

普通高中教科书

ENGLISH

英语 [必修] 第二册



练习部分

学校 _____ 班级 _____

姓名 _____ 学号 _____

上海外语教育出版社

普通高中教科书

ENGLISH

英语

必修

第二册

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练习部分

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 Task 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,在检测大家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,再基于你们自己的作答,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大家在高中英语学习过程中的成长,你在其中收获的点点滴滴,汇聚在一起,也必定成为你今后语言实践能力和综合素养的重要组成部分。

Contents

Unit 1	Nature	2
Unit 2	Animals	16
Unit 3	Food	29
Unit 4	Sports	42
Revision		57

UNIT 1

Nature

GRAMMAR IN USE

Section A Complete the sentences with appropriate relative pronouns. Use "/" to indicate where a relative pronoun is not necessary.

1. The rare *orchid* (兰花) comes from a land _____ a greedy business person owns.
2. In early spring, *Yulan magnolia* (玉兰花) is covered with white flowers _____ are more than 12 centimetres wide.
3. The Environment Agency took over the role of flood warning from the police _____ had to go door to door to get the news out.
4. In Hangzhou, there is a kind of water lily _____ leaves are so huge that a person can stand on them.
5. Nobody knows the exact number of people and cattle _____ were drowned in the flood.

Section B Combine the sentences using a relative pronoun. Use "/" to indicate where a relative pronoun is not necessary.

Example:

An ecosystem in an area consists of the living and nonliving things.

The living and nonliving things interact with one another.

An ecosystem in an area consists of the living and nonliving things that interact with one another.

1. There is a thin layer of *ozone* (臭氧).

The layer can protect us from many of the harmful rays of the sun.

2. The award was given to a landscape painter.

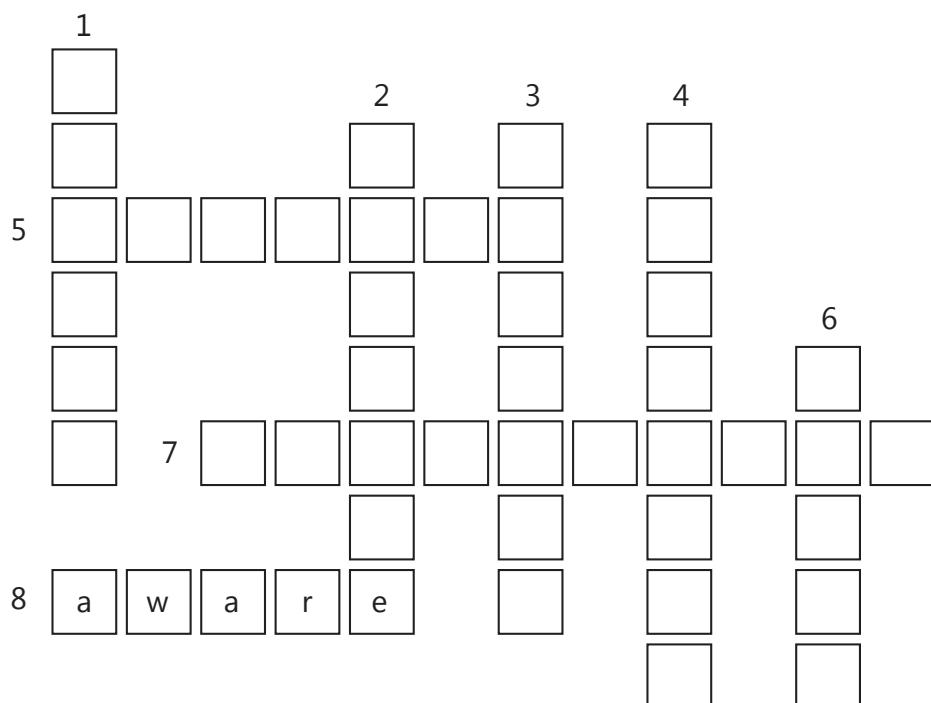
The landscape painter is one of the greatest artists in modern times.

3. The CEO planned to build factories in the area.
The dam would provide power for the factories.

4. Mother Nature is a complicated lady.
The mysteries of Mother Nature are waiting to be found out.

VOCABULARY FOCUS

Section A This crossword consists of a few words Across and a few words Down. Read the clues to each word and fill in the corresponding boxes with the letters that spell out the word. One example is given.



Across

- 5. *v.* to remove sb/sth and put another person or thing in their place
 - 7. *n.* all the people who were born at about the same time
 - 8. *adj.* knowing or realising sth

Down

1. *adj.* that used to exist in earlier times
2. *n.* a situation in which different things exist in equal, correct or good amounts
3. *v.* to damage sth so badly that it no longer exists, works, etc
4. *n.* a way of solving a problem or dealing with a difficult situation
6. *adj.* beautiful in a way that makes you think of love or feel strong emotions

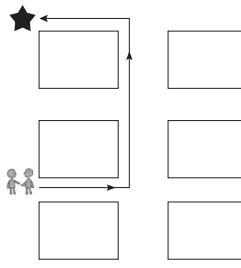
Section B Read the following news. Fill in each blank with the appropriate antonym of the underlined word in the same sentence.

Welcome to the *Morning News*. Yesterday, a conference on climate change was held in Copenhagen. Those present were given a medal and those (1) _____ were given a message. Due to global warming, the (2) _____ ice is gradually melting. The (3) _____ and fall of the temperature now seems to be caused by humans. It is easier to make a promise to protect the natural resources instead of (4) _____ them than to always keep the promise. We have to keep in mind that neither success nor (5) _____ in nature is ever final.

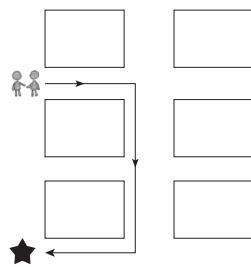
LISTENING AND VIEWING

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.

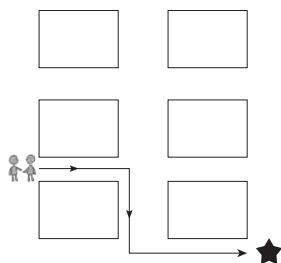
() 1. A.



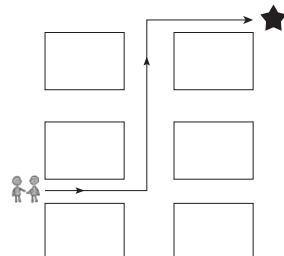
B.



C.



D.



- () 2. A. She is ready to classify garbage.
 B. She hasn't started her science project.
 C. She didn't attend the lecture yesterday.
 D. She is too busy to help with the activity.
- () 3. A. He'll advise Ms Bell to see the new student.
 B. He'll find out what the advisor is interested in.
 C. He'll help Ms Bell to manage the Biology Study Group.
 D. He'll ask the new student if she wants to be a club advisor.
- () 4. A. She will join the man after the study group.
 B. She can't go jogging due to the biology class.
 C. She will go jogging with the man this afternoon.
 D. She doesn't think the weather is suitable for jogging.
- () 5. A. He won't join the Gardening Club.
 B. He will accept the woman's invitation.
 C. He doesn't spend much time on gardening.
 D. He considers gardening formal and structured.

Section B What do you think of the habit of recycling? Listen to the dialogue and fill in the blanks with the information you have just heard. The dialogue will be read twice.

Gaea's Guardians



We are a non-profit group and encourage recycling as a way of
 (1) _____ . Usually we pick up the newspapers in the
 neighbourhood (2) _____ instead of every day. The
 blue building on the east side of (3) _____ is our main
 collection centre. You will see three differently-coloured boxes outside the
 centre. Below is how to use these boxes.

Types of the rubbish bins



(4) _____ (5) _____

Paper

Welcome to contact us through our e-mail: helpline@Gaea's_Guardians.com
 for further information and join us as a volunteer!

READING AND VIEWING

Section A Have you ever visited a national park? What are dos and don'ts of visiting a national park? Read the passage and complete the following tasks.

Staying Safe at Grand Canyon National Park Starts with YOU

View Grand Canyon Safely

Visitors are encouraged to have a safe and memorable vacation to one of the Seven Wonders of the World. A trip to Grand Canyon can be both fun and safe by keeping these few tips in mind.



- Always keep a safe distance of at least six feet (2 metres) from the edge of the *rim* (边沿).
- Keep an eye on all of the people in your group, especially small children.
- Do not run, jump or perform physical *stunts* (特技) when near the rim.

Protect Yourself

Arizona's dry climate may affect you differently than your home environment. To reduce the risk of sunburn, **dehydration**, and exhaustion:

- Use sunblock and reapply it throughout the day;
- Stay hydrated by drinking water or *electrolyte* (电解质) drinks;
- Rest often in the shade.

No Collecting

Grand Canyon National Park — a World Heritage Site — belongs to everyone. Please leave everything where you find it, including rocks, plants, firewood and artifacts.

Seeing Wildlife

Keep a long distance from wildlife to maintain the safety of you, your family, your pets and the wildlife you have come to appreciate.

Sometimes the best relationship is a long-distance relationship.



How close is too close?

- Stay at least 100 feet (30 metres) or about two bus-lengths away from deer, bighorn sheep and mountain lions.
- Keep at least 50 feet (15 metres) or about one bus-length away from other smaller wildlife.
- Stay safe and never assume you are the one that can get away with a close encounter.

Can I feed the animals?

- Feeding animals is not allowed. This is for their safety as well as yours.
- Wildlife will quickly become persistent annoyances when fed.
- Make sure you get rid of your trash properly, even the smell in an empty cooler can attract a wild animal.

Task 1. Choose the best answer to each question.

- () 1. What are visitors advised to do while sightseeing at Grand Canyon?
 A. Protect themselves from sunburn.
 B. Take the dead plants out of the park.
 C. Guarantee the safety of children doing stunts.
 D. Stay as far from the edge of the rim as possible.
- () 2. What does the word “dehydration” most probably mean?
 A. Feeling extremely tired and bored.
 B. Being exposed too much to sunlight.
 C. Losing too much water from the body.
 D. Body temperature changing too greatly.

- () 3. Which of the following statements is TRUE about dealing with wildlife?
- A. Visitors are supposed to stay 100 feet away from wildlife.
 - B. Play with animals closely if you can ensure your own safety.
 - C. When wild animals approach, attract them with your food.
 - D. Feeding wild animals may get them to habitually beg for food.

Task 2. Apart from the advice in the passage, do you have your own suggestions or tips for national park visitors? Try to complete the following list.

- *We should talk in a soft voice when enjoying the natural scenery.*
- _____
- _____

Section B Going green has become a fashion in modern life. Read the passage about the philosophy on going green and complete it by using the sentences in the box below. Each sentence can be used only once. Note that there are two more sentences than you need.

- A. We are not trying to demonstrate an "ideal" green living that is achievable by only a few.
- B. But we were surrounded by the fears and doubts of all those who cared most about us.
- C. But we knew we wanted to create a "green" business and we had a willingness to learn.
- D. In doing so, we hope to raise awareness and inspire our guests to live a little more lightly on this planet.
- E. Green living is all about adopting more environmentally friendly practices.
- F. Eventually, the final goal is to be as green as possible.

Our Philosophy on Going Green

We are a young family with a growing concern for the environment and a strong desire to make a difference.

When we moved into our "off-the-grid" home on 31 May 2007, we had no previous exposure to living "off-the-grid" and no related

education. (1) _____ It was a natural fit for us.

However, being "off-the-grid" is only the first step. Nature's Harmony is in the early stages of a vision that is much bigger. Our goal is to live in a harmonious relationship with nature and to minimise our impact on the environment. (2) _____

Our "green" philosophy is all about taking the first step. (3) _____ However, if we only focus on the final goal, we would never take the first step because it is too big and too costly to achieve.

At Nature's Harmony, we are laying a foundation and placing the building blocks — one by one — for greener living. It is a process, a series of steps and a lifelong commitment to learning and sharing. We are combining new technology with a back-to-basics philosophy.

There wouldn't be much wisdom to share if we had millions of dollars to invest in going green. (4) _____ We are here to share the process.

We hope that our story will inspire others to take their first or next green steps.



SPEAKING

Section A Read aloud the following paragraphs.

What if an animal approaches me?

- Wildlife may not know better, but YOU do. Although it may feel flattering, if any kind of wildlife approaches you, back away and maintain that safe distance.
- It's your responsibility and your safety — help us keep wildlife wild.

Section B Make quick responses to the sentences you have heard.

1. Your response:

2. Your response:

Section C Below is a Chinese landscape painting. Try to describe the painting in about 5 sentences. Present your description using some signal words to indicate spatial order. The first sentence is given.

On the right side of the painting is a range of mountains.



WRITING

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

1. 工业废弃物是导致污染的部分原因。 (responsible)

2 独自一人横渡大洋是一项需要勇气的冒险。 (courage)

3. 我们都知道有必要保护我们共同拥有的地球。 (aware)

4. 毫无疑问，自然界中的任一物种都不能被另一个物种所替代。 (replace)

5. 谈到山水画，我们不仅要关注画作本身，还要聚焦画作所体现的时代精神和文化内涵。(come, convey)

Section B Below is a picture from Section A of Reading and Viewing. Write a description of the picture by using some signal words to indicate spatial order.



On the right side of the picture is _____

Extended Reading



Pre-reading questions:

1. Do you think there is a connection between giving women and girls more control over their life and stopping global warming?
2. How does that probably work?

How Giving Women and Girls More Control over Their Life Can Help to Stop Global Warming?

There are two powerful phenomena unfolding on earth: the rise of global warming and the rise of women and girls. The link between them is often overlooked, but gender equality is a key answer to our planetary challenge.

On the face of it, the primary link between women, girls and a warming world is not life but death. Climate impacts hit women and girls hardest. There is greater risk of being injured or killed during a natural disaster.

Actually, women are the primary farmers of the world. They produce 60 to 80 percent of food in lower-income countries, often operating on fewer than five acres. That's what the term "smallholder" means. Compared with men, women smallholders have less access to resources, including land rights, credit and capital, training, tools and technology. They farm as capably and efficiently as men, but this difference in resources and rights means women produce less food on the same amount of land. Close those gaps, and farm yields^① rise by 20 to 30 percent. That means 20 to 30 percent more food from the same garden or the same field. The implications for hunger, for health, for household income are obvious. Let's follow the thread to climate.

We humans need land to grow food. Unfortunately, forests are often cleared to supply it, and that causes emissions from deforestation^②. But

① *n. the total amount of crops, profits, etc that are produced*

② *n. the act of cutting down or burning the trees in an area*

if existing farms produce enough food, forests are less likely to be lost. So there's a ripple effect: support women smallholders, realise higher yields, avoid deforestation and sustain the life-giving power of forests. It is estimated that addressing inequality in agriculture could prevent two billion tons of emissions between now and 2050.

At last count, 130 million girls are still denied their basic right to attend school. Too many girls are missing a vital foundation for life. Education can mean options, adaptability and strength. It can also mean lower emissions. For a variety of reasons, when we have more years of education, we typically choose to marry later and to have fewer children. So our families end up being smaller. What happens at the individual level adds up across the world and over time. One by one, the right to go to school impacts how many human beings live on this planet and impacts its living systems. Keeping the growth of our human population under control could dramatically reduce demand for food, transportation, electricity, buildings and all the rest, thereby reducing emissions. It is reported that one billion fewer people could mean we avoid nearly 120 billion tons of emissions. That's why girls should be educated.

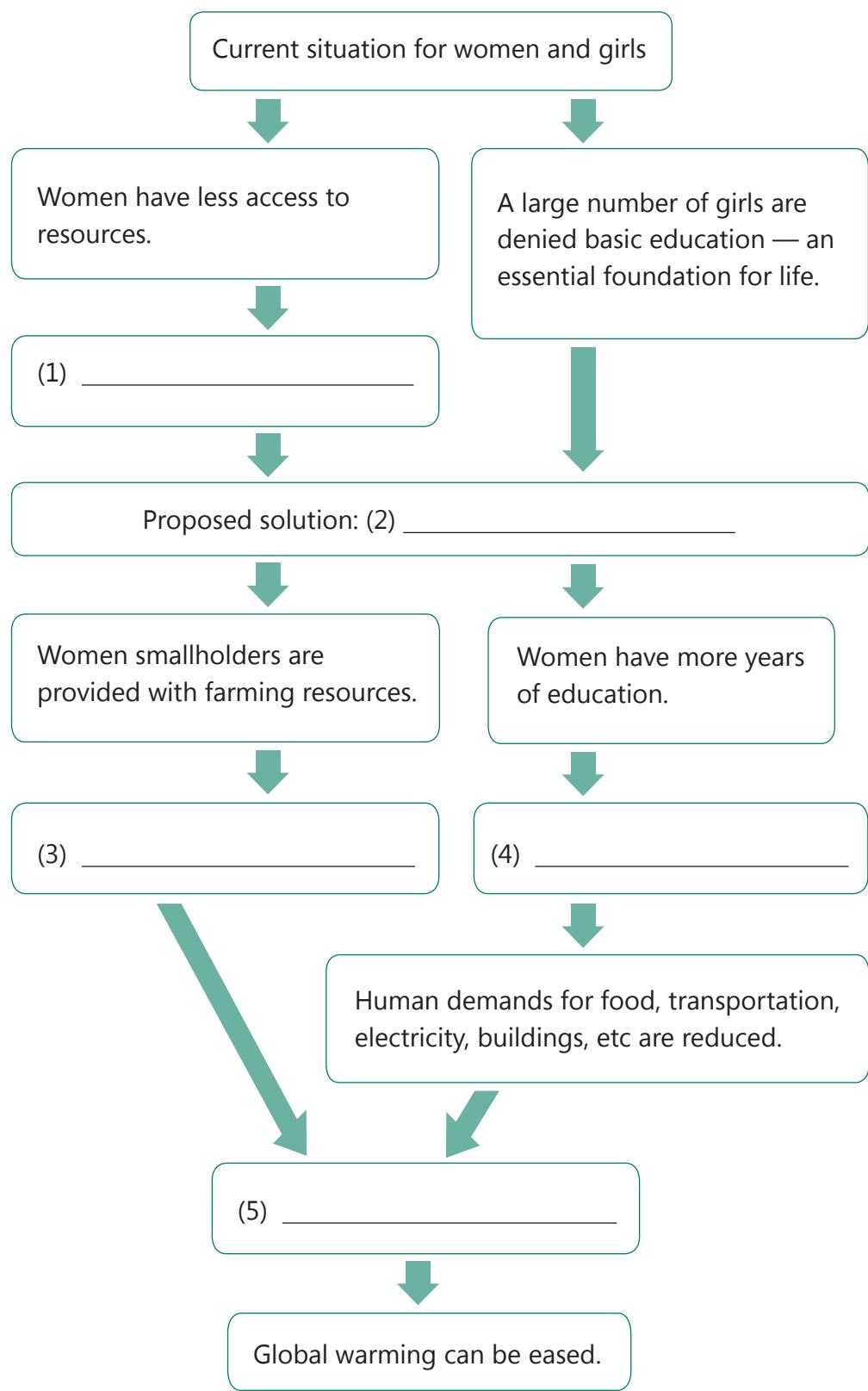
It is a magnificent thing to be alive in a moment that matters so much. This earth, our home, is calling for us to be brave, reminding us we are all in this together — women, men, people of all gender identities, all beings. We are life force, one earth, one chance. Let's seize it.



Food for thought

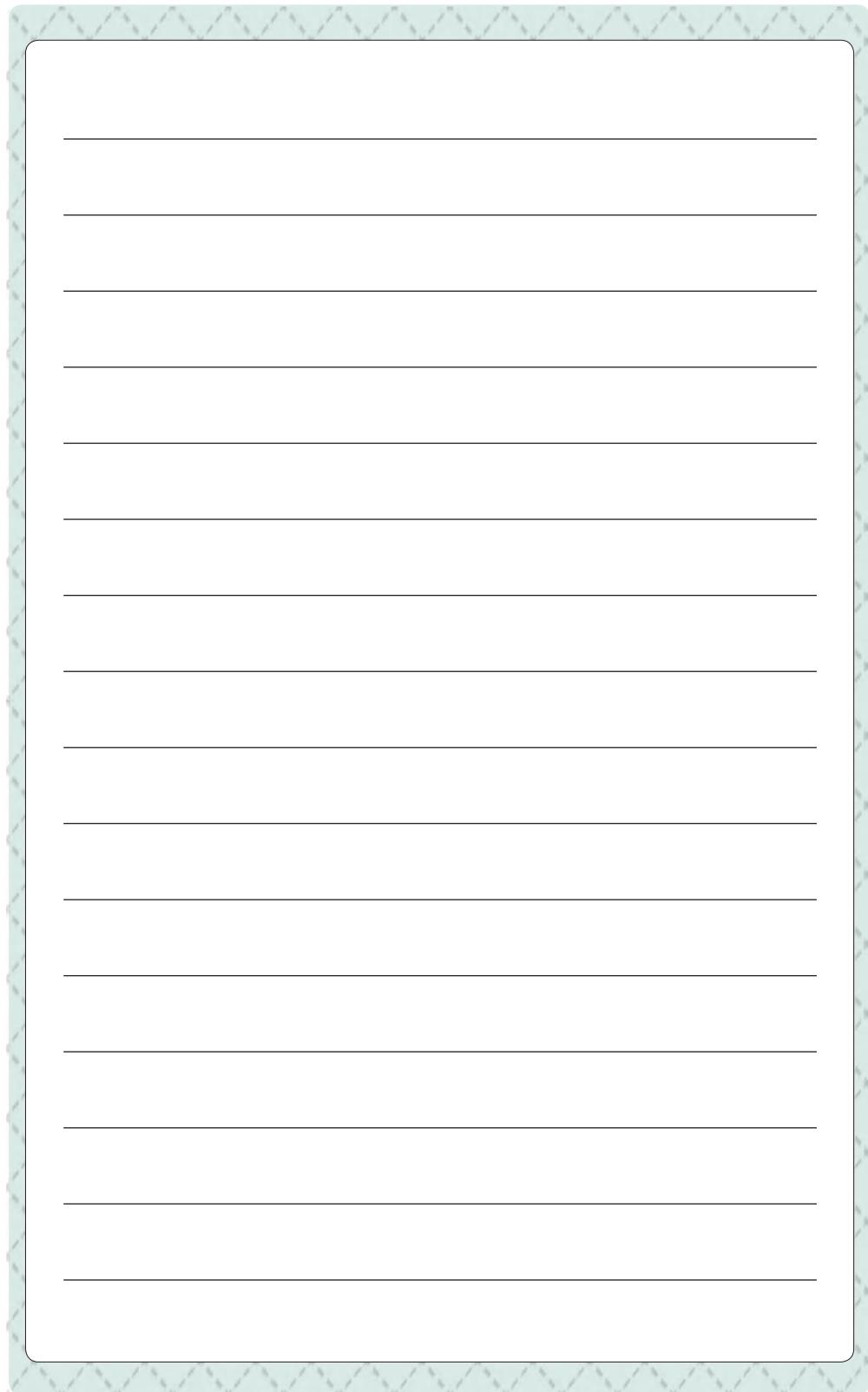
Complete the chart based on what you have learned from the passage.

How does providing women and girls with education help to stop global warming?



Challenge

Read the passage again and summarise how education for women and girls helps to stop global warming in NO MORE THAN 60 WORDS.



The writing area is a large rectangle with a decorative green border. The border has a repeating pattern of small, light green triangles pointing towards the center. Inside this border, there are ten horizontal lines spaced evenly apart, intended for handwriting practice.



UNIT 2

Animals

GRAMMAR IN USE

Section A Complete the sentences with appropriate relative adverbs or “preposition + which”.

1. “Funny animal” is a term used in comics and cartoons _____ the animals are given human characteristics.
2. Why don’t the feet of Antarctic animals freeze in winter _____ they are in constant contact with the ice and snow?
3. The reason _____ so many schools take children to zoos is that they are to teach children about nature, the environment, endangered species and preservation.
4. We should ban all sports _____ animals are treated cruelly, or are at high risk of injury.
5. The slowdown of breathing rates helps frogs to save energy in long winters _____ it is difficult to find food.

Section B Combine the two sentences using a relative pronoun / adverb or “preposition + which”.

Example:

Hibernation is a state.

The state is often compared to sleep.

Hibernation is a state that / which is often compared to sleep.

1. Animals migrate.

One of the reasons is the change of seasons.

2. Charlotte recalls those years.

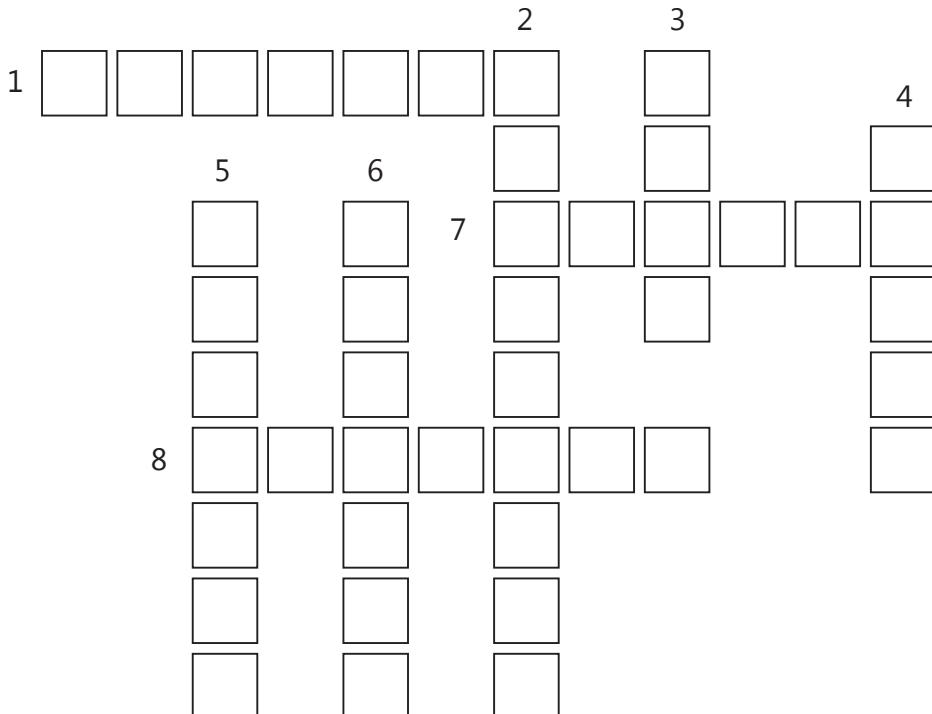
During those years, her lovely dog kept her company like a family member.

3. Scientists are trying to develop a material.
The material has similar properties as spider silk.

4. For some people, ecotourism is regarded as travel to certain places. The unique plants, animals and cultural *heritage* (遗产) are the primary attractions in these places.

VOCABULARY FOCUS

Section A This crossword consists of a few words Across and a few words Down. Read the clues to each word and fill in the corresponding boxes with the letters that spell out the word.



Across

1. *v.* to make an effort or try to do sth, especially sth difficult
7. *v.* to choose one thing rather than sth else because you like it better
8. *n.* the regular pattern of weather conditions of a particular place

Down

2. *adv.* used to say that sth usually happens in the way that you are stating
3. *n.* the food that you eat and drink regularly
4. *v.* to give reasons why you think that sth is right/wrong, true/false, etc especially to persuade people that you are right; to speak angrily to sb because you disagree with them
5. *n.* a feeling of worry, especially one that is shared by many people
6. *adj.* (esp. of a type of animal, plant, etc) no longer in existence

Section B Below is a picture of the emperor penguin, which is the tallest and heaviest of all living penguin species. Read the following passage and replace the underlined words with their synonyms. Make sure to keep the meanings of the sentences.

The emperor penguin can stand out against the bare landscape of its habitat because of¹ its vivid² yellow, black and orange colouring. Biological oceanographers, who study how creatures live and evolve³ in the sea, wondered whether its distant⁴ ancestor looked the same. But what currently worries⁵ them is how to deal with the penguin in the artificial world.



LISTENING AND VIEWING

Notes

Section A Do you know about elephant nurseries? They rescue elephants and give them a loving home. Listen to the passage twice and decide whether the statements are true (T) or false (F).

- () 1. The volunteers will have their breakfast before feeding the elephants.
- () 2. It is the volunteers' job to help the staff to take care of the grounds and facilities.
- () 3. The volunteers help to improve the elephants' lives by collecting various foods with the staff.
- () 4. Day visitors will fill in some forms about the preservation work with the help of the volunteers.
- () 5. The volunteers are required to teach the staff members and their families English at the local school.

Section B What is your first impression of the animal in the picture below? Are you interested in knowing more about it? Listen to the dialogue and fill in the blanks with the information you have just heard. The dialogue will be read twice.

Word Bank

squirrel /'skwɪrəl/ *n.* 松鼠

captivity /kæp'tɪvətɪ/ *n.* 圈养

Meerkat



Scientific Name: *Suricata suricatta*

Habitat: In (1) _____ of Africa.

Reproduction: Meerkats usually have about three babies and their average life expectancy in the wild is (2) _____.

Habits: Their main foods are live (3) _____ spiders and snakes. They are social animals, so in their spare time they like (4) _____. For example, they clean each other and play together a lot. Because they can survive in (5) _____ weather in desert areas, they are safe from extinction.

READING AND VIEWING

Section A Whales are widely distributed in the world. Have you ever learned about their stories? Read the passage and complete the tasks.



Whales are the largest marine *mammals* (哺乳动物) in the world. When whales beach themselves, they can die simply from the great weight of their own bodies or from overheating. What causes these often fatal incidents?

Scientists have been researching possible causes of this phenomenon. One explanation involves the whale social structure. For instance, when the dominant whale gets stuck, the rest may follow a disoriented or sick whale onto shore. Another theory is that whales may swim too close to the beach when hunting and become trapped by low tides.

Weather may also play a part in beachings, explained Susan Parks. "In 1998, there was a major stranding on the West Coast of the United States where many different species starved to death." This mass stranding, she added, was thought to be caused by El Niño's effects on sea-water surface temperatures. Many marine mammals depend on marine plants and animals that live in cool, nutrient-rich waters. When the temperature rises and food becomes scarce, the adults stop breastfeeding babies and start giving them solid food earlier and leave them behind while they hunt for fish in colder waters further offshore. These young ones are often the ones that become stranded.

Some researchers have proposed that whales *navigate* (确定方位) by using passive listening to hear waves crashing against the coast or steer themselves via undersea *topography* (地貌) or the angle of the sun. But, said Parks, "The distance that animals can see is often very limited in the ocean, and isn't thought to be useful for long-distance navigation."

Another navigation theory is that whales have a bio-magnetic sense. "This would be similar to how homing pigeons orient themselves," explained Parks. Whales following magnetic field lines could beach themselves in areas where the field lines meet with the coast. "A study in the UK found a relationship between local magnetic field lines and sites where whales were stranded alive," added Parks. However, more research is needed to prove the connection.

Research into the cause of strandings is ongoing, noted Parks. Meanwhile, many coastal areas have rescue groups to find and release them back into the wild.

Task 1. Choose the best answer to each question.

- () 1. In what condition are whale beachings less likely to occur?
- A. Whales adventure into shallow waters for food.
 - B. Baby whales stay in cold waters with their parents.
 - C. The leading whale gets confused about directions.
 - D. There is a food shortage caused by rising temperatures.
- () 2. According to the study in the UK, which of the following is found to be related to whale beaching?
- A. Complex undersea topography.
 - B. Magnetic field lines in the ocean.
 - C. Whales' long-distance navigation.
 - D. Whales' following homing pigeons.
- () 3. What is the main purpose of this passage?
- A. To arouse public concern about whale beaching.
 - B. To introduce different theories about whale beaching.
 - C. To argue against certain theories about whale beaching.
 - D. To inform readers of the ongoing rescue of beached whales.

Task 2. Answer the following questions.

1. What are some other threats faced by whales? Do some library work with your classmates and complete the list with as many items as you can find.

Some other threats to whales:

➤ being caught in fishing nets by commercial fisheries

➤ _____

➤ _____

...

2. What can we do to protect whales? Provide your suggestions.

My suggestions for protecting whales:

➤ making more international laws to prohibit whaling

➤ _____

➤ _____

...



Section B Every one of us can make efforts to protect animals, and we should say no to those who make money out of them. Read the passage and choose the best word or phrase for each blank.



Illinois becomes the third U.S. state to ban companies from selling cosmetics that have newly been tested on animals. On 9 August, the state governor signed into law a bill that prohibits the sale of cosmetics like shampoos and lipsticks in Illinois (1) _____ they are cruelty-free.

Illinois (2) _____ California and Nevada, which have passed similar laws. Starting 1 January 2020, all cosmetics products in these three states will be (3) _____ new animal testing. We appreciate the work of the Animal Welfare Institute in helping to secure the (4) _____ of the Illinois bill.

The United States is one of the world's largest cosmetics markets and reforms here have the potential to (5) _____ the lives of tens of thousands of animals used in these tests worldwide each year. In traditional tests, substances are spread onto the animals' skin, and they are left to (6) _____ for days or weeks without pain relief. There is no need for this.

Consumer demand for cruelty-free products has led to more than 1,000 cosmetic brands in North America developing and offering products (7) _____ the thousands of safe ingredients already available, or by using non-animal test methods. Worldwide, nearly 40 countries, including the member countries of the European Union, have already banned or limited the use of animals for cosmetics testing.

There is a beauty revolution underway, and it is one that rejects cruelty and *embraces* (欣然接受) modern scientific (8) _____ to animal testing. There is no (9) _____ for the U.S. to remain on the sidelines even as the rest of the world commits to this new, forward-thinking practice. With a few more victories, we can (10) _____ to cosmetics testing with animals.

- () 1. A. because B. unless C. although D. when
() 2. A. joins B. overtakes C. resembles D. approves

- () 3. A. short of B. related to C. dependent on D. free of
- () 4. A. adjusting B. rejecting C. passing D. guiding
- () 5. A. risk B. improve C. enrich D. spare
- () 6. A. decay B. suffer C. recover D. faint
- () 7. A. replaced by
 C. drawn to
 B. based on
 D. removed from
- () 8. A. theories
 C. alternatives
 B. messages
 D. entrances
- () 9. A. chance B. task C. shortcut D. excuse
- () 10. A. put an end
 C. hold on
 B. look forward
 D. draw a conclusion

SPEAKING

Section A Read aloud the following paragraph.

Another navigation theory is that whales have a bio-magnetic sense. "This would be similar to how homing pigeons orient themselves," explained Parks. Whales following magnetic field lines could beach themselves in areas where the field lines meet with the coast. "A study in the UK found a relationship between local magnetic field lines and sites where whales were stranded alive," added Parks. However, more research is needed to prove the connection.

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

Questions 1–2:

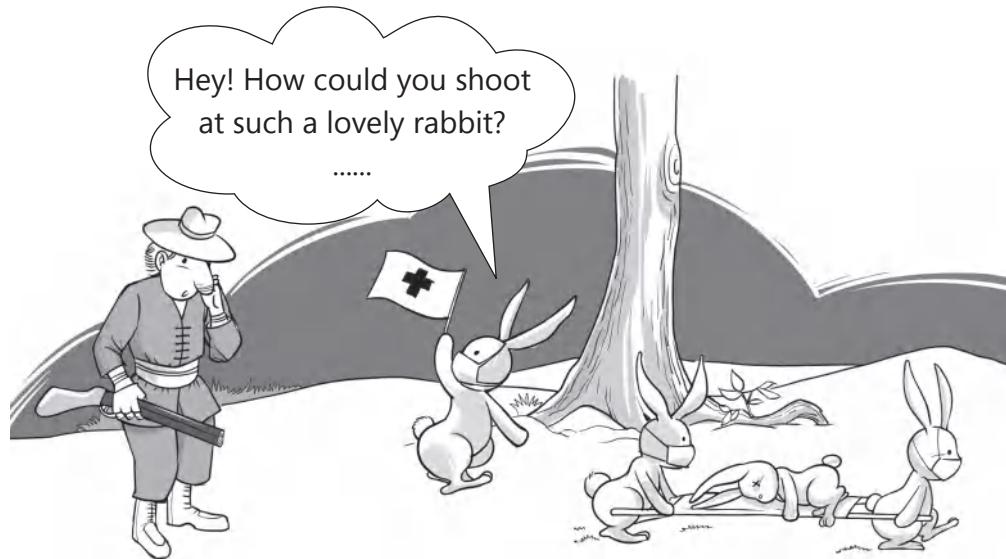
Your friend Mike visited Shanghai Wild Animal Park yesterday. Ask him two questions about his trip there.

Questions 3–4:

Your friend Jane tells you that her parents have adopted a dog for her as a pet. Ask her two questions about her dog.

Section C Make a story based on the following picture and start your talk with the beginning given.

After a loud bang, a rabbit fell down. The hunter ...



WRITING

Section A Translate the sentences into English, using the proper forms of the words given in the brackets.

1. 这位好心人给了流浪动物一个温暖的家。 (provide)

2. 每到周末，约翰更喜欢遛狗而不是打理花园。 (prefer)

3. 全球气候变暖可能对物种及其栖息地产生重大影响。 (likely)

4. 动物濒临灭绝的原因之一是因为人类破坏了它们的栖息地。 (endanger, why)

5. 那位科学家认为，地球不可能是唯一适合生命繁衍的行星。 (multiply, where)

Section B Read the paragraph in Section B of Vocabulary Focus again. Write a follow-up paragraph in 70–90 words about the concerns that biological oceanographers have about emperor penguins in the artificial world like the aquarium. Use cohesive devices where necessary. The following information is for your reference.

- 1) Emperor penguins inhabit only the Antarctic continent. Their habitat is exclusively massive icebergs, ice cliffs and cold seas.
- 2) Emperor penguins are real athletes. They can swim at the same speed day and night, dive to a depth of 1,800 feet and stay *submerged* (在水中的) for up to 18 minutes.
- 3) Emperor penguins are best known for the journeys that adult penguins make each year in order to mate and to feed their babies. Thousands of individuals go on a long journey of 50–120km over the ice to breeding areas.

Concerns About Emperor Penguins



Extended Reading



Pre-reading questions:

In this unit, we've learned some advantages for keeping endangered animals in zoos. But are there any disadvantages you can think of? Read the passage to find out.

How Animal Rights Activists View Zoos Keeping Endangered Species?

According to the Endangered Species Act, the definition of an endangered species is "any species which is in danger of extinction throughout all or a significant portion of its range." Zoos are widely regarded as guardians of endangered species, so why do animal rights activists claim the zoos are abusive^① and cruel?

^① adj. (of behaviour) involving violence

Endangered Species and Animal Rights

Endangered species are an environmental issue, but not necessarily an animal rights issue. From an environmental perspective, a blue whale is more deserving of protection than a cow because blue whales are endangered and the loss of a single blue whale may impact the survivability of the species. The ecosystem is a network of interdependent species, and when a species becomes extinct, the loss of that species in the ecosystem could threaten other species. But from an animal rights standpoint, a blue whale is no more or less deserving of life and liberty than a cow because both are sentient^② individuals. Blue whales should be protected because they are sentient beings, and not just because the species is endangered.

^② adj. able to see or feel things through the senses

Animal Rights Activists Oppose Keeping Endangered Species in Zoos

Keeping endangered animals in zoos violates^③ those individuals' rights to freedom. Violating the rights of individuals is wrong because a species is not an existence with its own rights. Additionally, removing

breeding individuals from the wild population further endangers the wild population.

Zoo Breeding^④ Programmes

Even if a zoo operates a breeding programme for an endangered species, those programmes do not excuse violating the rights of the individual animals to be free. The individual animals are suffering in captivity^⑤ for the good of the species — but a species is not an existence which suffers or has rights.

Zoo breeding programmes produce the many baby animals that attract the public, but this leads to surplus animals. Contrary to popular belief, the vast majority of zoo breeding programmes do not release individuals back into the wild. Instead, the individuals are destined^⑥ to live their lives in captivity.

Zoo Breeding Programmes and Loss of Wild Habitat

Many species are endangered because of loss of habitat. As human beings continue to multiply, and urban communities continue to expand, we destroy wild habitat. Many environmentalists and animal advocates believe that habitat protection is the best way to protect endangered species.

If a zoo operates a breeding programme for an endangered species while there is insufficient habitat for that species in the wild, there is no hope that releasing individuals will add to the wild population.

Zoos vs. Extinction

Extinction is a tragedy. It is a tragedy from an environmental standpoint because other species may suffer and because it may indicate an environmental problem such as loss of wild habitat or climate change. It is also a tragedy from an animal rights standpoint because it means that sentient individuals probably suffered and died untimely^⑦ deaths.

However, from an animal rights standpoint, extinction in the wild is not an excuse to continue keeping individuals in captivity. As explained above, the survival of the species does not justify the loss of freedom for the individuals in captivity.

④ *v. to keep animals or plants in order to produce young ones in a controlled way*

⑤ *n. the state of being kept as a prisoner or in a confined space*

⑥ *adj. having a future which has been decided or planned at an earlier time, especially by fate*

⑦ *adj. happening too soon or sooner than is normal or expected*



Food for thought

1. According to the author, how do animal rights activists view zoos keeping endangered species?

2. “**How do animal rights activists argue against zoos keeping endangered animals?**” Answer the question in your own words, and find out no less than three arguments according to the passage. An argument is given as an example.

Animal rights activists view endangered species as an environmental issue rather than an animal rights issue, thus believing endangered animals are not more worth protecting than other animal species.

(1) _____

(2) _____

(3) _____

Challenge

Review the listed arguments above and make an oral presentation to your class. Remember to use signal words when you switch to different points.



GRAMMAR IN USE

Section A Rewrite the sentences using *-ing* / *-ed* forms instead of relative clauses.

Example:

We steam fish by placing it above water which is boiling.

We steam fish by placing it above boiling water.

1. The prices of daily foods that are bought online can be lower than those in stores.

2. Through AI, the food industry has created a new flavour combination which delights the human senses.

3. People who willingly adjust to unfamiliar food in a new country might experience more joy.

4. There is a unique museum for *ramen* (拉面) which was opened by a Japanese food company.

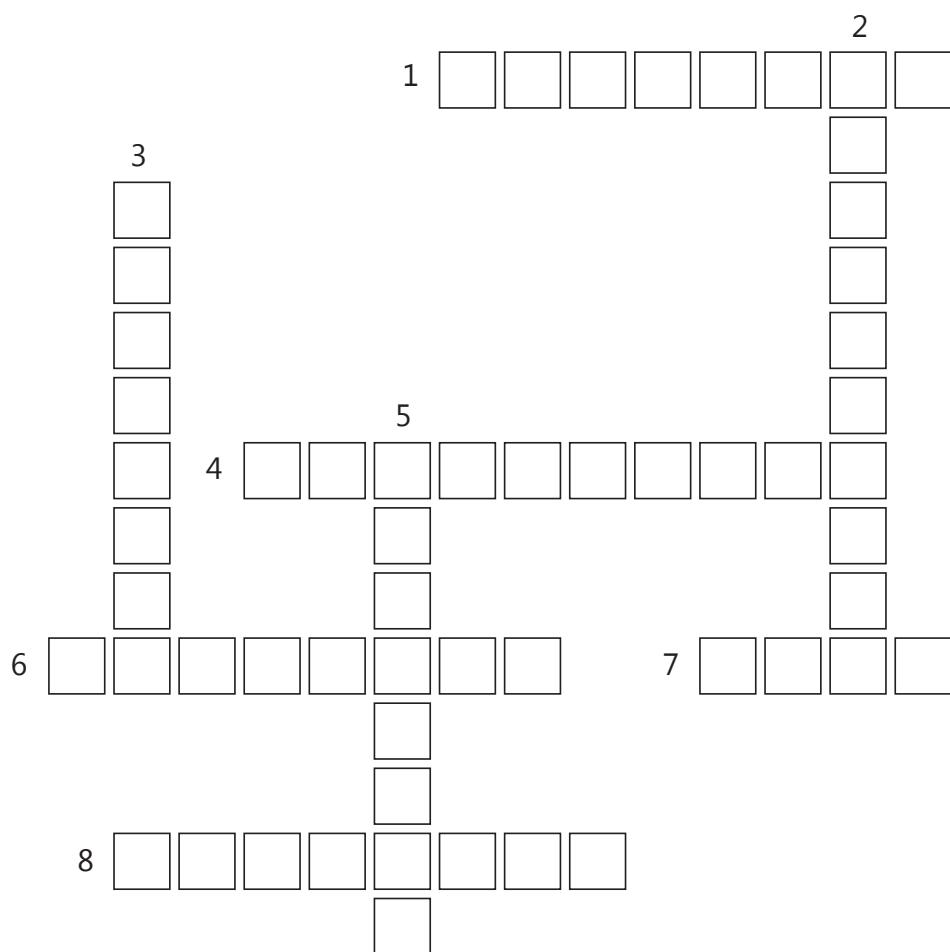
Section B Read the paragraphs about food and fill in the blanks with the proper forms of the given words to make them coherent and grammatically correct.

1. Almost every overseas Chinese restaurant ends a meal with fortune cookies _____ (invent) by a Japanese immigrant in San Francisco over 100 years ago, but they _____ (still take) me by surprise each time.

2. People used to be unwilling to eat healthy foods, thinking they were tasteless. So food companies have tried to produce tasty foods _____ (use) natural ingredients _____ (attract) people to healthy foods. Supermarkets have also become more interested in _____ (sell) them.

VOCABULARY FOCUS

Section A This crossword consists of a few words Across and a few words Down. Read the clues for each word and fill in the corresponding boxes with the letters that spell out the word.



Across

1. *v.* to make sth continue at the same level, standard, etc
4. *adj.* that you do not know or recognise
6. *n.* the characteristics, feelings or beliefs that distinguish people from others
7. *v.* to look for sth/sb
8. *n.* a plan that is intended to achieve a particular purpose

Down

2. *v.* to make the meaning of sth clearer by using examples, pictures, etc
3. *adj.* too anxious and tired to be able to relax
5. *n.* a place, usually including buildings, used for a particular purpose or activity

Section B Below is an ad of Panda Market. Read it and complete each of the sentences with an umbrella word or phrase according to its hyponyms.



PANDA MARKET

Open 7 days a week!

Nowadays, Chinese people pay more attention to balanced diets from each of the five (1) _____: whole grains or wheat, vegetables, fruit, milk and dairy products, and meat and beans. Meanwhile, look at Chinese cuisine, and you will know they also focus on methods of (2) _____ (diced, sliced, shredded, minced) and almost every (3) _____ — salty, spicy, sour, sweet, and bitter — is used in a balanced way to make delicious dishes. Chinese festival (4) _____, such as sticky rice dumplings in the Dragon Boat Festival and mooncakes in the Mid-Autumn Festival, can also be obtained in our supermarket.

321 S 76th St. Omaha, NE 68115
Hours: 9 AM–8 PM

LISTENING

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. At a theatre.
C. On a farm. | B. In a cafe.
D. At a newsstand. |
| () 2. A. Spend more time on study.
C. Focus on running the cafeteria. | B. Cook simply.
D. Dine at the cafeteria. |

- () 3. A. She has already had dinner.
B. She'll stick to her original plan.
C. She'll meet the man's friends later.
D. She'll go to the restaurant with the man.
- () 4. A. The chocolate cake is the woman's favourite.
B. The woman will celebrate her birthday alone.
C. The man will have some cake with the woman.
D. Both the man and the woman are on diet these days.
- () 5. A. It's cheaper to buy vegetables at the farm.
B. The man should buy products from the farm.
C. She sometimes gets fresh fruit on the campus.
D. The grocery store has more fruits and vegetables.

Section B Are you a tea lover? Do you know there are manners in having afternoon tea? Listen to the passage and choose the best answer to each question. The passage will be read twice, but the questions will be spoken only once.

Word Bank

scone /skɒn; skəʊn/ *n.* 司康饼 pastry /'peɪstri/ *n.* 油酥糕点

- 
- () 1. A. It used to last as long as three hours.
B. It was traditionally served at armchairs.
C. It includes a choice of teas and three courses.
D. Its invitations should be sent two weeks beforehand.
- () 2. A. The pourer stands for elegance and trust.
B. The pourer takes charge of the tea service.
C. The pourer is considered the host's best friend.
D. The pourer pours tea for those with a high social status.
- () 3. A. He/She is introduced to everyone.
B. He/She is invited as the first pourer.
C. He/She guides guests at the entrance.
D. He/She acts as the host or the hostess.
- () 4. A. Explaining how to serve as a pourer.
B. Describing what the guest of honour is.
C. Illustrating the courses of afternoon tea.
D. Introducing the customs of afternoon tea.

READING AND VIEWING

Notes

Section A Read the passage and complete the tasks.

Task 1. Think about the questions before reading.

1. What is good dining *etiquette* (礼仪) in China?
2. What should we pay special attention to when dining with businesspeople?

Good Dining Etiquette

Good dining etiquette in Germany and Europe is not very different from that in the U.S., but there are a few variations that you should know about.

Dining with Friends: A Gift Is Nice

As in the U.S., if you have been invited to dinner at someone's home, it is appropriate to bring a gift for your hosts. If you have brought along something typically American from your home state or city, that would be nice. Typical gifts include wine, flowers (no red roses, a sign of romance) or sweets. The better you know your hosts, the better you can select a gift.

Business Dining

If you are attending a business luncheon or dinner, the rules are much the same as in the U.S., but remember not to fall into American first-name familiarity. In



Germany, business is business — even when dining. Shake hands (firmly) when greeting people! Look people in the eye. Wait for your host to indicate where you should sit.

Utensils

You certainly may continue to hold your eating utensils the American way, but Europeans find the American way of eating rather inefficient. They find all that switching hands and picking up and putting down the knife a bit too complicated. Here's the German/European way of using a knife and fork:

1. Hold the fork in your left hand, and the knife in your right hand.
2. Keep both in your hands while eating. Don't put the knife or fork down except to drink or pick up bread.
3. Do not cut up an entire piece of meat at once. Cut off a bite-size piece and eat it before you cut off another piece.

Finger Foods? *Nein!*

Germans and other Europeans rarely eat with their hands! Especially in a fine restaurant or in a formal dining situation, even pizza is eaten with a knife and fork. However, if you are at an outdoor party or eating informally, it's okay to eat some foods, such as hamburgers or hotdogs, with your hands.

Task 2. Complete the following table about German dining etiquette.

German Dining Etiquette

	Do's	Don'ts
Gifts	(1) _____ _____	
Business Dining	<ul style="list-style-type: none">• Shake hands firmly.• Make eye contact. (2) _____ _____	(3) _____ _____
Utensils	(4) _____ _____ (5) _____ _____	<ul style="list-style-type: none">• Don't put the knife or fork down during the meal unless necessary.• Don't cut up an entire piece of meat at once.
Finger Foods	(6) _____ _____	<ul style="list-style-type: none">• Don't eat with hands in formal or semiformal dining situations.

Task 3. Fill in the table about Chinese dining etiquette based on your own knowledge. After you complete the table, share it with your classmates and do some library work to add more details.

Chinese Dining Etiquette

	Do's	Don'ts
Gifts		
Business Dining		
Utensils		
Finger Foods		

Section B Do you still remember your favourite snacks in your childhood? Is there any link between food and family? Read the passage and choose the best word or phrase for each blank.

People associate food with family relationships. Debra Lupton, an Australian researcher, found that childhood memories of food were related to (1) _____ relationships rather than to foods themselves. When requested to write about "food", participants in Lupton's study described (2) _____ themes related to belongingness, happiness and disappointment. Food does much more than meet family members' (3) _____ needs. Eating together provides opportunities for family

members to share the same event and eat similar foods. While family members' interests and activities may vary widely, mealtime provides a common (4) _____.

Attention to the (5) _____ of family meals is not new. In 1943 James H. S. Bossard indicated that the family meal "holds members of the family together". During mealtimes, Bossard noted, family members (6) _____, enlarging vocabulary, providing information and developing personality. He also acknowledged that because family meals represent "families in action", negative as well as positive interactivities occur during meals. (7) _____, Lupton noted that the family meal itself is not necessarily positive. When family members cooperate and are valued, the family meal helps to establish a sense of security among family members.





Family mealtimes may be a higher priority for some families than for others, and a possible decline in the (8) _____ of family meals is a commonly expressed concern. Social problems, ranging from failure in school to teenage emotional problems, have been leading to the decline in family meals. (9) _____, a decline in family meals may not be as extensive as feared. An American Dietetic Association fact sheet indicates that the average family prepares and eats dinner together five nights a week. Obviously, many people are (10) _____ obtaining the benefits of a family meal.

- () 1. A. cooperative B. commercial C. social D. professional

() 2. A. scientific B. economic C. musical D. emotional

() 3. A. physical B. potential C. individual D. political

() 4. A. focus B. sight C. form D. belief

() 5. A. expenses B. benefits C. memories D. courses

() 6. A. adjust B. negotiate C. observe D. interact

() 7. A. Strangely
 C. Similarly B. Consequently
 D. Unfortunately

() 8. A. influence B. quality C. frequency D. variety

() 9. A. Furthermore B. However C. Meanwhile D. Instead

() 10. A. committed to
 C. satisfied with B. prevented from
 D. opposed to

SPEAKING

Notes

Section A Read aloud the following paragraph.

As in the U.S., if you have been invited to dinner at someone's home, it is appropriate to bring a gift for your hosts. If you have brought along something typically American from your home state or city, that would be nice. Typical gifts include wine, flowers (no red roses, a sign of romance) or sweets. The better you know your hosts, the better you can select a gift.

Section B Make quick responses to the sentences you have heard.

1. Your response:

2. Your response:

Section C The picture below describes a family reunion dinner. Describe it in detail and begin your talk with the first sentence given.

Xiao Ming was celebrating the Chinese New Year's Eve with his family.



□ WRITING

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

1. 一般而言，你必须认同当地社会才能留在当地。 (identify with)

2. 第一次出国，你可能会经历文化冲击。 (experience)

3. 这所学校提供的课程旨在帮助年轻人更了解日新月异的世界。
(inform)

4. 保存在冰箱里的食物就一定安全吗? (preserve)

5. 饱受思乡之苦的人往往会寻觅家乡菜作为慰藉。 (suffer)

Extended Reading



Pre-reading question:

Comfort food provides an emotional value to us. It may be specific to an individual, or it may apply to a specific culture. What is your favourite comfort food? Describe it as vividly as you can.

TOP 4 COMFORT FOODS — WELLINGTON

Although Wellington has perfect weather most of the time, sometimes our mood can be challenged by occasional rain and light

winds in the winter; in these instances I look to food and friends to lift my spirits. Feeling good in the cold seasons is easy if you fill your belly with food that reminds you of all the things that make you happy. So grab your mates and try these four offerings.

DRAGONS

YUM CHA DUMPLINGS

If there is any food that is always a comfort for your body, it has to be dumplings; these magical treats are perhaps the universe's perfect breakfast, lunch and/or dinner food.



Dragons is widely recognised in Wellington and they beat their peers with quality and service. Under the watchful eye of Eric Kong (assistant CEO) steamed goodies^① on trollies are pushed around by waiters wearing Madonna-like head microphone making sure that everyone orders far too much. My favourites are the pork, ginger and prawn steamed dumplings; the wrappers are steamed to breaking point but not beyond and the interiors^② are piping hot. Once you dip these little ones in the chili oil-soy sauce, any overindulgences^③ from Friday night will wash away.

CAPITOL

GRILLED WAGYU BEEFSTEAK & RIPPED CHIPS



Steak frites is my death-row meal and I find it very difficult not to order it when I see it on a menu. Capitol is almost 20 years old and Kate and Tom Hutchison run this incredible^④ restaurant. This steak is cooked to perfection, the ruby red centre with

a good char^⑤ on the perimeter ensures every mouthful is perfect. Then there's the ripped chips. Everyone has opinions on what chips go best with steak, but studies show that ripped chips give you 50,000% more surface area and I'm glad Tom believes in the science as these are the best — crispy^⑥ on the outer and soft in the middle. This is like being fed by your parents when you need to feel the love of home and familiarity.

FIELD & GREEN

FISH FINGER SANDWICH & BACON SANDWICH

Wellington's best sandwiches are nostalgic^⑦, familiar and magnificent. Served by the ever-smiling and massively talented Laura Greenfield, my

^① n. a thing that is very nice to eat

^② n. the inside part of sth

^③ n. having too much of sth nice, especially food or drink

^④ adj. (informal) extremely good or extremely large

^⑤ n. becoming black by burning

^⑥ adj. (of food) pleasantly hard and dry

^⑦ adj. having or bringing a feeling of sadness mixed with pleasure and affection when you think of happy times in the past



⁽⁸⁾ v. to put your arms around sb as a sign of love or friendship

fish and sharp tartar sauce is sandwiched by the softest house-made white bread ever and is consumed in minutes. While one sandwich is plenty, my appetite turns to sandwich course two and I have zero regrets about this decision. The perfect bread now embraces⁽⁸⁾ crispy bacon with ample HP sauce to provide sweetness and extra depth of flavour. This is knocking my death-row meal into second place.

BURGER LIQUOR THE SMOKEY BURGER



Wellingtonians love their burgers. The greedy buggers consume about 200,000 in August alone but during the rest of the year Burger Liquor is rolling out the best in the city and it needs to be talked about. Its stalwart burger

"The Smokey" is a juicy, sweet, salty meat bomb that delivers world peace to your hungry stomach. Double-smoked patties, bacon, crispy onion strings and some sort of yellow cheese combine to let you know all is going to be OK with whatever has you upset. All of this is no surprise as Burger Liquor's smiling owner Dan Haycock has been officially named the nicest guy in the world for several years running now.

Food for thought

If you've got a chance to try one of the four comfort foods for free, which one would you like? Why?

Challenge

Notes

1. In what aspects are these comfort foods introduced?

2. How does the author recommend his favourite winter food? Underline the expressions or patterns that impress you the most.

3. What is your favourite local comfort food in winter? Introduce one in 70 – 90 words entitled *My Favourite Local Comfort Food in Winter*. If possible, try using some of the expressions or patterns learned from this passage.

My Favourite Local Comfort Food in Winter

UNIT 4

Sports

GRAMMAR IN USE

Section A Complete the sentences with -ing / -ed forms.

1. While _____ (scream) with joy, we hurried back to the centre circle.
2. _____ (add) too much burden to the heart, over-exercising is very dangerous.
3. Although _____ (sweep) all the medals in the competitions, the team was not satisfied at all.
4. It is crazy and unreasonable that children are pushed to continue playing even when _____ (injure).
5. If _____ (give) physical education in schools, we will acquire endurance we all need in face of future life.

Section B Combine the two sentences, using -ing / -ed forms as adverbials.

Example:

Jules ran into me and I jumped on her.

We were followed by the rest of the team.

Jules ran into me and I jumped on her, followed by the rest of the team.

1. *Wrestlers* (摔跤手) roared.
They entered the *ring* (摔跤台) to the theme music.

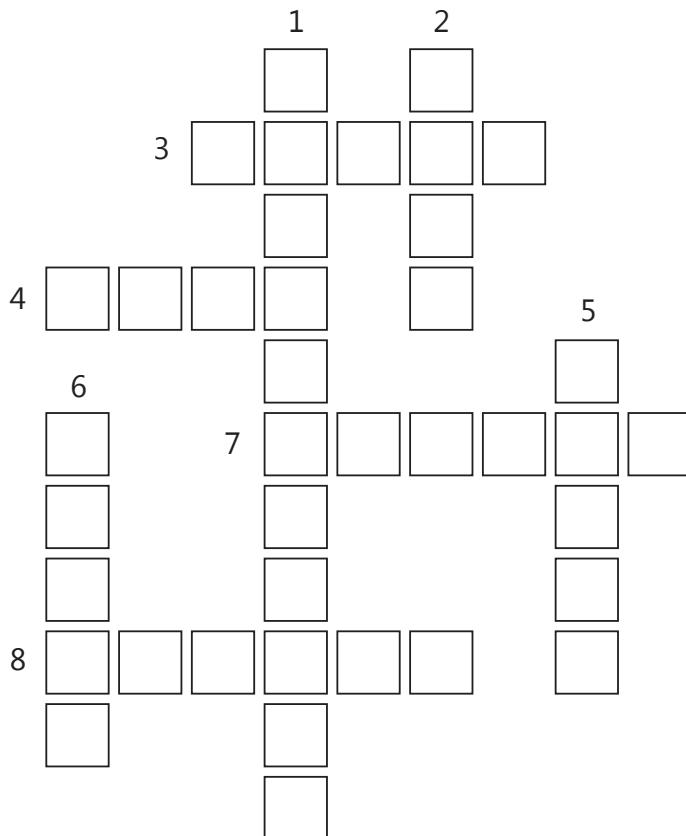
-
2. A team of Swedish athletes were exhausted.
They sat down for a meal.
-

3. "She just seems to have that in her blood," says John.
He explained his daughter's remarkable ability to win.
-

4. Skiers initially looked down upon snowboarding.
It has rapidly increased in popularity.
-

VOCABULARY FOCUS

Section A This crossword consists of a few words Across and a few words Down. Read the clues for each word and fill in the corresponding boxes with the letters that spell out the word.



Across

3. *v.* (in football, hockey, etc) to try to kick, hit or throw the ball into a goal or to score a point
4. *n.* point scored when the ball goes into the goal
7. *n.* the physical or mental energy that you need to do sth
8. *n.* the feeling of happiness that you have when sth unpleasant stops or does not happen

Down

1. *adj.* difficult in an interesting way that tests your ability
2. *v.* to turn over and over, and move in a particular direction
5. *n.* mass of spectators; audience
6. *n.* a place where games such as tennis are played

Section B Complete each sentence with the proper form of the given polyseme. Fill in the brackets with its part of speech (such as *n.*, *v.*, *adj.*, *adv.*) and its meaning in Chinese. One example is given.

1. introduce
 - a. First, we'll *introduce* the example that is used to explain and apply the idea in the article. (*v.*; 介绍)
(____; _____)
 - b. International exchanges _____ advanced technology and equipment.
(____; _____)
2. tough
 - a. She is a strong, _____ person, who in many ways is as strong as a man.
(____; _____)
 - b. It was a very _____ decision but we feel we made the right one.
(____; _____)
3. draw
 - a. The match ended in a two-all _____.
(____; _____)
 - b. New products are helping to _____ foreign investors to the market.
(____; _____)
 - c. The cheque was _____ on his personal account.
(____; _____)
4. turn
 - a. She _____ away in horror at the sight of so much blood.
(____; _____)
 - b. Today, it's my _____ to give a lecture and I am very excited.
(____; _____)
 - c. He _____ upset when he failed to win the game.
(____; _____)

5. grab

- a. Let's _____ a sandwich before we go.
 (____; _____)
- b. He _____ hold of me and wouldn't let go.
 (____; _____)
- c. By the time we arrived, someone _____ all the good seats.
 (____; _____)

LISTENING AND VIEWING

Section A Do you know about the sport described in the picture? Listen to an introduction to the sport and fill in the blanks. The introduction will be read twice.

Word Bank

coral /'kɒrəl/ *n.* 珊瑚

shark /ʃɑ:k/ *n.* 鲨鱼

octopus /'ɒktəpəs/ *n.* 备用调节器

regulator /'regjʊleɪtə/ *n.* 调节器



SCUBA – self-contained underwater breathing apparatus (装备)



A mask allows the divers to (1) _____ and protects their eyes and nose.



A(n) (2) _____ is attached to an air tank and it brings air to the mouth.



The BCD is intended to control how much the divers (3) _____.



A *pressure gauge device* (测压表) tells divers how much air is left in the air tank.



Scuba fins (蛙鞋) help the divers to move (4) _____ through the water.



A(n) (5) _____ is used to keep the divers warm underwater.

Section B Wilma Rudolph is an international sports star in track and field. Listen to the passage and fill in the blanks with the information you have just heard. The passage will be read twice.

Word Bank

relay /'reɪlər; rɪ'lər/ *n.* 接力赛

Then	At 4	At 9	While in high school	While in Tennessee State University	In 1960	Now
Wilma's (1) _____ was useless because of a serious illness.			Wilma participated in one race after another, dreaming of becoming the world's greatest (3) _____.		Wilma beat Yetta Heine in the 100 metres, the 200 metres and (5) _____ in the Rome Olympic Games.	

Wilma took away (2) _____ _____ and started to practise walking normally.	Wilma received (4) _____ from Ed Temple.
---	---

READING AND VIEWING

Section A Read the passage and complete the tasks.

Task 1. Think about the questions before reading.

1. Have you or your friends ever tried long-distance running or even marathon?
2. In your opinion, why are some people crazy about marathons?

Task 2. Choose the most suitable heading from A–E for each numbered paragraph. There is one extra heading which you do not need.

- A. Running has given me confidence.
- B. I felt my body and head both challenged by running.
- C. Running has become part of my life.
- D. People think I've run all my life, which isn't true.
- E. To have completed the Marathon des Sables was incredibly empowering.

Sophie Raworth is a BBC newsreader and presenter, and somehow manages to find time to be a long-distance runner at the same time. She has completed numerous long-distance events, including all six World Marathon Majors and in 2018, the Marathon des Sables, a 156-mile ultramarathon across the Sahara.

Here is what she says when interviewed by *Women's Running USA 2018*.

(1) _____ I did a year of track running when I was 16. I was quite fast at the 400-metre race but stopped and began training with the British diving team. I didn't run again until I was in my 30s, but I hated it and quit. When I was presenting the six o'clock news, I trained for the Great North Run, which I took seriously and followed a plan. But it wasn't until 2011 that I started running in earnest and began training for my first London Marathon.

(2) _____ If I can't fit a run around my work hours, then I'll just run the 10 kilometres to work instead of taking the subway. I run five days a week. I have an online coach: he tells me what to do and I just do it.

(3) _____ I realised that your body can do so much more than you ever thought it could. So, much of running and life in general is about what's in your head. It's often your head that holds you back, rather than your body. This was a really important lesson for me in what you can do if you keep putting one foot in front of the other.

(4) _____ It has made me feel physically and mentally strong. I've just turned 50 and I'm fitter and faster than I've ever been. It's become a really stabilising part of my life. If I'm feeling tired or stressed, then I just go for a run. I work in a high pressure "live" environment, and I love the fact that I can get out in the countryside and run for hours on my own. I just listen to my thoughts, my feet and my breathing.



Everyone asks me what my next goal is. I have my eye on a big multi-stage race in the near future. I'd like to do more trail running and a stage of the Ultra Trail Mont Blanc. I also have my eye set on a marathon PB (personal best). My current PB is 3 hours 29 minutes and 15 seconds. I want to train really hard and see if I can beat it.

Task 3. What might Sophie Raworth want to tell us next? Can you make a prediction?

My prediction:

Section B Apart from keeping fit, what does sport mean to teenagers? Read the passage and complete it by using the sentences in the box below. Each sentence can be used only once. Note that there are two more sentences than you need.

- A. Getting your teens into a sport gives them an opportunity to go out and socialise.
- B. Recent studies show that obesity is rapidly becoming a major issue within society and its teenagers.
- C. A great way to do this is by showing up to their games, helping them to practise, and helping with team fundraisers.
- D. While this may seem like a silly reason, there are lots of other benefits of sports that your teens may overlook.
- E. If you do a little research, you're sure to find the sport your teens will enjoy.
- F. Joining a team sport will help your teens to get out and get some exercise without feeling pressured to lose weight or get in shape.

Why Is Sport Important for Teenagers?

A lot of teens in high school want to try out for sports. Many try because they think it will make them popular or get them more dates.

(1) _____ Here are some reasons that you'll find comforting.

With TV, movies, computers and video games becoming more and more popular, it has become so much easier for teens to be by themselves rather than going out with friends. Kids used to go hang out at the mall

or drive around town; now they just sit at home. (2) _____ While they may not find a new best friend, they will learn how to interact and work as a team; something they'll find useful later in life.

One of the biggest problems in our society today is *obesity* (肥胖), and it's not just a problem with adults. More and more kids are becoming overweight. (3) _____ Plus, if your teens see that their physical condition is causing them to underperform, they may be motivated to do other activities to get healthy.

These days, it's becoming harder to show your teens that you love and support them. (4) _____ These are also great ways to spend time with your kids and talk to them.

Team sports are a great way for your teens to get out of the house, get moving, make friends, and even get a scholarship to college. So why not talk to them about getting into sports today?



SPEAKING

Section A Read aloud the following paragraph.

I did a year of track running when I was 16. I was quite fast at the 400-metre race but stopped and began training with the British diving team. I didn't run again until I was in my 30s, but I hated it and quit. When I was presenting the six o'clock news, I trained for the Great North Run, which I took seriously and followed a plan. But it wasn't until 2011 that I started running in earnest and began training for my first London Marathon.

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

Questions 1–2:

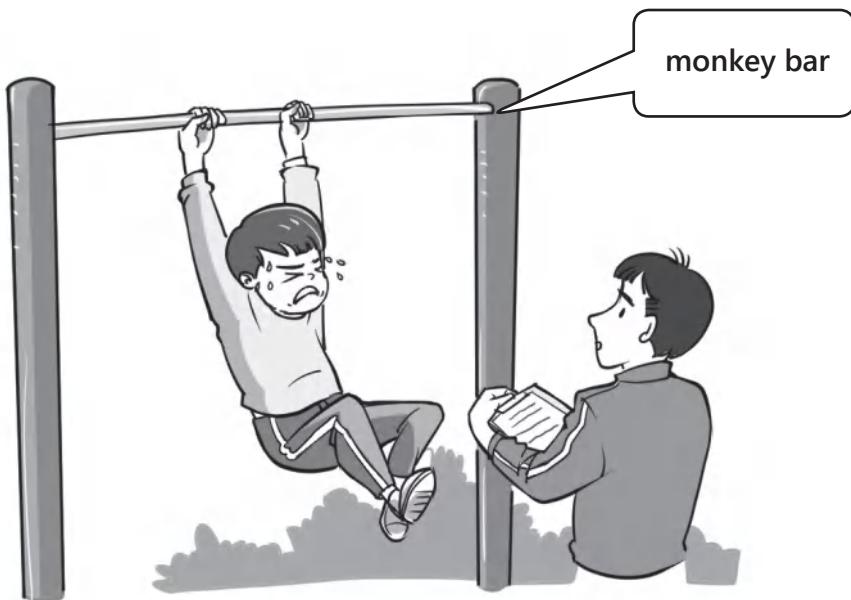
You missed a basketball match between Class 1 and Class 2 yesterday. Ask your classmate Jack, who was there, two questions about the details of the match.

Questions 3–4:

Your friend Sarah tells you that she signed up for a yoga course last week. Ask her two questions about the yoga course.

Section C Can you imagine what is described in the picture? Make a story based on it and begin your talk with the first sentence given.

Xiao Ming was trying to pass the physical fitness test.



WRITING

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

1. 约翰示意另一名球员赶紧传球给他。(signal)

2. 每个周末我和表哥都会去离家最近的体育场踢足球。(hang out)

3. 小王每天坚持打一小时乒乓球, 因为他深知, 练得越多, 球技就越高。(the more ... the more ...)

4. 即使面对负面评论, 她仍旧执着地追寻自己的武术梦。(faced)

5. 尽管爸爸知道在他家乡女孩踢足球没什么前途，但他仍不遗余力地支持女儿对足球的热爱。(effort)

Section B Listen to Section B of Listening and Viewing again and complete the tasks.

Task 1. Answer the following questions.

1. What was the doctor's diagnosis of Wilma's left leg?

2. How did Wilma's mother encourage Wilma?

3. How did Wilma's classmates react to her failure in her first race?

4. Why did Ed Temple decide to coach Wilma?

Task 2. Suppose you were Wilma Rudolph, and were invited to deliver a speech about your major experiences on a TV show. Write your speech according to the timeline in Section B of Listening and Viewing and your answers to the questions in Task 1 above.

Ladies and gentlemen,



Notes



Extended Reading

Notes



Pre-reading questions:

1. Do you have any idea of what running poles are?
2. Are they invaluable tools or dangerous weapons for runners in trail running? Why do you think so?

For and Against Running Poles — An Invaluable Tool or Dangerous Weapon?

FOR

British runner Damian Hall believes the boost^① provided by sticks makes them invaluable.

Hand-held sticks or poles have been used by skiers since the Middle Ages. In recent decades, hikers and runners have recognised their effectiveness and adopted them too, especially in Europe. In ultra-distance mountain races nowadays you might guess at least 75% of runners are using them, including the likes of Kilian Jornet and François D'Haene, Mimmi Kotka and Núria Picas — all UTMB winners.

A 2010 Northumbria University study showed poles reduce soreness after a hill walk and help to maintain muscle function, provide "motivation to enjoy the benefits of exercise for longer", and avoid injury. Three US studies (from the Universities of Massachusetts, Wisconsin and Steadman-Hawkins Sports Medicine Foundation) found the same things: poles lead to less tiredness, less stress on the joints and fewer injuries.

You hear occasional complaints about popular races where pole use is sometimes unruly^② in crowded situations. But races such as Transgrancanaria ban their use for the first 2 kilometres, which does a lot to ease the situation.

To sum up, if poles are likely to make it less painful to go up and down mountains, and therefore mean that more people enjoy the great

① *n. an act of pushing sb up from behind*

② *adj. difficult to control or manage*

outdoors, that must be a good thing.

AGAINST

American world mountain running champion Joseph Gray says poles are dangerous and speed up trail erosion^③.

About 1 kilometre into a race I almost got my eyes poked^④ out by a competitor using running poles. Although the trail was a little wider than single track, his poles were taking up the space that would typically allow one to pass without concern. I was forced to pass off-trail to avoid being tripped^⑤ by the poles.

I began spending time watching groups of hikers attached to poles on trails across the globe. I realised my story wasn't isolated. I saw numerous people being tripped by the poles of passing hikers and plenty of trekkers^⑥ poked by pole tips. Even worse, the poles were digging into the terrain^⑦, putting small holes into the earth with every step they took. I've noticed over the years that various trails I frequent have become noticeably more eroded, new rocks once beneath soil now resting their edges on exposed trail.

Is it time for us to ban the use of poles in public spaces? Definitely in races. They are dangerous to others around and, due to the fact that one must go wide to pass someone using poles, athletes are also forced to run off-trail, damaging new terrain and vegetation. We are already leaving our footprint on natural areas across the globe; do we need to speed up the process simply to allow someone to use an unnecessary piece of equipment to entertain themselves in the outdoors? Our ancestors climbed rugged^⑧ mountains without poles. And slowing down erosion of natural areas is more important than making it easier for someone to climb a mountain.

Task 1. Read the passage and underline the phrases or sentences for or against running poles.

Task 2. Summarise the information you have underlined and complete the following table.

	For	Against
Main Arguments	<p>Physical benefits:</p> <ol style="list-style-type: none"> 1. reduce soreness after a hill walk and help to maintain muscle function 2. lead to _____ 3. make it less painful to _____ <p>Mental benefits:</p> <ol style="list-style-type: none"> 1. provide motivation to enjoy the benefits of exercise for longer 2. enable more people to _____ 	<p>For passing hikers: Poles are dangerous because _____.</p> <p>For trails: Poles can dig into _____ and put _____, thus speeding up trail erosion.</p>
Methods of Argumentation	<ol style="list-style-type: none"> 1. by quoting data 2. by _____ 3. by _____ 	<ol style="list-style-type: none"> 1. by _____ 2. by reasoning



Challenge

Conduct a debate with your classmates on the pros and cons of using running poles. Remember to select useful information from the table of Task 2, and apply appropriate speaking strategies.



Your argument:

Your evidence:

Revision

LISTENING

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. It likes Peter's toys best.
B. It is the family's good company.
C. It is too naughty to make friends with.
D. It likes playing with Peter's parents most.
- () 2. A. Betty is the best cook she's ever met.
B. She is concerned about the cook's mood.
C. The quality of the cooking there isn't stable.
D. The cook at Betty's Café is usually dependable.
- () 3. A. He would enjoy the view there in winter.
B. The woman would not take a vacation there again.
C. He should spend his summer vacation there as well.
D. The woman would not like living there all year round.
- () 4. A. The woman likes treating herself to tasty dishes.
B. Fresh vegetables can be bought in the cafeteria.
C. The cafeteria usually serves dishes with canned vegetables.
D. The man rarely enjoys eating fresh vegetables in the cafeteria.
- () 5. A. She forgot about the basketball game.
B. She felt it a pity to miss the basketball game.
C. She did not like watching the basketball game.
D. She did not watch the basketball game due to illness.

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

- () 6. A. Pet dogs. B. Rescue dogs.
C. Caged dogs. D. Police dogs.



Notes



- () 7. A. Taking the dog for a walk.
B. Putting pressure on the dog.
C. Offering the dog a food bowl.
D. Giving the dog a special collar.
- () 8. A. They suggest that the best reward dogs want is food from the owners.
B. They prove that negative training methods do harm to dogs in the long run.
C. They show that playing with dogs helps to teach everyday behaviours to dogs.
D. They are against the earlier research on the effectiveness of reward-based training.

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

- () 9. A. It includes team practising in the gym.
B. It costs 30 dollars a semester individually.
C. It gives access to all the equipment in the gym.
D. It can be applied for with the student's name and year.
- () 10. A. Produce an ID card. B. Join the swimming team.
C. Swim for the instructor. D. Register and pay the fee.
- () 11. A. Registering the ID card.
B. Applying for the gym pass.
C. Making an appointment with the instructor.
D. Enrolling in the swimming class in the gym.

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 word; for the other blanks, use one word that best fits each blank.

King of the Jungle

Lions are the second largest living cat species after the tiger. Their fierce roar, supernatural strength and attractive *manes* (鬃毛) make them

one of (1) _____ (respectable) animals of the animal kingdom. A lion's roar can be heard from five miles away and it can run up to a speed of 81 kph. However, (2) _____ lack of endurance, they can do this in small intervals only. A few centuries ago, lions wandered in different parts of the world. Sadly, today their habitat range (3) _____ (reduce) tremendously. Let's read further to find out the habitat (4) _____ the lion prefers to live!

(5) _____ the lion is known as the "King of the Jungle", it does not actually live in the jungle! The movie "The Lion King", originally (6) _____ (title) "King of the Jungle", was changed by Disney when they realised that. Lions prefer to live near rivers because rivers supply them with constant water. The water also attracts their *prey* (猎物), thereby (7) _____ (increase) prey density in the area. As far as lions are concerned, they are social cats and live in prides (packs of 15–40 lions). Each pride has 1–4 dominant male lions (8) _____ (lead) it, and several lionesses and *cubs* (幼兽). The lionesses carry out majority of the hunting, but the lions feed first, (9) _____ (follow) by the lionesses, and lastly the cubs. The males are extremely possessive of their territory and will even hunt those (10) _____ threaten their prides. Thus, the habitat of a lion is also a place that satisfies a lion's physical, mental and emotional needs.

VOCABULARY

Section A Complete the sentences with the words in the box. Each word can be used only once. Note that there is one word more than you need.

appreciate delicate draw grab turn ultimate

1. The hot weather will _____ the milk sour.
2. Although the *coral* (珊瑚) looks hard, it is very _____.
3. My experience as a former player and coach has prepared me for the _____ challenge.
4. With different dining customs, some foreigners are unable to _____ traditional Chinese snacks.

5. Nowadays, many people are so busy that they always pop into one convenience store to _____ a meal on their way to the office or home.

Section B Complete the passage with proper forms of the antonyms of the underlined words. In some blanks, you may use prefixes (*in-*, *im-*, *un-*, etc).

Species in tropical rain forests have developed a tendency to simplification, or a decrease in (6) _____ of species. The balance of nature is to be lost. Scientists are concerned that such (7) _____ may result in desertification. This is partly because of the effect of introducing foreign creatures on the (8) _____ environment. Besides, some woodcutters cut down trees without legal permission. It's only a matter of time before their (9) _____ activities eventually revenge on mankind. Therefore, every man should take the responsibility to protect nature instead of (10) _____ it.

READING

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



Parents have an impact on what their children eat and how much they eat. To develop familiarity with and preference for specific food items, children may need to be (1) _____ to that food ten times. Parents have the responsibility of selecting much of the food eaten by very young children. But children also affect the food behaviours of other family members by (2) _____ what is purchased and prepared. Parents want to serve food that their children will eat. According to Gill Valentine, a professor of the University of Sheffield, "The power of children shapes the (3) _____ practices of a household."

Parents and children not only impact one another's food choices. The care and love parents demonstrate by purchasing or preparing food for their children is evident; (4) _____, children use food to express care and helpfulness to parents. In interviews conducted in California,

adolescents between the ages of eleven and fourteen reported cooking for themselves or *siblings* (兄弟姐妹). They viewed preparing food at home as (5) _____ family life. Thus, children and parents alike help to create a sense of family by giving and receiving care demonstrated through food.

The adolescents interviewed by Elaine Bell Kaplan, an associate professor of the University of Southern California, indicated that the boys described enjoying cooking as much as the girls did. Boys' enjoyment of cooking follows a trend in which men (6) _____ contribute to preparation of family meals. Women still do most of the cooking for families, but men often participate in food preparation. These couples viewed food preparation as part of the (7) _____ of labour, which they had negotiated, rather than as the duty of the female.

Food preferences and preparation responsibilities are negotiated between husband and wife, as well as between parents and children. People also negotiate and renegotiate food patterns throughout the (8) _____ of their own lives. Researchers in Scotland examined (9) _____ in eating habits when couples began to live together. Before they got married, people shopped for food when they felt like it or needed more food; when they began living together, both meals and shopping became more (10) _____.

- () 1. A. devoted B. exposed C. reunited D. limited

() 2. A. investigating B. influencing C. comparing D. evaluating

() 3. A. management B. development
C. labour D. consumption

() 4. A. by contrast B. otherwise C. in addition D. nevertheless

() 5. A. making a contribution to B. making an exception of
C. placing a high value on D. turning a new page of

() 6. A. reluctantly B. equally C. frequently D. financially

() 7. A. sign B. reward C. cost D. division

() 8. A. stages B. feelings C. issues D. details

() 9. A. requirements B. traditions C. elements D. changes

() 10. A. balanced B. regular C. solid D. stimulating

Section B Read the passage which is followed by several questions or unfinished statements. For each of the question or statement, there are four choices marked A, B, C and D. Choose the one most appropriate answer for each.

① The desire to journey through the great outdoors is in your DNA. We humans were born to move. Hiking helps your heart, builds balance and maximises memory. And, most importantly, it's great fun. When you *hit the trail* (出发) with friends, you're so *immersed* (沉浸在) in great conversation and the magic of nature. That makes it a complete mind, body and spirit workout like no other. Plus, hiking adventures provide the perfect goal to give you a reason to train, and that motivates you to move. Even better if you're doing it for a purpose, such as for charity — it means you're less likely to quit because someone else is relying on you!

② If you don't know where to start, here's what you need to do to get ready for your first adventure.

PLAN FOR IT

③ Start with your goal and work backwards. Plan your monthly, weekly and daily training. And don't forget to add on a couple of yoga, swimming, cycling or dance sessions to balance out the work. Habitual training will make all the difference to your big goal by setting up your mind and body for success.



START THE WORKOUT

④ It's important to **replicate** the exact activity you're training for. If you're planning to climb a mountain, hike hills and stairs. If you're planning a 60-kilometre *trek* (长途跋涉), do distance hiking. The most effective way to train is a combination of *cardio* (有氧运动), strength, moderate-intensity training, endurance and flexibility. To get stronger and get used to walking with some weight, fill up your backpack.

KEEP IT SAFE

⑤ Unlike many higher-intensity forms of exercise, hiking injuries are rare, because you're using your body naturally. To prevent sore knees, build up gradually, and if your knees start to give you trouble, seek immediate advice from an exercise physiologist. Listen to your body: if it

hurts, don't do it. And remember, your body heals best with eight hours of sleep. Don't forget to stretch before, during and after your hike. It'll go a long way towards preparing your body for the big challenge ahead.

- () 11. According to paragraph 1, which of the following factors engages one in hiking?
- A. Urge of helping those in need.
 - B. Knowledge of making adventures.
 - C. Independence of outdoor activities.
 - D. Chances of cutting in conversations.
- () 12. The word "replicate" in paragraph 4 is closest in meaning to _____.
- A. undertake
 - B. prevent
 - C. copy
 - D. record
- () 13. Which of the following is TRUE about hiking according to the passage?
- A. Weight training can help hikers to keep body balance.
 - B. High-intensity hiking helps one to recover from sore knees.
 - C. Sufficient stretching and sleep can prevent injuries in hiking.
 - D. We'd better break down final goals and plan a mixed training.

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

- A. The first thing especially kids ask is whether they can have this as a pet.
- B. Without going to great effort it is not practical to house an adult African tortoise indoors.
- C. The zoo will get called about animals that people no longer want, but they do not have the room for every animal.
- D. People should understand the animal and what requirements it has before adopting or purchasing a pet.
- E. The discovery got us to look into the importance of animal care and make responsible choices when choosing a pet.
- F. He has joined the zoo's ambassador programme, which brings smaller animals out into the community for education.



Abandoned Tortoise Turned Animal Ambassador at a Zoo

The Roosevelt Park Zoo has a new addition, Wilson the Tortoise, thanks to the good eye of a fisherman. "He was floating on a log. Being a tortoise, he is a *terrestrial* (陆栖的) animal. So the fisherman turned him over to Fish and Game. Fish and Game then contacted us to see if we could have a home for him here at our zoo," said Nicole Barnhart, the Zoo educator.

Wilson is actually an African tortoise found in Lake Sakakawea, North Dakota, USA. (14) _____

Wilson is the most recent example of an animal with this story. (15) _____

"They get to reach people who may not normally get a chance to come to the zoo. And it really allows people a chance to get to learn about these animals, see them up close," said Nicole Barnhart.



Visiting schools and nursing homes allows the zoo to educate people on the importance of being a responsible pet owner. "(16) _____ Because now they are super excited and find them lovable," said Barnhart.

Although, as Barnhart says they are cute, not all of these animals are your domestic dog or cat. "For example, people commonly think that *reptiles* (爬行动物) are easy to maintain because they don't need to get fed every day. But those animals take special light and heat sources. So getting all of that set up in a tank can be quite a demanding task," said Barnhart.

Barnhart says through the animal ambassador programme that the zoo is following their mission of promoting wildlife understanding and conservation through public education. (17) _____ This is why they want to stress the importance about being a responsible pet owner.

WRITING

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

1. 鲜花可以传递那些人们羞于开口表达的情感。(too ... to ...)

2. 腌制食品味道虽好，但缺少必要的营养。(preserve)

3. 人们很难理解，狗是如何通过其非凡的嗅觉来体验和回应这个世界。(It...)

4. 许多家长没有意识到孩子们吃垃圾食品会上瘾，所以也没把孩子吃零食当回事。(addict)

Section B Write an English composition in 70 – 90 words according to the instructions given below.

如今，在大街小巷寻觅，你总能发现一些环境舒适、具有特色的餐馆、咖啡馆等。请你介绍一家你曾经去过的餐馆或咖啡馆。你的文章须包括：

1. 根据空间顺序描述店内布局；
 2. 简要介绍它所提供的食物和服务。



SPEAKING

Section A Read aloud the following paragraph.

Soccer is popular for all of the reasons, but ultimately, the main reason for its universal appeal may be this: it's a simple game. It can be played anywhere with anything — a ball, a can, or even some bags tied together. And anyone can play it. "You don't need to be rich... to play soccer," says historian Peter Hanks. "You just need a flat space and a ball." It is this unique simplicity that makes soccer the most popular sport in Africa. Here, even in rural areas far from the bright lights and big stadiums, children and adults play the game, often with handmade balls.

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

Questions 1–2:

Your friend Mary, who is an Australian, is going to visit you this summer vacation. You are arranging food and accommodation for her. Ask Mary two questions about her preferences.

Questions 3–4:

Your friend Xiao Zhang is a member of the school tennis club. You are also interested in the club. Ask him two questions about the details of joining the school tennis club.

 **Section C** Make quick responses to the sentences you have heard.

Notes

1. Your response:

2. Your response:

3. Your response:

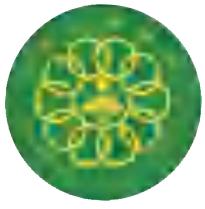
4. Your response:

Section D You will have one minute to prepare and another minute to talk in at least five sentences about the picture. Begin your talk with the first sentence given.

Xiao Ming and Xiao Li were having a picnic on the grass.



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