

# 新英语 进阶

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## 高中拓展阅读 基础篇

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# 目录 CONTENTS

章 节	正文	答案
一、生活与学习		
Unit 1 个人及家庭生活	1	1
Unit 2 学校及社区生活	7	4
Unit 3 健康/积极的生活方式/态度	13	7
Unit 4 自我认识及提升	19	10
Unit 5 语言学习	26	12
二、做人与做事		
Unit 6 优秀品行	33	15
Unit 7 正确的人生态度及社会责任	39	18
Unit 8 生命的意义与价值	45	20
Unit 9 职业发展、未来规划及创新意识	52	23
三、社会服务与人际沟通		
Unit 10 人际关系与社会交往	58	26
Unit 11 公益事业与志愿服务	65	29
Unit 12 跨文化沟通与合作	71	32
四、文学、艺术与体育		
Unit 13 文学与艺术人物及作品	77	34
Unit 14 体育活动/精神及体育与健康	84	37
五、历史、社会与文化		
Unit 15 文化习俗与传统节日	90	39
Unit 16 国际组织、社会公益机构及突出贡献人物	97	43
Unit 17 法律常识、法治意识及社会进步	104	45
Unit 18 社会热点问题	110	48
Unit 19 政治/历史事件及文化渊源/遗产	117	51
六、科学与技术		
Unit 20 科技发展与信息技术创新	124	54
七、自然生态		
Unit 21 主要国家地理概况、自然环境及自然遗产保护	131	57
八、环境保护		
Unit 22 人与环境、人与动植物	138	59
九、灾害防范		
Unit 23 灾害与防范及安全常识	145	62
Unit 24 人类生存、社会发展与环境的关系	151	64
十、宇宙探索		
Unit 25 自然科学研究成果	158	68
Unit 26 地球与宇宙奥秘探索	165	70

答案全解精析(另册)

# 导读图示

## 10大主题群

根据新课程标准的要求，将三大主题语境“人与自我、人与社会、人与自然”细化为10大主题群

## 26个细分主题

由10大主题群细分出26个新课标主题，帮助学生在相同的主题语境下拓展阅读能力

## 5合1组合训练

精选阅读理解、七选五、完形填空、语法填空、读后续写这五大题型。新高考题型5合1，提升学生英语综合能力

## 选材权威

模拟题，选自近两年新高考地区和其他先进省市优质模拟试题；  
原创题，精选权威外文网站中的语篇进行改编和命题

### 一、生活与学习

#### Unit 1 个人及家庭生活

##### 单元目录

序号	标题	题型	体裁	词数	难度
A	学习广东话,重建与父母的关系	阅读理解	记叙文	314	★★★☆☆
B	如何创造健康的家居环境	阅读理解七选五	说明文	305	★★★★☆
C	给予亲人亲吻、拥抱和爱	完形填空	记叙文	264	★★★★☆
D	拾金不昧	语法填空	记叙文	168	★★★★☆
E	一份特别的圣诞礼物	读后续写	记叙文	344	★★★★☆

##### 拓展阅读

阅读下面短文,从短文后各题所给的四个选项(A、B、C和D)中选出最佳选项。(限时:8 min)

My parent

found in hot k

English. So I

parents unders

Cantonese. An

to communicate

most of our co

Actually,

"Have you eat

not? It's so lat

outside," she

thirty-two, I fe

On my me

the limited am

barrier betwee

with my parent

words over an

more meaningf

longer feels na

us to know eac

1. A. tried
2. A. fun
3. A. normal
4. A. hardest
5. A. nearly
6. A. bad
7. A. desire
8. A. companion
9. A. give in
10. A. dream

11. A. appeared
12. A. signs
13. A. quit
14. A. in sight
15. A. impossible

##### 读后续展

###### 选词填空(并使用

flow amaze

1. The girl in the ph

2.

farmers have set up

3. Although the plan

expressed in nat com

4. Soon enough, we w

#### Unit 14 体育活动/精神及体育与健康

I couldn't change her mind, so I told her she should at least do it 3; choose a right race and I'd run with her. Finally, we chose the Honolulu Marathon, one of the ten 4 marathons in the world with 5 22,000 finishers each year. But more importantly, 35 percent of them are first timers. The race seemed perfect for 6 runners like Stephanie.

Although I had run many races, I was surprised by the 7 I felt in this one. Being in charge of your own race is one thing. Being the 8 of someone else is another. It was my job to encourage her when she wanted to 9. I felt strongly that her 10 of running across the finish line was in my hand.

That day 11 to be hot and sunny. After running for hours, Stephanie was showing 12 of heat exhaustion(中暑). I told her to 13 until I was sure it was safe for her to keep running again. Soon, the finish line was 14 and as we crossed the line, we hugged, and tears flowed. I knew why Stephanie was crying. It's amazing when you complete something you never thought 15.

(山东省泰安市2021—2022学年高三上学期期中统考)

#### 新英语进阶·高中拓展阅读·基础篇

who is the best 10. You could say you got the information "straight from the horse's mouth". However, you would not want to call your teacher a 11!

You may have heard this expression, "You can lead a horse to water, but you cannot make him drink." That means you can give someone 12 but you cannot force him to do something he dislikes doing. In 13, a "dark-horse candidate" is someone who is not well known to the 14. Sometimes, a dark horse 15 wins an election.

(原创)

- |                     |                 |                |                 |
|---------------------|-----------------|----------------|-----------------|
| 1. A. dangerous     | B. exciting     | C. popular     | D. expensive    |
| 2. A. disturbing    | B. surprising   | C. lasting     | D. coming       |
| 3. A. fine          | B. strong       | C. beautiful   | D. tall         |
| 4. A. watch         | B. find         | C. hold        | D. raise        |
| 5. A. spend         | B. stop         | C. continue    | D. lead         |
| 6. A. answer        | B. hold         | C. remove      | D. fix          |
| 7. A. everything    | B. something    | C. anything    | D. nothing      |
| 8. A. suddenly      | B. directly     | C. probably    | D. early        |
| 9. A. Ask           | B. Hope         | C. Suppose     | D. Believe      |
| 10. A. person       | B. source       | C. example     | D. guy          |
| 11. A. betrayer     | B. bookworm     | C. gardener    | D. horse        |
| 12. A. advice       | B. information  | C. help        | D. gift         |
| 13. A. economy      | B. culture      | C. politics    | D. science      |
| 14. A. strangers    | B. adults       | C. young       | D. public       |
| 15. A. unexpectedly | B. unfaithfully | C. undoubtedly | D. unpleasantly |

##### 读后续展

###### 词义匹配

- |             |   |
|-------------|---|
| 1. compete  | a. clearly or directly  |
| 2. drag     | b. all the people, especially all those in one place or country |
| 3. straight | c. make someone go somewhere they do not want to go             |
| 4. public   | d. try to be more successful than someone or something else     |

###### 选词填空(并使用正确形式)

- candidate compete force...to... stop...from... source
1. It's difficult for a small shop to        against/with the big supermarkets.
  2. Once I'm determined to do a thing, no one can        me        doing it.
  3. Customer complaints are very important        of information.
  4. There were a large number of        for the job.

###### 长难句分析

Suppose your teacher tells you

主句谓语 宾语从句谓语 宾语从句谓语 宾语从句谓语

there is going to be

使用了一般将来时的there be句型,作tell的直接宾语

a test tomorrow, who

there be句型定语 there be句型定语 非限制性定语从句引导词

is the best source.

从句谓语 从句谓语

假设你的老师告诉你明天要考试,他是最佳的信息来源。

分析:本句是个主从复合句, suppose是主句谓语,主句

使用的是祈使句型, your teacher tells you there is going to be

a test tomorrow是省略了连接词that的宾语从句,作 suppose

的宾语,其中的there be句型也是省略了连接词that的宾语

从句,作 tell的直接宾语, who is the best source是非限制性

定语从句,修饰先行词 teacher.

suppose用于祈使句中,意为“如果;假设;假如”,可表

示提出建议或请求,也可表示某种假设。表示假设时相当

于条件状语从句。

选择:        you won a thousand pounds, what would

you do with it?

A. Think B. Suppose C. Consider D. Believe



# “读后拓展” 特别介绍

## 读后拓展

设置多样化的词汇(块)练习、长难句分析板块、经典句式板块。多维挖掘语篇,切实提升**精读能力**、**词汇(块)**和**句法运用能力**

## 多样化的词汇(块)练习

**词义匹配/选词填空/单句填空/翻译句子:**帮助学生准确地掌握**词汇(块)**的含义、使用语境和在语法层面上的用法,提升**词汇(块)**运用能力

## 长难句分析

培养学生遇到长难句时从**句子结构**入手的习惯,帮助学生快速把握主句信息,提高阅读速度,以及在写作中输出较为复杂的句子,进而提升作文的含金量

## 经典句式

熟练掌握**常用句型**,以便在阅读中能迅速识别和理解这些句型,在写作中能灵活输出这些句型

**输出——**巩固运用长难句或经典句式出现的词法和句法知识,为写作打好基础

### 新英语进阶·高中拓展阅读·基础篇

sky we noticed a V-shaped flock of birds heading south for the winter. As I walked along, I smiled. Beauty was all around us. It felt so good to be out in nature. I felt **blessed** to be watching nature's glorious creation at its best.

3 She was an elderly lady with gray hair. She wore old jeans and work boots. Her sweater was worn out in places. She was carrying a trash bag in one hand and a pointed stick with a nail driven through it in the other. As she slowly made her way towards us, she stopped to jab(刺) a piece of trash that she had seen on the ground with her stick. 4 When we met she smiled and said hello to us. Her teeth were cracked and **worn** but her voice was as youthful as I had heard in many a day. We talked for a bit and I thanked her for making our nature more beautiful with her work. She smiled again and said, "I just do what I can before continuing down the path."

5 May we all have as lovely a life as her.

(山东省临沂市第十九中学高二10月月考)

- A. They saw it and crunched(发出碎裂声) under our feet as we walked along.  
B. Then, I asked her whether we had any trash.  
C. I decided to take my own trash home for a walk the other day.  
D. As is often the case, we are too busy to find the beauty of nature.  
E. As we turned a corner along the walking trail, I noticed a woman slowly making her way towards us.  
F. Of all the things I saw that day, she was the most beautiful.  
G. Then, quickly and neatly, she placed it in the trash bag.

#### 读后拓展

##### 词义匹配

1. approach  
2. blessed  
3. worn

##### 选词填空(并正确使用形式)

1. \_\_\_\_\_ by a greater demand for vegetables, farmers have built more green houses.  
2. Storm clouds are \_\_\_\_\_ on the horizon.  
3. This artist's \_\_\_\_\_ are worth collecting.  
4. She looked up for a moment, then \_\_\_\_\_ drawing.

##### 长难句分析

As she slowly made her way towards us, she stopped to jab a piece of trash that she had seen on the ground with her stick.  
方式状语,修饰jab

当她慢悠悠向我们走来时,她停下脚步用她的棍子刺着地上看到的垃圾。

分析:该句为主从复合句,句中 As she slowly made her way towards us 为 as 引导的时间状语从句;that she had seen on the ground 为 that 引导的定语从句,修饰先行词 a piece of trash。

选择: Sufu looked around at all the faces; she had the impression that she \_\_\_\_\_ most of the guests before.  
A. has seen B. had seen C. saw D. would see  
填空: Tom and I became friends in 1988, although we \_\_\_\_\_ (meet) several years before.  
翻译: 我发现我很明白讲题的内容,因为当我到达时讲题就已经开始了。

### 新英语进阶·高中拓展阅读·基础篇

4. A. mercy B. impact C. attack D. dependence  
5. A. risk B. learn C. raise D. lessen  
6. A. air B. noise C. water D. plastic  
7. A. cheer up B. give away C. pull over D. break down  
8. A. heavy B. portable C. comfortable D. complex  
9. A. value B. change C. protect D. store  
10. A. put B. blow C. take D. throw  
11. A. working B. thinking C. noticing D. wandering  
12. A. in B. from C. as D. on  
13. A. frankly B. extremely C. anxiously D. cautiously  
14. A. move B. choice C. decision D. difference  
15. A. canal B. mountain C. bus D. forest

#### 读后拓展

##### 词义匹配

1. approach  
2. unacceptable  
3. perspective

##### 选词填空(并正确使用形式)

1. He noted that his online students usually \_\_\_\_\_ in their grades. (2024 浙江卷)  
2. Once we found the place, it was stressful getting lights and cameras \_\_\_\_\_ in the limited time. (2023 全国乙卷)  
3. People were surprised \_\_\_\_\_, but gradually more left-handed people began approaching me, and said they related to my struggles.  
4. The organization organized a workshop to \_\_\_\_\_ mental health issues among young people.  
5. We're \_\_\_\_\_ to the airport and should be there in about 20 minutes.

D

(限时:6 min)

阅读下面材料,在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

With about half of the vast country covered in wilderness, China is the world's third most species-rich country. Therefore, China's \_\_\_\_\_ 1 \_\_\_\_\_ (achieve) in biodiversity conservation and wilderness protection are important to the future of global biodiversity conservation.

The vital biodiversity, \_\_\_\_\_ 2 \_\_\_\_\_ (combine) with a large population, has led the government to reconsider its protected area system and transform some wilderness areas such as the rainforest in Hainan

真题原句测验——重现词汇(块)在真题语境中的具体用法

# 答案导读

- 择的看待世界的方式, choose to do sth. 意为“选择做某事”,故A项正确, personal 意为“个人的”, guess 意为“猜测”,“four 意为“四个”。
6. 根据句中的 small steps 和 journey, 结合逻辑分析可知, 作者从小步做起(make up)了路程, 为后文根据下文文的 make up the path to their world 也可得知B项正确, pick up 意为“捡起”, make up 意为“编造”, hold up 意为“支持, 阻挡”。
7. A 反身代词 itself 提示此处填入的词在上文中有所提及, 根据前半句的 destination——可知A项正确, define 意为“定义”, lack 意为“缺乏”, conclusion 意为“结论”。
8. 作者在上文一般从地理、真正决定目的地重要性的地理中的许多小步, 而不是目的地本身, 前面的条件状语从句中隐含在既定为获得巨大的财富, 由此可知主句部分如我们努力准备, 那么我们在获得(getting)财富, 我们会更加快乐, keep 意为“保持”, beg 意为“祈求”, quote 意为“引用”。
9. 与名词 success(成功)搭配, 动词用 celebrate“庆祝”,故A项正确, control 意为“控制”, invest 意为“委托”, replace 意为“代替”。
10. [C] sense of personal achievement 意为“个人成就感”, 此处对于那些彩票中奖者来说, 金钱只是他们生活的一个条件, 而不是他们个人成就感的来源, 故C项正确。
11. A 根据下文中的 kind acts 可知, 帮助别人是一种善良的行为[act], 故A项正确, security 意为“安全”, prediction 意为“预测”, shaped 意为“塑造”。
12. D 根据同义和连词, 与 kind 存在并列关系, 意思也应该相近, 与 kind 意思相近的同义词 generous, 意为“慷慨的”, 需要大量的, 故D项正确, common 意为“共同的”, generous 意为“慷慨的”, common 意为“共同的”。
13. B 上文多次提到 find, 并说作者的情感, 此处也是作者的情感之一, 事实上, 当你付出时, 你会发现发现(find)帮助的快乐多, 故B项正确, request 意为“请求”, worry 意为“担忧”, complete 意为“完成”。
14. C 上文中的 giving to others, kind acts 以及 giving help to others 均强调“人为善”, 结合下文中的 kindness——可知, 此处作者在强调的也是人为善(kind), 故C项正确, frank 意为“坦白的, 直率的”, concept 意为“概念”, 精力充沛的“plentiful 意为“充沛的”。
15. A lead a life 是固定搭配, 意为“过……的生活”, 此处指作者还保持善良, 这样就能过上想要的美好生活, 故A项正确, gather 意为“聚集”, claim 意为“要求, 请求”, require 意为“需要”, 实现。

## 总结拓展

【选词填空】1. struggling 2. keep up 3. were filled with 4. were filled with 5. attained 6. made

## 【翻译句子】

1. You will achieve great success if you keep up.

2. His parents won't allow him to stay out.

3. This book is worth reading and is a must.

4. Unfortunately, few add anything significant research.

5. If you want to lead a happy life, you'd be best to be it.

## 【经典句式】

1. 定语从句

2. 宾语从句

3. 状语从句

4. 定语从句

5. 宾语从句

6. 状语从句

7. 定语从句

8. 宾语从句

9. 状语从句

10. 定语从句

11. 宾语从句

12. 状语从句

13. 定语从句

14. 宾语从句

15. 状语从句

16. 定语从句

17. 宾语从句

18. 状语从句

19. 定语从句

20. 宾语从句

21. 状语从句

22. 定语从句

23. 宾语从句

24. 状语从句

25. 定语从句

26. 宾语从句

27. 状语从句

28. 定语从句

29. 宾语从句

30. 状语从句

31. 定语从句

32. 宾语从句

33. 状语从句

34. 定语从句

35. 宾语从句

36. 状语从句

37. 定语从句

38. 宾语从句

39. 状语从句

40. 定语从句

41. 宾语从句

42. 状语从句

43. 定语从句

44. 宾语从句

45. 状语从句

46. 定语从句

47. 宾语从句

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# 一、生活与学习

## Unit 1 个人及家庭生活

### 单元目录

序号	标题	题型	体裁	词数	难度
A	学习广东话,重建与父母的关系	阅读理解	记叙文	314	★★★☆☆
B	青少年应如何帮助父母准备感恩节晚宴	阅读理解七选五	说明文	256	★★★☆☆
C	缓和父子紧张关系	完形填空	记叙文	283	★★★☆☆
D	度假经历	语法填空	记叙文	193	★☆☆☆☆
E	用心良苦的母亲	读后续写	记叙文	324	★★★☆☆

### 拓展阅读

#### A

(限时:8 min)

阅读下面短文,从短文后各题所给的四个选项(A、B、C和D)中,选出最佳选项。

My parents immigrated to the US from Guangdong, a province in southern China. The jobs they found in hot kitchens and clothing factories came with long hours, leaving them no time to learn English. So I spent most of my childhood, in Brooklyn, speaking Cantonese, the only language my parents understand. But as I continued my education, I gradually, or deliberately avoided using Cantonese. And as a result, Cantonese avoided me. As it slips from my memory, I also lose my ability to communicate with my parents. For years I have to rely on translation apps and online dictionaries for most of our conversations.

Actually, we speak on the phone only once a week and the conversations are much the same: “Have you eaten yet?” my father asks in Cantonese. Long pause. “No, not yet. You?” I reply. “Why not? It’s so late,” my mother cuts in. Long pause. “Remember to drink more water and wear a mask outside,” she continues. “OK. You too.” Longest pause. “We’ll stop bothering you, then.” At age thirty-two, I feel like someone they know instead of their daughter.

On my mom’s sixty-fourth birthday, at the peak of the pandemic, I became increasingly aware of the limited amount of time together. Did I really want to spend the rest of our lives with a language barrier between us? I made it a goal to relearn Cantonese, and, ultimately, rebuild the relationship with my parents. I take Cantonese classes. I watch Wong Kar-wai’s movies. I repeat Maggie Cheung’s words over and over until I get the tones just right. But, most of all, I call my parents and try to have more meaningful conversations with them, no matter how challenging it gets. Though Cantonese no longer feels natural for me to speak, it will always be my first language—even if it takes a lifetime for us to know each other.

(2022 浙江省瑞安中学高二期初测试)



- How does the author relearn Cantonese?
  - By asking her parents to teach her.
  - By using translation apps and dictionaries.
  - By reading Maggie Cheung's books.
  - By taking classes and watching movies.
- What is the problem with the author and her parents?
  - They find nothing to communicate.
  - They speak different languages.
  - They grew up in different cultures.
  - They know little about each other.
- What can we learn from the author's experience?
  - Language matters in communication.
  - Never forget your first language.
  - It's never too late to learn a language.
  - Call your parents before it's too late.

### 读后拓展

#### 词义匹配

- |                |  |
|----------------|--|
| 1. barrier     | a. keep away from sb./sth.; try not to do sth.   |
| 2. avoid       | b. difficult in an interesting way that tests your ability   |
| 3. immigrate   | c. a period of time during which sb. stops talking or stops what they are doing                          |
| 4. pause       | d. a problem that prevents two people or groups from agreeing, communicating, or working with each other |
| 5. challenging | e. come and live permanently in a country after leaving your own country                                 |

#### 选词填空(并使用正确形式)

cut in   instead of   deliberate   communicate with  
natural   no longer   ultimately   at the peak of

- \_\_\_\_\_ blaming the child who had broken the vase, she gave him a tolerant smile and let him go.
- Electrical products \_\_\_\_\_ in use contain dangerous materials which can be released into the environment when they are given away.
- \_\_\_\_\_, you'll have to make the decision yourself.
- \_\_\_\_\_ its popularity in the late nineties, the band sold ten million albums a year.
- The candidate's advantage lies in his ability to \_\_\_\_\_ foreigners in English.
- He had \_\_\_\_\_ misdirected the reporters.
- She kept \_\_\_\_\_ on our conversation.

#### 单句填空

- Returning to a book you've read many times can \_\_\_\_\_

- \_\_\_\_\_ (感觉就像) drinking with an old friend.
- \_\_\_\_\_ (不管怎样) frequently being performed, the works of Shakespeare always attract large audiences.
- \_\_\_\_\_ (最重要的是), we need to keep the long-term perspective in mind that even if computers will outsmart us, we can still be the most creative.
- For many older people, driving is important for preserving their independence, giving them the freedom to get out and about without having to \_\_\_\_\_ (依赖) others.
- Today, maybe the job search and application process are very \_\_\_\_\_ (基本相同), but the tools used are much more advanced.

#### 经典句式

But, most of all, I call my parents and try to have more meaningful conversations with them, no matter how challenging it gets.

但是,最重要的是,我打电话给我的父母,试图与他们进行更有意义的对话,不管这有多么困难。

**分析:** 本句包含由 no matter how 引导的让步状语从句。“no matter+疑问词”结构可以与“疑问词+ever”互换,即本句中的 no matter how 可以换成 however。

**选择:** One can always manage to do more things, \_\_\_\_\_ full one's schedule is in life.

- |                    |                   |
|--------------------|-------------------|
| A. no matter when  | B. no matter how  |
| C. no matter which | D. no matter what |

**翻译:** 无论睡多晚,他总能早早起床。

### B

(限时:8 min)

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

### How to Contribute to Thanksgiving Dinner as a Teenager

Your family has been stressing out about **hosting** this year's Thanksgiving meal for weeks now, and you want to help out. The problem is, you're only a teenager. 1





**Go grocery shopping.** If you have enough time and the food hasn't been **purchased** yet, ask your parents if you can do the grocery shopping for them. 2 If you don't have a car and walking to the grocery store or biking there isn't a choice, ask if you can go to the grocery store along with your parents to make the shopping **process** easier.

**Clean the house.** A clean home is the best **setting** for Thanksgiving dinner. 3 Clear an area for guests to put their shoes, coats, and bags so they aren't in the way.

**Set the table.** It will save your parents' time, so they can finish preparing the meal. If you're using place cards, put wine glasses at the seats of guests who will be drinking. Some guests may have their kids seated at the table. 4

**Plan a fun family activity.** This is a great thing to do when people are either waiting for the meal or looking for something to do after the meal. This is where you come in. 5 You may even take some family photos. They'll be happy that you **captured** these memories later.

(2023 四川外语学院重庆第二外国语学校高二期中)

- So how do you start helping out?
- Don't get too pushy about doing everything.
- You should plan a fun game or activity in advance.
- If you have a car and they trust you to drive, that is.
- Ask your parents if you are unsure if you really need place cards.
- You should consider not putting a knife at their seat, for safety reasons.
- Even if it's not perfectly neat, things should be relatively organized and dust-free.

### 读后拓展

#### 词义匹配

- |             |   |
|-------------|---|
| 1. purchase | a. photograph, film, record, paint, etc. sb./sth.                           |
| 2. setting  | b. buy sth.   |
| 3. process  | c. organize a party that you have invited guests to                         |
| 4. capture  | d. the place at which sth. happens  |
| 5. host     | e. a series of things that are done in order to achieve a particular result |

#### 单句填空

- But no matter when you travel, it's a good idea to make your reservations at least 90 days \_\_\_\_\_ (提前).
- Focusing on being safe might get \_\_\_\_\_ (妨碍) of your reaching your goals.
- As everybody is \_\_\_\_\_ (帮忙) with dinner, would you please clean the fish?
- Actually there are always new ways of doing things that can \_\_\_\_\_ (为你节省时间) on daily tasks.
- We prefer to describe emotional intelligence as a specific set of skills that can be used for \_\_\_\_\_ good \_\_\_\_\_ (或者……或者……) bad purposes. (2021 全国卷 I)

- \_\_\_\_\_ (出于安全考虑), she always had a partner with her, and made sure the meetings were conducted in public.

#### 长难句分析

If \_\_\_\_\_ you don't have a car and \_\_\_\_\_  
 条件状语从句引导词 条件状语从句并列分句 1 并列连词  
 walking to the grocery store or biking there isn't a choice,  
 条件状语从句并列分句 2

ask	if	you	can go
主句谓语	宾语从句引导词	宾语从句主语	宾语从句谓语
to the grocery store	along with your parents	to make the	
宾语从句状语 1	宾语从句状语 2		

shopping process easier.

宾语从句状语 3

如果你没有车,且不选择步行或骑自行车去杂货店,问你是否可以和父母一起去杂货店,让购物过程更轻松。

**分析:** 本句涉及 if 引导的两种从句: 第一种是 if 引导的条件状语从句, 从句包含两个由并列连词 and 连接的分句; 第二种是 if 引导的宾语从句。该句的主句是祈使句, 主句宾语由 if 引导的宾语从句充当, 该宾语从句包含三个状语, 其中第三个状语是由动词不定式充当的目的状语。



**选择:** \_\_\_\_\_ we don't stop climate change, many animals and plants in the world will be gone.

A. Although      B. While      C. If      D. Until

**填词:** I wonder \_\_\_\_\_ they will come to our party.

**翻译:** 我不知道是否还会有公交车。

## C

(限时:14 min)

阅读下面短文,从短文后各题所给的四个选项(A、B、C和D)中,选出可以填入空白处的最佳选项。

When studying at the University of Pittsburgh, I went home to Virginia to see my family one weekend. “Look, I got a best sportsman's jacket!” I said. Dad 1 took his eyes off the TV. I had wanted Dad to 2 me all my life, but nothing ever seemed 3 enough. I shook off my 4 and went back to Pitt. A month later, Mom called and said that Dad's diabetes(糖尿病) had gotten worse. “I'm coming home,” I said. “You're going to need help.”

I 5 a college near home. Every Sunday, I went home and helped Dad. To my sadness, he 6 everything I did. “It's not you,” Mom explained to me. “What 7 him makes him feel bad about himself. His anger was 8 his frustration(挫败).” I was so surprised to hear that. Now I saw his pain went beyond the 9 pain, and that made me try harder to 10 him.

One day we were watching a football game. “I'll **bet** you \$2 million that Dallas wins,” I said. Dad looked at me. “You don't have \$2 million,” he 11. After that, every time we watched the game, we made 12 bets. Dad laughed more easily and he was more willing to accept my help. Our relationship was 13.

That spring, a week before the National Football League draft(选拔), we had a party at our house. After everyone had gone, Dad and I were sitting in the living room. He caught my eye. “It doesn't 14 if you make it or not,” he said. “I'm proud of you.” Maybe our relationship would never be perfect, but I would never 15 that he wanted the best for me.

(2023 江苏省溧阳市高二期中)

- |                          |                   |                   |                  |
|--------------------------|-------------------|-------------------|------------------|
| 1. A. roughly            | B. barely         | C. instantly      | D. ultimately    |
| 2. A. make allowance for |                   | B. live up to     |                  |
|                          | C. make up for    | D. take pride in  |                  |
| 3. A. great              | B. necessary      | C. proper         | D. unforgettable |
| 4. A. excitement         | B. confusion      | C. disappointment | D. embarrassment |
| 5. A. studied at         | B. graduated from | C. worked in      | D. moved to      |
| 6. A. criticized         | B. examined       | C. complained     | D. differed      |
| 7. A. frightened         | B. bothered       | C. attacked       | D. injured       |
| 8. A. masking            | B. saving         | C. removing       | D. completing    |
| 9. A. normal             | B. mental         | C. physical       | D. minor         |
| 10. A. praise            | B. accept         | C. fuel           | D. understand    |
| 11. A. repeated          | B. exploded       | C. laughed        | D. hesitated     |





12. A. justified B. identical C. diverse D. ridiculous  
13. A. improving B. continuing C. deepening D. worsening  
14. A. restrict B. matter C. appear D. predict  
15. A. guess B. ignore C. doubt D. remark

## 读后拓展

## 词义匹配

1. criticize a. connected with a person's body rather than their mind  
2. bet b. find fault with  
3. identical c. hide a feeling, smell, fact, etc. so that it can not be easily seen or noticed  
4. physical d. risk money on a race or an event by trying to predict the result  
5. mask e. being the exact same one

## 选词填空(并使用正确形式)

shake off go back to be proud of  
be willing to get worse go beyond

1. The evening walk was a time to \_\_\_\_\_ the day's upsets. (2015 浙江卷)  
2. My job \_\_\_\_\_ just teaching—my aim is to encourage the children to think by themselves.  
3. A liberated woman must \_\_\_\_\_ being a woman and have confidence.  
4. Customers may \_\_\_\_\_ buy a company's products as an indirect way to donate to the good causes it

helps.

5. Giving up my job to \_\_\_\_\_ full-time education was a big commitment, but now I know it was the best decision I ever made. (湖北卷)

## 翻译句子

1. 他的一生都在与疾病做斗争。(all one's life)  
2. 等公共汽车时,他按顺序排队。(“when+v. -ing”结构)  
3. 曾经被认为不可能的事情,现在已经变成了事实。(what 引导的主语从句)  
4. 令她非常失望和烦恼的是,她英语考试又没及格。(to one's+表情感的名词)  
5. 我们为国家的繁荣感到自豪。(take pride in)  
6. 吸引我目光的正是他的夹克衫与众不同的颜色。(catch one's eye; 强调句型)

## D

(限时:6 min)

阅读下面材料,在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

Last year, my brother and I went to Miami for a vacation, for some of my friends said 1 was a wonderful place for holidays. We had planned for months and when the day came, we were ready.

After our plane landed, we went to the hotel. We had booked our rooms six months 2 (early), but the man at the front desk said there had been a mistake. We 3 (tell) that our rooms was not reserved(预订) for that week, 4 for the week after! I didn't understand how this would happen and my credit card had already been charged 5 the reservation. What's worse, the hotel had been fully booked. When we were wondering 6 to do, the manager came out. She was surprisingly 7 (help). She apologized for the mistake and gave us a spare VIP room on 8 top floor. We had never stayed in such an amazing room, and we weren't charged extra.

The next day, my brother and I went to the beach 9 we watched people play volleyball. We got a little 10 (burn) by the bright sun, but the day had been so relaxing that we didn't mind.

(2023 广东省广州市玉岩中学高一期中)



## E

(限时:25 min)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。续写的词数应为150左右。

When school was over, the day was fading and it started to drizzle(下毛毛雨). I stood at the school gate, with a loaded backpack on my shoulders. It was Friday again: a weekend of joy with unlimited sleeping hours and dinner courses specially made to my taste, a weekend at home. I waved goodbye to my friends as they jumped into their fathers' warm and comfortable cars. Curiously, this gave rise to a disturbing feeling in me. It was not exactly what they called jealousy, but something like dismay(沮丧). I knew all I could expect was an old bike Mom would ride along on, with the badly-oiled chain creaking(嘎吱作响) against the wheel to announce her arrival.

Every Friday when Mom came to pick me up for the weekend, it was a moment full of great expectation and great unease. I always felt my face burning as we rode our way in and out of the numerous cars and saw my friends' faces sticking out of the car windows. It was like stepping into a ballroom with beautifully dressed ladies and finding yourself in a smelly T-shirt.

To tell you the truth, Mom is quite a headache once in a while. She just looks a homely middle-aged housewife. Being a practitioner of DIY, she knits most of my sweaters, chiefly in old styles. Whenever caught by some curious classmates asking what brand my sweaters are, I'd force a smile and reply in a half-joking manner: homemade.

I couldn't remember when I started to find her such an embarrassment. As a little boy, I relied on her so much. She had been working at home, cooking in the kitchen, knitting by the lamp or riding across town to buy me a book I badly needed. It had always been much fun riding with Mom. But just now there seemed to be something standing between us, something that made her so strange to me and me to her.

(2023 重庆市北碚区高二期末联考)

**Paragraph 1:**

Today she showed up in a raincoat. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Paragraph 2:**

Mom tried to cover me with the back of the raincoat again as a storm set in. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Unit 2 学校及社区生活

### 单元目录

序号	标题	题型	体裁	词数	难度
A	瑜伽课程能帮助学生减缓压力	阅读理解	说明文	279	★★★☆☆
B	如何提高学习效率	阅读理解七选五	说明文	332	★★★☆☆
C	将快乐带回课堂	完形填空	记叙文	228	★★★☆☆
D	穿校服的好处	语法填空	议论文	197	★★★☆☆
E	成功克服转学焦虑	读后续写	记叙文	355	★★★☆☆

### 拓展阅读

#### A

(限时:8 min)

阅读下面短文,从短文后各题所给的四个选项(A、B、C和D)中,选出最佳选项。

Dealing with stress is a top topic of concern to young people. Stress has a harmful influence on their study and health. According to an OECD survey, nearly half(47%) of Australian students feel very anxious when they study, compared to the international number of 37%. 67% of Australian students say they feel very nervous even if they're well-prepared for a test. And the international number of that is 56%(64% for girls and 47% for boys).

It is important that schools teach students how to recognize and best manage stress. These skills will continue to do good to them throughout their lives. School-based stress management programs, such as yoga(瑜伽) programs, have proven to be helpful in the United States. Similar programs will bring advantages to Australian school children.

Schools can better support students by providing yoga programs. And among them, mindfulness practice is the most common. Mindfulness practice requires people to pay attention to the present moment and realize and accept feelings, thoughts and bodily sensations as they really are. It improves the ability to get used to new environments for the first-year college students. They will also feel less stressed about schoolwork.

In high schools, students believe mindfulness-based yoga programs can improve memory, grades, and their abilities to control their feelings. Students also think yoga could make them less interested in smoking and drinking and increase connection with family and friends. In fact, at home, parents can consider practicing mindfulness together with their kids. They can turn to online yoga programs and apps, such as Headspace and Smiling Mind.

Given the above facts, offering yoga programs in schools may help young people learn to manage stress better.

(2023 广东省揭阳市高二12月月考)



- What problem do Australian students face?
  - They are highly stressed.
  - They lose interest in study.
  - They aren't healthy enough.
  - They don't have yoga classes.
- What does the third paragraph say about mindfulness practice?
  - It fits college students best.
  - It's the most popular yoga program.
  - It improves people's physical health.
  - It's a good way to manage stress.
- What do high school students think of yoga?
  - It can be learnt on the Internet.
  - It makes them become smarter.
  - It will be a popular family activity.
  - It keeps them from some bad habits.
- What's the best title of the text?
  - Australian Students Are Under Stress
  - Yoga Should Be Added to Australian Schools
  - Yoga Classes Are Becoming Popular in Australia
  - Americans Manage Stress Better than Australians

### 读后拓展

#### 选词填空(并使用正确形式)

compare...to... deal with do good to  
such as even if turn to according to

- \_\_\_\_\_ a review of evidence in a medical journal, runners live three years longer than non-runners. (2018 全国卷 I)
- \_\_\_\_\_ you have dark skin, you still need protection from the sun.
- Researchers have a good way to \_\_\_\_\_ this problem. (2021 浙江卷)
- In times of crisis I know which friends I can \_\_\_\_\_.
- Going to bed early and getting up early \_\_\_\_\_ your health.
- \_\_\_\_\_ other alternatives, making a trip by rail is more comfortable and relaxing. (2023 浙江卷)

#### 单句填空

- In conclusion, parents' spiritual poverty \_\_\_\_\_ (对……有不良影响) their children.
- Will all those who get good grades in the entrance examination \_\_\_\_\_ (被证明是) most successful?
- \_\_\_\_\_ (考虑做志愿工

作) to expand your network.

- \_\_\_\_\_ (事实上), most people only absorb about 20 percent of a speaker's message. (2020 全国卷 I)
- You need to \_\_\_\_\_ (注意) how you behave both in public and private.
- It is believed that these resources can \_\_\_\_\_ (给……带来好处) the operation of the system.

#### ★经典句式

It is important that schools teach students how to recognize and best manage stress.

学校教会学生如何认识和最有效地管理压力是很重要的。

**分析:** 本句中的 it 是句子的形式主语, 真正的主语是后面 that 引导的主语从句。由于主语过长, 为避免头重脚轻, 使用 it 作为形式主语, 而将真正的主语后置。that 引导的主语从句包含一个“疑问词 how+不定式”结构, 该结构相当于宾语从句 how they can recognize and best manage stress.

**选择:** \_\_\_\_\_ happened \_\_\_\_\_ he is unfit for the office.

- This; that
- That; that
- It; that
- He; that

**填词:** People concerned have been invited here to discuss \_\_\_\_\_ to do next.

**翻译:** 孩子要什么就给什么是不明智的。

### B

(限时: 8 min)

根据短文内容, 从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

1 You probably think you will never be a top student. This is not necessarily so, however.

Anyone can become a better student if he or she wants to. Here's how:

**Plan your time carefully.** When planning your work, you should make a list of things that you



have to do. After making this list, you should make a **schedule** of your time. First your time for eating, sleeping, dressing, etc. Then decide a good, regular time for studying. 2 A weekly schedule may not solve all your problems, but it will force you to realize what is happening to your time.

**Find a good place to study.** Look around the house for a good study area. Keep this space, which may be a desk or simply a corner of your room, free of everything but study materials. No games, radios or television. When you sit down to study, **concentrate on** the subject.

**Make good use of your time in class.** 3 Listening carefully in class means less work later. Taking notes will help you remember what the teacher says.

**Study regularly.** When you get home from school, go over your notes. Review the important points that your teacher mentioned in class. If you know what your teacher is going to discuss the next day, read that material. 4 If you do these things regularly, the material will become more meaningful, and you'll remember it longer.

**Develop a good attitude towards tests.** The purpose of a test is to show what you have learned about a subject. They help you remember your new knowledge. The world won't end if you don't pass a test, so don't be over-worried.

5 You will probably discover many others after you have tried these.

(2023 山东省山东师范大学附属中学高二开学考试)

- A. There are other methods that might help you with your studying.
- B. Don't forget to set aside enough time for entertainment.
- C. Take advantage of class time to listen to everything the teacher says.
- D. No one can become a top student unless he or she works hard.
- E. Maybe you are an average student.
- F. Make full use of class time to take notes of what the teacher says in class.
- G. This will help you understand the next class.

### 读后拓展

#### 词义匹配

- |                   |   |
|-------------------|---|
| 1. schedule       | a. at regular intervals or times  |
| 2. concentrate on | b. a plan that lists all the work that you have to do and when you must do each thing |
| 3. regularly      | c. give all your attention to sth. and not think about anything else                  |

#### 选词填空(并使用正确形式)

make a list of   go over   be free of   set aside

- Mr. Green was a caring and loving father, who often \_\_\_\_\_ some time to play games with his four children.
- You should \_\_\_\_\_ what you have learned as often as possible.

3. \_\_\_\_\_ what you have to do and put the items in order of importance.

#### 长难句分析

When planning your work,	you	should make	
when+现在分词作状语	主句主语	主句谓语	
a list	of things	that	you
主句宾语	主句宾语的后置定语	定语从句引导词	从句主语
have to do.			
从句谓语			

当规划你的工作时,你应该列出你要做的事情。

**分析:** 该句为主从复合句。句中的“**When planning your work**”为“**when+分词(短语)**”结构,作句子的状语,分词的逻辑主语与句子主语一致,且分词所表示的动作“计划”与句子主语“你”之间存在逻辑上的主动关系,故此处用现在