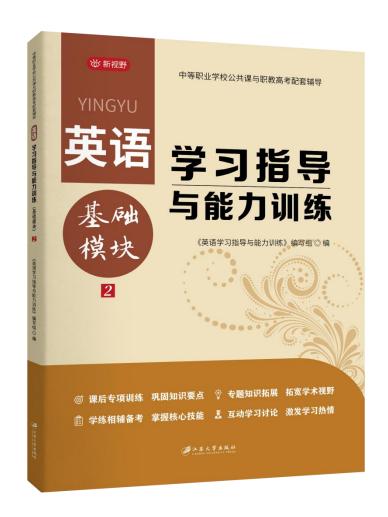
#### 英语学习指导与能力训练(基础模块)•2



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《英语学习指导与能力训练》《

冷 新视野

YINGYU

### 英语

基础模块

2

### 学习指导 与能力训练

《英语学习指导与能力训练》编写组 ◎ 编







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፟ 新视野

中等职业学校公共课与职教高考配套辅导

YINGYU

## 英语

基础模块

# 学习指导与能力训练

《英语学习指导与能力训练》编写组 ◎ 编



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### 前 **Preface**

本书按照《中等职业学校英语课程标准》要求编写,是中等职业学校公共基础课程教材《英语2基础模块》的配套用书。本书旨在全面贯彻党的教育方针,践行社会主义核心价值观,落实立德树人根本任务,培育学生的英语学科核心素养;在九年义务教育的基础上,进一步激发学生的英语学习兴趣,使学生掌握一定的英语基础知识和基本技能,培养学生的职场语言沟通、思维差异感知、跨文化理解和自主学习能力,为学生的继续学习和终身发展奠定基础。本书共8个单元,内容紧扣中职生升学考试大纲的考点,不仅能对课堂所学文化基础课的知识内容进行巩固,也能为对口升学考试打下良好的基础。在编写过程中,主要考虑了如下要素:

#### 1. 夯实基础,提升能力

按照循序渐进的原则,每个单元精编了"学习概览""能力提升""经典赏析"三大版块。其中,"学习概览"中的"知识梳理""语法综述"可帮助学生夯实基础;"能力提升"中的"语言知识运用"注重学生语言运用能力的提升,"阅读与写作",兼顾学生综合能力的培养;"经典赏析"引导学生深入理解和感受歌曲所传达的情感、背景和艺术价值,旨在全面育人,提升学生的综合素养。

#### 2. 实践丰富,实用性强

本书以复现教材的基本教学内容为目标,突出语言知识的应用和综合技能的训练;秉承教材体现职业特色的理念,习题设置尽可能地选择学生熟悉的生活和职业场景,以提高学生的练习兴趣和练习效果;既可以使学生巩固课堂中所学的内容,又能帮助教师检测学生的学习效果。

#### 3. 同步训练, 难度适中

本书作为英语教材的配套练习册,每个单元均对应落实课程标准所规定的知识和能力训练,且难度适中,有利于学生提升核心素养和应用能力。



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### Unit 1 Travel



…… 知识梳理

学习目标	掌握重点词汇	travel n. 旅行 effort n. 努力 ticket n. 人场券;票 local adj. 当地的 daily adj. 每天的 agency n. 代理公司 cover v. 覆盖 journey n. 旅行 experience v. 感受;经历 national adj. 全国的	dynasty n. 朝代 major adj. 主要的 avoid v. 避免 comfortably adv. 舒服地; 舒适地 luggage n. 行李 quit v. 放弃 throughout prep. 遍及; 到处 record n. 记录 v. 记录 discovery n. 发现 finally adv. 终于
	掌握重点短语	take care of 照顾;注意 give up 放弃 set off 出发;动身 pass through 通过;穿过;经由	in order to 为了 all sorts of 各种各样的 for the first time 首次;第一次

学习目标	掌握重点句型	With the support of his family, Xu set off for the first time at 22 and took four major trips in his lifetime. 在家人的支持下,徐霞客 22 岁第一次出发,一生中经历了四次重要的旅行。	Xu spent over 30 years traveling throughout the country. He carefully studied the places he had passed through and recorded his experiences and discoveries in his diary. 徐霞客花了 30 多年的时间周游全国,仔细研究他所经过的地方,并在日记中记录他的经历和发现。			
素养	提升思维差异 感知能力	能够比较、分析人物介绍传记文章的特点; 了解历史名人的生平经历和影响力,感知其伟大魅力。				
目标	提高跨文化交际 理解能力	客观看待不同国家历史人物所处的历史背景和环境; 增强对不同国家之间跨文化交流重要性的认识。				

#### 1. 概念

一般过去时用于描述过去某个时间里发生的动作或状态, 以及过去习惯性、经常性的动 作或行为。

#### 2. 基本结构

主语+动词过去式。例如:

I played football with my friends yesterday. (我昨天和朋友们踢足球了。)

She laughed when she heard the joke. (她听到那个笑话时笑了。)

#### 3. 一般过去时的谓语动词变化

一般过去时的谓语动词采用动词过去式的形式。动词过去式的构成分为规则与不规则 两类。

#### (1)规则动词过去式

类别	构成方法	示例	读音规则
一般情况	加 -ed	pass—passed finish—finished record—recorded	
以e结尾的动词	加 -d	use—used produce—produced experience—experienced	清辅音后面读作 /t/; 浊辅音和元音后面读作 /d/;
以重读闭音节结尾 的动词,末尾只有 一个辅音字母	双写末尾的辅音字母, 再加 -ed	stop—stopped plan—planned refer—referred	/(d/
以辅音字母加 y 结 尾的动词	变 y 为 i,再加 -ed	cry—cried study—studied carry—carried	

#### (2) 不规则动词过去式

很多动词的过去式是不规则的,常见不规则动词过去式见下表。

动词原形	过去式 动词原形		过去式
am/is	was	eat	ate
are	were feel		felt
become	became	give	gave
begin	began	go	went
buy	bought	have/has	had
catch	caught	set	set
choose	chose	spend	spent
come	came	think	thought
do/does	did	write	wrote

#### 4. 一般过去时的肯定句、否定句、疑问句及答语

以动词 be 和 help 为例,一般过去时的肯定句、否定句、疑问句及答语用法如下。

ελ 25 τν 5 σε 4 π πειρ 75 γ σ σ σ				
肯定句		否定句		
I/He/She was at school yesterday.  We/You/They were at school yesterd	lov	I/He/She was not (wasn't) at school yesterday.  We/You/They were not (weren't) at school yesterday.		
we/ fou/ friey were at school yesterd	iay.	we/ fou/ fliey we	Te not (weren t) at school yesterday.	
I/You/He/She/We/They helped the p	layers in the 2022	I/You/He/She/We/They did not (didn't) help the		
Winter Olympics.		players in the 202	22 Winter Olympics.	
	疑问句	及答语		
Was I on duty yesterday?	Were you on duty	yesterday?	Was he/she on duty yesterday?	
Yes, you were.	Yes, I was.		Yes, he/she was.	
No, you were not (weren't).	No, I was not (wa	asn't).	No, he/she was not (wasn't).	
Were we on duty yesterday? Were you on duty		yesterday?	Were they on duty yesterday?	
Yes, we were. Yes, we were.			Yes, they were.	
No, we were not (weren't). No, we were not		(weren't).	No, they were not (weren't).	
Did I help the players?	Did you help the	players?	Did he/she help the players?	
Yes, you did.	Yes, I did.		Yes, he/she did.	
No, you did not (didn't).	No, I did not (did	ln't).	No, he/she did not (didn't).	
Did we help the players?	Did you help the	players?	Did they help the players?	
Yes, we did.	Yes, we did.		Yes, they did.	
No, we did not (didn't).	No, we did not (d	lidn't).	No, they did not (didn't).	

#### 能力提升

#### 1 语言知识运用

#### Part 1 Look and match.

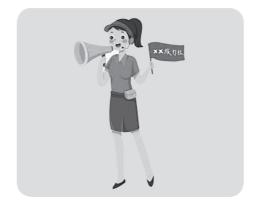
travel guide reservation scenic spot











#### Part 2 Choose the best answers to complete the following sentences.

1.	My uncle	to a new city abroad ten years ago as required by his job.						
A.	moves	B. will move	C. moved	D. has moved				
2.	Our school	a wonderful spo	orts meeting in the playg	round last month.				
A.	holds	B. held	C. will hold	D. has held				
3.	—Mary's parents	her to a b	ooarding school when sh	e was seven.				
	—Oh, really? I didn't know that.							
A.	send	B. sent	C. have sent	D. will send				
4.	Ariel	every night for a we	eek before her Chinese	test and got a very good				
grade.								
A.	studied	B. studies	C. has studied	D. was going to study				
5.	She	_ to the store yesterday t	to buy some groceries.					
A.	go	B. goes	C. went	D. going				

A: Susan, we are going niking tomorrow.
B: Sure, I'd love to! Where shall we go?
A: I've always dreamed of experiencing its natural beauty.
B: I'm sure you will3
A: Food and water, some medicine for emergency, and a warm coat.
B:4
A: You are right. Good shoes are very important while hiking.
B: Is it necessary to pack a raincoat?

A: Perhaps not.	5

B: Great! I can't wait to go and relax myself after such a busy week.

- A. I hope it won't rain tomorrow.
- B. I think we should wear comfortable shoes, too.
- C. It will clear up tomorrow.
- D. Would you like to join us?
- E. Should we wear some comfortable shoes?
- F. What shall we take with us?
- G. The Pudacuo National Park.

#### Part 4 Choose appropriate sentences to fill in the blanks based on the article.

You may be too busy to notice the wonderful world where you live. Taking time to know your own town or city can help you see it in a new light. With the warm weather outside, now is a good-time to go exploring (探索) with a trusted adult. \_\_\_\_1\_\_\_

◆ Act like a tourist.

Many times, when you live in a place, you never really explore some of the most exciting parts that a visitor might. Start by asking yourself this question: \_\_\_\_\_ Maybe you can visit a historic building, a nice park, or a new ice cream store.

◆ Consider local attractions (景点).

First, do some research online and talk to an adult about where to go. \_\_\_\_3 \_\_\_ A local museum or zoo might have a new exhibit. You might also head to a national park for a hike.

**4** 4

With an adult's guide, look up walking tours for a whole new way to explore your city. Some cities offer walking tours focused on a theme, like food or local parks. You can also search for free self-guided walking tours in your area.

- ◆ Take a photography (摄影) walk.
- <u>5</u> Pick a theme for your photos, like special dishes, local waterways, or lovely birds. And at the end of the day, you can look back on all your explorations.

- A. Find out a guided tour.
- B. Here is how to get started.
- C. Go bike riding in a local park.
- D. Then try to think about which is the best place to explore.
- E. If I have never been to the town before, when is the best time to explore?
- F. If my friends came to town for the first time, where would I advise them to go?
- G. Another way to see where you live with fresh eyes is to go exploring with your camera.

### Part 5 Fill in the blanks with the words or phrases given below. Change the form when necessary.

	travel	cover	national	luggage	record	set off	
1. The	sun was alrea	ady up whe	n they				
2. Two	pieces of		have gone r	nissing.			
3. You	ı can book at y	your local_		_agency.			
4. Mu	ch of the coun	ntry is	by	forest.			
5. You	should keep	a	of your	expenses.			
6. The	se buildings a	re part of o	our	heritage	e.		
	<b>6 Translate</b> 门只出售当地		G		glish or C	Chinese.	
2. 你一	一路顺利吗?	( journey	)				
3. I wa	as trying to qu	iit smoking	at the time.				
4. Stre	ess is a major <sub>l</sub>	problem of	modern life.				

5. She tends to avoid all physical contact.

#### Part 7 Rearrange the sentences to make a short passage.

- A. This travel experience tells me that when we travel, we must look after our things, like phones, bags and money.
  - B. Once I traveled to Shanghai with my parents. We had a great time.
- C. I think traveling is a good way to relax and learn new things. It also helps us know more about life.
  - D. The tourist shouted to others, "Help!" We all helped to catch the thief.
  - E. One day, when we were enjoying the coffee, we saw someone stealing a tourist's bag.
  - F. Although he ran so fast, we caught him finally. The tourist was very thankful.

$C \rightarrow$	1	$\longrightarrow$	2	$\rightarrow$	3	$\longrightarrow$	4	$\longrightarrow$	5
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#### ……… 阅读与写作

Ten days later, we

### Part 1 Read the passage below and then choose the right word to fill in each blank.

When I was a 10-year-old girl, my parents decided to take me on a trip to I had
never been to a foreign country before, so I was very The first day we arrived at Paris, my
parents and I went around the city and3 the local food curiously4 none of us
spoke much French, we still had a good time.
The next day, we decided to visit the south of the country by5 We talked happily
along the way until my mother realized that we took the6 train. We felt very worried
When we reached the end of the line, an old man7 us and came to help. He spoke no
English, so in broken French we tried to explain our situation. When the old man finally8
he showed us to the correct train and we finally boarded with relief.

our exciting trip and went back home. Paris is a lovely city and

we enjoyed our stay there, but what impressed me most was the old man and his \_\_\_\_\_ during the amazing trip.

1. A. India	B. Japan	C. Britain	D. France
2. A. confuse	ed B. relaxed	C. comfortable	D. excited
3. A. cooked	B. tasted	C. prepared	D. bought
4. A. Althou	gh B. When	C. Because	D. If
5. A. car	B. bike	C. train	D. ship
6. A. slow	B. fast	C. wrong	D. first
7. A. noticed	B. found	C. heard	D. teased
8. A. appeare	ed B. prepared	C. understood	D. finished
9. A. planed	B. made	C. continued	D. finished
10. A. humo	r B. kindness	C. tolerance	D. patience

Part 2 Choose the best answers according to the text.

#### A

The Palace Museum, located in the heart of the Forbidden City, houses more than 1.8 million cultural relics and is one of the world's most visited tourist attractions. It is listed by UNESCO as the largest collection of preserved ancient wooden structures in the world.

During the past few years, the Palace Museum has been working hard to get the public familiar with the history and culture of the Forbidden City. And it seems that these efforts have been paying off, with its popularity reaching a new height. Over 17 million people visited the museum in 2018, and most of them were under 30 years old.

Today, the Forbidden City is still changing. As a modern museum and a historical site, the museum strikes a balance by maintaining the structures and restoring the interiors of the palace compounds, and in certain instances transforming minor palace buildings and hallways into exhibition galleries for the exquisite artwork of the imperial collections. For many, the Forbidden City is a time capsule for China's past and an educational institute for the public to learn and appreciate the history and beauty of this ancient culture.

1.	The Forbidden City is listed by UNESCO	beca	ause of
A.	its long history	В.	its size
C.	its wooden structures	D.	its abundant antiques
2.	During the past few years, the Palace Mus	eum	become more and more
A.	popular	В.	outdated
C.	deserted	D.	alive
3.	The Forbidden City is not		
A.	a modern museum	В.	a historical site
C.	a tourist attraction	D.	an administrative agency
4.	What age group will be more likely to visi	t the	Palace Museum?
A.	Under 30 years old.	В.	40 to 50 years old.
C.	20 years old.	D.	50 to 60 years old.
5.	How does the Forbidden City keep pace w	ith t	he times according to the passage?
A.	It transforms minor palace buildings and l	nallv	vays into exhibition galleries.
В.	It invites famous writers to share the histo	ry o	f the Forbidden City.

B

C. It films a documentary about the running of the Forbidden City.

The <u>chilly</u> winter is coming. Are you preparing for a family vacation? Here are three popular national parks for families to visit.

#### • Acadia National Park, Maine

D. It gives out free tickets.

The first light of the new year in the US shines on Acadia National Park's Cadillac Mountain. It has plenty of kid-friendly New Year's Eve activities and fireworks to keep the whole family feeling excited.

#### • Arches National Park, Utah

White snow contrasting with red rocks against a blue sky makes for fantastic sights. Most of the hiking trails remain open all year, but be prepared for slippery conditions after a snowfall. If you don't want to leave your car, there are scenic winter drives through the Windows Section of the park to the Delicate Arch viewpoint.

#### • Dry Tortugas National Park, Florida

Dry Tortugas National Park is located on an island. Families can explore the historic 19th century buildings in this park. Besides, there are a lot of lighthouses in the park, including Garden Key Lighthouse and Loggerhead Lighthouse.

- 6. What does the underlined word "chilly" in the first paragraph mean?
- A. Boring.
- B. Cold.
- C. Long.
- D. Popular.
- 7. Which national park especially provides activities for children?
- A. Acadia National Park.
- B. Arches National Park.
- C. Dry Tortugas National Park.
- D. None of the above.
- 8. Which national park includes buildings built about 200 years ago?
- A. Acadia National Park.
- B. Arches National Park.
- C. Dry Tortugas National Park.
- D. Both B and C.
- 9. Which statement about the Arches National Park is TRUE?
- A. There are a lot of lighthouses in the park.
- B. Visitors can watch the fireworks display.
- C. New Year's Eve activities is organized every December.
- D. People can enjoy the natural views in a car.
- 10. Who might be interested in the passage?
- A. A backpacker who wants to explore the ocean.
- B. A couple who wants to take a trip together with children.
- C. A geographer who wants to do some research on mountains.
- D. A traveler who wants to experience the city life.

We can help you plan your holiday!

Welcome to Sunset Island Tourist Information Center.

25 Green Street,

Port Ceorge,

Sunset Island

Open every day except Sunday.

A. By bicycle.

09: 00-17: 00

We can help you find a hotel, choose somewhere interesting to eat and plan your day. Please take a free map of the island for more.

Boat trips around Lighthouse Island!

Two-hour trip leaves each day at 09: 00.

Lunch included.

Swim in the beautiful water off Lighthouse Island!

Exciting nightlife!

C. By boat.

The clubs of Port George are open every night until

04: 00—the latest music every night!

Two free drinks if you arrive before midnight.

Make friends with our wildlife!

At Rosetown Reserve, you'll find wildlife that only lives on Sunset Island—get close to wild horses, deer and parrots. Easy walks and a great teahouse!

D. By minibus.

11	T	and the 25 Common Standard
11.	To get more tourist information, you can	go to 25 Green Street
A.	at 10: 00 on Sunday	B. every day at 10:00
C.	every night until 04: 00	D. at 14: 00 on Friday
12.	Where can tourists see wild horses, deer	and parrots?
A.	On Lighthouse Island.	B. At Rosetown Reserve.
C.	At Tourist Information Center.	D. In the clubs of Port George.

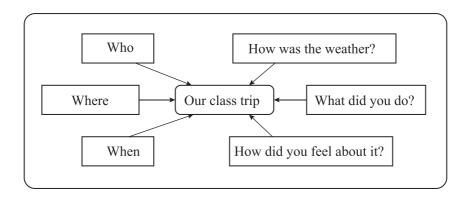
- 13. How will a tourist enjoy the two-hour trip around Lighthouse Island?
- 14. Which of the following is TRUE according to the reading material?

B. On foot.

- A. You can enjoy a cup of tea at Rosetown Reserve.
- B. You can get some special gifts at Sunset Tourist Information Centre.
- C. You can enjoy the latest music at 5 a.m. in the club of Port George.
- D. You can get a free dinner during the two-hour trip around Lighthouse Island.
- 15. Where can you most probably see the reading material?
- A. In a novel. B. In a fairy tale.
- C. In a travel guide. D. In an art magazine.

#### Part 3 Write a short passage according to the information given below.

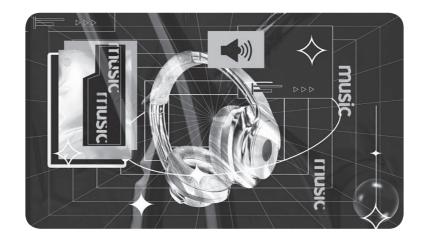
假如上周六你们班组织了一次旅行,英语老师希望你们在课堂上分享一下这次旅行经历。 请你根据以下提示,用英文写一篇短文,为这次分享做准备。



#### 要求:

- 1. 短文须包含所有提示信息,可适当发挥;
- 2. 词数 80 左右。

#### 经典赏析



#### Call Me Maybe

I threw a wish in the well Don't ask me, I'll never tell I looked to you as it fell and now you're in my way I trade my soul for a wish pennies and dimes for a kiss I wasn't looking for this but now you're in my way Your stare was holding, ripped jeans, skin was showin' Hot night wind was blowin' Where you think you're going, baby Hey, I just met you and this is crazy but here's my number so call me, maybe It's hard to look right at you baby but here's my number so call me, maybe Hey, I just met you and this is crazy but here's my number so call me, maybe And all the other boys try to chase me but here's my number so call me, maybe You took your time with the call I took no time with the fall You gave me nothing at all but still, you're in my way

I beg, and borrow and steal

Have foresight and it's real I didn't know I would feel it but it's in my way Your stare was holding, ripped jeans, skin was showin' Hot night wind was blowin' Where you think you're going, baby Hey, I just met you and this is crazy but here's my number so call me, maybe It's hard to look right at you baby but here's my number so call me, maybe Hey, I just met you and this is crazy but here's my number so call me, maybe And all the other boys try to chase me but here's my number so call me, maybe Before you came into my life I missed you so bad I missed you so bad I missed you so, so bad Before you came into my life I missed you so bad I missed you so bad I missed you so, so bad Before you came into my life I missed you so bad And all should know that

So call me maybe

### Unit 2

### Health and Fitness

#### 学习概览

#### …… 知识梳理

学习目标	掌握重点词汇	fitness <i>n</i> . 健康 technician <i>n</i> . 技术人员 appointment <i>n</i> . 预约 terrible <i>adj</i> . 可怕的; 糟糕的 cough <i>n</i> . 咳嗽 temperature <i>n</i> . 体温; 温度 physical <i>adj</i> . 肉体的; 身体的 active <i>adj</i> . 好动的; 活跃的 cure <i>n</i> . 药物; 疗法 energy <i>n</i> . 精力 handle <i>v</i> . 处理; 应付	ignore v. 忽视; 不理睬 develop v. 患(病); 发展 illness n. 疾病 cancer n. 癌症 promote v. 促进 self-respect n. 自尊(心) quality n. 质量 reduce v. 使变小 stress n. 压力
	掌握重点短语	lose one's temper 发脾气 recover from 恢复 as a result 结果 as a result 因此;结果是 burn off 燃尽;烧掉	burn off 燃尽;烧掉 suffer from 忍受;遭受 as well as 也;和—样

学习目标	掌握重点句型	As a result, we move around less, burn off less energy, and have more health problems.  因此,我们活动得更少了,消耗的能量更少了,健康问题也更多了。	What is more, physical activity can also promote self-respect, mood, sleep quality and energy, as well as reduce your risk of suffering from stress.  更重要的是,体育活动还可以提升自尊、振奋情绪、改善睡眠质量、增强能量,同时可以降低遭受压力的风险。	
素养	提升思维差异 感知能力	了解中西医就诊方式的区别; 感知传统中医理论与疗法。		
目标	提高跨文化交际 理解能力	正确理解中西医就诊预约差异,树立正确的价值观; 积极了解中医发展前景,培养民族自豪感。		

#### 

#### 简单句

简单句是由一个主语(或并列主语)和一个谓语(或并列谓语)构成的句子。例如:

People are amazed at the great achievements of modern China. 人们对当代中国的巨大成就感到惊叹。

Both teachers and students volunteer to clean up the park on weekends. 师生们自愿周末去打扫公园。

构成句子的各个部分叫作句子成分。句子成分包括主语(Subject)、谓语(Verb)、表语(Predicative)、宾语(Object)、状语(Adverbial)等。

主语 (Subject)	谓语 (Verb)	系动词 (Linking Verb)	表语 (Predicative)	宾语 (Object)	状语 (Adverbial)
I		am	from China.		
I	like			green tea	very much.

#### 1. 主语 + 系动词 + 表语

这种简单句表示主语的性质、状态、身份等。例如:

We are happy at the good news. 听到这个好消息我们很高兴。

She became a senior high school teacher. 她成了一所高中的老师。

英语中常见的系动词及其用法见下表。

常见系动词	例句
be 动词 (am/is/are)	E-payment is very common in China. 在中国电子支付很常见。 Chinese calligraphy is an art form. 中国书法是一种艺术形式。
感官类动词 (look/smell/taste/feel/sound)	The dumplings taste delicious. 饺子尝起来很美味。 The folk music sounds wonderful. 民乐听起来很美妙。
变化类动词 (get/become/turn/go/grow/come)	The leaves turn yellow in autumn. 秋天树叶变黄。 With the teachers' help, he grew confident. 在老师的帮助下,他变得自信了。
保持类动词 (keep/stay/remain)	The economy in this area keeps growing. 这个地区的经济一直保持增长。 In spite of their disagreement, they remain good friends. 尽管意见不统一,他们仍是好朋友。

#### 2. 主语 + 谓语 + 宾语 + 状语

这种简单句表示主语的行为动作及其相应的状态。例如:

We met our new teacher on campus. 我们在校园里见到了我们的新老师。

The school will hold a Labour Week next month. 下个月学校将开展"劳动周"活动。

状语分为时间、地点、方式、原因、目的状语等。副词、介词短语、现在分词、过去分 词都可以充当状语。状语通常位于句末,也可位于句首和句中。

常见状语成分	例句
副词	We accept professional training regularly. 我们定期接受专业培训。
介词短语	She won the speech competition with great efforts. 她通过巨大努力赢得了演讲比赛。
现在分词	Seeing the funny photo, we all laughed. 看到这张滑稽的照片,我们都笑了。
过去分词	Visited by thousands of tourists every year, the Palace Museum exhibits precious ancient artifacts. 故宫博物院展出珍贵的古代工艺品,每年有成千上万的游客来参观。

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#### 3. there be 结构

结构: "There be + 主语(人/物)+地点状语",意为: "某处有某人/物"。

- (1) There be 的肯定式及数的变化
- ① There is + 可数名词单数 / 不可数名词 + 地点状语

例: There is a key in the door. 门上有一把钥匙。

There is some water in the bottle. 瓶子里有一些水。

- ② There are + 可数名词复数 + 地点状语
- 例: There are some books on the table. 桌子上有一些书。
- (2) There be 的否定式: 在 be 后加 not, some 变 any。

例: There is not a key in the door. 门上没有钥匙。

There is not any water in the bottle. 瓶子里没有水。

There are not any books on the table. 桌子上没有书。

- (3) There be 的疑问式:将 be 动词提到句首,some变 any。
- 例: Is there a key in the door? 门上有钥匙吗?
  - Yes, there is./ No, there isn't. 是的,有。/不,没有。

Is there any water in the bottle? 瓶子里有水吗?

Are there any books on the table? 桌子上有书吗?

#### 能力提升

#### ||||||||| 语言知识运用

#### Part 1 Classify the following words and phrases correctly.

stay positive cough

eat more healthy food overweight

avoid junk food exercise regularly

fever backache

Physical Symptoms			
Healthy Habits			

#### Part 2 Choose the best answers to complete the following sentences.

1	urt 2 Choose ii	ie best unswers to com	pic	ie ine jouowing se.	nich	ices.
1.	The library	very early and			0:00	p.m.
A.	opens; closes		В.	is open; is closed		
C.	opens; is closed		D.	is open; closes		
2.	— I can't find	mobile phor	ne. V	Where is it?		
		on the desk.				
A.		B. mine; Its	C.	my; It's	D.	mine; It's
3.	This	my key. It's his key.				
A.	is	B. isn't	C.	not	D.	in
4.	—How about goin	ng to Shopping Mall on f	oot,	dear?		
	—If it	rainy now.				
A.	isn't	B. won't	C.	don't	D.	doesn't
5.	The weather	·				
A.	wet and cold		В.	were wet and cold		
C.	not wet and cold		D.	is wet and cold		
6.	There are	on the floor.				
A.	cat	B. water	C.	boxes	D.	football
7.	There	a meeting tonight.				
A.	will be	B. had be	C.	is going be	D.	was
8.	The sentence struc	cture of "He often makes	s me	e happy" is		<u>_</u> .
A.	S + V + O		В.	S + V + IO + DO		
C.	S + V + DO + OO	$\mathbb{S}^{-1}$	D.	S + V + P		

is \_\_\_\_\_

A. 
$$S + V + P$$

B. 
$$S + V + O$$

C. 
$$S + V + IO + DO$$

D. 
$$S + V + DO + OC$$

10. Choose the correct structure of this sentence "He gave Betty a nice present."

A. 
$$S + V + O$$

B. 
$$S + V + IO + DO$$

$$C. S + V + P$$

D. 
$$S + V + DO + OC$$

#### Part 3 Choose the proper sentences to fill in the blanks in the dialogue.

A: What do you often do in your free time?

B: I often read magazines.

A: Why do you like them?

B: Because I can learn about sports news. 2

A: I often climb mountains.

B: Climbing mountains is good exercise.

A: Yes, it is. \_\_\_\_3

B: How often do you use the Internet?

A: 4

B: Do you often play online games?

A: \_\_\_\_5 \_\_\_ I only use the computer for my work.

B: Do you often spend time with your family?

A: Yes, we often do sports together.

A. No, I don't. It's boring.

B. What about you?

C. Let's meet at the park tomorrow.

D. Sometimes I use the Internet, too.

E. I like reading sports magazines.

F. About three times a week.

G. We'll call you when we get any information.

#### Part 4 Choose appropriate sentences to fill in the blanks based on the article.

Now more and more people care about their health1 Different people may give
different answers to this question. For me, it is important to do the following.
2
Lots of exercise helps us build a strong body and makes us work better. That is why more and
more people are becoming active in different kinds of sports and exercises. In the morning many
people get up early and take exercise. Some practice running while others walk or dance to music.
In the afternoon, there are also many people doing sports. Some play basketball or volleyball.
3
Have a healthy diet
4 We should not eat too much or too little for every meal. We should eat healthy
food. We should eat all kinds of green vegetables and fruit. We also need protein(蛋白质) and
vitamin.
Don't have bad habits
Bad habits are like smoking and drinking5 Remember to go to bed early and get up
early. Plenty of energy is the guarantee of effective work.
All those are my ideas about keeping healthy. If we can do those above, we will become
healthier and stronger.
A. Take exercise every day.
B. Read books about health.
C. But how to keep healthy?
D. Do you have a strong body?
E. Others play football or ping-pong.
F. They are bad for people's health.
G. Overeating or eating too little food is very bad for our health.
Part 5 Fill in the blanks with the words or phrases given below. Change the form
when necessary.

terrible

fitness

physical

ignore

active

#### 

#### Read the passage below and then choose the right word to fill in each blank.

Good health is bene-	ficial to your body. It l	nelps you1 and	d mentally. Good health can
be kept by doing regular of	exercise and having a	well-balanced diet.	
It is important to eat	proper meals at the r	ight time. 2 ear	ting can be harmful and can
lead to different illnesses	, we show	ald eat good nutritious for	ood which is rich in protein
(蛋白质)and vitamins	. It will be helpful in	growth, whi	ch can produce energy, and
			help in preventing various
5			
	exercises are also esse	ntial because it helps to	poost up your7 to
keep working. Good foo	d and daily8	will help you to stay	fit and healthy. Therefore,
fitness leads 9 g			
		and healthy, which help	s us to do our daily chores
properly without feeling	g10 Regula	ar exercise and a proper	regular diet can help one
			n healthy, and you will be
fearless of diseases.			
1. A. physics	B. psychology	C. physically	D. manual
2. A. Healthy	B. Active	C. Balanced	D. Unhealthy
3. A. Actually	B. Almost	C. Though	D. However
4. A. stress	B. body	C. head	D. hand
5. A. happiness	B. witness	C. illnesses	D. loneliness
6. A. Then	B. As a result	C. What's more	D. To sum up
7. A. enable	B. energy	C. force	D. electronic
8. A. assistance	B. actions	C. appointment	D. activities
9. A. after	B. of	C. with	D. to
10. A. tired	B. exciting	C. tiring	D. interested

#### Part 2 Choose the best answers according to the text.

#### A

There are some moments you allow the negative ( 消极的 ) views to fill in life. React quickly and turn your thoughts around when it starts to take hold in your heart. To turn yourself from being down-and-out to being confident, you'll need to have a little courage to improve your life.

If you're hard on yourself all the time, you'll make life hard for yourself. You don't need all that unfailing pressure. It is important to focus on what needs self-improving. but this should not be at the cost of your self-confidence. Tell yourself you're a great person who can do anything if you put your mind into.

Plan the way you'll move on. You will do it! Take a pen and a notebook. From now on, write down all your thoughts and plans and tasks for the future. Write down the details(细节)of how you will set about doing the things that you are aiming for.

Set your goals into action. Start out slowly and work towards an <u>attainable</u> goal. When that's done, move onto another achievable goal. As you have confidence, start to set the harder goals.

Remember that you are the most important person in your life. You need to take good care of yourself and appreciate yourself. The more you have taken care of your confidence-building, the freer you are to help others to find the same way.

Believe in your abilities and in who you are. Confidence grows when you give yourself the chance to do what you're good at. It grows when you stop to put yourself down and start to accept the good things about yourself.

1.	What should you do when you are full of negative views of life?				
A.	Go on bravely.	В.	Take care of yourself.		
C.	Believe in everyone around you.	D.	Turn your thoughts around quickly.		
2.	If you go easy on yourself,				
A.	you'll make life easy for yourself				
В.	you'll achieve your goals				
C.	you'll recognize your advantages				
D	you'll have confidence				

- 3. The underlined word "attainable" in the passage means .
- A. impossible

B. reachable

C. personal

- D. simple
- 4. You should take good care of yourself because you are
- A. the most important person in your life
- B. the most beautiful person in your life
- C. the most important person in other people's life
- D. freer to help others to find the same way in life
- 5. What is the best title for this passage?
- A. How to Improve Your Ability
- B. How to Become a Confident Person
- C. How to Have a Healthy Body
- D. How to Be a Great Person

B

What do you manage to do every day even when you are very busy? Is it difficult for you to keep this habit?

Self-disciplined ( 自律的 ) people are not all great people. But nearly all great people are self-disciplined people. Some of them read every day. Some of them never run late. The real difference between great people and common people is that great people can manage their time well. That's where their success comes from. What people call self-discipline is in fact self-management.

One example is staying fit. Never underestimate (低估) someone who is in good shape. Anyone who has ever tried to lose weight knows that it's not easy. It's even harder to avoid putting weight back on. If someone is in good shape, it shows that he knows the principles (原则) of staying fit and is able to stick to a plan that uses these principles.

An <u>elite</u> person is often good at managing themselves and their time. Whether it is natural or learned, it is a great skill.

It also shows that this person is able to keep persevering(坚持不懈的) and can balance long-term goals with short-term goals.

So if someone is in good shape, he or she is more than just healthy. How do you learn self-management? First of all, set a goal and write down your reasons for wanting to achieve it. Create a

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list of all the things you need to do to achieve this goal and start to work on one of them at a time.

With self-discipline, small things in life will no longer trouble you. Only through self-discipline can you truly own your future.

- 6. How does the writer introduce the topic at the beginning of the passage?
- A. By raising questions.
- B. By listing the truth.
- C. By giving examples.
- D. By explaining differences.
- 7. What's the difference between great people and common people?
- A. Great people read every day.
- B. Great people are all self-disciplined.
- C. Great people can manage their time well.
- D. Great people always prepare everything well.
- 8. The underlined word "elite" in the passage means
- A. ugly

B. active

C. important

- D. excellent
- 9. Which of the following is NOT suggested for starting self-management?
- A. Do one of the things you need to do at a time.
- B. Set a goal and write down your reasons.
- C. Make a list of all the things you need to do.
- D. Try to complete all of your tasks at the same time.
- 10. The writer mainly wants to tell us
- A. what is self-discipline
- B. the importance of self-discipline
- C. how to build a healthy body
- D. how to learn self-management

C

For many people, being alone is not good. It often carries a social stigma (污名) that equals separation from others or being an outsider. Of course, spending time with people you love is so important to your happiness, but it's necessary to learn how to be alone.

Aloneness makes you more creative. When you're alone, you are more likely to stay true to yourself and try new things that you don't have the courage to do around others. Aloneness frees us from the limits(范围) of the world's ideas. Picasso or Van Gogh wouldn't have created the famous art if they hadn't taken enough solitary(独自的) time without caring about others' thoughts.

Being alone also prevents you from trouble. Sometimes you may wonder why you easily feel tired. One reason could be not giving yourself enough solitary time. Especially for people who go to work every day, it is easy to feel very tired or bored when they have to deal with too much work, family, and their own emotion at the same time. How about giving yourself a few solitary moments? It doesn't matter how you choose to spend those moments alone, as long as they <u>relieve</u> your stress, they're worthwhile.

Studying yourself is perhaps the biggest advantage of aloneness. When you take time to understand yourself, find your personal growth, and follow your dreams, you'll be sure to discover the truth about yourself. No matter how well you may think you know yourself, learning how to be alone will allow you to know yourself deeply.

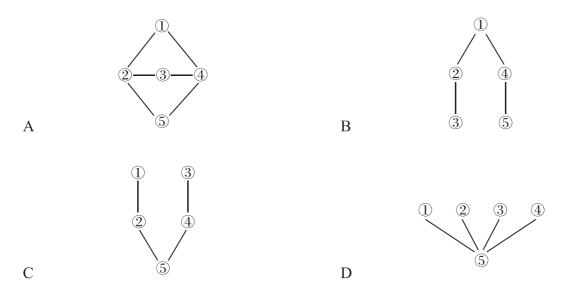
Being alone makes you a more creative person and helps with personal growth. So take the advice and spend some time alone today and take the time to become a brighter and better person.

C. Knowing ourselves deeply.

D. Preventing us from trouble.

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#### 14. How is the passage organized?



- 15. What is the best title for the passage?
- A. Never Be Lonely in Life
- B. To Be a Creative Person Is Necessary
- C. Being with Others Is Always Important
- D. Being Alone Is Good to Personal Growth

#### Part 3 Write a short passage according to the information given below.

当前,许多学生在课外沉溺于智能手机(smart phones),针对这一现象,学校将组织 开展一次"拒绝手机诱惑,健康学习生活"的演讲活动。请你根据下面的提示用英语写一篇 演讲稿。

沉溺于手机的	1. 花大量时间玩游戏,上课睡觉,不按时完成作业
影响	2. 伤害眼睛,不利于健康
	1. 合理控制使用智能手机的时长,规律作息,认真学习
建议	2. 多花时间与家人、朋友交流
	3. 积极参加各种活动,如打篮球、唱歌

#### 要求:

- 1. 字迹工整,书写规范,包含全部要点,适当发挥;
- 2. 文中不得出现真实的学校、班级名称;
- 3. 80 词左右, 开头和结尾已给出, 不计入总词数。

参考词汇:

eyesight(视力) disadvantage(不利条件) take an active part in(积极参加) Girls and boys,

With the development of economy and technology, many students have smart phones.

That's all. Thank you!





### **Imagine**

Imagine there's no heaven

It's easy if you try No hell below us Above us only sky

Imagine all the people

living for today...

Imagine there's no countries It isn't hard to do nothing to kill or die for and no religion too Imagine all the people living life in peace... You may say I'm a dreamer but I'm not the only one I hope someday you'll join us and the world will be as one Imagine no possesions I wonder if you can no need for greed or hunger a brotherhood of man Imagine all the people sharing all the world... You may say I'm a dreamer but I'm not the only one I hope some day you'll join us and the world will live as one

# Unit 3 Internship

# 学习概览

#### …… 知识梳理

学习目标	掌握重点词汇掌握重点短语	internship n. 实习生的职位;实习期 program n. 计划;项目 insurance n. 保险 receptionist n. 接待员 trainee n. 实习生 organize v. 组织 confident adj. 自信的 reception n. 接待处;服务台 colleague n. 同事 report n. 报告 three-party agreement 三方协议 go through 仔细检查 keep track of 记录	career n. 职业 arrangement n. 安排 challenge n. 挑战 intern n. 实习生 procedure n. 步骤 section n. 部分 deal n. 交易 receive v. 接到; 收到 performance n. 表现 sign v. 签署 job description 职位描述 make sure 确保 succeed in doing sth. 成功做某事
		dream of 梦想  Huaxia Company builds a great internship	Trainees will succeed in completing
	掌握重点句型	program for vocational school students who dream of a career in an international trading company. 华夏公司为职业学校那些梦想在国际贸易公司工作的学生制订了一个很好的实习计划。	real tasks. Challenges are sure to come. 受训者将成功完成实际任务。挑战肯定会到来。

素养	提升思维差异 感知能力	正确认识实习实训的特点; 能够积极参与实习实训,感知实习实训的重要性。
目标	提高跨文化交际 理解能力	了解中外不同环境下的实习实训状况; 积极培养奉献精神,深化对人生意义的认知。

#### |||||||| 语法综述 ||||||

### 过去进行时

#### 1. 概念

过去进行时由"主语 + was/were + 动词 -ing"构成,表示在过去某一时刻或某一段时间 正在进行的动作。例如:

I was doing homework at 9 o'clock last night. 昨晚九点钟我正在做作业。

He was hunting for a job this time last year. 去年此时他正在找工作。

过去进行时表示的特定时间除了由上下文暗示外,一般还多用 at 9 o'clock yesterday morning、at that time 等时间状语。例如:

We were taking the English Speech Contest at 4 o'clock yesterday afternoon. 昨天下午四点钟我们正在参加英语演讲比赛。

Many volunteers were helping sort garbage at that time. 那时很多志愿者正帮忙分类垃圾。

#### 2. 动词-ing 形式的构成

类别	构成方法	示例
一般情况	加 -ing	do—doing look—looking play—playing
以不发音字母 e 结尾的动词	去掉 e,再加 -ing	have—having come—coming take—taking

准考证号

| 姓名||

平

路 對 线

学核

# 英语单元测试(一)

(本卷满分100分,完成时间120分钟)

## 一、单项选择(共20小题;每小题1分,满分20分)

1.We fo	r a class meeting last week.W	<sup>7</sup> e it the day a	fter tomorrow.	
A.prepare; will ha	ve B.prepared; will have	C.will prepare; have	D.prepared; had	
2.—Wow! The hor	use looks very beautiful.			
—Yes, my uncle	e it himself.			
A.is building	B.built	C.builds	D.build	
3.The discussion of	n whether to keep pets	half an hour in yest	erday's English class.	
A.last	B.lasted	C.has lasted	D.will last	
4.They	their homework yesterday.			
A.didn't	B.don't	C.didn't do	D.don't do	
5.My mother	a computerm	e as a birthday present l	ast year.	
A.bought; to	B.buys; to	C.bought; for	D.buys; for	
6.Everybody excep	t Tom and Paul in	the classroom when the	teacher came in.	
A.are	B.is	C.were	D.was	
7 you _	to the club the day l	before yesterday?		
A.Do; go	B.Are; going	C.Were; going	D.Did; go	
8.—Have you visit	ed the park?			
—Yes.I	it yesterday.			
A.have visited	B.had visited	C. visited	D.visit	
9.—Didn't you se	e the sign "No Parking" here	?		
—Sorry, I	But now I know it's not	t right to park here.		
A.don't	B.doesn't	C.wasn't	D.didn't	
10.I am forgetful.I	can't remember			
A.what did the tea	cher say	B.what the teacher say		
C.the teacher said	what	D.what the teacher said		
11.Ariel	every night for a week before	e her Chinese test and go	ot a very good grade.	
A.studied	B.studies	C.has studied	D.was going to study	

	12. When I was young,	I often films w	with my brothers and siste	rs.	
	A.see	B.sees	C.seeing	D.saw	
	13.John his §	grandma every day when	she was in hospital.		
	A. visited	B.was visiting	C.visits	D.is visiting	
	14.My uncle used to	in the northeast	of China.		
	A.lived	B.living	C.live	D.lives	
	15.—Wendy has change	ed so much! She used to	shy.		
	—Yeah.But now she	e is used to in	front of the class.		
	A.be; speaking	B.be; speak	C.being; speak	D.being; speaking	
	16. When facing danger	, we need toa	and find ways to protect o	urselves.	
	A.look down	B.calm down	C.break down	D.fall down	
	17.Remember to	the lights when you	leave the classroom.		
	A.turn on	B.turn off	C.turn down	D.turn up	
	18. You can add some s	ugar the water			
	A.at	B.to	C.for	D.about	
	19.—It's no use	about things we can	't do.		
	—I agree with you.				
	A.talk	B.talks	C.talked	D.talking	
	20.—Let's go to the m	ovies this weekend.			
	—Sorry, but my par	ents and I have decided	to Mountain Ta	ai for camping.	
	A.go	B.going	C.to go	D.went	
	二、完形填空(共	10 小题;每小题]	1分,满分10分)		
	We went camping in the	e Green Natural Park on a	a sunny morning.We wante	ed a(n) <u>21</u> two-day	
holi	day. On the way, we $\underline{2}$	2 singing and making	jokes.		
	However, in the afternoon, it was dark and windy.Soon, there was 23 .Unluckily, we didn't				
brin	bring any umbrella and we could find no place to hide.				
	Twenty minutes passed and it was raining all the time. There were hours to go24 we reached				
the	the end.It was even25 that our small compass showed wrong way.We were lost! It was still raining				
2					
and	and Tom helped with the tent. Chris and I tried to make a fire to keep us warm. But we were unable to				
mak	make it.Because everything was <u>28</u> .But we still had <u>29</u> waiting and chatting inside the tent.				
	This camping trip may not be very <u>30</u> , but we know each other better and it was unforgetta-				

ble.

21.A.enjoyable	B. expensive	C.dangerous	D.harmful
22.A.finished	B.kept	C.chose	D. prepared
23.A.wind	B.shower	C.snow	D.fire
24.A.although	B.when	C.after	D.before
25.A.better	B.well	C.bad	D.worse
26.A.already	B.immediately	C.quickly	D.heavily
27.A.pick up	B.lift up	C.set up	D.warm up
28.A.broken	B.dry	C.wet	D.sweet
29.A.fun	B.danger	C.trouble	D.safety
30.A.careful	B.successful	C.natural	D.friendly

#### 三、补全对话(共5小题;每小题2分,满分10分)

- A: Look, Jack is very busy. 31
- B: He is making plans for the coming winter vacation. He wants to visit a new country.
- A: How exciting! Where would he like to go this vacation?
- B: Maybe he will go to Switzerland. 32 These days, he is very interested in watches.
- A: That sounds cool. 33
- B: Of course not.In fact, there are so many people together with him.He even invited some foreign friends to China.Do you want to join us?
- A: 34 My little brother is very naughty and my parents are busy with work. So I have to stay at home to look after him.
  - B: That's too bad. If you can go with us, the trip must be more interesting.
  - A: Well, why not send me some pictures?
  - B: Good idea. 35
  - A.I look forward to hearing from you.
  - B.It is the hometown of many famous watches.
  - C. Who does he always go with?
  - D.Does he usually travel alone?
  - E. What is he doing?
  - F.I promise that.
  - G.I am afraid I can't.

#### 四、阅读理解(共20小题:每小题2分.满分40分)

#### A

The three most wonderful train journeys provide the natural beauty of China. Read on to see which line you want to start your journey with.

◆Xining to Lhasa Length: around 1,900 km long

Price: 781 yuan for a soft sleeper(卧铺)

The railway line is popular with travelers who want to visit Tibet.It is the longest high altitude (海拔) train trip in the world and is named as "the way to the sky".Most of the line is over 4,000 meters.You can see Qinghai Lake outside the train's windows.

◆Chengdu to Kunming Length: around 1,100 km long

Price: 487.5 yuan for a second class

The railway line has been in service since July 1970. From Chengdu, with an altitude of 400 meters or so, the train goes up to about 2,000 meters across mountains. This line is called Geological Museum(地质博物馆) because of the special geography along the railway line.

◆Lhasa to Rikaze Length: around 250 km long

Price: 64 yuan for a soft seat

This railway line connects to the Qinghai-Tibet Railway and has an altitude of above 3,600 meters. It makes Tibet travel easier for travelers, especially those who want to see Mount Qomolangma, the highest mountain in the world.

- 36. Why is the Xining-Lhasa Railway called "the way to the sky"?
- A.Because its speed is very fast.
- B.Because most of it is over 4,000 meters.
- C.Because it gives travelers a feeling of flying.
- D.Because there are many high mountains along it.
- 37. How much should Mr. Green and his wife pay for their second class tickets if they plan a train trip from Chengdu to Kunming?

A.781 yuan.

B.975 yuan.

C.551.5 yuan.

D.487.5 yuan.

38. What can be seen easily on the railway from Lhasa to Rikaze?

A.Qinghai Lake.

B. Geological Museum.

C. Mount Qomolangma.

D.Chaka Salt lake.

39. What do the three wonderful railway lines have in common?

A. They cost almost 500 yuan.

B. They go across Tibet all the way.

C. They run from the east to the west of China.

D. They take us to enjoy the beauty of our motherland.

40. Who is the text most likely written for?

A. Students.

B. Parents.

C. Tourists.

D. Teachers.

В

Everyone doesn't want to be sick in the vacation. So what can you do while travelling? There are three things you should remember.

A vacation is a time for relaxing, but very often it is not. There are so many places to visit: shops, parks, churches and temples. You may spend most of the days walking around these places. This can be very tiring. Do not ask your body to do too much. A tired body gets sick easily. So sit down for a few hours in a nice place.

Sleep is also important. If you want to stay healthy, you need to get enough sleep. Your hotel room may be noisy, or the bed may be too hard. Or you may want to stay out late at night. Then you should plan to sleep for an hour during the day. The extra hour can make a big difference.

Finally, if you want to stay healthy, you must eat well. That means eating the right kinds of food. Your body needs fresh fruit, vegetables, meat, milk and cheese.

41. You should while travelling.	
A.eat well	B.walk all the time
C.do shopping	D.ask your body to do a lot
42. What does the writer think of traveling?	
A.It is usually easy.	B.It is usually noisy.
C.It is usually tiring.	D.It is usually dangerous.
43. You must to enjoy your travelling.	
A.visit parks	B.stay healthy
C.go to churches and temples	D.run for a few hours
44. What's the main idea of the passage?	
A. How to rest well during travelling.	
B. What places to visit while travelling.	
C. How to relax and sleep during travelling.	

I	D. How to take good care of ourselves while travelling.				
4	45.In which part of the newspaper can you read the passage?				
A	A.Sports & Health.	B.City life.	C.Science.	D.News.	
			C		
7	What is nature? Nature	means the world	around us that is not create	ed by people, including birds,	
mount	ains, trees, the sea a	nd the stars. You	ı can find nature wherever	you are: beaches, gardens,	
parks	and rivers.Building a o	eloser connection	with nature can take your n	nind off your worries and make	
you fe	eel calm.				
7	The Mental Health Four	ndation says sper	nding time in nature brings	calm, joy and wonder to our	
lives.	Listening to the wind in	the trees can ma	nke you feel calm and positi	ve.The Week Junior readerRa-	
lphie,	aged 10, likes explor	ing nature on bik	e rides with his family.He	says, "It makes me feel happy	
and ta	akes my mind off things	.We can see and	hear more birds and wild a	nimals, like pheasants(野鸡)	
and d	eer."				
7	The Mental Health Four	ndation says you	can build a connection with	nature wherever you are using	
your s	senses.Try listening clo	sely to birdsong,	touching the bark of trees	s or following insects. Smelling	
flower	s and feeling soil betwe	een your fingers v	vill also help you feel closer	to the natural world.Writing a	
poem	, painting a picture and	l taking photos of	your favourite natural place	es can help too."The important	
thing	is to try and connect w	ith nature and no	tice its beauty and how it m	nakes you feel." says the Men-	
tal He	ealth Foundation.				
4	6 can not b	e called nature.			
A	A.Schools	B.Parks	C.Rivers	D.Birds	
4	7.According to the pas	sage, aboutRapl	nie, we know that	_•	
A	A.Raphie is eleven year	rs old			
I	3.Raphie dislikes explo	ring nature			
(	C.exploring nature makesRaphie happy				
I	D.Raphie is a reporter of The Week Junior				
4	48 can help us build a connection with nature.				
A	A.Listening closely to birdsong or following insects				
I	B.Smelling flowers and feeling soil between fingers				
(	C.Taking photos of favo	urite natural plac	ces		
I	O.All above				
4	9.The passage doesn't	t tell us			

B.how to protect the nature

A.what nature is

C.why nature makes us feel good

D.how we can feel closer to nature

50. Which of the following is TRUE?

A. Nature doesn't include the stars.

B.We can't find nature in our daily life.

C.Nature isn't good for our mental health.

D.We can build a connection with nature wherever we are using our senses according to the Mental Health Foundation.

D

If you are interested in Chinese traditional culture, enjoying Beijing Opera is a must for you. Where to enjoy it? Here list some best Beijing Opera theaters.

Liyuan Theater(梨园剧场)

It is a famous theater to enjoy Beijing Opera. The theater puts on performances at 7:30 pm-8:30 pm every day except Chinese New Year's Eve. In Liyuan Theater, you can sit around a Ba Xian Zhuo and drink Chinese tea.

Ticket Fare: CNY380/480/580

Address: 1F, Jianguo Hotel Qianmen Beijing, No.175, Yong'an Road, Xicheng District

Chang'an Grand Theater(长安大戏院)

The theater was built in 1937 in Xidan Business Street and since then, it has been a gathering place for fans. In 1996, it was rebuilt on Dong Chang'an Avenue.

Ticket Fare: CNY80/100/180/280/380

Address: No.7, Jianguomen Inner Street, Dongcheng District

Mei Lanfang Theater(梅兰芳大剧院)

This theater is named after one of the most famous Beijing Opera stars—Mei Lanfang. The seats are on three floors so that everyone could have a good view of the performance.

Ticket Fare: CNY50~2080

Address: No.32, West Ping' anli Street, Xicheng District

51.In Liyuan Theater, you can enjoy Beijing Opera

A.every weekday

B.every weekend

C.every day except Monday

D.every day except Chinese New Year's Eve

52. When was Chang' an Grand Theater built?

A.In 1937.	B.In 1996.	C.In 1949.	D.In 2020.		
53. Who is Mei Lanfang	?				
A.A famous teacher.		B.A famous touris	B.A famous tourist.		
C.A famous Beijing Ope	era star.	D.A famous film	star.		
54.If you have CNY350	, where can you	go to enjoy Beijing Opera?			
A.Mei Lanfang Theater.		B.Chang' an Grar	d Theater.		
C.Liyuan Theater.		D.A and B.			
55. Where can you most	probably read thi	s passage?			
A.In a newspaper.		B.In a textbook.			
C.In a guidebook.		D.In a cookbook.			
五、英汉互泽(共	10 小题;每4	小题2分,满分20个	<del>}</del> )		
56.我大学毕业后在外)	旅行了3个月。				
57.当你遇到困难时,努	力是非常重要的	J.		_	
58.进场必须出示门票。	)				
59.这条消息被当地报约	纸报道后广为传	番。			
60.他给中介写了一封位	言,说他想要这份	工作。		_	
61.The field is covered	51.The field is covered with snow.				
62.Did you have a good journey?					
63. Avoid touching your eyes, nose and mouth before washing your hands.					
64.Do you have a lot of luggage?					
55.He never published scientific discoveries.					

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长

# 作考证号

# 姓名

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# 班级 密封 线

**小**校

# 英语单元测试(二)

(本卷满分100分,完成时间120分钟)

## 一、单项选择(共20小题;每小题1分,满分20分)

	1.I think should be responsible for themselves and study harder to achieve their dreams.			
	A.sixteen-year-old	B.sixteen-year-olds	C.sixteen years	D.sixteen-year
	2.There in	the next room.		
	A.is Tom	B.are some boys	C.are they	D.is the boy
	3.He in th	e end, and his	made us excited.	
	A.succeeded; success	3	B.succeeded; succes	ssful
	C.success; succeed		D.successful; succee	ed
	4.—I hope you	my party next weeke	nd.	
	—ОК, І	·		
	A.to come to; will		B.come to; am	
	C.can come to; am		D.can come to; will	
	5. The Reader of CCTV is quite a good program		n.It is really worth	
	A.watch	B.watches	C.to watch	D.watching
	6. There will be a par	ents' meeting in the school	ool hall	
	A.at this moment		B.the other day	
	C.the day before yesterday		D.the day after tomorrow	
	7.The actor	_ at the age of 70.		
	A.dead	B.died	C.dyed	D.deaded
	8. The number of boys	s in our class tw	venty-eight and a numb	ber of them good
at s	ports.			
	A.are; are	B.is; are	C.are; is	D.is; is
	9.—Do lik	e going to?		
	—I don't know.			
	A.woman teachers; c	lothes shops	B. women teachers;	clothes shops
	C.woman teachers; sp	port shops	D. women teachers;	vegetables shops
	10.My mother is an E	English teacher and she	in a middle school.	

A.teach	B.teacher	C.teaches	D.teaching	
11How amazing the	noodle is!			
-Yes, it is	, and breaks the Guinnes	s World Record as the lo	ngest handmade noodle.	
A.1704-meter-long		B.1704-meters-long		
C.1704 meter long		D.1704 meters long		
12.—Why not	John a toy car for his	birthday?		
—Good idea! He i	s crazy about cars.			
A.buy	B.buying	C.to buy	D.buys	
13.Here my	family photos.			
A.is	B.are	C.am	D.be	
14.—My cousin Frank	ice-cream, b	ut he it.		
—Ice-cream is no	good for health.			
A.love; don't eat		B.loves; don't eat		
C.loves; doesn't eat		D.love; doesn't eat		
15.I anythi	ng because they were so e	xpensive.		
A.didn't buy	B.bought	C.not buy	D.didn't bought	
16.—Mum, let's orde	er some food online for di	nner,?		
—Good idea.I'd li	ke some beef dumplings.			
A.will you	B.won't you	C.shall we	D.are you	
17.—Miss Li is very l	kind.She never loses her t	emper,?		
—Yes.She is alway	vs very patient with us.			
A.is she	B.does she	C.isn't she	D.doesn't she	
18.— does your father usually go to work on foot?				
—He says it's good for his health and the environment.				
A. How	B.What	C.When	D. Why	
19 are you	going this weekend?			
—I'm going to the Summer Palace with my parents.				
A.When	B.Where	C. Why	D.Who	
20.—Look, this is my new mobile phone.				
—It's very nice.Could you tell me?				
A.where to buy	A.where to buy B.where to buy it			
C.where will buy it		D.where I will buy		

#### 二、完形填空(共10小题;每小题1分,满分10分)

Some people have no interest in sports. They think that sports make them <u>21</u> and smell bad. They say, "Why waste time playing sports?" To these people, I politely say, "You have not discovered the <u>22</u> of sports!"

Let me share with you a basketball game I played two weeks ago. Our parents and friends were there to <u>23</u> us. A lot of people were watching. We all wanted to <u>24</u> the game in front of so many people.

The game was <u>25</u> over and we were one point behind. Our coach called us together and said, "Okay, this is it! Either we score now or the game is over. Let's work hard to score. Even if we don't score, <u>26</u> we know that we have tried our best. So, boys, don't think too much. It doesn't matter if we lose. Just do it."

Well, in the last <u>27</u> of the game, we truly scored and two teams tied(打成平局)! We went into overtime(加时) and we lost in the end.But after the game, the coach hugged all of us.He told us that he was 28 because he had never seen a team try harder than us.

To be honest, I <u>29</u> a lot of pleasure in playing sports. It makes me happy and comfortable. That's why I play sports whenever I get the chance. So my <u>30</u> is to choose a sport and keep doing it. Your body will thank you and your mind will be ready to work well.

21.A.lazy	B.tired	C.ugly	D.stupid
22.A.price	B.time	C.fun	D.level
23.A.call	B.praise	C.help	D.cheer
24.A.win	B.watch	C.join	D.report
25.A. suddenly	B.nearly	C.finally	D.recently
26.A.at first	B.at once	C.at times	D.at least
27.A.month	B.week	C.hour	D.minute
28.A.brave	B.active	C.proud	D.honest
29.A.feel	B.face	C.guess	D.give
30.A.advice	B.order	C.action	D.interest

#### 三、补全对话(共5小题;每小题2分,满分10分)

A: Hi, Bob! Eating fried chicken? 31

B: Eggs and milk? I don't want to have them every day. 32

A: But don't have too much unhealthy food. 33

B: OK, I won't.By the way, I find some students throw away eggs and milk.

A: That's too bad. 34

B: Yes.But what do you think we can do?

A: 35

B: Let's have a try, and then we may have different kinds of food every day.

A.It's bad for your health.

B.It's delicious.

C. How about asking our teacher to stop it?

D.Can we do something to stop it?

E.I want something delicious.

F. Aren't the eggs and the milk enough?

G. Why not advise our school to prepare different kinds of food?

#### 四、阅读理解(共20小题;每小题2分,满分40分)

#### Α

Do you know how to wash your hands? It seems like a stupid question because everyone washes his or her hands so many times each day. However, according to a report by the Ministry of Health(卫生部) last month, most people in China don't know the correct way to wash their hands.

The report was based on(根据) a survey of people in Beijing, Liaoning, Zhejiang, Yunnan and Shanxi. The results show that only 4 percent of Chinese people wash their hands correctly. More people in urban areas seem to know how to wash their hands. More women wash their hands correctly than men.

According to Mao Quan'an, a spokesman(发言人) from the Ministry of Health, touching can bring many common diseases. Washing hands regularly with soap can help prevent these diseases.

The World Health Organization tells us that we should wash our hands in the following situations: before eating and cooking, after using the bathroom, after cleaning around the house, after touching animals including family pets, before and after visiting or taking care of any sick people, after touching money and after coughing or sneezing.

Washing one's hands should take at least 20 seconds and it's best to use warm water. Here are the steps you should follow to wash your hands correctly:

How do I wash my hands correctly?

1. Wet hands with water. Then put enough soap over the hands.

2.Rub(摩擦) hands palm(手掌) to palm.

3.Right palm over the back of left hand with crossed fingers(交叉手指) and vice versa(反之 亦然).

4. Palm to palm with fingers crossed.

5.Backs of fingers to opposing(相对的) palms with fingers crossed.

6.Rotational(转动的) rubbing of left thumb(拇指) with the right palm and vice versa.

7. Rotational rubbing with fingers of right hand in left palm and vice versa.

8. Wash soap off of hands with warm water.

36 of Chinese people wash their hands incorrectly according to the report.					
A.4%	B.10%	C.90%	D.96%		
37. Washing ha	ands regularly with soap can	·			
A.keep warm		B.bring common d	B.bring common diseases		
C.prevent common diseases		D.smooth the skin	D.smooth the skin		
38.The underl	ined word"wet" means	_•			
A.打湿	B.擦干	C.甩干	D.涂抹		
39. We should wash soap off of hands with					
A.cold water	B.warm water	C.hot water	D.soap water		
40. This passage wants to tell us					
A.many people can't wash hands correctly		B.how to wash hands correctly			
C.which soap is good to use		D.the advantages	D.the advantages of washing hands		
	R				

There are lots of things good for our brains, like reading, music and thinking. Scientists now find out another way: exercising.

Babies need exercise for their brains to grow. Exercise helps children do better in school. For the elderly, exercise can help them think sharply. Because more exercise means more oxygen from blood.

Babies do not have to try to exercise. They are almost always moving, such as sitting, standing, walking, running and jumping. These movements help their brains to grow.

As children get older, exercise is still important for the brains. Scientists found two groups of children between 7 and 9 years old. The first group exercised for an hour after school. The second group did not. Then they took some brain tests. The first group were quicker to learn.

Finally, exercise also helps adults think quickly. When people become older, their brains will get smaller. This can make it harder for old people to remember things. So adults with more exercise did better in brain tests. Alzheimer's disease (阿尔茨海默病) can often make people forget things easily, but

exer	exercise can make their situation better.				
	41.To do good to your h	orain, you can try the	ollowing things EXGEP	Γ	
	A.reading	B.exercising	C.thinking	D.smiling	
	42.The underlined word	"sharply" in Paragrap	sh 2 means		
	A.carefully	B.quickly	C.slowly	D.suddenly	
	43.Babies do not have to try to exercise because				
A.their brains have grown		B.too much exercise	B.too much exercise does harm		
	C.their brains don't ne	ed oxygen	D.they move a lot ev	D.they move a lot every day	
	44. From this passage, v	we can know			
	A.exercise helps childre	en learn things more qu	ickly		
	B.the older people reme	ember things more easil	y		
	C.adults with more exer	cise did worse in brain	tests		
	D.exercise helps people	with Alzheimer's dise	ase little		
	45. Which can be the m	ain idea of this passage	?		
	A.Exercise is good for our health. B.A healthy brain is important.				
	C.Exercise brings health to the brain. D.Different ways of thinking quickly.				
		(			
	Michelle, a famous lady	y, has found that more	than 25% students are t	oo fat in her country.It is a	
very serious problem. So she starts a Health Program to deal with it. The Health Program is to reduce the					
number of fat students today and in the future.					
The program will get families, schools, newspapers, magazines and TVs to join together and deal					
with the students' obesity so that students will be at a healthier weight.					
The program includes: Food stores should sell healthier foods; schools should arrange healthier					
meals without too much fat and more gym classes.					
The lady is trying to fight the students' obesity all over the country because it can cause illnesses					
and high food cost. She wants the students to eat right, exercise more and control their weight. She also					
wants the students to understand it is important to have less sweet food and drink water, milk and fresh					
juices, but not to choose cokes. At the same time, she has also set a good example by planting a vege-					

table garden. She hopes that the garden will encourage more people to plant one, too.

can't always build the future for the young, but we can build the young for the future."

46.In Michelle's country, over of the students are too fat.

B.a quarter

The Health Program is really meaningful to the students today and in the future. As she says, "We

C.a half

D.75%

A.15%

47. What does the underlined word "obesity" in Paragraph 2 mean in Chinese?

A.厌食症

B.抑郁症

C.肥胖症

D.强迫症

48. What does the lady want the shops to do?

A.To arrange gym classes.

B.To plant a vegetable garden.

C.To serve meals with less fat.

D.To sell healthier foods.

49. According to the passage, which of the statements below is right?

A. Everyone must plant a vegetable garden.

B.The students' obesity can cause many kinds of sicknesses.

C.Schools are supposed to arrange meals with too much fat.

D.We can know that Michelle comes from America.

50. What's the main idea of the passage?

A.The lady fights obesity in students.

B.The lady cares about food cost.

C.The lady introduces healthy drinks.

D.The lady worries about the height.

D



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Two pools for children/Two large pools for adults/Two restau-

rants

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51. What do people want to do at Nancy's Gym?

A.To enjoy swimming		B.To learn skating	B.To learn skating		
C.To keep fit and become thinner		D.To become taller			
52.Lucy likes skating.V	Which club is she inter-	ested in?			
A.Ice World	B. Water World	C.Nancy's Gym	D.Keep fit		
53. You can go to swim	in Water World at	·			
A.8:00 a.m.	B.9:30 a.m.	C.10:00 p.m.	D.11:00 p.m.		
54. Which activity costs	the most for an adult?	,			
A.Keeping fit at Nancy	's Gym.	B.Skating in Ice Wor	rld.		
C.Swimming in Water	World.	D.Making the Teleph	none.		
55.We can probably re-	ad such a passage	·			
A.in an advertisement	B.in a newspaper	C.in a storybook	D.in a TV play		
五、英汉互译(共56.你如何与健身中心		[2分,满分20分]	)		
57.她为儿子约定了看	医生的时间。				
58.她轻轻地咳了一声	以引起我的注意。				
59.我建议你积极参加	体育和社会活动。				
60.我们如何能更好地	利用潮汐能?				
61.How should I handle	e this situation?				
62.Tom ignored him an	d continued painting.				
63.We need to develop	local industries.				
64.Physical activity pro	omotes good health				
65.Doctors say too muc	h stress is not good for	children's development			

坯

K

# 准考证号

平

密 封 线

学校

# 英语单元测试(三)

(本卷满分100分,完成时间120分钟)

## 一、单项选择(共20小题;每小题1分,满分20分)

1.—Oh, dear! A p	ower cut!			
—Sorry, I didn'	t know you the	washing machine.		
A.used	B.are using	C.use	D.were using	
2.He was	_ at six last night.			
A.cook	B.cooking	C.cooks	D.cooker	
3.It was Friday eve	ning.Mr and Mrs Green	ready to fly to En	gland.	
A.are getting	B.get	C.were getting	D.got	
4.When I	along the street just now	, I met one of my old frien	nds.	
A.walk	B.was walking	C.walked	D.am walking	
5.—Why didn't yo	ou my phone?			
—Sorry , I	a shower at that time.			
A.answer; was taki	ng	B.answer; took		
C.receive; was taki	ng	D.receive; took		
6.My mother	in the kitchen at this	time yesterday evening.		
A.cooked	B.was cooking	C.has been cooking	D.had been cooking	
7.—Remember the	first time we met, Jim?			
—Of course I do.	You in the libra	ary.		
A.have read	B.are reading	C.were reading	D.will read	
8.They a	football game from 6 to 8	last night.		
A.were watching	B.watch	C.watched	D.are watching	
9.1'm sorry for bei	ng late again.I	with a relative and I compl	etely forgot the time.	
A.was talking	B.am talking	C.talk	D.will talk	
10.While I was doi:	ng my homework last night	, my parents vi	deos in the living room	
A.are watching	B.were watching	C.watched	D.watch	
11.Jenny	a novel borrowed from he	r friend from 8 to 10 last i	night.	
A.read	B.reads	C.is reading	D.was reading	
12.I was listening t	o music my frie	nd called me.		
A when	B unless	C After	D until	

13.When I got	up yesterday morning, my mo	other in the k	itchen.		
A.cook	B.cooked	C.will cook	D.was cooking		
14.I	my homework when the lights	s in my room went out l	ast night.		
A.did	B.will do	C.was doing	D.have done		
15.Everyone in	15.Everyone in our class to the Great Wall for vacation.				
A.go	B.goes	C.are going	D.is going		
16.Mr Li has _	big family.His famil	y eating dinn	er now.		
A.a; is	B.a; are	C.the; is	D.the; are		
17.We're	our seven-day holiday.				
A.look forward	A.look forward B.looking forward to				
C.looking forwa	ırd	D.look forward to			
18.It's 8 o'clo	ock in the morning.My grandp	oa CCTV news	s.		
A.watch	B.watches	C.is watching	D. watched		
19.—When	you Shijiaz	huang?			
—In two da	ys.				
A.are; leaving	B.will; leave	C.do; leave	D.are; leave		
20.— I	to Beijing tomorrow.				
— Have a g	good journey!				
A.am flying	B.fly	C.was flying	D.flew		
二、完形填空(共10小题;每小题1分,满分10分)					
Three years ago	o, Yuan Xi, a young white-co	ollar worker in Wuhan, O	China, bought a car and star-		
d to drive21	she went. Like other people,	she bought a car as soo	on as she could afford it.But		
w, she commutes	by bus, walks or rides a bike	e to short-distance place	es.		
"Urban transpo	ort(城市交通) has developed	so 22 in recent ye	ars," she says." One bus ride		
ll take me directly	from home to work. Walking a	and cycling paths have be	ecome smoother.Driving less,		
ve <u>23</u> money	on gas."				
China was once	e known <u>24</u> the "Kingdo	m of Bicycles". Today,	though, with rapid develop-		
nt, the number o	f motor vehicles <u>25</u> grow	ing.			
But this has co	me at the cost of the environm	nent.More cars mean mor	re <u>26</u> and a greater need		
land to be used to	for parking and driving.				
To encourage more people to use buses, the Wuhan Public Transport Group developed public					
nsport information	systems, which <u>27</u> them	to keep an eye on the tr	raffic, the performance of bus		
vers or any emerg	gencies on the bus, so that the	ey can take actions quic	kly. 28, bus drivers now		
eive training.As a	a result, the number of people	e who take a bus has inc	creased.		
The World Rank is also supporting other Chinese 20 such as linghou Vi'an and Taiyuan in					