

限时提优训练 1

(时间 40 分钟)

班级: _____ 姓名: _____

一、完形填空

正确率: ____/15

Jatto's mother was doing housework while Jatto was reading a book aloud in English. Jatto didn't always like 1 to his mother. She spoke only Esan, one of the languages in Nigeria. Wasn't it a waste of time to read to someone who couldn't understand? His mother didn't even realize when he made 2. Still, she insisted he read aloud every day.

"Let's bottle nuts when you finish reading," she said in Esan.

Jatto shook his head. He had so much homework to do. "I'll never finish reading."

Jatto said "never" in English because there was no word for never in Esan.

"What's 'never'?" she asked.

Jatto cleared his throat to 3 the English word. "It means I won't stop reading today, tomorrow, or 4." He drew circles in the air. "Nor the day after the day after tomorrow, the day after the day after, the day after..."

"Oh, OK! That's forever," his mother said.

Jatto stared at the nuts. Each one looked delicious.

Now would be a 5 time to eat some. But he couldn't ask. He remembered the 6 he'd drawn in the air.

Jatto's mother whistled. Tam-tam, their cow, came up to them. Jatto could 7 cow-milk air as his mother milked her. Tam-tam's milk was the best he'd ever tasted.

Jatto needed to take his mind off the 8. "Mama, why do you make me read to you even though you don't understand?"

"I want you to practise speaking English often," she said.

"I can practise English in my head," he said, not 9.

His mother smiled. "We share our stories aloud with others, not in our heads where 10 can hear them."

Jatto nodded. He'd learned about that in school.

She decided to tell him a story and handed him some nuts and milk. "You can eat 11 I talk."

He ate as she started. Soon, Jatto was singing the story with his mother.

"You never tell me stories," he said when they stopped 12.

She sighed. "I used to, but when you started school, I wanted

you to focus on English. ”

“I make a lot of mistakes when I read to you ,” Jatto said.

His mother 13 . “I guessed so. But I like hearing the sound of your voice while I work. ”

Jatto knew what she meant. He had enjoyed listening to her story as he bottled the nuts. It made the work seem 14 . “I have an idea ,” he said. “Next time, I will read a story to you in English , then I will tell you the same story in Esan. We can even make up songs together. ”

“Great! And I will tell you stories in Esan and you can say them back to me in English. Let’s ‘never’ stop 15 stories. ”

Jatto smiled. His mother’s understanding of “never” was even better than his own.

- | | | | |
|----------------------|-----------------|------------------|--------------|
| 1. A. talking | B. reading | C. replying | D. listening |
| 2. A. mistakes | B. jokes | C. efforts | D. noises |
| 3. A. speak | B. pronounce | C. organize | D. explain |
| 4. A. the day before | B. the last day | | |
| C. the day after | | D. in the future | |
| 5. A. good | B. free | C. busy | D. bad |
| 6. A. nuts | B. bottles | C. circles | D. cows |
| 7. A. see | B. smell | C. feel | D. hear |
| 8. A. milk | B. cow | C. story | D. food |
| 9. A. alone | B. aloud | C. kindly | D. directly |
| 10. A. nobody | B. somebody | C. anybody | D. everybody |
| 11. A. before | B. while | C. after | D. until |
| 12. A. saying | B. eating | C. singing | D. chatting |
| 13. A. shouted | B. cried | C. praised | D. laughed |
| 14. A. easier | B. slower | C. heavier | D. shorter |
| 15. A. practising | B. telling | C. sharing | D. writing |

二、阅读理解

A

正确率:___/4

My mother always told us there is no use crying over spilled milk. That means you should not get angry when something bad happens and cannot be changed. She also told us you have to break some eggs to make an omelet (煎蛋卷). This means you have to do what is necessary to move forward.

My mother believed you are what you eat. A good diet is important for good health. She would always give us healthy food. She liked serving us meat and potatoes for dinner. The meat and potatoes can also mean the most important part of something. It describes someone who likes simple things.

People always said my father was the salt of the earth, because he would never pour salt on a wound, or make someone feel worse about something that was already a bad experience. However, sometimes he told us a story that seemed bigger than life. So we had to take it with a grain(粒) of salt. That is, we could not believe everything he told us.

My manager at work does not always know what is going on in our office. Yet she is right about one thing: there is no such thing as a free lunch. Something may appear to be free, but there may be a hidden cost. When we fail to see problems at work, the manager tells us to wake up and smell the coffee. We need to pay more attention and fix the problem. I once made a big mistake at the office and felt silly. I had egg on my face.

Over the weekend, my friend invited me to watch a football game on television. But I do not like football. It is not my cup of tea.

I hope I have given you food for thought, that is, something to think about.

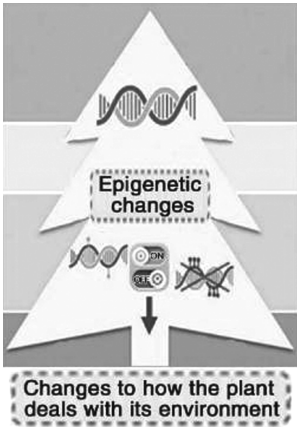
1. When problems came up, the author’s mother told them to _____.
A. give up B. hurry up C. be careful D. keep calm
2. Which of the following is used to describe someone who likes simple things?
A. The milk and eggs. B. The salt and water.
C. The tea and coffee. D. The meat and potatoes.
3. In people’s eyes, the author’s father _____.
A. always feels unhappy B. always tells lies
C. is a very nice man D. is a good storyteller
4. If a girl’s face turns red because she does a wrong thing, she may say “_____.”
A. I am what I eat B. I have egg on my face
C. It is not my cup of tea D. I’m the salt of the earth

B

正确率: ____/4

Plants face many challenges during their lifetime. Unlike animals, plants cannot hide during a storm or move away from an insect attack. Instead, they must stand still and deal with every challenge that comes their way. This has made plants masters of self-defense (防御) and experts in adapting (适应) themselves to changes in their environments.

One way plants can change to deal with challenges is through a process called natural selection(选择). This is



usually a very slow process in which those plants that are best adapted to their environments produce the most offspring, or seeds. Adaptations could be sharp thorns(刺) that protect a plant from being eaten by a giraffe, or poisonous(有毒的) leaves that protect it from insects.

However, change through natural selection usually happens very slowly. In long-lived plants like trees, it can take hundreds of years. Luckily, there is another much quicker way. This type of change is controlled by something called epigenetics. Epigenetic marks on the DNA control how compacted (“turned off”) or loose (“turned on”) the DNA is. This change is especially important in long-lived trees, like conifers(针叶树), as they may face more environmental conditions in their lifetime. It allows conifers to remember the stressful past and be better prepared for the future. Conifers can form “memories” because of many kinds of environmental challenges, such as temperature conditions, insect attacks and so on.

One environmental signal(信号) that can trigger conifer memories is the temperature the baby trees experienced when the seeds were developing. Trees that developed at different temperatures show different timing in terms of when new leaves appear in spring. New leaves appear earlier on trees from seeds at lower temperatures, and trees developed at warmer temperatures grow new leaves later in the season.

Treating conifers with plant-made defense chemicals can also cause memories. When small conifer trees are treated with plant-made defense chemicals in the fall, they are better able to defend themselves against insect attacks when they are planted out in the forest in spring.

Trees remember the past—not with brains, like us, but through epigenetic changes. There are still a lot of things we do not know about how and how long trees can remember the past. When we have learned more about tree epigenetics, we can perhaps grow new forests that are better at dealing with climate change, insect attacks and diseases.

5. What do you know about natural selection from the passage?

- A. The ability of hiding during a storm is an example of natural selection.
- B. Natural selection allows plants to change rapidly to their environments.
- C. The ability of growing sharp thorns is a result of natural selection.
- D. Natural selection is a slow process that is environmental-friendly.

7. What would the writer most probably agree with?
 - A. Epigenetic change is better than natural selection.
 - B. Temperature can influence the size of conifer leaves.
 - C. Climate change can help conifers to deal with insect attacks.
 - D. More epigenetic knowledge is needed to help trees grow better.
8. What would be the best title for the passage?
 - A. Tree masters: How can trees deal with climate change?
 - B. Tree experts: How can trees make more seeds in spring?
 - C. Tree challenges: How can trees live during insect attacks?
 - D. Tree memories: How can trees remember without a brain?

正确率: /5

A man once visited a temple that was still being built. He saw a sculptor(雕塑家) making a sculpture. As he watched the man work on the sculpture, he noticed that there was a similar sculpture lying nearby.

He was curious and asked the sculptor, “Why are you making two same sculptures? Do you need two to put in different places?” “No,” the man said without looking up. “We need only one, but the first one became damaged(被损坏的) before I could finish it, so I’m making a new one.”

The visitor picked up the damaged sculpture and checked it. But he couldn't find anything wrong with it. "Where is the damage?" he asked. "There is a scratch (擦痕) on the sculpture's nose," the sculptor said while continuing his work.

The man then asked, “Where are you going to place the sculpture?”

The sculptor replied that it would be placed on a 20-foot-high platform. “If the sculpture is up that high, who is going to notice that there is a scratch on the nose?” the man asked.

The sculptor stopped his work, looked up at the man and said, “I will know it.”

Even if other people didn't notice the damage, it is important to the sculptor that his work should be of the best quality. He chose to insist a high standard of excellence in his work. This is an attitude we should all work hard to keep.

- 2. Why did the sculptor make two sculptures?**

3. Where was the scratch?

4. Who would know there was a scratch when the sculpture was placed high?

5. Like the sculptor, what should we insist in our work?

四、缺词填空

正确率: ____/10

Seba Stephens is only 10 years old, but he's a very talented musician. He plays the drum, bass, guitar and piano. R 1, he has got a professional certificate(专业证书) in music through the Berklee (伯克利) Online Programme at the famous Berklee College of Music.

Seba and his family live in Memphis—a place k 2 for music in the USA. He grew up with music all around. Before he turned three, his parents asked him what he wanted for his birthday. “Drums!” he answered. His parents weren't s 3 about it, but after seeing him show his great interest in drums at a local music store, they found he was serious. They bought him drums, and he also began to have music lessons.

In just a few months, Seba's drum teacher reported to his parents that he was learning very quickly and needed further t 4. He was still four. His talent surprised everyone.

Seba's parents e 5 him to play with music in other ways. Seba learned guitar and piano. He faced challenges because of his s 6. “I wasn't tall enough to see over my drums,” he says. “And I couldn't reach some of the cymbals(铙钹).”

Two years ago, Seba had a chance to j 7 a summer music programme at Berklee College of Music as an 8-year-old boy. After the challenging summer, his dad thought Seba might want a rest. He was wrong. I 8, Seba asked his parents to teach him at home. His parents agreed. In this way, he could keep going to Berklee d 9 the school year. He did schoolwork in the mornings. In the afternoons, he worked on music.

Last year, Seba became the y 10 person ever to receive a professional certificate from Berklee. When he's old enough, Seba hopes to go to college at Berklee. For now, he's still practising and playing.

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| 5. _____ | 6. _____ | 7. _____ | 8. _____ |
| 9. _____ | 10. _____ | | |

限时提优训练 10

(时间 40 分钟)

班级: _____ 姓名: _____

一、完形填空

正确率: ____/15

The little girl went to school each day feeling frightened. She had been used to it, but it still hurt each time her classmates 1 her.

When she was younger, she used to 2 when the laughing began. But as she grew older, she no longer hid in shame. Still, it hurt. She had no 3. The laughing turned her into a girl who kept to herself. But friends were what she wanted most.

“Your mother is so 4,” the kids would say. “Your mother’s 5 is like a monster’s one,” they said. “Sheena has a monster for a mother!”

Sometimes, Sheena wanted to 6 that her mother was not her mother. She wanted to tell the others that the woman was not her mother at all. When this happened, she was filled with guilt and 7, for her mother was the 8 and most generous of all the mothers in the world. She did so many great things and helped lots of people.

Sheena’s mother did in fact have a scary face. It has long purple ugly scars(伤疤) on it. One day, when Sheena came home 9, her grandmother took her aside. “Why are you crying?” asked her grandmother. Sheena explained how difficult it was to stand the laughing from her classmates. She told her how 10 she felt each day at school, with no friends around her.

Her grandmother said, “It’s time to tell you the story of 11 your mother came to have such a face. One day, you were sleeping in your bed and your mother was across the street talking with a neighbour. 12, she noticed smoke coming from your house. Everyone rushed to the door, but it was too dangerous to go inside. Your mother ran into the fire without thinking twice, not thinking of 13, only of you, her dear child. She brought you out safely, 14 her own body was burned from top to bottom, especially her face. That’s the story of the ugly scars.”

Sheena was 15 again embarrassed about her mother. From that day on, she walked with her head high, knowing that she, above all the other children, had a mother who loved her very much.

1. A. looked at B. shouted at C. laughed at D. smiled at
2. A. hide B. cry C. argue D. fight

- | | | | |
|------------------|-------------|--------------|---------------|
| 3. A. family | B. friends | C. teachers | D. classmates |
| 4. A. bad | B. cruel | C. poor | D. ugly |
| 5. A. face | B. body | C. nose | D. eye |
| 6. A. lie | B. change | C. leave | D. discuss |
| 7. A. love | B. shame | C. anger | D. fear |
| 8. A. prettiest | B. happiest | C. richest | D. kindest |
| 9. A. talking | B. crying | C. shouting | D. laughing |
| 10. A. surprised | B. angry | C. lonely | D. bored |
| 11. A. how | B. when | C. what | D. where |
| 12. A. Specially | B. Bravely | C. Suddenly | D. Slowly |
| 13. A. herself | B. yourself | C. himself | D. themselves |
| 14. A. because | B. so | C. and | D. but |
| 15. A. always | B. never | C. sometimes | D. often |

二、阅读理解

A

正确率: ___/4

On the Height

Du Fu

The wind so swift, the sky so wide, apes wail and cry;
 Water so clear and beach so white, birds wheel and fly.
 The boundless forest sheds its leaves shower by shower;
 The endless river rolls its waves hour after hour,
 A thousand miles from home, I'm grieved at autumn's plight;
 I'll now and then for years, alone I'm on this height,
 Living in times so ▲, at frosted hair I pine;
 Cast down by poverty, I have to give up wine.

The poem “On the Height” is a famous poem by Du Fu of the Tang Dynasty. It is included in the *Du Gongbu Collection*, a collection of poems by Du Fu.

The first four lines were the first part of the poem, which started with writing the views through wind, sky, water, beach, apes, and birds, and a natural scene of autumn is vividly presented. Then Du Fu used the visual spectacle(奇观) to describe the cycle of nature: the fall of leaves symbolizes the transience(短暂) of life, and the flow of the river represents the impermanence(无常) of time.

The second part marked a shift in focus from the landscape to the poet's inner world. After Yan Wu died, who gave Du Fu much help, Du Fu left his hometown and lived a hard life again. Because of poverty(贫穷) and illness, he felt even sadder and lonelier when climbing alone. The last two lines show the poet's sadness for the difficult life and his helplessness for aging, as well as the bitterness(苦涩) of having to give up drinking due to difficulties.

By describing the scene of autumn from a high altitude, the entire poem expresses the sadness of autumn and the suffering of life. It shows the poet's complex emotions of long-term wandering, illness, and loneliness. It is generous, exciting, and touching.

1. Which of the following words rhymes with “shower”?
A. cry B. hour C. height D. wine
2. Which of the views is not mentioned in the poem?
A. Sky. B. Beach. C. Grass. D. Wind.
3. According to Paragraph 3, which word can be the most suitable for the “▲” in the poem?
A. simple B. free C. quiet D. hard
4. What can we infer from the passage?
A. With Yan Wu's help, Du Fu's life was once improved.
B. Du Fu lived a poor but peaceful life.
C. Du Fu liked climbing to enjoy beautiful views in winter.
D. Du Fu was crazy about drinking wine.

B

正确率: ____/5

①Some people think creativity is making something completely new, so they do not think of themselves as creative ones. However, some other people think creativity can just be expressing themselves through everyday acts and they are born creative because it is not an all-or-nothing quality or skill.

②Whether or not we realize it, we all have the ability to express creativity. Sometimes the path to creative productivity is being willing to do something different.

③Are you someone who loves to read comics? Perhaps it is time you create one of your own. Don't worry if you cannot draw very well or feel that you cannot write humorous reports for characters. Nobody says this is an exam! You only have to please yourself, to gain the satisfaction that you try something new, all on your own. If you feel easy, you can of course share it with your loved ones, or post it on social media.

④Are you someone who likes to express yourself in writing? Try writing a blog. This is like the new version of a diary. In your blog, you can write about your thoughts, opinions and experiences. You can also write stories or plays, if you feel up to it! The blog provides you with a platform to create something new every day, in written forms.

⑤Are you someone who likes to be alone? Now, think about the things that make you happy. Find a small place in your room, or any place in your home, where you can spend time with yourself. It can be a small corner next to your bed or a wall. It can be a poster of your

favourite rock star or photos of your friends. You can also pick a guitar if you like to play instruments, or a few storybooks if you love reading. Some of you may like flowers, candles or pretty things. Decorate your area with your favourite things in any way you like. That is creativity! And if you do feel bored with this, you can change, add or remove something.

⑥ By realizing the chances in our daily lives to inspire our creativity, no matter how small, we may become more comfortable with taking bigger creative leaps in other parts of our lives.

5. How does the writer begin the article?

- A. By asking questions.
- B. By giving examples.
- C. By showing opinions.
- D. By explaining reasons.

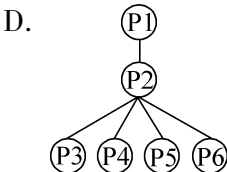
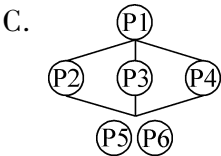
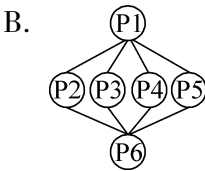
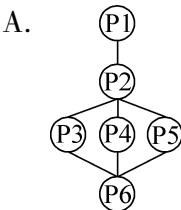
6. What does the underlined word “this” in Paragraph 3 refer to?

- A. Reading comics.
- B. Creating your own comics.
- C. Pleasing yourself.
- D. Gaining the satisfaction.

7. In what ways can we show our creativity according to the article?

- a. playing the piano
- b. receiving flowers
- c. keeping calm
- d. writing blogs
- e. watching plays
- f. decorating rooms
- A. bcf
- B. ace
- C. adf
- D. bde

8. Which of the following shows the structure of the article?



9. What is the purpose of the article?

- A. To offer us all kinds of ideas and experiences.
- B. To teach us about different life skills.
- C. To encourage us to make something important.
- D. To ask us to develop creativity through small acts.

三、阅读表达

正确率：___/5

Karlsson, a Swedish teacher at Beijing Union University (BUU), has lived in China for over 15 years. The seeds (种子) of his China journey were sown when he joined in a programme for East Asian studies at Lund University in Sweden in 1997. Back then, cellphones and the Internet hadn't yet come into wide use. Learning Chinese

meant using textbooks, heavy dictionaries and audio tapes. He would read the dictionary carefully for hours to understand a one-page Chinese article.

“In those days, it was a real challenge,” he said.

In 2006, with a high score in the official Chinese language test, he won a scholarship for a five-week summer programme at Beijing Language and Culture University.

After finishing the study programme, Karlsson was offered a Beijing-based job as a market researcher. In 2008, the year Beijing succeeded in hosting the Summer Olympic Games, he got married. In the next year, he started to teach business at BUU.

Life in Beijing has been a wonderful adventure (异乎寻常的经历), especially as a witness to the great achievements China has made. It has offered him many chances for personal growth. Today, thanks to high-speed broadband and 5G, he can connect with students at BUU’s partner universities in Russia, Montenegro or Mexico while riding on the Beijing subway.

“When you open your eyes to these great projects, it is impossible not to want to be part of them or at least support them somehow,” he said.

Although he was busy on teaching days, Karlsson applied for a full-time scholarship at the University of International Business and Economics in Beijing. In 2022, at 44 years old, he got his Ph. D. in economics. “I am quite interested in blockchain technology, and I know that China is quickly becoming the leader in blockchain applications outside the cryptocurrency space. So, I always write my articles in this area,” he said.

“There is always time to follow your dreams unless you decide to give up,” he said. “Taking on seemingly impossible challenges and also helping those around you are what make life worth living.”

1. Who is Karlsson in this passage?

2. How did Karlsson learn Chinese in Sweden?

3. When did Karlsson start to teach business at BUU?

4. What has offered Karlsson many chances for personal growth?

5. What can you learn from Karlsson’s experiences?

四、缺词填空

正确率:___/10

As red as chicken blood, the chicken-blood stone is one of the most costly ornamental (装饰用的) materials in China. With its b 1 red colour and jade-like texture (质地), it has been used for centuries to create carved works.

Changhua in Zhejiang is one of the producing areas of such stones. The stones were created by volcanic activity 75 million years ago. S 2 the Ming Dynasty, local people have been using chicken-blood stones to carve all kinds of things in different s 3 and sizes.

In 2008, the chicken-blood stone carving was a 4 to the National Intangible Cultural Heritage (非物质文化遗产) List. It not only records geological (地质的) changes, but is also a cultural relic that shows people's lives of different times. For Chinese people, the carving's red colour also means j 5, success and good luck.

Craftsman Qian Gaochao, 67, and his son, s 6 more than six months making three chicken-blood stone carvings showing the taekwondo and wrestling competitions for the 19th Asian Games in Hangzhou.

Qian is a national inheritor (继承人) of the intangible cultural heritage of the chicken-blood stone carving technique. He said, "It's a great honour to be able to contribute to the Asian Games, h 7 in my hometown, through my hand skills."

According to Qian, the content and themes he chooses for carvings keep up with and show the style of the times. "I'm not only doing carving work, but also r 8 the development and changes of our society, and remembering the important events through my carvings," he said.

Qian has created fascinating works, many of which are related to important events in Chinese history, i 9 the Zunyi Conference in January 1935. He has also done work to celebrate the 100th anniversary of the founding of the Communist Party of China.

Qian hopes the technique can be learned by more people so that it can be passed down. "We are looking for qualified people to continue to inherit and develop these traditional skills. At the same time, we also hold research activities and provide training courses, a 10 more young students to understand and learn Chinese traditional culture," he said.

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| 9. _____ | 10. _____ | | |

限时提优训练 28

(时间 40 分钟)

班级: _____ 姓名: _____

一、完形填空

正确率: ____/15

Jenny was the only child in her home. One day, because of a quarrel with her mother, the girl 1 stormed out of the house, swearing(发誓) never to return.

As night fell, the girl, without having dinner and wearing only a 2 coat, began to feel quite cold. Walking aimlessly under the city's lights, she felt lonely and lost. When she 3 she had no money with her, her mood became even worse.

Just then, an old lady selling late-night snacks called out to her, "Child, haven't you had dinner yet? Come here and have 4 !"

Jenny stopped, touching her already empty 5. Then she replied in a low voice, "But... but I have no money."

The old lady waved her hand and said, "Don't worry. 6, I'm about to close. There's still some wonton soup left. Let's share it."

Jenny looked at the old lady's smile, feeling warmth in her heart. As she tasted the hot soup, tears welled up in her eyes uncontrollably. "Granny, even you are kind to me, but my mother is so 7 and indifferent," Jenny said, her voice choked.

The old lady said in 8, "Silly child, how can I compare(比较) with your mother? I just gave you a bowl of soup 9 your mother has been feeding you for over 10 years. If you thank me for this small act, how should you treat your mother?"

Moved by what the old lady said, Jenny 10 the chopsticks and quietly stood up. With mixed feelings, she decided to go back home. Surely enough, the door was still open and her mother was standing at the doorway, worriedly looking around. When she saw her daughter 11, the mother was overjoyed. "Where did you go? I've been waiting for you for three hours. The food is freezing cold..."

Jenny's tears fell down again. She took a deep breath, 12 saying, "Mum, I'm... I'm sorry."

Deep in thought: We can often see others' little help and feel thankful, but we seem 13 to the life-long love and care of our family. Why's that?

This is because the sacrifices(牺牲) made by family are so selfless and lasting that sometimes we 14 to find how important

they are. Family's love is like the air—always there, yet often taken for granted(理所当然). So, it's time for us to make a 15. Learn to value every effort made by our family, be thankful for all they do, and remember not to take their love for granted.

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|-------------------|---------------|---------------|---------------|
| 1. A. nervously | B. bravely | C. angrily | D. slowly |
| 2. A. thin | B. heavy | C. soft | D. cheap |
| 3. A. proved | B. realized | C. imagined | D. believed |
| 4. A. something | B. anything | C. everything | D. nothing |
| 5. A. heart | B. mouth | C. head | D. stomach |
| 6. A. Anyway | B. However | C. Otherwise | D. Moreover |
| 7. A. lazy | B. careless | C. cold | D. silly |
| 8. A. agreement | B. surprise | C. sadness | D. confidence |
| 9. A. until | B. though | C. since | D. while |
| 10. A. handed out | B. cleaned up | C. put down | D. looked for |
| 11. A. rushing | B. hiding | C. leaving | D. returning |
| 12. A. softly | B. quickly | C. sadly | D. proudly |
| 13. A. equal | B. clear | C. blind | D. open |
| 14. A. fail | B. expect | C. refuse | D. manage |
| 15. A. plan | B. change | C. balance | D. choice |

二、阅读理解

A

正确率:___/4

①The world's highest ski place, Chacaltaya, was closed after the 18,000-year-old glacier melted(冰川融化) in 2009. Many scientists agree that the glaciers around the world could disappear in this century, much faster than we thought.

②As we all know, the reason for this is global(全球的) warming. When certain gas such as carbon dioxide(CO_2) is largely emitted(排放) into the atmosphere, it causes the greenhouse effect(效应) which makes Earth warmer.

③As Earth becomes warmer, glaciers melt quickly, and dark rocks are uncovered. Then these rocks take in more heat, causing the temperature to rise. As a result, the remaining snow on glaciers melts faster.

④The effects of global warming will be far-reaching and often devastating(毁灭性的). While the melting of glaciers may flood(淹没) some areas of Earth, in other places, it is making water disappear. An increasing number of heat waves and droughts(干旱) worldwide will also change the face of the world in the future.

⑤Global warming is a real problem, and one largely caused by human activity. Solving the problem is not easy, and there is no single magic way. However, we can begin it by lowering the amount of CO_2 in

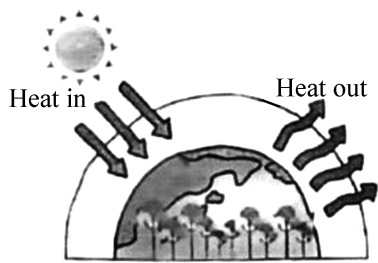
our daily lives.

⑥Peter Miller, along with his wife, took part in a scientific test to see how much CO₂ they could cut down in a month. The average(平均) US household produces about 80 kilos of CO₂, which is more than twice the European average and almost five times the global average. Their final goal was to make less CO₂ than most American families.

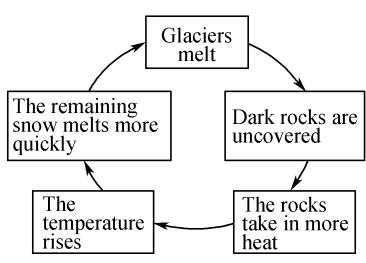
⑦First, they found out how much CO₂ they were producing. Then they asked an expert for advice on how to reduce CO₂ emissions. According to the expert's advice, they made some changes to their house, replaced their lights, and changed some of their living habits. At the same time, they either biked, walked, or used public transportation. A month later, they saved 70% on electricity, 40% on gas, and drove half as much as others. Their daily CO₂ emissions were less than the US average, at 32 kilos.

⑧Protecting our planet starts small: change a light, open a window, walk or bike. With a little effort, and not much money, most of us can make a difference.

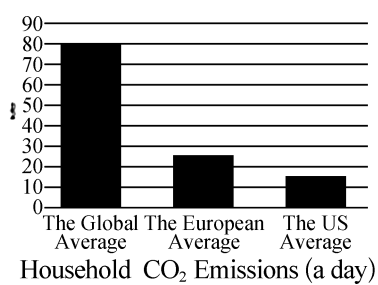
1. Why was the ski place, Chacaltaya, closed in 2009?
A. Because the ski place was too old.
B. Because few tourists came to this place.
C. Because the ski place was too high to reach.
D. Because the 18,000-year-old glacier melted.
2. How does the writer show that Peter succeeded in the scientific test?
A. By listing numbers.
B. By asking questions.
C. By giving explanations.
D. By giving suggestions.
3. Which of the following can match the information in the passage?



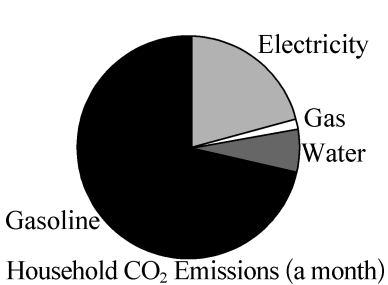
A



B

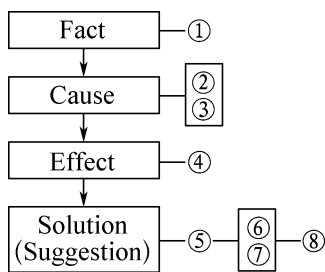


C

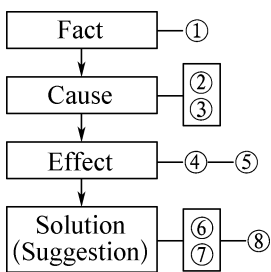


D

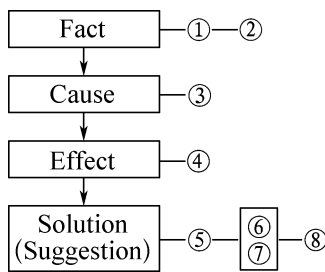
4. Which of the following shows the structure of this passage?



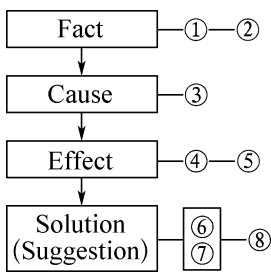
A



B



C



D

B

正确率: ____/4

When it comes to a meaningful life, we might think of love, happiness and health. A life filled with meaning is what most of us want for ourselves. Then, what makes a meaningful life?

Many researchers agree that a meaningful life comes down to three factors (因素): having long-term goals, believing that one's life matters, and feeling that one's life fits together and "makes sense".

But we believe there is more to consider. Sometimes life enables us to experience small moments of beauty. When people are open to appreciating (欣赏) such experiences, these moments may improve how they see their own life. We call this experiential appreciation (EA). EA is about the person feeling connected to events and being able to appreciate the value within the connection. It shows the discovery of and admiration for life's beauty.

We recently set out to better understand EA in studies. We were interested in whether EA was also tied to general judgment of meaning in life. If so, it could be a factor for meaningfulness.

In the first study, we had people rate (评估) their support for different methods of reducing stress. We found that people who managed stress by focusing on their appreciation for life's beauty also reported experiencing life as highly meaningful.

In the next study, we asked people to rate the degree to which they agreed with various statements, such as "I appreciate the beauty of life." and "I appreciate little things in life." as well as other statements that related to the three factors and a general sense of meaning in life. Our results showed that the more people reported that they were "appreciating life" and its many experiences, the more they felt their life was valuable.

In the following studies, we further looked at the connection between EA and meaningfulness. For example, we found that people who were asked to look back on the most meaningful event of the past week generally reported high EA in those moments.

All the results proved our theory(假设) true. But putting it into practice can be difficult. Our fast-paced lifestyles fill the day with goals. We try to get the highest output both at work and in spare time. This focus on future outcomes makes it all too easy to miss what is happening right now. We should slow down and let life surprise us.

5. You were most probably in the EA condition when _____.
A. you made a travel plan for the coming holiday
B. you hurried to serve the customers in the store
C. you practised hard to become the best violinist
D. you stopped to admire the roses by the roadside
6. What can we learn from the studies mentioned in the passage?
A. Thinking back to the past weakens our sense of meaning.
B. Enjoying small things can influence our attitude toward life.
C. Proper stress management is the key to living a satisfying life.
D. Good judgment on beauty improves connections among people.
7. What does the last paragraph mainly tell us?
A. It is easier for results-driven people to achieve success.
B. We often turn a blind eye to the present moment.
C. A fast-paced lifestyle helps us reach our goals.
D. Future life will bring us many more surprises.
8. What is the writer's main purpose in writing this passage?
A. To explain how to discover beauty in life.
B. To discuss what the true meaning of life is.
C. To introduce a new factor for a meaningful life.
D. To compare different factors for meaningfulness.

三、阅读表达

正确率:___/5

Hotpot is popular in China today. Did ancient Chinese people have hotpot?

Ancient Chinese people had hotpot as early as the Shang Dynasty. At that time, people boiled foods and soups in bronze cauldrons(青铜鼎). The cauldron had two parts—one was the pot to cook foods in soup, and the other part was a layer(层) or a space inside the cauldron to hold firewood. But at that time, the cauldron was only for a single person to eat from.

During the Han Dynasty, people divided a pot into several parts to enjoy different taste.

During the Tang Dynasty, having hotpot was a popular thing. When people held family feasts(宴席), they would prepare hotpot. People of the Song Dynasty had hotpot to welcome winter.

Huoguo, the Chinese name for hotpot, was mentioned by Yuan

Mei, a poet and foodie in the Qing Dynasty, in a book about all kinds of food. At that time, hotpot was very popular. People put all kinds of meats and vegetables into pots made of different materials, such as copper and iron.

Hotpot also became a famous royal(宫廷的) dish, called *reguo*. It's said that Emperor Qianlong of the Qing Dynasty loved hotpot so much that he had it for almost every meal. He once held a big hotpot feast, inviting more than 5,000 people to enjoy about 1,550 hotpots.

- 1. How many dynasties are mentioned in this passage?

- 2. When did Chinese first have hotpot?

- 3. Why did people in the Song Dynasty have hotpot?

- 4. Who was Yuan Mei?

- 5. How often did Emperor Qianlong have hotpot?

四、缺词填空 正确率: ____/10

The book *20,000 Leagues under the Sea* is a classic adventure science fiction by French writer Jules Verne. Verne is a son of a lawyer. However, he decides to be a writer i 1 of a lawyer. He likes sailing and the sea. He likes exploring the world. He and his wife s 2 much time sailing on his ship. They sail to many places and have adventures. Later all of these are w 3 into his books. The book *20,000 Leagues under the Sea* is about Captain Nemo and his submarine—a kind of vessel that travels under w 4. His submarine is called Nautilus. Submarines are common today, but Verne writes about this submarine many years b 5 they exist! Some of Verne's ideas come true in history.

The story starts in New York City and takes the readers to many d 6 places. Verne describes some real places like the Mediterranean Sea, the South Pole and the Antarctic. But the story a 7 talks about visits to some fictional locations like Atlantis, an underwater city. Many people think the title *20,000 Leagues under the Sea* refers to h 8 deep the submarine travels under the water. However, the submarine never travels over a few leagues below the water. In fact, the title refers to the d 9 which Captain Nemo and his submarine travel during the course of the book. The book is full of mysteries and magic things under water. It has been t 10 into many different languages and sells well.

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

限时提优训练 30

(时间 40 分钟)

班级: _____ 姓名: _____

一、完形填空

正确率: ____/15

The expression, “everybody’s doing it”, is very much at the centre of peer pressure(同伴压力). It is a social influence applied to an individual in order to get that person to act or believe in a 1 way as a larger group. This 2 can be negative or positive, and can exist in both large and small groups.

People are social creatures by nature, and so it is hardly 3 that some part of their self-respect comes from the approval(认可) of others. This explains why the approval of peers, or the fear of 4, is such a powerful force in many people’s lives. This instinct(本能) drives people to dress one way at home and another way at work, or to answer a simple “fine” when a stranger asks “how are you?” 5 it is not necessarily true.

For certain individuals, 6 for social acceptance is so important that it becomes an addiction(上瘾). In order to satisfy the desire(渴望), they may go too far and 7 their sense of right and wrong. Some young people may feel forced to use drugs, or join gangs(帮派) that 8 criminal behaviour. Some adults may sometimes end up in debt(负债) because they are unable to hold back the desire to buy a house or car that they can’t afford in order to 9 the peers.

10, peer pressure is not always negative. A student whose friends do well in 11 may be motivated to work harder and get better grades. Players on a sports team may feel driven to play harder in order to help the team win.

This type of influence can also get a friend off drugs, or help an adult develop a good habit or drop a bad one.

Although peer pressure is sometimes quite 12, some people

may not even notice that it is affecting his or her behaviour. For this reason, when making important decisions, such as choosing a career path or deciding on a major investment, simply going with an instinct is 13. Instead, people should seriously consider 14 they feel attracted to taking a certain action. Is it because of their own values, long-term goals, or personal interests? They should also consider whether the real 15 behind their action is simply that everyone else is doing the same thing. Taking the time to think and make a wiser decision can lead to a proper and fulfilling life.

1. A. traditional B. similar C. weird D. normal
2. A. influence B. result C. cause D. method
3. A. understandable B. important
C. acceptable D. surprising
4. A. mistakes B. failure
C. disapproval D. independence
5. A. as if B. even if C. since D. unless
6. A. asking B. caring C. waiting D. looking
7. A. gain B. lose C. decrease D. increase
8. A. avoid B. stop C. encourage D. improve
9. A. have fun with B. stay away from
C. make fun of D. keep up with
10. A. However B. As a result
C. In conclusion D. What's more
11. A. research B. music C. school D. sports
12. A. positive B. ridiculous C. reliable D. obvious
13. A. common B. dangerous C. natural D. necessary
14. A. why B. when C. how D. what
15. A. motivation B. danger C. support D. problem


二、阅读理解


A



正确率:___/4


Mike and Hannah are chatting on the phone.





Hi, Hannah. What are you up to?  Mike


Hey, Mike. Nothing much. I'm at home. I'm watching some TV, but it's not very good. I don't want to do my homework! How about you?  Hannah


I'm in town, shopping. I'm looking for a new jacket. Do you like this one? It's \$20.   Mike


Em. It's OK. It looks a bit old-fashioned though. Which shop are you in? Tell me you're not looking for clothes at Billy's on the corner of Green Street.  Hannah


Hah! Of course I am! You know I always like to buy my clothes here.  Mike


But their clothes are all second-hand. And that means they're old-fashioned.  Hannah



I like the clothes here—they're really cool and they're cheap. I'm not rich like you, you know!  Mike


Me? Rich? You're joking of course. Hahaha. Go to Ted's next to the big chemist's in Market Street. They've got a sale on. They're selling everything at 30% off the original price! And their stuff is really nice. I'm wearing one of their T-shirts now. Only \$9.99!  Hannah


Yeah, that's cool. And 30% off? Brilliant. OK, I'm going there now. Oh no! Now it's raining and I haven't got an umbrella. OK, It's not far. Five minutes and I'm there.  Mike


OK, here I am in Ted's. The shop's really crowded. It's because of the sale, I guess.  Mike


Maybe my mum's there. She's doing some shopping right now. So... anything nice?  Hannah


Yeah! Look at this shirt! Only \$25! I want it!   Mike

Mike, are you crazy? It's awful.  Hannah

No, It's not. I love wearing bright colours. They make me feel happy. It's perfect for a rainy day.  Mike

I think you're wasting your money and my time. Anyway—are you looking for a jacket or a shirt?  Hannah

Oh yes, you're right. You're better at clothes than me. Come and help me. You're not doing anything, are you?  Mike

That sounds like a bad idea. It's raining—remember?  Hannah

- The underlined word “stuff” refers to _____.
 - the products that are sold in a shop
 - the way you say about something
 - the money you pay for something
 - the people who work in a place
- Which of the following statements is NOT true about Hannah?
 - She thinks there is nothing exciting on TV.
 - She was born in a rich family.
 - She thinks the clothes at Billy's are old-fashioned.
 - She has a better taste on clothes than Mike.
- What does Hannah mean by saying “I think you're wasting your money and my time.”?
 - She doesn't want to chat with Mike online anymore.
 - She wants to tell Mike that he needs a jacket.
 - She just wants to tell Mike to give up his choice.
 - She is sure that Mike will regret about his choice.

4. From their chat record, we can conclude that _____.

- A. Mike bought a lot of colourful clothes in the end
- B. Mike went back to Green Street for shopping
- C. Mike met Hannah's mother at Backer's
- D. Mike did the shopping without Hannah

B

正确率: ____/4

Ancient art doesn't have to be boring. Technology in the 21st century can help to bring it to life by combining(融合) the best of the old and the new.

Along the River During the Qingming Festival

Walking into the China Pavilion at Expo 2010 in Shanghai, people were amazed by seeing a huge digital(数码的) painting. Scientists digitised(数码化) the famous painting *Along the River During the Qingming Festival* by Chinese artist Zhang Zeduan.

The original(原先的) painting shows life during the Northern Song period and it includes many details of ancient Chinese customs, lifestyles and technology.

_____ Farmers work in the fields, sailors move around their boats, and people eat and do business in restaurants. Parts of the background are also animated(做成动画). You can see the wind blowing through the trees and across the water. These animations perfectly combine modern technology and ancient art.

Digital technology allows today's artists to express their ideas in ways that ancient artists would not believe possible. Techniques such as animation and 3D digital projection(投影) make art come alive.

Dunhuang Cave Paintings

Dunhuang Caves, which are protected ancient treasures in the Gobi desert in Northwest China, are filled with paintings and sculptures with lasting value. This artwork was created over a period of around 1,000 years.

The good news is for art lovers who cannot travel and for the caves. Scientists have created a 360-degree, 3D digital projection of the caves, which makes the artwork come alive. There is also a function(功能) that lets viewers zoom in and enjoy the paintings and sculptures in greater detail.

Digitising ancient art allows us to explore the ancient practices. It also makes the whole world understand the art while protecting the original artworks for the future.

5. From the passage, we can know that _____.

- A. both of the two artworks use 3D digital projection
- B. ancient art allows people to explore the modern technology
- C. people can't go to Dunhuang to enjoy paintings and sculptures now
- D. the digital painting, *Along the River During the Qingming*

Festival was created by Zhang Zeduan

6. Which sentence may be the best to fill in the “_____”?
- A. In the digital painting, a lot of these details are animated.
B. In the digital painting, a lot of these scenes are well known.
C. In the digital painting, more details of the art can be enjoyed.
D. In the digital painting, many different styles of art can be seen.
7. The underlined phrase “zoom in” means “_____” in Chinese.
- A. 使(镜头)抬高 B. 使(镜头)拉近
C. 使(镜头)俯视 D. 使(镜头)远离
8. From the passage, we can infer(推断) that _____.
- A. studying ancient art as much as possible is very necessary
B. good art must combine modern technology and ancient art
C. protecting the ancient artworks is more important than developing technology
D. more valuable ancient artworks will be protected better with technology in the future

三、阅读表达

正确率:___/5

Who can jump the highest at your school? Who has the most skips over a rope? Who's the fastest at solving a Rubik's Cube(魔方)? Everyone can be the best at something. Recently, Beijing 101 Middle School held an activity called “Guinness Campus” to help students find their potential(潜力).

“There are all kinds of projects you can take part in and all kinds of records for you to set,” said ninth-grader Liu. “I choose Domino Tower because I have the most confidence in this.”

Students needed to build a tower using dominoes(多米诺骨牌). Who ever built the tallest tower in one minute won. Liu set the record with 33 levels. “At first I didn't do it well, but after learning from other people and trying over and over again, I found some ways to do it faster,” she said.

“The game requires you to be calm and patient. If you lose your temper(脾气) when the tower falls, you may lose the chance to win.”

Seventh-grader Wang set a record for the longest juggle(颠球) of a soccer ball with one foot.

He did it for 4 minutes and 34 seconds. “I started to play soccer at 5 and have been practising juggling for three or four years, so I'm confident I can do it well,” said Wang. “Juggling with only one foot needs good balance and stability(稳定性), which I'm good at. You also need to train hard for sure.”

When asked if he was afraid that someone else would break his record one day, Wang said he was expecting that to happen. “The charm(魅力) of Guinness Campus is that we keep reaching higher goals. If someone breaks my record next year, I'll be even more

encouraged to try harder finding more potential within me. ”

1. How many kinds of projects have been mentioned in the passage?

2. Why did Beijing 101 Middle School hold the “Guinness Campus”?

3. According to the passage, how can students win in the Domino Tower?

4. What helped Wang set a record for the longest juggle? (At least two words)

5. In Wang’s opinion, what is the charm of Guinness Campus?

四、缺词填空

正确率：___/10

The folk art form, *kuaiban*, has a long history. It can be performed by a group or a s 1 person. With one or two pairs of bamboo clappers—a kind of t 2 Chinese musical instruments in hands, the performers tell stories in the local dialect(方言).

Recently, Liu Jiming and Wan Yifu made and shared three short videos by u 3 *kuaiban* which were viewed about 4 million times. As a result, Liu and Wan gained more than 1 million followers on the Internet. They’ve c 4 many new works to raise people’s awareness. Some of their works are about the danger of drunken driving and food s 5 . They also write stories to show respect to those who make contributions, such as traffic policemen.

According to Liu and Wan, people can understand *kuaiban* pieces without d 6 . The stories told in *kuaiban* pieces are close to people’s daily lives. Thus, they c 7 that it is a fun way to introduce the Chinese folk culture through *kuaiban*. And what m 8 to them is that both young people and old people begin to know the charm of the art form.

Folk art forms, like *xiangsheng*, *pingshu* and *kuaiban*, share something in common. They all show the beauty and v 9 of traditional Chinese culture, so they should be known by more people and get to more areas. Luckily, t 10 the Internet, new performers who go on sharing *kuaiban* pieces, like Liu and Wan, are playing an active role. Hopefully, these Chinese folk art forms will be alive with the times.

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