



练习册

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全品

学练考

高中英语

必修第二册 WY

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 for thought

主题素养积累

We all have ideas about what kinds of foods are good or bad to eat. **As a result**, people from one culture often think the foods that people from another culture eat are unacceptable. **Many people would find it terrible to eat rats, but there are forty-two different cultures whose people regard rats as proper food.**

Food likes and dislikes do not always **seem related to** nutrition. Tomatoes are sixteenth on the list of most nutritious vegetables, but they are first on the list of vegetables that Americans like most to eat.

But dislike is not the only reason why some cultures will not eat a certain food. In some cultures, certain foods are taboo(禁忌的). Taboo is a word from the language of the Fiji Islands that **is used to describe** something that is forbidden. We do not usually think about why certain things are taboo in our culture.

Americans do not eat dogs, and in the United States, dogs are very important to people as pets. They are usually regarded as part of the family, almost like a child **in some cases**. **In addition**, dogs have value as protection against criminals.

companion makes the dog a taboo as food.

Scientists believe that most food likes and dislikes are a result of the ways of life of different people. People will not eat pets such as dogs. Americans eat a lot of beef because there is plenty of land for raising cattle and their meat can be shipped cheaply for long distances by railroads.

【主题词句背诵】

1. as a result 因此, 结果
2. regard...as... 把……当作……
3. seem related to... 看起来与……相关
4. be used to do... 被用来做……
5. in some cases 在某些情况下
6. in addition 此外
7. Many people would find it terrible to eat rats, but there are forty-two different cultures whose people regard rats as proper food.
许多人会觉得吃老鼠很可怕,但是在42种不同的文化中,人们把老鼠当作合适的食物。
8. But dislike is not the only reason why some cultures will not eat a certain food. 但不喜欢并不是某些文化不吃某种食物的唯一原因。
9. Actually, the dog's place in society as a companion makes the dog a taboo as food.

02

夯实语言基础，搭建知识框架

词汇点睛

1. **take to** (尤指短间接接触后)开始喜欢,对……产生好感;养成……习惯
(教材 P3) Even today, he still does not easily **take to** eating things like chicken feet.
直到今天,他还是不太喜欢吃鸡爪之类的东西。

take after	(在相貌、举止或性格上)相像;效仿
take on	雇用;承担;呈现
take in	吸收;欺骗(常用于被动);理解;领会;收留
take down	拆掉,拆除;写下
take apart	拆开;拆散
take off	脱掉;起飞;(事业等)腾飞;休假
take over	接管;占上风,取代
take up	开始从事;占用(时间、空间或精力)

句型透视

1. (教材 P2) **Growing up in England with a British father and a Chinese mother, I've enjoyed food from both countries ever since I was able to hold a knife and fork—and chopsticks!** 我在英国长大,父亲是英国人,母亲是中国人,自从我能拿刀叉和筷子以来,我就一直在享受这两个国家的食物!

句型公式

v.-ing 作原因状语

【相关拓展】

- (1) 现在分词(短语)作原因状语,相当于一个原因状语从句。
- (2) 现在分词(短语)可以作原因状语、时间状语、条件状语、让步状语、伴随状语、方式状语、结果状语。

课内基础巩固

① 单词拼写

- The children have a mid-morning _____ (点心) of pancakes with maple syrup.
- He _____ (敢于) not look me in the eye and appeared sort of nervous.
- Put the sausages in the oven and let them _____ (烤) for twenty minutes.
- In my opinion, skipping meals is harmful to our physical and mental health.
- The round shape is also a symbol of gathering together, standing for happiness in the new year.
- The Natural History Museum is a suitable place for kids to visit.

② 单句填空

- A feeling of guilt floating into my mind, I gathered my courage to tell her the

through this short video clip, you will feel amazed _____ (join) us.

③ 短语填空

- _____ (鼓起勇气), Lucy stepped onto the stage and picked up the microphone.
- If you _____ (爱上) something and do it all the time, you will get better at it.
- It is becoming increasingly difficult to _____ (处理, 解决) the problems of traffic in big cities.
- I _____ (喜欢上) drinking oolong tea with a fine china tea cup.
- _____ (多亏了) the guidance provided by the video, I managed to cook garlic sausages.
- I've just _____ (偶然遇到) a

课后素养提升

④ 阅读理解

[2024·山东省淄博市高一期末]

It's clear that following a plant-based diet is connected with a lower risk of heart disease. There are many types of plant-based diets, and they are all related to certain foods connected with heart benefits, such as whole grains, fruits, vegetables, nuts and healthy oils. The diets have been most studied for their impact on heart health. These diets are rich in vitamins and minerals that help lower blood pressure, reduce the risk of diabetes (糖尿病) and keep a healthy weight, all of which can lower your risk

heart failure than those who ate less than 25 grams. However, a study in January 2017 found that eating 85 grams of unprocessed red meat, three times per week, did not worsen blood pressure.

What is the right plant-based diet for you? "For many men, this may be a matter of bettering their current foods," says Dr Satija, a researcher from American College of Cardiology.

- () 1. What can we know about plant-based diets from the first two paragraphs?
A. They benefit heart health.

第四部分 写作(共两节, 满分40分)

第一节(满分15分)

[2024·辽宁省大连市高一期末]

假定你是李华, 你的笔友 Mike 请你为他和家人的中国之旅推荐一道特色美食, 内容包括:

- 美食简介;
- 推荐理由。

注意: 1. 写作词数应为 80 个左右;

2. 开头和结尾已给出, 不计入总词数。

Dear Mike,

Yours sincerely,

Li Hua

第二节(满分25分)

[2024·云南省开远市高一月考]

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 the last day of school, and the long year spent in fourth grade had finally come to an end. It had rained heavily all day, and by the afternoon it became chilly. The sun had dipped below the horizon (地平线) as I got home soaked (湿透) and cold. I rushed into my room and slipped into some dry clothes. Once I had changed, I joined my mother in the kitchen. She had already lit the fire to prepare supper.

The wood soon caught fire, and the warmth spread around the room. I tried to get

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Period One Starting out & Understanding ideas

课内基础巩固

❶ 单词拼写

- The children have a mid-morning _____ (点心) of pancakes with maple syrup.
- He _____ (敢于) not look me in the eye and appeared sort of nervous.
- Put the sausages in the oven and let them _____ (烤) for twenty minutes.
- In my o _____, skipping meals is harmful to our physical and mental health.
- The round shape is also a s _____ of gathering together, standing for happiness in the new year.
- The Natural History Museum is a s _____ place for kids to visit.

❷ 单句填空

- A feeling of guilt floating into my mind, I gathered my courage to tell her the _____ (horror) truth.
- Bread and butter is _____ (typical) what Americans usually have for breakfast.
- In her opinion, love is the symbol of a happy _____ (marry).
- He was bitten by a _____ (poison) snake and was sent to the hospital immediately.
- We're having a small family _____ (gather) to mark our wedding anniversary.
- It's our duty to try our best to reduce _____ (suffer) and the loss of life.
- I grabbed a quick snack, which was quite spicy and reminded me _____ Sichuan cuisine.
- If you desire to improve your oral English,

through this short video clip, you will feel amazed _____ (join) us.

❸ 短语填空

- _____ (鼓起勇气), Lucy stepped onto the stage and picked up the microphone.
- If you _____ (爱上) something and do it all the time, you will get better at it.
- It is becoming increasingly difficult to _____ (处理, 解决) the problems of traffic in big cities.
- I _____ (喜欢上) drinking oolong tea with a fine china tea cup.
- _____ (多亏了) the guidance provided by the video, I managed to cook garlic sausages.
- I've just _____ (偶然遇到) a beautiful poem in this book and would like to share it with you.
- Someday you will _____ (遭受) ill health if you don't change your unhealthy lifestyle.
- He picked up some tofu from the hot pot and eagerly _____ (咬一口).
- Mary asked me to _____ (感觉自在) and help myself to some drinks.

❹ 句型训练

- _____ to put off his work till the last minute. (typical)
他总是把工作拖到最后一刻才做。
- Nothing is _____ keeping a balanced diet.
没有什么比保持均衡的饮食更重要的了。

3. _____, he had to earn his living at an early age. (分词作状语)
在一个贫穷的家庭长大,他很小就不得不自己谋生。

4. Karl _____ *Star Wars* a couple of times, for he is very familiar with the plot.
卡尔一定看过好几次《星球大战》,因为他对其情节非常熟悉。

课后素养提升

Ⅰ 阅读理解

[2024·山东省淄博市高一期末]

It's clear that following a plant-based diet is connected with a lower risk of heart disease. There are many types of plant-based diets, and they are all related to certain foods connected with heart benefits, such as whole grains, fruits, vegetables, nuts and healthy oils. The diets have been most studied for their impact on heart health. These diets are rich in vitamins and minerals that help lower blood pressure, reduce the risk of diabetes (糖尿病) and keep a healthy weight, all of which can lower your risk of heart disease.

Yet, the types of plant foods and their sources are also important. For example, white rice and white bread are plant-based foods, so you would think they're good to eat. But they are highly processed, and so are depleted of many heart-healthy nutrients (营养物质) and have enough sugar, which means they can make blood sugar levels rise sharply and increase hunger, leading to overeating. Drinking 100% fruit juice is not the same as eating the whole fruit, since juices can be high in sugar.

Do you really have to cut out all meat for your heart's health? Which animal foods could have an impact on heart health? Some research has shown that the type and amount matter most. A 2014 study showed that men aged 45 to 79 who ate 75 grams or more per day of processed red meat, like cold cuts, sausage, bacon and hot dogs, had a 28% higher risk of

heart failure than those who ate less than 25 grams. However, a study in January 2017 found that eating 85 grams of unprocessed red meat, three times per week, did not worsen blood pressure.

What is the right plant-based diet for you? "For many men, this may be a matter of bettering their current foods," says Dr Satija, a researcher from American College of Cardiology.

- () 1. What can we know about plant-based diets from the first two paragraphs?
- A. They benefit heart health.
B. They increase hunger.
C. They lead to overweight.
D. They contain enough sugar.
- () 2. What do the underlined words "depleted of" in Paragraph 2 mean?
- A. Added to. B. Short of.
C. Filled with. D. Rooted in.
- () 3. Why does the author list numbers in Paragraph 3?
- A. To prove the result believable.
B. To attract readers' attention.
C. To show the process clearly.
D. To make the study popular.
- () 4. What might the author continue talking about?
- A. Risks of animal foods.
B. Disadvantages of plant-based diets.
C. Changes of eating habits.
D. Effects of heart-healthy diets.

Ⅶ 阅读七选五

[2024·江西省上饶市高一期末]

How do we slow down and eat more deliberately? And what are some techniques we can use to eat at a healthy pace? 1. _____ That's when you use your senses to enjoy the food and notice how it makes you feel.

The first tip is to take at least 20 minutes to finish your meal. Very often we find ourselves eating while doing something else, and that can make us eat faster than we normally would. When you sit down to eat, spend about 20 minutes doing so. 2. _____

3. _____ Remove all distractions while you eat. They can interfere with your ability to enjoy your food and notice when you are full. Take time to eat and only eat. Make sure your cellphone is laid face down and you're not going to be responding to any messages that come through.

Noticing all the little details about your food would have great benefits as well. 4. _____ One way to slow down is to engage your senses and think through all the details about your meal. Ask yourself: What's on my plate? How hungry am I today? Is it too salty? Notice the smell, the texture and whatever other senses that arise as you eat.

Instead of wolfing down food, don't forget to actually chew. If you're inhaling (吸入) your food you're probably not chewing it. 5. _____ Look at each bite before popping it into your mouth, acknowledge what you're eating and chew, chew, chew.

- A. Putting your phone away is also advisable.
- B. So, you'd better eat in a more healthy way.
- C. Second, remove food that would make you distract.
- D. Experts share helpful tips on how to eat more mindfully.

E. Experts say that chewing is an important part of digestion.

F. You might wonder how to spend 20 whole minutes eating a sandwich.

G. It takes about that time for your body to get the signal to the brain that you are full.

Ⅷ 语法填空

[2024·辽宁省抚顺市六校协作体高一期末]

In recent years, China 1. _____ (see) a boom in “new tea beverages (饮料)” that combine brewed tea, fresh fruits and vegetables, sometimes laced with (加入) dairy products or juice, which are 2. _____ (particular) popular among young people.

As new tea beverages, a 3. _____ (vary) of tea drinks help meet young people's desire for relaxation and social sharing, and have even become a part for social life. Now, when a new flavour of drink 4. _____ (appear), plenty of young people would line up in front of beverage shops 5. _____ crowd into online takeaway platforms 6. _____ (look) forward to a freshly-made cup and then cannot wait to post it on social media.

According to data from iMedia Research, 7. _____ market scale of China's tea-based drinks increased to 279 billion *yuan* (\$ 39 billion) in 2021 and is expected 8. _____ (reach) about 375 billion *yuan* by 2025. “Previous popular beverages like milk tea used to be brewed with tea powder and creamer. With living standards improved, customers are now demanding 9. _____ (high) quality food and drinks than before,” said Wang Jingyuan, founder of LINLEE, a brand 10. _____ focuses on novel tea-based lemon drink.

班级

姓名

题号

答案区

阅读理解

1

2

3

4

七选五

1

2

3

4

5

Period Two Using language

课内基础巩固

❶ 选词并用适当形式填空

be able to; dare; have to; had better; need

1. The mother follows her children and _____ not let them out of her sight for even a minute.
2. It's quite warm here so we _____ not turn the heating on.
3. You _____ follow my advice and have a good rest.
4. He _____ walk home yesterday because his car broke down.
5. Having lived in China for a long time, David _____ feel at home with Chinese lifestyles.
6. He _____ not say a word because he has done something wrong.
7. I'm afraid I won't _____ finish the task by the end of this year.
8. You _____ play sports with your classmates in your spare time, which can help you lose weight and develop a pleasant relationship with them.
9. The bus was so crowded that I _____ stand all the way to school.
10. Although her singing was very pleasant to hear, lacking in courage, she never _____ to sing in front of strangers.
11. "I'm Matthew. Please give me your contact information so I can pay you back." "No _____. I only hope your wife and baby get to the hospital safely," Sean smiled.
12. You _____ take an active part in extra-curricular activities, where you may make some like-minded friends.

❷ 句型训练

1. — _____ he stay here?
—Yes, he _____. /No, he _____.
“他需要留在这儿吗?” “是的,他必须(留在这儿)。/不,他不必(留在这儿)。”
2. In my opinion, _____ with much sugar or fat.
在我看来,你最好不要吃太多含糖或脂肪多的食物。
3. Because we _____, you must wear a pair of strong and comfortable shoes.
因为我们不得不走很长的路,你必须穿一双结实舒适的鞋子。
4. Thanks to his help, we _____ ahead of time yesterday.
多亏了他的帮忙,我们昨天才能提前完成这项工作。
5. If you want to live a healthier life, you will _____.
如果你想过上更健康的生活,你就必须改掉你的坏习惯。
6. _____ so that you will know what to do for the goal.
你最好设定一个学习目标,这样你就会知道该为这个目标做些什么。
7. There's plenty of time. You _____ so fast.
→There's plenty of time. You _____ so fast.
时间很充足,你不必开这么快。
8. He _____ his head, which makes him appear unnatural.
→He _____ his head, which makes him appear unnatural.
他不敢抬头,这使他显得不自然。

III 完形填空

[2024·江苏省泰州市高一期末]

In a small busy cafe—people were dining, chatting and laughing—a lady just finished up her lunch, with some food left behind. A young boy had been watching her 1 from around the corner.

This kid was in rough 2. His clothes were too big and his face was dirty. He looked like he hadn't had a good 3 for too long. When the lady left, he saw his 4. He quickly sat down and fell on the remaining food.

But then, the waiter walked over. The boy got 5 and stopped eating. He feared the waiter would kick him out. 6, the waiter took away the half-eaten plate. The boy's heart sank. But guess what? The waiter came back, with a full, 7 meal—warm and smelling amazing. The boy couldn't 8 it.

The whole cafe went 9 when they saw what was happening. Then suddenly one guy began to 10 and others joined in. Everyone was 11 and looking at the kid enjoying his surprise meal.

As the boy ate, the people in the cafe started walking up to the waiter and 12 him. It wasn't just a few coins; they were being super 13. Inspired by the 14 of the human kindness, everyone wanted to kick in. They didn't talk much. They were just 15 a quiet moment, but it felt like they understood one another perfectly.

- ()1. A. clothes B. table
 C. wallet D. package
()2. A. action B. place
 C. shape D. time

- ()3. A. rest B. laugh
 C. meal D. sleep
()4. A. trouble B. excuse
 C. option D. chance
()5. A. surprised B. alarmed
 C. amazed D. confused
()6. A. Therefore B. Moreover
 C. Instead D. Otherwise
()7. A. fresh B. healthy
 C. light D. simple
()8. A. make B. help
 C. accept D. believe
()9. A. quiet B. excited
 C. alive D. wild
()10. A. respond B. shout
 C. wave D. clap
()11. A. crying B. smiling
 C. hesitating D. talking
()12. A. paying B. inspiring
 C. tipping D. admiring
()13. A. positive B. generous
 C. precious D. sensitive
()14. A. display B. secret
 C. benefit D. exchange
()15. A. creating B. showing
 C. handling D. sharing

IV 阅读七选五

Why is eating colourful food good for you?

Most of us are faced with the same choice numerous times a day: what to eat. Along with price, accessibility and preference, we'll often use a food's healthfulness to help us make a decision. 1. _____

It's widely accepted by researchers that we need a varied diet. 2. _____ The proof may be in the Mediterranean diet, which contains a

lot of fruit, vegetables and healthy fats such as extra virgin olive oil, and is frequently rated the healthiest diet by scientists.

Eating lots of colours may lower your risk of missing out on all important nutrients. If we're missing a colour of the rainbow, we may be missing a function of that food, says Minic.

3. _____ Blue and purple foods, including blueberries are linked to lowering the risk of heart disease and type 2 diabetes (糖尿病). Yellow foods reduce the risk of heart disease.

Tian-shin Yeh, a research fellow at Harvard TH Chan School of Public Health, says eating a colourful diet can also help people avoid possible side effects of eating too much of one food. "4. _____ For example, research has found that orange juice is associated with a lower risk of cognitive decline (认知衰退), but too much intake is associated with type 2 diabetes," she says.

Eating a rainbow diet may also be complex (复杂的). 5. _____ We may find it hard to make choices. We also need to eat from other food groups to get all the nutrients we need, such as protein.

- A. Food is very complex.
- B. A varied diet is packed with different vegetables.
- C. It could be really tricky to get every colour every day.
- D. But how do we know we're getting enough nutrients?
- E. Different coloured foods come with different benefits.
- F. And one way to do this is by eating all the colours of the rainbow.
- G. Will a more colourful diet increase the risk of overeating unhealthy food?

Ⅴ 语法填空

[2024·黑龙江省哈师大附中高一期末]

Chinese medicine food

Medicine food is a unique cooking style in Chinese cuisine. It is 1. _____ perfect combination of Chinese cooking and traditional Chinese medicine to get the effects of health keeping. It is also a skilful 2. _____ (apply) of the yin and yang (阴阳) theory 3. _____ (strengthen) the function of food and herbs.

The Chinese sort each type of vegetable and meat in terms of yin and yang, and combine vegetables with meat, 4. _____ will make each cooked dish balanced.

During the 5th century BC, cooks created cuisines with medical values and developed Chinese art of cooking, 5. _____ (use) the nature of food to balance the diet. There were rules on how to arrange daily diet and lists of certain herbs and vegetables that were 6. _____ (benefit) to the body.

In the Song Dynasty, 7. _____ was recorded that many diseases could be cured through proper diets. Different foods were sorted according to their original nature. Cold foods 8. _____ (believe) to remove fever while warm foods reduce running noses.

Knowing the nature of individual foods 9. _____ (enable) the Chinese to eat right food to protect varieties of inside organs and balance the yin and yang of the body. For example, sour food eases some disorders. 10. _____ (slight) sweet food relieves illness related to the veins and bitter food helps to cure an overheated body.

Period Three Developing ideas

课内基础巩固

❶ 单词拼写

1. The _____ (风俗) of lighting the Olympic flame goes back centuries.
2. The **poison** _____ (攻击) his nervous system and causes him to **suffer**.
3. One of the _____ (功能) of the software is to **download** movies from the Internet.
4. For breakfast, I have a preference for a _____ (日常饮食) of milk and **toast**.
5. He used the old _____ (技巧) of **attacking** in order to defend himself.
6. Having proper _____ (礼貌) will help you leave a good impression on your boss and your co-workers.
7. He ran happily down the road, _____ (摆动) his school bag as he went.
8. Would you please give me some t_____ on how to live a healthy **lifestyle**?
9. Scientists have i_____ a connection between **diet** and **cancer**.
10. She turned the h_____ and opened the door.

❷ 单句填空

1. We strongly **recommend** _____ (report) the incident to the police.
2. The waterways are _____ (incredible) peaceful with a wealth of wildlife.
3. A lot of **typical** Australian food, such as the Sunday **roast**, is _____ (original) British.
4. A **yoghurt** with **honey** is really a tasty and _____ (satisfy) treat in the summer.
5. They had a _____ (differ) of **opinion** about their child's education.

6. The new bridge under _____ (construct), measuring twice as long as the old one, will be completed next month.
7. The **homemade** **sausage** smelt so good that she couldn't resist _____ (take) a **bite** of it.
8. The American exchange student is _____ (addict) to Chinese street **snacks**.
9. I'm _____ (slight) upset that the **toast** I made tastes **bitter**.
10. People slowly **gathered** their _____ (belong) and left the hall.
11. I hope you can take my **tips** into consideration and reply at your earliest _____ (convenient).
12. He suffers from memory loss _____ (relate) to his disease.
13. Evolution occurs as a result of _____ (adapt) to new environments.

❸ 短语填空

1. I will never forget the place where I was born and _____ (养育) no matter where I am now and where I will go.
2. Remember to bring some water and snacks _____ (以防万一) you feel thirsty or hungry.
3. Beadle was wearing the trainers which originally _____ (属于) Jake.
4. I went to the local market to _____ (购买) some chicken breasts for dinner.
5. The old friends spent some time _____ (打听, 别后叙谈) on each other's health and families.
6. A junk food **addict** may _____ (最终) putting on weight.
7. Most people create avatars (虚拟形象) that look _____ (或多或少) like them and act like them.

8. I hope you can _____ (充分利用) the opportunity and try your best to learn as much as possible.

Ⅳ 句型训练

1. She was _____ onto the stage. 她太紧张了,不敢走上台。
2. Since you are always keen on Chinese culture, I strongly recommend _____

_____. 既然你对中国文化很感兴趣,我强烈建议你去参观西安。

3. There is _____ your letter. 再也没有比收到你的来信更让我开心的了。
4. _____ is healthy _____ any form of exercise. 没有任何形式的锻炼,生活方式就是不健康的。

课后素养提升

Ⅴ 阅读理解

A [2024·山东省青岛市高一期末]

Every morning at 5 am when most people are asleep, a figure would be busy in the kitchen, cooking meals until the rest of the volunteers arrive. Day in and day out, Mr Tay and his team prepare, cook, pack and deliver the food to various parts of the island.

His journey started when one of his neighbours, Lisa, asked him to collect vegetables and give them away at Bukit Ho Swee, a poor and less-privileged neighbourhood, and thus, he continued to do so for a period of time. During one of these visits, his wife noticed that the elderly folk did not take the vegetables. Asked why, one replied that she could not cook, so she only ate the rice delivered to her. Mrs Tay then offered to cook for her, and that single meal sparked Willing Hearts, which has since served about 650,000 meals.

The soup kitchen sees many volunteers, some of whom are new, while others have been around since the organization's early days. They learn how to cook, interact with people from all walks of life, pick up different languages, gain greater knowledge about social issues, and most importantly, they will form a strong tie with one another. Through Willing Hearts, Mr Tay hopes to make "the country's backyard" known to the younger generation, to

allow them to see and experience first-hand what goes on behind closed doors.

As a non-profit organization, Willing Hearts depends heavily on donations and food collections. However, this does not faze Mr Tay. He believes that you have to let things flow in gradually, and not be stopped by concerns which create an unnecessary amount of stress. He calls the volunteers of Willing Hearts the organization's eyes and ears, as they are always on the lookout for the poor to lend a hand.

- () 1. What does Willing Hearts do?
A. It collects vegetables.
B. It delivers rice to the poor.
C. It helps the elderly to cook.
D. It makes meals for the needy.
- () 2. What is the biggest harvest for volunteers?
A. Cooking skills.
B. Learning languages.
C. Working experience.
D. Connecting with people.
- () 3. What does the underlined word "faze" in Paragraph 4 mean?
A. Satisfy. B. Trouble.
C. Hurt. D. Push.
- () 4. What is the text mainly about?
A. Mr Tay and his wife.
B. Ways of helping others.
C. Importance of volunteering.
D. Stories behind Willing Hearts.

B [2024·重庆市七校高一期末]

Scientists at the University of Chicago have discovered that a compound (化合物) in red meat, dairy and other products might help your body fight against cancer. The compound, known as trans-vaccenic acid or TVA, seems to activate the T cells in your body, which help your immune (免疫) system protect you from disease.

TVA is found in the meat of animals such as cows, sheep and other animals, and their dairy products like milk, cheese, butter and cream. The study also finds that cancer patients who have higher levels of TVA in their blood had a better response to immunotherapy (免疫疗法). That discovery suggested to the researchers that TVA might be useful during cancer treatment.

To see that a single nutrient like TVA is so magical to strengthen the immune, the researchers started the research with a database of around 700 known metabolites, which are small molecules (小分子) that come from food. They then selected the metabolites for their abilities against cancer. After the top six compounds were chosen, scientists analyse their cancer-fighting abilities in human and mouse cells—TVA performed the best in fighting the development of cancer.

“It’s very difficult to understand the link between diet and human health because of the wide variety of foods people eat,” Jing Chen, a cancer researcher at the University of Chicago said. “By focusing on nutrients that can activate T cell responses, we found one that actually strengthens anti-cancer immunity by activating an important immune pathway.”

But—to the disappointment of many—the study authors didn’t advise people to eat more red meat and dairy. “There is a growing body of evidence about the negative health effects of

consuming too much red meat and dairy,” Chen added, “so this study shouldn’t be taken as an excuse to eat more cheeseburgers and pizza.”

“There is early data showing that other compounds from plants have the same cancer-fighting abilities, so we believe in the future there is a high possibility that nutrients from plants can do the same thing,” Chen said.

- () 5. What role does TVA play in the body’s immune system?
- A. It prevents the function of immune cells.
B. It wakes up T cells to fight against diseases.
C. It increases the risk of cancer development.
D. It reduces the effect of immunotherapy.
- () 6. In what way did scientists prove the effect of six compounds against cancer?
- A. They conducted surveys among cancer patients.
B. They did experiments on animals to measure the effect.
C. They analysed the taste and flavour of different compounds.
D. They tested the compounds’ abilities using human and mouse cells.
- () 7. Which suggestion may come from the scientists in the study?
- A. Eat no red meat and milk.
B. Increase the intake of red meat and milk.
C. Take in suitable amount of red meat and milk.
D. Take cheeseburgers instead of red meat and milk.
- () 8. What’s Chen’s attitude towards the future of their study on plants?
- A. Positive.
B. Disappointed.
C. Doubtful.
D. Unclear.

班级	
姓名	
题号	答案区
阅读	理解
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3	
4	
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7	
8	

Period Four Writing

课内基础巩固

❶ 补全句子

1. I'm glad you _____
Chinese food, and I _____
_____.

我很高兴你对中国食物感兴趣,我写信是想和你分享一下关于它的某些事情。

2. With a vast territory and many nationalities, China _____ food with _____.

中国幅员辽阔,民族众多,拥有丰富的不同风味的食物。

3. Chinese food can be roughly _____ eight regional cuisines, _____ is characterized with their unique tastes and specialties. (介词+关系代词)

中国食物大致可以分为八大地方菜系,每一个都有自己独特的口味和特色菜。

4. I live in Hainan, _____, among which Wenchang Chicken, Jiaji Duck, and Dongshan Sheep are _____ ones. (定语从句)

我住在海南,在那里我们可以吃到各种各样的当地小吃和菜肴。其中,文昌鸡、嘉积鸭、东山羊是最典型的菜肴。

5. _____ to taste some Chinese cuisines _____. (it 作形式主语)强烈建议你在方便的时候来中国品尝一些中国菜。

6. If you _____ of Chinese food, I'm sure you will _____ it and be _____ the diversity of Chinese food and creativity of Chinese people.

如果你尝一口中国食物,我相信你会爱上它,并为中国食物的多样性和中国人的创造力而惊叹。

❷ 语法填空

Minor Cold is the 23rd solar term of the 24 traditional Chinese solar terms. For most areas of China, 1. _____ marks the start of the coldest days of the year.

During Minor Cold, people always start stocking New Year goods, 2. _____ include Spring Festival couplets, New Year pictures, paper-cuts for window decoration, firecrackers, incense and lanterns.

Mutton hot pot, chestnuts and baked sweet potatoes are three 3. _____ (recommend) foods for Minor Cold. According to traditional Chinese medicine theories, people need to eat food that contains more yang energy to prevent cold 4. _____ harming their organs.

Another important traditional food for Minor Cold is Laba porridge. It 5. _____ (make) from more than 20 kinds of 6. _____ (nut), cereals and dried fruits. Local people in Beijing often cook Laba porridge on the night of the seventh day of the 7. _____ (twelve) lunar month. After one night's slow simmering(煨), all the ingredients melt into the porridge in the morning of the eighth day, 8. _____ (become) a warm delicacy to enjoy on cold days.

People in Nanjing used to take Minor Cold quite 9. _____ (serious), and they still keep a custom of eating vegetable rice to celebrate this solar term.

Minor Cold is also 10. _____ busiest time for doctors of traditional Chinese medicine. Many people need them to prepare new medicines, which will be consumed before the Chinese lunar New Year.

III 应用文写作

[2024·湖南省长沙市六校联考高一期末]

假设你是李华,你校下周将举办主题为“Good eating habits”的讲座。请给你的交换生朋友 Amy 用英语写一封邮件,邀请她一起去听讲座。内容包括:

1. 发出邀请;
2. 讲座的时间、地点和内容;
3. 表达期待。

注意:1. 写作词数应为 80 个左右;

2. 可适当增加细节,以使行文连贯。

Dear Amy,

Yours,
Li Hua

IV 读后续写

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。

Once upon a time in my family, the Saturday after Thanksgiving was the start of our annual big tamale (玉米粉蒸肉)-making party. We made tamales to share with friends and neighbours.

Preparation began with Daddy and the cleaning of the corn husks (外壳). First he boiled them and left them in the water overnight. No husk passed inspection without being soft enough for being folded. The next day, the rest of us got to work. My brothers and uncle were on hand for clean-up duty. And there was much to clean up as we women prepared the dough (生面团) made of corn. We also prepared the meat for the filling. The dough had to be spread evenly across the husk, and each tamale had to be folded carefully so it would not split open during the steaming.

According to the long-standing tradition—at least in my family—no one was allowed to leave the kitchen during the steaming. This could ruin the process. After all, no one wanted a bad tamale!

I thought the family tamale-making party would go on forever, but to continue a family tradition, you needed to have a family. Mine had changed forever. My father, two of my brothers and my uncle died in a short span of time. Mum and I spent months in a state of sad loss. At Christmas friends asked, “Are we going to get tamales this year?” Giving tamales away to friends was one of the great joys of the season, after all. But we couldn’t face it. Eventually, as the years went by, people stopped asking.

One afternoon, just before Thanksgiving, my mother and I pushed an empty shopping cart through the supermarket. I rounded the corner into the next room and found her standing in front of a counter: packages of dough, bags of corn husks, dried spices—all the materials for a perfect tamale. “It’s time,” Mum said. I knew she was right. We set aside a Saturday to spend in the kitchen, just the two of us, alone with our thoughts.

注意:续写词数应为 150 个左右。

Paragraph 1:

When we laid everything out, I fell into the old routine. _____

Paragraph 2:

My mother and I pronounced our tamale-making a success, full of loving memories from the past and hopeful wishes for tomorrow. _____

▶ 单元小测

Unit 1

❶ 单句填空

1. My new website is currently under _____ (construct), which should be ready next month.
2. The Internet has made our lives **incredibly** _____ (convenience), with all **sorts** of goods and services provided by e-commerce(电子商务).
3. I'll be more than happy if you find this _____ (recommend) helpful.
4. He made people laugh at a time when they felt depressed, so they could feel _____ (satisfy) with their lives.
5. Paul, in his _____ (typical) impatient **manner**, told me he wasn't interested.
6. I hope none of you have to go through the same kind of _____ (suffer) that I did.
7. The election results have still not been _____ (official) announced.
8. Last year he starred in the film _____ (adapt) of Bill Cronshaw's best-selling novel.
9. Students _____ (addict) to playing computer games may **end up** with poor performance at school.
10. He has improved his _____ (rank) this season from 67th to 30th.

❷ 短语填空

1. I _____ (喜欢上) collecting stamps since last year and whenever I come across a new one, I can't **resist picking it up**.
2. I'm sorry to hear that you are _____ (遭受) health problems because of an unhealthy **lifestyle**.

3. Maria _____ (鼓起勇气) to extend her genuine apology to Ayesha and promised never to say any mean words to anybody.
4. She carefully _____ (捡起) Anne's clothes and placed them neatly on a yellow chair.
5. I don't think I'll need any money but I'll bring some just _____ (以防万一).
6. I _____ (偶遇) a long-lost friend on the street and we spent hours talking about each other's recent lives.
7. In spite of the same age, they seem to _____ (属于) a different generation.
8. The bridge gave way in the earthquake, and _____ (最终处于) being **reconstructed**.
9. The first thing I did when I got home was to phone up Jo and _____ (打听) on each other's day.
10. Don't forget to _____ (试验) the equipment before setting up the experiment.

❸ 句型训练

1. There is no experience _____ on real ice.
没有比在真正的冰上滑冰更令人兴奋的体验了。
2. It is highly recommended that _____, which can help you with your English studies.
强烈建议你读以下这些书,它们对你的英语学习有帮助。
3. For a moment, he _____ . (too...to...)
有那么一刻,他吓得说不出话来。

4. _____ that he was in great danger, Eric walked deeper into the forest. (分词作状语)

没有意识到自己处于极大的危险中,埃里克走向森林的更深处。

5. The chef _____ the secret recipe, for the dish he cooked tastes exactly the same.

这个厨师肯定知道了秘方,因为他做的菜尝起来跟秘方一模一样。

Ⅴ 语法填空

[2024·贵州省铜仁市高一期末]

Wild mushrooms have become a new favourite in Chinese cuisine. As 1. _____ matter of fact, the rising interest is helping the business develop fast in China's south-western Yunnan Province, 2. _____ (know) as the "kingdom of wild fungi (菌类)".

A key recipe for this dish is soup. The ingredients include 3. _____ (variety) wild mushrooms, chicken, and mineral water, 4. _____ are cooked together for four hours. Just like chefs, the diners also need 5. _____ (patient). The mushrooms have to be cooked for around 20 minutes before they can 6. _____ (consume), because some of them might be poisonous if not fully cooked.

So far, people's ideas towards the natural cuisine 7. _____ (change) greatly, according to Wang Wenzhong, the founder of Juncai Wild Mushroom Hot Pot Chain. At first, many were 8. _____ (familiar), but now they've developed a real taste.

Juncai, 9. _____ a rapidly growing brand (品牌), plans to develop business beyond Yunnan. "10. _____ (original), my purpose in opening the business was to carry forward our food culture, and it's also the mission of my company," its founder said.

Ⅵ 阅读理解

A [2024·四川省成都市高一期末]

My brother Jack's childhood was completely influenced by his extreme picky eating. From three to about 14, he only ate chicken, peanut butter, apples, cereal, and sweets. We tried everything in the book, but none succeeded.

However, in the past three years, he has gone through an amazing change. Today, he will eat close to ten times the types of foods he was willing to try before. He is even willing to try new things; he constantly asks to order something different at a restaurant. I've often wondered what makes a person change so much.

Through some research, several factors come out. The first major player in our food preferences is innate (先天的), and it all starts with genes. As humans, we all are likely to enjoy a few particular tastes for evolutionary (进化的) reasons.

However, genes aren't the only factor that explains why we enjoy or dislike particular foods. In fact, most of our preferences are actually learned, sometimes even before we are born. In one study, Mothers regularly drank carrot juice late in the stages of their pregnancy (怀孕). After birth, these babies tended to enjoy carrot-flavoured milk more than other babies.

Additionally, I believe that sometimes, cultural influences affect your willingness to try food. Possibly, my brother finally got so sick of having to be the one who needed a special order at a restaurant that he forced himself to try and like those things he was afraid of. It simply takes time. People will learn to adapt and realize their true tastes. An open mind is a positive thing, and most will develop an ever-expanding plate as they age.

- () 1. What do we know about Jack's eating habit before he was 14?
- A. He always ate too much.
B. He only ate certain foods.
C. He had no chance to try new foods.
D. His family changed his eating habits.
- () 2. Which word can best describe Jack's change of eating habits?
- A. Surprising.
B. Scary.
C. Dangerous.
D. Funny.
- () 3. What does the study on pregnant mothers tell us?
- A. Our food preferences can be learned.
B. Genes influence food preferences.
C. Eating habits can't be changed very easily.
D. People enjoy certain foods for evolutionary reasons.
- () 4. What suggestion does the author make about eating habits?
- A. Keep a healthy lifestyle.
B. Stick to what we like.
C. Understand the food culture.
D. Stay open and try something new.

B [2024·山东省烟台市高一期末]

A new study, led by Dr Rebecca Stone, has shown that children as young as four years old eat 79% more calories when they are bored, compared to when they are in a normal mood (情绪).

The researchers have explored the behaviours that make children more likely to eat when they experience negative emotions. Often when children experience bad emotions such as boredom or sadness, caring adults will use food to soothe them. However, this behaviour, known as emotional feeding, appears to increase the possibility of children eating more when they are in low spirits. As time passes,

too many calorie intakes will have a significant effect on children's health both mentally and physically.

Dr Stone stresses that the experience of boredom is important in the development of children's sense of self and creativity, so she does not recommend that children should avoid being bored. Instead, she suggests children learn to experience boredom without turning to food. She also suggests that parents turn their children's attention away from food when they feel bored, or restructure the home food environment to make it less likely that children turn to food in response to being bored.

While there do appear to be individual differences between children in terms of their eating when they are bored, it is helpful to know that the feeding practices that adults use around food might shape the likelihood of this happening. Although it is attractive to use food as a tool to help children, emotional feeding might lead to greater emotional eating in the future. It is important for parents and caregivers to be aware that this short-term fix could create future problems.

It is hoped that, on the original basis of the study, the team will deeply explore other negative mood states in children and offer advice and support for families to find more effective ways to manage challenges around children's eating behaviour.

- () 5. What does the research focus on?
- A. How children form good living habits.
B. How children face challenges in life.
C. How boredom impacts on children eating.
D. How parents bring up their children.
- () 6. What does the underlined word "soothe" mean in Paragraph 2?
- A. Ignore. B. Comfort.
C. Excuse. D. Control.

()7. What can we know about emotional feeding?

- A. It makes children lose weight quickly.
- B. It creates a new home food environment.
- C. It cannot keep children trusting their parents.
- D. It may not help handle bad moods in the long run.

()8. What does the last paragraph mainly tell us?

- A. Expectations for further studies.
- B. The importance of going on a diet.
- C. The necessity of managing moods.
- D. Ways to strengthen family relationship.

Ⅶ 完形填空

[2024·重庆市九龙坡区高一期末]

I choose to go to the Nanjing Medical University, wanting to study in the medical field. I would spend the majority of 8 full years 1 with China's diverse culture.

In my first year, it was 2. The language problem was more than what I had 3. Even shopping proved challenging. I could not bargain during my first few months. I finally decided to 4 Chinese language classes.

While studying in China, I acquainted (使熟悉) myself with the local vendors (小贩). My Chinese was getting smoother so that I could 5 with them. There was nothing 6 than listening to the stories they would tell about their 7. One vendor selling me fresh mangoes would always tell me stories about his home. He 8 told me how his grandmother would 9 four kilos of ginger (生姜) every two days in the winter for soups. He said she did it to keep her family 10 and keep the common cold away.

This story 11 me even today, and I look back on this story with so much 12. You do not understand how special a moment is while it is happening. It was such a simple story that the vendor told me, but I 13 it. Because of him, every time winter comes around, I make homemade soup and make sure to add ginger. 14 how he and his family enjoyed this every winter to keep warm and healthy 15 me to do the same.

- ()1. A. connecting B. struggling
C. talking D. meeting
- ()2. A. strange B. interesting
C. hard D. satisfying
- ()3. A. required B. wondered
C. promised D. expected
- ()4. A. teach B. enter
C. drop D. fail
- ()5. A. travel B. live
C. chat D. walk
- ()6. A. more difficult B. more different
C. easier D. better
- ()7. A. lives B. business
C. shops D. education
- ()8. A. suddenly B. excitedly
C. privately D. coldly
- ()9. A. offer B. sell
C. borrow D. use
- ()10. A. clean B. warm
C. active D. close
- ()11. A. worries B. protects
C. influences D. shames
- ()12. A. happiness B. regret
C. pain D. confidence
- ()13. A. recommended B. understood
C. recognized D. remembered
- ()14. A. Showing B. Forgetting
C. Knowing D. Confirming
- ()15. A. inspired B. warned
C. forced D. ordered

班级
姓名
题号
答案
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完形填空
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