



练习册

主编 肖德好

全品

学练考

高中英语

选择性必修第一册 YLNJ

细分课时

分层设计

落实基础

突出重点

详答案本

01

培养核心素养，聚焦主题语境

导学案

LEARN

Unit 1 Food matters

主题素养积累

Culture and cuisine

The French author Jean Anthelme Brillat-Savarin once wrote, "Tell me what you eat, and I will tell you what you are." **Put more simply**, this means "**You are what you eat.**" Most people today **relate** this saying **to** healthy eating. However, Brillat-Savarin was actually **referring to** our personality, character, and culture.

Chinese cuisine is **a case in point**. We first travelled to Shandong Province in the eastern part of North China. My favourite dish there was boiled dumplings served with vinegar. I observed that family is important to the people there. **It has become a favourite traditional dish of the people in North China, where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help.**

show friendship and kindness.

At a minimum, the kinds of food local people consume tell us what they grow in their region, what kinds of lives they lead, and what they like and do not like. **What we can say, however, is that culture and cuisine go hand in hand, and if you do not experience one, you can never really know the other.** (人教版选择性必修二 Unit 3 改编)

【主题词句背诵】

1. put more simply 更简单地
2. relate... to... 把……和……联系在一起
3. refer to 指的是
4. a case in point 典型的例子,恰当的例证
5. at a minimum 至少
6. go hand in hand (两件事)密切相关地
7. You are what you eat. 人如其食。
8. It has become a favourite traditional dish of the

02

夯实语言基础，搭建知识框架

词汇点睛

1. mood *n.* 情绪,心情;气氛,氛围
(教材 P2) No matter how bad my **mood** is, that perfect combination is always enough to lift my spirits. 不论我情绪有多差,这种绝妙的组合都足以令我振作。

- (1) be in a good/happy mood
心情愉悦
- be in a bad/depressed mood
情绪低落
- be in the/no mood for (doing) sth/to do sth
有/无心情做某事
- (2) moody *adj.* 情绪多变的,喜怒无常的

(1) 单句填空
① He had something on his mind and was in no mood _____ (chat) with me.

句型透视

1. (教材 P2) Whenever I feel lonely, I have a secret recipe that never fails: rice, milk and sugar, cooked low and slow. 每当我感到孤独时,我都有一个屡试不爽的秘方:把大米、牛奶和糖放到一起,用小火慢炖。

句型公式

“疑问词-ever”引导的状语从句

【句式点拨】

本句中“Whenever I feel lonely...”是 whenever 引导的状语从句, whenever 可以用 no matter when 替换。

【归纳拓展】

1. “疑问词-ever/no matter + 疑问词”引导状语从句,表示“无论……,不管……”,用于该句型的引导词有 whatever, whoever, whichever, whenever, wherever, however 等,可转换为 no matter 和疑问

课内基础巩固

① 单词拼写

- If we _____ (降低) the age limit, more people will sign up for the competition.
- I often have a short walk after supper to help _____ (消化) the food.
- The _____ (味道) of **creamy** ice cream is so attractive that I keep my mouth watering.
- The milk has gone _____ (馊的), so they will go to the supermarket to buy some fresh.
- It was important to be extra careful while biking in the foggy weather to ensure s_____.
- Physical exercise is important for both our physical and _____ (emotion) health.
- These noodles cooked by my father tasted so _____ (salt) that we had to add some **vinegar** to eat them.
- She felt _____ (relieve) after finding her lost mobile phone, which made her have a good appetite for lunch.
- Personalized workout plans can _____ (generate) by the latest version of the software.
- Smoking is **linked** _____ numerous health problems, including lung cancer and heart disease.

课后素养提升

⑤ 完形填空

[2024·山西太原第五中学高二月考]

For four long years, Owen Connors had to spend his Saturday afternoons playing rugby (橄榄球) at school. He'd be out there in all weathers. As a teenager, he 1 Saturdays.

The boy would walk home in the dark, 2 in mud and frozen to the bone. So, imagine his 3 when he opened the door of the family's small house to be 4 by the delicious aroma (香味) of Guinness pie. Outside the wind was blowing, and the rain was 5 the windows. But in the 6 kitchen, Owen and his parents would 7 the home-made pie with mashed potatoes (土豆泥) and greens 8.

"It was the exact 9 of standing on a

"I'd like to show my kids more of that kind of food," Owen said.

- () 1. A. missed B. hated
 C. wasted D. ignored
- () 2. A. taken B. seated
 C. covered D. buried
- () 3. A. joy B. pain
 C. courage D. concern
- () 4. A. invited B. served
 C. moved D. greeted
- () 5. A. opening B. rolling
 C. pulling D. beating
- () 6. A. empty B. warm
 C. **creamy** D. unique
- () 7. A. **relieve** B. enjoy
 C. remember D. imagine
- () 8. A. **gently** B. calmly

① 写作

第一节 应用文写作

[2024·湖南邵东第一中学高二月考]

假定你是李华, 你的外国友人 John 将要去参加一个中国美食节的活动, 在活动前想了解更多关于中国美食的信息。请向他推荐一款你最喜爱的美食, 内容包括:

- 品尝经历;
- 最喜爱食物的特点(色、香、味等);
- 喜爱原因。

注意: 写作词数应为 80 个左右。

参考词汇: greasy 油腻的

Dear John,

第二节 读后续写

[2024·广东深圳华侨城高级中学高二期中]

阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

It was early spring and Nana was in the backyard with her grandchildren. Amy, Michael, and Justin were playing when Nana said, "I'm going to start planting my garden. Who wants to help me?"

"What are you going to plant, Nana?" asked Amy. "I like big, yellow sunflowers."

"I'm going to plant vegetables. That way we can have them to eat when they are ready," said Nana.

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Period One Welcome to the unit & Reading—Reading comprehension

● 阅读理解

A [2024·浙江台州路桥中学高二期中]

Thanksgiving is one of those times of a year that inspire reflection. For some, it is a moment to think about the meaning of family. But for me, there is a simpler message to take away: we should all have more pie in our lives.

What's refreshing about Thanksgiving is that, for all the travel delays and the potential for family arguments, the focus is on cooking for once. At Christmas, the feast easily gets overshadowed by a mountain of gifts. At Thanksgiving, by contrast, everyone recognizes that the food is what matters. Will the mashed potatoes be smooth enough? And crucially, is there enough pie?

Too many of us spend our lives in a state of pie deprivation (缺乏), judging from the hunger with which the pies are greeted on a Thanksgiving table. Few things instil more of a sense of comfort than the sight of a golden topped fruit pie.

There have been times when eating pie was a daily occurrence for American families. Thanksgiving aside, I don't know anyone who regularly eats pie. This is a bit sad. Think of all that joy we are abandoning.

Thanksgiving pies have a way of living on in the memory long after the other dishes are forgotten. Years ago, I made an apple pie for my nieces for Thanksgiving. The following year, I planned to make a cardamom tart instead. But my sister said I had to make the pie exactly the same as the previous year, because the girls had been talking about it for months. I can't pretend I wasn't pleased by

this.

A pie isn't just any **dessert**. It is a sign that care has been taken. I suspect that the single biggest reason we don't make pies more often is that we don't have time. Yet there is something about the process of fitting pie into a dish that can actually make you less rushed. "Rest for at least an hour", read the instructions in most pie recipes. It's referring to the pastry, but what if it also means you?

- () 1. What do people attach great importance to at Thanksgiving?
- Gifts and travel.
 - Potatoes and pie.
 - Cooking and food.
 - Family and friends.
- () 2. Which of the following statements about pie is TRUE?
- Most people enjoy eating pie at Thanksgiving.
 - Pie is not easily accessible for most of the year.
 - Pie was a daily dish for all the American families in the past.
 - Most people have realized their hunger for pie in their daily life.
- () 3. Why does the writer mention the story of making pie for her nieces at Thanksgiving?
- To show she can really make tasty Thanksgiving pie.
 - To show pies played an important role in her nieces' life.
 - To show she was delighted with her nieces' reactions after eating the pie.
 - To show pie is more easily remembered than any other Thanksgiving dishes.

()4. What's the author's attitude towards making pies?

- A. Supportive. B. Critical.
C. Neutral. D. Indifferent.

B [2024·安徽安庆第二中学高二期中]

We've all been told that different types of fruits and vegetables have different benefits that help us maintain our health. A new international study has found that eating one fruit regularly can help reduce the risk of cancer, among those people who have a high risk of developing certain cancers.

The research which followed almost 1,000 patients with Lynch syndrome—a genetic condition that makes people predisposed to cancers—found that regular intake of resistant starch (抗性淀粉) could have a major preventative effect on the risk of cancer. Here's what you need to know about how eating bananas can help reduce the risk of cancer.

Resistant starch is a type of carbohydrate (碳水化合物) which feeds beneficial gut bacteria. It is found in green bananas. By eating green bananas your body gets a regular dose of resistant starch, which has been found to reduce the risk of cancers in some parts of the body by more than half, according to the new research. The study, which was published in *Cancer Prevention Research*, was led by experts at the universities of Newcastle and Leeds. It found that resistant starch, if taken regularly for an average of two years, had a positive effect on some cancers, which can be difficult to detect.

John Mather, a professor at Newcastle University explained: "Resistant starch acts, in effect, like dietary fibre in your digestive system. This type of starch has several health

benefits and fewer calories than regular starch."

Besides green bananas, resistant starch is also found in foods such as peas, oats, cereal, beans and other starchy foods. You can also take resistant starch as a powder supplement.

In terms of bananas, experts recommend that eating one banana daily is the equivalent of one dose of resistant starch. The trick is to eat the bananas before they become too ripe or soft.

()5. Which of the following can prevent the risk of cancer?

- A. Carbohydrate.
B. Resistant starch.
C. Dietary fibre.
D. Gut bacteria.

()6. What did the new research find?

- A. Eating green bananas regularly could serve as a powder supplement.
B. Eating green bananas regularly could reduce the risk of cancers.
C. Eating bananas regularly could improve life expectancy.
D. Green bananas would have fewer calories.

()7. What aspect does John Mather's research probably focus on?

- A. Human nutrition.
B. Plants formation.
C. Herbal medicine.
D. Weight control.

()8. According to the text what would the experts suggest people do?

- A. Take more green bananas.
B. Reduce calories and dietary fibre.
C. Keep regular intake of resistant starch.
D. Detect hidden cancers earlier.

C [2024·重庆巴县中学等七校高二联考]

The Food and Drug Administration (FDA) has to recall hundreds of foods every year. Like cookie snack packs with pieces of blue plastic hiding inside, dressing and sauce containing salmonella (沙门氏菌) or various jams containing lead.

It can take a few months before a recall is issued. But now researchers have come up with a method that might fast-track that process, leading to early detection and, ultimately, faster recalls. The AI system relies on the fact that people increasingly buy foods and spices online. And people tend to write reviews of products they buy online, which are like bread crumbs (面包屑) to food-safety officials sniffing out dangerous products.

The researchers linked FDA food recalls from 2012 to 2014 to Amazon reviews of those same products. They then trained machine-learning algorithms (算法) to distinguish between reviews for recalled items and reviews for items that had not been flagged. And the trained algorithms were able to predict FDA recalls three quarters of the time. They also identified another 20,000 reviews for possibly unsafe foods, most of which had never been recalled. The results are published in *Journal of the American Medical Informatics Association*.

The World Health Organization estimates that 600 million people worldwide get sick annually from polluted food, and more than 400,000 people die from it. “So having tools

that enable us to detect this a lot faster and hopefully investigate and do recalls faster will be useful not just in the US but in other countries around the world as well,” said study author Elaine Nsoesie of Boston University. She did add one warning: even recalled products can still get five-star reviews. So stars alone don't tell the whole sickening story. The proof, unfortunately, may still be in the pudding.

- () 9. What will help FDA recall unsafe foods faster than before?
- A. Efforts of food-safety officials.
B. Online reviews of the polluted foods.
C. Lots of online remarks of products.
D. New measures of food-safety officials.
- () 10. How does the author introduce the process of the research?
- A. By asking customers.
B. By describing facts.
C. By giving examples.
D. By making comparisons.
- () 11. What's Elaine's attitude towards five-star reviews?
- A. Doubtful. B. Careless.
C. Supportive. D. Unclear.
- () 12. Which may be the most suitable title for the text?
- A. FDA detects unsafe foods
B. AI sniffs out unsafe foods
C. FDA develops a system of judging reviews
D. AI helps FDA judge reviews much better

班级

姓名

题号

答案区

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Period Two Welcome to the unit & Reading—Language points

课内基础巩固

❶ 单词拼写

1. If we _____ (降低) the age limit, more people will sign up for the competition.
2. I often have a short walk after supper to help _____ (消化) the food.
3. The _____ (味道) of creamy ice cream is so attractive that I keep my mouth watering.
4. The milk has gone _____ (馊的), so they will go to the supermarket to buy some fresh.
5. It was important to be extra careful while biking in the foggy weather to ensure s_____.
6. Chinese d_____ are typically lighter and less sweet than Western ones.
7. My dad and I like to c_____ through the countryside, which not only provides an enjoyable form of exercise but also helps burn calories.
8. The programme aims to provide a relaxing atmosphere for students to talk with n_____ speakers.

❷ 单句填空

1. My mother said patiently: “Your name is a _____ (combine) of love from your father and me, which I think is the most admirable name in the world.”
2. Totally ignoring table manners, he _____ (greedy) grabbed the last piece of bread in the plate with his bare hands.
3. The dumplings were filled with _____ (vary) fillings, such as pork, shrimp, and vegetables.
4. The therapist listened attentively, _____ (gentle) guiding the patient to express his emotions bravely.

5. Physical exercise is important for both our physical and _____ (emotion) health.
6. These noodles cooked by my father tasted so _____ (salt) that we had to add some vinegar to eat them.
7. She felt _____ (relieve) after finding her lost mobile phone, which made her have a good appetite for lunch.
8. Personalized workout plans can _____ (generate) by the latest version of the software.
9. Smoking is linked _____ numerous health problems, including lung cancer and heart disease.
10. Seeing my baby's smiles always put me _____ a good mood whenever I returned home from work.

❸ 短语填空

1. These pills should _____ (奏效) and you'll feel much better in no time.
2. Whenever I encounter difficulties, she will encourage me and help me _____ (振作起来).
3. After years of searching, I found my _____ (归属感) in a music association where I felt truly understood and accepted.
4. Many villagers had to _____ (从……离开) their homeland to earn a living.
5. Nowadays, the increasing number of road accidents _____ (迫切需要) traffic safety measures to save lives.
6. Any less-than-perfect person can _____ (弥补) their shortcomings with more education.

7. There is no denying that the secret to good health _____ (在于) a balanced diet and regular exercise.
8. After hearing the good news, she smiled _____ (如释重负).

Ⅴ 句型训练

1. _____, their children deserve some time with them every day.
父母不管有多忙,每天都应该抽一些时间和孩子们在一起。

2. _____, I saw some students playing there. (非谓语)
朝窗外望去,我看见一些学生在那边玩耍。
3. I'd like a second opinion _____.
我在做决定之前,想听听别人的意见。
4. I think _____ in this rapidly changing world. (形式主语)
我认为在这个快速变化的世界中,保持终生学习者的状态至关重要。

课后素养提升

Ⅴ 完形填空

[2024·山西太原第五中学高二月考]

For four long years, Owen Connors had to spend his Saturday afternoons playing rugby (橄榄球) at school. He'd be out there in all weathers. As a teenager, he 1 Saturdays.

The boy would walk home in the dark, 2 in mud and frozen to the bone. So, imagine his 3 when he opened the door of the family's small house to be 4 by the delicious aroma (香味) of Guinness pie. Outside the wind was blowing, and the rain was 5 the windows. But in the 6 kitchen, Owen and his parents would 7 the home-made pie with mashed potatoes (土豆泥) and greens 8.

"It was the exact 9 of standing on a field in the rain and wind," says Owen, who now works as an editor. "It was the 10 of home and it felt like a warm hug."

For some reason, Owen had 11 really fitted into Dublin society. So after graduating from college, he left his hometown in search of a(n) 12 life. On a short visit to Munich, he felt a sudden 13 to stay. He can remember thinking, "This place is 14 —it's clean, safe, near the mountains and lakes."

Owen doesn't eat Guinness pie very often in Munich. Recently he tried to make one with his mum and daughters, and it was a(n) 15. Three generations shared the food of his childhood.

"I'd like to show my kids more of that kind of food," Owen said.

- () 1. A. missed B. hated
C. wasted D. ignored
- () 2. A. taken B. seated
C. covered D. buried
- () 3. A. joy B. pain
C. courage D. concern
- () 4. A. invited B. served
C. moved D. greeted
- () 5. A. opening B. rolling
C. pulling D. beating
- () 6. A. empty B. warm
C. creamy D. unique
- () 7. A. relieve B. enjoy
C. remember D. imagine
- () 8. A. gently B. calmly
C. nervously D. comfortably
- () 9. A. opposite B. result
C. expectation D. choice
- () 10. A. call B. smell
C. type D. role
- () 11. A. often B. still
C. even D. never
- () 12. A. new B. busy
C. ordinary D. modern
- () 13. A. curiosity B. demand
C. desire D. emotion
- () 14. A. amusing B. similar
C. important D. amazing
- () 15. A. success B. attempt
C. challenge D. opportunity

班级
姓名
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Ⅶ 阅读七选五

[2024·辽宁名校联盟高二联考]

Every 40 seconds someone in the US has a stroke (中风), and about three-quarters occur in people aged 65 or older. 1. _____. And the lifestyle steps you take can be especially powerful in avoiding a stroke. Here's what you can do now to reduce your risk.

2. _____. Take high blood pressure for example, which some research suggests is responsible for almost half of all strokes. A heart-healthy eating plan may help control it. Also try to limit salt intake, maintain a healthy weight, and exercise regularly.

3. _____, ask your doctor what levels you should try to achieve and whether medicines are proper. Staying out of the high blood pressure range can be challenging with age due to the higher possibility for medicine side effects. Another important condition to watch out for is Atrial Fibrillation (AFib) (房颤), an irregular and often rapid heartbeat, which affects at least 10 percent of people over age 80. 4. _____.

A heart-healthy lifestyle can reduce that risk. But older adults may still develop it, so report irregular heartbeats, chest pressure, shortness of breath, and dizziness to your doctor right away. 5. _____, the American Heart Association says people over age 65 should have a yearly examination to check for the condition. Treatments include blood thinners and the surgical (手术的) implantation of a pacemaker.

Type-2 diabetes (糖尿病) and high blood fat make you more likely to have a stroke as well, so it's also important to get them under control.

1. _____

- A. As AFib is regarded as incurable
- B. Because AFib sometimes has no signs
- C. But about 80 percent of all strokes are preventable
- D. When it is easy for you to control your blood pressure
- E. If your blood pressure is high even with the

above measures

F. People with AFib are about five times as likely to have a stroke

G. Keeping certain conditions at bay can cut the likelihood of a stroke

Ⅷ 语法填空 [2024·浙江镇海中学高二期中]

Jianbing is one of China's most popular street breakfasts. 1. _____ Chinese dumplings have spread well beyond the country's borders, *Jianbing* might be China's best-kept culinary secret. Every neighbourhood has its own *Jianbing* vendor serving breakfast from dawn through mid-morning, satisfying hungry 2. _____ (local) on their way to work.

Contrary 3. _____ what you might think, *Jianbing* is no grab-and-go street breakfast. 4. _____ (preserve) the crispness of the pancake, *Jianbing* is never cooked ahead of time, so waiting in a line is part of the culture. But 5. _____ (basic), *Jianbing* is a breakfast worth waiting for.

Jianbing has a longer history than almost any other Chinese street food. It is thought to have originated in Shandong Province during the Three Kingdoms Period. Military strategist Zhuge Liang had his soldiers cook food on shields(盾) 6. _____ (hold) over the fire.

Of course, if *Jianbing* were that easy to make, it would have taken the world by storm long before now. Part of 7. _____ challenge in copying the dish is that the recipe for a *Jianbing* differs by region, and even by vendor. Many consider it 8. _____ (possible) to make your own *Jianbing* without months of practice and tuition from a master. Yet a few committed foreigners have made it, who 9. _____ (inspire) to bring *Jianbing* to a hungry audience after their first taste in China back in the 1980s. In the UK, twins Melissa and Oliver Fu, owners of Mei Mei's Street Cart are bringing the joy of *jianbing* first to London and now Manchester despite all the difficulty they have in 10. _____ (perfect) their technique.

Period Three Grammar and usage & Integrated skills

课内基础巩固

❶ 单句填空

1. One of the most effective ways to **relieve** stress is _____ (step) outside, breathe in the fresh air, and immerse yourself in nature's beauty by simply enjoying the **scenery**.
2. It is important _____ (have) a positive **atmosphere** in the workplace, as it greatly influences employee productivity and job satisfaction.
3. The purpose of education is _____ (develop) a fine personality in children.
4. I **bet** Josephine must have had the disease very _____ (mild) as she showed no symptoms.
5. It's hardly possible _____ (learn) a foreign language without making painstaking effort.
6. My dream is _____ (open) my own **bakery** and share my love of baking with the community.
7. For dinner, most of the meat was grilled, some _____ (fry).
8. I _____ (impress) by delicious dishes available at the **buffet**, which included **steak**, dumplings with various **fillings**, **desserts**, etc.
9. "Twenty years is a long time," he smiled _____ (bitter).
10. The very first community service project organized by the Homeless Project team was _____ (collect) food for the homeless.

❷ 句型训练

1. It is a great honour for me _____
_____ to compete in this match.
我很荣幸能代表我的国家参加这场比赛。
2. Maria and Peter lived in a coastal city and the greatest pleasure in summer for them _____ after school.
玛丽亚和彼得住在一个沿海城市,夏天他们最大的乐趣就是放学后去当地的海滩游泳。
3. It is impossible for these **elderly** people _____
_____ in such a short period of time.
对于这些老年人来说,在这么短的时间内掌握这么多新的技能是不可能的。
4. My ambition is _____ in China after graduation.
我的志向是毕业后在中国创业。
5. What we're trying to do this year for Earth Day is _____.
今年我们在地球日想做的就是给人们一个机会去做一些有意义的事情。

❸ 语篇填空

My dream is 1. _____ (become) a skilled chef. It maybe take me years of practice and training 2. _____ (master) the art of cooking. However, it is exciting for me 3. _____ (cook) delicious dishes and see people enjoy my food.

Cooking allows me 4. _____ (express) my creativity and brings people together through food. It is not easy 5. _____ (work) as a skilled chef, but I **bet** I can do it well. As

a chef, my desire is 6. _____ (open) my own restaurant. It is important for me 7. _____ (create) a welcoming atmosphere and serve mouth-watering meals. Though it is not easy 8. _____ (run) a restaurant, I am determined 9. _____ (provide) a

memorable dining experience for my guests. The way to make my restaurant successful is 10. _____ (innovate) constantly. With hard work and a passion for cooking, I am convinced that I can turn my dream of owning a restaurant into reality.

课后素养提升

Ⅳ 完形填空 [2024·山西朔州怀仁第九中学高二期中]

When I was a child, my mum never forced me to finish my food. Instead, she 1 me to try everything three times: first, to taste it; second, to get accustomed to the 2; and lastly, to confirm if I truly 3 it. After three tries, she wouldn't make me eat it again.

Days ago, I watched my daughter's face frown when she 4 took her second and then her third 5 of spinach, her least favourite food. I was reminded of how this rule had 6 my life. It helped me overcome fears and encouraged me to carry on until I achieved 7.

As I grew older, I carried this 8 with me. When faced with something outside my comfort zone, I reminded myself to try it at least three times before 9. It motivated me to pursue my dream to become a 10.

Now, my once-picky eater daughter made me 11 by saying, "Mummy, I actually like the green leaves of the spinach now." The three-try rule 12!

If I hadn't followed that rule, I'd still be 13 in a job I hated. In my thirties, I followed my ambition to become an author. After two unsuccessful 14 with a publishing house, I took a deep breath and tried for a third time, which led me to a life I now 15. As for my daughter, she's grown into a teenager

who finds pleasure in eating spinach.

- () 1. A. helped B. advised
 C. hurried D. impressed
- () 2. A. flavour B. smell
 C. temperature D. sight
- () 3. A. ordered B. preferred
 C. disliked D. finished
- () 4. A. unwillingly B. greedily
 C. happily D. shamefully
- () 5. A. drink B. bite
 C. picture D. view
- () 6. A. arranged B. confused
 C. fixed D. shaped
- () 7. A. balance B. success
 C. understanding D. greatness
- () 8. A. belief B. phenomenon
 C. incident D. moment
- () 9. A. losing B. deciding
 C. leaving D. planning
- () 10. A. mother B. challenger
 C. writer D. winner
- () 11. A. amused B. thoughtful
 C. grateful D. surprised
- () 12. A. mattered B. generated
 C. worked D. changed
- () 13. A. expert B. cautious
 C. ordinary D. stuck
- () 14. A. interviews B. attempts
 C. exchanges D. adventures
- () 15. A. experience B. respect
 C. enjoy D. regret

Ⅴ 阅读七选五

Cooking is one of the most pleasant and important human activities. However, preparing meals is more of a trouble now than a way to celebrate being alive. 1. _____

Start with a plan, which you can find online. Choose whichever day of the week works best for your schedule to buy groceries, and use that as your starting point each week. Remember, it doesn't have to be Sunday or Monday. 2. _____ Avoiding the two days will save you a great amount of time and gas money.

3. _____ With this in mind, you'd better check what you have in the fridge and use those as a base to work around first to prevent them from going bad! Save your weekly grocery trips for fresh stuff like tomatoes, eggs, and other things that will go bad more quickly.

Make the most of money. Buy ingredients that can be used in many meals. 4. _____ Plus, it's kind of a fun puzzle to see how many ways you can use one ingredient. For example, I love Latin and Asian foods, so I keep things like rice, bell peppers, garlic, and hot sauce in hand at all times.

Cook with others. Who says you have to make all the preparations yourself? Get a group of friends to each make a different dish. You'll try something new and get meal inspirations. The goal here is to make life easier. 5. _____

- A. Use fresh ingredients first.
- B. Try to avoid wasting food.
- C. The traffic is too heavy on the two days.
- D. Buy items you often use in great amounts.
- E. This will keep your taste satisfied and your wallet happy.

F. And that can give you the freedom of mind to enjoy your food.

G. Thankfully, there are lots of small ways you can make cooking easier.

Ⅵ 语法填空 [2024·吉林通化梅河口第五中学高二期中]

Someday it may be possible for people to tackle their food allergies 1. _____ (simple) by brushing their teeth. 2. _____ New York City-based company has launched a trial to test this concept in food allergy sufferers. The idea is to expose users to small numbers of allergens daily 3. _____ (build) and maintain tolerance to them.

An existing treatment that delivers allergens through under-the-tongue liquid drops 4. _____ (offer) decent protection. But it can be hard for users to keep up this daily routine.

Allergist William Reisacher 5. _____ (come) up with the toothpaste idea while brushing his teeth in front of a mirror several years ago. "I saw all the foam (泡沫) in my mouth going into all the areas I wanted it to go," he says. Delivering the allergen in the form 6. _____ toothpaste used daily would get the treatment to the right cells and keep it there, he thought.

A trial launched by Intromune Therapeutics, which is developing the toothpaste, will test 7. _____ well 32 adults tolerate growing numbers of allergens.

Allergist Sakina Bajowala supports the concept. But she worries about 8. _____ (safe). She says that 9. _____ (healthy) toothpaste could give allergens access to the blood stream, 10. _____ (increase) the risk of allergic reactions.

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Period Four Extended reading & Project & Assessment

课内基础巩固

❶ 单词拼写

1. Due to the _____ (潮湿的) conditions, the natives tend to use pepper as one of the key ingredients in their dishes.
2. _____ (朴素的) and simple clothes are appropriate for school wear.
3. The artist stood on the _____ (边缘) of the cliff, greedily absorbing the beauty of the sunset over the ocean.
4. Working in such a positive and energetic _____ (气氛), all the employees are in a good mood.
5. The production of saucers reached its peak during the Song Dynasty _____, with millions being produced each year.
6. With precise timing and skill, the chef _____ expertly fried the steak to a perfect golden-brown.

❷ 单句填空

1. The supermarket places a strong _____ (emphasize) on building strong bonds with its customers.
2. So far, he _____ (consume) about 300 calories through his morning run.
3. The coach's words stimulated the team _____ (give) their all in the game and lowered their stress before the match.
4. _____ (innovate) is essential for businesses to stay competitive in the market.
5. First, combine 300 _____ (gram) of flour with two eggs and appropriate water.
6. After careful evaluation by experts, the value of the property is estimated _____ (be) around \$ 500,000.

7. The dog's collar should fit _____ (loose) around its neck so it can breathe and move comfortably.

8. The stressful day at work left me in a bad mood and with no appetite _____ dinner.

❸ 短语填空

1. He decided to _____ (投身于) studying for the upcoming exam to ensure a good grade.

2. The teacher often _____ (放任学生们) in the library to choose their own books and explore their interests.

3. The view from the top of the mountain was _____ (美得不得了); I had never seen such breathtaking scenery before.

4. On a hot summer day, it is the cool and creamy tiramisu _____ (正合需要), providing a refreshing and satisfying treat.

5. Our school English association _____ (破裂) because every member had different schedules and couldn't meet at the same time.

❹ 句型训练

1. A wolf escaped from the Dorford Zoo this morning and _____ still at large in the Dorford area.

今天早上,一只狼从多尔福德动物园逃脱,人们相信它仍在多尔福德地区未被捕获。

2. They said when they arrived there, _____ the Great Wall was so long. 他们说当他们到达那里时,他们首先发现的是长城是那么长。

3. Lucy is _____ we all like her.

露西是一个如此可爱的女孩,以至于我们都喜欢她。

Ⅴ 阅读理解

A [2024·河北示范性高中高二期中]

Eating a traditional Mediterranean-type diet—rich in foods such as seafood, fruit, and nuts—may help reduce the risk of dementia (痴呆) by almost a quarter, a new study has revealed. Experts at Newcastle University found that individuals who ate a Mediterranean-type diet had up to 23% lower risk for dementia than those who did not. This research, published in the journal *BMC Medicine*, is believed to be the biggest of its kind.

Scientists analysed data from 60,298 individuals from the UK Biobank, including individuals from across the UK, who had completed a dietary assessment. The authors scored individuals based on how closely their diet matched the key features of a Mediterranean one. The participants were followed for almost a decade, during which time there were 882 cases of dementia.

The authors considered each individual's genetic risk for dementia by estimating what is known as their polygenic (多基因的) risk—a measure of all the different genes that are related to the risk of dementia. They found that there were similar associations between sticking to Mediterranean diet and dementia risk in individuals with higher and lower genetic risk for this condition, which may indicate that even for those with a higher genetic risk, having a better diet could reduce the likelihood of developing the condition.

Dr Janice Ranson, joint lead author on the paper, said: “Dementia impacts the lives of millions of individuals throughout the world, and there are currently limited options for treating this condition. Our study shows a Mediterranean diet that has a high intake of healthy plant-based foods may be important for

future strategies to reduce dementia risk. For example, the dementia prevention efforts could go beyond general healthy diet advice and focus on choosing specific foods and nutrients.”

The authors caution that their analysis was limited to individuals who self-reported their ethnic background as white, British or Irish, as genetic data was only available based on European countries, and that further research is needed in a range of populations to determine the potential benefit.

- () 1. What is special of this study?
- It has the most participants.
 - It has got a satisfying result.
 - It is published in *BMC Medicine*.
 - It is based on the Mediterranean.
- () 2. Why is the Mediterranean-type diet recommended to prevent dementia?
- Because it is rich in all kinds of nutrients.
 - Because it has an influence on one's genes.
 - Because there are few treatments for dementia.
 - Because no other diet has been found effective.
- () 3. What is mainly talked about in Paragraph 3?
- The result of the study.
 - The objects of the study.
 - The experts' prediction.
 - The individual difference.
- () 4. What will further research most probably focus on?
- Using the findings as a treatment to dementia.
 - Finding more benefits of the Mediterranean diet.
 - Studying the rate of dementia in different age groups.
 - Involving participants of diverse races and nationalities.

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B [2024·辽宁东北育才学校高二月考]

Of all the problems that people face today, depression proves to be one of the hardest to pinpoint. People often suffer secretly, not wanting to admit their need of professional help. They continue with their normal routines and, many times, unhealthy eating habits. Now, health professionals are actually **linking** diet and depression and have found success in using diet to treat the disorder.

Several researchers and Australian institutions at Deakin University in Victoria, Australia, set out to evaluate the direct **link** between diet and depression. They carried out a study over a 12-week period and observed 67 patients with moderate to severe depression. For their control group, the patients received social support rather than switching their eating habits to a well-balanced diet. The other patients then received dietary counseling sessions where they were advised to eat a diet high in fruits, vegetables, and lean meats. After the trial period, over 30 percent of the patients had gone into remission with their depression. Only 8 percent of the control group actually experienced this same improvement. This trial has greatly helped researchers understand and better help patients suffering from depression.

Most Americans today do not associate their diet with depression together. Nearly 60 percent of Americans eat over processed foods. 90 percent of added sugar comes from these processed foods. For people with depression, this diet might give a short energy burst, but it will eventually cause energy to sink, bringing happy **moods** down with it. Many people also love caffeine, drinking **multiple** cups each day. Again, they **consume** extra sugar. However, the caffeine can also disrupt sleep and cause anxiety. In addition, people with depression may have a tendency to turn to alcohol. Unfortunately, alcohol depresses the central

nervous system, which will directly influence a person's **mood** for the worse, especially those dealing with depression.

According to the research, diet and depression do go hand in hand. Those suffering from depression should do away with processed foods as much as possible. With a few simple changes in lifestyle, these patients can improve their mental health and return to normal activities with renewed energy and joy.

- ()5. What prevents patients from being identified according to the passage?
- A. Their reluctance to ask for treatment.
 B. Lack of professional help.
 C. Unawareness of their diet problems.
 D. Inadequate social support.
- ()6. What do we know about the study conducted at Deakin University?
- A. The patients in the study came from different parts of the world.
 B. Two groups were divided on the basis of their levels of depression.
 C. The control group enjoyed a better improvement in their **mood**.
 D. The study helped researchers find a better treatment for depression.
- ()7. How do processed foods influence those dealing with depression according to the study?
- A. Chemicals in them will weaken patients' central nervous system.
 B. Added sugar from them will finally lessen patients' happiness.
 C. They can make patients more likely to be addicted to alcohol.
 D. They will reduce **essential mood-**boosting nutrients in patients.
- ()8. Which of the following is the best title for the text?
- A. What you need is just a right diet
 B. What is your depression killer?
 C. Is your diet making you depressed?
 D. It's time to change your lifestyle

Period Five Writing

① 阅读理解

A [2024·广西贵港高二期中]

With low or no-carbohydrate diets rising in popularity in recent times, the potato is now regularly overlooked in favour of other vegetables. In fact, research literature has previously indicated potatoes may have a detrimental effect on health, such as increasing the possibility of developing Type-2 diabetes (糖尿病).

However, new research done by Edith Cowan University (ECU) has shown while potatoes may not have all the same benefits as some other vegetables, such as lowering risk of Type-2 diabetes, health issues associated with potatoes may actually be due to how people are preparing them and what they're eating them with.

A recent analysis of this study led by Dr Nicola Bondonno from ECU's Nutrition and Health Innovation Research Institute found people who consumed the most vegetables were 21 percent less likely to develop Type-2 diabetes than those who consumed the least amount of vegetables. PhD candidate Pratik Pokharel carried out work on the analysis and said while potatoes didn't have the same impact on Type-2 diabetes, they also didn't have any negative effect.

"In Denmark, people consume potatoes prepared in many different ways. In our study, we could distinguish the different preparation methods. When we separated boiled potatoes from mashed potatoes(土豆泥), fries or crisps,

boiled potatoes were no longer associated with a higher risk of diabetes: they had a zero effect," said Pokharel.

"In our study, people who ate the most potatoes also consumed more butter, red meat and soft drinks—foods known to increase your risk of Type-2 diabetes," said Pokharel. "We should separate potatoes from other vegetables in regard to messaging about disease prevention but replacing refined grains such as white rice and pasta (意大利面食) with potatoes can improve your diet quality because of fibre and other nutrients found in potatoes."

- ()1. What does the underlined word "detrimental" in Paragraph 1 mean?
- A. Magical. B. Protective.
C. Fantastic. D. Negative.
- ()2. What may contribute to the bad reputation of potatoes according to ECU's research?
- A. The effects they have caused.
B. The ways they are consumed .
C. The places where they are planted.
D. The results previous studies have shown.
- ()3. Which of the following have little effect on Type-2 diabetes?
- A. Fries.
B. Crisps.
C. Boiled potatoes.
D. Mashed potatoes.
- ()4. What is Pokharel's attitude towards potatoes?
- A. Critical. B. Opposed.
C. Indifferent. D. Objective.

B

Human speech contains more than 2,000 different sounds, from the common “m” and “a” to the rare clicks of some southern African languages. But why are certain sounds more common than others? A ground-breaking, five-year study shows that diet-related changes in human bite led to new speech sounds that are now found in half the world’s languages.

More than 30 years ago, the scholar Charles Hockett noted that speech sounds called labiodentals, such as “f” and “v”, were more common in the languages of societies that ate softer foods. Now a team of researchers led by Damián Blasi at the University of Zurich, Switzerland, has found how and why this trend arose.

They discovered that the upper and lower front teeth of ancient human adults were aligned (对齐的), making it hard to produce labiodentals, which are formed by touching the lower lip to the upper teeth. Later, our jaws changed to an overbite structure (结构), making it easier to produce such sounds.

The team showed that this change in bite was connected with the development of agriculture in the Neolithic period. Food became easier to chew at this point. The jawbone didn’t have to do as much work and so didn’t grow to be so large.

Analyses of a language database also confirmed that there was a global change in the sound of world languages after the Neolithic age, with the use of “f” and “v” increasing remarkably during the last few thousand years. These sounds are still not found in the languages of many hunter-gatherer people today.

This research overturns the popular view that all human speech sounds were present when human beings evolved around 300,000 years ago. “The set of speech sounds we use

has not necessarily remained stable since the appearance of human beings, but rather the huge variety of speech sounds that we find today is the product of a complex interplay of things like biological change and cultural evolution,” said Steven Moran, a member of the research team.

- ()5. Which aspect of the human speech sound does Damián Blasi’s research focus on?
- A. Its variety.
 - B. Its distribution.
 - C. Its quantity.
 - D. Its development.
- ()6. Why was it difficult for ancient human adults to produce labiodentals?
- A. They had fewer upper teeth than lower teeth.
 - B. They could not open and close their lips easily.
 - C. Their jaws were not conveniently structured.
 - D. Their lower front teeth were not large enough.
- ()7. What is Paragraph 5 mainly about?
- A. Supporting evidence for the research results.
 - B. Potential application of the research findings.
 - C. A further explanation of the research methods.
 - D. A reasonable doubt about the research process.
- ()8. What does Steven Moran say about the set of human speech sounds?
- A. It is key to effective communication.
 - B. It contributes much to cultural diversity.
 - C. It is a complex and dynamic system.
 - D. It drives the evolution of human beings.

II 写作

第一节 应用文写作

[2024·湖南邵东第一中学高二月考]

假定你是李华,你的外国友人 John 将要去参加一个中国美食节的活动,在活动前想了解更多关于中国美食的信息。请向他推荐一款你最喜爱的美食,内容包括:

1. 品尝经历;
2. 最喜爱食物的特点(色、香、味等);
3. 喜爱原因。

注意:写作词数应为 80 个左右。

参考词汇:greasy 油腻的

Dear John,

Best wishes!

Yours,
Li Hua

第二节 读后续写

[2024·广东深圳华侨城高级中学高二期中]

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

It was early spring and Nana was in the backyard with her grandchildren. Amy, Michael, and Justin were playing when Nana said, "I'm going to start planting my garden. Who wants to help me?"

"What are you going to plant, Nana?" asked Amy. "I like big, yellow sunflowers."

"I'm going to plant vegetables. That way we can have them to eat when they are ready," said Nana.

"How long does that take?" asked Michael. He liked vegetables sometimes, especially carrots.

"It will take a few months before anything is ready to eat," answered Nana. The children were surprised.

"Months? Why would you do all that work and then have to wait so long?" asked Amy.

"You should just go to the store and buy them."

"Patience, my sweeties! Don't you know food always tastes best when you grow it yourself?" replied Nana. "And if all of you come to help, it won't be too much work."

"I'll help you, Nana," offered Justin. He put down the soccer ball and went to look at the gardening tools Nana had laid out. "What do we do first?" Michael and Amy came over to look, too.

Nana taught Justin how to use a trowel (小铲子) to dig small rows of holes for the seeds. Next, Nana showed Amy how to pour the seeds into each hole. And it was Michael's job to cover up the holes with soil. Finally, Amy wrote the vegetable names on sticks that Justin pushed into the ground. "This way we can remember which vegetable seeds we have planted," said Nana.

When they had planted everything, the children took turns filling up the watering can so that Nana could make the soil nice and wet for the seeds to start to grow.

"Now we just water them a little every day, and with some time and sunshine, we'll have some delicious things to eat in the summer," said Nana.

注意:续写词数应为 150 个左右。

Paragraph 1:

Whenever the grandchildren came to visit, they would dash into the garden. _____

Paragraph 2:

Finally, Nana said it was time for the first harvest. _____

班级

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答题区

阅读

理解

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▶ 单元小测

Unit 1

❶ 单句填空

1. His English improved enormously because of his _____ (associate) with British people.
2. _____ (essential), the process to digest involves breaking down the food we consume into nutrients that our body can absorb for energy.
3. The great changes in China over the past few years made a deep _____ (impress) on the foreign visitors.
4. To our _____ (relieve), clothes and blankets have been distributed among the people in that earthquake-stricken area.
5. The steak was seasoned with a _____ (mix) of pepper and garlic, creating a mouth-watering flavour.
6. The nurse comforted the elderly patient with _____ (gentle), offering words of encouragement and support.
7. Water, which regulates body temperature, delivers oxygen all over the body, and assists in _____ (digest), makes up more than 60% of the human body.
8. The Ming Dynasty's _____ (expand) of agricultural lands helped to increase food production and support its growing population.
9. The bakery offers _____ (vary) desserts, including cakes, cheese, and cookies.
10. Employing body language _____ (appropriate) can help you break down communication barriers.
11. Laughter produces short-term changes in the function of the heart and blood

circulation, increasing heart rate and oxygen _____ (consume).

12. The yoga class included multiple stretches and poses to _____ (loose) tight muscles and improve flexibility.
13. The people who drank this water were much more likely to get cholera than those who drank pure or _____ (boil) water.
14. The _____ (fog) weather, in combination with the heavy rain, made driving conditions extremely dangerous.

❷ 短语填空

1. I was feeling cold, so I turned up the heater, and it _____ (起作用) in warming up the room.
2. After John's father passed away, John's mental health started to _____ (崩溃) and he became severely depressed.
3. The people living in poverty now _____ (迫切需要) basic human necessities such as shelter, food, and medicine.
4. The diving experience in the beautiful bay was _____ (好得不得了)—I saw so many colourful and adorable fish.
5. After graduating from college, she became a teacher and _____ (投身于) the cause of education.
6. A good night's sleep in your own bed must _____ (正合需要) after a long flight.

❸ 句型训练

1. _____, I think of my grandfather, who used to be a chef.

每当见到这位白发老人,我就想起自己的祖父,他曾经是一名厨师。

2. _____, I spotted a new bakery that had just opened up. (非谓语)
从学校走回家的途中,我发现一家新开的面包店。
3. It takes some time for one _____ before settling down.
在安顿下来之前,一个人需要一段时间来适应新环境。
4. _____ more than 20 million shared bikes will have been put into operation nationwide by 2026.
据估计,到2026年,全国将有2000多万辆共享自行车投入使用。
5. When I feel unhappy, her encouraging words _____.
当我不开心的时候,她鼓励的话语将会让我感觉好些。

IV 完形填空

Kishwar Chowdhury, who has won millions of hearts with her native food, came a long way from being a home chef to a *Masterchef Australia* (Australia's cooking show) finalist, winning the judges with Bengali food.

The 38-year-old has quite a 1 background to the cooking industry. Kishwar was born and brought up in Melbourne. According to her education, she completed her graduation in Australia, and after that, she 2 her post-graduation degree in London. Then she took up a part-time job in Germany followed by which she 3 six years in Bangladesh 4 her own business there and became a successful business owner. Because of her 5 in cooking, her family encouraged her to take part in the *Masterchef Australia* competition and became the 6.

She had cooked a 7 range of Bengali dishes, leaving the recipes on the world map by 8 world-class judges. In her finale, Kishwar 9 Panta Bhaat and Aloo Bharta

which is basically a poor man's food made of 10 rice and never found in any restaurant. This very choice has made every Bengali across the borders 11. Kishwar dreams to write a cookbook on Bengali 12. She hopes to 13 Bengali food to the coming 14. She is here to 15 Bengali cuisine and bring light to it in the Australian audience and also around the world.

- () 1. A. constant B. contrasting
 C. connective D. common
- () 2. A. pursued B. succeeded
 C. consumed D. searched
- () 3. A. wasted B. squeezed
 C. spent D. spared
- () 4. A. establishing B. estimating
 C. completing D. copying
- () 5. A. patience B. experience
 C. fund D. talent
- () 6. A. leader B. partner
 C. chef D. finalist
- () 7. A. casual B. wide
 C. free D. relevant
- () 8. A. impressing B. inspiring
 C. reminding D. awarding
- () 9. A. possessed B. bought
 C. presented D. promised
- () 10. A. precious B. leftover
 C. occasional D. fresh
- () 11. A. emotional B. sensitive
 C. scared D. conscious
- () 12. A. appetite B. culture
 C. cuisine D. literature
- () 13. A. take over B. toss down
 C. pass down D. set up
- () 14. A. activities B. themes
 C. population D. generations
- () 15. A. experience B. honour
 C. affect D. equal

Ⅶ 阅读理解

A quarter of the world's population eat **peppers** every day, notes Joshua Tewksbury. He is a biologist who spent 10 years studying **peppers**.

Peppers do much more than burn people's mouths. Scientists have discovered many uses for the thing. Called capsaicin(辣椒素), it's the main **ingredient** in **pepper** spray. Some people use this weapon for self-defence. In smaller quantities, capsaicin can **relieve** pain, help with weight loss and possibly affect microbes(微生物) in the gut(肠道) to keep people healthier. Now how cool is that?

Capsaicin triggers a rush of stress hormones. These will make the skin redden and sweat. It can also make someone feel energized. Some people enjoy this feeling. But there is another reason why **peppers** show up on dinner plates around the world. When food sits out in warm weather, microbes on the food start to multiply. If people eat food with too many of these germs, they risk getting very sick. The cold temperature inside a refrigerator stops most microbes from growing. That's why most people today rely on refrigerators to keep their food fresh. But long ago, those appliances weren't available. **Peppers** were. Their capsaicin and other chemicals, it turns out, can slow or stop microbial growth. Before refrigerators, people living in most hot parts of the world developed a taste for spicy foods.

Peppers also may help people lose weight. However, a person can't simply eat hot, spicy food and expect to lose pounds. "It's not a magic remedy," warns Baskaran Thyagarajan. As a pharmacologist, he studies the effects of medicines. His team is now working to create a drug to make the body burn through fat more

quickly than usual. A primary **ingredient**: capsaicin. In a 2015 study, his group showed that mice that ate a high-fat diet containing capsaicin did not gain extra weight. But a group of mice that ate only the high-fat diet became obese.

As scientists continue to uncover the secret powers of **peppers**, people will keep spicing up their soups, stews, stir-fries and other favourite dishes. Next time you see a **pepper** on a plate, take a deep breath, and then take a bite.

- () 1. What can **peppers** be used to do according to Paragraph 2?
- A. Keep people's mouths clean.
B. Defend a country from invasion.
C. Make people feel less painful.
D. Prevent people from getting sick.
- () 2. Before refrigerators, how did people eat safer?
- A. Placing food in the open air.
B. Only eating fresh food.
C. Storing food in other appliances.
D. Adding **peppers** to food.
- () 3. Which of the following can replace the underlined word in Paragraph 4?
- A. Healthy. B. Bad-tempered.
C. Skinny. D. Overweight.
- () 4. Which can be the suitable title for the text?
- A. The cool science of hot **peppers**
B. A great way to preserve food
C. Magical **peppers** to lose weight
D. A hot trend of enjoying **peppers**

Ⅷ 阅读七选五

[2024·黑龙江哈尔滨师范大学附属中学高二期中]

Try to picture the world before refrigerators. That may be difficult! 1. _____ They may also help store leftovers there after dinner. Yes, life

today would be quite different without refrigerators. How did people keep their food fresh before these machines were around?

2. _____ In cold areas, ancient people could freeze their food. They could then store it in ice and snow. Warmer places allowed for drying food in sunlight. Experts say these early practices gave people the option to settle and form communities.

One advanced method of food storage arose in Persia around 400 BC. People there stored food in structures called Yakhchal, which were buildings made from mud brick to keep ice frozen during even the warmest summer months. During the Middle Ages, people stored meat by salting or smoking it. 3. _____ These foods could then be stored in cool places, like caves, allowing people to save food for difficult times.

Later, buildings called ice houses or ice pits were built upon the idea of the Yakhchal. Such ice houses were very common by the 1800s. At the end of the 19th century, many people kept their food fresh in iceboxes made of wood. 4. _____ Ice delivery businesses grew with more homes requiring ice to store food.

By the 1930s, many people were using electric refrigerators to keep food fresh. 5. _____ Many refrigerators today come with built-in ice makers. Some people even choose smart refrigerators that can help them with meal plans and grocery shopping.

- A. They would also dry many foods, including grains.
- B. These containers held large blocks of ice to keep food cool.
- C. No one knows for sure how people first learned to store food.
- D. With no means to store food, ancient people often went hungry or even died.

E. After all, kids today are used to grabbing a snack from the fridge after school.

F. Since then, growth in technology has led these machines to become more advanced.

G. Actually, people found different ways to keep their food fresh thousands of years ago.

Ⅶ 语法填空

[2024·湖北鄂东南省级示范高中高二期中]

Roujiamo is closely associated with the north-central city of Xi'an in Shaanxi Province. Since 202 BCE, Xi'an has been both the eastern terminus of the Silk Road and the capital for 13 more-or-less Chinese 1. _____ (dynasty).

The meat preparation used to make the **filling** for *roujiamo* traditionally 2. _____ (date) back to the Warring States Period. The introduction into China of Central Asian-style flatbreads, like the kind used in *roujiamo*, is often credited to Ban Chao, 3. _____ Chinese general who spent more than 30 years 4. _____ (battle) an **association** of tribes during the 1st century to regain control of the 5. _____ (far) western reaches of China.

Every family has its own *roujiamo* recipe, but there are some constants (不变的东西). First comes the *lazhi*, which includes a list of spices: ginger, star anise, cassia and so on. Special importance 6. _____ (place) on aged stock (陈年老汁). Once the stock is made, thick **slices** of pork take 7. _____ (they) turn in the pot, simmering (炖) for hours. The flatbread bun, called *baijimo*, takes its name from 8. _____ is today known as Baiji Township.

To be sure, *roujiamo* is far 9. _____ the perfect food. It's risky to eat on the go. One has to use both hands 10. _____ (eat) *roujiamo*; otherwise, the **filling** is going to come out from both sides of the bun.

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