



Basic exercises

Basic

考点全息 基础先行

# 全品 基础 小练习

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Basic exercises

高考  
英语

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## 第一部分 3500词夯基练

### 第1天 变形词汇练 + 构词法词汇 + 高频短语运用 + 高分句式 (时间:30 分钟)

#### ❶ 变形词汇练 (ab—ad)

1. I often participate in various after-school activities and volunteer work, which improves my \_\_\_\_\_ (able) to get along with others.
2. Katrina \_\_\_\_\_ (absolute) knew what these caring eyes were conveying, so she decided to keep a more optimistic state of mind.
3. You have to be careful when you're walking through an old, \_\_\_\_\_ (abandon) house with floors.
4. The \_\_\_\_\_ (accumulate) of knowledge over the years has greatly enhanced her expertise in the field of environmental science.
5. He still longed to become known for his historical novels amongst other \_\_\_\_\_ (academy) works.
6. The Internet is the biggest source of information in the world, and it's \_\_\_\_\_ (access) through a computer.
7. Every care has been taken to ensure the \_\_\_\_\_ (accurate) of all information given in this leaflet.
8. Doing household chores helps me learn to be more independent and responsible, thus making me feel a sense of \_\_\_\_\_ (achieve).
9. The advertisement didn't make it clear whether the \_\_\_\_\_ (accommodate) was provided.
10. Completing the marathon was a significant \_\_\_\_\_ (accomplish) for her, representing months of her hard work and training.
11. Walking out of the bathroom, he \_\_\_\_\_ (accidental) slipped on the watery ground and fell, injuring one of his ankles.

12. He was in \_\_\_\_\_ (acknowledge) of the applause with a small bow and then stepped off stage.
13. She moved to Chattanooga, where she spent the next several years working as an \_\_\_\_\_ (account) to raise a family.
14. Finding actors \_\_\_\_\_ (accept) to film audiences can mean the difference between success and failure.
15. Though her father never approved of her going to drama school, she became a well-known \_\_\_\_\_ (act).
16. It is a process of facilitating learning or the \_\_\_\_\_ (acquire) of knowledge, skills, values, attitudes and habits.
17. Most middle schools prefer to buy \_\_\_\_\_ (adjust) desks, which can change to suit students' growing height.
18. A TV \_\_\_\_\_ (adapt) of the book, starring two famous actors, was a huge hit when broadcast in 2023.
19. For the Lansing family, the \_\_\_\_\_ (adopt) is about giving every child the opportunity to grow healthily in a loving home.
20. Since I discovered selfie apps that could remove my freckles, enlarge my eyes and even slim my jawline, I have become \_\_\_\_\_ (addict).

#### ❷ 构词法词汇

前缀 over-表示“在上面”、“过度”等。

猜测词义:写出黑体部分的汉语意思

1. Travel promotes understanding, expands our minds, and boosts local economies, but the rapid growth of travel has led to **overtourism** in certain regions. ( )



2. Many people tend to **overestimate** the amount of time it takes to complete a project, leading to unnecessary stress and rushed work.

( )

3. Training too much can be bad for your health, so make sure you do not **overdo** it. ( )

4. During the race, he managed to **overtake** his competitors in the final lap, securing first place just before crossing the finish line.

( )

5. The project manager was hired to **oversee** the construction of the new building, ensuring that everything was completed on time.

( )

### 高频短语运用

1. The hard-working peasants and their happy life we saw in the countryside \_\_\_\_\_  
(给……留下好印象) us.

2. I find it hard to \_\_\_\_\_  
(集中精力于) my study with some people chatting around me.

3. She has asked to be \_\_\_\_\_ (不打扰, 不惊动) but the press photographers follow her everywhere.

4. If you \_\_\_\_\_ (对……好奇) butterflies, you can refer to the encyclopedia I recommend.

5. To their credit, some volunteers in our community \_\_\_\_\_ (打扫干净) the central park last weekend.

6. She considers herself \_\_\_\_\_ (对……适合的) the job because she speaks English fluently.

7. My adviser recommended that I should \_\_\_\_\_  
(报名参加) the English speech contest because I like English and I'm good at it.

8. I know I'll have to study harder as a senior high school student and get used to \_\_\_\_\_  
(对……负责)

a lot more.

9. It is not unusual for teenagers of your generation to be \_\_\_\_\_  
(喜爱) computer games and the online world.

10. Kate has been invited to a meeting in Iceland, who will \_\_\_\_\_ (申请) a visa soon.

### 高分句式

#### 1. 形容词作状语

\_\_\_\_\_, I headed towards the door, hoping to see what was happening.

我既好奇又紧张,向门口走去,想看看发生了什么。(读后续写之人物动作和心理活动描写)

#### 2. 过去分词短语作状语

\_\_\_\_\_, I stepped into the simulator, a world with zero gravity.

我像真正的宇航员一样穿着一身特殊的衣服,走进了模拟器,一个零重力的世界。(话题写作之太空探索)

#### 3. 让步状语从句

I hold the view that \_\_\_\_\_, we should learn to relax ourselves besides concentrating on our studies.

我认为,无论我们选择什么俱乐部,除了集中精力学习之外,我们还应该学会放松自己。(应用文写作之建议信)

#### 4. 不定式短语作目的状语

\_\_\_\_\_, he limits himself to two cups of milk and several fruits a day.

为了减肥,他限制自己每天喝两杯牛奶和吃几个水果。(话题写作之健康饮食)

❶ 变形词汇练 (ad—ap)

1. Su Shi, the famous poet of the Song Dynasty, expressed his \_\_\_\_\_ (admire) for Han Gan as a master of horse painting.
2. It's said that history is written by the victors, and those victors set the standards for \_\_\_\_\_ (admit) to the genius club.
3. Information technology is so \_\_\_\_\_ (advance) nowadays that a simple click can take you to every corner of the world.
4. I saw your \_\_\_\_\_ (advertise) for the post of personal assistant on your website and I would like to apply for the position.
5. Working out in the morning provides \_\_\_\_\_ (addition) benefits beyond being physically fit.
6. A good student should always reflect on his learning strategies and make an \_\_\_\_\_ (adjust) when necessary.
7. It was the first occasion when they had both found it possible to reach an \_\_\_\_\_ (agree).
8. I confronted him with an \_\_\_\_\_ (aggression) tone, demanding immediate answers and refusing to back down.
9. In ancient times, the important \_\_\_\_\_ (agriculture) festival often took place after all the crops had been gathered.
10. To my \_\_\_\_\_ (amaze), she was good at physics despite the fact that she found it boring.
11. To my \_\_\_\_\_ (amuse), Jane dressed herself like a monkey to attend the wedding party.
12. Although they shared the same \_\_\_\_\_ (ambition) and energetic approach to life, their careers unfolded in contrasting ways.

13. He bought extra food in \_\_\_\_\_ (anticipate) of more people coming than he'd invited.
14. Complaining of the man's impoliteness, Mary collapsed on the sofa, getting a little bit \_\_\_\_\_ (annoy).
15. You may feel \_\_\_\_\_ (anxiety) that you are developing at a different rate to your friends, shooting up in height or getting left far behind.
16. After a careful \_\_\_\_\_ (analyse), the scientists can provide useful recommendations and advice for farmers.
17. This is a public service \_\_\_\_\_ (announce) and audiences are reminded to turn off the phones or put them on silence.
18. She stormed out of the classroom \_\_\_\_\_ (angry) and went straight to the principal's office.
19. Given that Mr Smith currently has a tight schedule, if you want to meet him, you will need to make another \_\_\_\_\_ (appoint).
20. I would like to express my \_\_\_\_\_ (appreciate) to those who are always giving me timely help when I am in trouble.

❷ 构词法词汇

a-表示“处于……状况”、“以……方式”、“加强”等。  
de-表示“取消”、“去掉”、“除掉”、“……的反义”等。

1. 单句填空

- (1) A cup of coffee kept me \_\_\_\_\_ (wake) all night, so I had to listen to some music to kill time.
- (2) Not until two days after the earthquake did she find her mother \_\_\_\_\_ (live), which made her overjoyed.

(3)After finishing his homework, he was so exhausted that he fell \_\_\_\_\_ (sleep) at his desk.

(4)Emotional or mental problems can \_\_\_\_\_ (rise) from a physical cause.

(5)Comfort food is an important tool in helping us relieve tension. However, be \_\_\_\_\_ (ware) of the hidden dangers of high-calorie comfort food!

## 2. 猜测词义:写出黑体部分的汉语意思

(1)Women's artistic creativity has long been **devalued** throughout history. ( )

(2)Make sure you **defrost** the chicken completely before cooking. ( )

(3)A dishonest action like that will **degrade** you and decrease the trust that others have in you. ( )

## III 高频短语运用

1. Spain \_\_\_\_\_ (控制) Peru in the 16th century and ruled until 1821.

2. I became so nervous that I could not hear anything \_\_\_\_\_ (除了) my heart beating heavily.

3. The grammar and vocabulary which people from many different countries brought to Britain \_\_\_\_\_ (构成,组成) the English language.

4. After he described the dog to her \_\_\_\_\_ (详细地), she immediately wanted to come over.

5. Guests must \_\_\_\_\_ (结账离开) before noon, or they will be charged for the day.

6. If you have learnt some maths in school, you can quite quickly \_\_\_\_\_ (计算出) that one eleventh is about 9 percent.

7. I was about to \_\_\_\_\_ (放弃) my effort to work on the puzzle when a good idea struck me.

8. He never loses heart even when in difficulties, which \_\_\_\_\_ (为……树立榜样) other athletes.

9. I've tried asking him, but his explanations don't seem to \_\_\_\_\_ (合乎情理).

10. Losing two important players was a big challenge, but the coach didn't \_\_\_\_\_ (丧失信心).

## IV 高分句式

### 1. 表语从句

I was always afraid of water. \_\_\_\_\_ until swimming became a school requirement.

我一直害怕水。那就是在游泳成为学校必修课之前,我从来没有进过游泳池的原因。(话题写

作之学校生活)

### 2. 主语从句

\_\_\_\_\_ it showed the dreamy beauty of our campus and the quiet happiness on the teachers' faces.

这张照片的不同寻常之处在于,它展示了我们校园梦幻般的美丽和老师们脸上宁静的幸福。

(话题写作之学校生活)

### 3. 过去分词作定语

\_\_\_\_\_ "Quanzhou in my eyes" is being launched to display and promote the UNESCO World Heritage—culture of Quanzhou.

一项名为“我眼中的泉州”的短视频征集活动正在启动,以展示和推广联合国教科文组织世界遗产——泉州文化。(话题写作之传统文化)

### 4. on + v. -ing 作状语

\_\_\_\_\_, she burst into tears and almost broke down.

一听到儿子失踪的消息,她就大哭起来,几乎崩溃。(读后续写之人物情感描写)

### ❶ 变形词汇练 (ap—at)

- If you are invited to any special occasion such as a wedding or a celebration, you will have to be \_\_\_\_\_ (appropriate) dressed.
- The true beauty of a woman doesn't lie in her \_\_\_\_\_ (appear), but is reflected in her soul.
- Any \_\_\_\_\_ (apply) interested in applying for the position should submit your application materials to the school office.
- Lucy made up her mind to make an \_\_\_\_\_ (apologize) to her mother for her rudeness as soon as she arrived home.
- News about our instructor was so \_\_\_\_\_ (appeal) to me that I could hardly wait to meet him.
- The moment his speech ended, a great round of \_\_\_\_\_ (applaud) erupted throughout the audience.
- In 2016, he got the Nobel Prize in Literature, which is an \_\_\_\_\_ (approve) of his achievement in literary world.
- I can't afford the time to go travelling with you because I have to make an \_\_\_\_\_ (arrange) for the art exhibition next week.
- Lisa wouldn't put up with the job any more and had a big \_\_\_\_\_ (argue) with her boss and resigned.
- His \_\_\_\_\_ (art) talent was discovered by accident when he was sent to the poet Wang Wei's house to collect payment for some wine.
- Upon \_\_\_\_\_ (arrive), we entered a store where we packed enough supplies for seven families for 30 days.
- People make the \_\_\_\_\_ (assume) that if someone important and respected says that something is right, then it must be so.
- His English improved enormously because of his \_\_\_\_\_ (associate) with British people.
- With continuous efforts and treatment, she managed to live on her own with the \_\_\_\_\_ (assist) of the wheelchair.
- Anyone with an eye on the employment situation knew the \_\_\_\_\_ (assess) about economic recovery was correct.
- To my \_\_\_\_\_, my mother wasn't \_\_\_\_\_ at the \_\_\_\_\_ news that I was admitted to Shandong University. (astonish)
- The group of wild \_\_\_\_\_ (Asia) elephants kept walking to the north all the way as if they were taking a trip.
- They made wooden tools, wooden cartoon figures, wooden \_\_\_\_\_ (athlete) equipment and so on.
- We must ensure that we do not set ourselves goals that are not \_\_\_\_\_ (attain).
- Although she's larger than most other models, she's really \_\_\_\_\_ (attract) and has the confidence to be herself.

### ❷ 构词法词汇

前缀 en-表示“使”、“使成为”、“使做……”。

#### 1. 单句填空

- The software can \_\_\_\_\_ (able) you to access the Internet in seconds.
- To \_\_\_\_\_ (courage) creativity among students, the school carried out various programmes that promote innovative thinking.
- People with disabilities are now doing many things to \_\_\_\_\_ (rich) their lives.
- The new policy will \_\_\_\_\_ (title) all employees to additional vacation days, ensuring a better work-life balance for everyone.

## 2. 猜测词义: 写出黑体部分的汉语意思

(1) The bird was **enclosed** in such a small space that it could not turn without bending its tail.

( )

(2) In practical terms this law may be difficult to **enforce**.

( )

(3) At 33 he **enrolled** in a glass-making degree course at London's Royal College of Art.

( )

## III 高频短语运用

1. He burst into laughter when he realized that he really \_\_\_\_\_ (有作用或影响) in these children.

2. \_\_\_\_\_ (而不是) cutting out the foods I enjoyed, I added healthy foods to my meals.

3. I could still have a burger \_\_\_\_\_ (有时, 偶尔), but I would add a salad or an apple.

4. \_\_\_\_\_ (与……相比) big companies, the smaller ones are faced with more challenges.

5. In less than one minute, a large city lay \_\_\_\_\_ (严重受损; 破败不堪). Two thirds of the people who lived there were dead or injured.

6. The world was \_\_\_\_\_ (震惊, 吃惊)—maybe they assumed this space flight would be no more dangerous than getting on an aeroplane.

7. Some may struggle and \_\_\_\_\_ (遭受) culture shock when learning how to behave in new surroundings.

8. The next day, people put up shelters \_\_\_\_\_ (在户外) using anything that they could find.

9. If you don't know the exact meaning of the word, you may \_\_\_\_\_ (查阅) the dictionary.

10. China is widely known for its ancient civilisation despite the many \_\_\_\_\_ (兴衰) in its history.

## IV 高分句式

### 1. 同位语从句

Maybe \_\_\_\_\_ the Christmas Spirit would somehow affect the children at this time of year.

也许这是希望圣诞精神能在每年的这个时候以某种方式影响到孩子们。(话题写作之节日庆祝)

### 2. 现在分词作宾语补足语

Before he realized it, Hector \_\_\_\_\_ in Mr Adler's room.

在他意识到这一点之前, 赫克托发现自己正站在阿德勒先生的房间里。(读后续写之人物动作描写)

### 3. it 作形式主语

\_\_\_\_\_ eating plenty of vegetables will improve one's health. 已经证实多吃蔬菜会改善人的健康。(话题写作之饮食与健康)

### 4. while 表示对比

Telling a patient with an incurable disease the truth may lead to despair, \_\_\_\_\_ more positively.

告诉患有不治之症的患者真相可能会导致绝望, 而善意的谎言可以帮助他们更积极地享受生活。(话题写作之积极的生活态度)

### 5. 虚拟语气

I suggest \_\_\_\_\_, making it part of our daily routine.

我建议我们把锻炼安排在繁忙的日程中, 使其成为我们日常生活的一部分。(应用文写作之建议信)

## 第二部分 主题词汇练+主题语篇练

### 第21天 个人生活 (时间:35分钟)

#### 个人生活高频词汇集锦

routine, caution, determine, distinguish, wellness, fire, balance, goal, fashion, schedule, imagine, sympathy, leisure, weep, create, enthusiastic, career, elegant, confident, embarrass, abandon, normal, absolute, access, complain, concentrate, disturb, flexible, horrible, illustrate, originate, poison, possess, promote, recommend, regulate, significant, tolerate, visible

#### 主题词汇练

##### Ⅰ 词形转换

1. Judging from your examination results, I think you have reason for \_\_\_\_\_ (caution) optimism about getting a university place.
2. The new house was decorated with beautiful furniture, which looked very modern and \_\_\_\_\_ (fashion).
3. The work was complicated because it demanded boundless energy and endless \_\_\_\_\_ (imagine).
4. My cousin gave me a \_\_\_\_\_ (determine) look—the kind that said she would not change her mind.
5. We need to find more \_\_\_\_\_ (create) ways to discipline our students and to maintain control in the classroom.
6. With days going by, our passion drove her forward and she was willing to embrace us \_\_\_\_\_ (enthusiastic).
7. Rachel couldn't help admiring the \_\_\_\_\_ (elegant) of the china figures and vases.
8. With \_\_\_\_\_ (confident), I was firmly convinced that I could get a satisfying score in the next assignment.
9. I felt so \_\_\_\_\_ (embarrass) that I couldn't do anything but sit there, keeping my body unmoved.
10. He suffers from back trouble too, so he was very \_\_\_\_\_ (sympathy) to my problem.

##### Ⅱ 动词专练

1. Previous generations concentrated on getting children to school on time, fed, \_\_\_\_\_ (dress) and ready to learn.
2. The boy threw himself into his mother's arms while she \_\_\_\_\_ (weep) for joy.
3. So far, researchers \_\_\_\_\_ (find) that there is a direct link between salty foods and high blood pressure.
4. Although he made a serious mistake in his work, he was lucky to escape \_\_\_\_\_ (fire) by his boss.
5. The lecture mainly deals with the trouble young children have \_\_\_\_\_ (distinguish) right from wrong.
6. The key to our success is having the courage \_\_\_\_\_ (take) on any job and then being creative in our approach to getting it done.
7. As \_\_\_\_\_ (schedule), I went to the airport to pick up the distinguished foreign guests and helped them check in at the hotel.
8. I hope everyone in our society will get rid of discrimination and take action immediately \_\_\_\_\_ (care) about disabled people.

##### Ⅲ 熟词生义练

写出下列句子中**加粗**部分的汉语意思

1. [2024·浙江1月考, 阅读理解B] I spread some **throws** over the sofas and lit candles to make it seem a bit more “young professional”.



2. [2021 · 全国甲卷, 阅读理解 A] I came across a small clearing and immediately noticed the dead yellow grasses set **against** the fresh snow. \_\_\_\_\_
3. The car broke down on a **lonely** stretch of a country road. \_\_\_\_\_

4. He was valued by both his peers and his **superiors**. \_\_\_\_\_
5. Your story doesn't **agree** with what the police have told us. \_\_\_\_\_
6. He **jammed** his fingers in his ears. \_\_\_\_\_

## 主题语篇练

### Ⅳ 阅读理解

Eduardo reached into his backpack, searching for his cellphone. He was scared of having to spend the spring break at Aunt Letty's farm. Although he had protested, his parents decided that spending time on the farm would be a great experience for him. They grew up on a farm and believed that responsibility, hard work, and respect for the land were valuable lessons.

"So have you ever ridden a horse?" Aunt Letty asked, trying to turn his attention away from his phone. "Hmmm, no," he answered. "Well, we've got a nice calm horse I think you'll like. Hercules sounds like a beast, but he's basically a gentle giant—big, but kind-hearted!" she said, smiling. Eduardo glanced at his aunt, annoyed that he was expected to work. He tried to text a friend but there was no cell reception.

The next few days were busy. The crow of the roosters woke them up, and they had breakfast before dawn. Then they went out to the barn to get the feed while the animals waited to be fed. The afternoons were filled with transporting hay, clean-up, and caring for the animals. At dusk, when the farm was finally quiet, Aunt Letty stretched her arms out and inhaled (吸气), "Just take a deep breath of that sweet country air!" Eduardo, exhausted from his chores, was unable to appreciate his work.

On the third day, without warning, Aunt Letty announced, "It's time to meet Hercules."

She led Eduardo into the stables. Aunt Letty was right. Hercules was remarkable!

Aunt Letty held her hand open for Eduardo to take. Reluctantly, he let her guide his hand towards Hercules and allowed the magnificent creature to sniff his palm. Softly, Hercules rubbed its nose and mouth against him.

"It feels like velvet (天鹅绒)!" Eduardo beamed. An hour later, Eduardo was scratching Hercules on his neck and offering him carrots.

That night, as they headed towards the house, Eduardo was inspired. His arms spreading wide, he inhaled and said, "Take a breath of that sweet country air!"

( ) 1. Why did Eduardo's parents send him to the farm?

- A. To get him close to nature.
- B. To better his views on life.
- C. To change his attitude to Aunt Letty.
- D. To keep him from using a mobile phone.

( ) 2. What can we infer about Eduardo from the last four paragraphs?

- A. He discovered the horse was wild.
- B. He realized hard work would pay off.
- C. He found Aunt Letty demanding but inspiring.
- D. He came to appreciate the life on the farm.

( ) 3. How did the writer organize this passage?

- A. In space order.
- B. In time order.
- C. From general to specific.
- D. From specific to general.

( ) 4. What can be a suitable title for the text?

- A. Aunt Letty's farm    B. A remarkable horse
- C. Sweet country air    D. Busy country life

## Ⅶ 阅读七选五

With everything going on in the world, it's no wonder that so many of us are struggling to sleep. 1. \_\_\_\_\_ And it's hard to fall back asleep again. However, simple steps before bed can help.

Test your pillow. If you bought your pillow in 2022, it's already old. The National Sleep Foundation suggests replacing your pillow every one to two years. 2. \_\_\_\_\_ “When your brain is sending pain signals, it can't send sleep signals,” says Dr Michael J Breus, a clinical psychologist and sleep specialist.

Get an hour of sunlight each day. Morning sunlight is important for good sleep. “It stops melatonin production in your brain, which helps relieve the sleepy morning feeling,” Breus says. It also sets a mental timer to produce melatonin, the so-called sleep hormone, that evening. Aim for 15 to 30 minutes of direct light first and two 15-minute outdoor breaks during the day. 3. \_\_\_\_\_

Skip salty snacks before bed. In a Japanese study, researchers followed 321 patients with high-salt diets and sleep issues for 12 weeks. 4. \_\_\_\_\_ And those who consumed more salt woke up more often to go to the bathroom.

5. \_\_\_\_\_ If you need to air complaints to your family, don't wait until night. Tough discussions are less likely to disturb your sound sleep if you initiate them earlier. Arguments can activate your sympathetic nervous system, which disturbs sleep. Some research even suggests that going to bed angry may make you bad-tempered the next morning.

- A. Avoid arguments with your family.
- B. Handle your troubles before dinner.
- C. It signals your brain that it is time to be awake.

- D. It contributes to good health when you're exposed to light.
- E. It's normal to wake up at night, especially as you age.
- F. A used one in the past can cause neck pain and restless sleep.
- G. When people cut them down, their average toilet trips decreased.

## Ⅷ 语法填空

Mind reading is hard. But not 1. \_\_\_\_\_ (possible). Modern technology can reach inside someone's head and pull out their intentions.

Decoding (破解) thoughts usually requires placing sensors directly on or in someone's brain. Using brain implants, researchers so far 2. \_\_\_\_\_ (pick) up electrical signals in the brain linked to certain words or letters. This has allowed brain implants to transform thoughts 3. \_\_\_\_\_ text or speech on a computer. Brain implants have even enabled scientists 4. \_\_\_\_\_ (turn) the neural firings (神经元放电) associated with a song in someone's head into real music.

In a recent study, scientists decoded full stories from people's brains 5. \_\_\_\_\_ (use) MRI scans. This did not require any brain implants. But building the thought decoder 6. \_\_\_\_\_ (definite) required many hours of brain scans for each person. What's more, the system only worked on the persons 7. \_\_\_\_\_ were willing to have their minds read.

Devices that might let someone secretly read your mind from across the room 8. \_\_\_\_\_ (be) still a long, long way off. Still, it's clear that mind-reading tech is getting more and more 9. \_\_\_\_\_ (advance). As it does, scientists are thinking hard about what it would mean to live in 10. \_\_\_\_\_ world where not even the inside of your head is completely private.

## 学校生活高频词汇集锦

encourage, concentrate, talent, strategy, graduate, revise, explain, acquire, analyse, struggle, enthusiastic, pressure, absent, challenge, register, eager, debate, awkward, enrich, effect, inspire, ashamed, panic, confuse, facility, absorb, optimistic, involve, feedback, potential

## 主题词汇练

### ❶ 词形转换

- Timely \_\_\_\_\_ (encourage) from a teacher is really of great significance to his/her students.
- Every student, no matter how \_\_\_\_\_ (talent) or hard-working, will come across difficulties in his or her study.
- At the \_\_\_\_\_ (graduate) ceremony, she was very proud to stand with a class of care, manners and confidence.
- The chemistry teacher provided a detailed \_\_\_\_\_ (explain) of the experiment's results during the class.
- After a careful \_\_\_\_\_ (analyse), the study group believe that they can find the best solution as soon as possible.
- We shouldn't get discouraged right after failure. On the contrary, we should keep trying with \_\_\_\_\_ (enthusiastic).
- Please excuse my \_\_\_\_\_ (absent) from class today, because I got a bad cold yesterday evening.
- I woke up early and rushed out of the door in my \_\_\_\_\_ (eager) to get to know my new school.
- As a student, the most important thing is to study, so it is necessary for you to find an \_\_\_\_\_ (effect) method in your study.
- It was my English teacher's \_\_\_\_\_ (inspire) that resulted in my slow but steady progress.

### ❷ 动词专练

- When my English teacher stepped into the

classroom, I was surprised to see the same man I \_\_\_\_\_ (meet) earlier.

- I \_\_\_\_\_ (absorb) in my wild thought, wondering whether he was also a tender teacher.

- I \_\_\_\_\_ (organize) my words in my head when the girl next to me gave me a nudge, "It's your turn!"

- It is those students who \_\_\_\_\_ (involve) in the matter that should answer for it, so don't be worried.

- It's a fantastic opportunity for new students \_\_\_\_\_ (get) to know the school and the other students.

- \_\_\_\_\_ (spend) the past year as an exchange student in Hong Kong, Linda appears more mature than those of her age.

- \_\_\_\_\_ (lie) about finishing assignments can create unnecessary stress and lead to more problems in school.

- Owing to the fact that he can do whatever he chooses with great perseverance, he \_\_\_\_\_ (make) great progress in many subjects up to now.

### ❸ 熟词生义练

写出下列句子中黑体部分的汉语意思

- The professor will **address** his speech at 2:00 pm. \_\_\_\_\_
- She has an amazing **appetite** for knowledge. \_\_\_\_\_
- I was just an **average** sort of student. \_\_\_\_\_

4. The students **board** during the week and go home at weekends. \_\_\_\_\_
5. Martin's gone to **collect** the children from \_\_\_\_\_

- school. \_\_\_\_\_
6. She **felt** in her bag for a pencil. \_\_\_\_\_

主题语篇练

Ⅳ 阅读理解

Handwriting notes in class might seem outdated as smartphones and other digital technology cover every aspect of learning across schools and universities. But a steady stream of research continues to suggest that taking notes the traditional way is still the best way to learn, especially for young children. And now scientists are finally zeroing in on why.

The new research, by Audrey van der Meer and Ruud van der Weel at the Norwegian University of Science and Technology (NTNU), builds on a foundational 2014 study suggesting that people taking notes by computer were typing without thinking. “It kind of goes in through your ears and comes out through your fingertips, but you don’t process the incoming information,” Audrey says. But when taking notes by hand, it’s often impossible to write everything down; students have to actively pay attention to the incoming information and process it—prioritize it, consolidate it and try to relate it to things they’ve learned before. This conscious action of building onto existing knowledge can make it easier to stay engaged and grasp new concepts.

To understand specific brain activity differences during the two note-taking approaches, the researchers sewed electrodes (电极) into a hairnet with 256 sensors that recorded the brain activity of 36 students as they wrote or typed 15 words from the game Pictionary that were displayed on a screen.

When students wrote the words by hand, the sensors detected widespread connectivity across many brain regions. Typing, however,

led to minimal activity, if any, in the same areas. Handwriting set off connection patterns covering visual regions, which receive and process sensory information, and the motor cortex (运动皮层). The latter handles body movement and sensorimotor integration, which helps the brain use environmental inputs to inform a person’s next action.

Sophia Vinci-Booher, an assistant professor of educational brain science at Vanderbilt University, says, “People may not realize when they materialize something by writing or drawing it, this strengthens the concept and helps it stick in their memory.”

- ( ) 1. What do we know about the new research?
- A. It is an initial study on note-taking.  
B. It offers a new note-taking method.  
C. It finds evidence for the previous finding.  
D. It introduces how to take notes effectively.
- ( ) 2. What does the underlined word “consolidate” probably mean in Paragraph 2?
- A. Integrate.                      B. Demonstrate.  
C. Obtain.                         D. Share.
- ( ) 3. What happens in the brain when taking notes by hand?
- A. Visual systems are lacking in activities.  
B. Some brain areas are highly involved.  
C. Sensory information is processed rapidly.  
D. The motor cortex accepts visual information.
- ( ) 4. What is Sophia Vinci-Booher’s attitude towards the new research?
- A. Approving.                      B. Dismissive.  
C. Doubtful.                         D. Unclear.

Ⅴ 阅读七选五

Being organized is an important part of being a student. 1. \_\_\_\_\_ Recommended

approaches include prioritizing your to-do lists, organizing your school supplies and tracking closing dates. You can be well on your way to becoming an organized student.

Have a morning routine. A great way to stay organized is to have the same routine every morning. It is harder to forget things at home or come to school unprepared if you follow the same routine each day. In addition to showering and getting dressed, your morning routine should include a healthy breakfast and a quick check of your backpack. 2. \_\_\_\_\_

Begin projects at once. Try to begin working on homework and other projects as soon as you know what the assignment will be. 3. \_\_\_\_\_ It will make it harder to organize other parts of your student life. Organizing time for homework every night will help you complete your schoolwork more effectively.

4. \_\_\_\_\_ Separate materials based on subject by using different colours. For maths, for example, you might want to have a blue book cover, blue folder and blue notebook. For history, you might choose pink. That way, you'll look in your locker or backpack and easily be able to get what you need for each class.

Be aware of the deadline of the project. 5. \_\_\_\_\_ Consider buying a whiteboard or bulletin board to keep track of when you need to turn in your projects. This visual aid can help you remember deadlines. If you're having problems finishing your work on time, a fun way to get the project done more easily and quickly is to work with friends. Make sure your teachers and parents allow it.

- A. Colour-code your materials by subject.
- B. Make sure everything you need is totally in it.
- C. Turn to teachers and friends for help immediately.
- D. It's especially important for junior and senior students.

- E. Being organized means remembering when your work is due.
- F. Getting organized is necessary for improving your family relationship.
- G. Waiting until the last minute to finish it will make you feel less organized.

### Ⅶ 语法填空

Every year, hundreds of international students travel thousands of miles to study in China, 1. \_\_\_\_\_ (leave) their homes and native languages behind. As some of them immerse 2. \_\_\_\_\_ (they) in intensive Chinese language study at Tongji University in Shanghai, one unique assignment helps them bridge the miles 3. \_\_\_\_\_ lie in between—writing a home letter in Chinese.

The letter-home activity has become 4. \_\_\_\_\_ annual tradition in Tongji's pre-university Chinese programme. After months of studying vocabulary, grammar, and composition, students from all over the world 5. \_\_\_\_\_ (task) with composing a letter to their families, written 6. \_\_\_\_\_ (entire) in Chinese characters.

"At first, this activity was operated in a few classes. But when other students saw the letters on display, they took the initiative 7. \_\_\_\_\_ (write) home letters on their own," explained Zong Qian, associate dean of the International School of the university.

As the letters started coming in, the teachers were impressed and touched by the students' efforts to express emotions across 8. \_\_\_\_\_ (culture). Zong noted that most of the students had zero prior Chinese ability 9. \_\_\_\_\_ arriving in Shanghai for the first time just months ago.

"We realized that these letters offered a special window into the students' experiences and 10. \_\_\_\_\_ (grow) in China," said Zong. "The letters were very moving to read."



## 第43天 动词的时态及语态(一)

(时间:30分钟)

## 语法基础练

## ① 单句填空

## 【基础题】

1. Whenever Lily \_\_\_\_\_ (buy) a present, she will think about it from the receiver's point of view.
2. One day my mother and I were out having a girls' day, and we \_\_\_\_\_ (decide) to go to a seafood restaurant.
3. In the past decades, geologists \_\_\_\_\_ (come) closer than ever to calculating the age of the earth.
4. Looking for him thoroughly once again, she confirmed that the stranger \_\_\_\_\_ (leave), without saying goodbye.
5. Several groundbreaking discoveries about black holes \_\_\_\_\_ (report) in 2024, casting light on their mysterious properties.
6. My luxury car \_\_\_\_\_ (repair) in the garage now, so I have to travel to and from work by bus.
7. Silk \_\_\_\_\_ (become) one of the primary goods traded along the Silk Road by about 100 BC.
8. What \_\_\_\_\_ (impress) us deeply were the delicious local food and the comfortable accommodation well prepared for us.
9. I ordered a coffee and some dessert in a nice cafeteria while I \_\_\_\_\_ (wait) for my friends to come.
10. It is fun for amateurs to try, but to become good at it, not only years of practice but also natural talent \_\_\_\_\_ (need).

## 【易错题】

11. I was sent to the village last month to see how the development plan \_\_\_\_\_ (carry) out in the past two years.
12. I was simply attempting to follow the advice my mother \_\_\_\_\_ (give) me years before; when things get awkward, smile.

13. Some modern teaching equipment as well as hundreds of computers \_\_\_\_\_ (send) to ten Hope Schools in South China a few years ago.

14. Susan had quit her well-paid job and \_\_\_\_\_ (work) as a volunteer in the neighbourhood when I visited her last year.

## ② 单句写作

1. 迈克配得上这个奖项,因为他非凡的教学能力已经极大地增强了我们表达自己的信心。  
(应用文写作之颁奖词)

Mike is worthy of this award, because his exceptional teaching ability \_\_\_\_\_ in expressing ourselves.

2. 一名救援人员冒着生命危险救出了两名被困在山里两天的游客。(话题写作之灾害预防)  
A rescue worker risked his life to save two tourists who \_\_\_\_\_ in the mountains for two days.

3. 你安排的活动不仅让我们每个人参与到学习中,而且建立了我们之间的文化桥梁,我们对此非常感激。(应用文写作之感谢信)

The activities you arranged not only got every one of us involved in learning, but built a cultural bridge between us, \_\_\_\_\_ . (定语从句)

4. 在过去的三年里,我们学校成功举办了三次英语戏剧比赛,每次都受到了广泛欢迎和所有师生的喜爱。(应用文写作之介绍信)

In the past three years, \_\_\_\_\_ , each of which is widely welcomed and appreciated by all the teachers and students.

5. 这让我意识到,当我们向那些需要我们帮助的人伸出援手时,世界将会是一个更好的居住场所。(读后续写之个人感悟)

It makes me realize that when we give a helping hand to those who need our assistance, the world \_\_\_\_\_ .



### 语法填空

Eating Chinese food can be beneficial to your health. Chinese dishes are often packed with vegetables, lean proteins, and healthy grains like rice and noodles, which 1. \_\_\_\_\_ (make) them a great source of vitamins, nutrients, and other essential 2. \_\_\_\_\_ (mineral).

Chinese food is also 3. \_\_\_\_\_ (relative) inexpensive, making it a great option for eaters. Many dishes can be easily customized to meet dietary restrictions or preferences, and takeout options make it easy 4. \_\_\_\_\_ (enjoy) a delicious meal without spending much time in the kitchen.

Chinese food is often thought of as a single type of cuisine, 5. \_\_\_\_\_ there are actually many different regional variations. Cantonese cuisine 6. \_\_\_\_\_ (characterize) by light and flavourful dishes that often contain seafood while Szechuan dishes are known 7. \_\_\_\_\_ their spicy (辛辣的) flavourings. Hunan cuisine is typically 8. \_\_\_\_\_ (heavy) than others, incorporating ingredients like chilies and garlic.

In conclusion, eating Chinese food can be a nutritious and economic way to get a variety of flavours and textures on your plate. With a little bit of research and knowledge, you can enjoy all the delicious flavours of Chinese cuisine in 9. \_\_\_\_\_ healthy and safe way. So don't be afraid to explore the world of Chinese food and discover all the 10. \_\_\_\_\_ (wonder) tastes it has to offer!

### 应用文语段填空 (告知信)

How is everything going? It's my great privilege to record a short video about my campus life for your classmates. I'm writing to tell you 1. \_\_\_\_\_ (将包括什么内容) in the video.

In the first place, as a student, 2. \_\_\_\_\_ (上不同的课是我的每日常规), so I would like to record a scene focusing on one of my Chinese

classes to show my academic life and Chinese culture. In addition, 3. \_\_\_\_\_

(每天都进行各种课外活动) in my school and therefore showing my after-school activities is also in my plan, from which your classmates can learn the diversity of Chinese high school life.

I wish such a video could live up to your expectations. 4. \_\_\_\_\_

(如果有需要改进的地方), please don't hesitate to tell me.

### 读后续写语段填空

【前情提示】本文讲述了 Sebastian 和他的爸爸一起去图书馆给正在屋顶工作的工人们提供水的故事。这个故事传达了善良和关心他人 的重要性,以及简单的善举如何能给人带来快乐和满足感。

Sebastian stuffed a bag with water bottles and 1. \_\_\_\_\_ (和他爸爸一起上车). After they had arrived at the library, Sebastian nervously approached the roofers and offered the water. 2. \_\_\_\_\_

(一个男人从梯子上下来) and held the bag open for the others to see, signaling them to come into the shade for a water break. The roofers looked surprised but grateful. As they passed around the bottles and opened them, one crew member asked, "How do you guys know we 3. \_\_\_\_\_ (已经用完了水)?"

"It was all his idea," Dad smiled, nodding at Sebastian. Sebastian didn't know how to respond. But the crew's smiles said it all. Having finished their water, the roofers 4. \_\_\_\_\_

(把空瓶子放回袋子里). They thanked Sebastian and his dad again and waved them goodbye as they drove away. Arriving home, Dad praised Sebastian for his kindheartedness. 5. \_\_\_\_\_

(一个简单的行为让塞巴斯蒂安感觉很好). He tossed the empties into the recycling bin. Then he poured two big glasses of cold water, one for himself and one for his dad.

第 57 天 完形填空 + 阅读理解 + 阅读七选五 +  
应用文写作 (邀请信) (时间:40 分钟)

❶ 完形填空

I have had this long-sleeved shirt since college. After many years, there are warning 1 that it is on the way out. Some buttons are getting a bit 2. And even there are those faint 3 of meals that haven't quite come out in the wash. Though 4, it is still my favourite.

One morning, I was putting on it for the family trip when my wife noticed a hole in the elbow (肘部). She advised me to 5 it or it would get worse. But it was so tiny. I decided to 6 it and went to reach for the backpack at the top of my closet when I heard the rip “sss-” Was that...? I reached for the closet door and 7 it shut. Riiippp again. The tiny hole became a big tear, leaving my arm 8. “Now you look like a scarecrow (稻草人),” my wife laughed. “Maybe you should throw it away.”

Should I? I asked myself in such a fast-fashion world which rushes to produce clothes that 9 the latest trend, few material items 10 our loyalty. But this shirt had seen a lot with me, from my 11 to my marriage. I knew even a piece of clothing represented a life 12 lived. I intended to stay 13.

“Is it time to let that shirt go?” my wife asked. I paused for a moment and then grabbed a pair of scissors. 14, I soon picked up my “new” 15 shirt and showed it to her. “Not yet,” I replied with a proud smile.

- ( )1. A. signs B. remarks  
C. deals D. problems
- ( )2. A. common B. fine  
C. flexible D. loose
- ( )3. A. spots B. appeals  
C. ingredients D. tastes
- ( )4. A. in low spirits  
B. in poor condition  
C. out of sight  
D. out of control
- ( )5. A. sew B. make  
C. recycle D. design
- ( )6. A. notice B. ignore  
C. mind D. refuse
- ( )7. A. kicked B. pressed  
C. slid D. kept
- ( )8. A. untouched B. examined  
C. broken D. exposed
- ( )9. A. protest B. miss  
C. fit D. pass
- ( )10. A. waste B. identify  
C. question D. gain
- ( )11. A. graduation B. family  
C. childhood D. retirement
- ( )12. A. poorly B. cautiously  
C. fully D. busily
- ( )13. A. efficient B. fashionable  
C. loyal D. calm
- ( )14. A. Possibly B. Hesitantly  
C. Approximately D. Exactly
- ( )15. A. old-fashioned B. short-sleeved  
C. high-quality D. famous-brand

## ㉑ 阅读理解

All three of my children were subject matter experts before they even left primary school. My eldest son memorized every statistic on every football trading card he got his hands on. His brother knew hundreds of car makes and models by heart. And I'm sure that my daughter—a huge One Direction fan—remembered more facts about the band than they did! The experience of becoming an expert can bring long-term benefits for learning—and it's never too late. “Having a specialist subject helps you learn anything,” says our memory expert, Jonathan Hancock. “There are good reasons for all of us to do a spot of specialist learning.”

It schools our observation: a vital first step to remember. Children are particularly good at seeing slight differences—like my younger son and his cars—then using them to organize information and inspire recall. But focused learning like this can push anyone to start noticing key details—ready to remember them.

It gives us a mental framework (框架), to which we can attach unrelated ideas. Even when his trading-card period was over, my son often linked new numbers with stored-away sports statistics. Your own area of interest might help you by suggesting soundalike words for people's names, or letting you “map” travel directions.

It gets us learning in a variety of ways, often with the help of all our senses. My daughter's pop knowledge was a rich mix of music, dances and colourful costumes, with

precise facts. Burying yourself in a subject boosts your brain to work at its best.

It restores our confidence to remember. We get to see what a difference it makes to be interested in something, to build up information in layers (层次), and to keep refreshing, testing and showing off what we know. It can give all our learning a boost.

Why not pick a topic that interests you, find some books, take a course, join a club... and enjoy becoming at least an entry-level expert? Even a short spell of specialist study can reawaken learning skills that used to feel like child's play.

( ) 1. What do the author's children have in common?

- A. Having a variety of hobbies.
- B. Dreaming of being a top-class expert.
- C. Learning school subjects well.
- D. Showing exceptional talent in their areas.

( ) 2. Which probably belongs to a mental framework?

- A. Recognizing a pair of twins.
- B. Lecturing at an opening ceremony.
- C. Learning English by watching a film.
- D. Planning a tour route in a strange city.

( ) 3. What is the purpose of the last paragraph?

- A. To advocate.                      B. To confirm.
- C. To evaluate.                        D. To explain.

( ) 4. What can be the most suitable title for the text?

- A. Raise children's memory
- B. Remember like an expert
- C. Reform learning methods
- D. Reawaken learning skills

## 阅读七选五

Several years ago, I experienced daily severe headaches that made me want to bang my head against a brick wall. I was desperate to find a cure. 1. \_\_\_\_\_

In my hopelessness, my father suggested acupuncture (针灸), a treatment he had experienced in Hong Kong. With limited exposure to traditional Chinese medicine, I decided to give acupuncture a try.

With no particular expectations, I found myself in the office of a middle-aged woman, surrounded by Chinese herbal medicines. After explaining my issue, she placed 3 fingers on my wrist to feel my heartbeat. 2. \_\_\_\_\_ Soon, she took out the needles, which made me somewhat uneasy as such objects typically make me uncomfortable.

3. \_\_\_\_\_ To deal with my headaches, the treatment began on the back of my hand, far from my head. As the doctor gently handled the needles, I got the feeling that something was flowing throughout my entire body.

The doctor then continued to tap and move more needles across my body. The electricity was turned on, and the doctor left the room. 4. \_\_\_\_\_ Around the 5-minute mark, the doctor returned and adjusted the electricity level. A moment later, before I knew it, she turned off the electricity and removed the needles, marking an end to the 20-minute process. She then gave me some herbal medicine to take for 5 days.

I returned to the doctor for a total of 10 sessions, and each time the same routine was repeated and the same herbal medicine was given. The true benefits of the acupuncture treatment became clear: I remained free of

headaches for 2 years. 5. \_\_\_\_\_ If you've experienced similar conditions, I highly recommend trying it.

- A. At last, my efforts paid off.
- B. I now strongly advocate acupuncture.
- C. I was then guided to a room and told to lie down.
- D. Despite trying different solutions, nothing worked.
- E. My initial experience with acupuncture was quite surprising.
- F. Though it may seem scary, the acupuncture cured my back pain.
- G. Lying still, I could sense the electricity flowing throughout my body.

## 应用文写作 (邀请信)

假设你是高三年级学生李华, 近期你的社区将举办一次以“未来社区”(Future Community)为主题的设计展, 你的作品也在展览之列, 请你发邮件邀请你的英国朋友 Jim 参观展览, 内容包括:

- 1. 活动的基本信息(时间、地点、展览内容等);
  - 2. 你的作品介绍。
- 注意: 1. 写作词数应为 80 个左右;  
2. 开头和结尾已给出, 不计入总词数。

Dear Jim,

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Yours,

Li Hua