

练习删

主编 肖德好 高中英语

细分课时

分层设计

落实基础

突出重点

详答单本

选择性必修第三册 WY







培养核心素养,聚焦主题语境

导学案

Unit 1 Face values

主题素养积累

Is there a universal definition of beauty? The question arises from whether beauty is universal. Suppose you agree that Michelangelo's *David* and a Van Gogh's self-portrait are beautiful—do such beauties have something in common? Is there a single shared quality that we experience in both of them? And is this beauty the very same as one experiences when gazing at the Grand Canyon from its edge or listening to Beethoven's *Ninth Symphony*?

If beauty is universal, as for example, Plato maintained, it is reasonable to hold that we do not know it through the senses. Indeed, the subjects in question are quite different and are also known in different ways. If there is something in common among those subjects, it cannot be what is known through the senses.

But, is there really something common to all experiences of beauty? Compare the beauty of an oil

Do humans praise beauty because it gives pleasure? Is a life **dedicated to** the search for beauty worth living? These are some fundamental questions in philosophy.

Beauty can also be regarded as a value, one of the dearest to humans. And fine works of art are preserved and presented as valuable in themselves. There is no question that human beings value, engage with, and desire beauty—simply because it is beautiful.

【主题词句背诵】

- 1. a single shared quality 共有的一个特征
- 2. maintain vt. 坚持认为
- 3. through the senses 通过感官
- **4**. have no single common element
- 没有一个共同要素
- **5**. attribute n. 属性,特征
- **6**. attach... to... 把 附 在 上
- 7. (be) dedicated to 致力于



夯实语言基础,搭建知识框架

词汇点睛

1. enlarge v.(使)增大,扩大

(教材 P2) So, ever since I discovered selfie apps that could remove my freckles, **enlarge** my eyes and even slim my jawline, I have become addicted. 所以,自从我发现了可以消除雀斑、放大眼睛,甚至可以修瘦下巴轮廓的自拍应用程序后,我就上瘾了。

词缀 en-,-en 可以作为前缀或者后缀,放在某些 形容词或名词前后,构成动词。

endanger	危及
encourage	鼓励
enable	使能够
enrich	充实
ensure	确保
sharpen	使锋利
weaken	削弱
broaden	拓宽

句型透视

1. (教材 P2)As a song in *Ugly Betty* puts it, "It's a pretty person's world". 正如《丑女贝蒂》 里的一首歌所唱的那样,"这是个看脸的世界"。

句型公式

as 引导定语从句

【句式点拨】

as 有"正如,就像"之意,引导非限制性定语从句,put 意为"表达,说",as sb put(s) it 意为"正如某人所说"。

【相关拓展】

as 引导的非限制性定语从句,常用于像 as we all know, as it is known, as is said above, as is mentioned above, as is usual, as is often the case, as is reported in the newspaper 等句式中。as 引导的从句位置比较灵活,可位于句首,也可置于主句中间,通常由 逗 号将 其 与 主 句 隔 开,表示"正 如/就像……"。

多维度设置练习,精选语篇,针对有效



课内基础巩固

● 单词拼写

- 1. With a critical review of our current strategies, we were able to identify areas for improvement, which in turn _________(促进) our overall performance.
- 2. Given that I cannot afford to overlook the side effects of those weight-loss _______(药丸), I decided not to eat them at last.
- 3. I _____ (对 ······ 判 断 错 误) the situation, which led me to reevaluate my decisions and take a different path forward.
- **4.** Two of his roommates are twins, and they are so i_____ that he can hardly distinguish them.

	(take) vacations, partiy				
	because they fear they may not have a job to				
	come back to if they do.				
6.	Being (addict) to online games				
	has affected his normal life.				
7.	Her (obsess) need for				
	perfection caused her to spend hours				
	arranging and rearranging the items in her				
	house.				
8.	With low-carbohydrate diets rising in				
	popularity in recent years, now the potato				
	(overlook) in favour of				

(take) vecetions partly

课后素养提升

● 阅读理解

「2024・安徽合肥高二期中]

I opened my car window and called out "Ma'am! Ma'am!" The only lady in the parking lot looked around until she saw me. "I just want to tell you how nice you look today," I said. "The colours you have on are beautiful on you." Her face registered surprise for a second, and then she smiled. "Thank you!" she called back. Her final steps to her car seemed lighter, and I smiled to myself.

I grew up with very few cheerleaders in my own life. When I was in the middle of fighting a battle for my life, I had been diagnosed depression, along with anxiety. It has taken many years and more effort and

learned from our role models to be quiet. We downplay (淡化) our own achievements even when we do receive a rare compliment (称赞). Now, when I compliment someone and she denies, I say to her, "Just say thank you." Most women are relieved that they don't have to deny the compliment; they can accept the praise without guilt.

Cheerleading doesn't require any skills. It only takes a few seconds, although you do have to remind yourself to do it. Eventually, it becomes a habit.

- ()1. How did the lady feel after hearing the author's praise?
 - A. Delighted.

other vegetables.

- B. Anxious.
- C. Relaxed.
- D. Worried.

重视新高考写作,熟练高考新题型

● 写作

第一节 应用文写作

假定你是某国际学校的学生李华,学校最近正在举行"最美学生"评选活动,请按下列要求用英语给组委会写一封信,推荐你身边的一位同学参选。内容主要包括:

- 1. 你认为"最美学生"应具有的品质;
- 2. 你推荐这位同学的理由。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

第二节 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。

Beautiful birthmarks: the power of acceptance

Whenever you hear the word "birthmark" (胎记), you probably think of one of those black or brown spots you have somewhere on your body. However, for me, it's completely different—I have them both on my lips and inside my mouth, which make them quite visible and ugly to me.

When I was young, these birthmarks kept

练 058

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Unit 1 Face values

★ 提示: 加底纹词汇为复现词汇

Period One Starting out & Understanding ideas

课内基础巩固

0	单词拼写		(take) vacations, partly
1.	With a critical review of our current		because they fear they may not have a job to
	strategies, we were able to identify areas		come back to if they do.
	for improvement, which in turn	6.	Being (addict) to online games
	(促进)our overall performance.		has affected his normal life.
2.	Given that I cannot afford to overlook the	7.	Her (obsess) need for
	side effects of those weight-loss		perfection caused her to spend hours
	(药丸), I decided not to eat them at last.		arranging and rearranging the items in her
3.	I (对 ······ 判 断 错 误) the		house.
	situation, which led me to reevaluate my	8.	With low-carbohydrate diets rising in
	decisions and take a different path forward.		popularity in recent years, now the potato
4.	Two of his roommates are twins, and they		(overlook) in favour of
	are so i that he can hardly		other vegetables.
	distinguish them.		短语填空
5.	We discussed the pros and cons of d	1.	(日复一日), the loud
	life, and all of us agree that living with		construction noise bothered the residents
	roommates will bring us an interesting		of the neighbouring apartment building.
	memory.	2.	When drivers are tired after long journeys,
•	单句填空		they (往往) drive carelessly
_	It (acknowledge) that		and even cause some accidents.
•	students should be evaluated in terms of the	3.	She used to(用尽各种办法)
	overall quality.		to eliminate freckles on her face, but in vain.
2.	(skin) models are not encouraged	4.	At present, our nation
	in some areas nowadays, which may		(正起到越来越重要
	influence young people's healthy living	_	的作用) in the international community.
	habits.	5.	Tiredness often leads to
3.	Naughty students tend to pretend		(缺少) concentration especially when the lecture is very boring.
	(study) when teachers come into	0	
	the classroom.	1.	Feeling dizzy, Zhang Yue took a deep breath
4.	The English language always borrows words	'.	as she struggled to finish her presentation,
	and phrases from other cultures to		"And I need your help in
	(large) its vocabulary.		turning my new and exciting business into a
5.	Many American workers don't even bother		successful one."

张悦感到一阵眩晕,做了个深呼吸,努力完 成她的陈述,"那就是为什么我需要你们的 帮助,使我的新的、激动人心的生意获得 成功。"

2. He has been trying to make up for the damage, .(非谓语)

他一直在努力弥补损失,希望得到原谅。

3. "Opportunities don't come to people; only people look for opportunities." 正如狄更斯(Dickens)所说,"机会不会上门

来找人;只有人去找机会。"

课后素养提升

● 阅读理解

「2024·安徽合肥高二期中】

I opened my car window and called out "Ma'am! Ma'am!" The only lady in the parking lot looked around until she saw me. "I just want to tell you how nice you look today," I said. "The colours you have on are beautiful on you." Her face registered surprise for a second, and then she smiled. "Thank you!" she called back. Her final steps to her car seemed lighter, and I smiled to myself.

I grew up with very few cheerleaders in my own life. When I was in the middle of fighting a battle for my life, I had been diagnosed depression, along with anxiety. It has taken many years and more effort and determination than I thought I was capable of recovering from this illness. With cheerleaders in my court, I fought this battle alone. I am proud of the progress I have made thus far. There are times when I thought, if only I had had someone to hold me and say, "Susan, I believe in you. You can do this, and I'll be there every step of the way." I wonder how much sooner I would have recovered. I'll never know.

So I have made it a point in recent years to praise people, especially women and girls. Instead of just thinking that someone looks nice or does a great job, I say it out loud. It doesn't take long, and it's easy. So, I wonder, why don't more people do this? As women, we have

learned from our role models to be quiet. We downplay (淡化) our own achievements even when we do receive a rare compliment (称赞). Now, when I compliment someone and she denies, I say to her, "Just say thank you." Most women are relieved that they don't have to deny the compliment; they can accept the praise without guilt.

Cheerleading doesn't require any skills. It only takes a few seconds, although you do have to remind yourself to do it. Eventually, it becomes a habit.

- ()1. How did the lady feel after hearing the author's praise?
 - A. Delighted.
- B. Anxious.
- C. Relaxed.
- D. Worried.
- ()2. What made the author become a cheerleader?
 - A. Her experiences.
 - B. Her habit.
 - C. Her personality.
 - D. Her ambition.
-)3. What does the author hope when she praises someone?
 - A. She can be rewarded.
 - B. She can be appreciated.
 - C. They can accept the praise.
 - D. They should say something.
- ()4. Which of the following best describes the author?
 - A. Caring.
- B. Brave.
- C. Outgoing.
- D. Honest.

₩ 阅读七选五

[2024·江苏南京航空航天大学附属高级中学高二月考]

Aesthetic (审美的) education aims to improve aesthetic awareness, experience aesthetic qualities, encourage aesthetic creativity, and promote aesthetic judgement.

In order for kids to be able to appreciate natural wonders, shapes and pictures, they must be able to first notice them. This is why the development of the ability to notice the beautiful is the primary task of aesthetic education. 1. ______ Kids are incapable of noticing particular shapes if their ability to notice objects and forms is undeveloped. The aesthetic relationship begins with the noticing of aesthetic qualities.

2. _____ This means that they make emotional responses like excitement and joy, enriching individuals' emotional lives and inspiring artistic expression. The ability to experience feelings aesthetically must also be developed. The cognitive (认知的) elements of the processes that we experience during noticing must also include emotional tones with which we form impressions. 3. _____ The aim of this task is, with the aid of aesthetic qualities, to enrich the emotional life of children and young people and the development of a sense of aesthetic values.

It is essential to allow children to participate in activities that will develop their creative abilities. This is not so much about producing aesthetic abilities in the sense of training artists. 4. _____ We are not simply born with those abilities which have to be developed.

Judging or evaluating aesthetic qualities demands formed evaluation criteria. In order for beauty to reveal its true value, we must be familiar with its particularities. Throughout the process of aesthetic education, various types of knowledge, abilities and evaluation criteria must be applied. 5.

- A. Beauty can be found all around us.
- B. Aesthetic qualities have to be felt.
- C. The beautiful will be likely to be created.
- D. And it is these that the aesthetic experience is built upon.
- E. In some way, this is the ability to perceive aesthetic qualities.
- F. This way, the child will develop the foundations for assessing the beautiful.
- G. Instead, it is about creativity in the creation of aesthetic values in everyday life.

● 语法填空

When we meet people for the first time, we often judge them by their 1. ______ (appear) to form a first impression of them. This impression is based on 2. _____ we see and hear, rather than on who they actually 3. _____ (be). In other words, it is based on their "face value".

Of course, face value is not always accurate. People can be very different 4. _____ how they appear on the surface. Someone who looks confident may 5. _____ (actual) be shy and insecure. Someone who appears quiet 6. ____ reserved may be full of energy and enthusiasm. It is important not to judge people by their looks alone.

In fact, 7. _____ (focus) too much on face value can lead to unfair judgements and discrimination. We may stereotype people based on their looks and make assumptions about their abilities or personalities. For example, if we see someone who is overweight, we may assume that they are lazy or lack self-discipline. However, this is not necessarily true.

To avoid falling into this trap, we should focus on getting 8. ______(know) people as individuals. We should spend some time understanding their backgrounds, interests, and personalities. This requires looking beyond face value and considering the whole person. By doing so, we can gain a deeper understanding of 9. ______(other) and form more 10. ______(meaning) relationships.

址					
姓	名				
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阅理	读 解				
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5					

Period Two Using language

课内基础巩固

0	单句填空	人们普遍认为我们能否拥有干净的饮用水
1.	has caused great confusion is how	在于采取什么有效措施。
	he made it without anyone else's help.	3 will get a
2.	It shocked me all my savings had	beautiful gift.
	disappeared overnight due to a wrong	任何参加开幕式的人都会获得一份精美的
	investment scheme.	礼品。
3.	they didn't reach an agreement	4. It is not clear
	last weekend was totally contrary to the	·
	reason that we had expected.	这个人为什么没有早些报告这起事故还不
4.	player will win the championship	清楚。
	is still unclear, for it is a close match.	5
5.	She underwent a careful makeover. It is no	interested all of us.
	wonder she received compliments	他如何成功地解决了这个富有挑战性的问
	from everyone at the party.	题让我们都很感兴趣。
6.	decision he makes about his future	● 语篇型语法填空
	career will win great support of his family.	Nowadays, Chinese people 1.
7.		(impress) by the progress of our country,
	been important drivers of human progress is	which is extremely exciting. We 2.
	deeply rooted in our social values.	(make) great progress in science and technology in
8.	will be selected to be the new	the past decades, especially in space exploration.
	general engineer is unknown.	We conquered the space, and the conquest
9.	It is reported the findings have	represents a visible proof of our nation's
	uncovered the truth that will otherwise	3 (strong).
	remain hidden.	The advances in space technology will be
10	. Exactly the potato was	4 (benefit) to us in the long run.
	introduced into Europe is uncertain, but it	Thanks to communication satellites, we can see
	was probably around 1565.	television pictures transmitted (传送) across the globe, and we can communicate with our
•	语法+写作	friends and business partners 5. are
1.	was that her	far away from us. Without exploring the space,
	works of art soon became famous and were	we could never figure out its mysteries or
	on display in the British Museum.	broaden our horizons far beyond the boundary of
	最使我们吃惊的是,她的艺术作品很快就出	6 planet Earth.
	名了,并在大英博物馆展出。	Besides, 7 distinguishes us from
2.	It is acknowledged that	animals is that we know we need to explore.
	lies in what effective	8. (actual), the space technology is
	measures will be taken.	not only the search for knowledge but also a

mirror of the development of our nation. We are proud of our motherland, and we will devote ourselves to 9. (develop) our country.

China is growing stronger and stronger, and it will never fall behind in the progress of

to new 10. _____ (breakthrough), and we believe they will come up in the near future.

B. dance

课后素养提升

● 完形填空

I was born with facial differences. My first surgery was when I was 3. That same year, I started __1__ lessons when my mum signed me up to learn ballet. My mum said, "When you're on stage, no one __2_ your face," and what I think she __3__ was, "When you're on stage, people can look past your difference and __4_ you for who you are."

It's a daily experience for people with facial differences to get <u>8</u> questions like, "What happened to your face?"—that's very <u>9</u>, which I think is so messed up. I see <u>10</u> a lot when strangers are asking these questions.

I want people to examine their deeply held belief about what they <u>11</u> is beautiful and worthy of adoration and ask why. Why do we devalue people based only on what they <u>12</u>?

than different from yourself.

()**1**. A. piano

C. acting D. violin)2. A. notices B. acknowledges C. values D. anticipates)3. A. affected B. predicted C. chose D. meant)4. A. see B. help C. need D. change)**5**. A. self-critical B. resistant C. awesome D. grateful)6. A. Instead B. Therefore C. Otherwise D. However)7. A. families B. faces C. chances D. lives)8. A. exciting B. amusing C. disturbing D. bizarre **9.** A. complex B. important C. common D. practical)10. A. hope B. pity C. panic D. pain)**11**. A. think B. recall C. demand D. obtain)**12**. A. rely on B. decide on D. look like C. put aside

) 13. A. expression

)14. A. recognizing

)**15**. A. unique

C. difference

C. boosting

C. obvious

B. personality

D. background

B. announcing

D. classifying

D. desperate

B. similar

班级 姓名 10 11 13 14 15 七选五

♥ 阅读七选五

[2024·湖北武汉常青联合体高二期中]

Life isn't fair. Some people just seem blessed with the ability to effortlessly charm anyone they meet. Well, it might seem like magical power, but in fact there are a number of factors at work. 1. ______ The answer is: to a large extent, yes you can.

But first, the bad news. People initially judge each other based purely on physical appearance. With just a glimpse of a face, people make snap judgements about each other's likeability, trustworthiness and confidence. How should we deal with this? 2.

People perceive a smiling face as more trustworthy, warmer and sociable. It sounds like common sense, doesn't it? Smile and others will smile at you.

What other tricks might we have?

3. _____ Consequently, three things we can do to signal that we are not a threat are to: raise our eyebrows quickly, tilt (仰起) our heads slightly, and once again, to smile.

So we've looked at body language, but of course what you say is hugely important too, unless you want to just stand there grinning foolishly. The golden rule of friendship is if you make people feel good about themselves, they're going to like you. In other words, you should not talk about yourself and all your wonderful achievements. 4.

Finally, finding common ground is good to form a connection. Charming people are particularly skilled at seeking out shared interests or experiences to bond with others. Simple things like asking where someone's from really can open up a discussion and allow you to find areas in common. And if all else fails, you can fall back on that most British of topics: the weather. 5.

- A. It can be a nice start of a conversation.
- B. Instead, you need to show interest in them.
- C. There's one incredibly simple tool: your smile.
- D. So, can you learn to develop superhuman charm?
- E. What good tricks can we employ to become charming?
- F. Shared interests are the key to making connections with others.
- G. Our brains often survey the environment for friend or enemy signals.

● 语法填空

"Be true to yourself" is a 1
(common) used saying which is used to
encourage individuals to make decisions
according to their own belief. However, there
is no doubt that one should always take into
2 (consider) the thoughts and
opinions of others, because 3 outsider
can often see the situation from a different
point of view, 4 (offer) a different
way of going about the problem, finally causing
things to go in the right direction. John F.
Kennedy during the Cuban Missile Crisis
5 (seek) the advice of others on how
to handle the situation and ended up making the
right decisions. Lily from Edith Wharton's The
House of $Mirth$ was 6 (able) to
listen to the advice of others and consequently
made poor decisions. Asking for the opinions of
others for personal or 7.
(profession) decisions helps one avoid making
the wrong decision.

Though it is important to remain true to 8. _____ each of us truly believes in, we are expected 9. ____ (keep) one ear open to objective opinions. Without the thoughts of others, we will find 10. ____ more difficult to see the weakness in our own arguments and without this self-reflection we can never grow.

Period Three Developing ideas

课内基础巩固

❶ 单词拼写	spare no effort to pave the way for their success.
1. We are all humans and we all have a	8. On the plain in front of us, we can just make
responsibility to look after one another's	out a herd of(grace) animals.
(福利).	9. The award-winning(novel) often
2. It was because he deliberately changed his	has three or four books on the go at once.
(口音) that the police misjudged	10. It is encouraging to see so many students
him.	reading regularly, as reading can improve
3. Our(衷心的) compassion goes	(comprehend) skills and
out to the victims of the war.	cultivate imagination.
4. This is widely acknowledged to be a strong	⑩ 短语填空
(动机) for continuing to	1. We carefully the first report
explore space.	(把·····和·····比较) the second
5. Despite experiencing(\$	and had some interesting findings.
人伤心的) betrayals, he remained loyal to	2. They can't solve their problems and are
his principles and refused to compromise his	unable to (适应) the
belief.	changing environment.
● 単句填空	3 . He (爱上) reading
	history books when he was still a pupil.
1. When she saw the monster, the little girl	4. He didn't dare to utter a syllable, having
stood there with a frightened	to nod(默默地).
(express) on her face.	5. There's no point complaining now—we're
2. On the (assume) that I	leaving tomorrow(无论
am chosen to be the chairman of the Students' Union, I will organize more colourful	如何,不管怎样).
after-class activities to enrich our school life.	6 . At the end of last year, the firm
3. A (fright) accident happened	her hard work(用·····报答) an
last night, causing three deaths.	exquisite gift.
4. Volunteers were given a	7. I think people should
(psychology) test, which included a variety	(对······感到同情) the orphans who lost
of questionnaires and problem-solving	their parents during the earthquake.
activities.	8. Why some people see being skinny as
5. A great way to show your(loyal)	beautiful is
to a group of people is to protect them.	(超出了我的理解).
6. She watched me with profound	● 句型训练
(tender), tears swimming in her eyes.	1. Our group was the first
7. I don't think it is right that parents give all	assigned to us thanks to our
their (save) to their children and	cooperation and hard work.
, , , , ,	<u> </u>

由于我们的合作和努力,我们小组第一个完成了分配给我们的农活。

- Please promise me that under no circumstances _____.
 请答应我,在任何情况下你都不会对我撒谎。
- **3**. He leaned backward and moved his eyes away, as if _____.

(省略)

他往后靠了靠,把目光挪开了,好像感觉有 点儿紧张。

4. Tom was timid

a coward . But this time, they saw a brave Tom. (结果状语从句) 汤姆很胆小,所以大家都叫他懦夫。但这一次,他们看到了一个勇敢的汤姆。

课后素养提升

● 阅读理解

[2024·浙江衢温 5+1 联盟高二联考]

Are you an "I person" or an "E person"? These two personality labels in particular are widely discussed online. They are part of a popular personality test called the Myers-Briggs Type Indicator, or MBTI. There are 16 personalities in all, of which "I" and "E" refer to "introverted" and "extroverted" respectively.

Even if someone is typically quiet, many online discussions suggest that an "I person" can still act outgoing at times. For example, when an introverted person is with a group of introverted friends, they might become more social like an "E person".

According to psychologists, this idea of temporarily switching personalities is called "masking". That is hiding your true personality in specific situations. "Human beings want to feel they belong, and they might become people-pleasers to do so," wrote the MasterClass website.

Thinking on this, I may actually be the kind of person that these people are discussing. Most times, I just wish to make the atmosphere more interesting and exciting and show people that I'm easy to get along with. But deep down, I mostly enjoy being alone and quiet.

Using the MBTI result to identify and describe someone's personality seems fun.

However, I went too far at one time. My sister was excitedly making a day-to-day travel plan when I remembered from an article that a "P person" doesn't like to make or stick to plans, so I said to her, "You don't seem like a 'P person'." "Why?" she asked back. "Since when do I need to follow what my personality test tells me to do?" It was then that I realized that I'd taken the result too seriously.

The MBTI personality test may show something you don't know about yourself and can even be a fun ice-breaker question when you meet new friends. And that's all it is—for fun. Knowing someone's MBTI result doesn't mean you really know this person.

- ()1. What does "I person" tend to do?
 - A. Reflecting on problems alone.
 - B. Enjoying gatherings with friends.
 - C. Being active in social situations.
 - D. Trying to chat with complete strangers.
- ()2. Why does an "I person" act like an "E person" sometimes?
 - A. Because he/she wants to be like others.
 - B. Because he/she needs a sense of belonging.
 - C. Because he/she dislikes embarrassing others.
 - D. Because he/she is actually an "E person" deep inside.

- 3. What does the writer mean by saying "I went too far" in Paragraph 5?
 - A. She pushed her sister too much.
 - B. She failed to help her sister follow her
 - C. She believed blindly the result of the personality test.
 - D. She discouraged her sister from making a detailed travel plan.
-)4. What does the writer think about the MBTI?
 - A. It is supposed to be strictly followed.
 - B. It tells you everything about your personality.
 - C. It's an interesting way to start a chat with a stranger.
 - D. It's a reliable approach to telling what type of people a person belongs to.

● 完形填空

[2024 • 江苏扬州红桥高级中学高二期中]

Last year, I started the journey of being a remote product designer. The thought of a 1 schedule, a comfortable home office, and the escape from the crowded public transport was incredibly 2. The first few weeks were filled with a long-lost feeling of 3.

However, the 4 of working from home gradually set in. I had started my day with the best intentions, promising myself quick breaks and regular 5. But deadlines, endless e-mails, and virtual meetings 6 me to my computer throughout the day, leaving me little time to 7. Gone were the short walks to a colleague's desk and the quick lunchtime walks around the office complex. Finally, my world was 8 to the walls of my home, my steps 9 in mere metres rather than kilometres.

One day, I tried 10 one of my favourite dresses and it wasn't passing through my waist at all. Glancing at myself in the mirror, I saw a <u>11</u> person carrying extra weight, rather than someone enjoying freedom.

The 12 of work and personal life had left me feeling like I was a never-ending motion machine.

This incident marked the 13 of a journey of self-discovery. I made up my mind that I needed a(n) 14 not just for my waistline but for my overall well-being. It was a promise to prioritize my physical and mental health, and a commitment that I could control over my life and my body.

- ()**1**. A. tight
- B. regular
- C. full
- D. flexible
- **2.** A. appealing
- B. amusing
- C. challenging
- D. disturbing
-)3. A. direction
- B. security
- C. freedom
- B. rewards

D. responsibility

-)4. A. duties
- D. motives
-)5. A. visits
- B. e-mails
- C. updates

C. problems

- D. stretches
-)**6**. A. tied
- B. boosted
- C. guided
- D. introduced
-)**7**. A. reply
- B. relax
- C. react
- D. read
-)8. A. extended
- B. limited
- C. related
- D. exposed
-)9. A. counted
- B. repeated
- C. watched

- D. followed
-)**10**. A. tidying up
- B. putting aside
- C. fitting into
- D. getting back
-)**11**. A. lazy
 - B. tired
- D. mad
- C. savage)12. A. mix
- B. success

- C. balance
- D. value
-)13. A. distance

- B. memory
- C. beginning
- D. training
-)**14**. A. promise
- B. excuse
- C. answer
- D. change
-)15. A. maintain
- B. ease

- C. remove
- D. regain

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Period Four Writing

● 阅读理解

A [2024·湖北武汉常青联合体高二期中]

The idea that we can have it all and do it all is not new. This myth has been spread for so long, and I believe virtually everyone alive today is infected with it. It is sold in advertising. It is included in university applications that require dozens of extracurricular activities.

What is new is how especially damaging this myth is today, in a time when choices and expectations have increased exponentially (以指 数方式). It results in stressed people trying to stuff more activities into their already overscheduled lives.

The word "priority" came into the English language in the 1400s. It was singular. It meant the very first or prior thing. It stayed singular for the next five hundred years. Only in the 1900s did we pluralize the term and start talking about priorities. Illogically, reasoned that by changing the word we could bend reality. Somehow we would now be able to have multiple "first" things. People routinely try to do just that. This gave the impression of many things being the priority but actually meant nothing was.

When don't we purposefully and deliberately choose where to focus our energies and time, other people will choose for us, and before long we'll have lost sight of everything that is meaningful and important.

Once an Australian nurse named Bronnie Ware, who cared for people in the last twelve weeks of their lives, recorded their most often discussed regrets. At the top of the list: "I wish I'd had the courage to live a life true to myself,

not the life others expected of me." Instead of reacting to the social pressure pulling you to go in a million directions, you should learn a way to focus on what is absolutely essential by getting rid of everything else completely.

- ()1. What does Paragraph 1 mainly talk about?
 - A. The misconception that people can achieve unlimited goals.
 - B. The tolerance for imperfection in all aspects of life.
 - C. The decline in individuals' ability to make decisions.
 - D. The lack of motivation to pursue personal goals.
-)2. Why is the idea that you can have it all particularly harmful?
 - A. It provides individuals with more choices.
 - B. It cultivates a culture of over-consumption.
 - C. It leads to over-scheduling due to social stress.
 - D. It lowers individuals' expectations towards life.
-)3. What are readers encouraged to do in the last paragraph?
 - A. Make the best of their talents.
 - B. Listen to their inner voices.
 - C. Tell the truth instead of lies.
 - D. Extend helping hands to others.
- ()4. Which column of a magazine does the text belong to?
 - A. Entertainment.
 - B. Fashion.
 - C. Humanity.
 - D. Anecdote.

An artificial skin is even better than human skin at sensing objects, because it can detect and identify items that it hasn't touched yet.

Even without touching an object, Wang and his colleagues' artificial skin can sense if it is close by and can also figure out some clues to the type of material it is made of.

The skin is made up of two outer layers of conductive fabric (导电织物) covered with nickel (镍) to serve as electrodes (电极). These surround a porous sponge (多孔海绵), soaked (浸泡) in ionic (离子的) liquid, which acts as a conduit (导管) for electricity. The two layers act as a capacitor (电容器), storing electrical energy in an electric field.

The sensing performance of the capacitor, which Wang claims is between 10 and 100 times more sensitive than a standard capacitor, means it is also able to detect very minor changes in the electric field around the skin, allowing it to sense when objects are near. What's more, those subtle changes can help it identify what type of material a nearby object is made of.

"The process is relatively simple. As the component comes close to contact, it enters the edges of the electric field of the capacitive structure," says Jonathan Aitken at the University of Sheffield, the UK. "There are several interesting future routes," he says, "but at present the skin relies on machine learning techniques to identify how the object it detects compares with data on known materials."

Wang thinks the skin could work on a robotic finger to allow factory robots to better understand which objects to pick up and which to leave without having to grasp them, as well as being useful for prostheses (假体).

- ()5. What might be the function of the artificial skin?
 - A. It can tell the colour of an object.
 - B. It can identify the material of an object.
 - C. It is far better than the human skin in every way.
 - D. It can only detect and identify items that it has touched.
- ()**6**. What do you know about the sensing performance of the capacitor?
 - A. It can tell the exact distance of an object.
 - B. It can sense the object even it is not near.
 - C. It is much more acute than a common capacitor.
 - D. It can sense very big changes in the electric field around the skin.
- ()7. What can you infer from Jonathan Aitken's words?
 - A. The future routes of the skin are limited.
 - B. The skin will be applied to various fields.
 - C. The artificial skin still has room for improvement.
 - D. At present the skin relies on itself to identify the object it detects.
- ()8. What might be the best title of the passage?
 - A. Artificial skin: the future skin of robots
 - B. Artificial skin: a new breakthrough in space
 - C. Artificial skin: a perfect alternative to human skin
 - D. Artificial skin detects nearby objects without even touching them

● 写作

第一节 应用文写作

假定你是某国际学校的学生李华,学校最 近正在举行"最美学生"评选活动,请按下列要 求用英语给组委会写一封信,推荐你身边的一 位同学参选。内容主要包括:

- 1. 你认为"最美学生"应具有的品质;
- 2. 你推荐这位同学的理由。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯。

第二节 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。

Beautiful birthmarks: the power of acceptance

Whenever you hear the word "birthmark" (胎记), you probably think of one of those black or brown spots you have somewhere on your body. However, for me, it's completely different-I have them both on my lips and inside my mouth, which make them quite visible and ugly to me.

When I was young, these birthmarks kept making me feel extremely awkward and selfconscious (难为情的). As these birthmarks always drew a lot of attention, people often asked me, "What are those black marks on your lips?" When I told people that they were birthmarks, they usually said, "How strange!"

In pictures, I used to hide my birthmarks by pursing (撅起) my lips, so I would not have to deal with people's questions. As I was growing up, the situation didn't get any better. In the school, my classmates would always tease me, making me feel hurt and helpless. In society, I often encountered individuals who would inquire about my birthmarks even before

they knew my name.

experiences left feeling Such me disheartened. I felt like people judged me by without considering appearance personality.

My birthmarks are caused by a genetic condition from my mum's side of the family. My mum's mum has birthmarks on her lips, and my mum's uncle and my uncle have some on their bodies. I used to try to cover them up with make-up, but it never looked good. I even consulted a doctor, wanting to have surgery to remove them. But when imagining the process, I would get nervous and eventually give up.

Whenever I cried to my mum about them, she would always comfort me and say, "Learn to accept them and see them as beautiful birthmarks." However, it wasn't easy for me to accept my own birthmarks. Every time I showed my birthmarks, people would look at me with strange eyes. I began to regret why I had given up the surgery and chosen to accept my birthmarks.

注意:续写词数应为150个左右。

Paragraph 1.

	One day, I met my cousin, who also
hac	d a large birthmark on his arm.
-	
Pa	ragraph 2:
	From then on, when I met people,
beg	an to change myself.
Ü	

▶单元小测

Unit 1

0	单句填空		(从头到脚), and then left the meeting room.
1.	When (ask) about your personal	5.	While staying in France last summer, I
	information, you had better not give him the		(偶然遇到)those graceful
	answer.		girls, who danced in the park during a
2.	He pretended (sleep) when		cultural festival.
	his teacher stepped into his dormitory.	6.	"My presentation on traditional Chinese art
3.	The (adjust) desk can		was a great success, which
	transform a standard desk into a standing		(增加了我的自信)," she
	one, and IKEA hopes it could make the		said.
	standing desk mainstream.	7.	(无论如何), if I could do it
4.	(assume) that the finding is		again, I'd still make the same choice.
	accepted, when are we going to put it into	8.	She(盯着)the blank page and
	practice?		made an attempt to come up with a creative
5.	I don't think Henry is the best man		idea for her story.
	(do) so important a job.	•	句型训练
6.	It (acknowledge) that	1.	, I'd rather light a candle
	education should be relevant to the child's		than complain about the darkness.
	needs.		正如他所说,我与其抱怨黑暗,不如点燃
7.	His behaviour was so bizarre that it was		蜡烛。
	completely beyond (comprehend).	2.	I was so uninterested in the result
8.	matters most to me is not the		
	external beauty but the inner beauty.		(bother)
9.	Her lipstick is identical mine. It		我对结果一点都不感兴趣,连看都没看。
	was no wonder that she took mine by	3.	Never such a young man
	mistake.		as is so loyal to his boss.
10	. Driven by a sense of		我从来就没见过对老板如此忠诚的年轻人。
	(commit), a great many joined the army	4.	He moved his lips,
	to resist the invaders and defend the		(省略)
	honour of the nation.		他嘴唇动着,好像在说着什么。
•	短语填空	5.	was that his
1.	I really wanted to(做		idea was almost identical to mine.
	出努力) to help that timid boy overcome		最使我吃惊的是他的想法和我的几乎完全
	his shyness.		相同。
2.	I don't believe that he helped that girl just	0	阅读理解
	(出于怜悯).		[2024·福建福州高二期中]
3.	The woman pretended not to		Would you rather watch a new movie, or
	(在乎) money to make the villagers all	an	old favourite? Would you rather try a dish
	like her.	you	've never had at a restaurant, or stick with
4.	The man glanced at me	son	nething you know you'll like? Researchers

studying the "mere exposure effect" have found that we often prefer the familiar over the novel.

People didn't need to experience a reward or positive outcome while around the objectsimply being exposed to the object would be enough to make people like it. To test this, social psychologist Robert Zajonc had participants read words in a foreign language out loud and varied how often participants read each word (up to 25 repetitions). Next, after reading the words, participants were asked to guess at the meaning of each word by filling out a rating scale (indicating how positive or negative they thought the meaning of the word was).

He found that participants liked words that they had said more often, while words that participants hadn't read at all were rated more negatively, and words that had been read 25 times were rated highest. Just the mere exposure to the word was enough to make participants like it more.

One place where the mere exposure effect occurs is in advertising. It explains why seeing the same advertisement multiple times could be more convincing than just seeing it once. Of course, there's a caution here: the mere exposure effect doesn't happen for things we initially dislike. Researchers have found that our liking for a variety of things (including pictures, sounds, foods, and smells) can be increased with repeated exposure, suggesting that the mere exposure effect isn't limited to iust one of Additionally, our senses. researchers have found that the mere exposure effect occurs in studies with human research participants as well as in studies with nonhuman animals.

Another key finding from this analysis was

that participants eventually started to like objects less after much repeated exposure. In other words, a smaller number of repeated exposure will make you like something more but, if the repeated exposure continue, you could eventually get tired of it.

- ()1. What is the key factor in Robert Zajonc's test?
 - B. Preference. A. Frequency.
 - C. Originality. D. Achievement.
-)2. Which of the following is an example of the mere exposure effect?
 - A. We favour an advertisement at first sight.
 - B. A student joined the club because of love.
 - C. We are more convinced of what we met before.
 - D. A student reads as many English words as possible.
-)3. What can we learn about the mere exposure effect according to Paragraph 4?
 - A. It is the result of advertising.
 - B. It has nothing to do with animals.
 - C. It is true of what we dislike at first.
 - D. It can be applied to multiple senses.
- **)4.** What is the text mainly about?
 - A. More love because of more exposure.
 - B. The study on the mere exposure effect.
 - C. Better results from the earlier exposure.
 - D. The application of the mere exposure effect.

● 阅读七选五

[2024·浙江 G5 联盟高二期中]

Maximalism, as a design aesthetic (审美), is rooted in cultural shifts throughout history. In the mid-20th century, minimalism dominated the social aesthetic, which laid great emphasis on the idea of "less was more". In the late 1960s, postmodernism challenged the ideas of minimalism and embraced a more playful approach to design. 1._____ During the 1980s, maximalism reached its peak and continued to evolve in the following decades.

maximalism Today, has become noticeable design style characterized by celebrating individuality, embracing the unexpected, and creating stunning and expressive spaces. 2. They hold that maximalism can make homes blossom into spaces that radiate warmth and joy, and reflect the personalities and tastes of everyone in the house.

3. _____ Even hallways can be turned into gallery-like spaces with unique art collections, and vibrant wall coverings that enhance visual impact. Mirrors, if strategically placed, can add to the pleasant feel of a space that could otherwise be a boring passage.

The living room unfolds with patterns and decor items, creating a dynamic and cozy atmosphere which is all about individuality and comfort. 4. _____ A combination of decoration items such as sculptures, vases, and books is also on display.

Breaking free from regular kitchen aesthetics, maximalism transforms kitchens into exciting and inspiring environments. Using unexpected kitchen lighting options can add some home atmosphere. 5.

As an interior (室内的) stylist, I encourage you to get the best from your home and the possessions you already have by displaying what you love most. This will spark joy everywhere you look, and this concept is at the heart of maximalism.

- A. Delicate table lamps may work well.
- B. Your home should be a celebration of all you are.

- C. Many interior designers are advocates of maximalism.
- D. Maximalism breathes life into oftenoverlooked corners.
- E. You can find a variety of ways to bring it into your home, too.
- F. Maximalism emerged as a reaction against the idea of simplicity.
- G. There is a mix of different patterns through throw pillows and curtains.

● 语法填空

tennis.

As time passed by, more and more beautiful female tennis players came into our sight. However, only Maria gets famous all the time, and the reason is 7.______ she is outstanding among these girls. She has won so many 8._____ (championship), which makes her an 9._____ (attract) girl. Beautiful appearance indeed opens a door for people, bringing them much praise and encouragement, whilst it is acknowledged that only the ability makes us well-known all the time. Believe it or not, people will show respect for us 10._____ (most) for our hard work instead of our beautiful faces.

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