

中等职业学校公共基础课程辅导用书

英语

同步辅导与练习 (基础模块·2)



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主编 唐向黎

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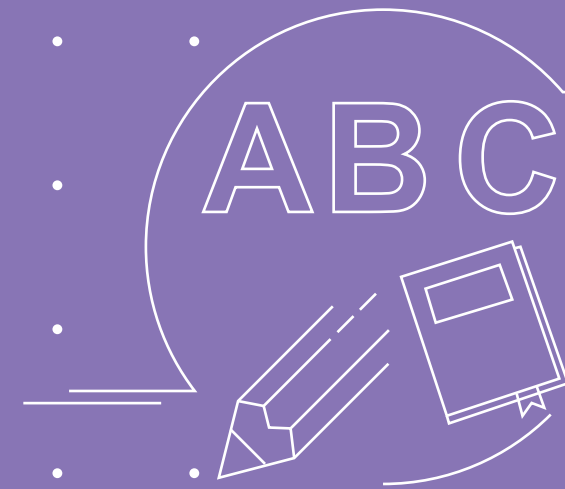
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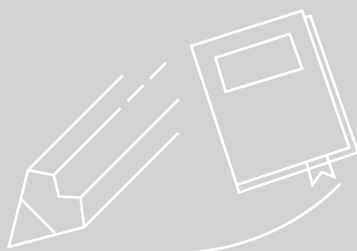
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前言

PREFACE

本书是根据中等职业教育对英语学科的基本要求,并参照最新版的《中等职业学校英语课程标准》编写而成的。全书共分为 10 个单元,每个单元包括知识梳理和课后巩固提高两个部分。

一、知识梳理

该部分按照填空的形式列出了最新版《英语》(基础模块·2)相应单元需要学生重点掌握的单词、短语和句型,并对相应单元的重点语法知识进行了归纳和总结。本书旨在使学生能快速掌握相应单元的重点知识,及对单元知识有个整体把握。

二、课后巩固提高

该部分分为 Part A 基础巩固和 Part B 能力提升两个部分。Part A 基础巩固部分包括单词拼写、单项选择、情景对话和完成句子四种题型,该部分主要考查和巩固学生对最新版《英语》(基础模块·2)中相应单元的语言知识的掌握情况。其中,单词拼写和单项选择主要考查的是最新版《英语》(基础模块·2)相应单元中的一些重要词汇和语法知识。Part B 能力提升部分包括完形填空、阅读理解和写作三种题型,该部分旨在提高学生的阅读和写作能力,为学生今后的学习和就业打下一定的基础。

由于编者水平有限,书中难免存在不当之处,敬请广大师生在使用后提出宝贵的意见和建议,以便我们及时做出修订。

编者



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Unit 1 The Spring Festival



知识梳理

重点单词

- | | |
|---|--------------------------------------|
| (1) _____ (<i>adv.</i>) 顺利地 | (2) activity (<i>n.</i>) _____ |
| (3) _____ (<i>adj.</i>) 幸运的 | (4) get-together (<i>n.</i>) _____ |
| (5) _____ (<i>n.</i>) 亲戚(<i>adj.</i>) 比较的 | (6) lantern (<i>n.</i>) _____ |
| (7) _____ (<i>v.</i>) 庆祝, 庆贺 | (8) tradition (<i>n.</i>) _____ |
| (9) _____ (<i>v.</i>) 享受 | (10) delicious (<i>adj.</i>) _____ |
| (11) _____ (<i>adj.</i>) 特殊的, 特别的 | (12) encourage (<i>v.</i>) _____ |
| (13) _____ (<i>n.</i>) 未来; 前途 | (14) career (<i>n.</i>) _____ |
| (15) _____ (<i>adj.</i>) 通常的 | (16) grass (<i>n.</i>) _____ |
| (17) _____ (<i>n.</i>) 花园; 公园 | (18) dinner (<i>n.</i>) _____ |
| (19) _____ (<i>v.</i>) 借, 借给 | (20) actually (<i>adv.</i>) _____ |
| (21) _____ (<i>v.</i>) 追溯 | (22) widely (<i>adv.</i>) _____ |
| (23) _____ (<i>n.</i>) 鞭炮 | (24) phrase (<i>n.</i>) _____ |

重点短语

- | | |
|---------------|--------------------------------|
| (1) _____ 春节 | (2) get on well _____ |
| (3) _____ 谈论 | (4) share sth. with sb. _____ |
| (5) _____ 悬挂 | (6) put up _____ |
| (7) _____ 压岁钱 | (8) the Lantern Festival _____ |
| (9) _____ 参加 | (10) help sb. do sth. _____ |



- (11) _____ 来自 (12) New Year's Eve _____
 (13) _____ 庙会
 (14) the Spring Festival Gala _____
 (15) _____ 期待 (16) according to _____
 (17) _____ 属于 (18) come back _____
 (19) _____ 写下,记下 (20) go shopping _____
 (21) _____ 从那时起
 (22) encourage sb. to do sth. _____
 (23) _____ 做决定 (24) be prepared for _____
 (25) _____ 注意 (26) get on _____
 (27) _____ 等待;等候 (28) ask sb. to do sth. _____
 (29) _____ 振作起来,高兴起来
 (30) begin to do sth. _____
 (31) _____ 把某人吓跑

重点句型

- (1) She _____ her classmates _____
 during the Spring Festival. 她正在和同学们分享她在春节期间做的事情。
 (2) I also learned _____ make dumplings. 我还学会了如何包饺子。
 (3) I'm looking forward _____ the next Spring Festival. 我期待着庆
 贺来年春节。
 (4) _____? 有什么特别的吗?
 (5) _____ your Spring Festival? 你的春节过得怎么样?
 (6) How _____ you? 你呢?
 (7) _____ help and learn from each other. 让我们互相帮助和学习吧。
 (8) _____ good. 晚餐闻起来真香。

重点语法

简单句

英语句子分为简单句和复合句。简单句是一个句子中只包含一个主谓结构的句子。组成简单句的各个部分叫作句子成分,句子成分都是由单词、短语或从句充当的。在一个简单句中,主语和谓语是必不可少的,而宾语、定语、状语、表语和补语等则是根据表达意思的需要选



择使用。其中,谓语决定了句子的整个结构。

一、句子的成分

1. 主语

主语是动作的执行者,是句子的主体,主要由名词、代词、动名词或动名词短语充当,也可以由数词、动词不定式、名词化的形容词和分词、从句等来充当。例如:

Most Chinese people like to travel. 大多数中国人喜欢去旅行。

He is a reporter. 他是一名记者。

2. 谓语

谓语是用来说明主语是什么、做什么或处于什么状态,由动词或动词短语充当。例如:

She finished her homework yesterday. 她昨天完成了作业。

She speaks English fluently. 她的英语说得很流利。

3. 宾语

宾语是指动作的对象或承受者,可由名词、代词、数词来充当,也可由动名词短语、动词不定式、分词或从句等来充当。例如:

He is writing a letter. 他正在写信。

Who will take care of him? 谁来照顾他?

4. 定语

定语用来修饰或限定名词或代词,可由形容词、名词、代词、数词、介词短语、副词、动词不定式、动名词、分词或从句等来充当。定语一般放在被修饰名词的前面(前置定语),形容词修饰不定代词时放在其后面(后置定语),短语和从句作定语时放在被修饰词的后面(后置定语)。例如:

Please open your mouth. 请张开嘴。

The woman under the tree is my teacher. 树下的那位女士是我的老师。

5. 状语

状语主要用来修饰动词、形容词、副词或整个句子,表示动作发生的时间、地点、目的、方式、程度等,可以由副词、形容词、介词短语、动词不定式、分词或从句等来充当。状语有时间状语、地点状语、原因状语、方式状语、条件状语等。例如:

He runs very fast. 他跑得很快。

Large or small, all countries are equal. 不论大小,所有国家都是平等的。

6. 表语

表语常放在系动词之后,与系动词构成复合谓语,用来说明主语的性质、特征、身份等,可由名词、代词、形容词、副词、数词、介词短语、动词不定式、动名词短语、分词或从句等来充当。例如:

He is my classmate. 他是我的同班同学。

This book is mine. 这本书是我的。



7. 补语

补语,分为主语补足语和宾语补足语,用来补充说明主语或宾语的状态、身份或动作,可以由名词、形容词、副词、动词不定式、分词或从句等来充当。宾语与补语一起构成复合宾语,常用的复合宾语所在句子的结构为“主语+谓语+宾语+宾语补足语”。例如:

We consider him a good teacher. 我们认为他是一名好老师。

I find learning English easy. 我发现学英语很容易。

二、五种基本句型

1. 主语+谓语(不及物动词)

本句型中的谓语动词是不及物动词,本身能表达完整的意思,后面不需要跟宾语,但有时可跟作状语的副词、介词短语、非谓语动词(现在分词、过去分词、动词不定式)等。本句型如果要带宾语,则需要加适当的介词。例如:

My watch stopped. 我的表停了。

He listened to his teacher carefully. 他认真地听老师讲课。

2. 主语+系动词+表语

本句型中的系动词不能表达完整的意思,必须加上一个表明主语特征、身份、状态的表语。常见的系动词有 be(是)、become(成为)、get(变得)、turn(变得)、grow(变得)、go(变得)、look(看起来)、feel(感到)、smell(闻起来)、taste(尝起来)、sound(听起来)、seem(似乎)、keep(保持)、stay(保持)等。例如:

She is a beautiful girl. 她是个漂亮的女孩。

He looks very tired. 他看上去很累。

3. 主语+谓语(及物动词)+宾语

本句型中的谓语动词都具有实际意义,都是主语产生的动作,但不能表达完整的意思,其后必须跟宾语(动作的承受者),这类动词叫作及物动词。例如:

Many girls like roses. 很多女孩都喜欢玫瑰花。

We often read the morning newspaper. 我们常常读晨报。

4. 主语+谓语(及物动词)+间接宾语+直接宾语

本句型中的谓语动词接有两个宾语,这两个宾语都是动作的对象或承受者,其中指人的是间接宾语,指物的是直接宾语。通常间接宾语在前,直接宾语在后。当间接宾语放在直接宾语之后时,通常需要加介词 for 或 to。例如:

I gave my husband a book. = I gave a book to my husband. 我给了我的丈夫一本书。

He bought her a new bike. = He bought a new bike for her. 他给她买了一辆新的自行车。

5. 主语+谓语(及物动词)+宾语+宾语补足语

在本句型中,一个宾语不能表达完整的意思,必须加上另外一个成分(宾语补足语)对宾语



进行补充说明,方能使意思完整。可以充当宾语补足语的有名词、形容词、副词、动名词、分词、不定式、介词短语等。

(1) 常接名词作宾语补足语的动词有 call、choose、find、make、name 等。例如:

They called me Miss Liu. 他们叫我刘小姐。

He named his cat Kitty. 他给他的猫取名姬蒂。

(2) 常接形容词、副词作宾语补足语的动词有 keep、find、get、leave、make、paint、set、drive 等。例如:

We found him dishonest. 我们发觉他不诚实。

Don't keep the lights on. 不要让灯一直亮着。

(3) 常接现在分词作宾语补足语的动词有 have、keep、see、hear、feel、watch、notice、observe、smell、catch、get、leave 等,宾语和补足语在逻辑上存在着主谓关系。例如:

I'm sorry to keep you waiting so long. 很抱歉让你久等了。

I could feel the wind blowing on my face. 我能感觉到风吹着我的脸。

(4) 常接过去分词作宾语补足语的动词有 want、see、hear、feel、watch、notice、need、order、wish、observe、have、let、make 等,宾语和补足语在逻辑上存在着动宾关系。例如:

We want the work finished by Saturday. 我们想在周六前把工作完成。

She heard the front door shut. 她听见前门被关上了。

(5) 常接带 to 的不定式作宾语补足语的动词有 advise、ask、order、allow、force、encourage、get、persuade、prefer、require、tell、want、wish 等。例如:

The doctor ordered me to stay in bed. 医生嘱咐我卧床休息。

I encouraged her to work hard and try for the exam. 我鼓励她用功并为这次考试做出努力。

(6) 常接不带 to 的不定式作宾语补足语的动词有 see、hear、feel、watch、notice、observe、have、let、make 等。例如:

I saw her face go red. 我看见她的脸变红了。

What made you change your mind? 什么让你改变了主意?



课后巩固提高

Part A 基础巩固

I. 单词拼写

1. Rules make everything go _____ (顺利地).

2. The advertisement says there will be a great _____ (庆祝) this Sunday.



3. Peter wants to send them a yellow _____ (灯笼).
4. That old man is lonely, and he doesn't have any _____ (亲戚) or friends.
5. We have the _____ (传统) of admiring the moon on the night of the Mid-autumn Day.
6. What are you going to be in the _____ (未来)?
7. Her successful acting _____ (事业) lasted for about 40 years.
8. She is watering the flowers in the _____ (花园) now.
9. I used to read newspapers and watch TV after _____ (晚餐).
10. Look! What nice _____ (烟花) they are!

II. 单项选择

1. Please _____ the painting on the wall.
A. put on B. put out C. put up D. put off
2. —Miss Zhang teaches us maths this term.
—You're _____. She is really a good teacher.
A. tired B. hungry C. excited D. lucky
3. Jenny and I go _____ in a market once a week.
A. shopping B. shop C. shopped D. shops
4. I shared my birthday cake with my friends last night. It was _____.
A. important B. favourite C. poor D. delicious
5. —Mum, what should I wear to the party?
—Linda, you're no more a child. Learn to make your own _____.
A. speech B. survey C. decision D. difference
6. —Hey! Boys! Happy Spring Festival!
—Thanks. _____.
A. It will be wonderful B. The same to you
C. No problem D. Don't worry
7. We should encourage the teenagers _____ for their local communities.
A. to do voluntary work B. to doing voluntary work
C. do voluntary work D. to voluntary work
8. As _____, David was late for school, but to his surprise, the teacher didn't punish him this time.
A. usually B. normal C. normally D. usual



9. Excuse me, can you lend your bike _____ me?
A. to B. for C. as D. in
10. —Difficulties always go with me!
—_____! If a door is closed in front of you, there must be a window opened for you!
A. Cheer up B. That's enough
C. Go out D. Go ahead
11. I've never forgotten that lesson. _____, that was the most important lesson in my life.
A. Unfortunately B. Sadly
C. Hardly D. Actually
12. —What do you usually do on weekends?
—I usually enjoy _____ in the library.
A. read B. to read C. reading D. reads
13. I have decided to take up teaching as my _____ after graduation.
A. doctor B. career C. level D. music
14. Ways should be paid more attention _____ our study efficiency.
A. to to improving B. to improving
C. to to improve D. to improve
15. From then _____, cyclists must wear helmets to protect heads from injury.
A. in B. on C. over D. under

III. 情景对话

A: Hello, this is Zhu Hui. May I speak to Zhu Jing?

B: Hello, it's Zhu Jing here. Long time no see, Hui. _____ 1 _____

A: Pretty good! I'm calling to say happy Dragon Boat Festival to you all.

B: Thanks, Hui. _____ 2 _____

A: Oh, people here don't celebrate it and some people even know nothing about it, Jing.

_____ 3 _____

B: Mother is making *zongzi* for us in the kitchen and my father is watching the boat races on TV. How about you, Hui? _____ 4 _____

A: Yes, they are like parents to me. Now, Mrs. Brown is learning to make *zongzi* for me in the kitchen. They want to make me at home.

B: You are really a lucky dog. _____ 5 _____



A: Yeah, I'm very happy that I can live with them.

- A. I wish you to have a good time there.
- B. What are your parents doing now?
- C. Mr. Brown is reading a book about Dragon Boat Festival.
- D. How's everything going in the United States?
- E. Are you good with your host family?
- F. How are you spending the festival there?
- G. You meet a kind family.

IV. 完成句子

1. 别忘了把“福”挂在墙上,莉莉。

Lily, remember to _____ the “Fu” on the wall.

2. 这件事不要对任何人讲起,尤其是你妈妈,不然她会担心的。

Don't _____ this to anyone, especially not to your mother, or she will be worried.

3. 斯玛特夫人就如何学好英语给了我们一些建议。

Mrs. Smart gave us some advice on _____ well.

4. 我们不必记下老师在课堂上说的每一个字。

We don't have to _____ every word that the teacher says in class.

5. 我真的很期待明天与你相见。

I am really _____ seeing you tomorrow.

6. 我们正在为春节做准备。

We _____ the Spring Festival.

7. 你太担心失败以致不敢一试。成功不会属于你的。

You are too afraid of failure to give it a try. Success can't _____ you.

8. 去年,山上的狼群把所有的村民都吓跑了。

The wolves on the mountain _____ all the villagers _____ last year.

Part B 能力提升

I. 完形填空

The Lantern Festival is one of the traditional festivals in China. It is celebrated _____ 1 _____ the fifteenth day of the first month of the lunar year. *Yuanxiao* is the special _____ 2 _____ for the Lantern Festival. It is the _____ 3 _____ as dumplings to the Spring Festival. *Yuanxiao* is a kind



of small dumpling balls. It _____ 4 _____ sweet and delicious. Another food for the Lantern Festival is _____ 5 _____ *tangyuan*. What's more, *tangyuan* in Chinese has a similar _____ 6 _____ to *tuanyuan*, meaning reunion and happiness for the family.

Guessing lantern riddles(谜语) is an important part of the festival. Lanterns can be made into different _____ 7 _____—flowers, animals and many other things. _____ 8 _____ making lanterns, people usually write riddles on lanterns. On the evening of the Lantern Festival, there are many lanterns in the streets. Children also hold their lanterns to _____ 9 _____ in the streets. _____ 10 _____ is very interesting and everyone is very happy on that day.

- | | | | |
|-------------------|-------------|--------------|------------------|
| 1. A. at | B. in | C. on | D. for |
| 2. A. drink | B. food | C. vegetable | D. fruit |
| 3. A. different | B. same | C. beautiful | D. ugly |
| 4. A. tastes | B. feels | C. smells | D. looks |
| 5. A. phoned | B. made | C. bought | D. called |
| 6. A. colour | B. size | C. height | D. pronunciation |
| 7. A. shapes | B. products | C. names | D. ways |
| 8. A. Where | B. Unless | C. While | D. If |
| 9. A. pick | B. fly | C. throw | D. play |
| 10. A. Everything | B. Anything | C. Something | D. Nothing |

II. 阅读理解

A

The Spring Festival is celebrated not only in China but also in other parts of the world. The traditional holiday is the most important to Chinese both home and abroad.

The United Kingdom

Celebrations for the Spring Festival in the UK started in 1980 with the first evening party held in 2002. Every New Year people get together and have a lot of activities. They sing songs, dance to music, share photos with friends or enjoy films in a cinema.

The United States

The Spring Festival has become a key time for Chinese living or working in the US. They join in a large evening party to welcome the traditional New Year. It is a good chance for people to build a circle of friends and feel that they are not alone because they share the same culture and values.

Australia

The Chinese New Year will be welcomed with three weeks of celebrations across Australia. Many people come to Sydney's Chinatown or Little Bourke in Melbourne. They



enjoy fireworks, lion dances, dragon boat races and many other traditional activities. The celebrations are also a bridge towards better understanding between Chinese and non-Chinese.

1. Celebrations for the Spring Festival in the UK started in _____.
A. 1890 B. 1980 C. 2000 D. 2002
2. At the Spring Festival, Chinese in America join in a large evening party to _____.
A. say hello to the new year B. refuse a good chance
C. tell others they are alone D. share different cultures
3. Chinese in Australia enjoy the following activities except _____.
A. fireworks B. lion dances
C. a bridge D. dragon boat races
4. After reading the passage above, we might say _____.
A. all parts of the world celebrate the Spring Festival
B. the Chinese New Year is celebrated only in China
C. celebrations for the Spring Festival are just held in three foreign countries
D. Chinese across the world have a strong feeling towards the Spring Festival
5. How long will the Chinese New Year be welcomed in Australia?
A. Two days. B. Two weeks. C. Three days. D. Three weeks.

B

Here are some special holidays. Let's learn about them.

Dragon Boat Festival comes in the fifth lunar month in China, and people have dragon boat races. They are really fun to watch. People eat *zongzi*. The festival is for Qu Yuan. He is remembered every year for his love and loyalty(忠诚) to his country and people.

Mother's Day is on the second Sunday in May. It's a day to thank mothers. On that day, mothers usually get flowers and cards from their children. Fathers and children do housework, so mothers can have a good rest.

Mid-autumn Day is on the 15th day of the 8th lunar month. People admire the bright and round moon and eat moon-cakes. They have a big family dinner. There is a beautiful folk story about Chang'e.

National Day is on October 1st. China is a great country with a long history. Chinese people are hard-working and brave. We have a seven-day holiday to celebrate National Day.

What's your favourite holiday?

6. What do people do on Dragon Boat Festival?
A. Have dragon boat races. B. Get flowers and cards.



- C. Admire the moon. D. Eat turkey.
7. When is Mother's Day?
- A. On April 1st. B. On the second Sunday in May.
C. On October 1st. D. On the fourth Thursday in November.
8. The underlined word "rest" means "_____" in Chinese.
- A. 劳动 B. 工作 C. 忙碌 D. 休息
9. On Mid-autumn Day, there is a beautiful folk story about _____.
A. Qu Yuan B. Zhong Kui C. Chang'e D. mothers
10. Which of the following statements is TRUE?
- A. People admire the moon on Dragon Boat Festival.
B. Mothers must do housework on Mother's Day.
C. Chinese people have a seven-day holiday to celebrate National Day.
D. Mid-autumn Day comes on August 5th.

C

A well-known poem by the Tang Dynasty poet Du Mu tells of a scene in early April, "Rains fall heavily as Qingming comes, and on the road passers-by in low spirits go."

This scene takes place on Tomb Sweeping Day, also known as Qingming Festival. Tomb Sweeping Day is a traditional Chinese festival. It dates from the Zhou Dynasty, over 2,500 years ago. Chinese people celebrate it to remember and honour their ancestors(祖先).

This year, it falls on April 5th. Tomb Sweeping Day became a public holiday in the Chinese mainland in 2008. People have one day off for that day. On this day, families bring flowers, food and wine to the grave sites(墓地) of their ancestors. They place cakes, fruits in front of the grave and some may burn joss paper as money for the dead. After that, they sweep the tombs and cherish(怀念) the memories of their dead family members.

Tomb Sweeping Day gives us a chance to show respect to our ancestors and family members who have passed away and show that we miss them. This tradition shows that family values are an important part of Chinese culture. Tomb Sweeping Day is also the beginning of the time for gardening and outdoor activities in China. Families often get together for outings or to fly kites at this time.

11. The Chinese meaning of the underlined word "passers-by" is "_____".
A. 行人 B. 陌生人 C. 古人 D. 现代人
12. Tomb Sweeping Day is celebrated for people to _____.
A. go out to fly kites



- B. have a public holiday
 - C. get together with their families
 - D. remember and honour their ancestors
13. What can people take to the grave sites according to the passage?
- A. Flowers, food, fruits and umbrellas.
 - B. Flowers, food, wine and joss paper.
 - C. Food, fruits, joss paper and kites.
 - D. Flowers, wine and pets.
14. Which of the following is NOT mentioned in the passage?
- A. We have one day off for Tomb Sweeping Day.
 - B. Tomb Sweeping Day dates from the Zhou Dynasty.
 - C. People in the world celebrate Tomb Sweeping Day.
 - D. Family values play an important role in Chinese culture.
15. What does the passage mainly discuss?
- A. People bring many things to the grave sites.
 - B. Du Mu wrote a poem about Qingming Festival.
 - C. Tomb Sweeping Day is a traditional Chinese festival.
 - D. Qingming Festival is a good time for outdoor activities.

III. 写作

假如你是王宁,得知你的外籍教师 George 由于疫情寒假不能回英国和家人团聚,请参考以下要点给 George 写一封邮件邀请他到你家和你们一起过春节。

要点:

1. 发出邀请,说明原因;
2. 介绍本地过春节的风俗和活动安排;
3.

要求:

1. 80 词左右,可适当发挥,开头和结尾已给出,不计入总词数;
2. 文中不能出现自己的姓名和所在学校的名称。

Dear George,

I am sorry to hear that you can't go back to meet your family because of COVID-19 during the winter vacation. I want to invite you to come to my house. _____



I am sure we will have a good time, and I am looking forward to your reply.

Yours sincerely,

Wang Ning

知识梳理参考答案

【重点单词】

- (1) smoothly (2) 活动 (3) lucky (4) 聚会, 会面 (5) relative (6) 灯笼
 (7) celebrate (8) 传统 (9) enjoy (10) 美味的 (11) special (12) 鼓励, 支持
 (13) future (14) 职业; 事业; 精力 (15) usual (16) 草; 草地 (17) garden
 (18) 晚餐, 正餐 (19) lend (20) 实际上 (21) trace (22) 普遍地, 广泛地
 (23) firework (24) 短语, 词组

【重点短语】

- (1) the Spring Festival (2) 相处融洽 (3) talk about (4) 与某人分享某事(物)
 (5) hang up (6) 张贴 (7) lucky money (8) 元宵节 (9) take part in
 (10) 帮助某人做某事 (11) come from (12) 除夕(夜) (13) the temple fair
 (14) 春节联欢晚会 (15) look forward to (16) 根据 (17) belong to
 (18) 回来, 返回 (19) write down (20) 购物 (21) from then on
 (22) 鼓励某人做某事 (23) make a decision (24) 为……做准备
 (25) pay attention to (26) 上车 (27) wait for (28) 让某人做某事
 (29) cheer up (30) 开始做某事 (31) scare sb. away

【重点句型】

- (1) is sharing with; what she did (2) how to (3) to celebrating
 (4) Anything special (5) How was (6) about (7) Let's
 (8) The dinner smells

Unit 2 Growing Up Healthy



知识梳理

重点单词

- | | |
|---|--------------------------------------|
| (1) _____ (<i>adj.</i>) 难过的 | (2) healthy (<i>adj.</i>) _____ |
| (3) _____ (<i>n.</i>) 努力 | (4) circle (<i>v.</i>) _____ |
| (5) _____ (<i>n.</i>) 生活方式 | (6) correct (<i>adj.</i>) _____ |
| (7) _____ (<i>n.</i>) 习惯 | (8) medicine (<i>n.</i>) _____ |
| (9) _____ (<i>adj.</i>) 医疗的, 医学的 | (10) skip (<i>v.</i>) _____ |
| (11) _____ (<i>n.</i>) 大学 | (12) toothache (<i>n.</i>) _____ |
| (13) _____ (<i>n.</i>) 牙科医生 | (14) normal (<i>adj.</i>) _____ |
| (15) _____ (<i>n.</i>) 平衡 | (16) clinic (<i>n.</i>) _____ |
| (17) _____ (<i>v.</i>) 刷 (<i>n.</i>) 毛笔, 画笔, 刷子 | (18) plenty (<i>n.</i>) _____ |
| (19) _____ (<i>v.</i>) 咳嗽 | (20) temperature (<i>n.</i>) _____ |
| (21) _____ (<i>v.</i>) 保护 | (22) hole (<i>n.</i>) _____ |
| (23) _____ (<i>adj.</i>) 各种各样的 | (24) proper (<i>adj.</i>) _____ |
| (25) _____ (<i>n.</i>) 体操馆, 健身房 | (26) waiter (<i>n.</i>) _____ |
| (27) _____ (<i>adj.</i>) 焦虑不安的 | (28) pain-killer (<i>n.</i>) _____ |

重点短语

- | | |
|----------------------|--------------------------------|
| (1) _____ 成长 | (2) describe sth. to sb. _____ |
| (3) _____ 熬夜 | (4) be afraid of _____ |
| (5) _____ 对抗, 与……做斗争 | (6) at the same time _____ |



- | | |
|---------------------------|---------------------------------------|
| (7) _____ 大量的 | (8) be made up of _____ |
| (9) _____ 起床 | (10) go to bed _____ |
| (11) _____ 保持健康 | (12) spend some time doing sth. _____ |
| (13) _____ 交朋友 | (14) have a sore throat _____ |
| (15) _____ 绕口令 | (16) do harm to _____ |
| (17) _____ 努力工作 | (18) be able to _____ |
| (19) _____ 弹钢琴 | |
| (20) a cup/glass of _____ | (21) _____ 较喜欢, 宁愿 |
| (22) start off _____ | |
| (23) _____ 和……一样重要 | |

重点句型

- (1) It's important to _____. 用一种健康的生活方式生活很重要。
- (2) _____ fast food will do harm to your health. (吃)太多的快餐食品有害健康。
- (3) What _____ the problem? 有什么样的问题呢?
- (4) I've had a toothache _____. 我已经牙痛两天了。
- (5) You shouldn't eat too much sweet food and _____ your teeth at least _____. 你不应该吃太多甜食, 也要记得每天至少刷两次牙。
- (6) _____ three times a day, and have a good rest. 每天服药三次, 好好休息。
- (7) _____ we cannot live without water. 人们相信, 我们离开了水就无法生存。
- (8) They _____ when Chinese people drink hot water. 他们觉得中国人喝热水很奇怪。

重点语法

情态动词

情态动词表示说话人对某一个动作或状态的情感、态度或语气, 表示“必须; 可能; 应当; 必要”等。情态动词本身具有一定的意义, 但不能独立作谓语, 只能和主要动词一起构成谓语。情态动词没有人称和数的变化, 没有非谓语形式。



1. can、could 和 be able to

(1) 表示具有某种能力。can 表示现在或将来, could 表示过去。此时也可用 be able to 代替 can, can 只有一般现在时和一般过去时, 而 be able to 则有更多的时态。例如:

He can swim. 他会游泳。

He could play football when he was seven years old. 他 7 岁时就会踢足球了。

We hope that you will be able to come. 我们希望您能来。

(2) 表示请求或允许, 意为“可以”, 与 may 意思相同。这时 could 比 can 的语气更加委婉, could 用于疑问句, 回答时要用 can。例如:

Can I go with you? 我可以和你一同前往吗?

Could you please open the window? 请你打开窗户好吗?

—Could I bring my little sister here tomorrow? 我明天可以带我妹妹来这里吗?

—Yes, you can. 是的, 你可以。

(3) 表示可能性的推测, 表示客观可能性, 常用于否定句或疑问句中。can't 表示“一定不是”。例如:

Can the news be true? 这个消息会是真的吗?

That can't be Mr. Li. He went to Beijing yesterday. 那不可能是李老师, 他昨天去北京了。

2. may 和 might

(1) 表示许可、允许或请求, 意为“可以”。might 在这里不表示过去, 表示更加委婉的语气。肯定回答是“Yes, please. /Yes, you may.”; 否定回答是“No, you mustn't. /No, you can't. /No, you had better not.”。例如:

May/Might I close the window? 我可以关上窗户吗?

—May/Might I smoke here? 我可以在此吸烟吗?

—No, you mustn't. /No, you can't. /No, you had better not. 不, 一定不要。/不, 你不能。/不, 最好不要。

(2) 表示可能性的推测, 一般用于肯定句中, 意为“可能”; 用于否定句时, 意为“可能不”。might 不表示时态, 表示可能性比 may 小。例如:

It may rain tomorrow. 明天可能下雨。

The story may not be true. 这个故事可能不是真的。

(3) 表示祝愿, 不用 might。例如:

May you be happy! 祝你开心!

3. will、would 和 shall

will/would 表示请求、建议或征求对方意见, 用于第二人称的疑问句。would 比 will 更加委婉。shall 用于第一人称, 表示征求对方的意见或提出建议。例如:



Will you carry these books to the second floor for me? 请你帮我把这些书搬到二楼好吗?

Would you please wait for a moment? 请你稍等一下好吗?

Shall we meet at the gate? 我们在大门口见面如何?

4. should 和 ought to

(1) should 和 ought to 意为“应该”。should 的否定式为 shouldn't; ought to 的否定式为 ought not to。

(2) should 表示劝告、建议或命令; ought to 表示义务和责任,比 should 语气更强烈。例如:

You should wash your hands first. 你应该先洗手。

You ought to finish your homework on time. 你应该按时完成作业。

5. must 和 have to

(1) must 表示“必须,应当”,指说话人主观上的看法。对 must 提出的问题进行否定回答时要用 needn't 或 don't have to; have to 也表示“必须”,指客观的需要,意为“不得不”。例如:

I must study hard to go to college. 我必须好好学习,考上大学。

—Must I pay for the ticket at once? 我必须马上支付票钱吗?

—No, you needn't. /No, you don't have to. 不,不必。

We have to finish our task before Friday. 我们必须周五前完成任务。

(2) must 表示肯定推测,意为“一定,准是”(否定推测用 can't,意为“一定不”)。例如:

She must be ill. She looks pale. 她一定病了。她看起来脸色苍白。

He can't be that foolish. 他一定不会那么蠢。

(3) 在否定结构中, don't have to 表示“不必”, mustn't 表示“禁止”。例如:

You don't have to tell him about it. 你不必把此事告诉他。

You mustn't tell him about it. 你一定不要把这件事告诉他。

6. had better

had better 意为“最好”,常用于口语中,也常省略为-'d better,后接动词原形。例如:

You had better stay at home. 你最好待在家里。

Mr. Black is ill, so we'd better send for a doctor at once.

布莱克先生病了,所以我们最好马上派人去请医生。



课后巩固提高

Part A 基础巩固

I. 单词拼写

1. My favourite fruit is the apple because it can make me _____ (健康的).



2. In order to better understand the article, we need to _____ (圈出) the keywords.
3. Remember to write your name on the _____ (正确的) place before you hand in your paper.
4. We should form the good _____ (习惯) of saving food now.
5. Before you take this _____ (药), you should pay attention to the instructions.
6. He was the first in his family to go to _____ (大学).
7. I spend an hour running in the _____ (健身房) every day.
8. My parents are always strict with me in everything and that makes me feel _____ (焦虑).
9. Daddy, you _____ (咳嗽) day and night. You must stop smoking.
10. There is something wrong with my teeth. I think I should see a _____ (牙科医生).

II. 单项选择

1. A lot of parents think it's difficult to find a _____ way to improve their kids' grades.
A. fair B. crazy C. wrong D. proper
2. China is making a(n) _____ to fight against COVID-19.
A. decision B. effort C. mistake D. living
3. We need millions of trees to protect ourselves _____ the natural disaster.
A. from B. with C. in D. at
4. I know you're afraid of heights. But come anyway. You can _____ the climbing.
A. circle B. skip C. pull D. take
5. You needn't hurry. There is _____ time.
A. many B. a lot C. lot of D. plenty of
6. —What should I do if I have a headache?
—You should _____ to see if you have a fever.
A. take your temperature B. lie down and rest
C. see a dentist D. put your head down
7. —My husband is coughing badly these days, doctor. What should he do?
—First, he should break the _____ of smoking every day.
A. sense B. food C. life D. habit
8. I often stay _____ very late to study, though I know that is wrong.
A. around B. up C. out D. in
9. I made a mistake in the maths exam, Miss Li! I'm so _____.
A. excited B. anxious C. silent D. happy



10. I went to college; _____, all my friends got well-paid jobs.
A. at the same time B. for a while
C. at the moment D. from now on
11. You must give up the cigarette, or it will _____ your health.
A. be strict with B. do harm to
C. be good at D. lead to
12. Mary is only five years old, but she can play _____ piano well.
A. a B. an C. / D. the
13. —Would you like some orange juice, Julie?
—No, thanks. I prefer _____ milk.
A. to drink B. drink C. to drinking D. to be drunk
14. How useful water is! We must _____ it.
A. saving B. to save C. save D. saved
15. Using English in different situations is as important _____ learning the language in a classroom.
A. for B. as C. than D. so

III. 情景对话

A: Hi. Bill! _____ 1 _____

B: Yes, I like playing basketball. How often do you exercise?

A: _____ 2 _____

B: Do you get up early in the morning?

A: Yes, I get up at 6:30 every morning. And then I play basketball for half an hour.

B: _____ 3 _____

A: I go to bed at 10:00. _____ 4 _____

B: I see. You look strong. Let's play basketball together tomorrow morning, OK?

A: All right. _____ 5 _____

- A. Could you tell me how to get there?
B. Let's meet at 7:00 am.
C. What time do you go to bed at night?
D. I exercise every day.
E. I have a healthy lifestyle.
F. I don't like them at all.
G. Do you play basketball every morning?



IV. 完成句子

1. 我们可以每天早上喝一杯水来开始一天的生活。

We can drink _____ water to _____ the day.

2. 我们校队由 10 个男孩和 12 个女孩组成。

Our school team _____ 10 boys and 12 girls.

3. 他的精神有点不正常,不能保持正常的情绪。

There is something wrong with his spirits. He can't stay in _____.

4. 在课外服务的帮助下,许多家长发现他们对于平衡工作和生活之间的关系是可能的。

With the help of after-school service, many parents _____ for them to _____ the relationship between work and life.

5. 如果我们想保持健康,我们应该少看电视,多做运动。

If we want to _____, we _____ watch less television and do more exercise.

6. 不仅我,他也能开小汽车,我们都已经通过了驾照考试。

Not only I _____ he _____ drive a car. We both have passed the driving test.

7. 她在纽约待了三个月,帮助人们抗击流感。

She stayed in New York for three months to help people _____ the flu.

8. 昨天,我妈妈下班后很累,所以她很早就睡觉了。

My mother was tired after work, so she _____ early yesterday.

Part B 能力提升

I. 完形填空

You've probably heard many times that exercise is good for you, and know that it can help you _____ 1 _____ well, too. Doctors think that children should exercise for 60 minutes each day. Here are some of the _____ 2 _____.

Exercise is good for _____ 3 _____ the body and the mind. Some people feel it's easy to fall _____ 4 _____ after doing exercise. What's more, it can make people feel proud when they finish doing something.

Exercise can help you look better. People who do exercise look better than _____ 5 _____ who don't. In fact, exercise is one of the most important _____ 6 _____ of keeping your body at a healthy weight.

Exercise can help people reduce(降低) the risk of getting some diseases(疾病). These



diseases are becoming more _____ 7 _____ among children. In another word, it's easy for kids to be infected(感染).

A lot of studies showed that some exercise like jumping, running or walking can help people keep their bones strong. _____ 8 _____ you're getting regular exercise now, try to keep it up. Staying fit is one of the biggest challenges for people as they are _____ 9 _____ with their studies or jobs.

"Old habits die hard." So why not start exercise _____ 10 _____ it's too late? I'm sure exercise can bring you lots of fun.

- | | | | |
|----------------|---------------|------------|------------|
| 1. A. feels | B. feeling | C. to feel | D. felt |
| 2. A. reasons | B. results | C. advice | D. process |
| 3. A. not only | B. both | C. either | D. too |
| 4. A. sleeping | B. sleep | C. asleep | D. slept |
| 5. A. that | B. the one | C. those | D. one |
| 6. A. way | B. parts | C. ideas | D. method |
| 7. A. common | B. impossible | C. special | D. lucky |
| 8. A. If | B. Though | C. Because | D. And |
| 9. A. worried | B. busy | C. bored | D. tired |
| 10. A. after | B. when | C. before | D. about |

II. 阅读理解

A

Healthy eating habits are important for your children. They can help them grow healthily. Also, they help children live a healthy life when they grow up. Parents can help children build healthy eating habits in the following ways.

Help Your Children to Choose Food

Put much healthy food in the house. This will help your children learn how to choose healthy food.

Eat Meals Together as a Family

Try to make mealtimes happy with a relaxing conversation. If children are unhappy at mealtimes, they may try to eat faster to leave the table quickly. It's bad for them.

Plan for Snacks

Keeping eating snacks may lead your children to eat too much, but snacks are important. You should make snacks healthy.



Tell Your Children Not to Eat Meals or Snacks While They're Watching TV

Try to eat only in the dining room or kitchen. Eating in front of the TV may make it difficult to pay attention to feelings of fullness, and may lead to eating too much.

1. This passage is written to _____.
A. teachers B. parents C. doctors D. children
2. Healthy eating habits can help children _____.
A. only when they're young
B. only when they grow up
C. when they're young and when they grow up
D. when they are not too young or too old
3. Parents can help children choose healthy food by _____.
A. drawing unhealthy food B. putting healthy food at home
C. taking children to the shop D. eating all kinds of food
4. The underlined word "fullness" means "_____" in the passage.
A. 饥饿感 B. 充满 C. 饱腹感 D. 丰富
5. What does the passage mainly tell us?
A. What healthy eating habits are.
B. Healthy eating habits are important.
C. How to build healthy eating habits.
D. Children should help their parents.

B

Our eating habits are very important for good health and a strong body. There are times when most of us would rather eat sweets and ice cream than meat and rice. Sweets and ice cream are not bad for the stomach if we eat them at the end of a meal. If we eat them before a meal, they may take away our appetite(胃口). It is important for us to eat our meal at the same time each day. When we feel hungry, it is a sign that our bodies need food. When we feel angry or excited, we may not want to eat. When we are worried, we may not want to eat, either. A long time ago, in England, some judges used to decide whether a man was telling the truth by giving him some dry bread. If the man could not swallow the bread, it was a sign that he wasn't telling the truth. He was telling a lie. Although this seems very strange and rather foolish, it is indeed an excellent way of finding out the truth. A man who is worrying about something has difficulty in swallowing anything dry. Because when he is





worrying, he loses his appetite and does not want to eat.

6. Good eating habits make us _____.
A. happier B. more worried
C. more beautiful D. stronger
7. It's _____ for us to eat sweets and ice cream after meals.
A. OK B. bad C. possible D. important
8. According to the passage, we should eat our meals _____ every day.
A. at any time B. at the same time
C. at different time D. in time
9. Which of the following is TRUE?
A. Our eating habits are not very important.
B. Eating dry bread is not good for our health.
C. When you feel worried, you may lose your appetite.
D. To swallow bread is difficult and unhealthy.
10. The judges in old England thought if a man didn't tell the truth, he could _____.
A. swallow dry bread happily B. eat lots of dry bread
C. hardly eat a piece of dry bread D. swallow dry bread easily

C

You may know about “junk food” like French fries. But do you know about “junk sleep”? A British survey found that electronic products(电子产品) in teenagers' bedrooms are bad for their sleep.

The survey was done among 1,000 British kids aged 12 to 16. It found that 30 percent of them got just 4 to 7 hours of sleep every day. But doctors say they need 8 to 9 hours.

Almost 25 percent of the kids said they fell asleep more than once a week while watching TV, listening to music or using other electronic products.

“This is very worrying,” said Dr. Chris, a British expert(专家). “We call it junk sleep. It means you don't get enough sleep and the quality of the sleep is bad, too. If you don't get a good rest, you won't perform well in school the next day.” The survey found that 40 percent of the kids felt tired each day, with girls aged 15 to 16 feeling the worst. Almost all the teenagers have a phone, MP4 or TV in their bedroom.

11. What's the passage mainly about?
A. Junk food. B. Junk sleep.



- C. Electronic products. D. The exercise habit.
12. According to the survey, how many children sleep only 4 to 7 hours a day?
A. 250. B. 300. C. 400. D. 450.
13. What does the underlined word “quality” mean in Chinese?
A. 质量 B. 时长 C. 进度 D. 距离
14. Why are junk food and junk sleep similar?
A. Because people enjoy both of them in their free time.
B. Because they are both bad for people’s health.
C. Because people have to spend much money on them.
D. Because people think both of them are cheap.
15. What’s the main idea of the last paragraph?
A. Parents should help their kids sleep well.
B. Kids shouldn’t have electronic products.
C. Kids should use the electronic products less.
D. Electronic products are good for children.

Ⅲ. 写作

健康的饮食习惯有利于学生的学习和成长。假如你是莉莉,你有健康的饮食习惯,请你根据以下要点提示,以“My Eating Habits”为题,写一篇英语短文介绍一下你的饮食习惯。

要点:

1. 一日三餐喜欢吃的食物;
2. 最喜欢吃的水果和蔬菜;
3. 对自己饮食习惯的评价。

写作要求:

1. 包含所有要点,可适当发挥;
2. 语言准确,行文连贯,层次清晰,书写规范;
3. 词数 60~80,开头已给出,不计入总词数。

My Eating Habits

Hello, everyone. My name is Lily. Let me tell you something about my eating habits.





知识梳理参考答案

【重点单词】

- (1) sad (2) 健康的 (3) effort (4) 圈出 (5) lifestyle (6) 正确的 (7) habit
(8) 医学;药 (9) medical (10) 不做,不参加 (11) university (12) 牙痛
(13) dentist (14) 正常的,典型的 (15) balance (16) 诊所 (17) brush
(18) 大量,充足 (19) cough (20) 温度 (21) protect (22) 洞,孔
(23) various (24) 正确的,适合的 (25) gym (26) 男服务员
(27) stressed (28) 止痛药

【重点短语】

- (1) grow up (2) 向某人描述某事/物 (3) stay up (4) 害怕 (5) fight against
(6) 同时 (7) plenty of (8) 由……组成 (9) get up (10) 去睡觉 (11) keep fit
(12) 花费时间做某事 (13) make friends (14) 喉咙痛 (15) tongue twister
(16) 损害,对……有害 (17) work hard (18) 能够 (19) play the piano
(20) 一杯 (21) prefer to (22) 开始活动,出发 (23) as important as

【重点句型】

- (1) live a healthy lifestyle (2) Too much (3) seems to be (4) for two days
(5) remember to brush; twice a day (6) Take this medicine (7) It's believed that
(8) find it strange

Unit 1 The Spring Festival

Part A

I. 单词拼写

1. smoothly 2. celebration 3. lantern 4. relatives
5. tradition 6. future 7. career 8. garden
9. dinner 10. fireworks

II. 单项选择

1. C 考查动词短语。put on 意为“穿上”; put out 意为“扑灭”; put up 意为“张贴”; put off 意为“推迟, 取消”。句意: 请把画张贴在墙上。故选 C。
2. D 考查形容词。tired 意为“疲惫的”; hungry 意为“饥饿的”; excited 意为“兴奋的”; lucky 意为“幸运的”。根据后文说的张老师是位好老师可知, 空格处应是说对方是幸运的。故选 D。
3. A 考查固定短语。go shopping 为固定短语, 意为“购物”。故选 A。
4. D 考查形容词。important 意为“重要的”; favourite 意为“最喜欢的”; poor 意为“贫穷的”; delicious 意为“美味的”。根据前面说的与朋友分享蛋糕可推测, 此处是说蛋糕很美味。故选 D。
5. C 考查名词。make one's decision 为固定搭配, 意为“做决定”。根据前句说的琳达不再是个小孩子了可知, 此处是说让她自己做决定。故选 C。
6. B 考查交际用语。it will be wonderful 意为“那将会很棒”; the same to you 意为“同样也祝福你”; no problem 意为“没问题”; don't worry 意为“别担心”。对于别人的祝福应说谢谢, 同时也要祝福对方。故选 B。
7. A 考查非谓语动词。encourage sb. to do sth. 为固定短语, 意为“鼓励某人做某事”, 故空格处应用动词不定式作宾语补足语。
8. D 考查固定短语。as usual 为固定短语, 意为“像往常一样”, 其中 usual 为形容词。
9. A 考查介词。lend sth. to sb. 为固定短语, 意为“把某物借给某人”。故选 A。
10. A 考查交际用语。cheer up 意为“振作起来, 高兴起来”; that's enough 意为“够了”; go out 意为“出去”; go ahead 意为“去吧, 做吧, 干吧”。根据上文说者心情低落, 抱怨有很多困难可知, 答者应给予鼓励, 让对方振作起来, cheer up 符合题意。故选 A。
11. D 考查副词。前面说从未忘记, 后面说是最

重要的一课, 前后意思递进, 所以应用 actually, 意为“实际上”。故选 D。

12. C 考查非谓语动词。enjoy doing sth. 为固定搭配, 意为“享受做某事, 喜欢做某事”, enjoy 后跟动词的-ing 形式。故选 C。
13. B 考查名词。根据语境可知, 此处是说将教学作为事业。doctor 意为“医生”; career 意为“事业”; level 意为“水平”; music 意为“音乐”。故选 B。
14. C 考查固定短语和非谓语动词。pay attention to sth. 为固定短语, 意为“注意某事物”, 本句是被动语态, 结构为 sth. be paid attention to, 其中 to 是介词。多注意方法的目的是提高学习效率, 用 to improve 作目的状语, 其中 to 为不定式符号。故选 C。
15. B 考查副词短语。from then on 意为“从那时起”, 为固定短语, 故用副词 on。

III. 情景对话

1—5 DFBEG

IV. 完成句子

1. hang up 2. talk about 3. how to learn English
4. write down 5. looking forward to
6. are preparing for 7. belong to 8. scared; away

Part B

I. 完形填空

1. C 考查介词。at 后接具体时刻; in 后接某年某月; on 后接具体的某一天; for 意为“为了”。根据 the fifteenth day of the first month of the lunar year 可知, 这里指的是具体的一天, 用介词 on。故选 C。
2. B 考查名词。drink 意为“饮料”; food 意为“食物”; vegetable 意为“蔬菜”; fruit 意为“水果”。根据常识可知, 元宵是一种食物。故选 B。
3. B 考查形容词。the same as 意为“与……一样”。根据 dumplings to the Spring Festival 并结合常识可知, 此处表示元宵节吃元宵就跟春节吃饺子一样。故选 B。
4. A 考查系动词。taste 意为“尝起来”; feel 意为“感觉起来”; smell 意为“闻起来”; look 意为“看起来”。根据 sweet and delicious 可知, 这里指的是尝起来可口。故选 A。
5. D 考查动词。phone 意为“打电话”; make 意为“制作”; buy 意为“买”; call 意为“称作”。根据

tangyuan 及常识可知,这里是说被叫作汤圆。故选 D。

6. D 考查名词。colour 意为“颜色”;size 意为“尺寸”;height 意为“高度”;pronunciation 意为“发音”。根据句意及常识可知,“汤圆”与“团圆”的中文发音相似。故选 D。
7. A 考查名词。shape 意为“形状”;product 意为“产品”;name 意为“名字”;way 意为“方法”。根据 flowers, animals and many other things 可知,此处是说形状。故选 A。
8. C 考查连词。where 意为“哪里”;unless 意为“除非”;while 意为“当……时候”;if 意为“如果”。根据语境可知,人们在制作灯笼时,通常把灯谜写在灯笼上。故选 C。
9. D 考查动词。pick 意为“拾起”;fly 意为“飞”;throw 意为“扔”;play 意为“玩耍”。根据语境可知,此处表示孩子们也在街上拿着自己的灯笼玩。故选 D。
10. A 考查不定代词。everything 意为“一切事物”;anything 意为“任何东西”;something 意为“某件事”;nothing 意为“没有什么”。根据空格后的连词 and 可知,空格处所在的前半句和 everyone 所在的后半句为并列关系。句意:在那天,每件事都很有趣,每个人都很开心。故选 A。

II. 阅读理解

1. B 细节理解题。根据 The United Kingdom 部分中的 Celebrations for the Spring Festival in the UK started in 1980 可知,英国的春节庆祝活动始于 1980 年。故选 B。
2. A 细节理解题。根据 The United States 部分中的 “They join in a large evening party to welcome the traditional New Year.” 可知,他们参加一个大型晚会来迎接传统的新年。故选 A。
3. C 细节理解题。根据 Australia 部分中的 “They enjoy fireworks, lion dances, dragon boat races and many other traditional activities.” 可知,文中没有提到桥牌。故选 C。
4. D 推理判断题。根据第一段内容可知,世界各地的中国人都对春节有强烈的感情。故选 D。
5. D 细节理解题。根据最后一段第一句可知,在澳大利亚,春节会持续三个星期。故选 D。
6. A 细节理解题。根据第二段第一句可知,人们在端午节赛龙舟。故选 A。
7. B 细节理解题。根据第三段第一句可知,母亲

节在五月的第二个周日。故选 B。

8. D 词义猜测题。画线词所在句是说“爸爸和孩子们做家务,因此妈妈能好好……”。本段主要讲的是母亲节,爸爸和孩子做家务为的是让妈妈在母亲节能够好好休息,rest 意为“休息”。故选 D。
9. C 细节理解题。根据第四段最后一句可知,在中秋节,有一个关于嫦娥的美丽传说。故选 C。
10. C 细节理解题。根据倒数第二段最后一句可知,我们有一个 7 天的国庆假期。故选 C。
11. A 词义猜测题。pass 是动词,意思是“经过”,从构词法来看,passers-by 意思是“路过的人”,结合诗句意思推断出画线词指“行人”。故选 A。
12. D 细节理解题。根据第二段最后一句可知,中国人用清明节来纪念自己的祖先。故选 D。
13. B 细节理解题。根据第三段第四、五句可知,在这一天,家人带着鲜花、食物和酒到他们祖先的墓地。他们把蛋糕、水果放在坟墓前,一些人可能会给逝者烧纸钱。故选 B。
14. C 细节理解题。根据第二段中的 It dates from the Zhou Dynasty 可知 B 选项正确;根据第三段中的 “People have one day off for that day.” 可知, A 选项正确;根据最后一段中的 “This tradition shows that family values are an important part of Chinese culture.” 可知 D 选项正确。故选 C。
15. C 主旨大意题。本文主要介绍了中国传统节日清明节的由来,以及人们在这一天会做什么。故选 C。

III. 写作

One possible version:

Dear George,

I am sorry to hear that you can't go back to meet your family because of COVID-19 during the winter vacation. I want to invite you to come to my house.

Spring Festival is a traditional festival in China. We usually have many activities during the festival. Before the festival, we clean our house and make some decorations in order to drive away bad luck. At the Spring Festival Eve, we have a big dinner together and watch the Spring Festival Gala. We can let off fireworks in the garden, too. On the first day of the festival, we often visit our friends and

relatives, and children may get some red pockets which mean good luck.

I am sure we will have a good time, and I am looking forward to your reply.

Yours sincerely,

Wang Ning

Unit 2 Growing Up Healthy

Part A

I. 单词拼写

1. healthy 2. circle 3. correct 4. habit
5. medicine 6. university 7. gym 8. stressed
9. cough 10. dentist

II. 单项选择

1. D 考查形容词。fair 意为“公平的”; crazy 意为“疯狂的”; wrong 意为“错误的”; proper 意为“合适的”。句意:很多父母觉得很难找到一个合适的方法来提升自己的成绩。故选 D。
2. B 考查名词。make an effort 意为“做出努力”。根据 fight against COVID-19 可知,此处说的是努力抗击新冠肺炎。故选 B。
3. A 考查介词。固定短语 protect sb. from sth. 表示“保护……免受……”。故选 A。
4. B 考查动词。circle 意为“圈出”; skip 意为“不做,跳过”; pull 意为“拉”; take 意为“拿”。根据前面的 you're afraid of heights 可知,此处应是不进行攀爬。故选 B。
5. D 考查固定搭配。many 意为“许多的”,修饰可数名词复数形式; a lot 意为“非常”,修饰动词; lot of 属于搭配错误; plenty of 意为“许多的”,既可以修饰可数名词复数形式,也可以修饰不可数名词。空处的词修饰不可数名词 time, 应用 plenty of。故选 D。
6. A 考查交际用语。根据空后的 to see if you have a fever 可知,此处是说量一下体温看看是否发烧。take your temperature 意为“量体温”。故选 A。
7. D 考查名词。根据前面的 coughing badly 并结合常识可知,抽烟导致咳嗽严重,应该戒烟,用 break the habit of smoking(改掉抽烟的习惯)表示。故选 D。
8. B 考查副词。根据 late to study 和 wrong 可

知,此处是说“熬夜(stay up)到很晚”。故选 B。

9. B 考查形容词。根据 made a mistake 可知,此处应是说犯了错后感觉焦虑(anxious)。故选 B。
10. A 考查介词短语。at the same time 意为“同时”; for a while 意为“一段时间”; at the moment 意为“此刻”; from now on 意为“从现在开始”。空格前句意为“我上了大学”,空格后句意为“我所有朋友都找到了高薪工作”,前后句为并列关系,故应用 at the same time。故选 A。
11. B 考查固定搭配。be strict with 意为“对……严格”; do harm to 意为“有害于”; be good at 意为“擅长”; lead to 意为“导致”。根据常识可知,吸烟有害健康。故选 B。
12. D 考查冠词。play the piano 为固定搭配,意为“弹钢琴”。故选 D。
13. A 考查非谓语动词。prefer to do sth. 和 prefer doing sth. 均为正确结构,表示“更喜欢做某事”。故选 A。
14. C 考查情态动词。must 为情态动词,后跟动词原形,故用 save。故选 C。
15. B 考查连词。as important as 为固定短语,意为“像……一样重要”。故选 B。

III. 情景对话

1—5 GDCEB

IV. 完成句子

1. a cup/glass of; start off 2. is made up of
3. a normal mood 4. find it possible; balance
5. keep fit; should 6. but also; is able to
7. fight against 8. went to sleep

Part B

I. 完形填空

1. C 考查动词。根据空前的 help you 可知,此处应用 help sb. (to) do sth. 结构,表示“帮助某人做某事”。故选 C。
2. A 考查名词。根据空前的 Here are some of the 并联系下文可知,此处说的是原因(reasons)。故选 A。
3. B 考查代词。根据 the body and the mind 可知,此处应用 both... and... 连接两个并列的成分。故选 B。
4. C 考查形容词。此处应是短语 fall asleep, 表示“入睡”。故选 C。
5. C 考查代词。that 为代词,代替不可数名词;

the one 代替单数名词; those 代替复数名词; one 为数词, 指“一个”。此处代替不做运动的那些人, 为复数形式, 用 those。故选 C。

6. B 考查名词。根据语境可知, 此处是说运动是使身体保持健康体重最重要的部分之一。“one of the + 形容词最高级 + 名词复数”表示“最……的……之一”。故选 B。
7. A 考查形容词。根据“In another word, it's easy for kids to be infected.”可知, 疾病在儿童中变得更加普遍(common)。故选 A。
8. A 考查连词。根据 you're getting regular exercise now 可知, 这是条件状语从句, 应用 if 引导。故选 A。
9. B 考查形容词。根据 with their studies or jobs 可知, 他们忙于学习或工作。be busy with sth. 为固定搭配, 意为“忙于某事”。故选 B。
10. C 考查连词。根据 start exercise 可知, 此处是说在为时已晚之前开始锻炼。故选 C。

II. 阅读理解

1. B 推理判断题。根据第一段最后一句可知, 这篇文章是为父母写的, 故选 B。
2. C 细节理解题。根据第一段第二、三句可知, 孩子们小时候和长身体的时候吃得健康很重要, 故选 C。
3. B 细节理解题。根据 Help your children to choose food 建议中的“Put much healthy food in the house.”可知, 父母可以通过在家里存放健康的食物来帮助孩子们选择食物。故选 B。
4. C 词义猜测题。画线词所在句句意: 在电视机前进食会让有_____感觉困难, 从而导致吃得太多。会吃得太多是因为没有饱腹感, 所以 fullness 在此处的意思是“饱腹感”。故选 C。
5. C 主旨大意题。阅读全文可知, 文章主要就如何帮助孩子养成健康的饮食习惯给出了几点建议, 故选 C。
6. D 细节理解题。根据文章首句可知, 好的饮食习惯能强身健体。故选 D。
7. A 细节理解题。根据文章第三句可知, 饭后吃甜食和冰激凌是可以的。故选 A。
8. B 细节理解题。根据文章第五句可知, 每天吃饭的时间点应固定。故选 B。
9. C 细节理解题。根据文章第八句可知, 忧心的时候没胃口。故选 C。
10. C 细节理解题。根据文章第十句可知, 撒谎

人咽不下干面包。故选 C。

11. B 主旨大意题。根据第一段第二句并通读全文可知, 文章主要介绍了“垃圾睡眠”。故选 B。
12. B 推理判断题。根据文章第二段可知是 300 人。故选 B。
13. A 词义猜测题。根据文章最后一段中的“We call it junk sleep. It means you don't get enough sleep and the quality of the sleep is bad, too.”可推知, 画线处的意思是“质量”。故选 A。
14. B 推理判断题。根据文章第一段可知, 二者都是有害的。故选 B。
15. C 推理判断题。根据文章最后一段可知, 作者是在告诉读者: 孩子应该少使用电子产品。故选 C。

III. 写作

One possible version:

My Eating Habits

Hello, everyone. My name is Lily. Let me tell you something about my eating habits.

I have three meals every day. For breakfast, I often have a piece of bread, an egg and an apple. I have some milk, too. For lunch, I usually have rice, chicken and vegetables. I don't eat too much food for dinner. I like having some fruit salad and vegetables. My favourite vegetables are carrots and I like apples best. They are healthy.

I think I have good eating habits. Do you think so?

Unit 3 School Clubs

Part A

I. 单词拼写

1. opportunity 2. decoration 3. hunting
4. badminton 5. run 6. Environmental
7. weekly 8. planet 9. mooncake
10. description

II. 单项选择

1. A 考查固定搭配。(all) kinds of 是固定搭配, 意为“各种各样的”。故选 A。
2. D 考查副词。句意: 慢点! 你开得太快了, 很危险。slow down 为固定搭配, 意为“减速, 慢下来”。故选 D。
3. C 考查介词。take care of 为固定短语, 意为