



QUANPIN ZHINENGZUOYE

智能作业

高中英语²
必修第二册

WY

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编写依据

以新教材为本，以课程标准（2017年版2020年修订）为纲。

选题依据

- 研究新教材使用地区最新题源，研究新教材新课标形式下的同步命题特点。
- 选题注重落实必备知识，满足同步教学中的基础性要求，兼顾一定的综合性。
- 强调试题的情境性、开放性，拓展学科知识的应用性和创新性。

课时作业

特点一 细分课时，并针对重难点设置重难点突破练

特点二 课时作业，分层设置

必备知识 夯基固本

单词

短语

句型

语法

- 密切贴合教材
- 落实必备知识
- 养成学科能力

关键能力 学科素养

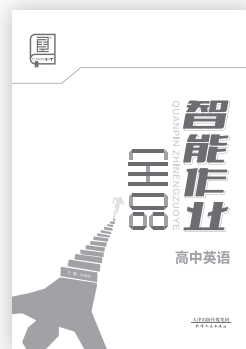
主题语篇

语篇类型

语言技能

学习策略

- 精选新教材地区最新同步题源，渗透学科素养



特点三 单元过关+写作提能 突出训练基础和提升写作能力

素养测评卷

单元素养测评卷

阶段素养测评卷

模块素养测评卷

120分钟高考试卷模式
科学设置语篇难度系数
配备听力试题，扫描二维码
即可播放听力音频



**精选一线好题，拒绝知识倒挂、选题超纲现象，
助力同步高效学习！**

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Unit 1 Food for thought

★ 提示：加底纹词汇为本单元词汇

Period One Starting out & Understanding ideas

基础巩固

I 单词拼写

1. I have the confidence that _____ (有朝一日) you will be aware of the importance of helping each other.
2. Many people like white colour as it is a _____ (象征) of purity.
3. Leonardo DiCaprio became a _____ (超级的) star by acting in a famous film called *Titanic*.
4. I'm invited to my friend's w _____, which will be held this Saturday at the hall.
5. The whole family g _____ together at Ray's home last night to celebrate his birthday.

II 单句填空

1. I had intended to send Peter a gift to congratulate him on his _____ (marry), but I couldn't manage it.
2. Jack is late again. It is **typical** of him _____ (keep) others waiting for a long time.
3. _____ (bite) by a snake in the bush, Susan was sent to the hospital immediately.
4. In a fire, smoke and _____ (poison) gases hurt more people than the fire does.
5. He was stuck in a lift a year ago, so he hasn't **dared** _____ (get) back into one.
6. The **pudding** tasted so _____ (horror) that I didn't want to take another **bite**.
7. As is advertised, there will be all **sorts** _____ paper-cuttings shown on the exhibition.
8. Teenagers who are addicted to the Internet are more likely to **suffer** _____ depression.
9. _____ my **opinion**, students can

benefit a lot from doing some housework.

III 短语填空

1. He doesn't know how to _____ (处理) the difficult situation for the present.
2. _____ (多亏) his effort, the programme is more successful than we have expected.
3. It is not a good idea to refer to the dictionary word by word when you _____ (偶然遇到) new words in English materials.
4. As for me, I _____ (爱上) basketball since it has been giving me strength to meet with the challenges in my life.
5. _____ (根据) the law, women shall enjoy the equal right to vote in our country.
6. My elder brother _____ (喜欢上) having **hot pot** when he was very young.
7. After living in Paris for fifty years, he returned to the small town where he _____ (长大) as a child.
8. The film *Ne Zha* _____ me _____ (使想起) my childhood when I was also naughty.

IV 句型训练

1. 尽管他们很努力,但是还是不能使她改变主意。(make)
Though they tried hard, they couldn't _____ her mind.
2. 从杰克失望的表情来看,他肯定期末考试不及格。(must)
Judging from Jack's disappointed look, he _____ the final exam.

3. 站在山顶上,我们能看见整座城市。(现在分词作状语)

_____, we can see the whole city.

4. 自从大学毕业后,我就梦想着能周游世界。(ever)

_____, I have dreamed about travelling around the world.

5. 对我来说,没有什么比周末和朋友一起去慢跑更好的了。

To me, there's _____ going jogging with my friends on weekends.

素养提能

V 阅读理解

A

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 (免疫的) 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 (分子) that come from food. They then selected the metabolites for their abilities against cancer. After the top six compounds were chosen, scientists analysed 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 products. “There is a growing body of evidence about the negative health effects of consuming too much red meat and dairy products,” 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.

- () 1. 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.
- () 2. 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.

- () 3. 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.
- () 4. What's Chen's attitude towards the future of their study on plants?
- A. Positive. B. Disappointed.
 C. Doubtful. D. Unclear.

B

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) 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 the 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.

- () 5. From the first two paragraphs, what can we know about the plant-based diets?
- A. They benefit heart health.
 B. They increase hunger.
 C. They lead to overweight.
 D. They contain enough sugar.
- () 6. What do the underlined words "depleted of" in Paragraph 2 mean?
- A. Added to. B. Short of.
 C. Filled with. D. Rooted in.
- () 7. 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.
- () 8. 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.

VI 阅读七选五

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. Spend time eating and only eat. Make sure your cellphone is facing 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 suggest 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.

VII 语法填空

In Canada we have Chinese restaurants, most of 1. _____ are very good. And when in China I had a lot of chances 2. _____ (eat) in many different kinds of restaurants. It has been long 3. _____ I left China, but what I still miss is the Chinese cuisine.

My favourite street food there is *jianbing*. It is made on a round pan where some liquid batter (面糊) is poured, which is thinly spread by a wooden tool like a knife. The batter 4. _____ (immediate) forms a circle about twenty centimetres across. An egg will be spread over 5. _____ (it) back with onion pieces and different 6. _____ (sort) of spicy ingredients, and then a thin crisp cake is placed on the top. With the cooked batter skin folded over the cake, 7. _____ whole thing is folded in half.

Then I can take it anywhere to eat after it 8. _____ (wrap) in a paper cover. Despite simple cooking equipment, it is always 9. _____ (taste) and I feel at home with food from China. To me, there's nothing better than a cross-cultural combination 10. _____ Chinese *jianbing* and a glass of milk with maple syrup.

Period Two Using language

基础巩固

I 单词拼写

1. Studies suggest that taking vitamins regularly can help improve brain _____ (功能).
2. When tea got popular in Britain, there was a need for good cups with _____ (柄) to suit British habits.
3. It is good _____ (礼仪) to greet others when we meet each other in the morning.
4. Black coffee without any sugar or milk leaves a little b _____ taste in the mouth.
5. You should observe the local c _____ when you go abroad.

II 单句填空

1. _____ (addict) to playing the violin, he wasn't aware that I had walked into his house.
2. Experts recommend _____ (take) effective measures to control the house prices.
3. As far as I can see, basketball is an _____ (incredible) exciting sport that helps improve physical fitness.
4. The newspapers made an attack _____ the Prime Minister because of the new law.
5. April first is a day on which, in some countries, people try to play tricks _____ each other.
6. I haven't decided whether I am going to select some subjects that are related _____ literature or not.
7. Look for low-fat food and eat fresh seasonal fruit and vegetables if you are _____ a diet.
8. Leaves are found on all sorts of trees, but they differ _____ size and shape.

III 选词填空(用方框中所给词的适当形式填空)

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

1. _____ I tell Tom what happened today?
2. It is strange that people _____ not give their helping hands to those in need.
3. The little boy _____ do lots of housework, for his parents are suffering from illnesses.
4. Mozart, a great pianist, _____ play the piano when he was 4 years old.
5. You _____ think the whole thing through before you give me your final decision.
6. The company was so far away from my home that I _____ spend much time on the way.

IV 翻译句子

1. 从这里乘坐地铁去上班很方便,所以你没有必要买车。(have to)

2. 我恐怕你不敢做这样的事。(dare)

3. 李教授是那样一个知识渊博的人,以至于我们都非常崇拜他。(such... that...)

4. 请明天再次提醒我会议的事,以免我忘记。(in case)

⑤ 根据语境,选用 dare, had better, must 和 have to 的适当形式补全短文

Last night, I stayed up till 11 o'clock to write my English reading report which 1. _____ be handed in this morning. Because my English is poor, I asked my cousin, who is good at English writing, to do me a favour. Today, however, my English teacher told me I 2. _____ hand in the report so urgently. She asked me whether I

wrote the English report by myself. I gathered my courage to tell her the truth because I 3. _____ tell lies. Surprisingly, she didn't get angry with me. Instead, she said that I 4. _____ do it on my own, whatever the result. From then on, I knew I 5. _____ do my homework by myself, whether it's easy or difficult.

素养提能

⑥ 阅读理解

Almost all of us have a friend, who can eat anything and eat as much as an elephant yet never gain weight. So why can your friend get away with eating what he/she wants and not get fat?

First and foremost, it has something to do with genetics (遗传学): high basal metabolic rate (BMR) (高基础代谢率). When we are resting, our body spends some energy for basic activities like breathing and pumping of the heart. So those with high BMR burn more calories at rest as compared to those who have low BMR. As a result, these individuals don't put on weight despite eating large amounts of foods.

To show that it is true, scientists have experimented on laboratory mice. They gave the mice a special diet with a lot of fat. Some mice gained weight while the other mice stayed thin, even though both groups of mice ate the same amount of food and got the same amount of exercise. Scientists concluded that weight gain seems to be influenced by genetic factors. Armed with this knowledge, they believe it may be possible to develop medicines that can target (面向) the genes and stop people from gaining weight.

Other reasons such as bad eating and living habits as well as illnesses also contribute to weight gain. The study of weight gain is becoming more important as the number of people who are overweight continues to grow.

Current medicines for weight control do not work very well because they can have serious side effects. However, it takes a long time to develop and test new drugs. Therefore, despite this breakthrough in the study of weight loss drugs, scientists and health professionals all agree that currently the best way to control weight gain is to have a healthy, balanced diet and an active lifestyle with daily exercise. This will not only help people avoid becoming overweight, but also help them stay healthy and energetic.

- () 1. Why does the author ask a question in Paragraph 1?
- A. To stress his doubts.
B. To compare different results.
C. To introduce the topic.
D. To express his unhappiness.
- () 2. What might be the key reason for getting fat?
- A. Bad living habits. B. Genetic factors.
C. Bad eating habits. D. Serious illnesses.

- () 3. What did the scientists do with the mice during their experiment?
- A. They gave them the same experimental conditions.
- B. They fed them on a special diet with only fat.
- C. They studied the genetic structure of their bodies.
- D. They divided them into two groups at the beginning.
- () 4. What can be a suitable title for the text?
- A. Current weight-loss medicines have bad effects
- B. Controlling weight gain is hard but possible
- C. Knowing your BMR helps lose more weight
- D. Genes play an important role in deciding your weight

Ⅶ 阅读七选五

It's easy to stick to eating the same foods every day, especially if you love them. 1. _____ Eating the same foods can lead to nutritional shortage. Our bodies need a wide range of nutrients, and eating a wide variety of foods can help us meet our body's needs. 2. _____ Almost everyone would agree that "eating the rainbow" is a good rule of thumb. Don't forget frozen vegetables are just as healthy as fresh and that they don't spoil as quickly.

Your immune (免疫的) system will get hurt if you keep eating the same foods. According to a study published in the *British Journal of Nutrition*, the enhanced nutrition from a varied diet seems to boost immunity. 3. _____ People whose diets have little variation are more likely to get sick due to a weakened immune system.

Sticking to eating the same foods leads to food boredom. 4. _____ It should be something you look forward to. Changing what you eat exposes you to great new foods and new recipes, and helps bring back the fun in eating.

5. _____ We see a lot of people focus on a single nutrient or food because it attracts media fame. And while all foods are to be celebrated for their unique nutritional quality, assigning yourself to a limited list of foods because they are the most well-known or well described will box you in and close you off from various other vital nutrients.

- A. Food should be fun!
- B. This helps people resist infections.
- C. But it may not be the best thing for your health.
- D. You should eat a plant-based diet and eat less meat.
- E. Eating the same foods restricts your nutritional sources.
- F. Though tasty, they can't provide the nutrition you need.
- G. Eat the colours of the rainbow when it comes to fruit and vegetables.

Ⅷ 语法填空

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 of 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 in 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 drinks.

IX 完形填空

The 12-year-old Abraham Olagbegi developed a strange disease. 1, he got a chance offered by Make-A-Wish. It's an organization whose 2 is to make the dreams of seriously ill children 3.

Rather than something for himself, Abraham chose to show 4 for his good luck by passing it along to others. The 5 Abraham asked for was to feed the homeless one day a 6 for a year.

His mother Miriam was very 7 of Abraham and she wasn't surprised by her son's 8. That was because Abraham and his family often 9 in their community handing out hot meals to the homeless. "It was always a 10 thing to do, and that's what I grew up doing," Abraham said. "So, I am so thankful to have the chance to do what I was 11 to do."

On the third Thursday of each month, volunteers in Make-A-Wish help Abraham to 12 up to 80 homeless people.

While a dozen days of 13 is admirable, when the year is up, Abraham plans to go on. "We're very excited to be able to 14. It's just so meaningful," Miriam said. "If I was homeless, I would want somebody to think of me and to do something 15 for me, so that's what I try to show."

- () 1. A. **Incredibly** B. Naturally
C. Obviously D. Luckily
- () 2. A. solution B. effect
C. purpose D. **symbol**
- () 3. A. come along B. come true
C. turn around D. go wrong
- () 4. A. means B. thanks
C. love D. determination
- () 5. A. wish B. food
C. sorrow D. question
- () 6. A. month B. term
C. season D. quarter
- () 7. A. afraid B. careful
C. proud D. sure
- () 8. A. confidence B. courage
C. selflessness D. honesty
- () 9. A. moved B. jogged
C. explored D. volunteered
- () 10. A. good B. hard
C. boring D. formal
- () 11. A. forced B. allowed
C. made D. taught
- () 12. A. feed B. **download**
C. check D. search
- () 13. A. **dieting** B. **suffering**
C. giving D. **attacking**
- () 14. A. leave B. continue
C. meet D. hear
- () 15. A. easy B. traditional
C. **horrible** D. special

Period Three Developing ideas & Presenting ideas

基础巩固

I 单词拼写

1. Most parents said their children had an active, healthy _____ (生活方式).
2. They insisted that a child should have _____ (家里做的) meals.
3. During the activity, we invited some local _____ (厨师) to demonstrate key cooking skills on the spot.
4. On the table beside an empty _____ (盘子) was a cup of oolong.
5. You can _____ (下载) from the Internet as much information as you need free of charge.
6. The boy asked his mother to add a little h _____ to his coffee in case it tasted bitter.
7. The new chairman hopes to get the company back on its feet w _____ six months.
8. We strongly recommend that all teenagers should follow these t _____.

II 单句填空

1. There is nothing more _____ (satisfy) than a cool drink on a hot summer's day.
2. I would be very grateful if you could inform me of your decisions at your earliest _____ (convenient).
3. The bakery is under _____ (construct), which will be completed next month.
4. What upset us was that the little boat _____ (swing) from side to side on the surface of the river, due to the strong rainstorm.
5. I will be glad if you can take my _____ (recommend) into consideration.
6. The gentleman who sent the old lady to the hospital has been identified _____ Lee Giggs, a secondary school teacher.

III 短语填空

1. We were going swimming, but _____ (最终) playing on the swings in the park near our home.
2. Countries may have differences. But we should not forget that we all live under the same sky, share one and the same home planet and _____ (属于) one and the same family.
3. My friends and I gather together over a drink several times a month to _____ (打听) how we're getting on with our life.
4. Feeling _____ (有点) tired after a whole week of work, I decided to stay at home having a good rest at the weekend.
5. In recent years, people increasingly tend to shop online, and most people _____ (或多或少) have the experience of shopping online.
6. _____ (现在), the deer in the reserve are being watched over by many volunteers.

IV 句型训练

1. 这道数学题太难了,我计算不出来。(too)
The maths problem is _____.
2. 没有你的帮助,我不可能取得如此大的进步。
I _____ so much progress _____.
3. 我周围的稻田看起来像一片金色的海洋,我从来没看见过比这更漂亮的景象!(否定词+比较级)
The rice fields around me look like a golden sea; _____!
_____!
4. 日常生活中发生的事情会改变你看待世界的方式。
Something that happens in your daily life will change the way _____.

5. 我认为我上沈老师的课是不会感到厌倦的,因为她会使课堂的气氛很活跃。(否定转移)

_____ in

Ms Shen's class, because she can make the classroom atmosphere very lively.

素养提能

V 阅读理解

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 calories intake 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 about 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 about children's eating behaviour.

- () 1. 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's eating.
D. How parents bring up their children.
- () 2. What does the underlined word "soothe" mean in Paragraph 2?
- A. Ignore. B. Comfort.
C. Excuse. D. Control.
- () 3. 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.
- () 4. 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.

VI 阅读七选五

Food for feeling good

Do you know that healthy food is not only

good for your body, but it can help you feel happier, too?

The mental health charity Mind says that what a person eats affects how they feel. 1. _____

Are all foods good for me?

2. _____ Carbohydrates give you energy, and include noodles, pasta, potatoes and rice. Foods in the protein group help grow and repair your muscles and skin. These include beans, eggs, fish, meat and nuts. Fruits and vegetables are packed with health-giving vitamins, which you need for every part of your body to work, and fibre, which keeps your digestive system healthy. Calcium gives you strong bones and teeth and can be found in dairy foods like milk and cheese. Non-dairy alternatives include rice and oat milk that have been enriched with calcium. 3. _____ Healthier fats are found in foods like avocados and oily fish, which are good for your heart and your brain.

4. _____

Food expert and author Joy Skipper says, “Aim to include foods from each group every day to give yourself the greatest chance of good health, lots of energy, great moods and healthy skin and hair.”

How can I improve my diet?

Improving your diet can be as easy as challenging yourself to eat one more portion of fruit or vegetables a day. 5. _____ Try keeping a food diary over a week to keep track of what you're eating, and you'll notice that even small changes can make a big difference over time.

- A. What is a balanced diet?
- B. Should we trust food experts?
- C. Every food puts something important on your plate.

D. You don't have to get the balance right with every meal.

E. As well as keeping your body healthy, eating a balanced diet can help you think more clearly, and feel happier and more positive.

F. Chocolate, crisps and cakes contain unhealthy fat but they are great snacks for anyone who's not looking for a proper meal.

G. The fat group include chocolate, crisps and cakes, which give you lots of energy but are filled with unhealthy sugar and salt.

Ⅶ 语法填空

The Canal Culture and Food Festival 1. _____ (hold) at the renowned Sen Long Restaurant last month to show the signature dishes of Huaiyang cuisine 2. _____ people in Beijing.

Sen Long Restaurant was established in Beijing in 1924 by Zhang Senlong from Jiangsu Province. 3. _____ initial (最初的) location of the restaurant changed because of subway construction in 2005, and in 2019 it was reopened in Dongcheng District.

According to its general manager Wang Peixin, a master chef 4. _____ specializes in Huaiyang cuisine was hired to preserve the authentic(正宗的) flavours of the 5. _____ (tradition) dishes while upholding the nature of Huaiyang cuisine. “In the past, Sen Long Restaurant positioned 6. _____ (it) towards the high-end market, with relatively expensive prices that put off many ordinary people. After reopening, the restaurant has shifted its pricing strategy to be more affordable, 7. _____ (aim) to make it possible for everyone 8. _____ (taste) the authentic flavours of Jiangsu and Zhejiang cuisine,” Wang said.

Wang said all the ingredients of the dishes of the food festival were gained from the 9. _____ (place) along the Grand Canal. In July, the restaurant took part in the food skill competition of “Taste the Canal” in Beijing and 10. _____ (win) the creative restaurant award.

完形填空

My mother used to say that when your mother was really good at something, you didn't learn to do it. What she said was 1. My grandmother was skilled in baking and cooking, but my mother was a barely 2 cook for our family of seven. We didn't 3; we had meat, potatoes and another vegetable at every meal out of a can.

Baking was not Mum's 4, so on Saturday mornings, she would 5 us to the bakery for fresh cake. Mum did learn to make the 6 Dad loved—bacon and eggs, spare ribs (排骨) and, 7, potato salad. Potato salad was my mum's major 8 to every summer, 9 eating such a dish on a hot July day wasn't a good idea. Mayonnaise (蛋黄酱) in it could be difficult to 10 and you might have to go to the bathroom frequently.

A case in point: the time my uncle and aunt and their six kids 11 at the lake with us. The 12 included burgers, burnt or slightly raw, lots of pop, and Mum's potato salad. We spent hours at the lake. Unfortunately, so did the salad.

13, I realize that polishing off Mum's potato salad may have been the reason that Dad finally built us a second bathroom, which 14 that everything can have a bright side. My mother didn't 15 in the kitchen, but I miss her

cooking so much.

- () 1. A. crazy B. true
 C. simple D. strange
- () 2. A. additional B. convenient
 C. acceptable D. instant
- () 3. A. attend B. refuse
 C. starve D. escape
- () 4. A. strength B. course
 C. challenge D. dream
- () 5. A. suffer B. hire
 C. send D. compare
- () 6. A. clothes B. foods
 C. drinks D. tools
- () 7. A. hardly B. immediately
 C. slightly D. particularly
- () 8. A. contribution B. recommendation
 C. introduction D. reference
- () 9. A. since B. although
 C. if D. unless
- () 10. A. discover B. select
 C. understand D. digest
- () 11. A. fought B. swam
 C. rested D. picnicked
- () 12. A. price B. bill
 C. menu D. tour
- () 13. A. Turning around
 B. Looking back
 C. Going away
 D. Moving on
- () 14. A. identifies B. imagines
 C. proves D. assumes
- () 15. A. shine B. cook
 C. sing D. stand

单元基础练

I 词形转化

1. True happiness comes when we learn to be _____ (satisfy) with what we have.
2. **Within** a few days she had become seriously ill, _____ (suffer) great pain and discomfort.
3. Tickets for these events will _____ (typical) cost around thirty dollars.
4. The Great Wall has always been an attraction for those who are keen on anything that is _____ (relate) to China.
5. There's a big _____ (differ) between knowing that something is true and being able to prove it.
6. **Incredibly**, the baby was _____ (slight) injured in the car accident.
7. _____ (original) we had planned a tour of Scotland but **ended up** going to Switzerland instead.
8. A huge lake of _____ (salt) water appears to be buried deep in Mars, scientists reported this week.
9. They've decided to _____ (construct) this building after the earthquake.
10. You should stop having these **snacks** because they are highly _____ (addict).

II 动词训练

1. Seeing the toy, she couldn't **resist** _____ (reach) out to touch it.
2. They are trying _____ (identify) what is wrong with the present system.
3. It is strongly **recommended** that the machines _____ (check) once a year.
4. It is reported that this disease **someday** _____ (attack) the central nervous system.

5. In my **opinion**, most customers thought the way their complaints _____ (handle) was **satisfying**.
6. The software can _____ (download) for free from the Internet.
7. As a northerner, it's hard for me _____ (adapt) myself to the **lifestyle** in the south at first.
8. In 2020 Tokyo Olympic Games, China won 38 gold medals, _____ (rank) second of all the competing countries.

III 熟词生义(一词多义)练

写出下列黑体词或词组的词性和中文意思

1. tip

(1) It is a tradition in many countries to give the waiter a **tip** after a meal in the restaurant. _____

(2) The speaker provided a lot of **tips** on learning English, which were very useful to high school students. _____

2. function

(1) The **function** of the heart is to send blood through the body. _____

(2) Despite the power cuts, the hospital continued to **function** normally. _____

3. diet

(1) It's good for students to have a balanced **diet** and get into the good habit of getting up early. _____

(2) She's always **dieting** but she never seems to lose any weight. _____

4. pick up

(1) But we have to survive, so I have to **pick up** myself **up**, and then continue my work. _____

(2) It is **typical** of me to **pick up** my daughter from school at 4 pm every day. _____

(3) She soon **picked up** French when she went to live in France. _____

Ⅴ 短语填空

1. Generally speaking, a new medicine will _____ (使受检验) on animals for a certain time before it goes into the market.
2. For many university students, it's best to _____ (试验, 测试) different classes to figure out their true interest.
3. Many parents have very specific ideas on how to _____ (养育) children now.
4. I began to _____ (感到舒适自在) in the new school when I saw some familiar faces.
5. Mum told Dad to _____ (购买) some **bacon**, a box of **yoghurt**, and 2 kilogrammes of rice on the way home.
6. The future _____ (属于) those who believe in the beauty of their dreams.

Ⅴ 句型训练

1. 医生把他的电话号码告诉了病人,以防他们需要医疗救助。
The doctor shares his phone number with the patients _____.
2. 没有什么比打败高手更好的了。
There is _____ someone who's playing well.
3. 只有当你把所学的东西应用到实践中,你才能说你成功了。
Only when you apply _____

to practice can you say that you have succeeded.

4. 当你迎接挑战时,你将有机会获得渊博的知识并享受个人成长。(非谓语)

When you rise to the challenges, you will _____ and enjoy personal growth.

5. 和一个外国家庭住一两个星期意味着你不得不说他们的语言,这样你就会提高得很快。

_____ for one or two weeks means that you have to speak their language, and as a result you improve fast.

Ⅵ 话题微写作

根据括号内英文提示完成句子并合理运用衔接词使之连句成篇。

1. 走在大街上时,我遇见(come across)了一位老朋友。

2. 他问我我是否喜欢(take to)吃臭豆腐。

3. 我不敢(dare)吃这样的东西。

4. 我一向(typical)胆小(timid)。

5. 多亏了(thanks to)他,我现在喜欢上(fall in love with)臭豆腐了。

【连句成篇】

写作提能练

I 应用文写作

假定你是李华, 请你给你的美国笔友 Sam 推荐一道中国菜, 并分享这道菜的烹饪方法。内容包括:

1. 菜名;
2. 烹饪方法。

注意: 词数 80 个左右。

参考词汇: 打碎 crack 搅动 stir

II 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。

It is a challenging journey to change their lives for the best. Lexi and Danny lived their lives like most other young couples who fell in love with each other and then made the decision to spend the rest of their lives together. The couple spent a lot of time watching TV and going to different restaurants, and as you would imagine, the endless junk foods were their “go-to” choice. Though they would manage to lose some weight during the time, but before long, they would gain it back.

Lexi weighed 485 pounds at the age of 25, a weight that was quite unbelievable to imagine. Danny, on the other hand, was also overweight himself even though he was 200 pounds less than Lexi. However, the sad part of everything was that they were both gaining more weight on what they already had with each passing day. Some of their daily activities, no matter how simple, became a real problem for the couple. They couldn't go for walks or bicycle rides no matter

how easy they were. However, in 2016 just a year after the marriage, they decided to make a positive change in their life.

The couple decided to take on a challenge that would change their lives forever and for good! So many people make promises to themselves and others that they don't really carry out but the couple were not about to do like the others. Theirs were destined (注定的) to come into reality. They made a detailed plan to go on a diet and take exercise on a daily basis. At first, they thought the whole process would have been a piece of cake. As they pressed on, each passing day showed them that this challenge would not be a walk in the park. They got a gym membership to help out.

注意: 续写词数应为 150 个左右。

Paragraph 1:

The weight-losing lessons offered at the gym were not easy, a real challenge for them.

Paragraph 2:

Just after a month, they both felt so much better, and they were pleased with the way they looked. _____
