**2021-2022学年高一英语人教版（2019）必修第一册**

**unit 1 习题精选1**

一.单词拼写

1.To ensure the older people work out regularly to stay healthy, people have come up with many 　　　(解决办法).

2.He 　　　(停止)the show last year because of bad health.

3.When her son 　　　(毕业)from high school, Ann moved to a small town.

4.The first part of the project was completed two months ahead of 　　　(工作计划).

5.In the coming three years, our school life will be full of 　　　(挑战).

6.The 　　　(先进的) 5G technology will bring a lot of changes to our daily life.

7.The Panda Art Development Fund serves as a project to improve the aesthetic(美学的)education of Chinese 　　　(青少年).

8.A study found that young people 　　　(较喜欢) e-readers(电子阅读器), like smart phones or iPads.

9.Therefore, let's take the 　　　(责任) to build up a low-carbon city by riding bicycles often.

**二.单句语法填空**

1．It was not until the 29th Olympic Games were hosted in China that the world completely \_\_\_\_\_\_\_\_\_\_ (experience) the charm of Chinese culture.

2．She gladly gave up her part­time job \_\_\_\_\_\_\_\_\_\_ (devote) herself entirely to the art.

3．Please keep us \_\_\_\_\_\_\_\_\_\_ (inform) of the project and the problems, and try to speed up the completion.

4．Sometimes I enjoy reading the poems in a low voice, which can actually give me great delight and \_\_\_\_\_\_\_\_\_\_ (satisfy)．

5．Since her \_\_\_\_\_\_\_\_\_\_ (arrive)at the company, she has re­organized several departments.

6．In my view, every minute should be made full use of \_\_\_\_\_\_\_\_\_\_ (prepare) for the coming Gaokao.

7．It is my suggestion that an English broadcasting program \_\_\_\_\_\_\_\_\_\_ (set) up after school.

8．We regret \_\_\_\_\_\_\_\_\_\_ (tell) you that your application hasn't been successful.

9．Farmers have to leave their hometowns and go to work in cities, \_\_\_\_\_\_\_\_\_\_ (struggle) to make a better living.

10．With a little \_\_\_\_\_\_\_\_\_\_ (encourage) from his parents, he will do well.

**三、阅读理解**

    When you come to London for a trip, it's best to plan a day out so as to maximise (最大化) the number of things you can see. Time permitting, we can offer advice by e-mail if there's anything you particularly want to see.

    If you are only in London for a day, a weekend or a week, use our SHORT STAY pages where we show you how to fill as much into your days as possible.

   ​The best season to come is late summer or autumn-recently we have been having Indian summers (秋季的小阳春天气) from mid-September to the end of October with clear blue skies and 20-degree temperatures. Finally the weather breaks as the storm fronts move in off the Atlantic, then clears up for Christmas. February to April can be terrible, and the weather is very unpredictable. Ask the meteorological office here for facts and figures but they are so often wrong.

    When it's raining there are plenty of museums and galleries to visit-and the tube (地铁) system is generally very good outside of rush hours.

    It's best for you to be near a tube station when choosing a hotel, because buses can be slow and unreliable (不可靠的) and taxis are expensive. The yellow circle line on the tube map marks the division (分界线) between central and not-so-central London. Outside of that area your transport bill will rise.

1. The meteorological office in the third paragraph is a place \_\_\_\_\_\_\_\_.

A. people can know what London is like B. people can get information about tourism

C. people can know what the weather is like D. people can get information about transportation

2. When considering where to live, visitors need to pay more attention to \_\_\_\_\_\_\_\_\_ in London.

A. the traffic B. the living condition C. the food D. the price

3. Which of the following statements is NOT true?

A. There are many museums and galleries in London.

B. The tube system in London is very good at any time.

C. One can get more information by sending e-mail.

D. Autumn is the best season for visiting London.

4. The passage is mainly written for those who.

A. are going to serve as tour guides B. are planning to live in London

C. are going to visit London D. are going to work in London

四．根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

**Kids’ health: Four steps for fighting stress**     Everybody gets stressed time to time.  16    Some ways of dealing with stress —like screaming or hitting someone—don’t solve (解决)much. But other ways, like talking to someone you trust, can lead you to solving your problem or at least feeling better.  
     Try taking these four steps. the next time you are stressed:  
     **(1) Get support.** When you need help, reach out to the people who care about you. Talk to a trusted adult, such as parent or other relatives.   17    They might have had similar problems, such  
as dealing with a test, or the death of a beloved pet.  
     **(2) Don’t take it out on yourself.** Sometimes when kids are stressed and upset they take it out on themselves. Oh, dear, that’s good idea. Remember that there are always people to help you. Don’t take it out on yourself.    18      
    **(3) Try to solve the problem.** After you’re calm and you have support from adults and  friends, it’s time to get down to business.     19     Even if you can’t solve it all,you can solve a piece of it.  
    **(4) Be positive**. Most stress is temporary(暂时的).Remember stress does go away, especially when you figure out the problem and start working on solving it. These steps aren’t magic, but they do work. And if you can stay positive as you make your way through a tough time, you’ll help yourself feel better even faster.     20       
A. Ask for a helping hand to get you through the tough situation.  
B. Notice your friends’ feelings and find a way to help them.  
C. Different people feel stress in different ways  
D. Ah, it feels so good when the stress is gone.  
E. You need to figure out what the problem is.  
F. And don’t forget about your friends.  
G. Then, find a way to calm down.