it is essential to (1) _____ them as you would do to your family.

Some friendships definitely come and go but others are made to last long and I will tell you exactly about that kind of friendship, the one that would last and inspire and always (2) _____. And it truly convinces me that it is one of the most beautiful and amazing things a human being can experience.



I share about 22 years of friendship with my friends. I am enjoying the 22 years with (3) _____, which has played a big part in strengthening and fulfilling our relationship.

At 9 years old, we played "freeze tag" in my parents' backyard. At 13, we would (4) _____ at weekends and have pajama parties. At 16, we would share our learning materials and watch our favourite series. At 22, we would prepare our papers and attend college graduation ceremony together.

Today we listen to one another. We are still familiar with the small (5) _____ of each other. We organise vacations and we even continue our pajama parties. During the tough moments, we inspire and encourage each other. We spend a lot of (6) _____ time together even though we live miles apart because ... friendship!

But often, throughout a woman's life, the transformation from childhood to teenage life and then into young adulthood, the depth of (7) _____ can have a significant impact not only on the physical aspect but on the mental aspect as well; and we can't (8) _____ its negative influence on certain friendships during these "peak periods" of a woman's life, whether it be the areas of interest that change, the studies, the weddings and births etc. During these important times in life some friendships can become fragile, can break, can be (9) _____ with time because perhaps not enough time was spent taking care of these relationships.

My longest friendship isn't by chance, but more the product of total self-giving, mutual willingness to (10) _____ the duty of tending to the friendship without allowing those life hazards to get in the way. Whether you have one, two, three or a group of 10 inseparable friends, it is essential to take care of these friendships.

Task 2. Read again and complete the summary. Use the words in the passage if necessary.

The author's longest friendship has lasted for 22 years, which started when they both were 9 years old. The author is enjoying the 22 years with (1) _____ . However, due to (2) _____ and the deepening of (3) _____ , they don't have enough time (4)_____ . As a result, during the important times in the author's life, the friendship has become (5) _____ . Therefore, to maintain a friendship, the author believes that they need to (6) _____ .

Task 3. Share with your classmates your longest friendship and how you have maintained it.

LISTENING AND VIEWING

 **Section A** Mary Smith and Brian Miller have long been friends. How did their friendship start? Listen to their conversation and answer the questions.



1. How did Mary feel when she talked to Brian for the first time?
She _____ when she talked to Brian for the first time.
2. Why did Brian leave Kentucky?
He left Kentucky as a musician to _____.
3. Why would Mary like to paint a portrait for Brian?
Brian was the first person to _____.
4. How did Brian feel when he had the first album recorded?
He was uncertain about his album, but he was glad to _____.
5. What did Mary learn from Brian?
_____.

 **Section B** Listen to the lecture about the purpose of friendship and complete the tasks.



Task 1. Listen to the first part of the lecture and complete the summary.

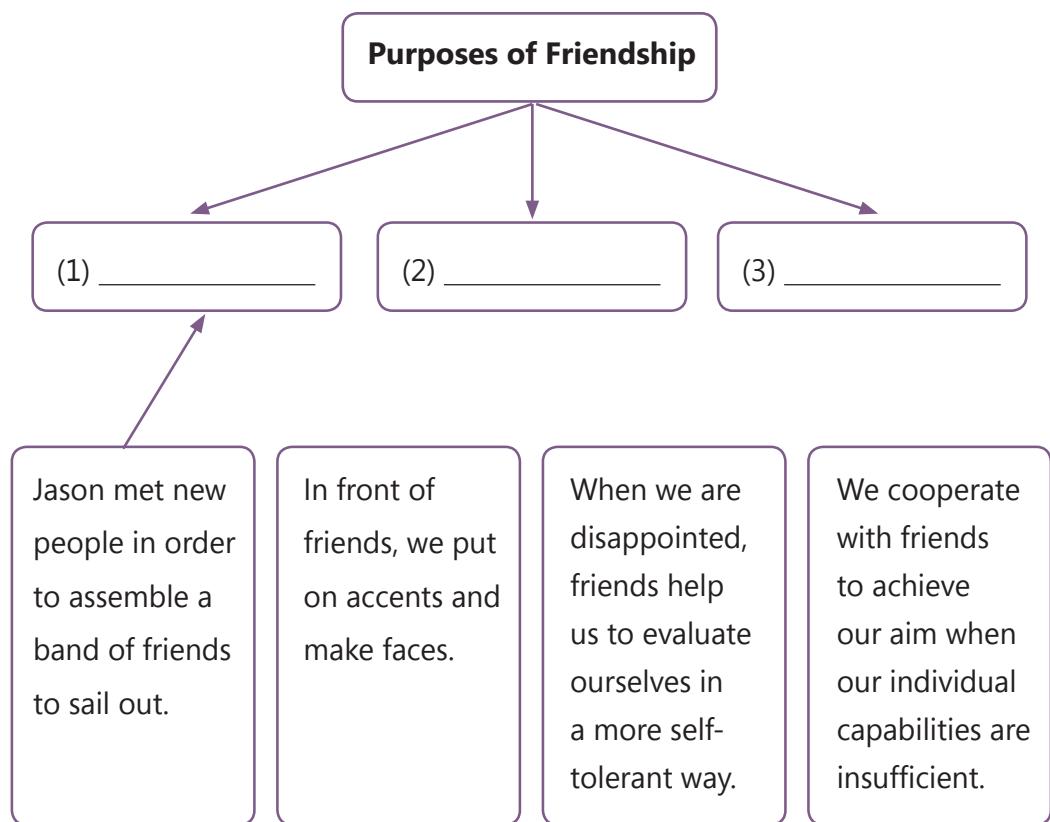
Friendship is a high point of existence, and yet it's also

(1) _____ thing we have to handle.

The key to the problem of friendship lies in (2) _____.
_____. The idea (3) _____ tends to make us uncomfortable.

Yet purpose won't necessarily (4) _____.
_____. Actually, the more we define what a friendship might be for,
(5) _____.

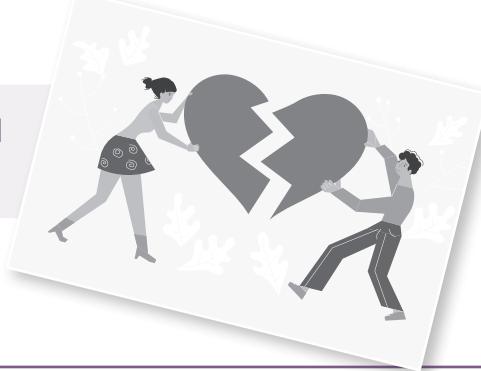
Task 2. Listen to the second part of the lecture and state the purposes of friendship. Match the situations with the different purposes. One example is given.



 **Section C** Disagreements between friends are inevitable. How can we mend a broken friendship? Watch the video clip and complete the tasks.

Notes

Task 1. Watch the video clip twice and fill in the blanks.



Step 1	(1) _____	Figure out what went wrong.
Step 2	Reach out	Be (2) _____ and invite the friend to talk together.
Step 3	Express your feelings	Be (3) _____ and polite.
Step 4	Apologise	(4) _____ and apologise for how you reacted.
Step 5	Be sympathetic	Put yourself in your friends' shoes.
Step 6	(5) _____	Your friendship will never remain the same.
Step 7	Cherish your friendship	Make time to grow and (6) _____.

Task 2. Which of the steps mentioned may be difficult for you to take? State your reasons with an example. After watching the video clip, how can you improve on this?



READING AND VIEWING

Section A Read the passage that explains friendship from a scientific perspective. Fill in each blank with a proper sentence given in the box. Each sentence can be used only once. Note that there are two more sentences than you need.

- A. If there is tremendous evolutionary value in social attachment, could we be born to develop friendships?
- B. When it comes to the spread of infection, that makes sense.
- C. It is possible that individuals who smell things in the same way are drawn to similar environments.
- D. Half of these were loving; the rest contained factual statements about the participant.
- E. So if we know why we seek social connection and with whom, then what keeps us together?
- F. It turns out birds of a feather don't just flock together — they actually resemble each other genetically.



Making Connections

In the last 25 years, numerous scientific studies and reviews have shown us what, exactly, friends are for: they reduce our risk of death in half, double our chances of recovering from depression and make us 4.2 times less likely to fall victim to the common cold.

(1) _____ Recent neurological research suggests that's the case.

It Literally Makes You Feel Warm

Naomi Eisenberger, a professor of social psychology, wanted to know if there was any literal truth to the language we use to describe social connection — that, for example, it makes us feel warm-hearted. For a study conducted last year, she had half the participants hold a heat pack and half hold an unheated ball. Unsurprisingly, members of the former group showed more neural activity in brain regions that detect and reward physical warmth. Then she gathered messages from the participants' families and friends. (2) _____ When the participants, who were being monitored by way of a brain scan, read the

loving messages for the first time, "the same neural regions were active as with the heat packs," Eisenberger says. "We know how important it is to have relationships, and we are borrowing from those brain regions that are associated with warmth to signal to us when we feel connected."

It Is Written in Your Genes

(3) _____ That's the remarkable finding of a recent study. Researchers from Yale University and the University of California examined 1.5 million genetic markers from 1932 subjects who were divided into two groups of unrelated friends and unrelated strangers, and they discovered that close friends are like fourth cousins — those who share great-great-grandparents — in genetic make-up. More interestingly, friends have significantly different immune systems.

(4) _____ It's nice to have company. It's even nicer if that company doesn't leave you with a deadly disease.

Section B Read the passage and see how an accident scarred one teenager's face but left no scratch on a friendship, and then complete the tasks.

The Gift of Forgiveness

The summer when I turned 16, my father gave me his old car, a gift wasted on me at that age. What did I know about classic cars? The important thing was that Hannah and I could drive around the town with the top down.

Hannah was my best friend, a year younger but much taller, almost five foot ten. "Hannah's a knockout," my mother always said. And sure enough, that summer she signed with a modelling agency. She was already doing catalog and runway work.

A month after my birthday, Hannah and I went to the cinema. On the way home, we stopped at a fast-food restaurant, putting the fries on the



seat between us to share. "Let's ride around a while," I said. It was a clear night, oven-warm, full moon slung low over the desert. Taking a curve too fast, I hit a patch of dirt and *fishtailed* (摆尾). I then plowed through a neighbor's landscape wall and drove into a full-grown palm. The front wheels came to rest halfway up the tree trunk.

French fries on the floor, the *dash* (仪表盘), and my lap. An impossible amount of blood on Hannah's face. They took us in separate ambulances. In the Emergency Room, my parents spoke quietly: Best plastic surgeon in the city. End of her modeling career.

We'd been wearing lap belts, but the car didn't have shoulder harnesses. I'd cracked my cheekbone on the steering wheel; Hannah's forehead had split wide open on the dash. What would I say to her?

When her mother, Sharon, came into my hospital room, I started to cry, bracing myself for her anger. She sat beside me and took my hand. "I rear-ended my best friend when I was your age," she said. "I totaled her car and mine."

"I'm so sorry," I said.

"You're both alive," she said. "The rest is **window dressing**." I started to protest, and Sharon stopped me. "I forgive you. Hannah will too."

Sharon's forgiveness allowed Hannah and me to get back in the car together that summer, to stay friends throughout high school and college, and to be in each other's weddings. I think of her gift of forgiveness every time I'm tempted to resent someone for a perceived wrong. And whenever I see Hannah, the scars are so faded no one else would notice, but in the sunlight I can still see the faint *shimmer* (微光) just below her hairline — for me, an imprint of grace.

Task 1. Fill in the blanks based on the story plot you have just read. Draw arrows to indicate the time order of the incident. One arrow is already given.

While hanging out with Hannah, I suggested _____ after stopping at a restaurant.

I received a car as a birthday present from my father.

However, Sharon — Hannah's mother — reassured me that she and Hannah _____ and that _____

While driving, I _____ too fast and lost control of the car. When the car finally came to a stop, both Hannah and I _____.

Hannah and I were able to _____ for many years; I also grew to be more _____ when wronged, all thanks to Sharon.

As a result of the injury, Hannah could no longer _____. I felt so guilty that I didn't know _____.

Task 2. Choose the best answers to the questions.

- () 1. The author had expected Sharon to be _____ before they met at the hospital.
A. relieved that both the young girls were still alive
B. guilty of not being there to protect the two girls
C. angry with the author for having caused the disaster
D. disappointed at her for not being a good friend
- () 2. The phrase **window dressing** in paragraph 8 most probably means something _____.
A. inessential B. unsatisfactory
C. undesirable D. misleading
- () 3. In the years after the accident, the author _____.
A. worried that the scars on Hannah's forehead were still visible
B. doubted whether Sharon and Hannah had truly forgiven her
C. refused to show up on grand occasions of Hannah's life
D. learned to become a more forgiving person when wronged

□ Task 3. Suppose you are the author, and it has been many years since the accident. Write a thank-you letter to Hannah to express your gratitude.

leaf INTEGRATED TASKS

Can online teacher-student friendships benefit education? A newspaper column has sparked a discussion on this topic. Read it and complete the tasks.

Can Online Teacher-Student Friendship Benefit Education?



Charol Shakeshaft from Virginia University
Teacher-student communications have educational value.

"I find that a student struggling with the novel 'Hamlet', for instance, misses a learning opportunity when he or she sees a teacher on IM (Instant Message) and can't send a message. Or a student who is too shy to raise his hand in class might prefer to email his teacher, but might not feel comfortable knowing his parents or a member of the administration might be reading the email as well."

Josh Wolford from Star News Online
The teacher is not a "friend," but an authority figure.

"Teachers should not agree to join a student's list of friends on social media, engage in texting or other electronic communication that could bring extra work or even trouble to the teachers. There are boundaries that must not be crossed. The teacher is not a pal, but an authority figure and an instructor who must keep a respectful emotional and social distance."





Brent Ghan, the spokesman of the Missouri School

Teachers need to connect with students in their digital world.

"High school students live in a virtual world these days. To cut direct and private contact in this area is a bad idea. That is how you communicate with them."

Christine Greenhow at the University of Maryland

The gap between students' life inside and outside school will be widened.

"The number one technology that students use outside school is social networking sites. This is the technology they're turning to as their one-stop shop for communication. It's their email, their notice board, their online photo album, it's where they do their writing. For that reason, limiting communication between teachers and students only furthers the gap between a student's in-school life and his or her life outside of school!"



Task 1. Tick (✓) the box if the person in the column agrees that online teacher-student friendships can benefit education and cross (✗) it if not.

Task 2. Answer the questions.

- According to Charol Shakeshaft, what kind of students will most probably send a private message to her?

_____.

- Paraphrase the view "*The teacher is not a pal, but an authority figure and an instructor who must keep a respectful emotional and social distance.*" by Josh Wolford from Star News Online.

_____.

- According to Christine Greenhow, is it necessary to limit the communication between teachers and students? Why or why not?

_____.

_____.

□ Task 3. A Chinese viewer has been invited to join the discussion about online teacher-student friendship. Read his views and complete the translation with the words/phrases in the box.

help out turn out gratitude difference contact



自从社交媒体和各类应用软件广泛应用在现代社会后，师生可以很方便地在网络上开展交流。一方面，人们对现代技术的便利与高效心存感激。一些老师认为上学期间很多学生学习困难又拒绝求助。线上交流有助于这些学生在作业、辅导和其他学校事务上与老师们保持联系。事实证明，网络社交工具对他们的校园生活产生了很大的影响。

另一方面，关于教师和学生之间的网络友谊是否恰当的争论存在已久。几年前一部法律已经生效。它规定教师不得建立、持有或者使用与工作相关的网站，除非学校管理人员或者学生的家长也可以使用该网络。教师也不可以利用非工作相关网站与现在或先前的学生进行过度的接触。

Since social media and various apps became widely used in modern society, _____

_____. On the one hand, _____.

Some teachers think _____. _____.

Online communication helps them to connect with their teachers about homework, tutoring and other school matters. _____

On the other hand, _____. _____.

A law took effect years ago, specifying that teachers cannot establish, maintain, or use a work-related website unless it is available to school administrators and the child's parents. _____

Extended Reading

Notes



Pre-reading question:

To what lengths will you go in order to protect a friend?

Two Thanksgiving Day Gentlemen (Adapted)

By O. Henry

Stuffy Pete sat down on a seat in the New York City Park named Union Square. Every Thanksgiving for nine years he had sat down there at one in the afternoon.

On those other Thanksgiving Days he had been hungry. But today Pete was not hungry. He had come from a dinner so big that he had almost no power to move.

The dinner had not been expected. He had been passing a large house near the beginning of Fifth Avenue. It was the home of two old ladies. On Thanksgiving Day at noon these old ladies always sent a servant to stand at the door. There he waited for the first hungry person who walked by. The servant had orders to bring that person into the house and feed him until he could eat no more. Stuffy Pete happened to pass by on his way to the park. The servant had gathered him in. Tradition had been followed.

Stuffy Pete sat in the park looking straight before him for ten minutes. Then he moved his head slowly to the left. Then his eyes grew wider and his breath stopped.

For the Old Gentleman was coming across Fourth Avenue toward Stuffy's seat.

Every Thanksgiving Day for nine years the Old Gentleman had found Stuffy there. Then he had led Stuffy to a restaurant and watched him eat a big dinner.

□ "Good morning," said the Old Gentleman. "I am glad to see that the troubles of another year have not hurt you. If you will come with me, my man, I will give you a dinner that will surely make your body feel as thankful as your mind."

Stuffy Pete looked up at him for a half minute, helpless and very sorry for himself. The Old Gentleman's eyes were bright with the giving pleasure.

And then Stuffy made a strange noise. He was trying to speak. As the Old Gentleman had heard the noise nine times before, he understood it. He knew that Stuffy was accepting.

"Thank you. I'm very hungry."

Stuffy was very full, but he understood that he was part of a tradition. His desire for food on Thanksgiving Day was not his own. It belonged to this kind Old Gentleman.

The Old Gentleman led Stuffy to the restaurant and to the same table where they had always gone. The Old Gentleman sat at the table, watching. The waiters brought food, and more food. And Stuffy began to eat.

No great and famous soldier ever battled more strongly against an enemy. The turkey and all the other food were gone almost as quickly as they appeared.

"Thank you," Stuffy said. "Thank you for my Thanksgiving dinner."

The Old Gentleman carefully counted out \$1.30, and left fifteen cents more for the waiter.

They said goodbye, as they did each year, at the door. The Old Gentleman went south, and Stuffy went north.

Food for thought

1. How do you understand the underlined sentences "His desire for food on Thanksgiving Day was not his own. It belonged to this kind Old Gentleman"?

2. If you were Stuffy Pete, would you accept the Old Gentleman's offer of meal? Why?



Challenge

Add a surprise ending to the story. Then compare your ending with the original one by O. Henry.

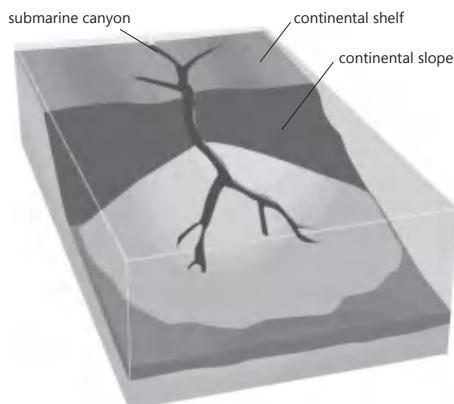
A large, light gray rectangular box with a decorative scalloped border at the top. Inside the box are ten horizontal lines for writing. A small, solid purple square is located at the bottom right corner of the box.

UNIT 3 Exploring the Unknown

GRAMMAR IN USE

Section A What might have happened to a ship on the sea without maps of seafloor? Read the passage and rewrite the sentences in the boxes with appositive clauses. One example is given.

Mapping the Seafloor



The Basic Structure of the Seafloor

To date, more than 85 percent of the seafloor has not been mapped using the modern methods.

A researcher at Stockholm University felt regretful because we knew the surface of Mars better than we did the seafloor.

Everyone acknowledges that an in-depth knowledge of the seafloor isn't important just for navigation.

Question: Where does money come from?

On January 8, 2005, a nuclear submarine crashed into an underwater mountain. The hit sent sailors crashing into walls and flying across the rooms. One map noted that there was a potential disaster several miles from the site of the crash, but the lack of precise charts undoubtedly played a major role in

the accident. In the area where the nuclear submarine is thought to have crashed, the maps were nearly nonexistent. We were shocked at (0) *the fact that to date, more than 85 percent of the seafloor has not been mapped using the modern methods.* Since 70 percent of the Earth is covered in oceans, this means that we don't know our own planet. A researcher at Stockholm University expressed his (1)

Therefore, a group of scientists were trying to change that. They hammered out an ambitious plan to map most of the world's seafloor by 2030. No one can deny (2) (2). It's also vital to understand where *tsunamis* (海啸) are likely to travel.

But the scientists faced tough challenges, including a lack of funding, which adds up to \$3 billion. Nobody has come up with (3) (3). Many projects are

nevertheless going forward, and some organisations are funding efforts.

Anyway, an agreement has been reached (4)

_____. In the past year and a half, governments, militaries and many companies are involved in the mapping. A company — the biggest of its kind — has mapped nearly 390,000 square miles of seafloor, an area the size of Egypt.

Notes

Governments have reached an agreement: more exploration is vital.

Section B Are you really familiar with "common cold"? Read the extracts and complete the tasks.

Task 1. Fill in the blanks to make the first FIVE extracts grammatically correct.

1. The term common cold is incorrect. Common implies it is a single ordinary virus (1) _____ is to blame for your runny nose and coughing. Actually, there are over 200 viruses that cause colds, each with its means of attacking your body.

2. As for the "cold", it's complicated. Scientists raised doubts (2) _____ low temperatures affect a virus's activities. However, they do hold the belief (3) _____ colds are more common in winter.

3. Breathing dry winter air dries out mucus, the thick liquid produced in the nose. When that happens, the body fights back by secreting more mucus to flow out the virus. So don't blame your runny nose due to the easily overlooked fact (4) _____ your own body is telling you it's fighting back!

4. We get colds more often than we might realise. Adults suffer an average of two to three each year, and some children get eight or more. They're costly too. A past colds decreased productivity by 26 %. Another survey estimated the total cost of lost productivity to be almost \$25 billion each year.

8 THINGS You didn't know about the common cold

5. Although your body needs rest, an excellent way (6) _____ your body can boost your immune system is with a bit of light exercise. A recent review uncovered a secret (7) _____ regular moderate-intensity exercise may help to prevent a cold.

6. We can't ignore ...

7. The fact/conclusion/idea surprises us ...

8. We can't deny ...



Task 2. Do some library work to check whether the following information about common cold is true (T) or false (F).

T F

1. You can support yourself upright with pillows instead of resting while lying flat on your back when catching a cold. It helps move the mucus along and make it easier for you to breathe.
2. A study showed that patients who rated their doctors with a higher score on an empathy questionnaire were sick one day longer than patients with less sensitive doctors.
3. The best cold medicine is free: rest. If you do ignore the symptoms and go about your normal routine, the cold can have an even more negative impact on your health — and your brain.
4. Chicken soup might really work and your mom's special recipe is the reason. Clear soup can't help because chicken soup is great for hydration — hot liquids, salt, and so on.
5. The cold virus can survive long outside the human body and pollute the surroundings where patients live. For example, people can get infected shortly after touching those infected surfaces.

Task 3. Choose three pieces of true information in Task 2. Reorganise the sentences in appositive clauses and fill them into the last THREE incomplete extracts.

6. We can't ignore _____

7. The fact/conclusion/idea

surprises us _____

8 THINGS

You didn't know
about the common cold

8. We can't deny _____

VOCABULARY FOCUS

Section A Read the passage about a study of Bronze Age bones and complete the blanks with proper words in the correct form with the given definitions in the brackets for reference.

Bronze Age Bones

A study published in *Science* took a look at over 100 early Bronze Age bones found in a burial site in southern Germany. The study (1) _____ (to make sth known to sb) the secrets of the complexity of social status and mobility during the Bronze Age. Researchers (2) _____ (to find the size, quantity, etc. of sth in standard units) the size of their teeth and looked at the items they were buried with. These methods enabled them to discover that wealth inequality could be (3) _____ (to find the origin or cause of sth) back to almost 4,000 years ago.



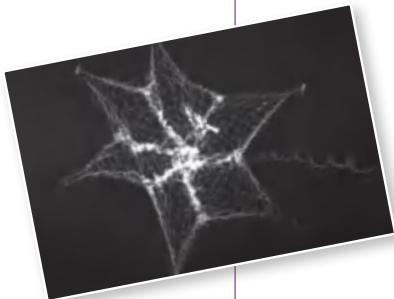
One (4) _____ (a person with special knowledge, skill or training in sth) in the study introduced that the researchers examined the bones of people found buried together on the same farm. Those who were related were buried with items that seemed to be passed down from generation to generation. Those who were unrelated were buried with nothing, which suggested that they were lower class. So they can (5) _____ (to say that sth will happen in the future) that in every household, individuals of very different status were living together. Their teeth also held a lot of (6) _____ (sth that is difficult to understand or to explain), so the research process of this part was much more complicated.

In the final (7) _____ (a stage in a process of change or development) of the study, the research gives us a better understanding of how our ancestors lived, specifically how they passed on wealth. Many archaeologists and (8) _____ (a person who studies or writes about history) involved in the study also believe that wealth was inherited, rather than achieved. They think that will have real impacts for research on inequality and will likely change our understanding of ancient Europe.

Section B In space, there is a magical web. Do you know what it is intended for? Read the passage and complete the tasks.

Task 1. Complete the passage by using the words/phrases in the box. Each word/phrase can only be used once. Note that there are two words/phrases more than you need.

be devoted to	concluded	construction	enormous
exploration	extremely	preserve	primitive
progressively	refer to	represent	target



A Giant Net in Space

There's now a giant net collecting garbage in space and it's as cool as it sounds.

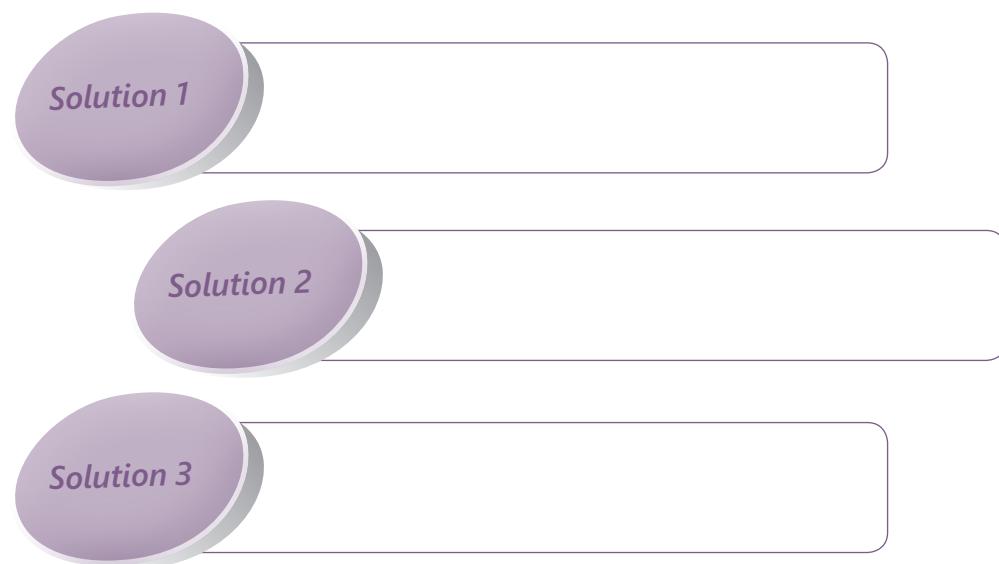
Planet Earth already has its plate full with challenges of how to reduce the amount of man-made wastes. Unfortunately, with the (1) _____ of outer space, our magical ability to make a mess isn't limited to this planet. "Space junk," which can (2) _____ debris, now is a growing problem in Earth's orbit. The debris is often left behind from rockets, satellites and other projects during the (3) _____ of the space program. When the debris accelerates to incredible speeds in our planet's orbit, you can hardly imagine how problematic just a small amount of space debris can be. So space junk poses a very real threat to the International Space Station, the Hubble Telescope and other projects to (4) _____ the research in space.

A huge amount of debris has (5) _____ been generated since the beginning of the space era. Most of the objects launched into space are still orbiting the Earth and today these objects and their by-products (6) _____ a threat both in space and on Earth. So, a British team just successfully tested a net that can be shot into space to capture floating debris. The incredible new project works by using 3D mapping to (7) _____ space debris and capture it.

But what's the point of capturing space junk if there's no way to bring it back in? Well, it is (8) _____ through the test that the captured debris will eventually fall into the Earth's atmosphere where it will burn

up. "We are absolutely delighted with the outcome of the net technology," said one of the professors from the British team. "While it might sound like a simple idea, the (9) _____ complexity of using a net in space to capture a piece of debris took many years of efforts — but there is more work to be done to (10) _____ outer space. These are very exciting times for us all."

Task 2. Explore more solutions to reducing or removing space debris and share your ideas with your classmates.

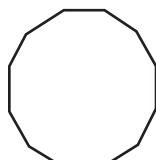
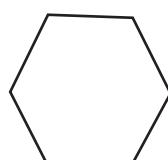
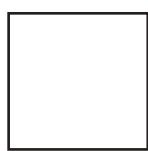
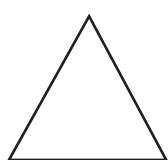


LISTENING AND VIEWING

Section A Listen to the conversations and choose the best answer to each of the questions. The conversations and the questions will be read only once.

- () 1. A. To have fun making crafts.
B. To explore the thrilling park.
C. To pack her things by hand.
D. To organise hands-on activities.

- () 2. A. B. C. D.



- () 3. A. Whether there exist aliens in space.
B. How radio waves pick up signals from space.
C. How aliens send signals through space.
D. When scientists can find the evidence of aliens.
- () 4. A. Visitors bought souvenirs of stones.
B. Scientists used laser technology.
C. Workmen broke off pieces of stones.
D. The government permitted removing stones.
- () 5. A. The complicated landscape may contribute to the mystery.
B. There is no explanation for the ship disappearance mystery.
C. Unpredictable storm waves are a possible cause for the ships' disappearance.
D. Recent studies have almost revealed the convincing cause.



Section B Death Valley is North America's driest and hottest spot and has the lowest area of land on the continent. Listen to a passage about it and complete the tasks.

Task 1. Before listening, guess why people name this place "Death Valley".

Task 2. Complete the notes.



Landscape

- ✓ Mountains over 3000 metres into the sky
- ✓ Badwater, (1) _____ of land in the Western Hemisphere
86 meters (2) _____ if there were water there

Climate

- ✓ In winter, (3) _____
Storms leading to (4) _____
- ✓ In summer, the temperature of (5) _____ as high as 74°C

The Origin of Its Name

- ✓ When and who: (6) _____
- ✓ Why: People suffering from (7) _____
To survive, (8) _____

Task 3. Some scientific research shows that Death Valley is actually full of life. Do you believe it or not? Find more information about it by doing some library work with your classmates.

 **Section C** The ancient Egyptian civilisation flourished for thousands of years. Watch the video clip about ancient Egypt and complete the tasks.

Word Bank

might /maɪt/ *n.* 强大力量，威力
astronomy /ə'strɒnəmɪ/ *n.* 天文学
irrigation /,ɪrɪ'geɪʃn/ *n.* 灌溉
flourish /'flʌrɪʃ/ *v.* 繁荣；处于旺盛时期
inscribe /ɪn'skraɪb/ *v.* 题写；雕

Task 1. What is the construction in the picture? What is mysterious about it?

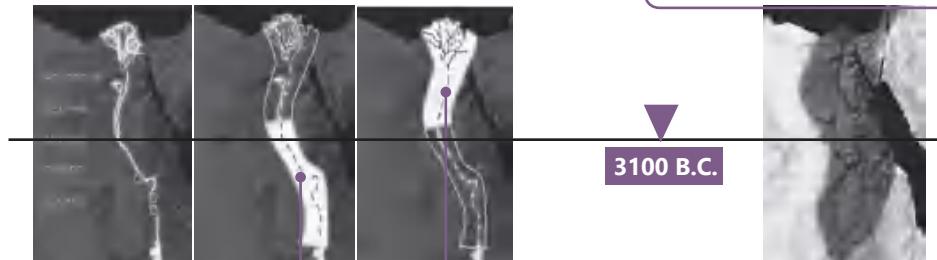


Task 2. Fill in the blanks with no more than three words.

The Development of Ancient Egypt

It consisted of (1) _____, (2) _____ city-states, divided into two regions A and B.





A. (3) _____ Egypt

B. (4) _____ Egypt

The two halves
(5) _____, creating
one Egyptian state.

Two Examples of Innovative and Cultural Might of Egyptians



Measurement mathematics

- to measure with number, e.g. "cubit", used to (6) _____;
- to measure time, e.g. (7) _____, the first dating system;
- to measure land, e.g. contributing to the construction of (8) _____ and irrigation system.

(9) _____

- developed around 3150 B.C.;
- used to inscribe on monuments and pottery;
- serving a(n) (10) _____ purpose.

Task 3. Suppose you are a docent (讲解员) in Shanghai Museum. Introduce the Egyptian culture to visitors based on Task 2.

READING AND VIEWING

Section A Have you ever seen the aurora borealis, or the Northern Lights? Read the passage about a mystery surrounding the Lights. Choose the best word/phrase for each blank.

Northern Sounds

It was late one evening in the remote village of Saariselkä in northern Finland. Unto Laine and his friends were at a jazz festival and decided to go outside to watch the aurora borealis and listen to the (1) _____. They wanted to hear how quiet it could be with no traffic, no wind and everyone asleep.



But to their surprise, the silence wasn't total. The group became aware of a(n) (2) _____ background sound, a sort of hissing that seemed to change with the movements of the aurora.

Laine forgot about the sound until he revisited the jazz festival years later. He once again found himself (3) _____ by the mysterious sound.

Laine studies psychoacoustics — the science of sound and how we perceive it. He has now spent much of the past 20 years fighting to prove that the Northern Lights aren't simply a feast for the eyes; there is (4) _____ for the ears as well.

Most aurora watchers never hear anything. Sounds are lost in background noise, like traffic and people talking and taking pictures. Few (5) _____ to watch in perfect silence as Laine's group did.

But some clearly had. Laine found a long history of (6) _____ of auroral sounds from people in northerly *latitudes* (纬度). A list edited in 1931 (7) _____ one listener hearing "a very curious faint whistling sound"; another compared auroral sounds to "a flock of birds flying close to one's head". However, every attempt to record or observe that sound with technical equipment had been (8) _____, and there was no known mechanism that could explain the sound that people reported.

That led some to suggest that the sound was an illusion caused by seeing the aurora. Laine, however, believed scientists should not

(9) _____ the observations simply because they were hard to explain.

"What if those people are right?" asks Laine. "Instead of (10) _____ the observers for making errors, shouldn't we scientists study this phenomenon and solve the mystery?" It took Laine ten years to (11) _____ his first recording of auroral sounds. For those who had taken auroral sounds seriously, Laine's recordings contained a surprise. Many had believed that the noises came from ground objects. (12) _____, Laine's findings suggested the sounds were coming from the air itself, from an *altitude* (海拔) of less than 100 metres.

So why do these auroral sounds arise? Laine believes their origin (13) _____ a phenomenon known as corona discharge, similar to the process responsible for the sound accompanying a *static shock* (静电冲击). But not everybody is (14) _____. Most scientists still ignore auroral sound. However, Laine is delighted at the progress towards proving the truthfulness of all those reports (15) _____ dismissed as illusory. "A new page has turned in this long history," he says. "Those who made valid observations of these sounds can now be proud."

- | | | | | |
|--------|-------------------|---------------|-----------------|---------------|
| () | 1. A. echo | B. light | C. silence | D. music |
| () | 2. A. faint | B. typical | C. artificial | D. imaginary |
| () | 3. A. frightened | B. disturbed | C. annoyed | D. puzzled |
| () | 4. A. motivation | | B. appreciation | |
| | C. enjoyment | | D. improvement | |
| () | 5. A. claim | B. propose | C. offer | D. seek |
| () | 6. A. accounts | | B. imaginations | |
| | C. illustrations | | D. analyses | |
| () | 7. A. reviews | B. quotes | C. presents | D. witnesses |
| () | 8. A. aimless | B. worthless | C. effortless | D. fruitless |
| () | 9. A. twist | B. dismiss | C. exclude | D. restrict |
| () | 10. A. punishing | B. tolerating | C. blaming | D. rejecting |
| () | 11. A. capture | B. revise | C. clarify | D. publicize |
| () | 12. A. Instead | B. Therefore | C. Furthermore | D. However |
| () | 13. A. comes with | B. points out | C. lies in | D. refers to |
| () | 14. A. satisfied | B. convinced | C. influenced | D. encouraged |
| () | 15. A. completely | | B. temporarily | |
| | C. previously | | D. publicly | |

Section B Do you think robots will help us or kill us in the coming decades? Read the passage and complete the tasks.

AI: Kill Us All or Help Us Out?

With the ever-growing and developing technology of our age, we've all asked ourselves the question: will artificial intelligence (AI) end up helping or getting rid of us completely in the coming decades?

While to some the latter may seem like the product of a *paranoid* (类偏执狂的) person's mind, scientists aren't underestimating the possibility. In fact, many agree it could be our future. They believe it's very possible that the human race will either be extinct by 2050 or last forever.

Some regard AI in a positive light. The view that it could help the disabled, lengthen human life and even prevent death is widely accepted. It is also generally accepted that it may enrich and entertain human beings' life and improve their life quality. Some emphasise a new AI tool called HEALER's ability to find cures for infectious diseases. HEALER is helping to spread information by targeting health-oriented community influencers so that public health awareness can be increased. Essentially, HEALER uses AI to start a word-of-mouth domino effect. If the influencer understands more about the spread of infectious diseases, then the influencer can tell 10 people, who can tell another 10 people, and so on. HEALER hopes to launch on a global scale, allowing this AI to keep effecting social change and promoting public health awareness worldwide.

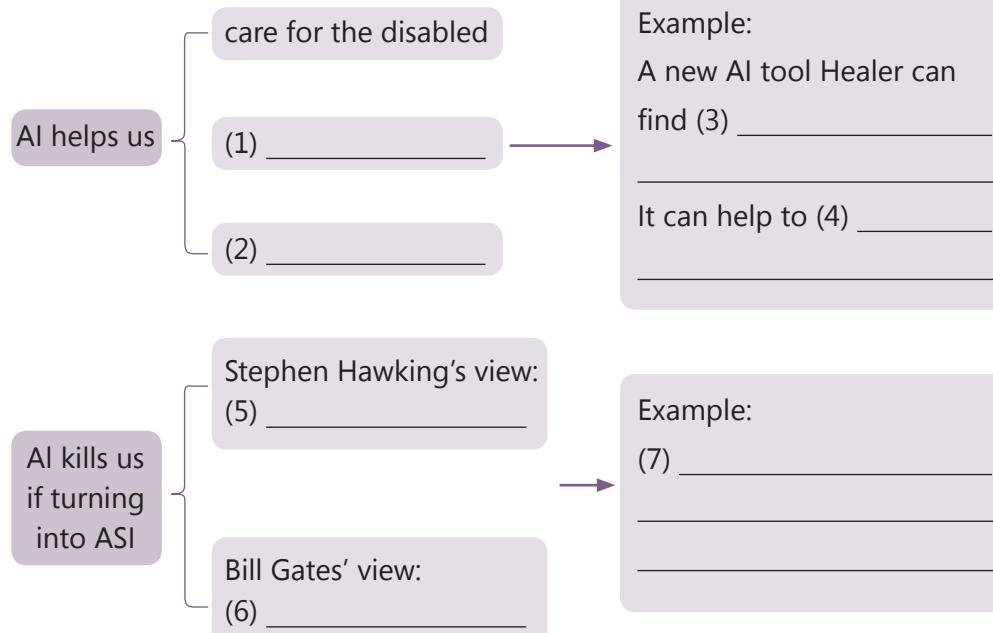
Other researchers aren't so optimistic. Some scientists theorise that artificial super-intelligence (ASI) will become the next stage of AI, which not only recreates human intelligence, but surpasses it, solving every problem we face. Physicist Stephen Hawking said ASI could cause the end of the human race, and Bill Gates adds he doesn't understand some people's indifference to ASI's growing capabilities. When ASI is used in the form of autonomous weapons, which can search, identify and attack the target independently, it's pretty worrying knowing there's a chance that it may decide to wipe us all out, having become smarter than us.

However, if some people think robots might take over the world, or if



machines really are learning to predict everything we do, then why would anyone work on advancing ASI at all?

Task 1. Complete the mind map of the passage.



Task 2. Read more about the application of AI in daily life and complete the table.

Erica, the humanoid robot "with a soul", can't move her arms, but can strike up a conversation with familiar faces in a room. Her mastery of vocabulary, unprepared conversation, and even reading have readied her for replacing a human news host on live television. Erica will use her artificial intelligence capabilities to read the news and offer comments. What's more, using her audio processing, sensors, and facial recognition software, Erica can ascertain who in a room is speaking to her and direct a persuasive response to them directly. In the future, we will have a robot which can think and act and do everything completely on its own.

(8) Summarise this reading material so that it can be used as an example in the passage above.



(9) Where is the most suitable place for the example? Why?



(10) Do library work to find more examples of AI's application in different aspects of our daily life.

Task 3. Translate the last paragraph of the passage into Chinese and provide your answer to the last question.

However, if some people think robots might take over the world, or if machines really are learning to predict everything we do, then why would anyone work on advancing ASI at all?

Translation:

My Answer:





INTEGRATED TASKS

Section A On May 29, 1953, two people reached the top of Mount Qomolangma. On May 14, 2018, the first Chinese with physical disability conquered the mountain. Try to help the *English Post* to translate the report into English using the words/phrases below.

not until attempt (n.) devote be inferior to recognise ... as

被称为“雪之故乡”的珠穆朗玛峰位于中国和尼泊尔边境，高度达29,035英尺（约为8,848米），是世界上最高的山峰。然而直到1852年，它才被世人视为是地表上的最高点。固定在珠穆朗玛峰的全球定位仪器显示：珠峰每年向东北方向移动几英寸，并且每年略有增高。

登顶珠峰一直是登山爱好者的梦想和目标。70岁的夏伯渝是全中国第一个成功登顶的双腿截肢者。在2018年，他荣获“感动中国奖”。但是他的成功却来之不易。经过四次失败之后，他依然在攻克这座山峰中投入了大量的精力和热情。他曾说道：“即便我失去了双腿，我并不认为我不如他人。我和命运做抗争，挑战自我”。他的征程还在继续着，正在计划着爬上世界七大洲的峰顶，去南极和北极探险。

Located on the border of China and Nepal, Mount Qomolangma, known as “the Hometown of Snow”, is the highest mountain in the world, reaching a height of 29,035 feet (8,848 metres). _____.

_____. Global positioning instruments fixed on Qomolangma since the late 1990s amaze people with the finding that _____.

Reaching the summit of Mount Qomolangma has always been a dream and a goal for mountaineering enthusiasts. Xia Boyu, 70, the first Chinese double amputee to reach the summit of Mount Qomolangma, was awarded the Touching China Awards in 2018. But his success didn't come easy. _____.

_____. His journey still continues. He is planning to climb peaks on all seven continents and explore the South and North Poles.

Section B Listen to the passage about a science project in New Guinea and complete the tasks.



Task 1. Complete the notes.

Geographical Features of New Guinea

Location: On the edge of (1) _____

Landscape: A tropical island with many (2) _____

The Problem Facing the Jungle of New Guinea

The jungle has an uncertain future because (3) _____

Scientists' Work in New Guinea

They have witnessed (4) _____,

explored (5) _____ and discovered

(6) _____.

Task 2. Listen again and complete the mind map.

They have set an ambitious goal
that (1) _____
_____.

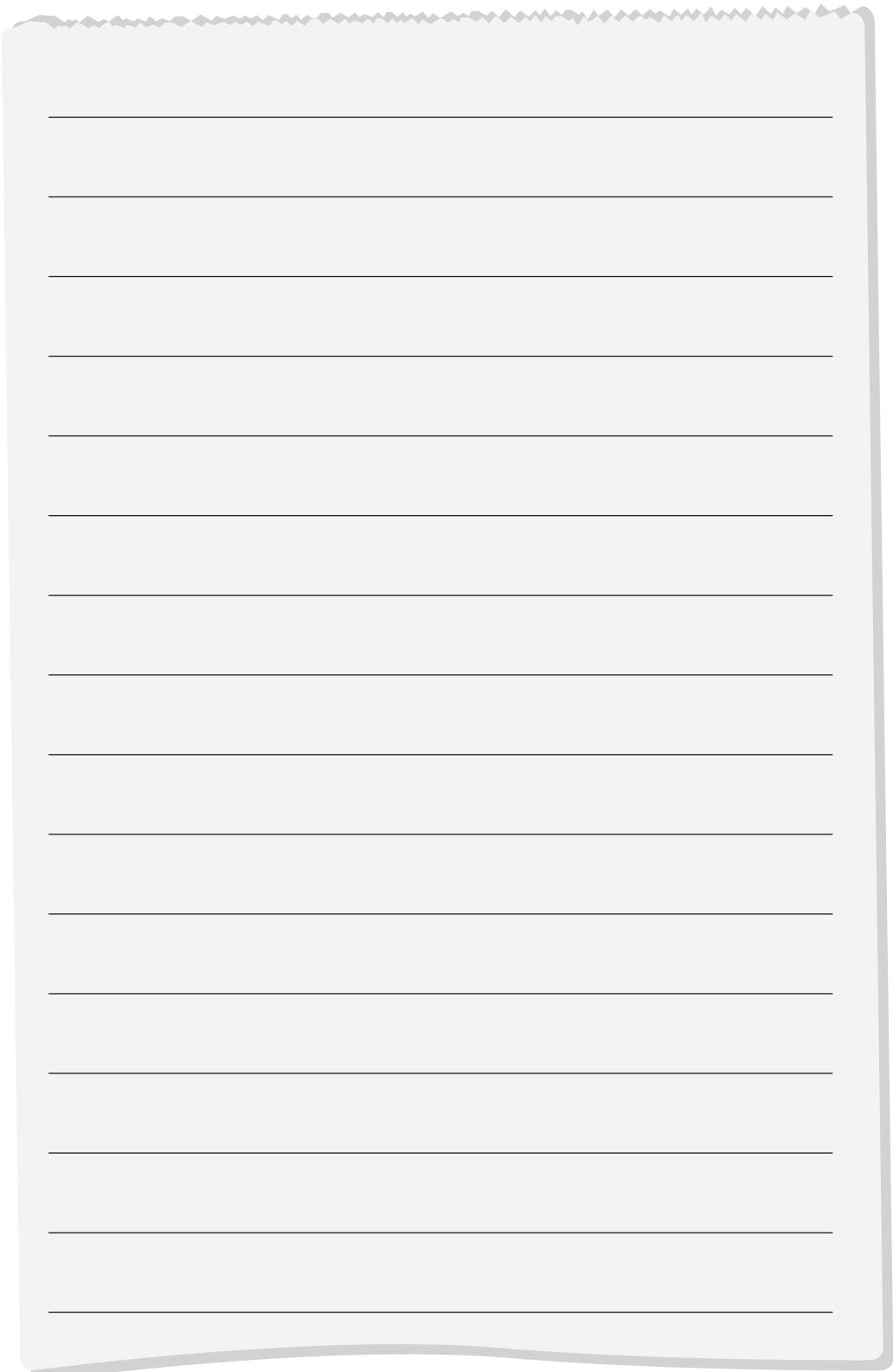
The goal isn't just for the sake of
science. It comes from the idea
that (2) _____
_____.

Goals of Scientists' Work

George McGavin believes that
if they tell everybody the jungle
is a very rich area, there is still a
chance that (3) _____
_____.

George McGavin hopes that they
will find some new species to
keep people aware of the fact
that (4) _____
_____.

□ Task 3. Write a summary of about 60 words of the passage based on your answers to the two tasks above. Your summary should include: (1) the geographical features of New Guinea, (2) the problem facing its jungle, (3) scientists' work there, and (4) the goals of their work.



The writing area is a large rectangle with a decorative scalloped border at the top and bottom. It contains ten horizontal lines for handwriting practice.

Extended Reading

Notes



Denisova cave

Pre-reading question:

In your opinion, what might make a cave attractive to archaeologists?

Inside Archaeology's Most Exciting Cave

After years of waiting, we are now getting our first glimpse of the Denisova cave. An international team of researchers published two papers that not only give us a better understanding of who lived there and when, and but also reveal some of the objects those residents made.

Denisova cave lies in the Altai mountains of southern Siberia. The place is "almost magical", with its Alpine-like scenery, wild horses and soaring eagles. Lying at the heart of a large river valley, the cave was attractive to Stone Age humans. The new research concludes that Denisovans and Neanderthals both lived there at various points over the past 300,000 years. Our species, *Homo sapiens*, probably occupied the cave within the past 50,000 years.

Archaeologists have been working there for about 40 years. Over the years, they have *excavated*^① several metres of sand and dirt from two of the cave's three chambers. In the process, they have discovered thousands of artefacts, says Richard Roberts at the University of Wollongong, Australia. He also says it is often extremely difficult to work out the age of dirt layers in caves. "You don't have nice and simple layers one after the next, with nothing happening afterwards. Things happen in caves."

Most obviously, animals including *hyenas*^② moved into the cave whenever it was abandoned by humans. In the process of digging their dens, the hyenas mixed up some of the dirt layers in a few sections of the main and east chambers. Complicating things further, there are some significant time gaps in the sequence. For instance, the researchers found

① v. to dig in the ground to look for old buildings or objects that have been buried for a long time

② n. a wild animal like a dog, that eats the meat of animals that are already dead

that a 60,000 to 70,000-year-old layer lies directly beneath a layer that is no more than 44,000 years old. That is particularly unfortunate because some of the most noteworthy finds from the cave come from layers of dirt that lie very close to this time gap, making it difficult to be sure how old they are.

Fortunately, archaeologists could still work out the age of an artefact by using optical dating on sand grains immediately around it. Sand grains are now routinely collected alongside all the finds. The archaeologists have also unearthed rings, beads and bone sewing needles. These artefacts may be the oldest of their kind in Eurasia.

But which human inhabitants of the cave made them?

It is certainly possible that the bone artefacts recovered from Denisova cave were produced by the Denisovans, says Roberts. "The Denisovans did persist at the cave until quite recently — certainly recently enough that they could have made some of those artefacts," he says.

If so, the finds give us a first glimpse of how the Denisovans lived and behaved. Take the curious rows of dots carved into some of the needles. "It's terribly difficult to work out what they mean, but they could be marks of ownership or just purely decorative," says Thomas Higham at the University of Oxford.

The best way to establish the probable identity of the craftspeople at the cave is to find *fragments*^③ of bone or human genetic material in the layers that hold the artefacts. But the chances of discovering those in just the right layers is relatively low. Instead, scientists are pinning their hopes on new techniques that *extract*^④ human DNA from samples of dirt even if no fragments of bone are present.

Who were the Denisovans?

Almost a decade ago, researchers sequenced DNA from an ancient bone fragment found in the Denisova cave to reveal that it belonged to a woman from an entirely new group of humans — now known as the Denisovans. These humans lived in Stone Age Eurasia alongside our species and the Neanderthals.

③ n. a small part of sth that has broken off or comes from sth larger

④ v. to remove or obtain a substance from sth, for example by using an industrial or a chemical process

Food for thought

1. Why is Denisova cave described as "archaeology's most exciting cave" in the title? Underline your clues in the passage.

2. Below is a part of the transcript of an interview between Li Ming (M), a correspondent of your school newspaper, and Richard Roberts (R), one of the scientists working at the Denisovan cave. Complete it according to the information in the passage.

M: How did you and other scientists work out the age of the artefacts found in the Denisova cave?

R: Usually we can know the age of an artefact by working out the age of the (1) _____ in caves. But that is no easy job. You don't have nice and simple layers one after the next, with nothing happening afterwards. Things happen in caves. To take the Denisova Cave. (2) _____

_____. To make matters worse, (3) _____.

M: Does that mean we can never know the age of some of the artefacts? Was there a way around it?

R: Yes. We were able to date some of the artefacts by (4) _____
_____. So it has become a routine to (5) _____.

M: That sounds a lot of work! But the technology is amazing. Here is another question. Have you been able to identify who made those artefacts? Did the Denisovans make them?

R: Probably. (6) _____
_____.

M: So there's no way to know for sure?

R: Ideally, if (7) _____
_____, then we can know for sure who were the craftspeople, but the chances of that happening is low. An alternative is to (8) _____
_____.



Challenge

The Denisovans are considered a group of mysterious people. What do archaeologists know about them? Do some library work and write a report to introduce the Denisovans. Share your report with your classmates.

Protecting the Environment

 GRAMMAR IN USE

Section A How will you feel if you meet a polar bear at an airport or outside your home? Read and complete the conversation.

Mary: Jack, have you heard the news that bears appeared and even passed by the terminal at the airport in Arviat, an Inuit town?

Jack: Yes, it (1) _____ happen nowadays when the bears move northward to the high Arctic.

Mary: But we have never heard such news in the past years. How can that be?

Jack: Actually, it was not until recently (2) _____ such accidents occurred. By the time the bears reach Arviat, most should have already been on the bay, hunting seals.

Mary: What is happening now? What's wrong?

Jack: It is because the climate has warmed recently and the ice freezes later (3) _____ the bears hug the coast and their new route runs straight through Arviat.

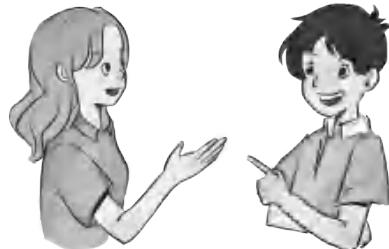
Mary: People must be frightened.

Jack: Yes! The unexpected visitors (4) _____ frighten people almost to death.

Jack: What's people's reaction to the frightening bears? People dare not walk around after dark any more. Some even don't walk around in the daytime. Rarely (5) _____ children play outside, and when they do, their parents order them to stay within "running distance" of the house.

Mary: Has the government taken any action?

Jack: It is said (6) _____ the government is taking some measures to scare them off.



- Section B** Wildfires ruined forests and the smoke can cause health problems. Read the passage and change the underlined sentences into emphatic or inverted structures.

Wildfire Smoke and Health

My grandmother lived in Montana, USA. (1) Last August when the wildfires were still burning, I got a call from her. She heard we had air purifiers that could help with smoke. She needed one for the baby's room. Small filters — ones that could clean a bedroom of up to 75 square feet — cost about \$70 each. The next day, the wildfire that had been burning for weeks in the National Forest moved closer to her neighborhood. (2) We had never seen so many wildfires so close to home for so many weeks.

Last year was annoyed by wildfires around the country. The fire that struck Northern California alone killed 44 people and caused more than \$9 billion in damage. (3) But this isn't just a recent problem, and it doesn't only happen to the West. Wildfires hit 49 states in 2017. More than 9 million acres burned nationwide. All communities around have been affected. Sometimes, such long-distance smoke merely creates a haze on the horizon. Other times, it lands in full force, exposing new areas to potentially dangerous levels of *particulate* (微粒).

(4) The pollutant is so tiny that it can enter your bloodstream when you breathe it in — that makes smoke so dangerous. It causes reduced lung functions. Researchers found that when the concentration of particulates rose by just ten micrograms per cubic meter, the chances that a person would die during the 12 years increased by 7.3 percent. (5) The elderly, people with heart or lung disease, pregnant women and children are most at risk. The more you're exposed to it, the worse it is for you.

VOCABULARY FOCUS

Section A *Bye Bye Plastic Bags* is a young people's movement to say NO to plastic bags. Read the passage and replace the underlined parts with the words/phrases you have learned in this unit.

Bye Bye Plastic Bags

We have many beautiful beaches and nice fields and mountains you can hike up in the world. But this world also has a huge waste disposal problem and we are (1) falling down and drowning in our own waste. *Bye Bye Plastic Bags* is a movement powered by youth around the world to say NO to the (2) bad guys — plastic bags. Their mission is to empower people to do what is right through education.



In one of the villages they raise awareness and encourage the shop-owners not to (3) offer plastic bags to their customers. They provide alternative and reusable bags. They are proud to share that this action leads to an average of 60% reduction of the single used plastic bag. More and more people take their own bags for shopping, too. For this win-win situation, they have done a lot during the whole (4) course.

Education Booklet

As young change makers, they are strong believers that real change happens in the classroom. To actively (5) make the students take part in this movement, they created an environmental and educational booklet. They want youth to learn about the poison (6) given off from the plastic bags. We believe that the youth will lead towards a sustainable and green future.

River BOOMs

River BOOMs collect plastic waste that would otherwise flow into the ocean or get stuck on the coastline. Our River BOOM programme is (7) very important to the reduction of plastic bags and also unique because we encourage students to DIY (Do It Yourself) the creation of their BOOM from recycled materials.

One Island One Voice

There are a lot of organisations, shops, restaurants, and individuals who are committed to reducing (8) the large amount of waste on the island and solve the plastic problem with us. We are stronger together!

(1) _____ (2) _____

(3) _____ (4) _____

(5) _____ (6) _____

(7) _____ (8) _____

Section B There is a company which has created wonders both in production scale and environmental protection. Read the passage and complete the tasks.

Task 1. Complete the passage by using the words/phrases in the box. Each word/phrase can only be used once. Note that there are two words/phrases more than you need.

alternative	apparently	atmosphere	block
estimated	eventually	make up	present
productive	serve as	sustainable	widespread



The Magic of the Company

This is a well-known toy company which is all about building things with bricks. It has come a long way from a small local carpenter's workshop to a modern, global enterprise that is now one of the most

(1) _____ manufacturers of toys touching every corner of the world.

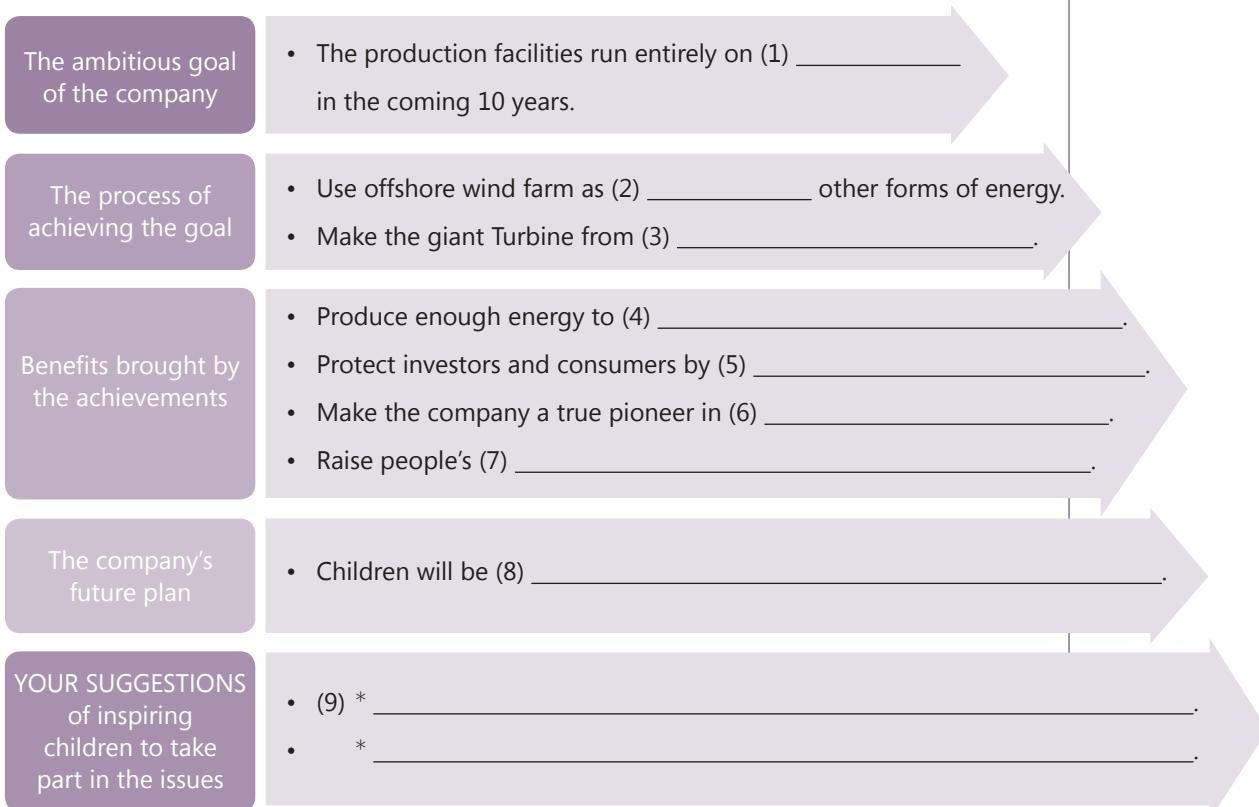
The magic of this company lies in the bricks which (2) _____ all kinds of products. A few years ago, it set an ambitious goal of making its production facilities run entirely on renewable energy in the coming 10 years. And they (3) _____ reached the goal three years early. After all, the company is no joke. It has brought about \$2 billion in annual sales and remains a major influence in culture across generations besides its (4) _____ capacity.

"How can we develop so fast? We (5) _____ the guardians of the planet.", CEO of the company explained in a statement. This toy

company was able to reach its timeline thanks to the completion of a 258-megawatt (兆瓦特) offshore wind farm in the Irish Sea, which is a perfect (6) _____ to other forms of energy because of its energy saving, clean environmental protection. And as if that isn't cool enough, the giant *turbine* (涡轮发动机) is made entirely from exact 146,000 plastic brick pieces. The Irish Sea is also now home to the world's largest offshore wind farm which produces enough energy to power a(n) (7) _____ 590,000 residential homes. And this shifting toward renewable energy is also (8) _____ good for business, helping to protect investors and consumers from often unstable price shifts in traditional energy sectors that rely on cost, production and reliability. All of these have made the company a true pioneer in (9) _____ development and all the benefits brought by the environmental protection concept of the toy company have in turn raised people's environmental awareness.

"We see children as our role models and as we take action and (10) _____ a better company to consumers in reducing our environmental impact, we will also continue to work to inspire children around the world to involve them in environmental and social issues." the CEO said.

Task 2. Complete the mind map of the passage. Use the words/phrases in this unit if necessary.



LISTENING AND VIEWING

 **Section A** Children play an important role in protecting the environment, but what is the public's attitude towards climate education? Listen to the interview and complete the tasks.

Task 1. Listen to the first part of the interview and complete the notes.

Purpose of the Survey

To find out whether people are (1) _____ and talking to children about global warming.

Results of the Survey

- (2) _____ of people do support teaching children about climate change.
- Two-thirds don't think it necessary to ask for parents' (3) _____.
- A little (4) _____ of teachers say they don't teach climate change in their classes.

Challenges and Problems

- Two-thirds of teachers say it's not their (5) _____.
- Teachers are (6) _____.
- Almost one-third of teachers (7) _____.

Task 2. Listen to the second part of the interview and answer the questions.

1. Why is climate change a sensitive topic for some families?

2. In the survey, what did Michael find about parents teaching children climate change?

 **Section B** Many of the world's iconic buildings are upgraded for energy efficiency. Listen to the lecture and complete the tasks.

Task 1. Match the buildings to their present situations.



Empire State Building

- a. A 5,000-square-foot rooftop farm was built.



Fenway Park

- b. Over 100 square feet of solar panels were fixed on the pavilion roof.



Eiffel Tower

- c. Lights are replaced with LEDs.



Sydney Opera House

- d. A gas-filled film was added.

□ Task 2. Listen to the main part of the lecture again and complete the summary.

The Empire State Building features the superwindows which can (1) _____ by more than half.

Besides, (2) _____ is characteristic of Fenway Park where (3) _____ is grown.

What's more, Eiffel Tower Building is updated to get enough power for half the hot water.

Lastly, the Sydney Opera House management turns to (4) _____ whose types grow from two to eight. Food waste is targeted, some of which is sent to (5) _____.

▶ **Section C** Forests cover about 30% of the planet, but they are facing serious problems. Watch the video clip and complete the tasks.

Word Bank

fuel /'fju:əl/ v. 使加剧

diminish /dɪ'mіnɪʃ/ v. 使减少

livestock /'laɪvstɒk/ n. 牲畜, 家畜

dwelling /'dwelɪŋ/ n. 住处, 寓所

urban sprawl 城市扩张

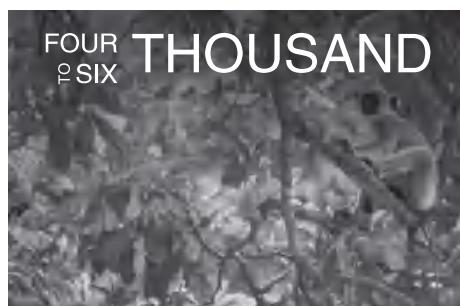
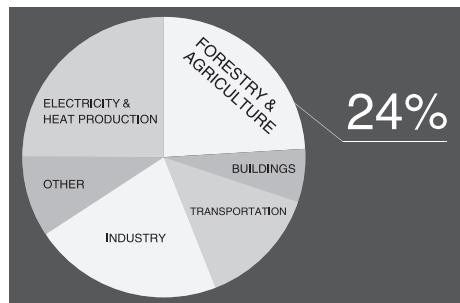
Task 1. Before watching, what problem do you think the picture reflects?



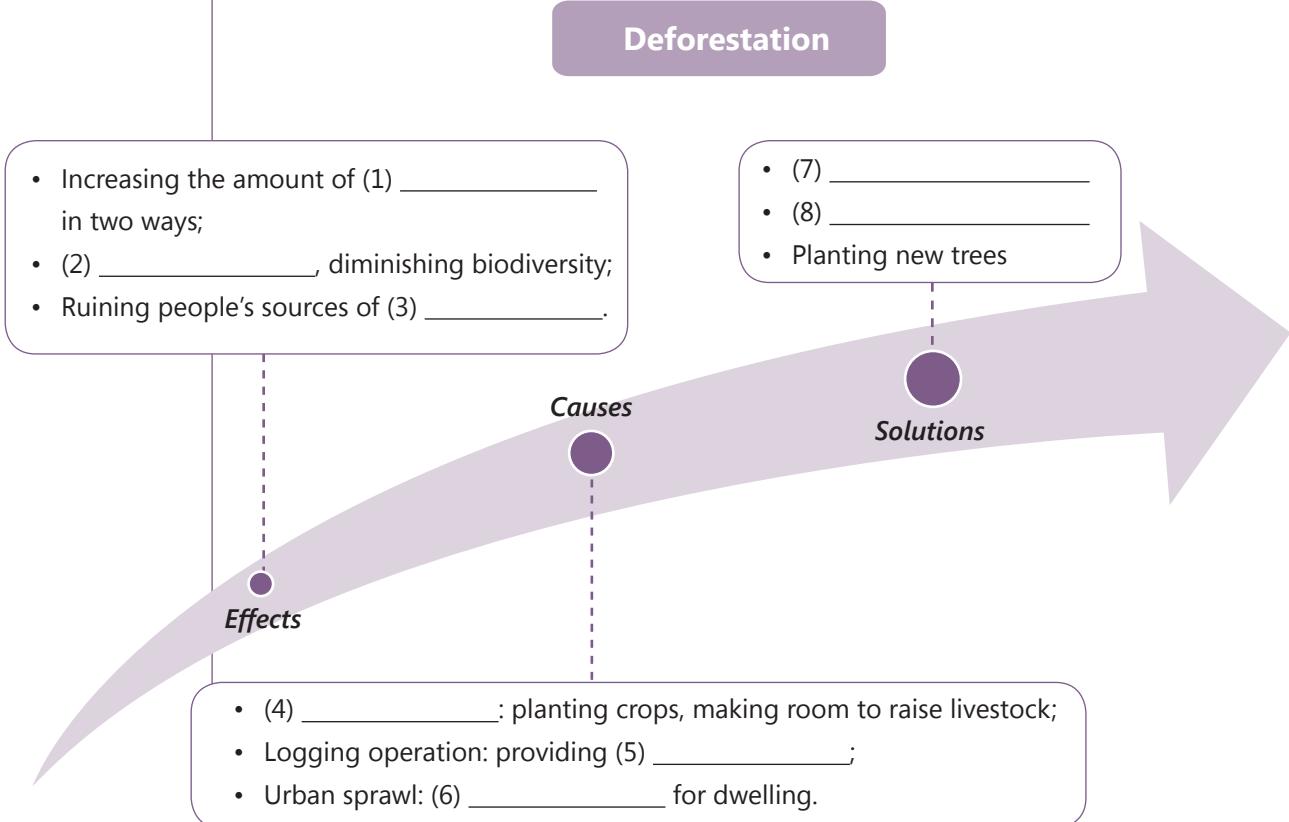
Task 2. State what the figures in the video clip mean and write one sentence for each. One example is given.



Forests cover about 30% of the planet.



Task 3. Watch the video clip again and complete the mind map.



leaf READING AND VIEWING

Section A Read the passage to know more about plastic pollution. Fill in each blank with a proper sentence given in the box. Each sentence can be used only once. Note that there are two more sentences than you need.

- A. Many plastic items can therefore be reused or used for different purposes.
- B. Natural disasters such as floods must be considered as other causes of plastic pollution as well.
- C. Bottles, pots and food trays are immediately obvious, but other types of plastic pollution can be harder to spot.
- D. How to solve plastic pollution?
- E. Because of the chemical additives used during plastic production, plastics also have potentially harmful effects on human health.
- F. Does plastic disappear when it breaks down?

What Is Plastic Pollution?

Plastic pollution is caused by the accumulation of plastic waste in the environment. It can be categorised in primary plastics, such as cigarette butts and bottle caps, or secondary plastics, resulting from the degradation of the primary ones.

But what are the causes of plastic pollution?

Negligence is the main cause. In fact, it is estimated that 80% of marine litter comes from land. This pollution comes mainly from household waste, which is poorly recycled, dumped in landfills or abandoned in nature. This waste is carried by the winds, pushed by the rains into sewers, streams, rivers, and finally in the oceans. (1) _____



This pollution can have harmful effects on the land and rivers by affecting wildlife and habitat. The most direct effect of plastic pollution is the imprisonment of animals in nets or large debris. It is a cause of large-scale death of marine mammals, turtles and birds. (2) _____
Indeed, exposure to toxic chemicals coming out of plastic can cause cancers, birth defects and other health problems.

(3) _____ Aside from cleaning up our oceans, the best way to address plastic pollution is to change our mindsets and habits with this controversial but nonetheless very useful material.

To efficiently reduce plastic pollution, there is an evident need of reducing our usage of plastic. It means changing our everyday behaviors and not using plastic when there is a better alternative to it and only using plastic when strictly necessary.

Plastic may cause pollution when poorly managed but it has lots of advantages too, such as being resistant. (4) _____ Before we throw plastic items, it is important to consider how they can be reused. Plastic recycling consists of collecting plastic waste and reprocessing it into new products, to reduce the amount of plastic in the waste stream.

- Section B** Most countries aren't hitting the 2030 climate goals. Read the passage about it and complete the tasks.

World Scientists' Warning of a Climate Emergency

The majority of the carbon emission reduction promises 2030 that 184 countries made under the Paris Agreement aren't nearly enough to keep global warming well below 2 degrees Celsius. Some countries won't realise their promise, and some of the world's largest carbon emitters will continue to increase their emissions.

This widespread failure to act on the existential threat posed by climate change has prompted more than 11,000 scientists from 153 countries to sign a "World Scientists' Warning of a Climate Emergency" declaration, which begins: "Scientists have a moral obligation to clearly warn humanity of any disastrous threat and 'tell it like it is'."

"Changing that future requires reaching the Paris Agreement climate target of well below 2 degree Celsius. Global emissions need to be halved by next decade and net-zero by mid-century."



— Energy economist Nebojsa Nakicenovic, former CEO of an international institute in Austria.



"Poorer nations cannot make deep emission cuts without the long-promised funding and technical support promised by the world's rich nations. Industrialized nations have largely caused the climate problem and must support less-developed countries. We need everyone on board to solve this problem."

— Bill Hare, climate scientist.

"Countries need to double even triple their 2030 reduction promise to match the Paris target. We have the technology and knowledge to make those emissions cuts, but what's missing are strong enough policies and regulations to make it happen."

— Robert Watson, former Chair of the Intergovernmental Panel on Climate Change.



"All countries need to step up, accept that global emissions must reach net zero by 2050 and take very large steps to make it happen."

— Niklas Höhne of the New Climate Institute in Germany.



"Leaders need to adopt new policies to close coal-fired power plants and promote renewable and carbon-free power sources."

— James McCarthy, professor of oceanography.

By 2030, the failure to reduce emissions will cost the world a minimum of \$2 billion per day in economic losses from weather events made worse by human-induced climate change. Moreover, weather events and patterns will hurt human health, livelihoods, food and water, as well as biodiversity.

Warnings



An Appeal



The 2030 climate goals to keep global warming well below 2 degrees Celsius

Task 1. Fill in the blanks based on the information from the passage.

Predicted Situation:

- (1) Some countries won't _____.
(2) Some large carbon emitters will _____.

Consequences:

- (3) _____ from weather events.
(4) The harm on _____ caused by weather events and patterns.

Scientists' Action:

- (5) _____.

Task 2. Answer the questions.

1. What is the purpose of the scientists' signing the declaration?

_____.

2. What do Robert Watson's and James McCarthy's views have in common?

_____.

3. Why is it difficult for poorer countries to lower the emissions according to Bill Hare?

_____.

Task 3. Launch an appeal to reduce carbon emissions. Write it down in the box in the passage, using the following sentence patterns if necessary.

- We call on ...
- We appeal to ...
- We sincerely hope that ...
- It's high time that ...
- We have strong expectations that ...

INTEGRATED TASKS

Section A Volunteers are preparing a leaflet for an international community in Shanghai on Health and Environment. Help them to translate it into English with the words/phrases given.

tend to

do harm to

release

estimate

widespread

Health and Environment

空气污染是全世界政府和人们非常头疼的一个问题。长期暴露在空气污染中一定会对你的身体健康有很大的危害，这一事实已经引发了人们的广泛关注。

这方面的最新消息涉及了全球620万例心脏病发作病例的数据。研究人员确实发现了高污染级别与心脏病风险之间的“明确关联”——空气污染水平越高，心脏病死亡数量越多。尽管该分析没有回答污染是如何导致心脏病发作的问题，但正是污染使得血管变窄，同时导致血压升高。

更为糟糕的是，有证据表明，空气污染还与生殖健康有关。尽管风险往往很小，但可能受到影响的人数却相当大。让我们尤为担忧的是还有一份最近发布的报告进一步证明，空气污染可能与精神健康状况有关。

Air pollution is a big headache for the government and people worldwide.

The latest news on this involves data on 6.2 million heart attacks cases worldwide.

Although the analysis didn't answer the question of how pollution causes heart attacks, it shows it is

To make matters worse, evidence shows air pollution is associated with negative reproductive health. Small

What worries us most is that a report released recently adds to evidence that air pollution may be linked to mental health conditions.

 **Section B** Air pollution can affect our mental health, too. Listen and complete the tasks.



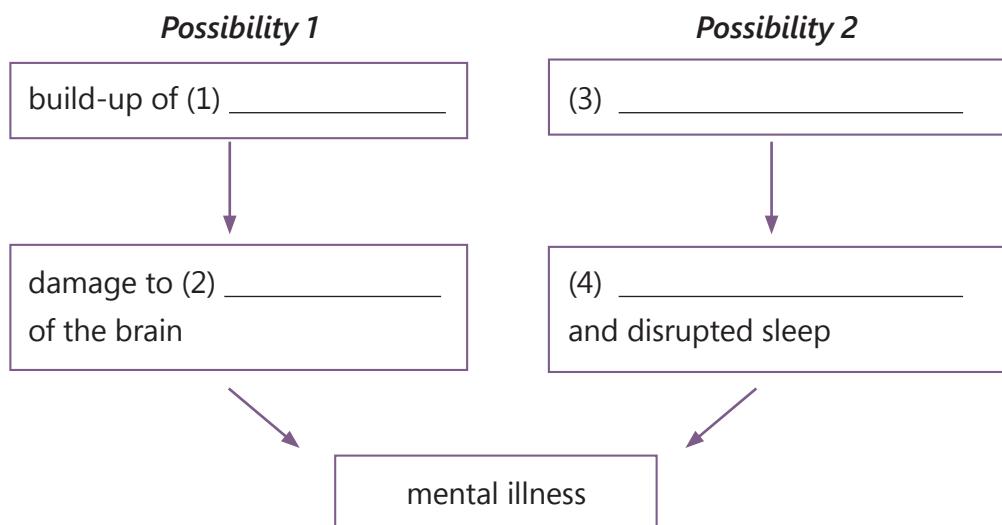
Task 1. Listen to the first part of the passage and answer the questions.

1. What question did researchers try to answer in their study?

2. In which areas in the UK were teenagers found more likely to have mental illness?

3. What were the symptoms of the mental illness that the researchers observed?

Task 2. Listen to the second part of the passage and complete the mind map with no more than three words.



Task 3. Give an oral presentation on the relationship between air pollution and mental health based on what you have heard. Do more library work if necessary.



Extended Reading



Pre-reading questions:

1. What do you know about carbon footprint?
2. In your opinion, what human activities have the most negative impact on the environment?

People Need Forcing to Become Greener

Politicians will have to consider making people eat less meat and fly less, because individuals won't voluntarily^① change their lifestyles enough to deliver their fair share of carbon emissions cuts.

That is the message from a four-year study of more than 300 European households on their attitudes and carbon footprints.

The study found that people were willing to make lifestyle changes to reduce emissions, but voluntary cuts would deliver only half of the 50 per cent emissions reductions that households worldwide will need to make to keep to the world's climate target.

For example, when it comes to transport, people choose incremental^② actions with a small impact on their carbon footprint, such as driving more efficiently, rather than stopping driving or reducing long-distance flights. Only 4 per cent of households would voluntarily give up their car.

Food and transport together accounted for more than 60 per cent of the participants' emissions, bigger than energy use and other consumption such as shopping. The results suggest strict government policy is needed to deal with cars, planes and meat-eating.

People are more resistant to changes in transport because it is closely tied to personal values, the study suggests. One German interviewee said he wanted to study or work abroad because it would look good on his CV. "It sounds better than saying: Oh well, yes, this guy is organic, he is climate-friendly, he decided to stay at home and not pollute the air," he said.

① *adv. willingly; without being forced*

② *adj. increasing gradually by regular degrees or additions*

(3) adj. tied or linked together

"We are entering territory that is very much taboo," says Benjamin Sovacool at the University of Sussex, UK, one of the paper's authors. "The things we may have to force to do are more entwined⁽³⁾ with identity. They are stickier, harder to change."

People were more willing to voluntarily change what they eat, according to the research, which saw households in France, Germany, Norway and Sweden take part in a series of interviews and games, and have their carbon footprints mapped. Eating less meat and more locally produced foods were among the most popular actions, although in some cases the latter can result in a net increase in emissions.

Ultimately, however, people aren't willing to change their lives enough without being forced to by the government. The authors stop short of advocating specific measures, such as a meat tax, which some have recommended.

Adam Corner of the Climate Outreach group in Oxford, UK, said the research is useful because it shines a light on which household behaviours have the most impact, and the fact people are reluctant to make changes that reduce emissions the most.

(4) adj. consisting of or involving two parts

Sovacool says we must all recognise we have a dual⁽⁴⁾ role to play in climate change. "Too often we are seen as the cause of the problem, or part of the solution. The truth is we are both."

Food for thought

1. Where do most of the participants' emissions come from?

2. What does the German interviewee's response imply about the mainstream values of our society?



Challenge

Suppose you are the head of the environmental club of your school. What proposals will you make for the students of your school to become greener? Write down your proposals and make a speech to your fellow students based on the proposals.

Notes



My Proposals

- Travel by public transportation as much as possible;
-
-
-



Revision

LISTENING COMPREHENSION

Section A Listen to the conversations and choose the best answer to each of the questions. The conversations and the questions will be read only once.

- () 1. A. In January.
C. In September.
B. In May.
D. In March.

() 2. A. Relieved.
C. Excited.
B. Stressful.
D. Mindful.

() 3. A. It cleans more air.
C. It serves a larger area.
B. It saves more space.
D. It has a stronger structure.

() 4. A. It was well-planned.
B. It was worth taking.
C. It was exhausting.
D. It was different from others.

() 5. A. It offers a new route for tourists.
B. It caters for tourists with eco-awareness.
C. It aims to attract family outing planners.
D. It involves more means of transportation.

() 6. A. They should stop working today.
B. They should have a short break.
C. They should update the numbers.
D. They should seek help from others.

() 7. A. It improves work efficiency.
B. It has physical curing effects.
C. It amuses her as magic does.
D. It enables her to focus for longer.

() 8. A. The man could make his point clear to his friends.
B. The man should spend more money treating his friends.
C. The man could travel to wonderful places with his friend.
D. The man should devote time to keeping his friend company.

() 9. A. The three friends will settle their problems themselves.
B. The three friends have just made a bet among each other.

- C. It is still early for the three friends to see each other now.
 - D. It is strange to see the friends separated from each other.
- () 10. A. Tom went down with a cold before the game.
B. It was usual that Tom was absent from the game.
C. The woman believed that Tom would escape the game.
D. The man guessed Tom got his feet hurt before the game.

Section B Listen to two passages and choose the best answer to each of the questions. The passages will be read twice, but the questions will be spoken only once.

Questions 11 through 13 are based on the following passage.

- () 11. A. They detect potential dangers of panic attack.
B. They work on the flight to guide the disabled.
C. They offer comfort by staying with the owner.
D. They provide treatment and medical assistance.
- () 12. A. It shows a licensed ESA is in good health.
B. It is issued by the US Department of Transportation.
C. It covers the details of the traveller's health problem.
D. It proves the necessity for people to board with an ESA.
- () 13. A. A new rule set for ESA travellers on flights.
B. Importance of ESAs in easing flight anxiety.
C. Difference between service animals and ESAs.
D. ESA travellers' emotional problems on flights.

Questions 14 through 16 are based on the following passage.

- () 14. A. An average person can have 150 friends at most.
B. An average person invites over 150 friends to a wedding.
C. An average person can have as many as 5 close friends to trust.
D. An average person contacts 12 to 15 friends every week.
- () 15. A. They have limited access to friends' updates.
B. They get pressure from their friends in real life.
C. They make virtual friends with their employers.
D. They may offend friends with what they post online.
- () 16. A. Teenagers' online friendship is superior to real life one.
B. Online friendship is of special importance for teenagers.
C. Teenagers have more social interaction with online friends.
D. A majority of teenagers prefer to make new friends online.

Section C Listen to the longer conversation and choose the best answer to the questions. The conversation will be read twice, but the questions will be spoken only once.

- () 17. A. Inside a pyramid. B. At a museum.
C. At a tourist centre. D. Beside a monument.
- () 18. A. They had steps and more pointed tops.
B. They were originally built in Giza City.
C. They had a small room inside for mummy.
D. They were the oldest type of tombs for pharaohs.
- () 19. A. Its tunnel was left to deliver tons of dirt.
B. Its tunnel led to the outside of the tomb.
C. The tomb was first put over with huge stones.
D. A small old-type tomb was first built underground.
- () 20. A. They made steps filled in with earth.
B. They piled the stones by machinery.
C. They got the help of slaves and aliens.
D. They rolled the stones up along slopes.

GRAMMAR

Read the passage and fill in the blanks to make it coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given words; for the other blanks, use one word that best fits each blank.

Here to Stay

Jing Beibei is in no hurry to get back to the office. The 37-year-old, who works in financial services in Beijing, (1) _____ (work) from home for almost a year. Doing so allows her to escape heavy traffic, wear casual clothes and avoid awkward conversations with visitors. Meetings take place via videoconferencing platform. It is (2) _____ all kinds of work that once took place in person from yoga classes to medical appointments can be completed online. Today employees only need to ask for permission (3) _____ (work) at home. The shift has been good for the planet. Videoconferencing uses less than a tenth the energy (4) _____ (require) for in-person meetings once travel and equipment are accounted for. The benefits for people, however, in terms of their mental health and relationships with colleagues, are

(5) _____ (clear). Some have come to enjoy interacting through screens (6) _____ others are exhausted by their colleagues' inability to master the mute button. No matter how people feel, virtual work is here to stay. The trick will be keeping the good parts and finding solutions to the problems. The first problem with video calls is that endless eye contact makes the experience more stressful still. Rarely (7) _____ people lock eyes for long during meetings in person. On video calls participants peer into their screens constantly and then wonder (8) _____ they feel as though everyone is staring at them. People speak 15% louder on video calls than they do in person, (9) _____ becomes exhausting. Videoconferencing also eliminates important nonverbal communication. People nod dramatically in an effort to send nonverbal cues in face-to-face meetings they send naturally. (10) _____ (delay) transmission, common when internet connections are spotty, makes communication harder still. That is tiring. In real life you can see your colleagues move restlessly as your presentation drags on. That is less obvious online. In a word, virtual meetings have proved a mixed blessing for human beings.

VOCABULARY

Read the passage and complete it by using the words in the box. Each choice can only be used once. Note that there is one word more than you need.

approve	abnormally	demonstrate	effectively
interference	labelled	quality	represent
separated	specific	threat	

The Sound of Chewing Food

My mom always likes to tell a story from my childhood, in which I was so focused on whatever I was doing at the time that I'd completely blocked out my surroundings. Mom claims she'd called my name several times with no response. But I clearly remembered being so (1) _____ from the outside that I really didn't hear her. This happened quite frequently back then.

I've carried this (2) _____ into adulthood, which can be pretty embarrassing when others are trying to catch my attention. Still, I'm fairly sure that if someone is eating and chewing nearby in a similar situation, I'll hear it and my blood gets boiled because I have misophonia, literally meaning "hatred of sound." The sound can be extremely painful, causing a(n) (3) _____ of breaking out.

The condition is defined as a very strong reaction to (4) _____ sounds, including chewing, licking, swallowing, breathing, pen-clicking and other annoying noises. Personally, I cannot stand hearing the former three. It makes me out of the ordinary. That's why they're (5) _____ as my "trigger sounds", which may cause all kinds of discontent.

While the condition does (6) _____ a mostly negative experience, as the sufferers are constantly crying in response to the mouth-breathers around them, some historians and scientists still (7) _____ that there may be one positive thing to come from it — misophonics would increase activity in the AIC, an area known to play a central role in the system that determines which things we should pay attention to. When the trigger sounds were played, there was not only more activity in this region but also (8) _____ high levels of connection to other regions.

Geniuses such as Charles Darwin and Marcel Proust were all said to have worn earplugs to avoid (9) _____, with the latter lining his bedroom with cork to block out sounds. So I would (10) _____ misophonics and manners-minded people everywhere: please, chew with your mouth closed.

READING COMPREHENSION

Section A Read the passage and choose the best word or phrase for each blank.

Food Out of Thin Air

A new report from the United Nations warns that extreme weather such as droughts and floods plus our own exploitation of natural resources might prevent the human race from being able to feed itself. (1) _____, terrible weather conditions are threatening to shrink our

global food supply. The report also shows we are losing soil between 10 and 100 times faster than soil is (2) _____. Beyond simply reducing emissions, some scientists believe it might be (3) _____ to literally suck carbon dioxide from the atmosphere. But here's an even crazier-sounding idea: What if we could turn carbon dioxide into food and eat it? One start-up company Solar Foods in Finland is ready if the day ever comes when we finally consume all of our resources (4) _____ a new protein powder they've created. The company pulls carbon dioxide from the atmosphere by using carbon capture technology. It is quite (5) _____ to beer brewing, yet it requires a special reactor to trigger the fermentation process. The finished result is a white, powdery, high-protein substance known as Solein.

Solein sounds like the food of the future that we've seen in science fiction movies. Think of it like the flour you have in your kitchen. It can be (6) _____ other foods. Burgers, pastas, smoothies ... the possibilities are endless. This year, they're developing a new process to transform CO₂ into protein powder. The end product is (7) _____ with essential vitamins and minerals, and contains over 50 percent more protein than many other non-animal-based proteins. It can even be used to (8) _____ protein in current foods without making it taste any different, just in case the idea of eating raw protein powder sounds unappealing. Solar Foods claims Solein is the "most environmentally friendly food there is," and it might (9) _____ those claims. Since Solein is literally pulled out of thin air, it doesn't exhaust natural resources. The carbon-neutral process also doesn't have the same (10) _____ as agriculture. It can be produced anywhere on earth and even in space, independent from weather and irrigation. And while certain crops can only grow in certain environments, air is everywhere. According to Solar Foods CEO, Solein would allow us to "(11) _____ food production from agriculture." If natural resources like land and water are becoming scarce, we can still have food because of Solein. If we have to completely (12) _____ the wasteland we've turned the Earth into and live in space, Solein can feed us there, too.

What's the future of this futuristic protein? Solar Foods is currently testing Solein in a wide variety of food (13) _____, from ice-cream



to meat substitute, and wants to start selling Solein by 2021. It is applying for a novel food license from the EU so that it can go into (14) _____ production. Solar Foods considers Solein as an environmentally sustainable plant-based meat (15) _____ and wants to use it in other food industries, like Beyond Meat and Impossible Burger. In the future, we may see numerous products on store shelves that follow an earth-friendly process that inevitably helps reduce greenhouse gases.

- () 1. A. By contrast B. For example C. That is D. What's more

() 2. A. forming B. improving C. converting D. expanding

() 3. A. inevitable B. approachable C. flexible D. feasible

() 4. A. instead of B. in terms of
C. with the help of D. in spite of

() 5. A. ordinary B. similar C. efficient D. traditional

() 6. A. substituted for B. exposed to
C. absorbed in D. turned into

() 7. A. packed B. occupied C. replaced D. combined

() 8. A. transfer B. boost C. balance D. protect

() 9. A. put an end to B. give rise to
C. hold on to D. live up to

() 10. A. condition B. limitation C. foundation D. solution

() 11. A. disconnect B. extract C. distinguish D. exclude

() 12. A. reserve B. eliminate C. restore D. abandon

() 13. A. consumption B. application
C. promotion D. regulation

() 14. A. periodical B. intensive C. commercial D. effective

() 15. A. additive B. alternative C. representative D. initiative

Section B Read the passage and choose the best answer to each question.

(A)

Preparing for an Adventure Travel

There are people for whom travelling is a big part of their life. They love to go to places where they can relax and forget everything

about their ordinary day life. And there are people who are more of the adventurous type who would rather enjoy the day exploring a forest canopy or discover the beauty of a wilderness. But no matter what adventure you are planning for, it is always best to be prepared, so you do not take any unnecessary risk when travelling to a foreign country and doing risky business.

Most adventurers long to experience the *adrenalin* (肾上腺素) rush they get by going to new and unknown territory. They get a huge satisfaction by the feeling of uncertainty and newness when going to a new place. However, you should always know what you are doing. Travelling involves a risk; especially if you are on a more adventurous trip to the unknown.

Because of the vastness of adventure locations available today, people might get confused on what areas are best for their adventure travel. The best way to experience the adventure is to go to an **exotic** location, where you can see, hear, taste and smell the mystery. The new and exotic locations can also be too adventurous, so stick to the typical and classical places of mystery, instead of going to areas where people normally do not dare to go to.

Compared to a normal vacation, adventure travel might cost a lot more. If you are going to locations far away, always shop around and compare prices and trip details before you book the adventure travel. That way you can save a lot of money. Using the internet is without doubt the best way to find a good price. Adventure travel can be a very satisfying and exciting way to travel with great experiences. But no matter which exotic location you might go to, it is very important that you know how to protect yourself against the risk that always will be there. The best way to do that is with proper planning. So remember that the top priority is the safety of you and your family. Then you can enjoy your adventure travel with a minimum of risk.

- () 16. According to the passage, some people like to go to new and unknown territory to _____.
A. see the beautiful scenery
B. get away from daily pressure
C. adopt a different way of life
D. satisfy their desire for adventure



- () 17. The word “**exotic**” in paragraph 3 most probably means _____.
A. being unique in geographical features
B. being inaccessible to ordinary people
C. being attractive with strangeness
D. being full of unsolved mysteries
- () 18. Which of the following statements does the author most probably agree with?
A. There is a wide range of options for those who want an adventurous trip.
B. The best destination of an adventure travel is a place no one has ever visited.
C. Choosing an adventure travel over a normal one will save you a lot of money.
D. Risk-taking should be of primary concern to those on adventure travels.
- () 19. The passage is mainly intended to _____.
A. analyse the reasons why there are adventure lovers
B. advise on how to prepare for an adventure travel
C. raise awareness of the danger of adventure travels
D. recommend places of mystery to adventure lovers

(B)

CALCULATE OFFSETTING BUSINESSES INFORMATION ABOUT US CONTACT MY ACCOUNT

Carbon Offsetting funds solutions to reducing carbon emissions now. Frequently carbon offsetting reduces emissions much faster than you can as an individual/single company. You can support Carbon Offsetting Projects that both tackle climate change and support local communities across the world. In many instances these projects have provided much needed employment, health improvement, biodiversity, reforestation and broad social benefits to poor communities. Just click the “Offset Now” button after you have finished your calculation. It takes only a few easy clicks and costs only a few Pounds/Dollars/Euros per tonne CO₂. You also get a personalised certificate recognising your offsetting — makes an ideal gift too!

Notes

CARBON CALCULATOR

Carbon Footprint Calculator for Individuals and Households

Your Carbon Footprint:

<input type="checkbox"/> House	1.44	tonnes of CO ₂ e
<input type="checkbox"/> Flights	0.15	tonnes of CO ₂ e
<input type="checkbox"/> Car	0.93	tonnes of CO ₂ e
<input type="checkbox"/> Motorbike	0.00	tonnes of CO ₂ e
<input type="checkbox"/> Bus & Rail	0.13	tonnes of CO ₂ e
<input type="checkbox"/> Secondary	14.29	tonnes of CO ₂ e

Total=16.94 tonnes of CO₂

To offset some or all of your carbon footprint, tick the sections you would like to offset in the list above, and click the *Offset Now* button.

Total To Offset = _____? _____</th <th>Offset Now</th>			Offset Now
Your Footprint	Country Average	World Target	
<ul style="list-style-type: none"> Your footprint is 16.94 tonnes per year The average footprint for people in China is 7.54 tonnes The average for the European Union is about 6.4 tonnes The average worldwide carbon footprint is about 5 tonnes The worldwide target to combat climate change is 2 tonnes 			

- () 20. According to the webpage, we can learn that carbon offsetting projects _____.
- help people and companies to erase their carbon emissions
 - aim to improve the natural environment for poor communities
 - accept donations from environmentally conscious individuals
 - award certificates to people who have low carbon emissions

- () 21. If the user of the webpage wants to offset his/her carbon footprint related to transport, what number is correct to be filled into the blank?
- A. 16.94 B. 14.29 C. 1.21 D. 1.44
- () 22. What page will the user most probably jump to if he/she clicks the "Offset Now" Button?
- A. A page that explains the importance of carbon offsetting.
B. A page that analyses his personal carbon emissions.
C. A page where he can apply for an electronic certificate.
D. A page where he can choose a carbon offsetting project to donate to.
- () 23. Which of the following statements is true according to the webpage?
- A. Xiao Ming's footprint is slightly higher than the average level of China.
B. China still has a long way to go to achieve the worldwide target of average footprint.
C. Europe has contributed a lot to lowering the average worldwide carbon footprint.
D. The worldwide target can be achieved if everyone reduces their carbon footprint by half.

Section C Read the passage and complete it by using the sentences in the box. Each sentence can only be used once. Note that there are two sentences more than you need.

- A. The old-fashion techniques are still useful because the geology of Antarctica is still so unknown.
- B. Today, even in Antarctica explorers can send and receive emails.
- C. Many researchers build their own technology to fit their specific scientific needs.
- D. Tools like rock saws help them collect fossils, and a satellite phone keeps them in communication with the outside world.
- E. On the other hand, sometimes the best technology is whatever is on hand.
- F. Exploring the continent involves a mix of old and new.

Incredible Technology: How to Explore Antarctica

Humanity has landed robots on Mars and invented technologies capable of building materials from atoms up. But when exploring the iciest continent on Earth, humans are often surprisingly low-tech.

There is no doubt that technology has made trips to Antarctica easier. Robert Falcon Scott's ill-fated expedition of 1910-1912 saw the explorer packing ponies and dogs, while modern scientists travel by plane, helicopter and snowmobile. While trapped in a snowstorm, Scott left letters to family, friends and military commanders that he could only hope would be found later. (24) _____



But on the ground, technology doesn't necessarily rule. Biologist Christian Sidor has done *excavations* (挖掘) in Antarctica, searching for the ancestors of dinosaurs that roamed the area when it was part of the super-continent Pangea. "The biggest difference is probably that when I do fieldwork elsewhere, it's all based on trucks and walking," Sidor said. "In Antarctica, we basically get dropped off by helicopter."

The helicopter and snowmobiles make for an easier commute than sled dogs, but once Sidor and his colleagues are at their excavation sites, they keep things simple. (25) _____ The most useful high-tech tool the team uses is GPS.

"GPS is useful to geologists, too," said Dave Barbeau, a geoscientist. Nevertheless, Barbeau and his team still collect samples in the old-fashion way — with rock hammers and muscle power. (26) _____

Other Antarctic discoveries would be impossible without modern technology. Advances in drilling have allowed scientists to peer deep into Antarctica's geologic and climatological past. Satellite imaging has also made it easier to trace modern-day changes in Antarctic ice.

(27) _____ What hasn't changed is that Antarctica is in many ways one of the most mysterious places on Earth.

SUMMARY WRITING

Read the passage. Summarise the main ideas of the passage in no more than 60 words. Use your own words as far as possible.

Are Acquaintances Just as Important as Friends?

You have probably heard the saying that you cannot have too many friends, and you likely agree with this wisdom. But are all friends created equal? And are certain friendships more emotionally beneficial than others? Research has some surprising answers.

Satisfying friendships involve relaxed, easy interaction. Yet we also enjoy superficial conversations that are smooth and flowing. Sometimes, both types of interactions produce the same psychological and emotional satisfaction. What we are responding to is relational rapport.

Zachary G. Baker and his colleagues explored the role of rapport in satisfying basic psychological needs. They note that rapport is essential to high-quality interactions, and one way in which relationships contribute to healthy functioning. They describe rapport as including mutual attention, a positive mindset, and coordination within daily social interactions, fulfilling our basic needs for relatedness, independence, and competence.

The researchers say that rapport will not always correspond with objective measures. They give examples of talking with a romantic partner about “nothing,” interacting with a waiter in a restaurant, or having a work meeting when emotional support will neither be given nor received. Yet even in scenarios like these, people can experience emotions that would lead them to characterize the interaction as high-quality — in other words, high in rapport.

Accordingly, Baker points out that the benefits of rapport do not seem to be limited to any specific type of relationship. They are found within *hierarchical* (有等级的) relationships, such as between students and teachers, zero-acquaintance relationships, and predictably, within established relationships. Perhaps most interesting of all, rapport has even been demonstrated during interactions between humans and robots.

To conclude, the interpersonal relationships that significantly impact our lives range from the intimate to the superficial; from romantic encounters to financial transactions. The relationships we form with

others who are close are important, yet people who are less close can nonetheless provide benefits that complement or even surpass the benefits we reap from even our closest relationships.

TRANSLATION

Translate the following sentences into English, using the words given in the brackets.

1. 音乐爱好者罗伯特 (Robert) 将他的闲暇时间全部用来组建自己的乐队。(devote)

2. 自年初以来，已有三支探险队受到激励，参加了此项慈善活动。
(inspire)

3. 直到为人父，他才懂得含辛茹苦的真谛，也懂得了要感恩父母。
(It ...)

4. 研究发现，与那些冷漠的人相比，热心肠的人往往更心胸开阔，处变不惊，健康长寿。(tend)

GUIDED WRITING

Write an English composition in 100–120 words according to the instructions given below in Chinese.

假设你是李华，学校准备创立一个“解忧”社团，旨在帮助同学们排忧减压。你想要成为其中一员。写封申请信给社长，内容须包括：

1. 加入该社团的理由；
 2. 帮助同学们解忧的建议或举措。

Yours,
Li Hua

LISTENING AND SPEAKING

Section A Read aloud the passage.

Over the summer, quite a few clothing retailers announced their own rental services. They are regarded by industry analysts as an attempt to appeal to environmentally conscious consumers. As rental fashion becomes a big business, it is worth asking: how sustainable is constantly borrowing clothes? The short answer is that we do not exactly know. Despite some rental platforms advertising themselves as essentially green, there has yet to be an in-depth study of their operations.

Section B Ask two questions about each situation given below. At least one special question should be asked about each situation.

Question 1–2:

Your classmate Irene volunteered at a garbage classification centre last weekend. Ask her two questions about the experience.

Question 3–4:

Your friend John is reading a detective book entitled *Sherlock Holmes*. Ask him two questions about the book.

Section C Make quick responses to the questions you have heard.

Section D You will hear a short passage. The passage will be read twice. After you hear the passage, answer the first question with the information you hear and the second in your own opinion.

Questions:

1. List two ways suggested by the passage to cope with exam stress.
2. How do you deal with your exam stress effectively?

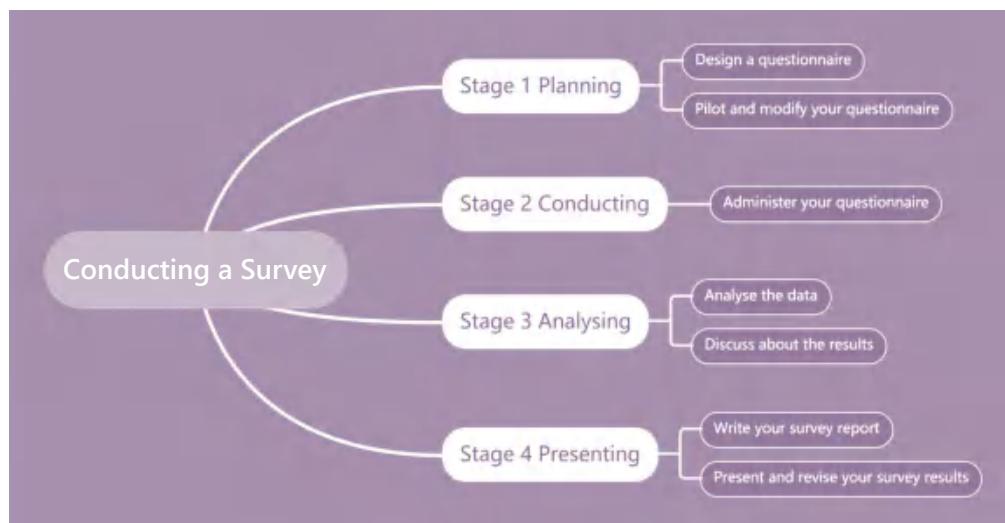
Long-term Project

Conducting a Survey

Project Description

In recent years, people have been attaching more importance to the recycling use of second-hand textbooks hoping to reduce tree cuttings. As part of the efforts to increase the popularity of second-hand textbooks use among students, the Student Union of your school is planning to conduct a campus survey on this topic first. Work in groups and help the Student Union to complete the project.

Task Flow-chart



Task Procedures

Stages	Weeks	Tasks	Outcomes
Planning	Week 1–Week 2	Task 1: Design your survey on the use of second-hand textbooks including students' habit, attitude and suggestions, etc.	A completed questionnaire sample (Worksheet One)
	Week 3	Task 2: Pilot your survey among 2–3 classmates and modify your questionnaire if necessary.	A finished checklist for reliability and validity of your questionnaire (Worksheet Two)

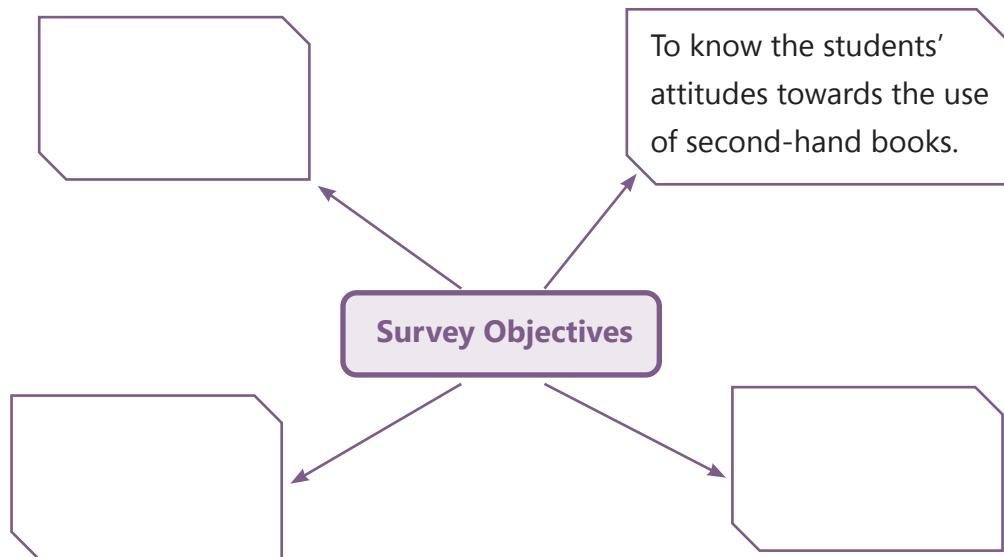
				Notes
Conducting	Week 4	Task 3: Administer your questionnaires to at least 30 students.	A preparation list before administering (Worksheet Three)	
Analysing	Week 5–Week 6	Task 4: Analyse the data you have collected and display them in a proper form.	Questionnaire results (Worksheet Four)	
	Week 7–Week 8	Task 5: Discuss about the results within your group. Make sure that all the ideas from group members are shared and collected.	A minute sheet of your group discussion on the questionnaire results (Worksheet Five)	
Presenting	Week 9–Week 10	Task 6: Write your survey report according to the directions.	An overall survey report by your group (Worksheet Six)	
	Week 11–Week 12	Task 7: Present your survey results to the class. Revise your survey results according to the feedback.	A tip list on how to format your presentation slides	



Worksheet One: Planning a Survey (Task 1/Weeks 1–2)

Step One: Identifying Survey Objectives

What are you trying to discover through the survey? Launch a group discussion and complete the mind-map about objectives of the survey.



Step Two: Classifying Key Topics

Make a list of the key topics that you would like to cover in your questionnaire according to the survey objectives you have identified. List the most important ones first.

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

In the survey, we need to cover

1. students' attitude towards the use of second-hand books
- 2.
- 3.
- 4.
- 5.

Step Three: Writing Questions

Task I. Determine Question Types

Determine the type of question that is best suited to answer the question. You can use multiple choice, scaled questions and open-ended text questions. Here are some examples for your reference.

Multiple choice questions

- How do you spend your spare time?
- A. Watching TV.
 - B. Playing games.
 - C. Chatting online.

Scaled questions

- Do you agree with his viewpoints?
- A. Strongly agree.
 - B. Agree.
 - C. Partly agree.
 - D. Disagree.
 - E. Strongly disagree.

Open-ended questions

What suggestion would you like to give in terms of promoting AI technologies in independent learning?

Task II. Question Design

Based on the key topics or information you have listed in Step Three, write several questions for each topic.

Questionnaire on Use of Second-hand Textbooks

We are conducting a project on encouraging the use of second-hand textbooks among students. The following questions have been formulated to get some suggestions and opinions from you. We really appreciate your taking time to participate in this questionnaire!

(Tick in the before the items you need for your survey.)

Name: _____ Age: _____

Gender: _____ Grade: _____

Date: _____ Contact Number: _____

Other items: _____

Topic 1: _____

Question 1:

Question 2:

Question 3:

...

Topic 2: _____

Question 1:

Question 2:

Question 3:

...

Topic 3: _____

Question 1:

Question 2:

Question 3:

...

Topic 4: _____

Question 1:

Question 2:

Question 3:

...

Topic 5: _____

Question 1:

Question 2:

Question 3:

Worksheet Two: Checking Before Piloting (Task 2/Week 3)

To ensure the reliability and validity of a questionnaire, you need to check your questionnaire before piloting it. Here is the checklist for you to make a self-assessment.

A checklist for reliability and validity of a questionnaire achieved		Self-assessment		
		Achieved	Partly-achieved	Not-yet-achieved
The structure of a questionnaire	1. An introduction at the beginning of the questionnaire			
	2. The content of the questionnaire			
	3. Conclusion			
The problem setting of a questionnaire	4. Setting a clear goal of the questionnaire			
	5. Identifying the target group			
	6. Having a clear question progression			
	7. Determining the proper number of questions			
	8. Making sure the questions are specific enough			
	9. Asking one piece of information at a time			
	10. Avoiding sensitive issues			
	11. Minimizing bias			
	12. Using short, simple and precise sentences			
The language of a questionnaire	13. Avoiding using confusing or ambiguous words			
	14. Avoiding too much hypothetical language			



Worksheet Three: Determining the Methodology (Task 3/Week 4)

After piloting your questionnaire, you need to administer it on a larger scale. Have a group discussion and make a decision on the following issues before administering the questionnaire to more respondents.

How will the questionnaire be conducted?	<input type="checkbox"/> Online meeting <input type="checkbox"/> Paper copy <input type="checkbox"/> Telephone talk <input type="checkbox"/> Email <input type="checkbox"/> Face-to-face interview <input type="checkbox"/> Other: _____
How many respondents to be surveyed?	<input type="checkbox"/> 30 <input type="checkbox"/> 31–50 <input type="checkbox"/> 51–80 <input type="checkbox"/> 81–100 <input type="checkbox"/> Above 100 <input type="checkbox"/> Other: _____
How much time is taken for a respondent to finish the questionnaire?	<input type="checkbox"/> About 15 min <input type="checkbox"/> About 10 min <input type="checkbox"/> About 5 min <input type="checkbox"/> Other: _____
Is it necessary to leave contact information to the respondents?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you need any fund for the questionnaire?	<input type="checkbox"/> Yes <input type="checkbox"/> No If "yes", how much approximately? <hr style="margin-top: 5px;"/> How will you get enough funds? <hr style="margin-top: 5px;"/>
What strategies can be used to invite more participants?	1. _____ 2. _____ 3. _____

Worksheet Four: Analysing the Data (Task 4/Week 5–6)

After designing, distributing and collecting the questionnaires, your group needs to take a deep look into the data collected from the respondents and to display them in a proper way. Work together to finish the following parts of data collecting and analysing.

Step One: Record the Data about the Administration

Number of questionnaires distributed: _____

Number of questionnaires returned: _____

Number of valid questionnaires: _____

Step Two: Summarise the Data about the Results

Count and analyse the data of EACH question of the questionnaires. For multiple-choice/scaled questions, indicate the number of respondents for each choice/rating value; for open-ended questions, read the answers carefully and summarise them clearly. One example is given.

Question:

Do you agree with his viewpoints?

- A. Strongly agree.
- B. Agree.
- C. Partly agree.
- D. Disagree.
- E. Strongly disagree.

Result:

25 of the 30 respondents agree with the viewpoints, while the other 5 disagree. Among the 25 who agree, 5 chose "Strongly agree", 10 chose "Partly agree". No respondent indicated strong disagreement.

Your Analysis:

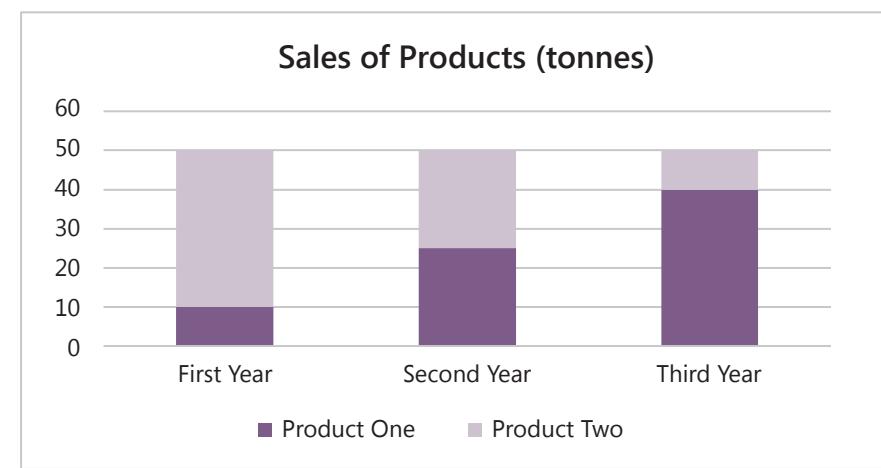
Useful Sentences

When it comes to ..., ... students think ...
... students have cited ... as a reason for wanting/ not wanting
to use second-hand textbooks.
... students think the challenge of promoting the use of
second-hand textbooks lies in
... students suggest that we should

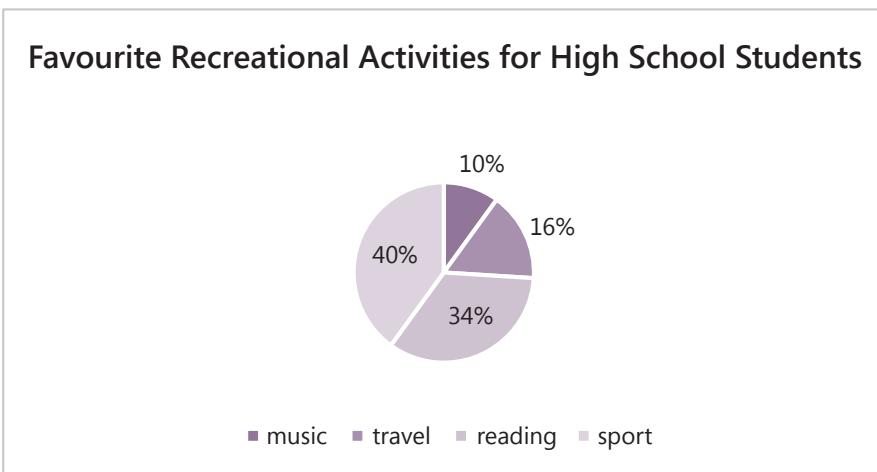
 **Step Three: Try to present the results in the form of
tables, charts or graphs.**

You can display your data in a variety of ways, such as bar or pie charts, or even tables via software, which allows you to be creative when displaying your results. Choose one or two questions and display the descriptive analysis of the data in the form of a table, chart or graph. Here are some examples for your reference.

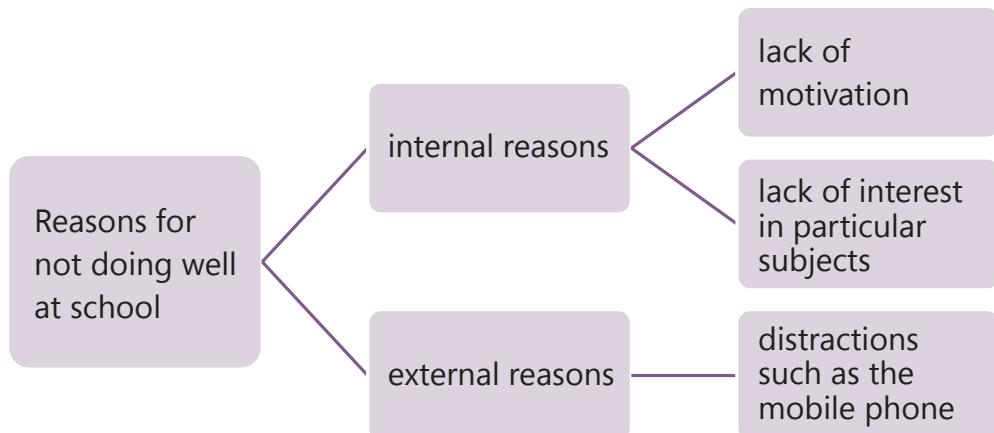
Example One: Use a bar chart to illustrate and compare different data.



Example Two: Use a pie chart to show the percentages.



Example Three: Use an organisational graph to present some key information for open-ended text questions.



Your Charts or Graphs:

Worksheet Five: Sharing and Discussing (Task 5/Week 7–8)

In this stage you need to discuss about the process and the data of the survey within your group. Make sure that all the ideas from group members are shared and collected. Then record your discussion on the minute sheet.

Notes

Time:	Place:	Note-taker:
Attendees:		
Information Outline: * For the process of the survey: 1. The problems you have met; 2. The solutions you have adopted; 3. The suggestions you have proposed; 4. The agreement you have reached. * For the data of the survey: 1. The accuracy of the data collected and analysed; 2. The different opinions and suggestions on the data; 3. The information drawn from the data.		
Detailed Record:		

Worksheet Six: Writing a Survey Report (Task 6/Weeks 9–10)

The final step in the survey process is to present your findings in the form of research report. Survey reports typically include the following components: a background of why you conducted the survey, the general process of the survey research, a breakdown of the results, findings and conclusions, and recommendations.

Title of the Survey Report:

Part One: Introducing the Background

In the beginning part of your report, you need to explain the general background of your survey research so that your readers will have a better understanding of why the survey was conducted and the importance of the findings. The background part should cover:

- the factors that motivated you to conduct this research in the first place;
- the objectives that were set;
- the basis on which the survey was conducted.

Useful Sentences

... phenomenon has been widely observed through ...

A challenging problem which arises in this field is ...

One approach to solving this problem involves ..., which can be applied to overcome ...

A new approach is therefore needed for ...

The overall goal of this research was to pursue ...

The benefit of ... is expected to ...

Your Work of Part One:

 **Part Two: Explaining the Process**

In this part, you need to specify:

- when your survey was conducted;
- how your data was captured;
- what type of survey you used — online, telephone, or paper-based;
- who and how many it was sent to, and how the analysis was conducted.

Sample

The target population of this survey was defined as the principals of all local secondary schools excluding the international schools. No sampling was required.

This study was conducted by self-administered paper questionnaire, returned by the principals via mail or fax. The data collection period started from 1 June and ended on 17 June, 2009. A total of 113 questionnaires were received via fax. Amongst them, 112 cases were considered valid.

Your Work of Part Two:

Part Three: Describing Your Findings

In this part, you need to explain findings discovered in your research. Present your research results in detail, especially facts that were important, unusual, or surprising. Briefly highlight some of the key points uncovered in your results.

1. The important, unusual or surprising facts to be highlighted based on *Worksheets 4 and 5*:

Useful Sentences

Through the survey, we surprisingly find that ... account for ..., which indicates that ...

Special importance should be attached to ..., as/because/for ...

It should be highlighted/underscored that ...

In contrast with ... / Compared with ..., the number of ... is significantly ...

2. Possible reasons for supporting / not supporting the use of second-hand textbooks

(1) _____

(2) _____

(3) _____

...

Useful Sentences

The result may be due to/caused by/attributed to ...

Their reluctance to use ... may result from/arise from ...

It is possible/probable/likely that ... stem(s) from ...

This is probably a consequence of ...

3. Potential problems and challenges in the use of second-hand textbooks

(1) _____

(2) _____

(3) _____

...

Useful Sentences

As there is no ..., it is inevitable that there exist some concerns surrounding ...

About ... / As for ... / When it comes to ... / With respect to ..., it is apparent that people are concerned about .../hold a reserved attitude toward ...

In the process of ..., it is still challenging that ...

4. Survey Conclusion

Summarise the key points. Remember that conclusions should be strong statements supported by data.

Useful Sentences

This report has given an account of and the reasons for ...

Returning to the questions posed in this survey, it is now possible to state that ...

The most obvious finding to emerge from this survey is that ...

In short, the findings lead us to believe that ...

 **Part Four: Making Recommendations**

Based on your conclusions, make suggestions on what action could be taken for the Student Union to encourage the use of second-hand textbooks among students.

A Tip List on Formatting Your Survey Presentation Slides (Task 7/Weeks 11–12)

1. Experiment with type styles, sizes, and colors of your slides.

Don't be afraid to bold text, underline or italicise if you are trying to emphasise a point.

2. Keep titles short.

About 5–7 words will get your point across.

3. Make good use of the space available in the slide.

Enlarge the graphs and have the text large enough that it is easy to read across a room.

4. Format your slides horizontally (landscape) and not vertically (portrait).

You don't want part of your slide to be below eye level.

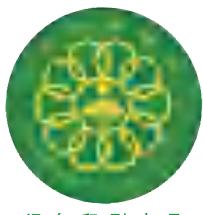
5. Don't put too much data on one slide.

One idea per slide is ideal. If you have many graphs and data in one place, the audience may lose interest. In addition, the increased amount of text will make it harder to read from a distance.

6. Avoid using busy slide backgrounds.

Multiple colors or gradients can make text hard to read.

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