



练习册

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全品

学练考

高中英语 5

细分课时

分层设计

落实基础

突出重点

详答案本

选择性必修第二册 BS

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01

培养核心素养，聚焦主题语境

导学案 LEARN

Unit 4 HUMOUR

主题素养积累

When we are kids, we laugh a lot. Children laugh **dozens of** times a day: they laugh at small things and big things; they laugh at silly jokes and serious things. But as we become adults, it is much more difficult to laugh so easily. Do you laugh too little in your life? Should you remember how you used to laugh as a child?

In fact, laughter has a lot of benefits. It's a great way to relax, not just on a **purely** emotional level, but also physically. It can reduce your blood pressure. **And it contributes to the release of hormones and neurotransmitters, which is good for our health: if we are laughing, it means that all is well.**

In addition to this, laughing has a social function. It helps us feel more **at ease** around new people and also connects us with others. **Laughing together is great for bonding, no matter what the situation.**

A good idea to laugh as **carefree** as a child is to allow yourself to play. Play is a natural activity that promotes a lot of laughter, whether it's through video games, outdoor games, or board games. Discover what you like to play and have fun with it!

Beyond that, you can also cultivate (培养)

laugh at jokes. **Make a conscious effort** to include things, people, and events that make you laugh in your daily life. Try to see your friends more often. **Hang out with family members that are nice to be around, with whom you can have fun, laugh, and enjoy yourself.**

【主题词句背诵】

1. dozens of 十几个,几十个;许多
2. purely *adv.* 完全;仅仅
3. contribute to 促成,导致;有助于
4. at ease 心情放松,安逸,舒适
5. bond *v.* 增强关系,建立纽带
6. carefree *adj.* 无忧无虑的
7. make a conscious effort 有意识地努力
8. hang out 闲逛
9. And it contributes to the release of hormones and neurotransmitters, which is good for our health: if we are laughing, it means that all is well. 它有助于激素和神经递质的释放,这对我们的健康有好处:如果我们笑,这意味着一切都很好。
10. Laughing together is great for bonding, no matter what the situation. 无论在什么情况下,一起笑有助于增进感情。
11. Hang out with family members that are nice to

02

夯实语言基础，搭建知识框架

词汇点睛

1. interact *vi.* 交流;交往;相互作用
(教材 P6) the way they **interact** with one another
他们相互交流的方式

- (1) interact with 与……交流/沟通;与……互动/相互影响
- (2) interaction *n.* 互动;交流;相互作用
interaction between...and...
……和……之间的互动
- (3) interactive *adj.* 互动的,互相交流的;相互作用的,相互影响的

【活学活用】

(1) 单句填空
[2023·新高考全国Ⅱ卷] From a 21st-century point of view, the printed book is certainly ancient, but it remains as _____ (interact) as any battery-

句型透视

(教材 P7) **Laughter makes you ten years younger.**
大笑可以使你年轻十岁。

句型公式

make + 复合宾语(宾语 + 宾语补足语)

【句式点拨】

本句是“make + 复合宾语”的结构, you 作动词 make 的宾语, ten years younger 作宾语 you 的补足语。

【相关拓展】

make 是一个常跟复合宾语的动词,即“make + 宾语 + 宾语补足语”,其宾补可以是名词、形容词、动词原形和过去分词。

(1) make + 宾语 + 名词。如:

Her persistent efforts **made the project a great success.**

她坚持不懈的努力使这个项目获得了巨大的成功。

课内基础巩固

I 单词拼写

- As long as you make efforts, you have the _____ (潜力) to become a well-rounded student.
- Designed to _____ (提高) the physical fitness of students and inherit Chinese culture, our school has recently established a tai chi club.
- Choking victims usually have only about four minutes before they _____ (突然倒下) and sometimes die, leaving no time for an ambulance to arrive.
- Feeling _____ (头晕目眩的), Zhang Yue took a deep breath as she struggled to finish _____ (consume) by having fewer cars on the road.
- The next morning, Tina and I **pretended** _____ (open) our presents as if nothing had happened.
- Rainforests are the lungs of the planet—storing vast quantities of carbon dioxide and producing a _____ (significance) amount of the world's oxygen.
- Although she was _____ (terrify), she threw her hands and legs into the water and tried to get close to Richard and grab his hand.
- The priority of the current project is to make an effective _____ (interact) of different ideas.

课后素养提升

II 阅读理解

See if you can understand these words that have won an award for the funniest joke at a UK arts and culture festival: "I'm not a fan of the new pound coin, but then again, I hate all change."

Did you get it? The UK started to use new one pound coins that year, so the joke contains a pun (双关语) on the word "change".

Britain is known for its dry sense of humour, so this is a classic British joke where you have to think about it to understand it.

When a British person tells a joke, they'll probably say it without a laugh, or even a smile, and it'll probably be said when you least expect it.

Americans, on the other hand, enjoy being

- It has won an award at a UK arts and culture festival.
- It uses a pun on the word "change".
- You have to think about it first.
- It is a classic British joke.

() 2. What kind of joke do Americans most probably tell?

- They may tell a joke about gender differences.
- They may tell a joke about their new coins.
- They may tell a joke showing a dry sense of humour.
- They may tell a joke when you least expect it.

() 3. What kind of stereotypes did Chris Rock

III 应用文写作

假定你是李华，你校英语报正在征集以“Humour brightens life”为题的稿件。请你写一篇短文投稿，内容包括：

- 幽默的意义；
- 你的经历；
- 你的期望。

注意：写作词数应为80个左右。

Humour brightens life

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。

Alessandro Vitale was born in Verona, Italy. As his parents were busy working, they were unable to care for his sister and him at the same time. Therefore, Alessandro grew up with his grandparents.

Alessandro's grandmother was good at cooking. His grandfather used to take him out for fishing or to his garden in the town. Alessandro's grandparents greatly influenced him, and he learned many things from them. At a young age, he was introduced to gardening,

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Period One Topic Talk

课内基础巩固

❶ 单词拼写

- As long as you make efforts, you have the _____ (潜力) to become a well-rounded student.
- Designed to _____ (提高) the physical fitness of students and inherit Chinese culture, our school has recently established a tai chi club.
- Choking victims usually have only about four minutes before they _____ (突然倒下) and sometimes die, leaving no time for an ambulance to arrive.
- Feeling _____ (头晕目眩的), Zhang Yue took a deep breath as she struggled to finish her presentation.
- Hard work is essential for our individual _____ (幸福) as well as for the benefit of our society as a whole.
- Great books can lose p_____ details and characters when they move to the big screen.

❷ 单句填空

- The new teacher left a good impression on the students by her rich knowledge and _____ (humour) personality.
- We were overcome by worry and _____ (anxious) when we expanded the search range to the nearby surroundings but still couldn't find John.
- Curious and _____ (confuse), Frank stopped to get closer to see what was going on.
- With a smiling or sad face added to a message or post, your reader can "see" your _____ (face) expression while reading your words.
- We need to cut down on our fuel _____

(consume) by having fewer cars on the road.

- The next morning, Tina and I pretended _____ (open) our presents as if nothing had happened.
- Rainforests are the lungs of the planet—storing vast quantities of carbon dioxide and producing a _____ (significance) amount of the world's oxygen.
- Although she was _____ (terrify), she threw her hands and legs into the water and tried to get close to Richard and grab his hand.
- The priority of the current project is to make an effective _____ (interact) of different ideas.
- Although I was _____ (embarrass), his words made me a lot more relaxed!
- Larry has put on too much weight because of his _____ (balanced) diet.
- What made her amazed was that the locked door _____ (swing) open with a simple touch.

❸ 短语填空

- No sooner had the question been put forward than Tom _____ (站起来) to answer it.
- I made a promise to myself to never _____ (嘲笑) others when they have an embarrassing moment.
- We should adjust our aim _____ (时不时) in order to go ahead continuously.
- _____ (几天前) I was showing the boys a chemistry experiment when, before I knew it, the mixture was bubbling out of the test tube spilling everywhere!

5. She'll find herself with no friends at all if she _____ (继续) behaving like this.
6. Not only can we _____ (与……互动) art, but we can also take part in its creation.

Ⅳ 句型训练

1. What I was trying to figure out was _____.
_____. (表语从句)
我正在琢磨的是我该怎么告诉我父母真相。

2. I really feel strongly that we need to change the way _____ in order to protect our planet. (定语从句)
我真的强烈感受到,为了保护我们的地球,我们需要改变我们生活的方式。
3. She was _____ her mind went blank.
她如此紧张,以至于脑子一片空白。

课后素养提升

Ⅰ 阅读理解

See if you can understand these words that have won an award for the funniest joke at a UK arts and culture festival: "I'm not a fan of the new pound coin, but then again, I hate all change."

Did you get it? The UK started to use new one pound coins that year, so the joke contains a pun (双关语) on the word "change".

Britain is known for its dry sense of humour, so this is a classic British joke where you have to think about it to understand it.

When a British person tells a joke, they'll probably say it without a laugh, or even a smile, and it'll probably be said when you least expect it.

Americans, on the other hand, enjoy being more straightforward. In a country filled with people from so many backgrounds, jokes in the US tend to be about cultural, racial and gender differences. In the US, humour can be a way to help people overcome their differences.

A great example of this comes from an American comedian, Chris Rock, who once said, "You know the world is going crazy when the best rapper is a white guy, the best golfer is a black guy, the tallest guy in the NBA is Chinese." His words prove a point about stereotypes. After all, when it comes to humour, the best jokes are the ones where we can laugh at ourselves.

- () 1. Why is the joke in the first paragraph funny?

- A. It has won an award at a UK arts and culture festival.
- B. It uses a pun on the word "change".
- C. You have to think about it first.
- D. It is a classic British joke.

- () 2. What kind of joke do Americans most probably tell?

- A. They may tell a joke about gender differences.
- B. They may tell a joke about their new coins.
- C. They may tell a joke showing a dry sense of humour.
- D. They may tell a joke when you least expect it.

- () 3. What kind of stereotypes did Chris Rock point out?

- A. Good rappers are usually white.
- B. White people are good at playing golf.
- C. Chinese people are taller than Americans.
- D. Humour can help overcome cultural differences.

- () 4. Which of the following statements is TRUE according to the passage?

- A. The British don't like all change.
- B. It is not difficult for us to understand a classic British joke.
- C. American humour helps people overcome their differences.
- D. Americans never laugh at themselves.

Ⅶ 阅读七选五

The classroom environment offers many ways to include fun and laughter in a potentially dull routine, and effective educators make the most of these opportunities. 1. _____.

Lighten the atmosphere.

Humour can be used to enrich literacy skills, spark creativity, teach critical analysis or just lighten the mood in the classroom. 2. _____. Make fun of yourself and your mistakes. This can make students smile and has the added benefit of showing students that teachers are humans. Use current music and sports subjects in teaching examples to engage students and introduce a fun cultural reference into the usually somber atmosphere of school.

Use humour in the media.

3. _____. Take advantage of political cartoons to analyse historical events or trends and begin a debate. Humorous authors and reporters in the media can be used as models for writing jobs or oral presentations.

4. _____.

Children can fill in the words the cartoon characters might say, and then transfer those actual words to a story using quotation marks. Comics also can be used to teach literary devices such as puns, metaphors and symbolism. Children can create their own comics combining imagery from word pairs, a cartoon mouse using a computer mouse, for instance.

The learning benefits of humour.

5. _____. Humour is found to be an important entryway into improving social connections with others. Brains might be able to be trained to interpret a difficult situation in a humorous way in order to help the body cope with stressful circumstances.

A. Keep a cartoon and joke file

B. Young students laugh in a classroom

C. Include happy remarks throughout lessons

D. Find humour from the behaviour of students

E. Humour is a kind of daily show for teachers

F. Humour can improve learning and strengthen memories

G. Newspapers provide points for issues on current events

Ⅷ 语法填空

As the saying goes, “Laughter is the best medicine.” In troubling times, good humour is in need more than ever. Doctors and medical staff are including it in 1. _____ (they) care treatments. One product of this kind is the healthcare clown (小丑) around the globe. There is even 2. _____ organization that sets standards. The European Federation of Healthcare Clown Organizations 3. _____ (found) in 2011. It says, “Healthcare clowns 4. _____ make contact through humour bring moments of 5. _____ (happy) to children and some adults with illnesses or special needs.”

After a special ward (病房) opened in Jerusalem, one healthcare clown decided to help patients by 6. _____ (use) her humour. She wanted to cheer the patients up, reduce their anxiety and improve their health. She enjoyed working alongside doctors and said, “7. _____ (obvious), the doctors take care of the body and we come in and take care of the soul.”

Healthcare clowns are carefully chosen. Professional 8. _____ (performer) have to receive special training before working with children in the healthcare environment. “I can see close up the effect the clowns have 9. _____ sick children. They help the patients have a good mood. It’s necessary for the public 10. _____ (realize) the role of healthcare clowns,” a doctor said.

班级

姓名

题号

答案区

1

2

3

4

七选五

1

2

3

4

5

Period Two Lesson 1 What's So Funny? (Reading)

课内基础巩固

❶ 单词拼写

1. I walk through the doors into the waiting area, where there's a familiar _____ (氛围) of boredom and tension.
2. Half a century later it remains a book that _____ (值得) to be reread today.
3. I turned around to thank the _____ (中年的) man, only to find he was nowhere to be found.
4. At the sight of the pleasant surprise, Rachel jumped with joy and _____ (尖叫) with excitement.
5. A _____, there will be a free discussion where students will be free to ask some questions.
6. The park has plenty of restaurants with tasty food for every a _____.

❷ 单句填空

1. As your _____ (faith) friend, you can rely on my support under any circumstances.
2. The company made an _____ (announce) that it would revise its product design to address safety concerns.
3. Devoted to _____ (science) research on greenhouse gas emissions, the expert worked around the clock.
4. Her warm smile put me at ease and we spent two hours talking _____ (casual).
5. One very old method used in the investigation of past climatic conditions involves the _____ (measure) of water levels in ancient lakes.
6. My mother does a circuit of the rural villages to provide medical treatment, help those with disabilities, and provide _____ (consult) and training for local doctors.
7. The little girl's _____ (innocence) eyes fixed on me, I **anxiously** searched for some

cash, only to find the credit cards.

8. As she _____ (bleed) too much, the old woman faced the risk of losing her life.
9. Now that you can't see the blackboard clearly, you'd better have your eyesight _____ (examine).
10. Mountain climbing is becoming popular, but it's also a _____ (potential) dangerous sport.

❸ 短语填空

1. Emily _____ (向上看) at her mother and told her what she had experienced.
2. You'd better _____ (求助于) your classmates or teachers for help when you come across difficulty in your study.
3. I won't _____ (泄露) any **plot** surprises; read the review in the paper if you want to know them.
4. Thinking of his quarrel with his mother, he still _____ (感到沮丧) and hopeless.
5. _____ (根据) a recent survey of senior high school students' lifestyles, almost one fifth of teenagers regularly skip meals.
6. Unable to believe the staggering price, the boy _____ (惊讶地又看了一眼).

❹ 句型训练

1. Jack _____ the power cut occurred.
杰克正在实验室工作,这时停电了。
2. Nervous and **anxious**, Zahra wondered _____ what she was expecting.
萨拉又紧张又焦虑,不知道哥哥带来的是不是她所期待的东西。
3. I was ashamed of _____.
我为我所做的事感到羞愧。

Ⅴ 完形填空

Last summer, my family had a vacation that left a lasting impact on me. Our family is a tight-knit (紧密的) group, each member with their unique 1. My mother stands out with her cheerful and humorous 2. Her personality has a way of 3 any situation, making her the heart and soul of our adventures.

During our journey, we 4 a situation that showed my mother's kindness and humour. We had just arrived at a little town when we 5 a lost tourist looking bewildered (不知所措的). Most people would have walked by, but not my mum. She 6 the stranger with a warm smile and started a 7. Her sense of humour and friendliness 8 put the traveller at ease.

As we listened to their conversation, I realized the importance of extending a helping hand to those in need, even to 9. Finally with my mum's help, the tourist was reunited with her partners. It was a heart-warming moment that taught me the power of kindness, humour, and the beauty of human 10.

Throughout the trip, I 11 how my mother's positive attitude and willingness to lend a hand made our journey smoother and more 12. She taught me that life's adventures are not just about the 13 but also discovering valuable life along the way.

Looking back, I 14 myself on having such a loving family. And the trip was such a 15 experience.

- ()1. A. height B. characteristic
C. plan D. wealth

- ()2. A. nature B. blood
C. duty D. interest
- ()3. A. setting aside B. appealing to
C. brightening up D. taking up
- ()4. A. foresaw B. evaluated
C. created D. encountered
- ()5. A. spotted B. accepted
C. questioned D. dropped
- ()6. A. prevented B. approached
C. recognized D. impressed
- ()7. A. trouble B. silence
C. conversation D. experiment
- ()8. A. slightly B. hardly
C. instantly D. truly
- ()9. A. neighbours B. co-workers
C. producers D. strangers
- ()10. A. qualification B. connection
C. commitment D. responsibility
- ()11. A. expected B. explained
C. regretted D. observed
- ()12. A. changeable B. normal
C. enjoyable D. difficult
- ()13. A. destinations B. devotion
C. resistance D. predictions
- ()14. A. press B. pride
C. charge D. challenge
- ()15. A. distant B. risky
C. demanding D. memorable

Ⅵ 阅读七选五

**How to master anxiety with humour
and laughter**

Anxious people very often take themselves and their difficulties too seriously. Having a good laugh is a great way to lighten up. 1. _____

It gets your heart and lungs functioning fast and relaxes your diaphragm—the layer of muscle between your lungs and stomach, which, when you're anxious, spends a lot of time being hard and tense.

Besides getting you to laugh for a moment, good jokes also help break through black and white thinking and open you up to different expectations. When you hear or read a funny story or joke, you are already expecting the unexpected. 2. _____ Momentarily, at least, you have changed your mindset.

3. _____ Note them down so that you can look at them to help break you out of anxious thinking at a later day. Remembering funny experiences from the past is especially helpful because, very often, they weren't the least bit funny at the time. Maybe you locked yourself out of your home with no money or clothes on. It is a good reminder that even disasters aren't as extreme as they seem at the time—they can be laughed about when we view them in another way.

On average, happy children laugh over 300 times a day but adults less than 20. 4. _____

If you have been sad or unhappy, try watching a comedy or reading a book that makes you laugh. Or go for a walk and keep an eye out for something that will at least make you smile—the actions of dogs playing in the park, for instance, or something a young child says. 5. _____

- A. It is also a good way to have fun.
B. You can get much more fun than usual from a joke book.
C. So, set yourself the pleasant task of laughing at least five times a day.
D. It can either be a development you can't

predict or a clever punchline.

- E. Remind yourself of the 10 funniest things that have ever happened to you.
F. More than that, it is an excellent way of reducing the stress your body goes through.
G. After all, looking out for the funnier side of life will offer you benefits more than just amusement.

Ⅶ 语法填空

Humour has been an essential part of human 1. _____ (behave) for thousands of years. Medieval writings are filled with jokes, which might not be as funny to us now as they were then. But their authors 2. _____ (understand) that humour could not only entertain, but also throw new light 3. _____ sensitive or emotive issues.

Of all the writers in modern times, the 4. _____ (typical) humorists are Mark Twain and Lin Yutang. The former is an American novelist, 5. _____ is famous for his particular style of writing—funny and often mischievous, while the latter, a bilingual writer, is well-known for his unique brand of humour. Lin 6. _____ (creative) borrowed “yumo” from Ancient Chinese as the translation for “humour”. Meanwhile, both of them 7. _____ (remember) for their witty and humorous 8. _____ (remark) in the everyday interactions with people.

Humour plays 9. _____ important part in our life. 10. _____ (share) jokes and laughing together can bring individuals and even communities together. Some people argue that our need for humour is almost as great as our need for water and air. In the words of Mark Twain, “Humour is mankind's greatest blessing.”

Period Three Lesson 2 Why Do We Need Humour?

课内基础巩固

❶ 单词拼写

1. Zheng He's seven voyages had a _____ (影响深远的) impact on China and its neighbours.
2. I _____ (脸红) to think what a fool I made of myself.
3. In just five months, astronauts could lose a **significant** amount of _____ (肌肉) and bone mass.
4. Active people tend to have better _____ (免疫的) systems and are at lower risk of diseases.

❷ 单句填空

1. Jogging can remove your stress and _____ (tense) and keep you relaxed, which contributes to your **physical** and mental health.
2. _____ (infect) rates went up steadily, and in the course of the outbreak, about 8,000 people were **infected** over nine months.
3. "Scoring an own goal" in football means _____ (accidental) kicking or heading the ball into one's own net.
4. The _____ (psychology) research shows that **facial** expressions contain more emotion information than sounds.
5. Rani **blushed** with _____ (embarrass) when she admitted it was her fault.
6. Eating a **balanced** meal will keep you _____ (energise) throughout the day.

❸ 短语填空

1. A study reported last fall suggests that having a pet dog not only raises your spirits but also _____ (对……有影响) your eating habits.
2. Sorry to hear that you are _____

(心情不好) and can't get used to life in senior high school.

3. _____ (例如), the latest weather-tracking computer programs give people lots of warnings about **potential** natural disasters, which saves many lives.
4. Teenagers can greatly _____ (从……中受益) participating in team sports, as it helps them develop teamwork skills.
5. I was tired of his silly jokes _____ (嘲笑我).
6. A book on one of the shelves _____ (引起了我的注意), and I picked it up.
7. She leaned over and _____ something _____ (在他耳边低语).
8. It's more serious than you think, so please don't _____ (就……开玩笑) it.

❹ 句型训练

1. _____ a big stone was pressing me here. I needed to go out to take a breath. 我觉得这儿好像有一块大石头在压着我,我需要出去喘口气。
2. Besides, the use of the language is striking, _____ (定语从句) 此外,影片的语言运用也很有冲击力,这也使这部影片获得了成功。
3. Please choose to be positive _____ 即使你正承受着压力,也请选择保持积极的心态。
4. The most important thing is _____ (表语从句) 最重要的事情是你应该尽你最大的努力去帮助那些需要帮助的人。

Ⅶ 阅读理解

A

Humour is the most effective, yet frequently neglected means of handling the difficult situations in our lives. It can be used for patching up differences, apologizing, saying “no”, criticizing, and getting the other fellow to do what you want without his losing face. For some jobs, it is the only tool that can succeed. It is a way to discuss sensitive subjects because a serious dialogue may start a riot. For example, many believe that comedians on television are doing more today for racial and religious tolerance than people in any other forum.

Humour is often the best way to keep a small misunderstanding from escalating (升级) into a big deal. Recently a neighbour of mine had a quarrel with his wife as she drove him to the airport. Airborne, he felt miserable, and he knew she did, too. Two hours after she returned home, she received a long-distance phone call. “Person-to-person for Mrs I. A. Pologize,” intoned the operator. “That’s spelled ‘P’ as in...” In a twinkling (眨眼间), the whole day changed from bad to lovely at both ends of the wire.

An English hostess with a quick wit was giving a formal dinner for eight distinguished guests whom she hoped to enlist (争取) in a major charity drive. Austerity was a fashion in England at the time, and she had asked her children to serve the meal. She knew that anything could happen...and it did, just as her son, with the studied concentration of a tight rope walker, brought in a large roast turkey; he successfully elbowed the swinging dining-room door, but the backswing (回摆) threw the turkey onto the dining-room floor.

The boy stood rooted, the guests staring at their plates. Moving only her head, the hostess looked at her son, “No harm, Daniel,” she said, “just pick him up and take him back to the kitchen...” She enunciated (发音) clearly so he

would think about what she was saying, “and bring in the other one.”

A wink and a one-liner instantly changed the dinner from a red-faced embarrassment to laughter.

- () 1. What is the main idea of the passage?
- Humour is the key to success in our work and lives.
 - Humour enables us to deal with difficult situations effectively.
 - Humour is the best way to criticize someone without his losing face.
 - Humour makes fun of any difficult situation.
- () 2. Which of the following is NOT stated in the passage?
- Comedians on TV are believed to have done a lot in making people more tolerant (容忍的) of racial and religious differences.
 - To deal with difficult situations, humour is the most acceptable and effective means.
 - People often turn to humorous ways when meeting with difficult situations.
 - Only by adopting the means of humour can one succeed in some jobs.
- () 3. What caused the roast turkey to drop onto the floor?
- The backward movement of the door.
 - The son’s rude behaviour.
 - Someone happened to be at the door.
 - The bird raised by the family.
- () 4. What do you think would probably be the result if the hostess got angry and scolded the son?
- It would make the embarrassing situation worse.
 - The son would refuse to serve the guests any more.
 - The son would talk back and make the mother more angry.
 - The guests would leave before the dinner was over.

B

Telling jokes requires intelligence, creativity, imagination and the ability to tell a story, while listening to jokes is more passive behaviour but one that demands attention, intelligence and being in the right mood in order to enjoy jokes. Besides, there are also clear similarities between joke tellers and appreciators. A new study takes this further and tries to find other connections between creating humour and appreciating humour.

The author carried on the cartoon caption (字幕) task. 159 participants were shown more than 30 cartoons without captions and were asked to come up with a funny caption for each one of them. Later, independent judges classified those captions based on how funny they were.

The results showed that those who produced the funniest captions also produced more captions overall. What was more interesting was that creating funny captions was negatively related to appreciation of humour. In other words, funny people tend to find jokes less funny than other people do. It is not clear why this is the case, but it might be because creators of great humour have higher standards of humour creativity and expect higher levels of creativity from people who tell jokes, compared to those who are not so good at creating humour.

Moreover, outgoing people and those who are open to new experiences found the cartoons funnier, but surprisingly, outgoing people are less likely to be funny. This is consistent with my own research that comedians were more introverted than the general population. They usually don't like to express themselves in social situations.

Appreciation and production of humour are two different cognitive (认知的) tasks, each with unique characteristics. This is why when someone tells you he or she has a great sense of humour, you may ask, "Are you good at telling jokes or do you tend to laugh more?"

()5. What qualities do joke tellers and appreciators have in common?

- A. Attention. B. Creativity.
C. Imagination. D. Intelligence.

- ()6. What is Paragraph 2 mainly about?
A. The results of the study.
B. The process of the study.
C. The judgement of the study.
D. The importance of the study.

- ()7. According to the text, outgoing people _____.
A. are good at appreciating humour
B. are more likely to be comedians
C. are more likely to be funny
D. are unwilling to express themselves in social situations

- ()8. What does the underlined word "introverted" in Paragraph 4 mean?
A. Being very successful.
B. Being easy to talk to.
C. Being quiet and shy.
D. Being kind to others.

Ⅷ 语法填空

I have watched hundreds of comedies and my favourite comedian is Adam Richard Sandler, who has risen to fame as "Sandman". I first spotted him 1. _____ (perform) when I watched the movie *Coneheads* with my family. I roared 2. _____ laughter. I don't think I have ever been 3. _____ (amused) in my life. Watching Adam Sandler's performance in this movie led me to watch almost every movie in 4. _____ he has ever acted.

As a freshman in high school, I am stressed, but Adam's movies can easily make me grin from ear 5. _____ ear. In his movies, he always uses some witty tones, which make the movie even more 6. _____ (entertain). What is also 7. _____ (impress) is the stunts (特技) in his movies.

In 8. _____ (conclude), Adam Sandler has inspired me to be in 9. _____ good mood in bad situations. To live a wonderful life and make my future career like Adam Sandler, I have set some goals I deserve 10. _____ (accomplish) throughout school and my life.

班级

姓名

题号
答案区
阅读理解

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Period Four Lesson 3 My Favourite Comedian (Reading)

课内基础巩固

❶ 单词拼写

1. *Records of the Grand Historian* was my first _____ (相遇) with Chinese classical literature.
2. In the last three decades of his life he painted _____ (大部分) scenes from his garden.
3. What was beyond Bobby's expectation was that he quickly _____ (获得) a reputation as a reliable and kind helper.
4. Regarded as a _____ (天才), Albert Einstein was born in Germany on 14 March 1879.
5. People who _____ (咀嚼) too quickly end up eating too much food because they still feel hungry.
6. His movements were _____ (笨拙的) and he had trouble keeping up with the pace of the game.

❷ 单句填空

1. This _____ (create) attracted a lot of attention thanks to its mixture of modern and traditional Chinese elements.
2. When he went outside half an hour later, he was _____ (astonish) to find that the little black lamb was almost white.
3. Music is a _____ (universe) appeal which can touch the hearts of people worldwide.
4. I was appreciative of having a _____ (rely) teammate who contributed significantly to our group assignment.
5. China needs more _____ (talent) young people with a global perspective who are highly competent with languages, have leadership and organizational skills, and have strong cultural awareness.
6. Everyone knows that success _____ (rare) happens overnight.
7. Columbus called the natives living on the

islands Indians because he was _____ (convince) that he was in the East Indies.

8. The children were _____ (amuse) as they watched the clown perform tricks at the circus.
9. The _____ (nation) basketball team won the championship, bringing wild joy to fans across the country.
10. On a _____ (pure) practical level, it is difficult to see how such proposals would work.

❸ 短语填空

1. "I thought you said the film was exciting?" "_____ (反之), I nearly fell asleep halfway through it!"
2. The other members of my team _____ (试图安慰) me, but I barely heard their words.
3. Amy looked at me _____ (担心地) and asked if everything was all right.
4. You can _____ (依赖) him whenever you are in trouble, because he is a noble man.
5. Uncle Thad and his team were _____ (忙着制作) the costumes.

❹ 句型训练

1. _____ made something unusual happen finally. (强调句)
正是他勇敢的心和坚定的信念,才使得不同寻常的事情最终发生。
2. Feeling _____, I buried my face in my hands.
感觉好像其他每个人都在看着我,在嘲笑我,我双手掩面。
3. _____, he just stood there, frightened to death. (分词作状语)
一走进房间,他站在那里,吓坏了。

Ⅴ 完形填空

Having experienced life as both an overweight and now a skinny woman, I have personally seen the differences in the reactions of others towards heavier people. People generally are nicer and less 1 thin people, and 2 those who are overweight at first.

Recently I was up north celebrating my 25th birthday in Muskoka, Ontario. We went into a little 3 and they had lots of clothing, house decorations and novelty items. I overheard a lady laughing and saying to her husband, "George, these napkins (餐巾纸) say 'Every time I hear that 4 word exercise I wash my mouth out with wine'." I walked over and there were other quotes on goods putting down 5.

My first 6 when I saw these novelty items was also to 7, but as a few minutes went by that saying was still 8 me. Exercise is one of the most 9 activities you can do to improve yourself. Nobody should ever put a(n) 10 value on any type of exercise.

When I was heavier, I got 11 at friends who would rather go to the gym than sit on the sofa and watch TV with me. Now after my 12, I see it from the 13 view. People who actually enjoy working out are focusing on themselves, which is so 14 for the overall health. People should stop making negative humour about exercising and start 15 it.

- ()1. A. loyal to
B. sensitive to
C. compassionate with
D. critical of

- ()2. A. rely on
B. look down upon
C. get along with
D. care for
- ()3. A. shop
B. clinic
C. restaurant
D. hotel
- ()4. A. official
B. tender
C. rude
D. old
- ()5. A. business
B. exercise
C. travel
D. consumption
- ()6. A. assumption
B. finding
C. motive
D. reaction
- ()7. A. laugh
B. blame
C. exclaim
D. apologise
- ()8. A. surprising
B. scaring
C. bothering
D. discouraging
- ()9. A. graceful
B. healthy
C. challenging
D. creative
- ()10. A. additional
B. monetary
C. negative
D. emotional
- ()11. A. strict
B. mad
C. confused
D. relieved
- ()12. A. registration
B. graduation
C. presentation
D. transformation
- ()13. A. opposite
B. traditional
C. above
D. common
- ()14. A. bizarre
B. boring
C. important
D. economical
- ()15. A. embracing
B. teaching
C. skipping
D. replacing

Ⅵ 阅读七选五

Humour is a phenomenon influenced by culture. It can be difficult to determine what aspects form a certain sense of humour. How funny somebody finds a certain incident depends on many aspects including age, personal

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experiences, level of education and geographical locations. A nation's sense of humour is linked to the historical development of the country.

1. _____

But what about when both countries speak the same mother tongue? Will they then share the same sense of humour or can differences still occur? Let's take the example of Britain and America. 2. _____ To what degree is this true, if at all?

Recent research proves that there are two major differences between British and American sense of humour. 3. _____ However, it's not shared by Americans. For example, if a British man lost his new and favourite mobile phone in the toilet, he just said "Well done! That's just what I need."

4. _____ And that kind of jokes is called negative humour by researchers. British men and women use it on a daily basis, while it is not the case of American humour. What Americans don't understand is the need to use it so frequently. When Americans use negative humour, they tend to state that they were "only kidding".

Although the British really do have a unique sense of humour, quite different to American humour, they can both appreciate the other's sense of humour. Therefore, some shows describe a lifestyle which both Americans and the British alike can relate to. 5. _____

- A. British jokes tend to have a hidden meaning.
- B. Thus humour can't always be conveyed in another country.
- C. Americans and the British often share the same sense of humour.
- D. Humour contrary to what you want to say is regarded as typically British.
- E. The other difference is how frequent to joke about the dark side of life.

F. People say Americans and the British hardly understand each other's jokes.

G. Comedies *The Office* (UK) and *The Office* (USA) gain popularity on both countries.

Ⅶ 语法填空

The humour effect is a cognitive bias (认知偏差) that causes people to remember information better when they regard it as humorous.

For example, when students 1. _____ (teach) a new concept in a humorous way, such as through a funny story, they're generally more likely to remember that concept, compared to if they learn it in a non-humorous manner. Information that has the same effect 2. _____ concepts includes words, sentences, pictures, and 3. _____ (mix) information, such as cartoons and videos.

Humour has various other benefits besides improving memory.

Humour reduces negative emotions, such as 4. _____ (angry) or anxiety, which people might experience when processing certain information.

Humour 5. _____ (lead) to increased interest. Adding humour to the information that you're presenting can make it more interesting and appealing to others. For example, 6. _____ (advertisement) that use humour receive more attention from people.

Humour, when 7. _____ (proper) used in the right circumstances, can improve other people's impression of you. For example, 8. _____ (include) humour in a speech can positively impact the way in 9. _____ listeners understand the speaker. Similarly, using humour can improve people's impression of your warmth 10. _____ competence, especially when you combine it with negative information that you need to tell.

Period Five Grammar

课内基础巩固

❶ 单句填空

1. We _____ (struggle) for days, but things on Elephant Island are going from bad to worse.
2. He was 87 when he passed away, and _____ (work) right up until his last illness.
3. Ladies and gentlemen, I _____ (update) you on the current news at BBC channel 4 at 7:00 pm tomorrow.
4. Given these cultural differences, it comes as no surprise that Canada _____ (celebrate) Multiculturalism Day since 2002.
5. I _____ (sign) an organ donation agreement this time tomorrow.
6. I _____ (play) ping-pong all the morning, so I'm sweating buckets.
7. By spring 1944, the Second World War _____ (spread) across the globe for about five years.
8. By this time tomorrow, she _____ (make) a speech at a convention in Denmark.
9. The dog _____ (bark) for a long time, and I am following the sound to find it.
10. They _____ (search) the area for three days and two nights, but haven't found anybody.

❷ 句型训练

1. I'm afraid I can't go shopping with you this Sunday afternoon because _____ .
我恐怕这个星期天下午不能和你一起去购物了,因为那时我正参加讲座。

2. People _____ through art for thousands of years.
人们数千年来一直在通过艺术表达自己的思想和理念。
3. She _____ and was very tired.
她整天都在一直工作,非常累。
4. The organization _____ .
该组织一直在采取各种措施来拯救濒危动植物。

❸ 语篇填空

For the first time in the history of Peking Opera, four women performed a piece in the China National Peking Opera Company(CNPOC) 1. _____ May 27th at Shanghai's Majestic Theatre. The Peking Opera performance was one of the 51 2. _____ (production) showed at the 12th China Art Festival in Shanghai. The CNPOC brought together three stories 3. _____ (base) on events during the Red Army's Long March. "They are stories about the 4. _____ (brave) of the Red Army during the Long March," says Song Chen, head of the CNPOC. "In the play, you can see 5. _____ these soldiers do to sacrifice themselves to help others. People will be 6. _____ (deep) touched by their faith and devotion."

One of the stories is about three women soldiers 7. _____ (stay) for a night at a farmer's home in a village. They sleep in the home of a local woman named Xu Jiexiu, and feel sorry for her poor living conditions. When

they leave the next morning, a soldier uses a pair of scissors 8. _____ (cut) the only quilt she has, leaving half of it for the village woman.

Peking Opera styles 9. _____

(develop) over hundreds of years, 10. _____ creates a wide range of roles, each featuring distinctive methods of performances and singing styles.

课后素养提升

Ⅳ 阅读理解

A

The British are known for their sense of humour. However, it is often difficult for foreigners to understand their jokes. The reason is that the British often use understatement.

Understatement means saying less than you think or feel. For example, if someone gets very wet in a shower of rain, he might say, "It's a little damp (潮湿的) outside." Or, if someone is very impolite and shouts at another person, someone else might say, "She isn't exactly friendly." Understatement is often used in an unpleasant situation or to make another person look silly. Understatement plays an important part in British humour.

Another key to understanding British humour is that the British like to make fun of themselves as well as others. They often laugh about the silly and unpleasant things that happen to their everyday life when someone accidentally falls over in the street. They also like to make jokes about people from different classes of society. They like to make jokes about their accents, the way they dress and the way they behave. What's more, the British love to watch comedies (喜剧) about people who do not know how to behave in society. The comedy series *Mr Bean* is a good example of this kind of humour.

Mr Bean doesn't talk often, and instead he uses his body movements and facial expressions to make people laugh. Perhaps what makes Mr

Bean so funny is that he does things that adults in the real world cannot do. *Mr Bean* is popular in many countries around the world because you do not have to speak English to understand the humour. Because of this, many people have become familiar with the British sense of humour.

- () 1. Why is it difficult for foreigners to understand British jokes?
- A. The British often enlarge the fact.
B. British jokes are connected with many different cultures.
C. British jokes are not as funny as jokes in other countries.
D. The British usually use understatement.
- () 2. The author explains understatement by _____.
- A. describing a process
B. making comparisons
C. following the time order
D. using examples
- () 3. Mr Bean makes people laugh by _____.
- A. using his body movements and facial expressions
B. making jokes about others' accent
C. copying how others behave
D. telling funny stories
- () 4. What can be the best title for the text?
- A. British humour in comedy
B. Humour in different cultures
C. Understanding British humour
D. Developing your sense of humour

B

You've probably heard the saying, "Laughter is the best medicine." Comedy on Referral has taken that idea and run with it, using stand-up comedy to help treat people struggling with depression and anxiety in partnership with the NHS.

The idea stemmed from comedian Angie Belcher's experiences of teaching comedy at University of Bristol. She found that students often told her how much stronger and more resilient (恢复力强的) they were thanks to stand-up comedy.

Inspired, she teamed up with the NHS in Bristol to create a six-week comedy course for patients struggling with depression in January 2022. Following the success of this initial course, Comedy on Referral won NHS funding to help men at risk of killing themselves in London.

Belcher will work alongside psychologists and men who have experienced self-killing events to use comedy as a form of therapy (疗法).

Talking to the *Bristol Post*, Belcher said, "Past depressions are perfect for comedy. Comedy doesn't come from the happy, perfect moments of your life, but from our everyday struggles and major life events. People who've been through big life experiences such as the death of a close relation and ill health often can't wait to tell me their story, mostly because there's always something strangely funny about the situation."

Research has shown that laughter has positive psychological effects, such as decreasing levels of cortisol (the stress hormone) and increasing endorphins (chemicals making you feel relaxed).

It can even have physiological benefits, although less research has been done in this

area. Current research has linked laughter and humour with increased levels of pain tolerance as well as short-term cardiovascular (心血管的) benefits. More research is needed to prove these findings.

Nonetheless, the mental health benefits of regular laughter are widely accepted, and using comedy to treat mental health struggles could be a real breakthrough in the treatment of mental health.

- () 5. Why is the saying used at the beginning of the text?
- A. To attract readers' attention.
 - B. To introduce the topic.
 - C. To demonstrate a theory.
 - D. To present a statement.
- () 6. What did teaching comedy inspire Angie Belcher to do?
- A. She set up a new company for the struggling patients.
 - B. She took an effort to run after the success of her course.
 - C. She created a six-week comedy course for related patients.
 - D. She raised money to help men at risk of killing themselves.
- () 7. What is the benefit of the research on laughter?
- A. Bringing the depressed at ease.
 - B. Making struggling patients energetic.
 - C. Building up the patients' willpower.
 - D. Ensuring the patients to be pain-free.
- () 8. What is probably the best title of this text?
- A. Using stand-up comedy improves well-being
 - B. Depression and anxiety can be cured now
 - C. The initial course proves to be successful
 - D. Laughter is actually being used as medicine

班级

姓名

题号
答案区
阅读理解

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