

限时训练 1 个人及家庭生活

( 建议用时 :45min)

A

正确率:\_\_\_/4

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。

Stubborn children are usually very intelligent children with a strong sense of self. These children do not respond well to any kind of punishment. Spanking( 打 屁 股 ) or yelling may gain temporary compliance( 服从 ), but as time goes on power struggles increase. This invites children to use all their intelligence to defeat you rather than to cooperate. An important element of all positive discipline methods is that they help children use their intelligence to learn important life skills and positive characteristics such as self-discipline, responsibility, cooperation and problem-solving skills.

I have several suggestions that may invite cooperation from your child. First, stop telling and start asking what and how questions. “What are we supposed to be doing now? What problems will we have if we don’t dress or eat? What ideas do you have to solve the problem?” If these questions are asked in a friendly manner, the child is often motivated to work with you instead of against you.

Another suggestion is to have regular family meetings. Put any problem you are having on the agenda( 日 程 ). During the family meeting have fun brainstorming for solutions. Let your child help you create routines and posters that show the order of things that need to be done. For younger children, the poster can include pictures. Include times when things need to be done. Then the poster becomes the boss. When your child is wasting time, ask, “What are we supposed to be doing now? Will you please check our poster?” The point is that anything you do is more effective if you involve the child in ways that are respectful.

Making choices is another example. “Do you want to eat first or dress first?” Many parents think these suggestions take too much time. They don’t take nearly as much time as power struggles. Even if they did take more time, they are important ways to teach children the skills they need for success in life.

1. We can learn from the first paragraph that \_\_\_\_\_.  
A. stubborn children will give in to spanking  
B. it’s not a good idea to punish stubborn children  
C. we shouldn’t be too strict with stubborn children  
D. even positive discipline doesn’t work for stubborn children
2. Why should we have regular family meetings with stubborn children?  
A. To work out an agenda.  
B. To know what’s on their mind.  
C. To get them to communicate with you.  
D. To get them involved in solving problems.
3. We can infer from the last paragraph that \_\_\_\_\_.  
A. power is the best policy to discipline children  
B. it takes little time for children to make choices  
C. it’s worth taking time to let children make choices  
D. young children can hardly make choices themselves
4. The main purpose of the text is to \_\_\_\_\_.  
A. give advice  
B. argue for a point  
C. analyse a problem  
D. share personal experience

B

正确率:\_\_\_/4

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。

Growing up, Deka Ismail says she let labels define what she could be. “I was a black girl, from a refugee( 难民 ) family,” Deka said. “It was as if I was only allowed to explore in this predetermined box.”

After a high school chemistry class inspired her to think about a career in science and gave her confidence in the field, Deka learned to live outside labels and began making big plans for her future. Now she is about to begin her freshman year at the University of California, planning to become a professor.

Born and raised in San Diego’s City Heights neighbourhood, Deka is the daughter of a Somali refugee couple. While some might say Deka’s success happened in spite of her background, she would say differently, that her experiences shaped her and inspired her to be the driven, young

scientist that she is today.

When Deka was eight years old, her mother got a job by studying hard back in school in order to support the whole family. That made Deka realize that education could make a difference to one’s life. She spent a lot of time in the library reading books, and didn’t do many of the things her peers did, like partying or having romantic relationships.

“I always felt like I had to be the perfect girl for my family,” Deka said. “You have to not even do your best but two times better than everyone else. I felt like the whole world was waiting for me to mess up.”

Deka’s efforts paid off. The summer before her senior year of high school, she was accepted to the American Chemical Society Project SEED Programme. “She brought both enthusiasm and focus,” Botham, a researcher at this research institute, recalled. “She arrived every day ready to work, ready to learn and ready to tackle new challenges regardless of whether or not she had done anything similar.”

When asked what advice she would give to others like her, Deka warned them not to underestimate themselves. “Don’t tell yourself that scholarship is too big or this programme is too competitive or I’ll never get into this school,” she said. “I was not sure whether I could make it until I started seeing the acceptance letters rolling in.”

1. From the passage, we can learn that \_\_\_\_\_.  
A. Deka was adopted by a refugee family  
B. Deka spent a lot of time going to parties  
C. Deka became a professor after graduation  
D. Deka’s experiences drove her to work hard
2. Deka realized the importance of education \_\_\_\_\_.  
A. from her mother’s experience  
B. after her chemistry class  
C. by reading books in the library  
D. through working at the institute
3. According to the last paragraph, Deka advised that students be \_\_\_\_\_.  
A. patient  
B. confident  
C. ambitious  
D. generous
4. What does the story intend to tell us?  
A. Life is not all roses.

- B. Practice makes perfect.
- C. Well begun is half done.
- D. Hard work leads to success.

C 正确率:\_\_\_/5

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。

Last week, a teenager wrote me an email. The contents are as follows:

Recently, a drama festival was held in my school. \_\_\_ 1 \_\_\_ because I don't have any experience. But if I really want to try it, what can I do?

The following is my reply to her email:

Failure is a part of life. \_\_\_ 2 \_\_\_. There will be more opportunities to audition(试镜) in the future. Focus on those and prepare yourself to the best of your ability.

Is there a drama club at your school? Join it immediately. \_\_\_ 3 \_\_\_. The club will be a great learning experience for all aspects of theatre. You can even learn more about set design, costume(服装) creation and visual(视觉的) effects. You can consider these roles if you don't get the part. This way, you will still be involved with your passion and maybe find another along the way.

\_\_\_ 4 \_\_\_. What tips and tricks do they use to truly become their characters? The Internet is of course a great source for this type of information with countless videos and resources. You can also examine your written text of a play carefully, and watch yourself in the mirror or record yourself playing a role. \_\_\_ 5 \_\_\_. Make notes on how you can improve.

In the meantime, make a plan to succeed in your next audition. When the next audition comes around, I know you will be fully prepared.

Break a leg(祝你成功), as they say in theatre.

(广东省深圳市六校联盟 2022—2023 学年高二上期中考试)

- A. Learn from this experience
- B. You can choose actor as your future job
- C. Study your expressions and listen to your tone of voice

- D. I am upset that I wasn't selected to play a role in the drama
- E. A drama is a serious play for the theatre, television, or radio, or a serious film
- F. In your own time, you can educate yourself on how the best actors improve their craft(演技)
- G. There, you will find like-minded students who want to get better at acting just like you

D 正确率:\_\_\_/15

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。

In 1994 I was in the midst of a depression(抑郁症). When I was depressed, I \_\_\_ 1 \_\_\_. One day I was cleaning up the rooms and found a CD covered with dust. I wiped it off, put it in the \_\_\_ 2 \_\_\_ and started washing dishes. A man's voice, reading poetry, filled my house. The sound of the speaker's voice and the words of the poems reached something deep inside me. I stopped and \_\_\_ 3 \_\_\_.

I began to take poems into my life, not simply reading them, but developing rich relationships with the \_\_\_ 4 \_\_\_. I learned many by heart. They became my therapy and \_\_\_ 5 \_\_\_. Those poems made me wiser and healthier.

\_\_\_ 6 \_\_\_, in the fall of 2008, poetry \_\_\_ 7 \_\_\_ me in a way I had never expected. I had put all my savings in a small, local fund. Two months later, the leader of the fund left me a message: "The financial crisis \_\_\_ 8 \_\_\_ our fund particularly hard. We've lost everything."

I stood there, \_\_\_ 9 \_\_\_.

Suddenly I heard a poem, \_\_\_ 10 \_\_\_, called "Kindness in My Mind". It felt like the poem had been written for me \_\_\_ 11 \_\_\_, for this exact moment, like the perfect helper \_\_\_ 12 \_\_\_ on the scene at the instant of an accident. "Kindness" became my \_\_\_ 13 \_\_\_. I read it before going to bed, and at breakfast every morning. It reminded me that this was not a \_\_\_ 14 \_\_\_, but a path to sympathy, and I was not walking alone. Even now, I reach for "Kindness" several times a week to carry me \_\_\_ 15 \_\_\_ the heart of what really matters to me.

(江西省部分学校 2023—2024 学年高三上期中考试)

- 1. A. ran B. slept C. cleaned D. sang

- 2. A. drawer B. player C. washer D. fridge
- 3. A. wept B. left C. laughed D. listened
- 4. A. tunes B. rhymes C. words D. CDs
- 5. A. medicine B. food C. assistance D. attention
- 6. A. Still B. Yet C. Then D. Soon
- 7. A. surprised B. impressed C. warned D. rescued
- 8. A. hit B. blew C. pushed D. pressed
- 9. A. fearless B. thankless C. breathless D. defenceless
- 10. A. by coincidence B. out of nowhere C. in the distance D. by accident
- 11. A. immediately B. sincerely C. casually D. personally
- 12. A. reading B. arriving C. walking D. escaping
- 13. A. homework B. religion C. prayer D. memory
- 14. A. mistake B. lesson C. comfort D. tragedy
- 15. A. for B. with C. off D. into

E 正确率:\_\_\_/10

阅读下面文章,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。

Most teenagers tend to suffer from growing pains during \_\_\_ 1 \_\_\_ (adolescent), during which they go through many \_\_\_ 2 \_\_\_ (physically) and psychological changes. For one thing, parents are hard \_\_\_ 3 \_\_\_ their children. They cannot \_\_\_ 4 \_\_\_ (tolerance) children's improper behaviour in daily lives. They often complain that their children show too much \_\_\_ 5 \_\_\_ (enthusiastic) for social media, which greatly reduces their \_\_\_ 6 \_\_\_ (concentrate) on study. For another thing, parents attach too much importance to academic performance of their children. Once children fail to live up \_\_\_ 7 \_\_\_ their expectations, they will get upset. Therefore, teenagers often feel stressed and even \_\_\_ 8 \_\_\_ (confuse) about their future.

To deal with the situation \_\_\_ 9 \_\_\_ (appropriate), teenagers should communicate regularly with their parents, which will definitely minimize their growing pains and achieve a balance \_\_\_ 10 \_\_\_ life and study.

限时训练 2 学校及社区生活

(建议用时:45min)

A

正确率:\_\_\_/3

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。

Dear Mr. Jones,

I expect you may be slightly surprised to receive a letter from someone living as near as your next-door neighbour, but I have to raise a subject that it will be easier for me to discuss in writing.

You may have noticed that I have a line of apple trees running alongside the fence that separates our two gardens. And you may also have noticed that my apple trees bend over the fence and seem to look down at your children with interest.

It is only natural that your children should sometimes seem to return that interest. And it is not only natural, but, I acknowledge, quite legal, for them occasionally to show that interest by picking all the apples that hang over on your side of the fence.

But to be plain with you, Mr. Jones, I am tired of seeing your children, day after day, tear the branches off the side of every one of my apple trees, and leave my trees looking as though a battle had been fought on one side of them. I am, if anything, even more tired of waking up these fine autumn mornings, to find even the apples on my side of the fence much less in number. I know this is the work of your children, since last night I was woken up midnight by the noise they were making when climbing one of my trees, and (as they may have told you) chased them home.

While I am at least grateful to you for keeping your bonfire(篝火) on the far side of your garden this year. I hope that next year—for the first time since I came to this village—I shall have my apples, and your children will have theirs and that the sight of the line of apple trees will be a pride to us both.

Otherwise, I shall not express my displeasure simply in writing to you, but shall have to refer the matter to those capable of taking stronger action.

Yours sincerely,  
J. Smith

1. Why does J. Smith write the letter to Mr. Jones?  
A. To make an apology. B. To express his displeasure.  
C. To develop a friendship. D. To convey his appreciation.
2. What is the general idea J. Smith means to communicate to Mr. Jones in Paragraph 4?  
A. He never expected to be woken up by the children at night.  
B. He is heartbroken at the sight of the apples being stolen.  
C. He is tired of what the children has done to the apple trees.  
D. He is concerned about the children’s disappointing behaviour.
3. What do you know about J. Smith from the way he tries to solve the problem?  
A. He is obviously fault-finding. B. He is probably aggressive.  
C. He is rather bad-tempered. D. He is quite reasonable.

B

正确率:\_\_\_/4

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。

“The failure to play is now a serious issue and it calls for action for change,” says Sir Ken Robinson, a leading expert in education, creativity and human development. This is the driving force behind Outdoor Classroom Day—a global teacher-led campaign, supported by Dirt is Good, a company producing daily chemical products.

Outdoor Classroom Day, taking place on 17th May and 1st November this year, will see schools around the world swap the inside for the outside and take learning into the playground and beyond to make playtime a key part of the school day. This might involve using natural objects like stones to do sums, or going on an insect hunt to encourage curiosity. By now, Outdoor Classroom Day has grown from a grassroots movement to a global campaign that is expected to benefit five million children and over 40,000 schools from all around the world this year.

This is helping to change the trend that sees many schools selling up or building on their playgrounds and cutting back on playtime to make more room for academic studies while at home children’s lives are increasingly filled with organized activities intended to help them learn. Today globally 61% of parents surveyed in the Dirt is Good Qualitative Study said that children don’t know how to play without using technology.

Outdoor Classroom Day is making playing time happen, with 22% of participating schools having increased their playtime since joining the campaign. 93% of teachers surveyed saw improvements in children’s creativity after playing outside, and 97% believe that outdoors time is necessary for children to reach their full potential.

Scientific studies show that real play—the active, physical, self-directed play—is essential for children to develop key life skills that are not taught elsewhere. Few would question the value of developing creativity, leadership, resourcefulness, and curiosity.

(山东师范大学附属中学 2022—2023 学年高二上期中测试)

1. What do children do on Outdoor Classroom Day?  
A. Have PE classes on the playgrounds.  
B. Have a day off and go playing anywhere.  
C. Learn and play by using natural things outside.  
D. Play on their own without the teachers’ guidance.
2. Why do children spend less time outdoors?  
A. Schools stop providing playgrounds.  
B. Adults ignore the importance of playtime.  
C. Parents prefer to teach their children at home.  
D. Technology helps children learn better at home.
3. What’s the school teachers’ attitude towards the campaign?  
A. Opposed. B. Cold.  
C. Enthusiastic. D. Favourable.
4. What’s the passage mainly about?  
A. To introduce an activity.  
B. To advertise a product.  
C. To entertain the public.  
D. To persuade students to play.

C

正确率:\_\_\_/5

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。

If you are someone who struggles with exam anxiety, know that you aren’t alone.

Some levels of stress are normal, and they do serve a purpose. Stress can improve your work performance, think more quickly and more

efficiently. \_\_\_\_1\_\_\_\_ These high levels of stress and anxiety have harmful effects on both your mental health and your performance. Fortunately, there are things that you can do to try and relieve this.

Simply being aware of what is causing your anxiety can help to lessen the effects. Try to take some time to reflect on what could be causing your anxiety. \_\_\_\_2\_\_\_\_ In terms of exam anxiety, it could be linked to a few different factors. For example, if you're someone that tends to be a bit of a perfectionist, you might experience higher levels of exam anxiety. \_\_\_\_3\_\_\_\_

Most of the time, the key to reducing exam anxiety is making full preparations. Make an early start on your revision. Starting six weeks before the exam is usually recommended. \_\_\_\_4\_\_\_\_ Take enough time to do yourself justice.

\_\_\_\_5\_\_\_\_ Studying constantly will make you worn out, and you may even feel burnt out long before you even get the chance to sit the exam. Make sure that you have at least one day off from revision a week. Take regular breaks for exercise to help keep your brain active. And always remember to eat nutritious, high-quality foods and drink enough water.

- Hopefully, you will be free from exam anxiety in the future.
- (广东省广州市执信中学 2022—2023 学年高二上期中考试)
- A. In addition, your mental health matters the most.
- B. Once you address the causes, it puts you in a better position to treat it.
- C. Also try not to neglect your self-care.
- D. It is completely normal to experience exam anxiety.
- E. That being said, sometimes stress can turn into anxiety, which is overwhelming.
- F. This often means you set yourself up for failure or disappointment, due to the fear of never feeling “good enough”.
- G. But this can change depending on where you feel you are in your studies and the study level.

D

正确率: \_\_\_\_ /15

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。

How do young people learn best? This is something I think about a lot when teaching foreign languages to young people. I often find that \_\_\_\_1\_\_\_\_ teaching methods are neither always effective nor stimulating for young brains to \_\_\_\_2\_\_\_\_ a foreign language.

After moving to southern Italy I was fortunate to have had the \_\_\_\_3\_\_\_\_ to run a private course teaching English to under-sevens. I was aware that children like to sing and definitely enjoy games \_\_\_\_4\_\_\_\_ I wanted to use these tools to help my students develop English \_\_\_\_5\_\_\_\_ skills. I found some fun and easy songs and the English versions of some nursery rhymes online. All of them were very \_\_\_\_6\_\_\_\_ and helpful but students could \_\_\_\_7\_\_\_\_ not have a basic conversation in English.

I knew I wanted these guys to be \_\_\_\_8\_\_\_\_ immersed(沉浸在) in the language I was teaching but I also wanted them to speak it. I was keen to \_\_\_\_9\_\_\_\_ 90% of my lessons in English but I knew it'd be difficult to get them to speak in a foreign language. I had to \_\_\_\_10\_\_\_\_ a simple yet effective plan.

One day I decided to \_\_\_\_11\_\_\_\_ an elementary dialogue in English and \_\_\_\_12\_\_\_\_ simply getting students to repeat the phrases, I got them to sing and chant them. I then \_\_\_\_13\_\_\_\_ that coming up with our very own catchy chants was the way to \_\_\_\_14\_\_\_\_ students to go from studying English to starting to speak English.

So when I teach English to young people now, I \_\_\_\_15\_\_\_\_ them to make up their own songs and chants to help them remember idiomatic expressions or complex sentences.

1. A. professional B. universal C. traditional D. modern
2. A. adopt B. interpret C. translate D. absorb
3. A. time B. money C. chance D. ability
4. A. so B. but C. if D. and
5. A. appreciation B. composition C. comprehension D. conversation
6. A. interesting B. boring C. astonishing D. satisfying
7. A. also B. even C. still D. just
8. A. fully B. partly C. only D. nearly
9. A. take B. provide C. deliver D. charge
10. A. catch up with B. put up with

- C. make up for D. come up with
11. A. prepare B. produce C. perform D. give
12. A. other than B. more than C. less than D. rather than
13. A. admitted B. promised C. realized D. recognized
14. A. help B. support C. make D. ask
15. A. force B. encourage C. order D. demand

E

正确率: \_\_\_\_ /10

阅读下面文章,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。

Students at a primary school in Hangzhou had their first class \_\_\_\_1\_\_\_\_ March 1st on movable type printing. This is \_\_\_\_2\_\_\_\_ ancient Chinese printing system.

The West Lake Primary School in Zhejiang Province has introduced the course in the new term. An expert in Chinese characters culture has been invited to the campus, \_\_\_\_3\_\_\_\_ major responsibility is to teach students how \_\_\_\_4\_\_\_\_ (use) the ancient printing technology. Students attend lectures on the history of movable type printing along with \_\_\_\_5\_\_\_\_ (interest) classes on typesetting and printing. They then print \_\_\_\_6\_\_\_\_ (they) own document, applying the knowledge they've learned. One student printed her \_\_\_\_7\_\_\_\_ (late) essay “Whether the traditional red envelopes kids received belong to them or their parents?”.

\_\_\_\_8\_\_\_\_ (know) as one of the four great inventions of ancient China, movable type printing \_\_\_\_9\_\_\_\_ (invent) by Bi Sheng in the 1040s during the Song Dynasty, and it is the world's first system of movable type printing.

The school said the course is aimed at improving the students' awareness of Chinese characters and their \_\_\_\_10\_\_\_\_ (appreciate) of Chinese culture.

### 限时训练3 健康/积极的生活方式/态度

(建议用时:45min)

**A**

正确率:\_\_\_\_/4

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。

Brushing your teeth regularly could help to prevent bowel(肠) cancer, a study suggests. This is because the mouth bacteria that cause bleeding gums(牙龈) can travel via the blood to the bowel where they could result in cancer or worsen existing tumours(肿瘤).

The bug fusobacterium(梭杆菌) has been found to be hundreds of times more common in cancerous tumours than in normal cells.

Scientists are doing research on how the bacteria make their way to the bowel through the bloodstream. One theory is that it may happen if a person has bleeding gums.

The researchers found that the bacteria have a protein that allows them to stick to sugar molecules attached to friendly growths called polyps(息肉) as well as cancer tumours in the bowel.

After sticking to the polyps or tumours, the presence of the bacteria promotes their growth, according to the research published in *Cell Growth and Microbe*.

By targeting this process, the researchers believe that it may lead to new drugs to treat bowel cancer which around one in twenty of us will develop in our lifetimes.

Co-author Wendy Garrett, a professor at Harvard University, said a greater understanding of the mechanism(机理) may help stop people developing cancerous tumours.

So, the researchers warn that mouth health may be an indicator of other lifestyle factors linked to cancer.

1. From the first paragraph, we can learn \_\_\_\_\_.

- A. bowel cancer may be cured by brushing teeth regularly
- B. scientists have found the reason for bowel cancer
- C. brushing teeth regularly helps you fight bad breath
- D. good mouth health has a good effect on preventing bowel cancer

2. According to the researchers, if a person suffers from bleeding

gums, \_\_\_\_\_.

- A. bacteria may enter the bowel with blood and increase the risk of cancer
- B. the bug fusobacterium may decrease in the cells
- C. measures must be taken to prevent blood flowing into bowel
- D. he should go to the dentist to have the teeth pulled out

3. Chances are that \_\_\_\_\_ through this research.

- A. people will get rid of the symptoms of bleeding gums
- B. people will never suffer from bowel cancer
- C. scientists will develop more effective drugs to deal with bowel cancer
- D. scientists will find ways to stop gums worsening fusobacterium

4. What's the author's purpose in writing this passage?

- A. To tell people not to worry about bowel cancer.
- B. To warn people of the danger of bowel cancer.
- C. To educate people about the ways to stop bleeding gums.
- D. To make people understand the importance of brushing teeth regularly.

**B**

正确率:\_\_\_\_/4

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。

Using a mobile phone for more than 10 years increases the risk of getting brain cancer, according to the most comprehensive study of the risks yet published.

The study found that people who have had the phones for a decade or more are twice as likely to get a malignant(恶性的) tumour on the side of the brain where they hold the handset.

The scientists who conducted the research say using a mobile for just an hour every working day during that period is enough to increase the risk and that the international standard used to protect users from the radiation emitted is “not safe” and “needs to be revised”.

They concluded that “caution is needed in the use of mobile phones” and believe children, who are especially vulnerable(脆弱的), should be discouraged from using them at all.

The scientists pulled together the results of the 11 studies that have so far investigated the occurrence of tumours in people who have used

phones for more than a decade, using research in Sweden, Denmark, Finland, Japan, Germany, the United States and Britain. They found almost all had discovered an increased risk, especially on the side of the head where people listened to their handset. Five of the six studies of malignant tumour found an increased risk, and only one did not find an increase in benign(良性的) tumour yet. Four of the five studies that looked at acoustic neuromas(听神经肿瘤) found them. The exception was based on only two cases of the disease, but still found that long-term users had larger tumours than other people.

The scientists assembled the findings of all the studies to analyse them collectively. This revealed that people who have used their phones for a decade or more are 20 per cent more likely to contract acoustic neuromas, and 30 per cent more likely to get malignant gliomas(胶质瘤).

The scientists conclude, “Results from present studies on the use of mobile phones for more than 10 years give a consistent pattern of an increased risk for acoustic neuromas and gliomas.” They add that “an increased risk for other types of brain tumours cannot be ruled out”.

1. We can infer from the passage that \_\_\_\_\_.

- A. there is no link between malignant tumour and mobile phones
- B. all brain cancers result from the long exposure to the mobile radiation
- C. the present standard by authorities on mobile radiation is controversial
- D. the risk of brain cancer caused by mobile phones remains to be unclear

2. The passage tries to tell us that \_\_\_\_\_.

- A. using mobile phones is dangerous to people's health
- B. children should be forbidden to use mobile phones
- C. people using mobile phones an hour every working day will get brain cancer
- D. the more people use mobile phones, the more likely they are to get brain cancer

3. The underlined word “contract” in Paragraph 6 probably means “\_\_\_\_\_”.

- A. be infected with
- B. be associated with
- C. be faced with
- D. be covered with

4. The best title of the passage is \_\_\_\_\_.  
A. The Causes of Brain Cancer  
B. The Hidden Danger of Mobile Phones  
C. The Research of Brain Cancer  
D. The Negative Effects of Mobile Phones

C 正确率: \_\_\_\_ /5

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。

If anyone had told me three years ago that I would be spending most of my weekends camping, I would have laughed heartily. Campers, in my eyes, were people who enjoyed insect bites, ill-cooked meals, and uncomfortable sleeping bags. They had nothing in common with me. \_\_\_\_ 1 \_\_\_\_

The friends who introduced me to camping thought that it meant to be a pioneer. \_\_\_\_ 2 \_\_\_\_ We slept in a tent, cooked over an open fire, and walked a long distance to take the shower and use the bathroom. This brief visit with Mother Nature cost me two days off from work, recovering from a bad case of sunburn and the doctor's bill for my son's food poisoning.

I was, nevertheless, talked into going on another fun-filled holiday in the wilderness. \_\_\_\_ 3 \_\_\_\_ Instead, we had a pop-up camper with comfortable beds and an air conditioner. My nature-loving friends had remembered to bring all the necessities of life.

\_\_\_\_ 4 \_\_\_\_ We have done a lot of it since. Recently, we bought a twenty-eight-foot travel trailer complete with a bathroom and a built-in TV set. There is a separate bedroom, a modern kitchen with a refrigerator. The trailer even has matching carpet and curtains.

\_\_\_\_ 5 \_\_\_\_ It must be true that sooner or later, everyone finds his or her way back to nature. I recommend that you find your way in style.

- (湖南省长沙市雅礼中学 2023—2024 学年高三上期中考试)
- A. This time there was no tent.  
B. Things are going to be improved.  
C. The trip they took me on was a rough one.  
D. I was to learn a lot about camping since then, however.  
E. I must say that I have certainly come to enjoy camping.

- F. After the trip, my family became quite interested in camping.  
G. There was no shade as the trees were no more than 3 feet tall.

D 正确率: \_\_\_\_ /15

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。

I used to abandon myself to despair. Last year, my mother \_\_\_\_ 1 \_\_\_\_ from a stroke and had an operation on her brain. I felt my whole life turned upside down and I had no \_\_\_\_ 2 \_\_\_\_ what I could do to help her to relieve her \_\_\_\_ 3 \_\_\_\_.

There have been many \_\_\_\_ 4 \_\_\_\_ like this in my life. I could never figure out how to deal with such tough things \_\_\_\_ 5 \_\_\_\_ I read “If You Have a Lemon, Make a Lemonade” by American writer Dale Carnegie.

“When the wise man is handed a lemon, he says, ‘What \_\_\_\_ 6 \_\_\_\_ can I get from this? How can I \_\_\_\_ 7 \_\_\_\_ my situation? How can I turn this lemon into a lemonade?’” He wrote.

I suddenly \_\_\_\_ 8 \_\_\_\_ that life is full of ups and downs, so I need to stay \_\_\_\_ 9 \_\_\_\_ all the time. Now when I think of my past, I wish I could have handled things \_\_\_\_ 10 \_\_\_\_ . When my mother was fighting for \_\_\_\_ 11 \_\_\_\_ , I should have held her hands in mine and told her things would get better. Several weeks ago, I took part in a campus singing competition. I didn't \_\_\_\_ 12 \_\_\_\_ a prize. If I had not \_\_\_\_ 13 \_\_\_\_ the article, I would definitely have felt \_\_\_\_ 14 \_\_\_\_ again. But instead, I was happy that at least I had got some stage \_\_\_\_ 15 \_\_\_\_ .

- When life gives us a lemon, let's try to make a lemonade.
1. A. resulted      B. suffered      C. survived      D. escaped  
2. A. hope          B. wonder      C. idea          D. doubt  
3. A. pain          B. anxiety      C. fear          D. pressure  
4. A. diseases      B. memories    C. incidents     D. difficulties  
5. A. when          B. until        C. though       D. since  
6. A. lesson        B. lemonade    C. decision      D. challenge  
7. A. control        B. accept       C. improve      D. avoid  
8. A. realized       B. thought      C. discovered    D. predicted  
9. A. healthy        B. independent C. serious       D. positive  
10. A. exactly        B. differently   C. easily         D. practically

11. A. recovery      B. life          C. freedom      D. happiness  
12. A. expect        B. miss         C. win          D. refuse  
13. A. figured out    B. written down C. found out     D. come across  
14. A. embarrassed B. discouraged C. excited       D. concerned  
15. A. performance B. experience    C. progress      D. effect

E 正确率: \_\_\_\_ /10

阅读下面文章,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。

If you feel stressed by responsibilities at work, you should take a step back and identify (识别) those of \_\_\_\_ 1 \_\_\_\_ (great) and less importance. Then, handle the most important tasks first so you'll feel \_\_\_\_ 2 \_\_\_\_ real sense of achievement. Leaving the less important things until tomorrow \_\_\_\_ 3 \_\_\_\_ (be) often acceptable.

Most of us are more focused \_\_\_\_ 4 \_\_\_\_ our tasks in the morning than we are later in the day. So, get an early start and try to be as productive as possible before lunch. This will give you the confidence \_\_\_\_ 5 \_\_\_\_ you need to get you through the afternoon and go home feeling accomplished.

Recent \_\_\_\_ 6 \_\_\_\_ (study) show that we are far more productive at work if we take short breaks \_\_\_\_ 7 \_\_\_\_ (regular). Give your body and brain a rest by stepping outside for a while, exercising, or doing something you enjoy.

If you find something you love doing outside of the office, you'll be less likely \_\_\_\_ 8 \_\_\_\_ (bring) your work home. It could be anything—gardening, cooking, music, sports—but whatever it is, make sure it's a \_\_\_\_ 9 \_\_\_\_ (relieve) from daily stress rather than \_\_\_\_ 10 \_\_\_\_ thing to worry about.

(江西省部分学校 2023—2024 学年高三上期中考试)