

高中英语

小题才王做[®]

.....选择性必修第一册 YL

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Unit 1 Food matters

基础知识过关

Period I Reading-Grammar and usage



小题语境练

限时 30 分钟

一、语境填词(根据字母或汉语提示,用本单元所学单词填空)

1. Strong family _____ (纽带) can encourage better behaviours in children and teach them how to be a good friend.
2. You can always tell the difference between the tourists and the n _____.
3. Which f _____ of mooncake do you like?
4. The boss is not in a good m _____ these days; you'd better not look for trouble.
5. The flavour of the dish can be e _____ by good cooking.
6. What i _____ me most about the book was its language.
7. Children exposed to an English-speaking _____ (氛围) will pick up the language much more easily.
8. The _____ (风景) along the Yangtze River is amazing, with many well-known sightseeing spots.
9. A computer hacker broke into the _____ (安全) system of our company yesterday.
10. Emotional upset can _____ (产生) powerful and deadly poisonous substances in one's body.

二、词汇变形(用括号中所给的当形式填空)

1. A _____ (combine) of talent, hard work and confidence has taken her to the top.
2. There is a wide _____ (vary) of patterns to choose from.
3. I am not an _____ (emotion) person, but the thought of leaving this place really hit me hard.
4. Sam's performance had clearly made a lasting _____ (impress) on the audience.
5. Hearing the news, Thomas breathed a sigh of _____ (relieve).
6. From now on, you're going to have to stay away from _____ (salt) food.
7. When the dog finished eating, Peter _____ (gentle) cleaned its mouth with a tissue.
8. A good _____ (cycle) can cover distances of over a hundred miles a day.

9. It's crucial to protect our personal information and be aware of the risks _____ (association) with using the Internet.
10. Regular sleep habits and relaxation will help regulate the body, promoting your _____ (digest).

三、选词填空(用方框内所给短语的适当形式完成句子)

do the trick	throw oneself into	come across	make up for	in low spirits
be linked with	refer to	lie in	bring back	cry out for

- Upon graduation, he _____ scientific research.
- What does the underlined word in Paragraph 2 _____?
- If you _____ something or someone, you find them or meet them by chance.
- These pills should _____ and you'll feel much better in no time.
- The situation _____ immediate action as the storm is rapidly approaching the coastal town.
- It is said that toys can _____ happy childhood memories to adults.
- His lack of experience _____ by his enthusiasm and willingness to learn quickly.
- Recent studies have shown that stress _____ an increased risk of heart disease.
- Friends are those who encourage us when we are _____.
- The success of the project _____ the effective cooperation between the marketing team and the product development team.

四、单句语法填空

- The purpose of the activity is _____ (teach) the students how to cooperate with their teammates.
- Before the invention of the aeroplane, _____ (fly) in the sky like a bird was only a dream.
- It is impossible for us _____ (finish) the work on time.
- The sports meet is _____ (hold) next Friday.
- _____ (be) kind to the enemy is _____ (be) cruel to the people.
- To listen to Tan Dun's music is _____ (experience) a mix of Chinese musical traditions and Western influences.
- It became fashionable _____ (give) big fancy dress parties.
- It is not unusual for teenagers of your generation _____ (attract) to computer games and the online world.

五、句式表达

1. 每当他面临挑战时,他都会通过提醒自己过去的成就来让自己振作起来。(whenever 引导让步状语从句;cheer sb up)
-

2. 污染对人类的健康都有负面影响,更不用说对环境的影响了。(not to mention)
-

3. 去公园散步能让人精神振奋。(lift one's spirits)
-

4. 对你来说,慢慢地做重要的人生决定是很重要的。(take one's time over)
-

5. 不知不觉中,一天已经飞逝而过。(before I know/knew it)
-

6. 公司推出了一项新的营销策略,在短短几个月内就带来了销售额的显著增长。(动词-ing 形式作结果状语)
-

7. 她对学生们对这个项目的投入印象深刻。(be impressed by)
-



一、阅读理解

[江苏苏州期中] Breadfruit is a traditional staple (主要的) crop from the Pacific islands with the potential to improve worldwide food security. While people have survived on it for thousands of years, there was a lack of basic scientific knowledge of the health impacts of a breadfruit-based diet in both humans and animals. Now the fruit is getting the nutritional thumbs-up from a team of British Columbia researchers.

Breadfruit can be harvested, dried and made into flour. For the project, researchers had four breadfruits from the same tree in Hawaii, shipped to the Murch Lab at UBC Okanagan. Ying Liu led the study examining the digestion and health impact of a breadfruit-based diet.

“We wanted to contribute to the development of breadfruit as a sustainable, environmentally friendly and high-production crop,” Liu says. The researchers designed a series of studies that could provide data on the impacts of a breadfruit-based diet fed to mice and also an enzyme (酶) digestion model.

The researchers determined that breadfruit protein was found to be easier to digest than wheat protein in the enzyme digestion model. And mice fed the breadfruit diet had a significantly higher growth rate and body weight than standard diet-fed mice. Liu also noted mice on the breadfruit diet had a significantly higher daily water consumption compared to mice on the wheat diet.

Fundamental understanding of the health impact of breadfruit digestion and diets is necessary and essential to the establishment of breadfruit as a staple in the future. “Overall, these studies support the use of breadfruit as part of a healthy, nutritionally balanced diet,” says Liu. The use of breadfruit could make inroads in food sustainability for many populations globally. Liu suggests if a person ate the same amount of cooked breadfruit they can meet up to nearly 57 percent of their daily fibre requirement, more than 34 percent of their protein requirement and at the same time consume vitamin C, iron, calcium and other elements.

- () 1. What does the underlined word “thumbs-up” in the first paragraph mean?
- A. Requirement. B. Benefit.
C. Reflection. D. Acceptance.
- () 2. What is the purpose of Liu’s study on breadfruit?
- A. To help those Pacific islanders. B. To prove the value of the food.
C. To promote the food worldwide. D. To develop a new type of diet.
- () 3. What is Paragraph 4 mainly about?
- A. The research method. B. The research focuses.
C. The research process. D. The research findings.
- () 4. What can be inferred about breadfruit from the last paragraph?
- A. It will take the place of wheat. B. It is superior to other foods.
C. It can help ease food shortage. D. It needs further improvement.

二、完形填空

[江苏苏州学业质量阳光指标调研] My grandmother died when my mother was 11, so my mother never learned how to cook particularly well. Cooking skills aside, she's a(n) 1 nurturer(养育者). Two years ago, she flew to care for me while I was 2 from an operation. At my apartment, I handed her a grocery list of comfort foods, which included Campbell's Chicken Noodle Soup.

"I should make you some chicken noodle soup 3," she said.

"Mum, you have never made me chicken noodle soup in your life—except from a can(罐头). You did many 4 things for me, but there was no chicken noodle soup."

"Well, now I'm going to make you some soup," said my mother.

I then 5 my friend Kate, an amazing chef. I wrote that my mum was making some chicken noodle soup and asked her to send us a 6.

Three hours and a dozen emails with Kate later, my mother had 7 made the chicken soup. It looked good. It was definitely chicken soup made with 8.

All we needed was the noodles.

I watched as my mother 9 an entire bag of noodles into the soup when I got the email from Kate. "Noodles, I forgot to say how many. It should be like ... a cup."

We watched in 10 as the noodles soaked up(浸泡,吸收) all the soup. We tried to add more water, but it was too late. We stood in the kitchen, hurriedly spooning the 11 soup into our bowls.

"It's my fault!" said my mother, 12.

But let me tell you, that one bowl of chicken noodle soup was 13. We did not think about the soup-soaked noodles while we ate, nor did we think about the 14 of life. I was my mother's best dinner 15, and she was my favourite chef.

- | | | | |
|----------------------|----------------|------------------|-----------------|
| () 1. A. extreme | B. effective | C. excellent | D. economical |
| () 2. A. observing | B. removing | C. benefiting | D. recovering |
| () 3. A. aside | B. instead | C. otherwise | D. nevertheless |
| () 4. A. sensitive | B. wonderful | C. rewarding | D. generous |
| () 5. A. emailed | B. texted | C. called | D. contacted |
| () 6. A. recipe | B. message | C. mail | D. gift |
| () 7. A. instantly | B. specially | C. appropriately | D. successfully |
| () 8. A. appetite | B. love | C. value | D. nutrient |
| () 9. A. mixed | B. boiled | C. emptied | D. rolled |
| () 10. A. horror | B. relief | C. greed | D. satisfaction |
| () 11. A. other | B. boiling | C. spare | D. remaining |
| () 12. A. upset | B. delighted | C. angry | D. relieved |
| () 13. A. ordinary | B. delicious | C. delicate | D. salty |
| () 14. A. confusion | B. depressions | C. imperfections | D. beauty |

() 15. A. cook B. guest C. critic D. partner

三、语法填空

[江苏东台期末] *Jianbing* is one of China's most popular street breakfasts. 1 Chinese dumplings have spread well beyond the country's borders, *jianbing* might be China's best-kept culinary (烹调) secret. Every neighbourhood has its own *jianbing* vendor (摊贩) serving breakfast from dawn through mid-morning, satisfying hungry 2 (local) on their way to work.

Contrary 3 what you might think, *jianbing* is no grab-and-go street breakfast. 4 (keep) the crispness (酥脆) of the pancake, *jianbing* is never cooked ahead of time, so waiting in a line is part of the culture. But basically, *jianbing* is a breakfast worth 5 (wait) for.

Jianbing has a longer history than almost any other Chinese street food. Thought to have originated in Shandong Province during the Three Kingdoms Period, the military strategist Zhuge Liang had his soldiers cook food on shields (盾), 6 were held over the fire.

Of course, if *jianbing* was that easy to make, it would have taken the world by storm long before now. Part of 7 challenge in copying the dish is that the recipe for a *jianbing* differs by region, and even by vendor. Many consider it 8 (possible) to make your own *jianbing* without months of practice and tuition from a master. Yet a few committed foreigners have made it, 9 decided to bring *jianbing* to a hungry audience after their first taste in China back in the 1980s. In the UK, twins Melissa and Oliver Fu, owners of Mei Mei's Street Cart are bringing the joys of *jianbing* first to London and now Manchester in spite of all the difficulty they have in 10 (perfect) their technique.

- | | | | | |
|----------|----------|----------|----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |

Period II Integrated skills-Extended reading

小题语境练 限时 30 分钟

一、语境填词(根据首字母或汉语提示,用本单元所学单词填空)

1. She had no a _____, and merely toyed with the bread and cheese.
2. Dogs are raised as pets due to their _____ (可爱的), gentle, and friendly nature, which makes them perfect companions.
3. The new tax system would be calculated on the value of p _____ owned by an individual.
4. It's hard to describe the _____ (混合) of anxiety and excitement I feel on my first day at senior high.
5. While Du Fu's poems were mostly written in p _____ and simple language, they are not easy for many foreigners.
6. The Forbidden City, recognized as the treasure of China, was once the royal palace of the Ming and Qing d _____.
7. To advance, cities must once again find a way to be a better _____ (版本) of themselves.
8. Studies show that bright colours will s _____ your appetite.
9. In China, there is a lot of _____ (重视) on politeness.
10. You should not tap chopsticks on the _____ (边缘) of the bowl, as beggars do this to ask for food.

二、词汇变形(用括号中所给词的适当形式填空)

1. The development was _____ (bitter) opposed by the local community.
2. The wildlife reserve is due for an _____ (expand) to accommodate the growing number of rescued animals.
3. The lighting system is very useful in the evenings and on rainy and _____ (fog) days.
4. You are supposed to dress _____ (appropriate) on some important occasions like a wedding party.
5. Gas and oil _____ (consume) always increases in cold weather.
6. The question was, would this _____ (stimulate) be enough to get the rats walking again?
7. Who is the best candidate in your _____ (estimate)?
8. This _____ (innovate) product can detect the emotions of the children by their facial expressions, heart rates, and breathing patterns.
9. The beauty and _____ (delicate) of a rose can also symbolize the fragility(脆弱) of relationships and the need to nurture and care for them.
10. In _____ (essential), your situation isn't so different from mine.

三、选词填空(用方框内所给短语的适当形式完成句子)

out of this world	appeal to	be covered with	let loose	serve with
work one's way through	hit the spot	heat up	fall apart	take off

- The business _____ after they launched their innovative app, quickly gaining millions of users worldwide.
- Taking a nice hot bath would really _____.
- Her performance in the ballet was _____, displaying a level of grace and precision that left the audience very impressed.
- Would you go into the kitchen and _____ some coffee?
- She managed to _____ college by taking part-time jobs and receiving scholarships.
- The cake _____ as soon as I tried to remove it from the pan, making a mess of the kitchen counter.
- The lake _____ a sheet of ice last December.
- Sometimes I take things too seriously, and I want to _____ as well.
- Cookies are just the thing to _____ tall glasses of lemon juice.
- He didn't reject the proposal because the idea _____ him.

四、句式表达

- 她是个无与伦比的厨师。(without equal)

- 我第一次尝到咸水鸭时,那多汁的肉如此美味,以至于我根本停不下来。(the first time)

- 据估计,多达 10 万人将观看或参加这次活动。(it is/was estimated that ...)

- 面包师小心地将面粉倒入碗中,开始制作一个可爱的蛋糕。(tip ... into)

- 我仍然记得那个小镇,在那里我度过了我的童年。(介词+关系代词引导定语从句)

- 我最喜欢中国食物的一点是它深深植根于传统。(what 引导主语从句;that 引导表语从句)

- 她为家人准备了一顿丰盛的晚餐,说食物能带来快乐。(动词-ing 形式作伴随状语)

一、阅读理解

[江苏连云港高级中学段测] In a recent study, pizza was ranked as the food most associated with symptoms of addiction, according to the *Yale Food Addiction Scale*.

The psychological response to pizza's ingredient combinations is partially explained by the fact that highly processed foods like potato chips and pizza, with added amounts of fat, carbohydrates and salt, are most associated with behavioural indicators of addiction, such as loss of control over consumption and continued consumption despite negative consequences, according to Erica M. Schulte, a doctor in psychology at the University of Michigan who led the study. The combination of pizza's ingredients "seem to be especially rewarding and do not occur together in foods found in nature and this may contribute to its association with addictive-like eating behaviours," Schulte explained.

In fact, another recent study found that the combination of fat and carbohydrates seems to raise the reward potential of highly processed foods more than either alone. "There is likely something more rewarding in the combinations of those ingredients that can result in an addictive process in some individuals," Schulte said.

Perhaps it's a survival mechanism. "If you were really starving, pizza is a type of food that would be totally enough to stop your hunger. The fat gives you satiety(饱腹感), the sugar is satisfying, and the salt is going to keep you alive," Civille said.

Herbert Stone, a sensory scientist for 50 years, has worked with some of the nation's top pizza companies in order to increase pizza's appeal to consumers. "That combination, when heated, has enormous appeal," he said. "It's addictive because there is nothing bad about it. There is nothing not to like."

- () 1. What might be the cause of pizza addiction according to Schulte?
- | | |
|------------------------------------|----------------------------|
| A. The materials for making pizza. | B. The way it is prepared. |
| C. The pleasant taste and smell. | D. The energy it provides. |
- () 2. What does "either" in Paragraph 3 refer to?
- | | |
|----------------------------|------------------------------------|
| A. One of the two studies. | B. Carbohydrates or fat. |
| C. Pizza or potato chips. | D. Pizza or other processed foods. |
- () 3. Why would pizza companies work with Herbert?
- | |
|--------------------------------------|
| A. To make pizza more nutritious. |
| B. To make their pizza more popular. |
| C. To study how to prepare pizza. |
| D. To fight against pizza addiction. |
- () 4. From which is the text probably taken?
- | | |
|------------------------|-----------------------|
| A. A biology textbook. | B. A travel brochure. |
| C. A research paper. | D. A health magazine. |

二、七选五

[江苏南京第一中学期中] Expect guests to come and don't have a lot of time to cook up a feast? 1 Throw in some fried chicken and you would soon have your guests eating out of your hands.

Fried rice is the simplest dish in the world to prepare. Even a twelve-year-old can do it! 2 You would need some garlic, vegetables, prawns and a few cups of cooked rice plus some seasoning.

Start by peeling the garlic. To do this real quickly, use the blade of the chopper and give the garlic a good smack. You will find the skin peeling right off. Then, chop the garlic finely. Alternatively, you could use a blender. 3 You wouldn't want to be eating pesticides and dirt, would you? Cut the vegetables and prawns into small pieces.

Then, put the pan over the fire and pour in some oil. Once it is hot, put in the garlic and fry till you get a heavenly garlicky smell. 4 Quickly add in the prawns, followed by the vegetables and rice. Stir well. Add in some seasoning. And, to make things easier, buy one of those prepacked seasoning from the supermarket. They not only taste good, but are cheap and convenient too. Stir well to ensure your rice is well coated with the seasoning. Garnish with some cut chillies and serve hot. Your guests will love you for this. 5

- A. It beats calling for pizza again!
- B. A simple dish of fried rice will do.
- C. Make sure they do not burn though.
- D. For the vegetables, wash them properly first.
- E. To begin, you have to prepare all the ingredients.
- F. Traditionally, we wouldn't put many expensive ingredients.
- G. To make fried rice is a good way to clear all the leftovers in fridge.

三、完形填空

[广东深圳第二实验学校期中] I'm now the cook and owner of a restaurant. Nothing in my early years led me to 1 my life would connect to food and cooking deeply. My family did eat together often; we had a 2 that my grandmother cooked the weekly big meal on weekends, but food was hardly the 3 of my family's story. After I entered college, I was still 4 about what I wanted to do. I was "supposed" to 5 my family, getting a degree in medicine at graduate school or something similar.

When accepting the job assisting cooks after finishing college, I just 6 to pay my rent. That didn't 7 any big life plans. However, as I worked longer, the food world showed me amazing 8.

Too little salt, and a dish is 9 to be "tasteless". A bit lemon juice helps prevent cut apples and peaches from turning brown and 10 their appealing colours. The lesson that small things matter reminds me to never 11 tiny stuff in all parts of life.

Also, working with food teaches me to really taste, smell and touch. I learn to observe my 12, watching ways birds land, the growth of trees along roads ... and 13 wonders in everyday life. 14, I head down my own path, which is 15 from going to medical school as my parents did, but

gives my life purpose and direction.

- | | | | |
|---------------------------|-----------------|-----------------|----------------|
| () 1. A. wonder | B. expect | C. doubt | D. admit |
| () 2. A. suggestion | B. pleasure | C. tradition | D. desire |
| () 3. A. centre | B. trouble | C. witness | D. secret |
| () 4. A. sensitive | B. passive | C. unconcerned | D. unclear |
| () 5. A. sponsor | B. company | C. follow | D. urge |
| () 6. A. happened | B. intended | C. managed | D. promised |
| () 7. A. inspire | B. affect | C. replace | D. prevent |
| () 8. A. opportunity | B. wisdom | C. memories | D. skills |
| () 9. A. easy | B. fit | C. true | D. sure |
| () 10. A. preserve | B. hide | C. restore | D. change |
| () 11. A. worry | B. forgive | C. justify | D. ignore |
| () 12. A. decisions | B. improvements | C. surroundings | D. differences |
| () 13. A. keep away | B. end up | C. suffer from | D. come across |
| () 14. A. Even so | B. Above all | C. Therefore | D. Anyway |
| () 15. A. free | B. absent | C. different | D. far |

阅读拓展提优



限时 40 分钟

Passage 1

[江苏盐城亭湖高级中学期末] Comfort food makes a person feel good. Food high in sugar or fat tends to improve a person's mood by stimulating the brain's reward system. So it makes sense that many of us may turn to food for comfort in times of stress. There's some fascinating research that examines food as a source of comfort. However, the most interesting thing about this research may be that foods are far less comforting than we tend to believe they are.

Traci Mann, a professor of psychology, and her colleagues conducted a series of studies with college students. The researchers examined how much comfort foods actually improve people's moods. They provided students with one of the three foods that they had indicated were their top, personal comfort foods. After producing a negative mood by having them watch movie clips designed to increase their sadness, anger and anxiety, the researchers offered the students their comfort food.

They had to assess (评估) how they felt before and after they were supposedly comforted by ice cream, pizza or whatever they had indicated they typically ate to feel better. All of the students completed the study on two separate occasions: once when they were able to eat their comfort food and once when they were able to eat another food that they liked, but that they wouldn't call comfort food. The researchers found that comfort food did improve students' moods—but only by a little bit and not more than the other food they liked.

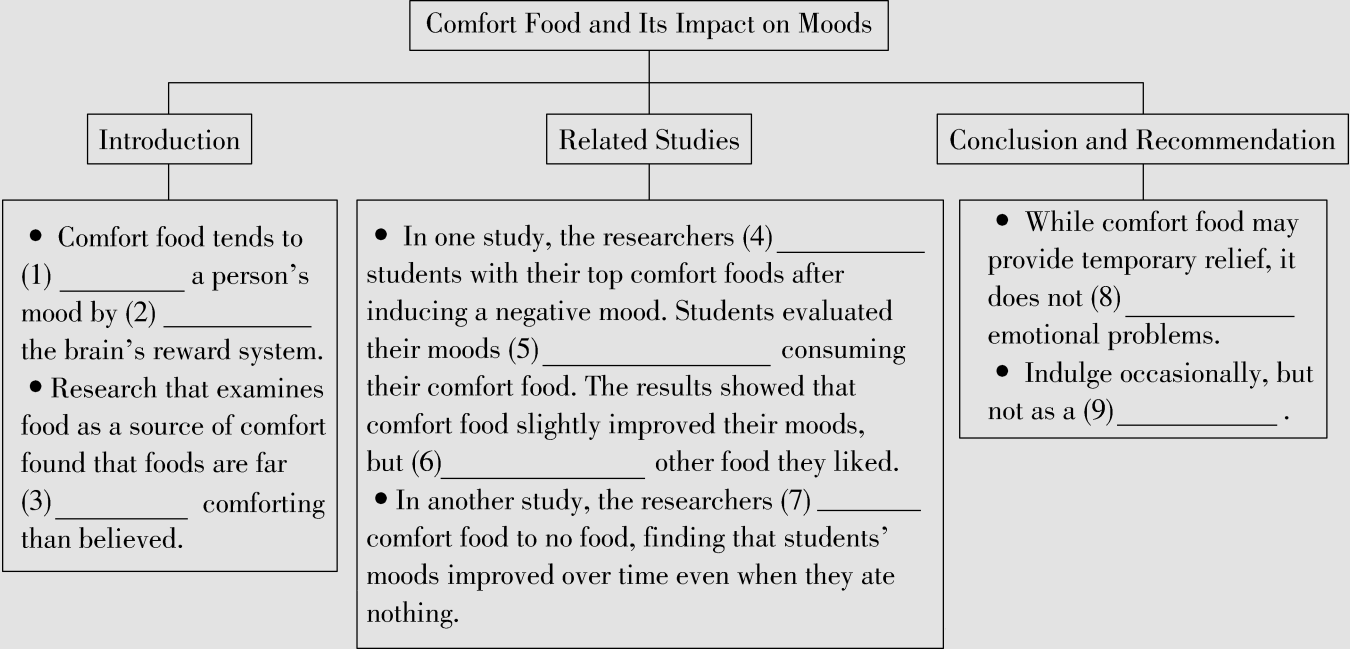
In another study, comfort food was compared to no food at all, and students' moods seemed to improve even when they didn't eat anything—most likely just due to the passage of time.

The take-home message from the studies? While the comfort food may make a person feel better for the time being, it does little to address emotional problems. Of course, everyone can indulge (纵情) in comfort food from time to time, but overall, aim for these instances to be the exception rather than the rule.

- () 1. Which aspect of comfort food do Traci Mann's studies focus on?
- A. The means by which it affects people's moods.
B. Its role in reducing negativity.
C. The extent to which it lifts people's moods.
D. Its impact on physical health.
- () 2. How were the studies carried out?
- A. By comparison. B. By observation. C. By analysis. D. By collecting data.
- () 3. What does the author intend to do in the last paragraph?
- A. To explain a rule. B. To introduce a concept.
C. To present a fact. D. To make a suggestion.
- () 4. What is a suitable title for the text?
- A. Feeling Negative? Try Comfort Food B. Comfort Food May Not Do Wonders
C. The Science Behind Comfort Food D. Comfort Food Tends to Be Unhealthy

读后拓展

一、语篇结构梳理



二、语言知识深挖

1. 词义匹配

- (1) exception

a. a particular example or case of sth
- (2) fascinating

b. according to what is generally thought or believed but not known for certain
- (3) supposedly

c. extremely interesting and attractive
- (4) instance

d. a particular thing, person, or situation that is not included in a general statement, judgment, or rule

2. 选词填空(使用正确形式)

indulge in be compared to due to

- (1) _____ her hard work and perseverance, she succeeded in the competition.
- (2) The new policy _____ the old one, and it was found that the new policy was more effective.
- (3) Don't _____ rich sauces, fried food, and thick pastry as these are high in fat.

3. 长难句分析

All of the students completed the study on two separate occasions: once when they

主句 同位语1 定语从句1

were able to eat their comfort food and once when they were able to eat another food

定语从句1 并列连词 同位语2 定语从句2

that they liked, but that they wouldn't call comfort food.

定语从句3 并列连词 定语从句4

所有学生都在两个不同的情况下完成了这项研究:一次是在他们能吃到自己的治愈系食物时,另一次是在他们能吃到另一种他们喜欢但不称之为治愈系食物的食物时。

分析:本句中,冒号后的两个 once 是并列同位语,解释说明 two separate occasions;两个 when 引导的定语从句分别修饰两个先行词 once;第二个由 when 引导的定语从句中涉及由连词 but 连接的两个由关系词 that 引导的定语从句,这两个定语从句修饰先行词 another food。

及时巩固

选择: The good news is that this stormy period _____ teenagers cannot see eye to eye with parents on anything will not last.

- A. when B. where C. why D. that

填词: It was at the Mid-Autumn Festival, _____ all family members reunited, that I left my hometown for a strange city.

Passage 2

[江苏常州联盟学校期末学情调研] Last week a study was published showing that people with bowel cancer(肠癌) who drink coffee—quite a lot of coffee, two to four cups a day—were less likely to suffer a return of the disease. Experts have said that if the results hold up in further studies, coffee could be prescribed(开处方) to cancer patients on the NHS(National Health Service). That coffee does have an effect on human function is no doubt—but whether that impact is beneficial or harmful has been controversial(有争议的) since its beginning in the mid-15th century.

The native peoples of the forests of Kaffa in south-west Ethiopia searched for berries(浆果) from wild coffee plants that were shipped across the Red Sea to prepare the decoction(煮出的汁) known as qahwa, which was used to reduce their desire for sleep. Once mainstream Islamic courts said coffee was not poisonous, consumption became widespread among the Muslim populations in the Middle East and the Ottoman Empire.

First regarded as a form of medicine, Turkish traders introduced coffee to Venice, where it was prescribed for digestive disorders. It was served in small, cold potions. London's first coffee houses appeared in the 1650s, attracting customers with the advertised health benefits of the new beverage. However, not all were convinced. *The 1674 Women's Petition Against Coffee* declared that too much coffee consumption weakened men and made them unproductive.

Since the 1960s, mass surveys of coffee drinkers have shown different results of its impact. In 1991 the World Health Organization listed coffee as a possible cause of cancer, but in 2016 this conclusion was reversed(反转) as more studies have shown a larger number of positive outcomes being associated with coffee drinking. Following centuries on the defensive(处于守势), it may be time for coffee professionals to dust down those handbills and channel their inner Pasqua Rosée.

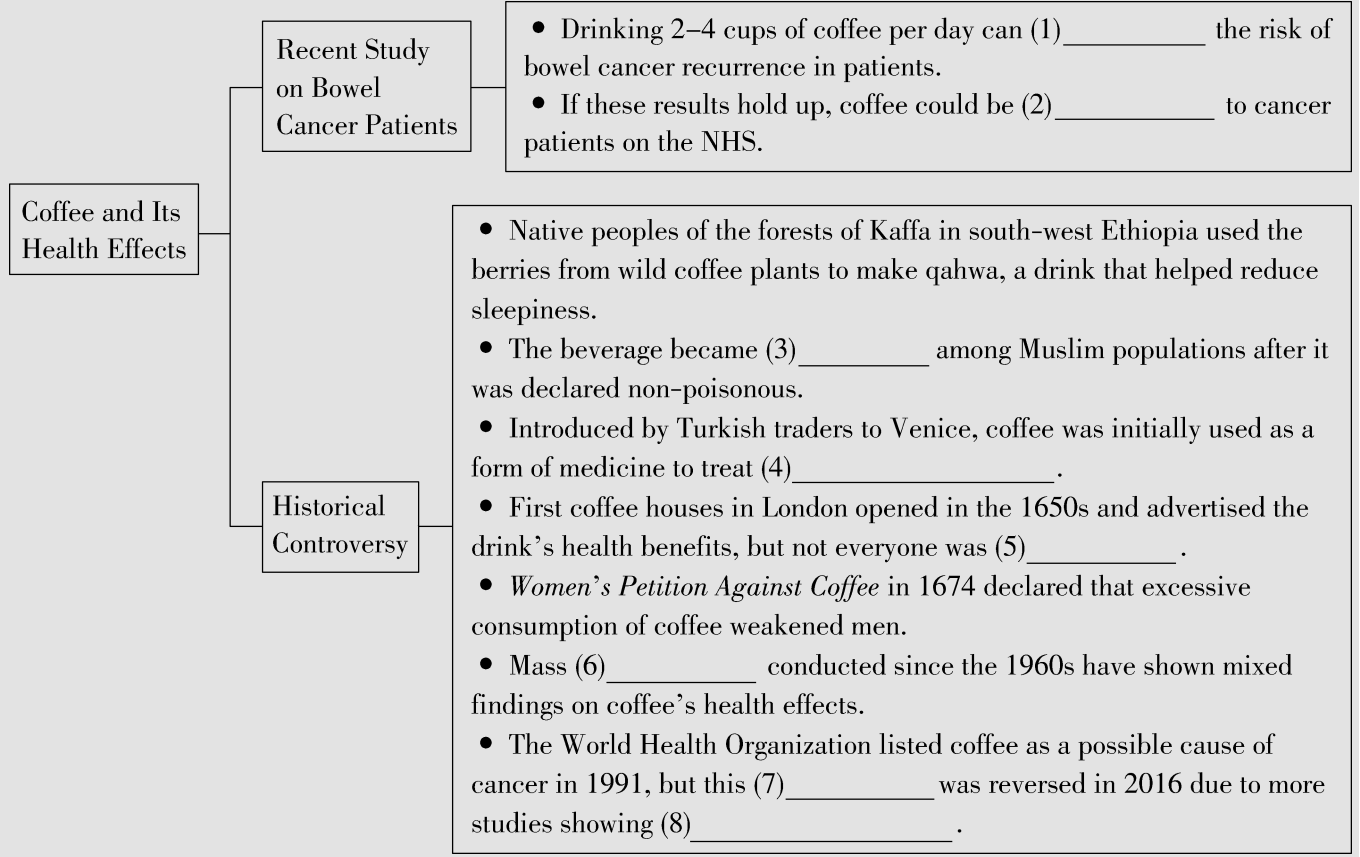
() 1. What was the main finding of the recent study mentioned in Paragraph 1?

- A. Coffee has no impact on human function.

- B. Drinking coffee reduces the risk of bowel cancer.
C. People with bowel cancer should avoid drinking coffee.
D. Coffee has no effect on the return of bowel cancer.
- () 2. Why does the writer mention the history of coffee consumption?
A. To highlight the cultural significance of coffee in different regions.
B. To emphasize the historical controversy around coffee's health effects.
C. To show coffee's long-standing popularity and usage.
D. To show the link between coffee's origins and its medical applications.
- () 3. Which is the most suitable title for this passage?
A. The Dark Side of Coffee: A Hidden Cancer Risk
B. The Bitter Drink: Coffee's Secret in Being Popular
C. Uncovering the Truth: Coffee's Cancer-Fighting History
D. Surprising History of Coffee: From Controversial Drink to Potential Cancer Cure
- () 4. Which section of the journal might this article belong to?
A. Health & Fitness.
B. Home & Garden.
C. History & Culture.
D. Finance & Investment.

读后拓展

一、语篇结构梳理



二、语言知识深挖

1. 词义匹配

- | | |
|----------------|--|
| (1) widespread | a. the result or effect of an action or event |
| (2) handbill | b. a small printed advertisement that is given to people by hand |
| (3) outcome | c. existing or happening over a large area or among many people |

2. 选词填空(使用正确形式)

be associated with dust down have an effect on on the defensive

- (1) The results suggest that the type of music we listen to can _____ our emotions.
- (2) If someone is _____, they are trying to protect themselves or their interests because they feel unsure or threatened.
- (3) He stood up and _____ his trousers, enjoying every second of our company.
- (4) Several studies have shown that smoking _____ an increased risk of lung cancer.

3. 长难句分析

The native peoples of the forests of Kaffa in south-west Ethiopia searched for berries from wild

主句

coffee plants that were shipped across the Red Sea to prepare the decoction known as qahwa,

定语从句1

主句中的目的状语

which was used to reduce their desire for sleep.

定语从句2

埃塞俄比亚西南部卡法森林的土著人从野生咖啡树上寻找浆果以制成一种名为 qahwa 的汁,用来减少他们的睡意,而这些野生咖啡树是被船运过红海的。

分析:本句包含两个定语从句,第一个是 that 引导的限制性定语从句,修饰先行词 wild coffee plants;第二个是 which 引导的非限制性定语从句,修饰先行词 decoction。

及时巩固

选择:What he presented just now is the very case _____ I want to introduce to you.

A. where B. when C. which D. that

填词:This is the museum _____ we visited last week, where there are many valuable paintings and sculptures.

翻译:我写信是为了投诉昨天在你们超市里令人生气的购物经历。(which 引导非限制性定语从句)

单元能力突破



单元突破卷 1

一、阅读理解

A

COOKING CLASSES

[江苏射阳中学月考] Whether you are a green hand in the kitchen or on your way to becoming the next celebrity chef, our cooking classes suit all ability levels. Join us for an enjoyable and informative time in the kitchen, learning some new skills and easy-to-recreate dishes to impress your family at home!

Highlights :

- Taught by experienced chefs in a professional and enjoyable environment. Feel comfortable asking them questions.
- Learn the importance of proper knife skills that will help speed up your prep time and promote the safety of using knives in the kitchen.

Please note:

- Suitable for teens over 13.
- Drinking water is provided throughout the class.
- Most dietary requirements can be satisfied with advance notice. Please contact us at least 2 business days before the class if you have any dietary requirements or allergies(过敏).
- If you have attended one of our classes previously, please note in the Special Comments section the items you have cooked previously, so we can avoid repeating the same items where possible.

Upcoming classes:

DIY Dumplings	AU \$150.00	Weeknight evenings from 6:00 p.m. & Saturday or Sunday mornings at 10:30 a.m.	12 guests
Middle Eastern Banquet	AU \$140.00	Weeknight evenings from 6:30 p.m. & Saturday at 10:00 a.m.	10–14 guests
Easy Home Cooking	AU \$130.00	Weeknight evenings from 7:00 p.m. & Saturday at 3:00 p.m.	10–12 guests
Perfect Pasta & Gnocchi	AU \$120.00	Weeknight evenings from 7:30 p.m. & Saturday at 10:30 a.m. or 3:00 p.m.	10–12 guests

- () **1.** Who would most probably sign up for the classes?
- A. A celebrity chef. B. A 15-year-old beginner cook.
C. A man who cares about food safety. D. A mum who's no good with knives.
- () **2.** What should you do if you have an allergy?
- A. Ask experienced chefs for advice.

- B. Avoid attending any of the classes.
- C. Report your requirements in advance.
- D. Leave a note in the Special Comments section.

() 3. Which class can you take if you are free after 7:30 p.m. on Friday?

- A. DIY Dumplings.
- B. Perfect Pasta & Gnocchi.
- C. Middle Eastern Banquet.
- D. Easy Home Cooking.

B

[浙江杭州四校联考] A decade ago, I attended a banquet in Guangzhou where the food was exceptional. The bird's nest soup was gentle and slippery, the sea cucumber was rich and sticky, and the fish was sparkingly fresh and steamed to perfection. However, what stood out was the plain white soup of broth(肉汤) served at the end. Made from chicken and possibly with ham and dried scallops(干贝), it was simple, plain, and perfect.

Ending a banquet with soup may seem odd to Westerners, who are used to sweets at the end of meals. But as an English food writer named Fuchsia Dunlop explains in her book *Invitation to a Banquet*, soup is a unique expression of a chef's art, much like a singer's voice. The transparent, almost invisible soup is an ideal conclusion to a banquet, with its luxury and strong flavours.

Invitation to a Banquet is Dunlop's seventh book. Unlike her other books on Chinese cuisine such as *The Food of Sichuan* and *Revolutionary Kitchen*, this one is not a cookbook. Instead, she has chosen 30 dishes from different regions of China to illustrate different aspects of Chinese cuisine and history.

What makes Dunlop's writing unique is her perspective. She argues that Chinese cuisine is superior (更胜一筹的) not only in taste but also in its ability to incorporate foreign influences while still maintaining its own identity. Furthermore, Dunlop makes an equally compelling case that what Westerners think of as "Chinese food" is neither false nor wrong. It is merely a diasporic(离散的) branch that reflects local tastes and is representative of the cuisine's diversity. Immigration and adventurousness have made authentic Chinese food more accessible outside China than ever before.

In conclusion, *Invitation to a Banquet* by Fuchsia Dunlop provides a fascinating glimpse into the world of Chinese cuisine. Through her well-researched book and insightful discussions, she encourages readers to appreciate the complexity and richness of Chinese food.

() 1. To the author, what is the most memorable dish about the banquet in Guangzhou?

- A. A sweet dessert.
- B. A bowl of plain white soup.
- C. A dish made from expensive ingredients.
- D. A fish that was rich and strong-flavoured.

() 2. What does the underlined word "incorporate" in Paragraph 4 mean?

- A. Include.
- B. Reject.
- C. Strengthen.
- D. Reduce.

() 3. What is the unique perspective of Chinese cuisine in Dunlop's book *Invitation to a Banquet*?

- A. Chinese desserts are the highlight of Chinese cuisine.
- B. Immigration makes little difference to Chinese dishes.

C. Chinese food is limited to traditional ingredients and flavours.

D. Chinese food is influenced by foreign elements while preserving its own identity.

() 4. What's the purpose of writing the passage?

A. To introduce a dish.

B. To recommend a book.

C. To share an experience.

D. To compare different cultures.

二、七选五

[江苏期末迎考] Fruits and vegetables bring some pretty attractive benefits to our human bodies. Evidence shows that, when consumed daily, they can help reduce the risk of diseases, including heart disease and some cancers. There's also some research to suggest they may protect against type-2 diabetes.

1

While most fruits come ready to eat, vegetables usually get some sort of cooking before they reach your plate. 2 So, if you're going to cook the vegetable, what's the most nutritious way to do it?

One Chinese study compared the effects of five cooking methods on the nutrient levels in broccoli. The researchers found that, except for steaming, all cooking methods led to significant losses of vitamin C.

3 Spanish researchers tested the effects of different cooking methods on 20 types of vegetables. While there were variations according to the type of vegetables, overall, results showed that putting the vegetables in water led to the greatest nutrient losses. That is to say, boiling isn't the best bet if you want to preserve those precious nutrients.

As ever, there are a few exceptions. 4 One study found that cooking tomatoes for 30 minutes increased lycopene levels by 35%.

A 2017 study also found that frozen vegetables preserved more nutrients than fresh ones that had been kept in the fridge for five days. 5 If you're not eating them within a couple of days, adding frozen products to your shopping list could serve you well.

A. So, how you store vegetables counts, too.

B. This matters, because cooking affects nutrient levels.

C. According to this, we should find out the best cooking method.

D. Some nutrients tend to be more available when boiled for a longer period.

E. However, the way you prepare your vegetables actually affects the benefits.

F. Other studies have investigated the impact of cooking on a broader range of vegetables.

G. However, evidence showed that some fresh vegetables can be preserved for a longer time.

三、语法填空

[浙江七彩阳光联盟期中] Hot pot, as 1 traditional Chinese folk dish, has become a favourite dish throughout China since at least the Han Dynasty, 2 is particularly true during winter months. There 3 (be) different styles of hot pot with differently flavoured thick soup in China, from spicy hot pot in Sichuan, seafood-based hot pot in Guangdong 4 mutton hot pot in Hong Kong. No matter what

your 5 (prefer) is, Chinese hot pot has something to interest you.

The spicy hot pot featured in Sichuan is probably the most famous among the native Chinese. When visiting Chongqing, you will have an opportunity 6 (taste) authentic (真正的) Chinese hot pot. Chongqing hot pot is characterized by *ma la* (“numb and spicy”) due to the inclusion of Sichuan peppers and is unique in the types of meat and sauce 7 (use) for its base.

8 the flavour of Chinese hot pot varies from region to region, the dining customs are similar. Hot pot is 9 (typical) served in a metal bowl at the centre of the dining table. As the soup in the pot is cooked at almost boiling point, the ingredients(原料) 10 (add) into the boiling thick soup.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

四、应用文写作

[江苏南京期中]假定你是李华,你的朋友 Eric 打算参加校园美食大赛。他发邮件向你咨询如何做一道中国传统美食,请你写一封回信,内容包括:

参考词汇: 校园美食大赛 Campus Cuisine Contest

注意:写作词数应为 80 左右。

Dear Eric,

Yours ,
Li Hua



一、阅读理解

A

[江苏高邮中学学期初调研] The popularity in the overseas market of biang biang noodles, a regional food indigenous to China's northwestern province of Shaanxi, shows how Chinese cuisine is carving out a market for dishes representative of wider range of Chinese food culture, the BBC reported.

Biang biang noodles, featuring thick, broad, hand-pulled noodles and chilli, bear a name that cannot be normally typed in Chinese, as the character “biang” doesn't officially exist. This, however, has not prevented it from gaining popularity in other parts of the world, according to the BBC report, as the food gives rise to a New York City restaurant chain “Xi'an Famous Foods”.

The owner of the eight-restaurant empire Jason Wang told the BBC that his restaurants have over the years not only attracted fellow immigrants from northwestern China, but also more and more diverse customers. “The food is not just for people who know it. It's for people who want to know it and want to try it,” he said.

While global eaters are more familiar with Cantonese and Shanghai-style dishes like dim sum or braised pork belly, diverse Chinese regional foods like biang biang noodles are increasingly gaining popularity. This is the result of increased tourism, said the report.

Travellers enjoy certain dishes in China and wish to experience them in their home countries and Chinese students and immigrants move abroad and search for the flavours of their hometown, Wang said, explaining the popularity of Chinese regional foods, according to the BBC. This made possible a growing awareness about the various regional differences in Chinese cuisine, it added.

() 1. Which of the following statements about biang biang noodles is true?

- A. There is no official Chinese character for “biang”.
- B. It features thin hand-pulled noodles and chili.
- C. It is served in a New York City restaurant chain.
- D. It simply enjoys great popularity domestically.

() 2. What contributes to the popularity of Jason's restaurants?

- A. The up-to-date managing concepts.
- B. The successful advertising strategies.
- C. The food attractive to diverse customers.
- D. The introduction of new cooking ways.

() 3. What is the key factor of Chinese regional foods being popular globally?

- A. Their unique flavour. B. Mobility of population.
C. The nice food material. D. Charm of Chinese culture.

() 4. What is the author's purpose of writing this passage?

- A. To promote Jason's restaurants. B. To persuade readers to try the food.
C. To introduce a new regional food. D. To remind readers of home flavours.

B

[河北保定定州中学月考] Sahana Vij, the granddaughter of Indian immigrants (移民), has always been surrounded by food. Her mother taught her to make tasty bread and French toast when she was 5. Now 18, Vij is a self-taught baker who's sharing her recipes with the world through her new cookbook, *Bake Away*.

Featuring 20 of her original recipes, *Bake Away* has been in the works since her first year of high school. It hit the shelves on Oct. 26, 2021, and was promising to enjoy good sales. Each recipe in the cookbook is tied to a location. The first, for citrus poppy seed bread, is inspired by Vij's memory of picking fruit in her grandfather's garden in Temescal Valley.

The University of California Irvine first-year student intends to major in literary journalism and minor in environmental science, but baking is in her blood. "I want to work at newspapers or magazines and write columns, specifically about the environment. I love to write, but my dream job is to own my own bakery," Vij says. "That's really my passion."

"UCI was a good fit for me because my family is around me," Vij says. "Family is a really big part of my life—something I can depend on—and I go visit them a lot. Each *Bake Away* recipe comes from a different city and a different experience I've had with my family."

Her favourite is the U District cake, influenced by the tea she used to share with her mother on their monthly trips to Seattle's University District. "It's my whole family's favourite recipe because it just tastes so good and because we've been making it more as a family over the past year. It has kind of become a family recipe."

The profits from *Bake Away* will go to No Kid Hungry, a nonprofit working to end child hunger. "Growing up, my mum and my family were really involved in volunteering, and I always wanted to give back," Vij says. "I decided to partner with No Kid Hungry, especially because the book involves food."

() 1. Why does Vij love baking so much?

- A. It brings her money and fame.
B. It is part of her nature and memories.

C. She wants to make her mother happy.

D. She tries to keep the immigrants' tradition.

() 2. What do the underlined words “hit the shelves” in Paragraph 2 mean?

A. Was placed on the shelves.

B. Became popular.

C. Came into the market.

D. Ended up with failure.

() 3. What contributes to Vij's book most?

A. Her college education.

B. Her courage to challenge.

C. Her sense of responsibility.

D. Her good family relationship.

() 4. What is the best title for the text?

A. Recipe for Change

B. Power of Love

C. Success of a Book

D. Fight for Passion

二、完形填空

[安徽部分示范中学联考] When I was a boy growing up I could not once ever remember either my mum or my nana wasting food. Anything we didn't eat at one meal was saved, stored, and 1 as leftovers later on. I can 2 my nana making a huge pot of brown beans with a large cake of cornbread. We would all eat until we were 3 but there was always about half of the beans 4. A few days later Nana would take those beans out of the 5, boil noodles, add parsley and 6 them all together into her delicious Pasta Fasule. And I also remember when I 7 my mum fry bacon for us in the mornings she would always take the oil and 8 pour it into a container. Then she later would use it to 9 so many other dishes. I was an adult before I realized that green beans didn't 10 taste like bacon.

I learned their 11 well and after I grew up I tried to never 12 food myself. I always planned the week's meals ahead of time and only bought what was on my 13 list so nothing went to waste. Every meal went into a tummy and any leftovers were later eaten by either myself, my boys, or my dogs. To me throwing food in the trash was just 14. All the work it took to grow it, harvest it, and prepare it needed to be 15 not wasted.

() 1. A. thrown

B. washed

C. burned

D. served

() 2. A. mind

B. remember

C. regret

D. avoid

() 3. A. full

B. tired

C. worried

D. upset

() 4. A. put down

B. moved outside

C. carried off

D. left over

- () 5. A. stove B. fire C. refrigerator D. bowl
- () 6. A. mix B. break C. bring D. separate
- () 7. A. heard B. watched C. felt D. had
- () 8. A. hurriedly B. nervously C. hesitantly D. carefully
- () 9. A. flavour up B. ruin off C. join up D. keep away
- () 10. A. eventually B. occasionally C. actually D. lately
- () 11. A. skills B. lessons C. secrets D. fortune
- () 12. A. store B. cook C. keep D. waste
- () 13. A. shopping B. desiring C. waiting D. mailing
- () 14. A. possible B. necessary C. wrong D. incredible
- () 15. A. completed B. honoured C. noticed D. ignored

三、读后续写

[湖南株洲第一中学入学考] Nilsa stared at the clock on the classroom wall, daydreaming about lunch. Her mother had prepared a thermos(保温瓶) full of sancocho. It was one of Nilsa's favourite dishes, and the national dish of Panama—a country in central America and the hometown of Nilsa's family. Just thinking about sancocho made her mouth water.

Finally, it was time for lunch. Nilsa carefully poured some sancocho into a bowl. When she looked up, she saw her classmates staring.

“What is that? It smells really bad,” said Gus, covering his nose. “It's sancocho,” Nilsa responded. “It's kind of like chicken soup.” Codi glanced at the bowl and said, “Soup? It's more like a science experiment.” He laughed, pointed to his lunch, and asked, “That's one weird lunch. Why don't you eat something normal, like pizza?”

Nilsa looked at everyone else's lunches: pizza, fries, and sandwiches. Suddenly she didn't feel hungry any more.

When Nilsa returned home and complained about her classmates' negative comments, her mother wasn't mad. Instead, she listened attentively and reminded Nilsa that there is no such thing as “normal” or “weird” food, and that different cultures have their own unique dishes that are loved and appreciated by those who grew up with them.

Nilsa's mother also suggested making a fresh batch for Nilsa to bring to school the next day. “Then you can share it with your classmates and tell them sancocho tastes great, and that our family has been eating it for hundreds of years. Your great-grandmother taught your grandmother who then taught me.”

Nilsa nodded in excitement, and she was grateful for the opportunity to share her favourite dish with

her classmates.

注意:续写词数应为 150 左右。

Paragraph 1:

The next day at lunch, Nilsa pulled out her thermos. _____

Paragraph 2:

When Nilsa returned home and greeted her mother that day, her happiness was beyond description.
