普通高中教科书

ENGLISH

少年 (必修) 第三册



姓名 ______学号 _____

普通高中教科书

ENGLISH 其其語 第三册

主编: 束定芳

练习部分

主 编: 束定芳

副 主 编:潘鸣威 王蓓蕾

分册主编:姚 晟

编 者: (按姓氏笔画顺序) 沈宇丹 沈春泉 钱晶晶 梅 瑛

责任编辑:秦平华美术设计:戴玉倩

普通高中教科书 英语 必修第三册 练习部分 上海市中小学(幼儿园)课程改革委员会组织编写

出 版 发 行 上海外语教育出版社 (上海市大连西路 558 号)

印 刷 上海中华印刷有限公司

版 次 2021年1月第1版

印 次 2023年12月第4次

开 本 890毫米×1240毫米 1/16

印 张 5

字 数 158 千字

书 号 ISBN 978-7-5446-6497-4

电子出版物号 ISBN 978-7-900586-88-9 (音视频)

定 价 9.30元 (含音视频资料)

版权所有·未经许可不得采用任何方式擅自复制或使用本产品任何部分·违者必究如发现内容质量问题,请拨打电话 4008-213-263。

如发现印、装质量问题,影响阅读,请与上海外语教育出版社联系。 电话: 021-65609540 全国物价举报电话: 12315

声明:按照《中华人民共和国著作权法》第二十五条有关规定,我们已尽量寻找著作权人支付报酬。著作权人如有关于支付报酬事宜可及时与出版社联系。

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。

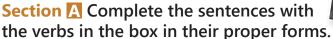
同学们,学习需要日积月累、持之以恒的努力。让我们用好配套练习内容,巩固教材中的知识,延伸教材中的内容,提升对教材中主题的理解。练习部分将伴随并见证大家在高中英语学习过程中的成长,你在其中收获的点点滴滴,汇聚在一起,也必定成为你今后语言实践能力和综合素养的重要组成部分。

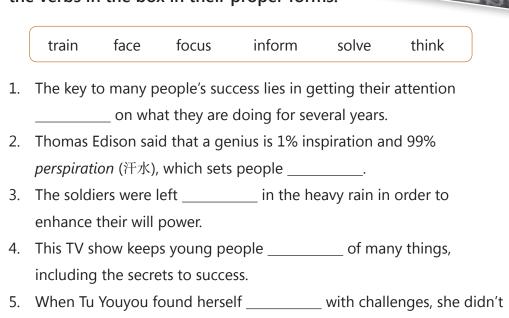
Contents

Unit 1	Road to Success	2
Unit 2	Art and Artists	17
Unit 3	Healthy Lifestyle	33
Unit 4	Life and Technology	49
Revision		64



■ GRAMMAR IN USE





give up; instead, she stayed calm and carried on.6. The reason why the scientists could carry out their experiments successfully was that they had each problem _____ immediately

as it arose.

Section B Read and complete the tasks.



Task 1. *Dream of the Red Chamber* is one of China's Four Great Classical Novels. How much do you know about its author?

Task 2. Read the passage about Cao Xueqin, the author of *Dream* of the Red Chamber and fill in each blank with the proper form of the given word.

Cao Xueqin, one of the most famous writers in the history of Chinese
literature, is the author of <i>Dream of the Red Chamber</i> , which is one of the
greatest classical Chinese novels.
(1) (bear) into a wealthy and powerful family, he led
a comfortable life as a child. After his family suffered a heavy blow
politically and financially, his family situation was declining, which left him
(2) (live) in poverty later. Though his life took a turn for the
worse, Cao carried on with his life, not (3) (defeat). Instead, it
was when he was plunged into such an embarrassing circumstance that
he had the chance to get in touch with poor people, thus (4)
(give) him specific and intense experience. (5) (draw) on his
own experience, Cao began to draft the great work. During the next ten
years, he was found (6) (devote) to writing <i>Dream of the Red</i>
Chamber.
The greatest contribution of Cao Xueqin lies in literary creation. He
left a good wealth for the Chinese nation and for the people of the world.
He created the large-scale structure and complex plot with many typical
characters vividly (7) (describe). Named as one of China's Four
Great Classical Novels, together with Romance of the Three Kingdoms,
Journey to the West and Outlaws of the Marsh, Dream of the Red Chamber
has far-reaching influences on later writers. We can also see the scenes
and characters in the masterpiece (8) (show) in many other
fields, including paintings, films and even online games.
VOCABULARY FOCUS
Section A Fill in the blanks with the appropriate form of the
"verb + off" collocations given in the box.
laugh off lay off put off
set off show off take off
1. You had better stay modest instead of your success.

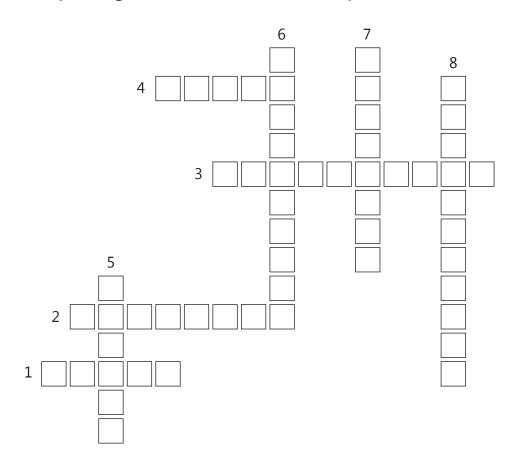
2. After many years of hard work, the researcher's academic career

3. If you want to succeed, what can be done today should never

_____ until tomorrow.

- 4. On important occasions, fireworks ______ to express people's joy and happiness.
- 5. Our life is full of ups and downs, so we should learn to ______ difficult situations.
- 6. The manager promised not to ______ the workers. Instead, she encouraged them to work together to get over the difficulties.

Section 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 repeat the exact words that another person has said or written
- 2. v. to make sb/yourself believe that sth is true
- 3. *adj.* important, enjoyable, interesting, etc; worth spending time, money or effort on
- 4. n. an important topic that people are discussing or arguing about

Down

- 5. v. to make sb feel proud and happy
- 6. adj. unusual or surprising in a way that causes people to take notice
- 7. *n*. the act of saying goodbye to sb
- 8. *n*. the practical use of sth, especially a theory, discovery, etc.

Section After checking your answers to Section B, complete the tasks.

Task 1. What are the people in the picture doing? What is most probably the occasion?

Task 2. Read the following commencement address and complete it by using the proper form of the words in Section B. Each word can be used only once.

Ladies and gentlemen: I'm (1) _____ and grateful for the opportunity of speaking to you this afternoon. Commencement is life's great ceremonial beginning as well as a(n) (2) _____ to the past. You're neither special nor exceptional. You'll notice that your ceremonial costume is exactly the same and somehow your diploma, but for your name, exactly the same. And consider for a moment the bigger picture: Your planet is not the centre of its solar system. In fact, we are (3) _____ that the universe has no centre. If you've learned anything in your four years, I hope that education should be for the excitement of learning rather than material advantage. Let me (4) _____ from Sophocles, one of the most influential writers of ancient Greece, that wisdom is the chief element of happiness. I urge you to do whatever you do for no reason other than you love it and believe in its importance. Don't bother with (5) _____ you don't believe in. Resist the easy comforts to make your efforts and advantages (6) _____.

And read. Develop the habit and put what you have read to a wide range of (7) ______. Dream big and work hard, doing so with a sense of urgency. Rather than "You only live once," it should be "You live only once."

Climb the mountain not to plant your flag, but to take the challenge, enjoying the air and view. Then you will discover the (8) ______ joys of life come only with the recognition that you're not special — because everyone is.

■ LISTENING AND VIEWING

Section A Listen and complete the tasks.

Task 1. Listen to a conversation between two students and choose the best answer.

-) 1. What did the woman do during the summer vacation?
 - A. She went abroad for study.
- B. She filmed a documentary.
- C. She organised a study trip.
- D. She taught maths in the UK.
-) 2. What does the woman think of the British teachers?
 - A. Encouraging.
- B. Inexperienced.

C. Strict.

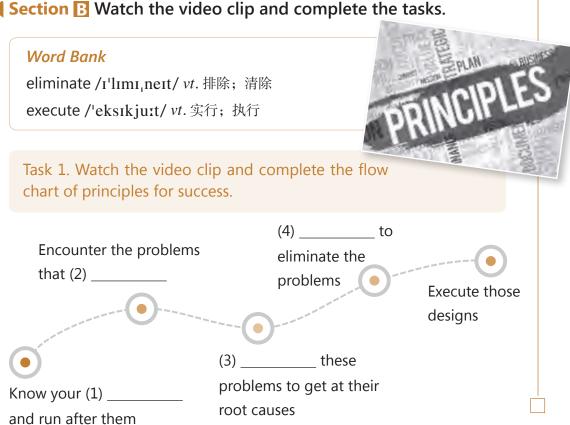
- D. Unhelpful.
-) 3. What is the documentary Are Our Kids Tough Enough mainly about?
 - A. Benefits of study trips to the UK.
 - B. Special teaching experiences in the UK.
 - C. Comparison of Chinese and British teaching.
 - D. Differences between Chinese and British students.

Task 2. Listen again and complete the table.

Differences between Chinese and British	Chinese students: cute, (1) and hardworking
students	British students: (2) to obey
Typical Chinese teaching method shown in the documentary	Strict classroom (3); (4) school hours
Results of using the Chinese teaching method in Britain	The teachers and the students (5)each other; The Chinese teaching method turned out to be (6)

Task 3. Which teaching method is more suitable for you, the Chinese method or the British one? Why?

B Section **B** Watch the video clip and complete the tasks.

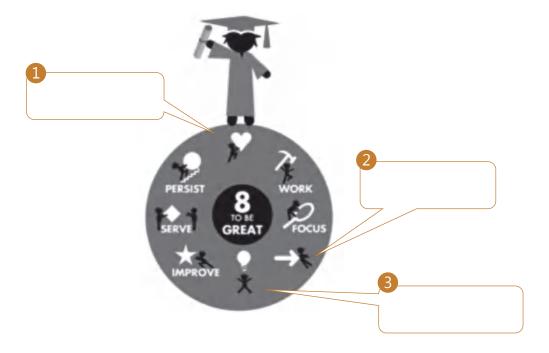


Task 2. Of the five steps, which do you think is the most important for success? Why?

READING AND VIEWING

Section A Read and complete the tasks.

Task 1. The author of the book 8 To Be Great lists eight qualities successful people have in common, such as IMPROVE and FOCUS shown below. Guess the missing qualities according to the illustration and write them down.



Task 2. Is your guess correct? Read the webpage and choose the best answer.

STICHN A HOME BOOKS RICHARD TALKS VIDEOS EBUCATION BLOG CONTACT

- Empowers Students
- Builds Career Motivation
- Plants the Seeds for Success





EDUCATOR COMMENTS

Today we need positive messages like this. It not only helps students, but it helps *faculty and staff* (教职员) as they build their own careers in education.

Don. President

This is brilliant! You want students to be grabbed by something and this will grab them.

Eric Teoro

I've had great success using the book and programme. Students find it meaningful and encouraging, and it helps them to do better in college, career, and life. lan

An awesome presentation. It was a huge success. Great message, combined with the best use of PowerPoint I've ever seen. The students loved it.

Dr. Patrick, Faculty

STUDENT COMMENTS

It got us really, really excited. I feel inspired. There's nothing like this in college and I believe it's vital to forming a great society and great individuals. Britney

It couldn't have been any better for a group of university students. It was awesome.

Megan

It was absolutely inspiring. Just knowing that anybody can be successful inspired me to dream big. There are no *boundaries* (边界). The sky's the limit. Justin

When I was reading the book at home, I just couldn't concentrate as the book is full of common knowledge. I would rather hang around at home, doing nothing. Thiuya

It spoke to me in so many ways. I am a mother, wife, college student and career woman, and it gave me the encouragement and knowledge to be great in whatever I do.

Adrian

It really made us feel we could do something with our lives.

Sarah

	() 1.	The webpage m	ainly aims at	·	
ı			A. informing peo	ople of various feed	dback to a bool	<
			B. offering peop	le information abo	ut Richard St. J	ohn
			C. providing an	introduction to Ric	hard St. John's I	oook
			D. helping peop	le to understand th	ne elements of s	success
	() 2.		s the book 8 To Be	_	ging to
			students in their	study, work and li	fe.	
			A. Don	B. Eric Teoro	C. lan	D. Dr. Patrick
	() 3.	According to the the book from _	e webpage, Megan 	holds a differe	nt view about
			A. Britney's	B. Justin's	C. Thiuya's	D. Adrian's

Section B Read and complete the tasks.

Task 1. A positive attitude is of great importance to our study, work and life. How do you keep a positive attitude?

Task 2. Read the passage about the value of a positive attitude and complete it by using the sentences in the box below. Each sentence can only be used once. Note that there are two more sentences than you need.

- A. Surround yourself with positive people.
- B. If you can't say anything positive, don't say anything at all.
- C. Better yet, see if you can get a friend to help you to list them.
- D. Identify mistakes made, figure out how to correct them and then move on.
- E. It also matters much to treat the people around you with a positive attitude.
- F. If you don't always look on the bright side, you can still develop a greater sense of optimism.

The Value of a Positive Attitude

A positive attitude is key to determining your success. Believing you can succeed is important in helping you to find the success you want. (1) _____ However, despite having the sunniest optimism, you'll be hard pressed to find success if you don't work hard, build your knowledge, plan for what you want and build other foundational pieces of success. Here are several ways to build up your positive attitude. Make lists of your own positive qualities. (2) _____ Then keep this list somewhere and look at it regularly. Remind yourself that you have a lot of positive qualities, and think about how you can do things so these qualities are becoming more noticeable. Don't think too much of your failures. We're all going to fail sometimes. While it's useful to reflect on them a bit, it's not healthy to think too much of them. (3) ______ You're not defined by your failures. (4) If the people around you are constantly negative in their comments and actions towards others, it's time to look for a different circle. Focus on building friendships with people that engage you and

SPEAKING

others in positive ways.

Section A Read aloud the following paragraph.

We have heard their names everywhere and every time. Yet, these people were not able to taste success after the first try or even the second, third, fourth, and so on, which is mostly the case for most of us. However, what makes some of the most successful people in the world different from others is their perseverance through hardships and determination to reach their goals. We might only know them when they have already got their well-deserved fame and popularity; however, knowing what they had to go through can give us great motivation and inspire us never to give up our dream.

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

Questions 1–2:

One of your classmates has just finished reading *Romance of the Three Kingdoms* written by Luo Guanzhong, recommended by your Chinese teacher. Ask your classmate two questions about the book.

Ouestions 3–4:

Your friend Xiao Wang has just come back from a lecture about Chinese heroes. You are interested in the lecture and ask Xiao Wang two questions about it.

Section The picture describes a scene where Xiao Ming and Liu Le were having a rest when climbing a mountain. Make a story based on the picture. Begin your story with the first sentence given.

One day, Xiao Ming was climbing a mountain with his friend, Liu Le.



WRITING

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

1. 对学习和工作充满热情有助于你渡过难关。(live through)

of an wr to ch pa	Read again the passage The Value a Positive Attitude in Section B of Reading and Viewing. Use the cause-effect pattern to rite a paragraph of about 80 words on how a build up your positive attitude. You may noose one of the ways mentioned in the assage and explain the reasons based on your way experience.	
5.	读完这些励志的故事后,我渐渐明白我该从不同的角度看待事物,并 学会用批判的视角来思考问题。(dawn)	
4.	这位科学家被确诊患有不可治愈的疾病后,仍然致力于实验结果的应用。(commitment)	
3.	自信会使你相信自己和自己的能力,这与你最终取得成功紧密相连。 (connect)	
2.	我确信在未来社会中越来越多的人需要有领导能力。(convince)	Notes



Pre-reading question:

Many people experience failures before they become successful, such as Steve Jobs, Albert Einstein and Walt Disney. What do you think about the relationship between failure and success?

From Failure to Success

No one likes to admit failure. The word represents defeat, disappointment and imperfection. Rick Newman, a chief business correspondent[®], studied successful, well-known people from various professions and found that they all had one thing in common: failure.

These individuals suffered professional rejection, career setbacks²² and sometimes a big blow to their self-confidence, but they all managed to rise above the challenges to obtain greater success than they had ever imagined. Newman calls these individuals "rebounders" and he shares their struggles, hardships and remarkable comebacks.

In an interview, Newman says we should view failure as a process, not defeat. He notes that outstanding leaders and scholars acknowledge failure cannot be avoided in life and often failure is what makes someone stronger and better able to deal with adversity[®] and unwelcome detours[®].

Newman gives examples of famous people who "rebounded" from misfortunes, including:

Steve Jobs may be one of the greatest innovators of all time, but even the tech genius's career hit the worst time. Forced from the company he helped to build in 1985, Jobs felt despair and rejection but channelled his energy into new ventures. In his famous 2005 commencement speech at Stanford University, Jobs said "I didn't see it then, but it turned out that getting fired from my company was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed

- ① n. a person who reports news from a particular country or on a particular subject for a newspaper or a television or radio station
- ② n. a difficulty or problem that delays or prevents sth, or makes a situation worse
- ③ n. a difficult or unpleasant situation
- ④ n. a longer route that you take in order to avoid a problem or to visit a place

me to enter one of the most creative periods of my life."

The word "Einstein" is associated with intelligence and genius. Yet it is a famous fact that the pioneer of the theory of general relativity, Albert Einstein himself, could not speak fluently until the age of nine. His rebellious nature led to expulsion from school, and he was refused admittance to the Zurich Polytechnic School. However, his earlier setbacks did not stop him from winning the Nobel Prize in Physics in 1921. After all, he believed that: "Success is failure in progress."

Mickey Mouse creator Walt Disney dropped out of school at a young age in a failed attempt at joining the army. One of his earlier ventures went bankrupt due to his lack of ability to run a successful business. He was once fired from a Missouri newspaper for not being creative enough. Yet today, the genius behind Disney studios is responsible for generations of childhood memories and dreams. From *Snow White* to *Frozen*, Disney will continue to entertain the world for generations to come. The logic behind this is simple: "We don't look backwards for very long. We keep moving forward, opening up new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

Success comes from moments of frustrations when you'll be most uncomfortable. But after you've gone through all those bitter times, you'll become stronger and you'll get closer to success. If you feel like a failure and think that you've failed all too many times, it's not too late to change things up! Don't be afraid to fail. In fact, start failing, and start failing often; that's how you will succeed.

Food for thought

- 1. What does the word **rebounders** in paragraph 2 most probably mean?
- 2. Why does Rick Newman give the three examples of famous people in paragraphs 5–7?
- 3. What can you learn from Steve Jobs, Albert Einstein and Walt Disney?

(5) adj. unwilling to obey rules or accept normal standards of behaviour, dress, etc.

(§) n. the act of sending sb away from a school or an organisation, so that they can no longer belong to it

(7) adj. without enough money to pay what you



1. What is your opinion on "failure is a process, not defeat"?

2. Do some library work and find more examples of famous people who rebounded from failures. Make a verbal report to introduce one of them.

Famous people	Failures	Achievements

Notes

16

Art and Artists UNIT 2

GRAMMAR IN USE

Section A Match the infinitives in Column B with the incomplete sentences in Column A to make the sentences complete and meaningful. Then match the functions in Column C with the infinitives. One example is given.

Α	В	С
1. I often hear my neighbour		
		object
2. Chinese paper-cuttings are usually used during festivals		
3. It was Qi Baishi's pursuit for higher goals that made him		dverbial
4. With different schedules in the summer vacation, we haven't decided	★ to decorate gates and windows. att	tributive
5. With her teacher's recommendation, she finally got a	practise playing the violin on Sunday	
scholarship 5. In 1948 Gordon Parks became a staff photographer for <i>Life</i> magazine, the first African American		object nplement

Section B Read and complete the tasks.

Task 1. Do you like taking photographs? What or whom do you usually take photographs of? Read the passage about a photographer's special works and fill in the blanks to make it coherent and grammatically correct.

Using Her Camera, Artist Looks at Cancer Survivors in New Ways

When we think about people with cancer, the images that usually come to our minds may be dark and sad. But that is not what Linda McCarthy sees.

McCarthy is a photographer. For her "Survivors" project, she took pictures of women (1) ______ survived or are being treated for breast cancer. "I intended (2) _____ (photograph) them as whole women, not the parts that they see of themselves. So I wanted them to see how beautiful they are."

One of the survivors is Cheryl Listman. Six years ago, tests showed that she had a cancer. Listman (3) ______ (tell) she had a 40 percent chance of survival. (4) _____ (think) about her two children helped her to decide not to give up and to keep fighting the disease. Listman said she liked the idea of the "Survivors" photography project.

When McCarthy asked to take her picture for the project, Listman thought it might be yet another way (5) _____ (influence) other women. It also helped her (6) _____ (look) back in time and see how far she had come over the past few years.

The idea of publicising cancer survivors came to McCarthy while she (7) ______ (search) for a ballet dancer to photograph. During her search, she met a woman (8) _____ (name) Maggie, who was known as the ballet dancer with no hair. McCarthy asked if she could take her picture — not as a dancer, "but as a beautiful girl who happens (9) _____ (have) cancer."

McCarthy said she had always tried to capture the heart and spirit of her subjects. (10) _____ (do) that, McCarthy offered each woman she

Notes

photographed a chance to meet and talk openly.

McCarthy says she hopes that one day she will write a book about her experience of capturing survivors in photographs.

Task 2. Do some library work to collect more information about other photographers who are also devoted to using cameras to record the world and seek out the positive aspects of life.

VOCABULARY FOCUS

compete with

created in such a short time.

Section A Fill in the blanks in the following sentences with the appropriate form of the "verb + of / with" collocations given in the box.

convince ... of reward ... with

	combine with rob of replace with	
1.	Michelangelo managed to his high level of technical abi	lity
2.	After the lecture, all of us the role of art in the treatment of children with psychological problems.	t
3.	There will be a calligraphy exhibition after this modern art show, so the modern paintings in the gallery works of calligraphy	
4.	Poverty Qi Baishi his right to receive education but it could never stop his pursuit of art.	on,
5.	She practised the piano for hours every day, and her effortsher admission to the music school at last.	
6.	No other musician could him in the amount of music	

Section B Read and complete the tasks.

Task 1. Are you familiar with the architectural style in the picture? What city is the architectural style typical of?



Task 2. Read the passage about Shikumen Residence and complete it by using the words in the box. Each word can only be used once. Note that there is one word more than you need.

based carvings couples displayed harmonious harvests shade symbol typical

Shikumen Residence

Shikumen Residence is regarded as the most representative house style of Shanghai. It is so named due to the stone door frame. This sort of residence (1) ______ the architectural styles of southern China with those of western countries.

The overall framework of the residence is in the architectural style of the courtyards in southern China. The indoor furniture and necessity arrangement are also designed (2) ______ on the representative architectural style. When seen from the outside, the block of residences looks like western-style townhouses. Even the outside walls were covered with the western paintings and (3) ______.

It is said that before the 1950s, these residences sheltered 60 percent of the local population. As time passed by, they gradually died out with reconstruction of the old areas. Later when some influential architects put forward that these residences should be preserved as a (4) _____ of the Shanghai culture, great attention started to be paid to them.

The Shikumen Residence Museum was reconstructed from an old Shikumen house in the 1920s. The items (5) ______ in the museum are all about the daily necessities of that time. In addition, the whole

sett	ing	g of	the museum shows the	vivid life of a middle-class family. "Wu
Li >	(iar	ng,"	meaning "home" in the	Shanghai dialect, should be the most
rep	res	ent	tative. At that time, "W	u Li Xiang" made the neighbourhood
clos	ser	and	d more (6)	
	Ε١	very	weekend, visitors can vi	sit the Shikumen Residence Museum to
exp	eri	enc	e the (7) loca	I life. A big tree stands in the <i>patio</i> (天井)
to p	oro	vid	e (8) on hot s	ummer days. Passing through the patio,
yοι	ı w	/ill 1	find the living room, re	vealing a mix of Chinese and western
styl	es.			
LIS	STI	EN	ING AND VIEWING	
Se	cti	on	A Listen to the co	nversations and choose the best
			•	tions. The conversations and the
qu	est	lior	ns will be read only on	ce.
()	1.	A. \$20.	B. \$60.
			C. \$120.	D. \$180.
()	2.	A. The new camera.	B. Taking photographs.
			C. The prize money.	D. Entering for a photo contest.
()	3.	A. The portrait must be	handed in before tomorrow.
			B. The woman will have	time to finish the portrait.
			C. The portrait is actually	y quite easy to paint.
			D. The man has already	finished his portrait.
()	4.	A. Get a ticket from the	man's sister.
			B. Get a schedule of futu	ıre performances.
			C. Go to the concert wit	h the man's sister.
			D. Help the man's sister	out of her conflict.
()	5.	A. It will take him long to	o be a good violinist.
			B. The basics of violin pla	aying are complicated.
			C. The woman will surely	/ be good at the violin.
			D. He is willing to teach	the woman to play the violin.

Section B Listen and complete the tasks.

Task 1. Have you ever attended a classical concert? What rules should be obeyed during a classical concert?



Task 2. Listen to the passage on the tips for enjoying a classical concert and complete the **Dos** with the information you have just heard.

	Dos
✓	Wear something neither (1) nor too formal.
✓	Arrive before the start of the concert to allow yourself (2)
	to find your assigned seat.
✓	Keep (3) while the concert is going on.
✓	If you have to bring your items with alarms, switch them off or set
	them to (4) before the concert.
✓	Follow most of the audience for proper applause time.
-	Task 3. Listen again and complete the Don'ts .
	Don'ts
×	Don't wear hats to avoid (1)
×	Don't stand up, wander about or leave before the end of the concert.
×	Don't (2) during the
	concert so as not to distract others.
×	Don't bring items with alarms to the concert.

x (3)

READING AND VIEWING

Section A Read and complete the tasks.

Task 1. Do you know the person in the picture? How much do you know about him?



Charlie Chaplin

Famous for his character "The Tramp," the sweet little man with a round hat and a stick, Charlie Chaplin was a representative of the silentfilm age and one of film's first superstars.

Born in London, England, on 16 April, 1889, Charlie Chaplin spent his early childhood with his mother, who was an actress and singer, but later suffered from severe mental illness, so Charlie and his brother Sydney had to stay in tough workhouses.

Having inherited natural talents, Charlie made his first professional performance in 1897 and rapidly won popular favour as a dancer. When he was about twelve, he got his first chance to act in a stage show. Later, Charlie started a career as a comedian in theatre entertainment, which eventually took him to the United States in 1910. He scored an immediate hit with American audiences and caught the eye of film producer Mack Sennett, who signed Chaplin a contract for \$150 a week.

Chaplin moved on to the Essanay Company in 1915, which agreed to pay him \$1,250 a week. During his first year with the company, Chaplin made 14 films, including *The Tramp*, the actor's first classic. The following year he signed with the Mutual Film Corporation for \$670,000 a year. It made Chaplin a wealthy man, but didn't seem to derail his artistic drive. With Mutual, he made some of his best works.

When his contract with Mutual ended in 1917, Chaplin decided to become an independent producer in a desire for more freedom in making his films. For his new studio he made comedies such as Shoulder Arms, which added enormously to Chaplin's popularity.

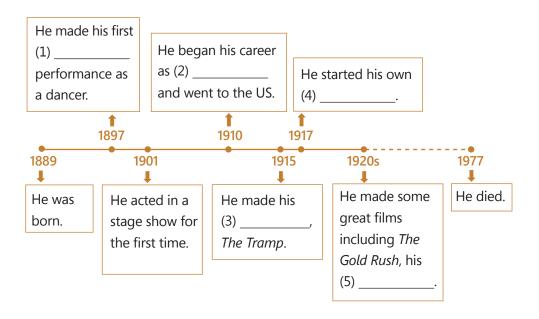
Known as a perfectionist, he began spending more and more time on the preparation and production of each film. And the results were obvious. During the 1920s, Chaplin made some landmark films, including *The Gold Rush*, widely regarded as his masterpiece.

Chaplin kept creating interesting films in the 1930s. In 1931, he released *City Lights*, a commercial success that included music Chaplin composed himself. *The Great Dictator* in 1940 was Chaplin's first sound picture, which pointedly criticised Hitler and Mussolini.

On the early morning of 25 December, 1977, Charlie Chaplin died at his home in Switzerland.

Task 2. Complete the chart of Charlie Chaplin's life.

Charlie Chaplin's Life



Task 3. Answer the questions.

- 1. What does the sentence "It made Chaplin a wealthy man, but didn't seem to derail his artistic drive." in paragraph 4 mean?
- 2. What led to Charlie Chaplin's success in silent films?

Section B Read the passage and complete the tasks.

Task 1. Look at the picture. Can you guess what the person is doing on the mobile phone?



Rare, Important Art Is Now Only a Click Away

Now everyone can view one of the world's most important collections of Asian and American art. The Freer and Sackler Galleries of Art in Washington, D.C. have put their entire collection on the Internet.

The Freer and Sackler Galleries worked for over 15 years to photograph and make digital copies of more than 40,000 objects. The images are now released online. They include Chinese and Islamic art, as well as works from Persia, Egypt and some other parts of Asia.

Courtney O'Callaghan is the chief digital officer at the Freer and Sackler Galleries. She says the online objects have deep cultural and historical meaning and the museum wanted to be sure that anyone who wanted to see the works could see them. "We're hoping that small children, scholars who are unable to come to the galleries, and artists who are looking for inspiration are all target audiences."

Courtney O'Callaghan notes another important result of digitising the collection: protecting the invaluable treasures. "It allowed us to gather these beautiful images of objects so that we don't have to bring them out again. We don't have to touch them."

Online visitors sometimes see more details in an image than they can when they look at a piece in the museum. For example, many museum visitors struggle to examine the artwork in the Whistler Peacock Room because the light is kept low there. The low light helps to protect the exhibit. But in a digital panoramic (全景的) view, online visitors can see the room in brighter light. They can closely look at the 250 objects Charles Lang Freer collected on his travels to Egypt, Iran, Japan, China and Korea.

The museum also provides images of objects from every angle. Ms O'Callaghan says the three-dimensional, or 3-D, view has helped

researchers. They can learn more about some ancient art by looking at it online than by studying the real piece.

Ms O'Callaghan believes more museums will start making art available online. She says the Freer and Sackler Galleries plan to digitise every work of art they add to the collection in the coming years.

Task 2. Complete the summary. Paraphrase the words in the passage if necessary.

The collections in the Freer	and Sackler Galleries (1)
	recently. This can bring three benefits.
Firstly, it is convenient for (2)	
to see the digital copies (3)	The second
benefit is that we can (4)	by avoiding
(5)	Lastly, online visitors can
(6)	, which can
help them to study the works.	

SPEAKING

Section A Read aloud the following paragraph.

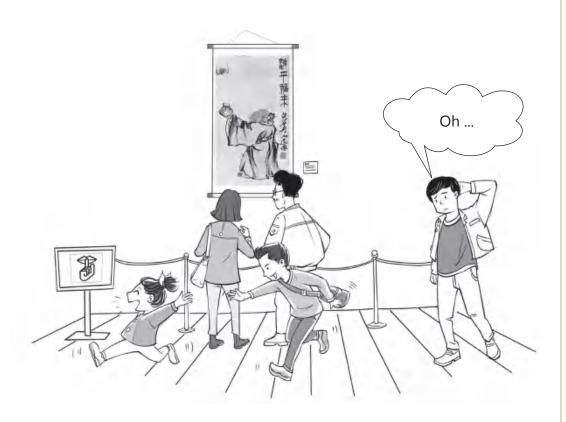
After Chopin came to Paris at age 21, his great skill in music caused a sensation; nobody had heard music like his before. Unfortunately, he couldn't play many concerts due to his poor health, but he still managed to support himself by selling his compositions and giving piano lessons. He limited his live performances primarily to small, less stressful concerts. In these, he was wildly successful.

- Section Make quick responses to the sentences you have heard.
 - 1. Your response:
 - 2. Your response:
 - 3. Your response:

Notes

Section The picture below describes a scene where some people were visiting an art museum, including Li Ming, a young couple and their two children. Make a story based on the picture. Begin your story with the first sentence given.

One day, Li Ming, a senior high school student, was visiting an art museum alone after school.



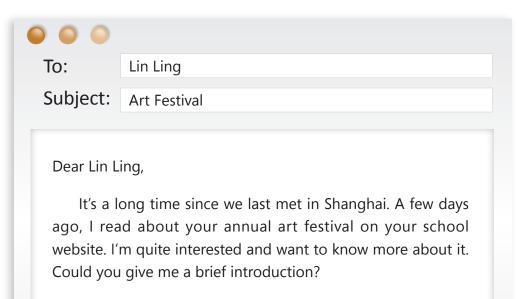
WRITING

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

- 1. 这位画家的画作存世不多,晚年的画作多数色彩鲜艳。(rich)
- 2. 因天赋和努力,她的舞跳得很出色,曾斩获了多个奖项。(honour)
- 3. 为了追求完美,那位作曲家发布曲子前会关注到每一个细节。(pursue)

- 4. 在学校艺术节闭幕式上,同学们以生动有趣的方式表演了那部短剧。 (manner)
 - 5. 这座雕塑象征着被污染的地球,提醒人们停止污染环境,担负起保护地球的责任。(symbolic)

Section Suppose you are Lin Ling, a Senior One high school student. You have received an e-mail from your friend Andy in Britain, asking about your school's annual art festival. Reply to him and introduce your school's art festival in no less than 80 words, using the general-specific pattern.



Best wishes! Looking forward to hearing from you soon.

Yours, Andy

Го:	Andy
Subject:	Re: Art Festival
Dear Andy	
	to hear from you. As you asked about our school's t festival, I'd like to introduce it to you.
، - جا ا	
	e my introduction can give you a clear picture of our rt festival. Best regards to you and your family.
	Yours
	Lin Ling

Extended Reading



Pre-reading questions:

- 1. What are painted on the road in the picture? What may be their function?
- 2. What do you think of the relationship between roads and art?

Creative Crosswalks Meet Resistance

One of the newest pieces of public art in Rochester, N.Y. is right in the middle of Main Street. Or, more accurately, it's on the street. Outside the Eastman School of Music, a group of volunteers repainted the crosswalk to look like piano keys in advance of the international jazz festival that happens here each year.

People walking by have been commenting on the artwork, but there's more here than meets the eye.

Intersections[®] have had a pretty standard look in the United States for decades — the blank square of pavement, the white lines of crosswalks. Increasingly, urban designers and transportation planners say colorful crosswalks and interesting sidewalks lead to safer intersections, stronger neighborhoods and better public health. But the growing push for intersection creativity is meeting some resistance.

And with pedestrian injuries in the U.S. at a 30-year high, some specialists say, finding new ways to protect people from cars is becoming more urgent.

Just off Main Street, in Rochester's Beechwood neighborhood, there's another colorful intersection. The sidewalks here are green, the crosswalks are blue, and there's a big, red and yellow sun that covers the whole street. The art has been here a little over a year.

"Cars slowed down," says Joseph Hutchings, who has lived in the area for more than a decade. "Nobody speeds up right here. People feel safer,"

① n. a place where two or more roads, lines, etc. meet or cross each other he says. Hutchings says the intersection art makes a big difference for families. He says there are more children outside playing and more adults walking or riding bikes.

Mike Bulger is a program coordinator at Common Ground Health, the Rochester nonprofit organization that planned the intersection redesign. He says that's exactly what the art is intended to do. "It's a nudge" toward the healthier option and the safer behavior," Bulger says. One of the streets that run through the intersection is an old streetcar route. It's a straight, wide road. "You can lie on the gas. You got plenty of room around you," Bulger says. But the eye-catching art is a reminder that "this isn't just a highway."

Bulger says slowing down traffic has ripple³ effects. It makes the space inviting. It's somewhere people want to be, instead of just getting through. A growing number of urban planners and researchers say that brings people outside, reducing crime and increasing the number of people getting around without cars.

Despite the finding that aesthetically pleasing intersections bring a range of benefits, some have met disapproval. For example, a few years ago, a rainbow crosswalk in downtown Lexington, Kentucky was removed because it was said to have created "potential confusion for motorists" and danger for pedestrians.

In general, some specialists say, "Crosswalk art is actually contrary to the goal of increased safety and most likely could be a contributing factor to a false sense of security for both motorists and pedestrians."

The city of Rochester says its artistic intersections have threaded the needle between being creative and following the rules.

"It is complicated," says Shawn Dunwoody, who supervised the painting of the piano crosswalk. "You've got to find that balance."



2 n. a slight push, usually with the elbow

(3) n. a thing that looks or moves like a small wave

4 adv. concerned with beauty and art and the understanding of beautiful things

Food for thought

According to the passage, creative crosswalks are welcomed by some people, but meet resistance from others. List the positive and negative effects of creative crosswalks in the table.

FOR (Positive effects of creative crosswalks)	AGAINST (Negative effects of creative crosswalks)
✓	×
✓	×
✓	×

hallenge

Compare the positive and negative effects of creative crosswalks. Make a verbal report to your class, expressing your opinions on whether it is appropriate to couple art with roads. Why or why not?





GRAMMAR IN USE

Section A Rewrite the sentences to avoid any unnecessary renetition Examples are given

repetition. Examples are given.
Example 1
In the football game, our team scored four goals, but the visiting team scored only two goals.
In the football game, our team scored four goals, but the visiting team only two .
 Someone organised a fun run for environmental protection yesterday, but I don't know who organised the fun run for environmental protection. Someone organised a fun run for environmental protection, but I don't know
 Li Dan wants to go to the fitness club, and her colleague wants to go there as well. Li Dan wants to go to the fitness club, and her colleague
 Though he is retired, the teacher still leads an active life and often does volunteer work. , the teacher still leads an active life and often does volunteer work.
Example 2
The captain shook his head as if he wanted to say "never give up" to his
team players.
The captain shook his head as if to say "never give up" to his team players.

4. Xiao Long has engaged in more physical activities this year than he

engaged last year.

- 5. I don't think Simon will sign up for the charity walk unless he is invited.
- 6. Mr Zhang can act as our cycling instructor; Ms Li can also act as our cycling instructor.

Section You are working as a volunteer proofreader for a local English newspaper. The editor has assigned you to proofread the following passage whose underlined sentences contain unnecessary repetitions. Improve the underlined sentences by using ellipsis. One example is given.

Time to Make the Choice

Liu Mei, an editor of a local newspaper, worked with a lady named Xu Hong and a gentleman called Wang Dong in a small but comfortable office. She enjoyed a harmonious relation with the colleagues, and she found they had a lot in common. But there was just one thing that really bothered the two ladies: Wang Dong smoked. They



tried to stop him smoking, especially when he was in the office. (1) <u>But</u> whenever they mentioned it to him, he always made a poor excuse and declined to stop smoking.

"Well, Mr Wang. We've read an article about the possible disadvantages of smoking. (2) It says a smoker could get sick and that a smoker could also affect the people around him if he doesn't quit. Please stop it now for our health!" Liu and Xu warned him.

"Sorry, Madam. Probably it's impossible for me to quit smoking.

(3) <u>I tried quitting smoking once but failed.</u> I don't want to try again," replied Wang.

Liu and Xu found themselves in an unhappy situation, not knowing what to do about Wang. Then, they decided to turn to their chief and report the situation.

"So if it came down to a choice between you and cigarettes, he'd choose cigarettes?" asked their chief after hearing their account.

"What do you mean, sir?" asked Liu Mei confusedly.

"I'd give him the sack if he chose cigarettes!"

"Oh, that's too hard for him. (4) We have never thought of asking him to make the choice between us and cigarettes," answered Liu embarrassedly.

"Maybe it's time you two did."

"OK, we'll give him one month to quit smoking. (5) If he still pays no attention, the working relationship between Wang Dong and us will be over."

"Great! If he doesn't care enough for your health to quit smoking, then he doesn't deserve to be your colleague!"

Example:

She enjoyed a harmonious relation with the colleagues and found they		
had a lot in common.		
(1)		
(2)		
(3)		
(4)		
(5)	_	

■ VOCABULARY FOCUS

Section A Fill in the blanks in the following sentences with the appropriate form of the "verb + *out*" collocations given in the box.

carry out figure out hold out leave out stand out wear out

- Despite the limited time, the doctors still finished _____ all the tests and the results came out that afternoon.
 The coaches still can't ____ how to meet the challenge, though
- 3. As the fitness club was surrounded by the flood unexpectedly that night, the people there had to _____ until rescue came.

they have been talking about it the whole morning.

- 4. The words "WASH YOUR HANDS" on the wall of the school canteen are easy to read since they _____ well.
- 5. The naughty boy's repeated resistance to developing good habits did not _____ the patience of all his teachers.
- 6. No reporters interviewed that player after the football match, so he felt _____.

Section B Will you exercise while sick? Why or why not? Complete the passage according to the definitions in the brackets. The first letter of each word is given.

Should You Exercise While Sick?

Exercise helps to keep us in good health. Doctors at the American Heart Association suggest getting at least 150 minutes of moderate physical activity on a weekly (1) b______ (the way things are organised or arranged). Many people have an exercise (2) r_____ (the normal order and way in which you regularly do things). They exercise for a few minutes every day or every other day. But what about those times when you are sick? Will exercise help to (3) i_____ (to make something)

better than before) your health more quickly or will it delay the healing process?

Laskowski, a doctor at the (4) c_____ (a building or part of a hospital where people can go for special medical treatment



or advice), gives his opinion on these questions. He notes that "less (5) e_____ (very great in degree) exercise is usually OK if you have a light cold." It is usually fine to exercise, he explains, if your (6) s______ (a change in your body or mind that shows that you are not healthy) is "above the neck." The sign may be a runny nose, sneezing or a minor sore throat.

Coopersmith is a fitness trainer who has written several books on exercise and (7) n_____ (the process by which living things receive the food necessary for them to grow and be healthy). He said: "The general rule is that if it is just a slight cold and you take some medicine and don't feel so sick, it's OK to exercise. For example, you can go for a light (8) j_ (a slow run, especially one done for physical exercise)."

However, both Dr Laskowski and Coopersmith suggest taking a break from exercising if signs of your illness appear "below the neck." But there are other signs that can tell you to avoid exercise. They include a higher than normal body temperature, (9) f_____ (a feeling of being extremely tired, usually because of hard work or exercise), and widespread muscle pain.

Coopersmith adds that if you feel tightness in the chest, "it is not advisable to be exercising." Both she and Dr Laskowski suggest listening to your body. Other experts also say that a few days off from (10) w_____ (a period of physical exercise that you do to keep fit) when you are sick shouldn't affect your performance. However, Dr Laskowski warns that exercising when you have more than a common cold could lead to "more serious injury or illness."

□ LISTENING AND VIEWING

Section A Listen to the conversations and cho	oose the best
answer to each of the questions. The conversa	tions and the
questions will be read only once.	

-) 1. A. Using a magic machine.

 B. Doing weight lifting.
 - C. Trying to climb a mountain. D. Following good habits.
- () 2. A. She didn't have lunch.
 - B. She didn't like the food.
 - C. She stated a health reason.
 - D. She skipped a while before lunch.
- () 3. A. She agreed on one condition.
 - B. She allowed him out past 11 p.m.
 - C. She refused his request absolutely.
 - D. She gave him a kind permission.
- () 4. A. Accurate. B. Unavailable.
 - C. Valuable. D. Unreliable.
- () 5. A. He has difficulty in job hunting.
 - B. He is unsatisfied with his job.
 - C. He feels ill when doing his job.
 - D. He is considering changing his job.

Section B What would you do when you have a slight health problem? Do you know about preventative medicine? Listen to a conversation to learn more and complete the tasks.

Task 1. Listen to the conversation twice and choose the best answer.

- () 1. A. The best way to treat illnesses.
 - B. The drinking habits of the man.
 - C. The suitable time to drink water.
 - D. The importance of drinking water.
- () 2. A. Drinking water irregularly.
 - B. Lacking water in the body.
 - C. Taking medicine without water.
 - D. Depending too much on medicine.

() 3. A. Drinking water on a regular basis.		
B. Drinking as much water as possible.		
C. Drinking hot water after working out.		
D. Drinking more water when taking medicine.		
Task 2. Would you take the woman's suggestion? Why or why not?		

READING AND VIEWING

Section A Read and complete the tasks.

Task 1. What is your understanding of the quote in the picture "It is health that is real wealth"?



Task 2. Read the passage about a psychological study. Choose the word or phrase that best fits the context for each blank.

Healthy Lifestyle Comes at a Cost to Mental Well-Being

A new study conducted by an Australia organisation published its findings in Psychology Today. It has revealed (1) _____ to keep a healthy lifestyle was a source of stress for 40% of Australians, with one in seven (14%) reporting it as a major source of stress. It has also showed younger adults (18 through 25-year-olds) were the most likely to report that trying to maintain a healthy lifestyle was (2) _____ their overall levels of stress (52%), with one in five (21%) reporting it as a major source of stress. (3) _____, for almost half of women (47%) trying to stick to a healthy lifestyle was a source of stress. (4) _____, only one in three men (33%) reported that trying to stay fit and healthy was a source of stress.

"From a psychological perspective, it's not surprising that people are stressed about trying to stay healthy, and this is a particular (5) for young adults," executive director of the Australian organisation Professor Littlefield said.

"No matter what our age, it's easy to feel depressed by the large number of health messages we are exposed to. When you consider young adulthood is a period of rapid change and growth, where people are (6) _____ moving out of home, entering the workforce full-time and establishing their independence, yet another task such as trying to eat well and exercise regularly can seem too much."

She added there were other (7) ______. "Many people in this age group will also be dating and trying to find more friends, so physical (8) ______ is very important and it becomes stressful if they are not achieving a certain body image," she said. "(9) _____ pressures to fit in with peers who may drink alcohol or smoke also make it more difficult and stressful to maintain a healthy lifestyle."

"While most of us know what we should be doing to improve our health, many of us don't manage to start or if we do, it's difficult to (10) _____ the changes," Prof Littlefield said.

-) 1. A. determining B. attempting

B. Therefore

C. hesitating D. pretending

-) 2. A. fighting off
 - C. contributing to

C. For instance

B. holding back

) 3. A. However

- D. working out
-) 4. A. On the whole

C. Instead

) 5. A. concern

B. In particular D. By comparison

C. habit

- B. disease
- D. practice

D. Further

-) 6. A. reluctantly
- B. equally
- C. firmly D. potentially

-) 7. A. clues
- B. factors
- C. elements
 - D. tips

-) 8. A. appearance
- B. strength
- C. exercise
- D. education

D. Popular

-) 9. A. Competitive) 10. A. accept
- B. Financial B. maintain
- C. Social C. prevent
- D. delay

Section B Read and complete the tasks.

Task 1. What will you do if you have difficulty keeping a healthy diet?

Task 2. Read the passage and answer the questions.

Have you ever told yourself that you're going to go on a healthy diet? It started off great, but after a couple of days when you saw a huge piece of your favourite chocolate cake sitting on the table, you couldn't help but go back to your old not-so-healthy eating habits. It's like a cycle actually, and it does happen to most of us. It just goes round and round.

Eating a healthy diet is not as hard as it looks. It starts with learning what you should eat, and how you should do so. Knowing the end results of every food you eat is also important. For example, you eat a lot of salty foods today. Knowing what will happen to you in ten years' time, which, in this case, could be a *kidney* (肾) disorder, will actually let you think more clearly today before going on with that eating habit of yours.

The first step that you should do is to set in your mind that this healthy diet is going to be successful. This is going to be a process, and it should be done step by step, little by little. You really don't need to keep on counting the calories that you've swallowed, for you'll just end up frustrated. First, think of the foods that you love. For now, think only of the healthy ones. Surely there's a vegetable or a fruit that you love to eat. Next, look for recipes, simple ones that contain these foods. Gradually start from there and you will come to appreciate the other nutritious foods as well.

Small steps definitely lead to bigger leaps. You can do this with a lot of things. Like when you're cooking, why not go for vegetable oil instead of using butter? Instead of going to a fast-food for a snack, why not bring fruit with you? By doing that, you have just avoided loads of calories and *cholesterol* (胆固醇). Plus, you have saved a few dollars. I know fries are delicious but the additional pounds you'll get won't feel pleasing.

Deprivation is not exactly the right key to a healthy diet. You should not always say "no" whenever you see sweets or other unhealthy foods. What you do is gradually reduce the serving size of what you eat and avoid the not-so-healthy types of foods whenever you have the chance. Of course you will still experience the favourite food every now and then. It's okay to satisfy your desire for such food once in a while but always keep in mind to eat smaller portions.

- 1. What does the passage mainly talk about?
- 2. What does the word "deprivation" in paragraph 5 mean?

Task 3. This passage is a problem-solution essay. Complete the table with the information in the passage.

Problem: Going on a	→	Solution A	Know (2) as well as what to eat and how to eat.
healthy diet is like a cycle — starting off healthy, (1) B Solution B	Solution B	Ensure that the first step to go on a healthy diet is successful: first (3), and next (4)	
	→	Solution C	(5)
	→	Solution D	No need to (6)

Notes

42

SPEAKING

Section A Read aloud the following paragraph.

Fitness and nutrition are the cornerstones of children's health. The healthy habits your children develop now can set the tone for a lifetime of good health. If your children are physically active, encourage them to keep it up. If your children aren't interested in organised sports, suggest alternatives. You can also promote your children's health by encouraging them to eat healthy foods. Offer various healthy foods at home, talk about portion control, and encourage your children to make good choices when they eat with friends.

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

- 1. Your response:
- 2. Your response:
- 3. Your response:

Section @ Below is the picture of a local park. Make a story based on the picture. Begin your talk with the first sentence given.

One Sunday afternoon, I went to the local park for a walk.



□ ■ WRITING

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

- 1. 他请了一名健身教练,按小时支付报酬。(basis)
- 2. 这位小将勇于向奥运冠军挑战,精神可嘉。(challenge)
- 3. 小强酷爱运动,不仅经常打篮球,还和朋友去攀岩。(as well as)
- 4. 退休后,李老师对志愿服务热情不减,定期上孤儿院照顾孩子们。 (motivate)
- 5. 小兰刚大学毕业就去山区支教,并在平时工作中注重掌握每个学生的 心理动态。(track)



NOTES

Section B Suppose you are Zhao Hua, and your friend Li Ping is going on a healthy diet. He has run into the same trouble as mentioned in Section B of *Reading and Viewing*. Write him an e-mail of about 80 words by using the problem-solution pattern and offer your own solutions.

0 0	
To:	Li Ping
Subject:	Healthy Lifestyle
Dear Li Pir	ng,
Yours,	
Zhao Hua	

Extended Reading



Pre-reading question:

Different people have different habits of doing exercise. So the best time to exercise varies from person to person. What time of day do you think is the best to exercise? Why?

The Best Time of Day to Exercise

Exercise is an important part of a healthy and active lifestyle. While some people prefer running right away in the morning, others enjoy a late afternoon workout. Some people even exercise right before going to bed at night. Is there any benefit to exercising at any certain time of day? This is a topic of much debate among athletes, exercise experts, and researchers. While there is some evidence that late afternoon is the optimal[®] time for a workout, there are benefits to other times as well. No matter what, the absolute best time to exercise is the time that works best for you.

For quite some time, experts have noted that late afternoon and early evening are the best times to exercise. According to research, you will get optimal results when your body temperature is at its highest. For most people, that is between 4 p.m. and 5 p.m., though some studies extend this time to 7 p.m. It is within these few hours that strength and endurance peak. Exercisers tend to perform better on physical performance tests measuring aerobic² capacity and reaction time as well. It's also good timing for injury prevention. You may be more alert and focused in the afternoon and your muscles are warmed up from the day's activities. In the morning, just before you wake up, your body temperature is at the lowest point of the day. This would indicate that the morning is not the best time to exercise. However, there are some advantages to a morning routine.

① adj. the best possible; producing the best possible results

2 adj. increasing the amount of oxygen taken into the body

24 hours

(4) *n. the system of* chemical activities by which a living thing gains power (energy), especially from food

over each period of

Much of the recommended timing for exercise has to do with your circadian[®] rhythm. It is a daily cycle that regulates many physiological functions, including your alertness, blood pressure, body temperature, and metabolism[®]. Everyone has a 24-hour rhythm, and it is possible to adjust it or "teach" your body to perform better at certain times. It's much like adjusting to a new time on your alarm clock. The first week or two can be difficult and you may fight waking up at an earlier time. In a month or so, though, your body gets used to the change and many people find that they wake up before the alarm goes off. The same can be done with your exercise routine. Once you determine that a certain time of day works best for your schedule, body, event, and all the other factors, you can begin to train your body to match it. For example, if you start doing long runs in the morning, your body gets used to running at that time. You'll also get accustomed to the routine of waking up, drinking, eating, using the bathroom, and running. After some time, it will become second nature and the routine will help you to stay motivated.

While the evidence for the best time of day to exercise is all over the place, the bottom line is that some exercise is better than none at all. Work out when it works best for your schedule. No matter what time of day you do it, you'll still get all the benefits of regular exercise.

Food for thought

- 1. As to the best time of day to exercise, the passage presents three views: the writer's view, experts' view and most people's view. Underline their views respectively, along with the supporting details.
- 2. Based on the views you have underlined, complete the summary of the passage.

Different people have different views on the best time to ex	xercise.
The writer thinks (1)	Also
he considers it important that (2)	But
experts view (3)	
because research shows that (4)	
Meanwhile, most people maintain that it depends on (5)	
, which trains your body to	adjust
to a routine	

1	Challenge

Which one of the three views do you disagree with? Give your counterargument(s).

The view you disagree with:		
Your counterargument(s):		







■ GRAMMAR IN USE

Section A The two dialogues are taking place on campus and at an air show respectively. Complete the blanks with perfect modals.

Dialogue 1

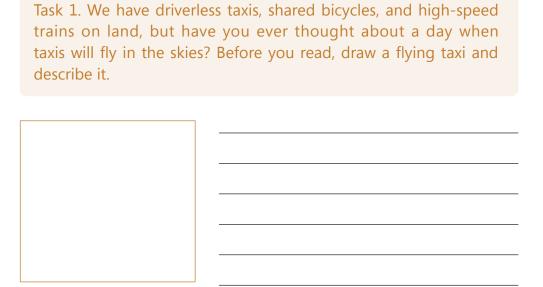
- A: Hurry up, Lily. The lecture has been on for five minutes.
- B: Oh, no, Frank. We missed the beginning.
- A: Yeah, we (1) _____ (be) five minutes earlier so that we could have heard the beginning of the lecture on robots.
- B: Wait! Where's my mobile phone?
- A: Are you kidding me? Oh, you (2) _____ (leave) it in the taxi as you paid the fare with it. Troubles never come single.
- B: I have been feeling dizzy ever since this morning.
- A: You see, you (3) _____ (not see) such a long movie so late last night.

Dialogue 2



- A: Chen Fang and Su Ting
 - (4) _____ (not get) the invitation to the big air show this afternoon, for they have not showed up yet.
- B: As far as I know, all the tickets were sold out within an hour after they went on sale at 8 a.m. So they (5) _____ (not buy) tickets for the big air show.
- A: What a pity!

Section B

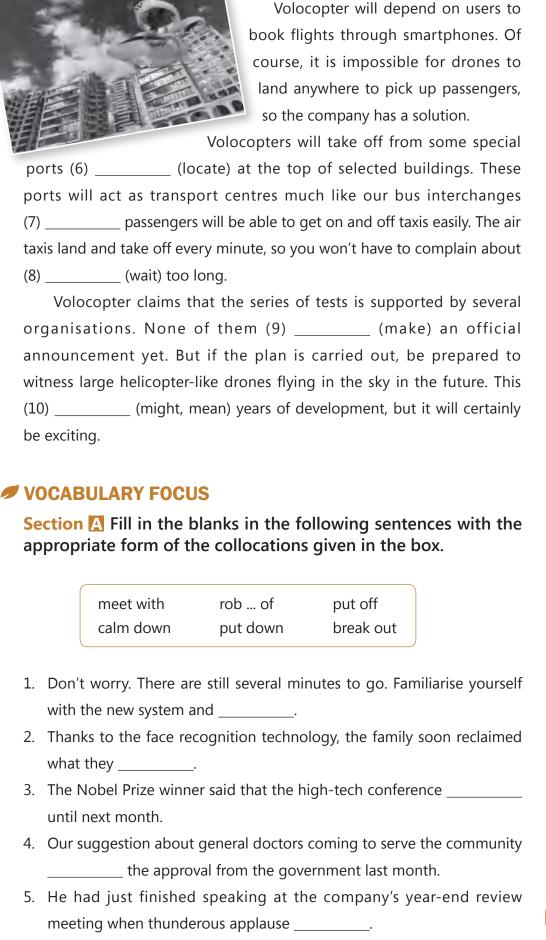


Task 2. Read the passage about flying taxis and fill in the blanks to make it coherent and grammatically correct.

Flying Taxis to Take to Singapore's Skies

Are you tired of the constant MRT (Mass Rapid Transit) breakdown
and sudden climb in taxi fare prices? Leslie (1) (should
arrive) at the company before 9 a.m. yesterday, but the MRT broke down
The recent rise in taxi fare has increased Joana's monthly spending
budget by 5 percent. You (2) (may, be) able to skip these
two transportation options altogether once flying taxis start travelling
regularly in Singapore's skies. (3) Volocopter, a newly
established firm, succeeds in its plan to enter Singapore, flying taxis could
soon become a reality.
The 2-seater passenger drones have a few propellers (螺旋桨
and (4) (can, cover) 30 kilometres at a time. There are no
pilots because drones can run on its "smart operating system." Since
they are electrically driven, producing no emissions, Volocopter claim
(5) (offer) an environmentally sustainable transit solution.

NOUCS



6. In the age of new media, journalists not only _____ what they see and hear, but often express their own opinions as well.

Section Read the passage about two most common questions regarding industrial robots and complete it by using the words in the box. Each word can only be used once. Note that there is one word more than you need.

applied assigned demanding flexible limit located operate viewed

Question 1: When should you use an industrial robot instead of a human worker?

There are jobs that no one really wants to undertake. These are those repetitive, (1) _____ jobs that require a lot of dull action from the side of a worker.

If it is always the same task, you can use an automated (自动化的) solution. What if it's not the case? The need for factories to become more

(2) ______ is becoming more and more common. In these cases a reprogrammable robot used for different tasks is the right solution.

Also, you should consider a "robot worker" for those tasks too dangerous for a human worker. For example, surface treatment with explosive chemicals is risky.

And of course, there are jobs that can't be done by a human. For example, lifting very heavy weights and working under extreme conditions are unsuitable for human life. Again, specific automated solutions can be (3) ______ in many of these cases.

Question 2: What to consider when choosing a robot?

First of all, you should evaluate what will be the task (4) ______ to the robot. This may seem silly at first. However, you may want to consider it more deeply. In addition, take technical support into consideration. The dealer should be (5) _____ as near to you as possible. The farther

away your robot dealer is from you, the more time you'll need if repairs are needed.

Equally important is your factory. Do remember to check if all facilities needed for a specific robot to (6) ______ are present in your plant. Where will you place them? Are all needed connections available at the future robot site? All these things are (7) _____ as problems that have to be dealt with.

LISTENING AND VIEWING

Section A Listen and complete the tasks.

Task 1. Have you ever seen robot ants that can jump, communicate with each other and work together? Listen to the lecture about robot ants and decide whether the statements are True (T) or False (F).

- () 1. As individuals, ants can accomplish complex tasks.
- 2. These robot ants take a long time to be put together and produced in large quantities.
- 3. According to the lecturer, robot ants are divided into "explorers", "leader" and "workers".

Task 2. Listen again and complete the summary of the lecture.

The research team have developed the small robots by copying the idea from ants. A robot ant, weighing 10g, has (1) ______ and a T-shaped body. These robots can be put together in a few minutes, enabling them to be produced massively. When they meet with barriers, they can (2) _____ them.

Despite their same (3) _____, the robots are given different roles according to the situation. For example, "explorers" (4) _____ in their path while the "workers," at the same time, gather their strength to move objects. However, they can also take on new roles when faced with a new task or (5) _____, or even when other members get lost. This goes beyond what real ants can do.

Section Do you still remember the flying taxis, a kind of helicopter-like drones? Watch the video clip and complete the tasks.

Word Bank

integral /'ɪntɪgrəl/ adj. 必须的;不可或缺的 sophisticated /sə'fɪstɪkeɪtɪd/ adj. 复杂巧妙的 buzzkill /'bʌzkɪl/ n. 令人沮丧的事 logistics /lə'dʒɪstɪks/ n. 物流 methodical /mə'θɒdɪkəl/ adj. 有条理的;有条不紊的 convoy /'kɒnvəɪ/ n. (护卫) 车队

Task 1. Answer the questions after watching the video clip once.

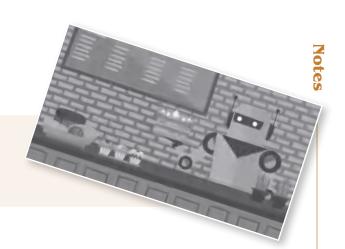
- 1. What is the video clip mainly about?
- 2. What will the speaker most probably talk about after the video clip?

Task 2. Watch again and complete the table.

Current drones	Future drones
✓ The size is	> Can be used for (4)
(1)	Countless Al-operated drones in the
✓ People use drones mainly	sky could fly with unbelievable
for (2)	(5)
✓ Drones can be incredibly	> Can also do (6) work.
sophisticated.	> Can help to (7) an
✓ Some TV shows use	important convoy to let people on the
them as they	ground know in case of trouble.
(3)	

■ READING AND VIEWINGSection

Task 1. Can you guess what the robot in the picture is doing?



Task 2. Read the passage about service robots and choose the best answer.



The latest generation of service robots has brought new help and simpleness to the home and environment around the world. Suitable for a growing number of use cases, family robots and professional service robots are doing what they

can to help humans. Service robots can be broken down by application areas, including domestic robots, hotel industry robots, agriculture robots, medical robots, robots for education and security robots. However, this list is just an example, not a complete one. New applications and new robot features are often identified, developed, tested, and released.

Household robots and professional service robots: design and trends

Emerging technology trends have been reflected in the application of various service robots. These include artificial intelligence, smart environments and wireless power. They fundamentally affect today's and tomorrow's service robot designs.

Most importantly, energy saving and long battery life are the key to user-friendly designs. For service robots, security aspects are the first choice for consumers. Working together with humans, these robots must be safe and reliable enough to become an important part of a user's home and work life. However, compared with auto guided vehicles, service robots communicate directly with humans, making daily life simple in both professional and private areas. Advanced sensing features such as

voice recognition, hand movement control, distance and speed tests are built in to promote user experience and comfort.

Our company is your one-stop shop and reliable partner

Besides, we are enthusiastic about the rapid advances taking place in the field of service robotics. At each trade show and with each new project, we look forward to discovering and helping the latest robotics innovations that are trying to make a difference in people's lives. No one knows exactly what the future will be. That is why we are ready today to adapt to tomorrow's trends as they develop. This fact, along with our high-quality parts and solutions for service robots, makes us the best choice for all your robotics projects.

- () 1. Who is this passage most probably aimed at?
 - A. Potential customers. B. Business partners.
 - C. Engineering designers. D. Al experts.
- () 2. What is the basic impact brought by emerging technology trends?
 - A. The number of service robots.
 - B. Environments free of pollution.
 - C. Service robot's battery replacement.
 - D. Various service robotics applications.
- () 3. For consumers, what is the most important concern when they choose service robots?
 - A. Safety issues. B. Speedy development.
 - C. Sensing features. D. Simple design.

Section B Read the passage and complete the tasks.

Task 1. In Reading B of this unit in the textbook, we have talked about telesurgery. What is the procedure of telesurgery?

Task 2. Read the passage about telemedicine and choose the best word or phrase for each blank that fits the context.

Telemedicine refers to the remote diagnosis and treatment of patients through remote communication technologies such as phone or video.



In this way, direct medical health care can be provided from a (1) _____ Telemedicine clearly has its advantages in urgent situations at sea where (2) _____ decisions are required to ensure accurate and immediate care. The use of such technologies on shore also has an advantage. In remote ports it can be difficult and (3) _____ to make long journeys to a large city. Most treatments can be discussed and advised upon by remote means. (4) _____, recent developments in mobile cooperation technology allow medical workers in various locations to share information and discuss patient issues. The amazing thing is that it seems as if they were in the same place. Remote monitoring of patients through mobile technology can (5) _____ the need for visits by patients who do not stay overnight. It also (6) _____ remote prescription verification (处方验证) and drug management, possibly greatly cutting the total cost of medical care. This is especially useful if the patient is being treated for a disease spreading to other people. Obviously the aim is to keep the patient (7) _____. The disadvantages of telemedicine include the high costs for data management equipment and training of medical staff. Remote medical treatment also (8) _____ human communication between medical workers and patients. This may increase the risk of errors in diagnosis. In some people's opinion, telemedicine may actually (9) the process of diagnosis and treatment. You have to deal with badly transmitted (传输的) images, or poorly written progress reports. The time spent on these things can have a bad impact on (10) _____ and even lead to misunderstandings of the results. Other negative factors include unclear laws for some telemedical cases and difficult claiming process from the insurance companies on government programmes in some areas.

() 1.	A. neighbourho	od	B. distance	
		C. source		D. telescope	
() 2.	A. hard	B. official	C. quick	D. final
() 3.	A. economical	B. special	C. expensive	D. insignificant
() 4.	A. Furthermore	B. However	C. Otherwise	D. Therefore
() 5.	A. expand	B. reduce	C. remove	D. exclude
() 6.	A. enables	B. suspends	C. indicates	D. identifies
() 7.	A. informed	B. motivated	C. engaged	D. separated
() 8.	A. promotes	B. decreases	C. keeps	D. restores
() 9.	A. slow down	B. get over	C. result from	D. make up
() 10	. A. intelligence	B. qualification	C. efficiency	D. assistance
		. Apart from the u list some more			
D	isadvan	tage 1			
D	isadvan	tage 2			
D	isadvan	tage 3			

SPEAKING

Section A Read aloud the following paragraph.

Smart rings are a thing. While some new wearable categories spring up, make big noise and then fade into the background, the future of putting tech on your finger looks bright. There are now powerful smart rings for both men and women that do everything from tracking your health and fitness to letting you pay for a coffee. We've picked out the ones we enjoyed using the most, rings that have just started shipping and new rings that are on the way.

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 roommate Shen Ming recommends you a software design competition. Ask her two questions about its details.

Ouestions 3-4:

Your friend Mike hosted a sales promotion online yesterday. Ask him two questions about its details.

Section Read Section B of *Reading and Viewing* again and complete the tasks.

Task 1. Summarise the advantages and disadvantages of telemedicine and complete the table.

Advantages	Disadvantages
✓ used at sea in urgent situations	×
✓	×
✓	×

Task 2. Compare the advantages and disadvantages of telemedicine. Make a verbal report to your class with the help of the table.

WRITING

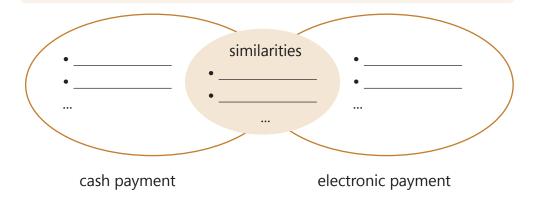
Section A Translate the following sentences into English, using the words given in the brackets.

- 1. 中国历来坚持技术领域的国际合作。(mutual)
- 2. 医生通过远程医疗方式指导这位病人如何正确舒展身体。(stretch)

- 3. 只有人工智能领域的资深内行才能担任这个重要职务。(qualified)
 - 4. 尽管刚从国外出差归来,这位经理还是立即回应了媒体对新款智能手机的有关问题。(respond)
 - 5. 主办方虽然资金短缺,但仍如期举办了此次新产品展览会,可见他们一 定是费了心思的。(must)

Section B Complete the tasks.

Task 1. Many people now pay electronically. Brainstorm with your classmates about the similarities and differences between cash payment and electronic payment and complete the diagram below.



Task 2. Based on the above diagram, write two paragraphs of about 80 words to compare and contrast cash payment and electronic payment.

Extended Reading



Pre-reading question:

If you have a robot of your own, what do you expect it to do for you or with you?

My Best Friend

I walked home from school, as always, and walked into the elegant mansion I call home. My dad is Howard Raymond, an award-winning scientist, making our family extraordinarily rich. Of course, with a job like that, he never had time to come pick me up from school. I was greeted at the door by my big dog, Lizzie. She jumped up on me and I smiled. One of my dad's assistants, Burt, rolled his eyes.

"That dog missed you," he said with an unpleasant look on his face. "It rudely pushed me over and caused me to drop and break some china." "Aww, I'm sure she didn't mean to." I said and smiled to the dog sitting at my feet. "Also, your father wants to speak with you," he said. "That's strange ..." I thought. "He's usually too busy."

I walked up to my dad's lab and pressed my fingertip up to the sensor and the door opened. I walked in and was greeted by one of my dad's coscientists, Elaine. She was a really cool woman, with a blue streak in her slightly graying hair and a southern accent. She had a warm smile and gave me a hug. "Juliet! You're going to love what we've been working on!" she said with an excited expression.

She led me to a room in the lab with a huge machine with power ropes running from every side. My jaw dropped. "Cool, isn't it?" she said with a broad smile. "It'll be even cooler when you find out what it does." She walked over and tapped my dad on the shoulder. "Your daughter is here, sir," she said, trying not to smile. He looked over to me.

① n. a long thin mark or line that is a different colour from the surface it is on

- ② vt. to say something suddenly and loudly, especially because of strong emotion or pain
- ③ vt. to press a button or switch in order to turn a machine, etc. on or off
- (4) n. a low continuous sound
- ⑤ vt. to make or change something to suit the needs of the owner

"This is marvelous!" I exclaimed². "You guys did amazingly, but what does it do?" I asked. They both laughed a bit. "That's what you get to find out," said my dad. He flipped³ on a switch on the side of the machine. It made a low hum⁴ and a screen was projected out in front of it. "This machine creates customisable robots. But the best part is the fact that we've found the secret to giving real intelligence and emotions to a robot. You can customise⁵ and create a robot that has real qualities of a human."

"That's crazy! How does it work?" I asked. "We've been studying the human brain for over ten years, and we've finally found the secret to real intelligence and emotion in the brain. We've recreated it digitally and applied it to a blank robot. It will have the basic knowledge of a teen, but it will still be able to learn more things, so it can go to school with you. This blank robot can be customised to look, however, and the brain chip can be customised to a personality of your choice. We thought you were the best person to try it out, so you're going to be the first person to make, what we call, an RI. It stands for real intelligence," said Elaine. From her expression, I knew she could talk about this for hours.

I'm sure my face gave away that I was amazed. "Go ahead, and try it out," said Elaine. I walked up to the strange machine. "First you have to customise the outside of the automatic programming. Click the different buttons to choose what you want them to look like," said my dad. The first screen was to choose a gender. I clicked female. After that, a screen with a bunch of different hairstyles. After I customised her into a cute schoolgirl-looking person, I made her personality fun, loving, and smart. I kept it basic.

"After you're done with customisation, it will take about 24 hours for the machine to process and create the automatic programming," said Elaine. I finished the last details and walked out of the lab, and up to my room. I went back to my usual stuff.

Food for thought

- 1. In the story, there are many detailed descriptions, which play an important role in shaping the characters. Underline the details that impress you, and tell your reason(s).
- 2. What does the author imply in the sentences "'That's strange ...' I thought. 'He's usually too busy.'" in paragraph 2?



If given an opportunity to have a customised robot of your own, what will it look like? Draw your robot and write a paragraph of about 80 words to describe it. Pay attention to your descriptive details.

My robot:	
,	



■ LISTENING COMPREHENSION

			mid domi kanakak			
	ans	swer		versations and choose the best ions. The conversations and the ce.		
	() 1.	A. Attend a lecture.	B. Set off for the South Pole.		
			C. Give his report.	D. Have a geography class.		
	() 2.	A. She usually skips break	cfast.		
			B. She dislikes fatty break	fast.		
			C. She enjoys breakfast w	ith lights on.		
			D. She often has a stoma	chache after breakfast.		
	() 3.	A. She has lost the instruc	ctions.		
			B. The robot doesn't work well.			
			C. She hasn't started clea	ning the robot.		
			D. The instructions are ha	rd to follow.		
	() 4.	A. He keeps in touch with	n the painter.		
			B. He thinks the painting is worth the money.			
			C. He decides to pay \$1 r	nillion for the painting.		
			D. He is surprised at the t	ime spent on the painting.		
	() 5.	A. She is busy in carving.			
			B. She puts her health firs	st.		
			C. She is too old to do bu	ısiness.		
			D. She considers business	more critical.		
	to	eacl		ge and choose the best answer age will be read twice, but the once.		
	() 6.	A. Tips for a family to be	healthy.		
			B. Free times for physical	activity.		
			C. Simplified schedules fo	or a family.		
			D. Parents' contribution t	o the family's health.		
2	() 7.	A. 30 minutes.	B. 60 minutes.		
+			C. 90 minutes.	D. 120 minutes.		

() 8. A. Do the same activities as others.
B. Encourage kids to run around.
C. Take gradual steps forwards.
D. Follow the baby's steps.

Section C Listen to the longer converse.

Section Listen to the 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. There is no Wi-Fi service nearby.
 - B. The man has no laptop of his own.
 - C. The woman's laptop is not Wi-Fi capable.
 - D. The woman won't lend the man her laptop.
- () 10. A. Accepting the fact.
 - B. Feeling uneasy and down.
 - C. Becoming angry with the woman.
 - D. Complaining about the poor service.
- () 11. A. He is over-relying on the Internet.
 - B. He is capable of tracking information.
 - C. He has been crazy about laptops.
 - D. He is anxious to be independent.

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.

Robot Leads Human Musicians in Orchestra Performance

A robot has led human musicians during a live performance in the United Arab Emirates.

In the video from the recent performance in the Emirate of Sharjah, a robot was facing orchestra members and we can see "him" (1) _____ (wave) his arms. "He" even sang at times. The robot, called Alter 3, has a human-like face and two long arms. The performance was *Scary Beauty*, an opera (2) _____ (compose) by Japanese musician Keiichiro

Shibuya. He said that the robot acted as the conductor by setting the speed and sound level of the performance. Shibuya said the involvement of robots in the everyday lives of humans is continually increasing. But he said he thinks people will need (3) _____ (decide) in the future how artificial intelligence or Al can best improve the human experience. Shibuya added that he believes humans and robots can learn to work together (4) _____ (create) beautiful art. Shibuya noted that sometimes the music-leading robot can "get crazy," (5) _____ (make) it difficult for the musicians to keep up. But other times, the humans and machines cooperate very well. Shibuya said the robots today are "far from complete." He is interested in studying the ways (6) _____ such incomplete technology can be combined with art. From those who witnessed it, the performance drew mixed reactions. "I think it a very exciting idea for us (7) _____ (come) to see how it looks like and how much is possible," said Anna Kovacevic. Another attendee, (8) _____ gave his name only as Billum, said after the show: "You know, a human conductor is so much (9) _____ (good)." Although he said he is interested in Al and looks forward to big developments, he noted he finds the human touch (10) _____ (lose). **✓ VOCABULARY** Fill in each blank with a proper word chosen from the box. Each word can be used only once. Note that there is one word more than you need. coupled flexibly qualified gentle physical popularity regularly relaxed styles workouts routine Could yoga be the missing piece to your whole body health puzzle? Many people experience increased energy and lower stress when practicing yoga exercises (1) ______. Most people experience increased energy and an improvement in overall well-being as physical

activity becomes (2)	
Studies have shown that regular	
(3) can help to relieve	11
depression and may even lower your	
risk of developing it.	-
But what if you're not the active	1
type, are older or have (4)	
limitations? You can still add healthy movement to your life. E	xperts
describe yoga and qigong as centuries-old, mind-body practices	. They
involve specific positions and movements (5) with r	nental
focus, breathing techniques, and meditation or relaxation.	
More research is needed on the health benefits, but it's clear	ar that
yoga is gaining in (6) In the last 10 years the num	ber of
Americans practicing yoga has nearly doubled. It's now practiced by	y more
than 21 million adults and more than 1.5 million children.	
Yoga and other mindful practices can be (7) an	d may
be done by just about anyone, anywhere, with no special equi	pment
needed. But if you are people with high blood pressure or wome	n who
are pregnant, you should modify or avoid some yoga positions be	ecause
not all yoga (8) are mild. Talk with your healthcare prov	ider or
a (9) instructor if you have concerns.	
Whatever way you choose to get active, you'll be taking	a step
toward being your best you. And you may find yourself feeling h	appier
and more (10), too.	
READING COMPREHENSION	
Section A Read the following passage and choose the	best
word or phrase for each blank.	
Farmers in Asia were dependent on an agricultural syster	n that
relied on rice as the main crop in the south and wheat in the	
(1), farmers in Europe had access to a wide range of	
Originally farmers used a two-crop system which cultivated onl	
of the land in one year, allowing the other land to grow aga	
(2) and be used for planting the following year. (3)	

this was suited to the Mediterranean climate of the Roman Empire, it was not the best system for Northern Europe. Farmers discovered that they could move to a three-field system allowing them to cultivate 2/3 of the land available using one field for a summer crop, one for a winter crop and leaving one to grow again. As an added (4) _____, the summer crop was often beans or peas, which are "nitrogen (氮) fixers". They return nitrogen into the soil. Farming land in the village was divided into large fields of strips. Farming was (5) _____ done by serfs, who were of the lowest social status. They would each have their own strips within the field and would work that strip on their own. From this they would be required to produce the food they paid to their (6) _____ and the church. Serfs would have no right to decide what to plant — they were required to grow whatever the rotation system (轮作制) (7) _____ that year. The system had some (8) _____ that everyone got some summer and some winter crops and had an equal distribution of the good and bad land. As the Middle Ages progressed, some (9) _____ served to make life easier for the serfs. A new, more (10) _____ plough, a kind of farming equipment, was created that went deeper and was easier to handle. Horse collars were developed that made it possible for horses to pull ploughs. Heavier horses also appeared that were able to work much faster than the oxen that were previously used. Oxen continued to be used by (11) _____ with the very poorest having to pull the ploughs themselves. Because the horses moved faster than oxen, villagers were able to cultivate more land at greater distance from the village, giving them more food security and sometimes even allowing them to sell their (12) land for a profit.) 1. A. However B. Therefore C. Otherwise D. Still) 2. A. seeds B. nutrients C. crops D. businesses () 3. A. If C. When B. Since D. Though () 4. A. benefit B. income C. interest D. practice) 5. A. typically B. ultimately C. diligently D. randomly) 6. A. government B. village C. owner D. farmer

() /. A. called for	B. worked out	C. kept up	D. depended or
() 8. A. recipes	B. sources	C. solutions	D. advantages
() 9. A. animals		B. crops	
	C. systems		D. developme	ents
() 10. A. expensive		B. efficient	
	C. complicated		D. attractive	
() 11. A. the most ad	vanced	B. the less ad	vanced
	C. the less rich		D. the richest	
() 12. A. fertile	B. flat	C. rough	D. spare

Section B Read the following passages and choose the best answer to each unfinished statement.

VIENNA MOZART CONCERTS IN HISTORICAL COSTUMES

EVERY DAY IN JULY | 20:15 | AUSTRIA



Also bookable as a Dinner Package.

The Vienna Mozart Orchestra plays in Vienna concerts with internationally famous singers and players — all in magnificent historical costumes and wigs and creates a special atmosphere in Vienna's largest and most famous concert halls. For sure you will enjoy the Vienna MOZART Orchestra and "the best of Mozart and Strauss"!

THE MOZART VIP TICKET

includes:

- "Nice and unusual menu" at the Restaurant Opus at the Hotel Imperial (four-course meal, drinks not included) at 18:00
- Fiaker drive from the Restaurant Opus to the concert hall
- 1 best category ticket for the Vienna Mozart Concert
- 1 glass of water or a soft drink
- Gathering together with the performers (back stage)
- 1 programme book
- 1 CD of the Vienna Mozart Orchestra

DELIGHTFUL VIENNA PASS — CONCERT & DINNER

includes:

- Three-course meal at the restaurant "Bristol Lounge" (at 18:00 or 22:15)
- "Golden Collection CD" by the Vienna Mozart Orchestra
- 1 Ticket for the Vienna MOZART Concert in different categories for different passes

Red Carpet PassPremium PassGold PassSilver Pass- In CAT Superior- In CAT A- In CAT B- In CAT C

Category	Description	Original Price
VIP WITH DINNER	DINNER at 18:00	€320
S + DINNER	Red Carpet Pass	€155
A + DINNER	Premium Pass	€135
B + DINNER	Gold Pass	€120
C + DINNER	Silver Pass	€100
S (CONCERT ONLY)	CAT Superior	€105
A (CONCERT ONLY)	CAT A	€85
B (CONCERT ONLY)	САТ В	€70
C (CONCERT ONLY)	CAT C	€50

() 13	. This webpage m	nainly aims at	·		
		A. giving people	e ticket informati	on of the co	ncerts	
		B. providing ped	ople with the cor	ntents of the	concerts	
		C. informing pe	ople of the atmo	sphere of th	e concerts	
		D. helping peop	le to categorise	the tickets fo	or the concerts	
() 14	. A couple want t	o attend the Vie	nna Mozart	Concert in the bes	it
		seats, so they sh	nould pay at leas	t	_ in all.	
		A. €320	B. €310	C. €210	D. €100	
() 15	. It can be learne	d that the Vienna	a Mozart Co	ncert	
		A. allows the au	dience to gather	on the stag	e	
		B. is performed	by the Mozart ar	nd Strauss O	rchestra	
		C. is a classical c	oncert given eve	ery afternooi	n in July	
		D. includes 5 cat	tegories of ticket	packages w	ith dinner	

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

- A. That doesn't have to be all at one time, though.
- B. It may also cause a gradual loss of your muscles.
- C. It can also reduce your risk of death from all causes.
- D. Other popular choices include swimming, bicycling and jogging.
- E. By planning carefully and pacing yourself, you can make aerobic exercise a healthy habit that lasts a lifetime.
- F. For example, you can run at full speed for 30 seconds and then walk for 60 seconds, and repeat this several times.

Aerobic Exercise

Regular aerobic exercise can help you to live longer and healthier. After all, aerobic exercise can reduce health risks, avoid extra pounds, strengthen your heart and improve your mood. (16) ______

Healthy adults should aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or an equivalent combination of moderate and vigorous activity. (17) ______ For example, quick walking for 30 minutes, five days a week, meets the guidelines. Aerobic exercise can even be done in short blocks of time, such as several walk breaks spread throughout the day. Any activity is better than none at all.

Aim to reduce your time spent sitting, too. The more hours you sit each day, the higher your risk of dying of any cause, even if you achieve the recommended amount of daily physical activity.

Recent studies report significant health benefits from interval training, which means exercising at your near-maximal intensity for short periods. (18)

For many people, walking is a great choice for aerobic exercise. In fact, walking is one of the most natural forms of exercise. It's safe, it's simple, and all it takes to get started is a good pair of walking shoes and a commitment to include aerobic exercise in your daily routine.

Of course, there's more to aerobic exercise than walking.

(19 Get) Activities such as dancing and jumping rope count, too. creative.
WI	RITING
	ction A Translate the sentences into English, using the words en in the brackets.
1.	音乐和绘画被视为是治疗精神疾病的有效手段。(recognise)
2.	他非常热衷于运动,每年都会参加环岛骑行。(enthusiasm)
3.	经过三个月的技术培训后,每一位团队成员将负责运营一个新型农场。(charge)
4.	校长再三提醒志愿者们此次科技展中应肩负的重要责任。(remind)
5.	有些人的成功之道在于他们总是竭尽所能克难攻坚,而非满腹牢骚。(complain)

Section B Write an English composition in NO LESS THAN 80 words according to the instructions given below.

假设你是学生王刚,近来得知你的朋友小莉因过度肥胖而影响健康,因此困扰不已。写封邮件向她提供一些建议。你的邮件须包括:

- 1. 简析过度肥胖的成因;
- 2. 提出你的建议(至少两点)。

Notes

To:	Xiao Li
Subject:	Suggestions on your overweight problems
Dear Xiao	Li,
-	
Best wishe	? S,
Wang Gar	

☐ ■ SPEAKING

Section A Read aloud the following paragraph.

As one of China's most well-known cross-cultural artists, Lang Lang has played at high-profile events such as the opening ceremony of the Beijing Olympic Games in 2008, the Grammy Awards in Los Angeles in 2014, and the closing ceremony of the World Cup in Rio that same year. Thanks to his skillful playing, good looks, charming personality and international background, Lang has earned admirers and fans all over the world. His willingness to venture outside the world of classical music has also increased his profile with young listeners who might normally gravitate toward pop music.

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

- 1. Your response:
- 2. Your response:
- 3. Your response:
- 4. Your response:

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

Questions 1–2:

Your friend Li Mei has read a book about success stories recently. Ask her two questions about the book.

Questions 3-4:

Your school has bought a robot for the library. Ask the librarian two questions about the robot.

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



经上海市中小学教材审查委员会审查准予使用 准用号 II-GB-2020018



定价: 9.30 元