

优可

# 完形填空与阅读理解

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# 心掌握®

优可名师编写组◎主编

填空优技巧，能力可提升！

- 话题广泛，题型多样，注重素养
- 设题科学，训练有效，突出能力
- 导读精彩，解析详实，强调方法

## 高考

 北京理工大学出版社  
BEIJING INSTITUTE OF TECHNOLOGY PRESS



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ENGLISH

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# 前言

## Preface

新的《高中英语课程标准》对英语阅读提出了更高的要求，考查的内容也有所变化，除继续注重考查语言能力外还更加注重对文化意识和思维品质的考查。本套书就是在此理念的指导下，结合最新《高中英语课程标准》的要求，精心编写的。

本套书分为高一、高二、高三三个年级。每本书设置的周训练题和期中、期末检测题题目类型包括完形填空、阅读理解及各种阅读类新题型。本套书特色如下：

### 1. 话题广泛，题型多样，注重素养。

本套书在话题方面，不仅兼顾了各个版本教材，还体现了考试热点内容；在题型方面，设置了完形填空题、阅读理解题，以及各种阅读类新题型；学生在做题时，可以在快乐阅读、轻松答题的同时，提升英语核心素养。

### 2. 设题科学，训练有效，突出能力。

本套书选材新颖，内容丰富，选文按照由易到难的顺序编排，方便学生进行梯度训练。题目根据实际能力考查点进行精心设置，突出能力考查，实现了训练的针对性和有效性目标。

### 3. 导读精彩，解析翔实，强调方法。

本套书在答案部分进行了答疑解惑，强调方法，注重实效。精彩的“导读”，助你理解文章精髓，得到启发；有效的“点睛”，帮你清除阅读中的绊脚石；巧妙的“点拨”，为你剖析每一个关键知识点。

最后，愿这套书能帮助同学在阅读中体会快乐，提升素养，收获成功。

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答案与点拨

# WEEK ONE

## Monday

### 阅读理解 户外读书活动

话题	文化与体育	词数	229	难度	★★
体裁	应用文	限时	6 分钟	得分率	/4

On Friday, November 7th, Traveling Stories will be holding the Night Out So They Can Read event at the Moniker Warehouse in San Diego's East Village from 7:00 pm—10:00 pm.

Enjoy live music, libations and tasty bites from your favorite San Diego restaurants at a Night Out So They Can Read hosted by author & former professional basketball player R.Michael Anderson! Walk through an inspiring Children's Art Show sponsored by IDW Publishing and get to know the stories of kids who are impacted by the Story Tent programmes. Participate in a brief group quiz competition to find out if any of us are smarter than a 5th grader and then get your holiday shopping done early at our Silent Auction tables!

Ticket Information:

- General Admission \$50.00
- VIP Ticket \$60.00

It includes entrance to VIP Mixology Class presented by St.Petersburg Vodka at 6:30 pm.

- Kids (under 12)—free with a paying adult

We'll have a Story Tent with volunteers, books and prizes for kids to enjoy during the event!

- Group Discount Package—Buy 3 Get 1 Free \$150.00

Buy three tickets, get the fourth one free! Selecting “1” for your quantity will give you 1 group package (4 tickets).

Event Schedule:

6:30 pm VIP Mixology Class

7:00 pm—9:30 pm The Night Out So They Can Read Event

9:30 pm—11:00 pm After Party featuring lasers, loud music and dancing!

( ) 1.The host of the Night Out So They Can Read event used to work as\_\_\_\_\_.

A.a writer

B.a teacher

C.a travel agent

D.a basketball player

( ) 2.Which of the following activities is NOT included in the event?

A.Going shopping online.

B.Enjoying music and tasty bites.

C.Attending a Children’s Art Show.

D.Taking a group quiz competition.

( ) 3.If a college student and his parents want to attend the event, they will pay\_\_\_\_\_.

A.\$50.00

B.\$100.00

C.\$150.00

D.\$160.00

( ) 4.What type of writing is this text?

- A.An exhibition guide.
- B.An art show review.
- C.An official report.
- D.An announcement.

## Tuesday

### 阅读理解 孤儿救助计划

话题	社会	词数	235	难度	★★
体裁	记叙文	限时	7 分钟	得分率	/3

The Orphan (孤儿) Trains began 75 years ago.They helped thousands of children without parents or homes.Some children were adopted by Christian families.Those who were not adopted were the official foster children.

Most Orphan Trains children found good homes with loving Christian families.But a few ended up with families who used the children as servants.Anyway, if a child was being badly treated, the Orphan Trains usually found him or her a new home.

Clara and her two brothers were lucky to find good homes through the Orphan Trains.When Clara was about seven,her parents and a sister were killed when they tried to cross a river in New York State.She and her two brothers, fiveyear-old James and three-year-old Howard, were sent to different families in Kansas.Each child ended up with a different loving family.They were able to keep in touch with one another throughout their lives.Clara's new mother was a school teacher.When she grew up, Clara married,moved to Texas and lived a happy life all through her life.

In an interview, the grown-up orphans said they learned in the process of their life how important it is to be loved.They grew up to become loving,

caring parents of their own children.

( ) 1. We learn from the text that the Orphan Trains was \_\_\_\_\_.

A. traffic means for orphans

B. an aid project for orphans

C. an education organization

D. an advertisement company

( ) 2. How did the Orphan Trains help orphan children?

A. They tried to find food and shelter for those kids.

B. The agent took a train to find the children's homes.

C. They managed to find loving homes for those children.

D. They sent those homeless children to work as servants.

( ) 3. What happened to Clara when she was seven years old?

A. Her parents died in a flood.

B. She lost her parents and a sister.

C. Her family arrived in New York.

D. She met her brothers James and Howard.

## Wednesday

### 阅读理解 度假对健康的益处

话题	旅游和交通	词数	248	难度	★★★
体裁	说明文	限时	7 分钟	得分率	/5

How often do you go on holiday? Going on holiday makes you feel good while you're there—you gain the health benefits for months, a new research shows.



Jetting off to exotic destinations such as the Maldives cuts your blood pressure , helps you sleep better and bounce back from stress , it found.The benefits last at least a fortnight longer than the vacation and can be felt for months in some cases where it is claimed.Experts say workers should always take their full holiday entitlement ( 权利 ) each year—as many as one in three don't—to get the benefits.

The study compared key health markers among holidaymakers visiting Thailand, Peru or the Maldives, with people who stayed at home and continued working.The average blood pressure of those on holiday dropped by 6% while the workers saw their blood pressure rise by 2% over the same period.The sleep quality of holidaymakers improved by 17%while that of the non-holidaymakers deteriorated by 14%.

The study also found the ability of vacationers to recover from stress—known as the stress-resilience test—improved by 29%.There was a 71% fall in stress-resilience scores among workers.Test showed a fall in blood glucose

( 血糖 ) levels, reducing the risk of diabetes ( 糖尿病 ) , trimmer waistlines and enhanced mood and energy levels, with the effects sustained for at least two weeks after returning home.

The Holiday Health Experiment was conducted by tour operator Kuoni and Nuffield Health, the UK's largest healthcare charity.

( ) 1.The author intends to tell us that\_\_\_\_\_.

- A.it is best to go to foreign countries like Maldives
- B.we had better go on holiday for the benefits of health
- C.we have to go on holiday as much as possible
- D.you'll certainly get depressed if you don't go on holiday

( ) 2.According to the text, how many people take their full holiday entitlement?

- A.Two thirds.
- B.17%.

C. One third.

D. A quarter.

( ) 3. The underlined word “deteriorated” in Paragraph 3 probably means “\_\_\_\_\_”.

A. remained

B. rose

C. improved

D. worsened

( ) 4. Which of the following can we infer from the text?

A. Holiday makers are more adaptable than non-holidaymakers.

B. The findings of the study are mostly based on the description from the people involved.

C. The further you go, the better you benefit.

D. Most people like to stay at home during the holiday.

( ) 5. The best title for the text is “\_\_\_\_\_”.

A. A Holiday Health Experiment

B. Key Health Markers in Holidaymakers

C. Health Benefits from Holiday

D. Health Problems of Having Holiday

## Thursday

### 阅读理解 成功的重要因素

话题	人物故事	词数	290	难度	★★★
体裁	记叙文	限时	6 分钟	得分率	/4

One day I saw Harold, my neighbor, putting some metal sheets around the base of his tree where he kept his bird feeder. I didn't understand why until another neighbor explained to me that Harold was trying to keep the squirrels from eating the bird food. By putting the metal sheets around the base Harold thought the squirrels wouldn't be able to climb up the tree. The next morning, the food was gone. The following week Harold figured he'd put the bird feeder on a string and hang it from the tip of one of the branches. I believe his thinking was that the squirrel couldn't go out to the edge of the branch because the branch wouldn't support the weight thereby not allowing the squirrel to get to the feeder. Next day, you got it, the food was gone, too.

I felt sorry for Harold. Although Harold was stronger and smarter than the squirrel, he lacked the one quality that would guarantee him victory—focus. You see Harold thinks about ways of preventing the squirrel from getting the food on occasion, when he has time. The squirrel on the other hand has its mind on getting that food 24 hours a day. The squirrel's survival depends on it. Survival brings about, not just focus but an intense focus on solving a problem by removing an obstacle.

Success is not about who is stronger. Success is not about who has a better GPA. Success is about who is more focused and committed to achieving their objectives. You, the reader, can compete with any person no matter who they may be. The only thing you have to do is to commit yourself to focusing on the very subject that interests you.

( ) 1. Harold was worried that the squirrel \_\_\_\_\_.

- A. killed many of his birds
- B. reached the end of the branches
- C. could climb the trees quickly
- D. took away all of his food

( ) 2. According to this passage the squirrel succeeded because of \_\_\_\_\_.

- A. its cleverness

B.its fixed attention

C.its strength

D.its very survival

( ) 3.If you want to succeed you should\_\_\_\_\_.

A.work much harder than others

B.try to keep your body healthy

C.put your heart into what interests you

D.be brave enough to compete with others

( ) 4.From this passage we can infer that \_\_\_\_\_.

A.it is important to be focused on achieving your success

B.Harold felt it interesting to hang the feeder from the tree

C.it took the squirrel 24 hours to get the food

D.Harold was not clever enough to win the squirrel

## Friday

### 完形填空 快餐店的一次难忘经历

话题	人际关系	词数	261	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

To celebrate the end of our exams, my friends and I went to a fast food restaurant. We \_1\_ hamburgers and Coca Cola at the counter. When our \_2\_ came, I started walking towards an empty table. By bad luck, my purse strap (带子) got \_3\_ on a chair and the tray (托盘) that I was holding slipped \_4\_ my hands and went flying in the air. The tray, and its contents, \_5\_ on a man who was just about to \_6\_ a bite of his sandwich. I stared, greatly \_7\_, as the drinks soaked (浸湿) his white shirt.

Then I \_8\_ my eyes and prepared myself for his burst of \_9\_. Instead, he said “It’s OK.” to \_10\_ me before he disappeared into the washroom. Still shaky and unsure \_11\_ to do next, my friends and I went to a table and sat there, trying our best to look \_12\_. A moment later, the man came out of the washroom and \_13\_ our table. My heart almost stopped \_14\_. I thought he was going to ask for my father’s \_15\_ and call him. To my surprise, he merely smiled at us, handed us some cash and said, “\_16\_ yourself new hamburgers.” He then walked \_17\_ without even finishing his food.

He could have made what was already an uncomfortable situation worse, \_18\_ he chose a different way and gave us a reason to believe that there is still \_19\_ in this world. I’ll never \_20\_ his actions.

(    ) 1. A. ordered

B. made

C. arranged

D. demanded

(    ) 2. A. food

B. turn

C. bill

D. menu

(    ) 3. A. fixed

B. caught

C. cut

D. tied

(    ) 4. A. by

B. in

C. from

D. out

( ) 5.A.knocked

B.fell

C.stood

D.hung

( ) 6.A.take

B.taste

C.swallow

D.chew

( ) 7.A.discouraged

B.disappointed

C.shocked

D.annoyed

( ) 8.A.rolled

B.rubbed

C.narrowed

D.closed

( ) 9.A.bitterness

B.anxiety

C.anger

D.sorrow

( ) 10.A.satisfy

B.comfort

C.encourage

D.praise

( ) 11.A.how

B.who

C.what

D.which

( ) 12.A.mild

B.honest

C.calm

D.modest

( ) 13.A.pushed

B.approached

C.drew

D.laid

( ) 14.A.beating

B.breaking

C.sinking

D.trembling

( ) 15.A.help

B.position

C.number

D.job

( ) 16.A.Prepare

B.Buy

C.Find

D.Cook

( ) 17.A.on

B.around



C.up

D.away

( ) 18.A.so

B.since

C.although

D.but

( ) 19.A.kindness

B.happiness

C.politeness

D.brightness

( ) 20.A.forget

B.refuse

C.oppose

D.ignore

## Saturday<sup>1</sup>

### 七选五阅读 选择合适的运动设备

话题	科普知识	词数	217	难度	★★
体裁	说明文	限时	11分钟	得分率	/5

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

You may be more interested in a boxing or yoga studio.If you are interested in variety, you'll be better off going with a larger complex that might contain equipment for sports, for example.

Pay more attention to the importance of position. \_1\_ So pick a sport that fits your sense when a visit would typically occur. The fitness equipment should be close to your home or workplace. Whether to make it convenient or inconvenient is often one of the greatest barriers to success.

Take advantage of free trials. \_2\_ During your visit, you want to think about the number of people using machines, the friendliness of the staff, and whether showers are offered there.

\_3\_ The two primary places to check for dirt and stain are in the locker room and the corners of the workout rooms. Also pay attention to smell. Make sure there is a way to easily clean equipment.

Talk with personnel about the busiest times and the number of members using the gym on a typical day. \_4\_ Learn about membership packages, extra fees and guest passes for friends and family.

By thoughtfully considering gyms and fitness center you can ensure you will actually like your choice and use your membership. Considering the right aspects will help you pick good equipment. \_\_5\_\_

- A. Make sure everything is clean.
- B. The places should be comfortable to use.
- C. Good health is of great importance for you.
- D. It's easy to ignore your body when you have a busy day.
- E. The fitness center you like will offer a chance to try them out.
- F. Find out whether they require pre-class registration or reservations.
- G. So you can jump into achieving your fitness goals and improving your life.

## Saturday<sup>2</sup>

### 语法填空 参加夏令营

话题	文娱与体育	词数	199	难度	★★★
体裁	说明文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Summer vacation is just around the corner and many parents and children are looking forward to the months. For many families, it is   3   (meaning) to join in some summer camps. Consider the   2   (follow) tips to help you make the most of your experience.

Use the summer to discover different interests. If your child plays sports or does dance throughout the school year, why not   3   (seek) other opportunities in the summer months? Maybe your son has an interest   4   science beyond the classroom. Perhaps your daughter is interested in nature   5   she'd like to explore.

Check the weather forecast. Will your child enjoy running the soccer field under the hot August sun? Perhaps an indoor camp during the late summer months might work   6   (well).

Prepare for outdoor activities. Apply sunscreen (防晒霜)   7   camp begins. Provide your child with a large water bottle and a healthy snack. If   8   (permit), have your child wear a hat or sunglasses. Ask camp assistants how many   9   (break) are permitted.

Pick a day midweek to arrive early or stay a few minutes late so you can see the camp in action. Doing so helps you know how the camp   10   (organise).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 美文诵读

## Failure and Success

Failure is the path to success. It helps us to touch the sky, teaches us to survive and shows us a specific way. Success brings in money, fame, pride and self-respect. Here it becomes very important to keep our head on our shoulder. The only way to show our gratitude to God for bestowing success on us is by being humble, modest, courteous and respectful to the less fortunate ones.

## 失败与成功

失败是成功之母。它帮助我们触及蓝天，教会我们如何生存并展现给我们一条特殊的道路。成功带给我们金钱、名誉、骄傲和自尊。这时，保持头脑清醒便显得尤为重要。唯一能让我们感激上帝给予的成功便是保持卑微、谦虚、礼貌并且尊重那些不如我们幸运的人们。

## WEEK TWO

### Monday

#### 阅读理解 知错改错

话题	人物故事	词数	330	难度	★★
体裁	记叙文	限时	9 分钟	得分率	/4

I knew something was wrong because he always seemed happier after spending time with his friends , so I asked him about it.They had just finished playing a game of basketball and were getting on their bikes to head home.As he was unlocking his bike , it tipped over , scratching and denting (撞凹) a nearby car.The downhearted look on his face indicated he had come home without telling this to anyone.

I asked him if he wanted to go shopping with me, and as we were driving to the store together, I explained the choice that he would have to make and the consequences of his decision.

On the way home, I asked him if he wanted to stop at the park and he embarrassedly answered, “No.”

“Well then, do you want some lunch?” I asked as we pulled over.

The restaurant hadn’t changed a bit since I had worked there so many years ago.I recognised the voice of my old boss, Fred, coming from the kitchen, and asked one of the waitresses if I could speak to him.He didn’t remember me at first but that soon changed; I was something of a superstar in the field of dishwashing back in those days.

“I owe you some money, Fred.I ate lots of burgers in between washes and I never paid you for them.”

Fred looked surprised and refused to take any money, but he expressed his gratitude to me, and said it was the first time anyone had returned after so many years to pay a debt.

Walking from the store, I smiled as my son asked, “Why did you do that, Dad?” The answer was easy, “I was tired of feeling guilty every time I drove past the restaurant. It’s never too late to try and fix a mistake.” I paused. My son quietly said, “Hey Dad, do you think we can stop by the park on the way home?”

( ) 1. What happened to the son?

- A. His bike was stolen.
- B. He damaged someone’s car.
- C. He was happier than usual.
- D. He lost his basketball game.

( ) 2. How did the author help his son fix his fault?

- A. By shouting at him.
- B. By treating him a big meal.
- C. By taking him to do shopping.
- D. By setting himself as an example.

( ) 3. Fred’s attitude to the author’s behaviour of stealing burgers is \_\_\_\_\_.

- A. angry
- B. grateful
- C. forgiving
- D. intolerable

( ) 4. We can learn from the text that \_\_\_\_\_.

- A. all that ends well is well
- B. denying a fault doubles it

C.example is better than precept

D.practice makes perfect

## Tuesday

### 阅读理解 快速的善举

话题	家庭、朋友与周围的人	词数	299	难度	★★
体裁	记叙文	限时	8 分钟	得分率	/4

There was something funny about my shoes.They were blacker than they had been since they were bought.But how could that be?

My first thought was, of course, magic because I knew that I hadn't done anything to create that shine that was looking so wonderful from the far end of my legs.Then, I called out to my wife, Anita.“Honey, thanks for shining my shoes! They look great! I was thinking I needed to get some new black shoes, but now ...” “I didn't shine your black shoes,” Anita said.“I didn't shine your brown shoes, either.” Wait a second.My brown shoes? I looked in the closet.A bright glow from the darkest corner confirmed Anita's report.For a second or two.“So really, thanks,” I said to Anita.“But I didn't shine them.”

I looked at her, searching for any signs of telling lies.Anita certainly won't lie, but she will do a bit in the interest of something she considers a greater good—like a good joke, for example.Or a secret act of service.“So if you didn't shine them,” I asked, “who did?” She smiled the confident, self-satisfied smile.

So I immediately thought of Beth, my youngest daughter who lives close enough to be able to drop by when I wasn't home to shine my shoes.But her response to my questions forced me to decide that it wasn't Beth.Who was it?

To be honest, I still don't know for sure. That's the way it is with unknown acts of service. I love my shiny shoes. They are finally going to get dirty again. But the memory of those shiny shoes will remain with me, warming my heart forever, and inspiring me to fast acts of kindness of my own.

(    ) 1. The fact that the writer's shoes were blacker made him felt very \_\_\_\_\_.

A. happy

B. angry

C. surprised

D. disappointed

(    ) 2. Why did the writer stop for a second or two after seeing his brown shoes?

A. He didn't like the behavior.

B. He was really puzzled.

C. He was moved and felt thankful.

D. He liked his shoes much.

(    ) 3. Why did the writer think his daughter helped shine his shoes?

A. Because she was likely to visit here.

B. Because she often shone his shoes.

C. Because she was their only child.

D. Because she was easy to help others.

(    ) 4. What would be the best title for the text?

A. My shining black shoes

B. Fast acts of kindness

C. Who shone my shoes?



D.A confident smile

## Wednesday

### 阅读理解 放下手机

话题	日常生活	词数	261	难度	★★★
体裁	记叙文	限时	6 分钟	得分率	/4

Have you ever thought of quitting your job when you feel exhausted? Maybe most of you would say “yes”. After a particularly busy period at work, I decided to get away from it all by going on a hike in the mountains in southern France.

Before I left, I read an interesting story in a magazine. It read, “Once, while I was riding on a crowded bus, the man sitting next to me threw his cell phone out of the window when his phone rang. I was surprised. He looked at me, shrugged (耸耸肩) and looked away. I had no idea whether it was his or stolen or whether he even knew what a cell phone was or not, but he clearly wanted to be free of it, because it clearly troubled him.”

Billions of people across the world use cell phones. Though cell phones are a wonderful way for communication, they often do the exact opposite. Using cell phones can increase stress within families and friends.

So when I recently returned home, I got rid of my cell phone. Now I go outside without taking my phone with me. I’ve noticed things in my neighborhood I never noticed before, such as gardens. I’ve met new people, started conversations with neighbors I didn’t speak to before and talked with some of my friends face to face instead of chatting over the phone.

Instead of keeping me off from the world, stopping using my cell phone has helped me get even closer to my family and friends.

( ) 1. According to the story, the man on the bus threw away his cell phone because\_\_\_\_\_.

- A. it didn't work properly
- B. it was stolen from someone else
- C. he didn't like the phone's style
- D. he didn't want to be bothered by it

( ) 2. We can learn from the text that cell phones\_\_\_\_\_.

- A. are too expensive for many people
- B. are of no use to the author
- C. can also get people into trouble
- D. can make life more interesting

( ) 3. What can we learn about the author?

- A. He wants to own a garden now.
- B. He always chatted with his neighbors.
- C. He used to take his cell phone when going outside.
- D. He once threw away his cell phone.

( ) 4. The main purpose of the text is to\_\_\_\_\_.

- A. tell us not to let cell phones control our lives
- B. encourage others to hike with him in France
- C. share his experiences in France with us
- D. teach us how to get along with neighbors

## Thursday

### 阅读理解 音乐的魔力

话题	文娱与体育	词数	276	难度	★★★
体裁	说明文	限时	7 分钟	得分率	/4

Music is magic! Music speaks louder than words and it is a “language” that the whole world can understand. A piece of music can produce a response in the heart and mind. Like feeling an electrical current or receiving a personal radio signal, music has a spiritual effect on a person. Different kinds of music influence people in different ways.

I have listened to music all my life. When I was twelve years old, the Beatles came to America and my whole world opened up. Maybe young people today cannot understand the influence of the Beatles when they exploded across America. Their influence changed the way we dressed, looked, acted and spoke... even our culture. The Beatles arrived in America from the UK just three months after the assassination (暗杀) of President John Kennedy, which had put America into a great depression. And the freshness and lively spirit of the Beatles was exactly what the country needed to refresh itself.

Music links the heart of the hearer with that of the composer. This means that it mixes the spirit of the composer with your spirit when you listen to it. And the music can take your spirit out of your body and transport you into another world. Music has a great way of touching people. Music can make you laugh, cry or shout. It's also a great source of inspiration.

Try this one day and notice what happens: make yourself a cup of tea, sit on your sofa and play one of your favorite songs. Close your eyes, and soon you'll find yourself creating vivid mental images—matching the music that you are listening to.

( ) 1. Music has magical power because it \_\_\_\_\_.

- A. is a kind of language
- B. can be played much louder than words
- C. receives a personal radio signal
- D. can influence a person's spirit

( ) 2.What can we learn about the Beatles from the text?

- A.They were the biggest band in American history.
- B.They are not accepted by modern American people.
- C.They appeared at a special time in American politics.
- D.They represented the roots of American culture.

( ) 3.Music influences people in the following ways EXCEPT\_\_\_\_\_.

- A.connecting the listener and the composer mentally
- B.transporting people from one place to another
- C.allowing people to express their emotions
- D.touching and inspiring people

( ) 4.What does the writer suggest people do in the last paragraph?

- A.Relax and listen to their favorite music.
- B.Enjoy drinking in spare time.
- C.Create vivid pictures.
- D.Notice everything happening around.

## Friday

### 完形填空 夜晚乘车的经历

话题	人际关系	词数	277	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

A year ago, my friend and I went to a nearby town to attend a wedding.After the reception, we were \_1\_ for a public bus to go back

home. It was nine o'clock at night, and although many buses passed, \_2\_ stopped.

We waited for an hour and were getting \_3\_. We wouldn't be able to stay overnight because it was a weekday, and we both needed to \_4\_ the next day. It was almost 10 pm when a family who had attended the same \_5\_ passed by in their car. Probably \_6\_ that we were waiting for some means of transport, they stopped and gave us a \_7\_. I was overwhelmed by their kindness, and I expressed my \_8\_ to them.

When we reached my home town, the family \_9\_ us at the nearest point from where we could \_10\_ a rickshaw (人力车) to get back to the spot we had parked our bike. \_11\_ the way, a labourer (工人) stopped the rickshaw. The driver saw his clothes and asked him \_12\_ he had money to pay the fare. The labourer \_13\_ his head and said, "No." On hearing this, the driver \_14\_ to take him. I remembered my own trouble a few minutes \_15\_, and I told the driver to allow him to \_16\_ with us, as I would pay his fare.

What a(n) \_17\_ opportunity to pass on the family's act of kindness! That night, I \_18\_ lightness in my heart, and I went to sleep \_19\_ and filled with joy about what I had gotten to do. May this \_20\_ of kindness continue!

( ) 1. A. preparing

B. waiting

C. asking

D. planning

( ) 2. A. none

B. someone

C. everyone

D. something

( ) 3. A. excited

B. surprised

C.desperate

D.tired

( ) 4.A.sleep

B.work

C.attend

D.train

( ) 5.A.holiday

B.meeting

C.class

D.wedding

( ) 6.A.sensing

B.promising

C.pretending

D.telling

( ) 7.A.surprise

B.lift

C.gift

D.chance

( ) 8.A.love

B.reputation

C.gratitude

D.recognition

( ) 9.A.served

B.stopped

C.moved

D.dropped

( ) 10.A.catch

B.miss

C.pass

D.play

( ) 11.A.In

B.On

C.By

D.Off

( ) 12.A.when

B.how

C.whether

D.because

( ) 13.A.lowered

B.turned

C.nodded

D.shook

( ) 14.A.expected

B.agreed

C.decided

D.refused

( ) 15.A.earlier

B.later

C.longer

D.sooner

( ) 16.A.talk

B.sit

C.walk

D.stand

( ) 17.A.regular

B.important

C.immediate

D.practical

( ) 18.A.watched

B.missed

C.took

D.felt

( ) 19.A.happily

B.surprisingly

C.hopefully

D.hurriedly

( ) 20.A.instruction

B.explanation

C.connection

D.contribution

**Saturday<sup>1</sup>**

**七选五阅读 海外志愿者**



话题	社会	词数	237	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

The UN has recognized the contributions of volunteers on Dec.5, International Volunteer Day.Here, the four things are offered to consider before taking the leap into overseas volunteering.

Choose your organization carefully

\_1\_ Volunteering may be a fundraising mechanism（筹资机制） for a development project.For others , volunteering is fundamental to their programs , and those serving take on professional roles in longer-term development.

\_2\_ Volunteers want to help and make a difference, but most know this isn't a purely selfless act.You will learn new skills, broaden your horizons and come to better understand yourself and the world.\_3\_ Reflect on your motivations.You want to help reduce global poverty or protect the natural world, but what else? Have you always wanted to travel,but not as a tourist? Work with kids? When you understand your motivations, you'll be in a better position to choose the option that is right for you.

Work alongside the local community

Often times , travelers volunteer in isolation（隔离） from the local community in which they are working in.\_4\_ This enables you to ensure you are committing to a project that promotes long term and sustainable change.

A volunteer trip is just the beginning

\_5\_ Further ignite（点燃） the global change maker in you by taking your experience one step further when you return home.Spread the message of your transformative experience to others , helping to spark the change within them.

A.And that's all OK.

B.Know why you're going.

C.Don't assume you know it all.

D.Communities always welcome volunteers.

E.Volunteer travel is a life-changing experience.

F.Some organizations require you to pay your own way, and often include a fee.

G.Make sure to travel with organizations that have strong partnerships with local communities.

## Saturday<sup>2</sup>

### 语法填空 Aaron的律师梦

话题	计划与愿望	词数	174	难度	★★
体裁	记叙文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Aaron is a lawyer.He has been working in a big law firm.Recently, he \_1\_ (success) defended the case of a man who was accused \_2\_ breaking and entering a private apartment.When he \_3\_ (ask) why he chose this particular job, he said that he was determined to be a lawyer in childhood.His \_4\_ (decide) to achieve his dream was largely influenced by his father, \_5\_ was a successful lawyer \_6\_ (he).Aaron always has a burning ambition to be as good \_7\_ his father.

Although the road to \_8\_ (become) a lawyer is full of hardships, he has not given up and sticks to it firmly.He recalled his first major case when he made \_9\_ effort to defend a woman against her abusive husband.He will always remember the look of thankfulness on her face when he won the case.

Despite the long hours he has to put in, Aaron finds his job very \_10\_ (mean) and satisfying. He is delighted to see his dream has come true .

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_

## 美文诵读

### Love

Love plays a pivotal role on our life. Love makes you feel wanted. Without love a person could go hayward and also become cruel and ferocious. In the early stage of our life, our parents are the ones who shower us with unconditional love and care; they teach us about what is right and wrong, good and bad. But we always tend to take this for granted. It is only after marriage and having kids that a person understands and becomes sensitive to others' feelings. Kids make a person responsible and mature and help us to understand life better.

### 爱

爱在生活之外扮演了一个关键的角色。爱使你想要得到些什么。没有爱，一个人将走向不归路，变得凶暴、残忍。在我们人生的早期，我们的父母给予了我们无条件的关爱；他们教会我们判断正确与错误、好与坏。然而我们常常把这想当然了。只有在结了婚并且有了孩子之后，一个人才会懂得并注意别人的感受。孩子让一个人变得富有责任心、变得成熟稳重，并且更好的理解人生。

## WEEK THREE

### Monday

### 阅读理解 不劳无获

话题	人物故事	词数	303	难度	★★★
体裁	记叙文	限时	9 分钟	得分率	/4

Long time ago, there was a man who was extremely lazy and poor. He did not want to do any hard work but used to dream of being rich one day. He got his food by begging from others.

One morning he got a pot of milk. He boiled the milk, drank some of it and put the remaining milk in the pot. He added slight curds (凝乳) into the pot for converting the milk to curd, and then he lay down to sleep.

Soon he started imagining about the pot of milk. "By tomorrow morning, the pot of milk would be converted to curd. I would heat it and make ghee (酥油) out of it. Next, I will go to the market and sell that ghee to make some money. With that money, I will buy a hen. Then the hen will lay many eggs which will hatch and there will be many chickens. These chickens will in turn lay hundreds of eggs and I will soon have a farm of my own." He kept on imagining.

"I will sell all the chickens to buy some cows and open a milk factory. All people in the town will buy milk from me. I will be so rich that I will be able to marry a beautiful girl. Soon I will have a pretty son. If he makes some trouble, I will teach him a lesson and I will hit him with a stick." During this dream, he picked up the stick next to his bed, thinking that he was beating his son. He raised the stick and hit the pot. The pot of milk broke and he woke up from his daydream.

Nothing can replace hard work. Dreams can not be fulfilled without hard work.

(    ) 1. What can we know about the man in the first paragraph?

- A. He was poor but worked hard.
- B. He was rich but lived a simple life.
- C. He earned a lot of money by begging.
- D. He wanted to be wealthy without working hard.

(    ) 2. What will happen shortly before the man buys a hen in his dream?

- A. He will sell the ghee.
- B. The hen will lay many eggs.
- C. He will have a farm of his own.
- D. The eggs will change into many chickens.

(    ) 3. Why was the pot of milk broken?

- A. The man hit the pot with a stick.
- B. His son hit the pot carelessly.
- C. He picked up the pot in his dream.
- D. He needn't the pot any more.

(    ) 4. Which of the following can best describe the text?

- A. No pains, no gains.
- B. Failure is the mother of success.
- C. A bad beginning makes a bad ending.
- D. Where there's a will, there's a way.

**Tuesday**

## 阅读理解 成功人士的清晨习惯

话题	日常生活	词数	333	难度	★★★
体裁	说明文	限时	11分钟	得分率	/4

Do you know what makes highly successful people less stressed, happier and more productive? They know that their personal priorities are worth more than other people's priorities. Upon waking up, these significantly successful professionals don't immediately check their email. What do highly successful people do upon waking up in the morning? Here are four of them:

### 1. Wake up really early.

Highly successful people usually get up at 5:30 am, 4:30 am and even 4:00 am. Not only will they have more control in their early hours, but also they'll have more opportunities to do things that matter to them. Start with waking up 15 minutes earlier than your usual time. Then, gradually adjust.

### 2. Jot down your gratitude journal.

Happiness is about wanting the things that you already have. By enumerating the blessings they're grateful for, highly successful people become more open to optimism and inspiration and improve their outlook on life. Write down at least one thing that you're thankful for every day. Learn to count the small wins.

### 3. \_\_\_\_\_

"If today was the last day of your life, would you still want to do what you're about to do today?" This hard-hitting question gets you right where it wants you. If you find yourself saying "no" several times in a week, then go out there and change something. You never know when you'll have the opportunity to do it the next time.

### 4. Connect with your partner.

Use your morning hours to reconnect with your partner. Talk about your plans, your finances and even your beloved hobbies as a way to always be

present in their lives. In the morning, highly successful people know that you'll have more energy and more focus so making this a ritual (惯例) is important. You can even set up one day of the week as your "breakfast date". Go to the nearest café for breakfast or run around the neighbourhood with your partner. It may do wonders for your relationship.

( ) 1. What is the text about?

- A. How to succeed in your life.
- B. What highly successful people want.
- C. Happiness of highly successful people.
- D. Morning habits of highly successful people.

( ) 2. The underlined word "enumerating" in the third paragraph can be replaced by "\_\_\_\_\_".

- A. listing
- B. replacing
- C. changing
- D. explaining

( ) 3. Which of the following can be used as the third subtitle (小标题)?

- A. Have a breath of morning fresh air.
- B. Improve your motivation regularly.
- C. Ask yourself one important question.
- D. Burn your calories through exercise.

( ) 4. The author thinks that having a breakfast or running with a partner can \_\_\_\_\_.

- A. gain a challenge
- B. deepen the friendship
- C. keep good health

D.achieve a strong will

## Wednesday

### 阅读理解 世界自然公园游览须知

话题	旅游和交通	词数	301	难度	★★
体裁	说明文	限时	6 分钟	得分率	/4

Our World Natural Park is one of the most famous parks in the world. Millions of visitors from different countries visit this park every year. In order to protect it, please do as follows:

◆ Protect the natural and cultural heritage. Don't damage or deface any buildings, displays and other facilities. Take care of all plants. Put rubbish in the bins provided.

◆ Take care when you are going up and down steps or stairs and when you are walking nearby the waters.

◆ Please buy tickets before entering the scenic spot. One ticket is only for one person. Adult: \$60 per ticket. Children over 6 and under 18, half price. People over 60 and children under 6 are free.

◆ If you are going into the wooded and hilly lands, for your own safety, please go with three people at least and don't take any tinder (易燃物) along with you. The hill is steep, so please take care of yourself.

◆ This scenic spot is the reserve of water source: No fishing, swimming, washing and any behaviors that are harmful to the water source. Meanwhile, please follow the management rules of the scenic spot conscientiously.

◆ Opening time: From Monday to Friday, 8: 00 am—18: 00 pm; From Saturday to Sunday, 6: 00 am—24: 00 pm.



◆ Small animals such as rabbits, peacocks, squirrels, frogs must be taken care of: None of them shall be killed.

If you have any trouble in visiting our world natural park, please call 477-866-7044. Our staff will do our best to help you.

( ) 1. How much will be paid for a 65-year-old man with his 8-year-old grandson?

A. Free.

B. \$30.

C. \$60.

D. \$120.

( ) 2. On weekends, the opening time is \_\_\_\_\_ hours longer than weekdays.

A. 4

B. 6

C. 8

D. 10

( ) 3. From the text, we can infer that the water in this park is \_\_\_\_\_.

A. clean

B. polluted

C. dangerous

D. colorful

( ) 4. Which of the following is TRUE according to the text?

A. Tourists can hike alone in the hilly lands.

B. Small animals are under protection in the park.

C. Children can play with small animals.

D.Tourists can have a swim in the water.

## Thursday

阅读理解 睡眠不足及睡眠环境

话题	健康	词数	336	难度	★★★
体裁	说明文	限时	6 分钟	得分率	/4

Growing up in a hard-working mid-western city in the 1980s, I quickly learned that sleep is the first expense I should cut in a given day. The men I looked up to at a young age regularly boasted about running on just a few hours of sleep. While this was rooted in a good-natured work ethic, it led me to view needing sleep as a sign of weakness.

When you lose an hour of sleep, it decreases your well-being, productivity, health, and ability to think the following day. Top performers slept 8 hours and 36 minutes per day. The average of Americans, for comparison, gets just 6 hours and 51 minutes of sleep on weeknights. If you do not get enough sleep, it can lead to a cascade of (一连串) negative events. You achieve less at work, skip regular exercise, and eat poorly.

However, if you are able to get an additional hour of sleep tonight, it can make the difference between a miserable day and a good one. A small adjustment, even 15 or 30 minutes, could make or break your next day. The key is to aim for somewhere between seven and nine hours of quality sleep per night. While getting this much sleep each night is easier said than done, there are a few small tricks to improve your odds of a good night's sleep.

What you do in the hours before bed could matter most. More than 90 percent of Americans admit to using electronic communications in the hour before bed. This is an obvious problem in terms of allowing things like late-night messages to enter your thoughts. Be cautious about bright light from any sources in the hours before bed.

Creating the right environment for sleep in your bedroom can also give you a head start. It is easier to sleep in a room that is a few degrees cooler than the temperature you are accustomed to throughout the day.

Keeping in mind that every hour of sleep is a positive investment.

( ) 1. What can we know about the author in the first paragraph?

- A. He had less sleep to work hard.
- B. He had enough sleep every night.
- C. He became poor in health because of staying up.
- D. He got promoted as a result of hard working.

( ) 2. What does the second paragraph mainly talk about?

- A. The consequences of lacking sleep.
- B. The result of getting more sleep.
- C. Others' attitudes towards sleep.
- D. The difficulty people meet in sleep.

( ) 3. How long does the author advise people to get quality sleep per day?

- A. For 15 or 30 minutes.
- B. Between 7 and 9 hours.
- C. For 8 hours and 36 minutes.
- D. For 6 hours and 51 minutes.

( ) 4. The author advises that before sleeping people should\_\_\_\_\_.

- A. make the room warmer
- B. create a noisy environment
- C. choose a room with a bright light
- D. avoid using electronic communications

# Friday

## 完形填空 信守诺言

话题	人际关系	词数	309	难度	★★
体裁	记叙文	限时	15 分钟	得分率	/20

I was excited because I had been invited to go to Tony's birthday party. And then two days later, my best friend Mary called and told me that she and her \_1\_ were going to Disneyland for the whole day. She also invited me to \_2\_ with them. I loved Disneyland so much. I really wanted to go, \_3\_ anything else. I ran to ask my mom \_4\_ it was okay. She reminded me that Tony's party was on the \_5\_ day.

Disneyland was my most favorite place in the whole world and I \_6\_ liked going with my best friend. I \_7\_ my mom to allow me to go to Disneyland. She told me, "Once you accept a(n) \_8\_ to something, you can't change your \_9\_ and go to something else just because you want to do the other things more. If someone had \_10\_ he'd come to your party and then, but because something \_11\_ came along, he changed his mind and didn't come. How would you \_12\_?" Although I didn't want to admit it, my mom was \_13\_. It would hurt my feelings if someone did that \_14\_ me. Although I didn't want to, I told my best friend that I wouldn't be \_15\_ to go to Disneyland with her.

So Mary and her family went to Disneyland and my mom \_16\_ me off at Tony's party with the car. I did not want to be there. \_17\_, something interesting happened after I got there. There was a make-your-own pizza contest, which we all \_18\_ very much. We all took a present there, but Tony's parents had a special \_19\_ to give to each of us too!

Not only did I love the party and have a great time, but I learned an important \_20\_. My mom was right as usual.

( ) 1. A. classmate

B.family

C.friend

D.colleague

( ) 2.A.go

B.live

C.sleep

D.stay

( ) 3.A.rather than

B.other than

C.less than

D.more than

( ) 4.A.when

B.if

C.why

D.how

( ) 5.A.special

B.different

C.same

D.practical

( ) 6.A.especially

B.luckily

C.gradually

D.generally

( ) 7.A.ordered

B.forced

C.begged

D.invited

( ) 8.A.answer

B.solution

C.consideration

D.invitation

( ) 9.A.mind

B.fact

C.chance

D.job

( ) 10.A.pretended

B.promised

C.wondered

D.doubted

( ) 11.A.healthier

B.sadder

C.better

D.worse

( ) 12.A.change

B.shout

C.smile

D.feel

( ) 13.A.right

B.wrong

C.kind

D.honest

( ) 14.A.for

B.to

C.in

D.with

( ) 15.A.ready

B.sorry

C.able

D.happy

( ) 16.A.dropped

B.left

C.showed

D.turned

( ) 17.A.Therefore

B.Besides

C.Moreover

D.However

( ) 18.A.hated

B.enjoyed

C.needed

D.regretted

( ) 19.A.party

B.plan

C.pizza

D.present

( ) 20. A. joy

B. thought

C. lesson

D. shock

## Saturday<sup>1</sup>

### 七选五阅读 好日子和坏日子

话题	日常生活	词数	199	难度	★★★
体裁	议论文	限时	11分钟	得分率	/5

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

People all have good days and bad days. And some of the bad days happen due to events beyond your control. 1 One way to increase the possibility that you have a good day is to join “gratification (喜悦)” activities, which you enjoy and you’re good at. 2 However, if you don’t have the type of job, you can take part in other activities and find the same result.

3 There are many little pleasures you can add to your life, such as tea, a warm bath, a walk in the park and so on. As long as you enjoy them, they can really brighten your every day. Laughter is also part of having a good day. That’s why it’s important to do what you can to create joy for you. 4 After all, if you are humorous, you can more easily center on fun things.

If you don’t have much time, one way can be used during a stressful day. 5 You should achieve this by making your plan flexible and checking that everything in your plan is necessary. Being busy is okay, but



wasting time and energy on too many unnecessary things can just lead to stress.

A.Often, bad days come from overweight stress.

B.Some people experience joy and happiness at work.

C.Good moods enable us to notice more chances.

D.Life's pleasures are also able to add a quick lift to your mood.

E.However, people do have power in creating better days.

F.So it's important—especially if you're a busy person—to stay balanced.

G.Besides, developing a sense of humor also helps you have a good day.

## Saturday<sup>2</sup>

### 语法填空 意念进食法

话题	科普知识	词数	230	难度	★★★
体裁	说明文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

The secret of staying slim could be as simple as keeping your mind on your meals.

Research suggests that \_1\_ ( free ) ourselves from distractions and concentrating completely on the food that is in front of us \_2\_ ( help ) us stay in shape.Such “mindful eating” ensures that the mind is in tune with ( 协调 ) the body, enabling it to “hear” the chemical messages \_3\_ tell it that we are full.Digestion involves a complex series of \_4\_ ( signal ) between the gut ( 肠道 ) and the nervous system and it takes about 20

minutes for the brain \_5\_ (tell) that the body has eaten enough. This means that if someone eats too quickly, the signals will come slowly, leading to overeating. Scientists say that distractions make it \_6\_ (hard) for us to remember what we have eaten. This absentmindedness stops us from feeling full \_7\_ sends us reaching for some snacks later on. It is thought that our memory of what we have eaten plays a key role \_8\_ controlling appetite. This means that distractions stop us remembering \_9\_ detail of what we have eaten, leaving us feeling hungry. Before snacking, dieters should ask themselves if they are really hungry and if not, distract themselves by going for a walk or reading.

Done \_10\_ (proper), mindful eating may not only leave you slim, but also make you enjoy mealtimes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 美文诵读

### 90 Generation

Although our generation has received much criticism, I am still proud of being one of the 90 generations. Many people consider us as open, bold, outstanding character, early-maturing, and selfish and so on. Actually, I don't think those descriptions are bad. What we perform is the need of society. That we are open and bold means we are ready to connect with the world. I think our outstanding character is necessary. Don't you think it is terrible that everyone in the world is the same? As for early-maturing, I think it is good for us to do well preparation for entering the society. Last, I don't think people can criticize us to be selfish. People often say that everyone is selfish. 90 generation is a promising new generation.

90后

虽然我们这一代人已经受到了很多批评，但我仍然以作为一名90后而感到骄傲。许多人都给予我们这样的标签，比如开放、大胆、突出的性格、早熟、自私等。实际上，我认为那些描述不是糟糕的。我们的表现纯属社会需要。我们开放、大胆意味着我们准备好与世界接轨了。我认为我们突出的性格是很有必要的。你不觉得如果这个世界上每个人都是一样的话，该是多么可怕吗？至于早熟，我认为这是我们为进入社会做好准备。最后，我认为人们不可以随便批评我们是自私的。大家不都常说，人人都是自私的。90后是前途光明的新一代。

## WEEK FOUR

### Monday

#### 阅读理解 趣闻四则

话题	社会	词数	272	难度	★★
体裁	记叙文	限时	7 分钟	得分率	/4

A lady quits her job because of “beauty”.

Beauty is usually seen as a blessing. But for some, it can be a curse (诅咒). Laura Fernee says her good looks are so powerful that they are ruining her life and have forced her to quit her job.

A 47-storey building has no lift.

The 200-metre-high InTempo Tower in Benidorm was considered as a vision of the future and a symbol of Spain's getting out of financial crisis. With 47 floors of living space, it was intended to be the highest residential building in Europe. But with only months until it is due for completion, constructors have hit upon a slight problem—they forgot to build a lift.

A Philippine man becomes a superman through plastic surgeries (整容).

When Clark Kent wanted to transform into Superman, it was a fairly simple task. He would step into a phone box, spin around and the switch would be complete. But Herbert Chavez's change into the comic book hero has taken a bit longer—through 19 plastic surgeries over 16 years.

An overweight man buys two tickets with the seats apart.

Before he boarded the plane, 37-stone Les Price had already been forced to pay for an extra ticket. The airline's rules for passengers weighing more than 20 stone required him to buy two seats for himself. But when he got on board, insult was added to injury. Mr. Price was dismayed when he found his seats for the flight to Ireland were not even next to each other—they were either side of another traveller's seat.

( ) 1. Laura Fernee had to quit her job because\_\_\_\_\_.

A. she wasn't well-paid

B. she was too pretty

C. her boss was rude to her

D. she didn't like her job at all

( ) 2. What is special about the 200-metre-high InTempo tower?

A. It was destroyed in a big fire.

B. No lift was built in the building.

C. It was not completed because of financial crisis.

D. It would be the first highest building in the world.

( ) 3. What do we know about Herbert Chavez?

A. He failed to change into Superman.

B. His change was a fairly simple task.

C. His change was completed in a phone box.

D. He experienced 19 plastic surgeries.

( ) 4. The underlined word “dismayed” in the last paragraph probably refers to “\_\_\_\_\_”.

A. upset

B. interested

C. excited

D.delighted

## Tuesday

### 阅读理解 大学教育的意义

话题	社会	词数	267	难度	★★
体裁	记叙文	限时	8 分钟	得分率	/4

For many, college is a means to a good job. For Hollywood stars, college is an opportunity to be like everyone else.

Jodie Foster

By age 14, she had appeared in two dozen television series and 10 feature films, including Taxi Driver. Yet, she stepped away from the film business at the height of her career to attend Yale University. It paid off. Foster graduated in 1985 with a degree in literature, and she was later awarded a degree in fine arts. Her career didn't suffer, either. She went on to win two Oscars, for The Accused and The Silence of the Lambs, and to direct several films.

Jerry O'Connell

Actor Jerry O'Connell made a name for himself at age 11 as the star of Stand by Me. After a few more projects, he took a break from acting to attend New York University. Now he is finishing up his law degree at Southwestern Law School in Los Angeles. He enrolled (注册) in night classes in 2009 before playing a lawyer in the television series The Defenders.

Brooke Shields

Actress Brooke Shields basically came of age on screen, playing in Pretty Baby, The Blue Lagoon and Endless Love. Later, she went for her

bachelor's degree at Princeton University and it was the degree, in the end, that served her.

“Without those four years of learning and growth, I would have never survived my industry, a business that eats its young. I would never have been able to adapt and to reinvent myself from movies to television, to stage, to author,” Shields told The Washington Post.

( ) 1. According to the text, Jodie Foster\_\_\_\_\_.

- A. won two Oscars when studying in college
- B. had appeared in some films by age 14
- C. began her acting career in 1985
- D. got two degrees in college

( ) 2. Jerry O'Connell once attended\_\_\_\_\_.

- A. Yale University
- B. Harvard University
- C. Princeton University
- D. New York University

( ) 3. What can we learn from Shields' words?

- A. She never dreamt she could be a star.
- B. She became famous due to her degree.
- C. She greatly benefited from her college study.
- D. She hated the competition in the film business.

( ) 4. What do the three people mentioned in the text have in common?

- A. They are all Oscar winners.
- B. They majored in psychology in college.
- C. They went to college in order to get better jobs.
- D. They were child stars who became college graduates.

# Wednesday

## 阅读理解 体育活动策划

话题	文娱与体育	词数	253	难度	★★★
体裁	说明文	限时	6 分钟	得分率	/4

It's a long-term question for teachers: how do you get children who hate physical activity to take part in PE lessons. A Northampton primary school believes it has the answer. Designed to make the least active pupils take an interest in their fitness, a program has been introduced at Lings Primary School. And not only have the pupils developed an interest in activities ranging from football to ballroom dancing, according to the school, but their schoolwork has also been improved significantly.

The students also turn up on time—Lings now has the best attendance record in the county at 98 percent—and results have improved: 86 percent of pupils now achieve the required standard in English and maths tests for 11-year-olds, compared with only 44 percent four years ago.

The turnaround has been achieved by simply making PE fun. Instead of climbing wall bars and running on the spot, the pupils practice exercises such as moving like animals. One routine involves crawling around the floor like a bear and moving around like gorillas. In another the children try to maintain their balance on the boards made of rubber, all of which stretch their muscles and improve their fitness.

Baroness Campbell, who chairs the Youth Sport Trust, which designed the program said, "We want to show young people that physical activity is fun and a great way to learn skills which will stay with them for life."

(    ) 1. How did Lings Primary School get students interested in physical activities?

A. By making the classes full of fun.

B. By improving their schoolwork.



C.By increasing students' attendance.

D.By getting help from some students.

( ) 2.What do the pupils practice in PE lessons now?

A.Running on the spot.

B.Climbing over wall bars.

C.Moving around like bears.

D.Keeping balance on rubber boards.

( ) 3.What has happened to the students since the program was introduced?

A.They have learned to keep a healthy balance.

B.They are not anxious about exams any longer.

C.They are interested in physical activities now.

D.They can do whatever they like in PE lessons.

( ) 4.What can be inferred about the program?

A.It is popular among active students.

B.It has benefited most students a lot.

C.It was designed by Baroness Campbell.

D.It made all students punctual in class.

## Thursday

### 阅读理解 拉斯科岩洞的壁画

话题	文学与艺术	词数	254	难度	★★★
体裁	说明文	限时	6 分钟	得分率	/5

When another old cave is discovered in the south of France, it is not usual news. Rather, it is an ordinary event. Such discoveries are so frequent these days that hardly anybody pays heed to them. However, when the Lascaux cave complex was discovered in 1940, the world was amazed. Painted directly on its walls were hundreds of scenes showing how people lived thousands of years ago. The scenes show people hunting animals, such as bison or wild cats. Other images show birds and, most noticeably, horses, which appear in more than 300 wall images, by far outnumbering all other animals.

Early artists drawing these animals accomplished a monumental and difficult task. They did not limit themselves to the easily accessible walls but carried their painting materials to spaces that required climbing steep walls or crawling into narrow passages in the Lascaux complex.

Unfortunately, the paintings have been exposed to the destructive action of water and temperature changes, which easily wear the images away. Because the Lascaux caves have many entrances, air movement has also damaged the images inside.

Although they are not out in the open air, where natural light would have destroyed them long ago, many of the images have been destroyed and are barely recognizable. To prevent further damage, the site was closed to tourists in 1963, 23 years after it was discovered.

(    ) 1. What can be the best title for the text?

- A. Wild Animals in Art
- B. Hidden Prehistoric Paintings
- C. Exploring Caves Respectfully
- D. Determining the Age of French Caves

(    ) 2. The underlined phrase “pays heed to” in Paragraph 1 probably means “\_\_\_\_\_”.

- A. discovers
- B. watches

C.notices

D.buys

( ) 3.According to the text, which animals appear most often on the cave walls?

A.Birds.

B.Bison.

C.Horses.

D.Wild cats.

( ) 4.Why was painting inside the Lascaux complex a difficult task?

A.It was completely dark inside.

B.The caves were full of wild animals.

C.Painting materials were hard to find.

D.Many painting spaces were difficult to reach.

( ) 5.According to the text, all of the following have caused damage to the paintings EXCEPT\_\_\_\_\_.

A.temperature changes

B.air movement

C.water

D.tourists

## Friday

### 完形填空 赞扬的力量

话题	人际关系	词数	356	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

I had worried myself sick over Simon's mother coming to see me. I was a new \_1\_, and I gave an honest account of the students' work. In Simon's case, the grades were awfully low. He couldn't read his own handwriting. \_2\_ he was a bright student. He discussed adult subjects with nearly adult comprehension. His work in no way reflected his \_3\_.

So when Simon's mother entered the room, my palms (手掌心) were sweating. I was completely \_4\_ for her kisses on both my cheeks. "I came to thank you," she said, surprising me beyond speech. \_5\_ me, Simon had become a different person. He talked of how he \_6\_ me, he had begun to make friends, and for the first time in his twelve years, he had \_7\_ spent an afternoon at a friend's house. She wanted to tell me how grateful she was for the \_8\_ I had nurtured (培养) in her son. She kissed me again and left.

I sat, stunned (惊呆), for about half an hour, \_9\_ what had just happened. How did I make such a life-changing difference to that boy without \_10\_ knowing it? What I finally came to \_11\_ was one day, several months before, when some students were \_12\_ reports in the front of the class, Jeanne spoke \_13\_, and to encourage her to raise her voice, I had said, "Speak up. Simon's the expert on this. He is the \_14\_ one you have to convince, and he can't hear you in the \_15\_ of the room." That was it. From that day on, Simon had sat up straighter, paid more attention, \_16\_ more, and became happy. And it was all because he \_17\_ to be the last kid in the last row. The boy who most needed \_18\_ was the one who took the last seat that day.

It taught me the most \_19\_ lesson over the years of my teaching career, and I'm thankful that it came \_20\_ and positively. A small kindness can indeed make a difference.

( ) 1. A. cleaner

B. reporter

C. monitor

D. teacher

( ) 2.A.Or

B.And

C.But

D.So

( ) 3.A.courage

B.abilities

C.feelings

D.dream

( ) 4.A.desperate

B.responsible

C.unprepared

D.unsuitable

( ) 5.A.Because of

B.In spite of

C.Apart from

D.As for

( ) 6.A.loved

B.envied

C.pleased

D.criticised

( ) 7.A.gradually

B.constantly

C.recently

D.obviously

( ) 8.A.self-respect

B.self-doubt

C.self-pity

D.self-defense

( ) 9.A.imagining

B.observing

C.wondering

D.regretting

( ) 10.A.also

B.even

C.always

D.still

( ) 11.A.expect

B.remember

C.believe

D.accept

( ) 12.A.writing

B.reviewing

C.editing

D.giving

( ) 13.A.quietly

B.repeatedly

C.quickly

D.firmly

( ) 14.A.lucky

B.lonely

C.only

D.likely

( ) 15.A.entrance

B.middle

C.front

D.back

( ) 16.A.slept

B.smiled

C.shouted

D.quarrelled

( ) 17.A.intended

B.pretended

C.refused

D.happened

( ) 18.A.change

B.praise

C.thanks

D.visits

( ) 19.A.difficult

B.painful

C.valuable

D.enjoyable

( ) 20.A.early

B.slowly

C.frequently

D.occasionally

## Saturday<sup>1</sup>

### 七选五阅读 中国古代四大发明

话题	科普知识	词数	232	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

What would we do without some of ancient China's valuable inventions? People in other countries made their contributions, but China's contribution has been the most progressive. Many of them are still in use today. 1. \_\_\_\_\_ Get ready to find out what these inventions from ancient China are. Some of them may be common knowledge while others may be rather surprising to you.

Paper could be the first important invention. It is almost impossible to imagine a world without it. How would we communicate with one another? 2. \_\_\_\_\_ Cai Lun developed a kind of paper which was made from cloth. This was considered the first piece of writing paper.

Then came the compass. It was invented in ancient time known as Si Nan. 3. \_\_\_\_\_ In the 11th century B.C. very small magnetic (有磁性的) needles were invented where one end pointed north and the opposite end faced south. This is the compass as we know today.

Next was the gunpowder. This invention actually came only by accident. It was then called flaming medicine. 4. \_\_\_\_\_ Gunpowder is a well-known invention to many people around the world, because the Chinese used the gunpowder for fireworks.

Seismograph (地震仪) is also considered to be an important invention of the ancient Chinese people. 5. \_\_\_\_\_ With the help of this



invention, people were able to find out where the earthquake took place.

A. With the help of these inventions, people's life is getting better and better.

B. It's hard to imagine they first came from many years ago.

C. The experiment came about when the Chinese people were making a kind of medicine to help people live a long life.

D. However, some people came to realise the importance of technology.

E. Before this invention, they wrote on bamboo, clay, stone and silk surfaces.

F. The world's first earthquake detector came from ancient China made by the astronomer Zhang Heng from the Han Dynasty.

G. It was built in the shape of a ladle, with its handle pointing to the south.

## Saturday<sup>2</sup>

### 语法填空 写下每天感激的事情

话题	人际关系	词数	179	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

I write 10 things for which I am grateful every day, posting them on Facebook, and have done so for well over a year. Several 1 (month) ago my mother died after a long 2 (ill). It was expected and we had her on hospice (安养所) 3 (careful) for several months. I wrote of my feelings 4 her impending (即将发生的) death and the places 5 I found gratitude and joy during that time, and 6 (continue) my writing following her death. One morning, several weeks following my mom's 7

( die ) , I received a beautiful note \_8\_ ( express ) how much my writings had meant to someone from another part of \_9\_ world. While my mom was dying , their loved one also lay dying. Every day that person opened the computer and read my words , and somehow they helped. I was \_10\_ ( deep ) touched that words I wrote to help make sense of my dark days could lighten the dark days of someone across the world. I guess we are more connected than I realize !

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 开心一刻

### Each Match Lit

There was a man who cared more for money than anything else. One day he sent his son to buy a box of matches, and told the boy he must see that each match in the box was good. Soon the boy came back. The man took out a match and struck it, but it failed to light. He tried several more, but in vain. He got so angry and said, "I told you each match must be good, didn't I?"

"Yes, you did," the boy replied. "I tried out all the matches in the box and each match lit."

## WEEK FIVE

### Monday

#### 阅读理解 让梦想照亮现实

话题	计划与愿望	词数	319	难度	★★
体裁	记叙文	限时	9 分钟	得分率	/4

“I have no idea what I want to do.I cannot stand my debt , ” I complained to my brother, Sean.He replied, “Imagine that you just won the lottery （彩票）！ What would be the first thing you’d do? ”

Without even thinking, I said, “Move to Italy!” I have dreamt of living there since childhood.Because of my debt, I couldn’t even afford to take a vacation.

While I was imagining my trip around Italy, Sean told me, “Then just do it!”

“I don’t have the money.And I can’t speak Italian.”

“Do whatever it takes and get out of debt.Start saving.Focus on moving to Italy.Call it a birthday gift to yourself.Call your friend who lives there.Ask him if he’ll help you find somewhere to live.”

I picked up my address book and called my friend Piercarlo in Milan.He told me to book a flight and he would meet me at the airport.He even offered to help me get an apartment.My hand trembled as I hung up the phone.This was much easier than I thought it would be.

By focusing on my goal of moving to Milan, I found all kinds of ways to save money.I brought my lunch to work,stopped going out for dinner and went to the library to check out tapes on how to speak Italian.

While physically I was in Los Angeles, mentally I had been in Italy. I boarded the plane to Milan with about \$1,200, more money than I had ever saved before.

If you won the lottery, what would you do? My imaginary lottery win forced me to listen to my inner voice and that imaginary lottery ticket turned into a real plane ticket. Deciding to move was a turning point in my life.

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

A. A Daydream

B. My Journey to Italy

C. How to Save Money

D. What if You Won the Lottery

(    ) 2. Why did the author reply to his brother immediately?

A. Because going to Italy was his dream.

B. Because he had won the lottery.

C. Because he had wanted to take a vacation.

D. Because Italy is an imaginary city.

(    ) 3. The author went to the library to \_\_\_\_\_.

A. speak with Italians

B. make money

C. learn Italian

D. meet his friend

(    ) 4. For what purpose is the text written?

A. To introduce ways of daydreaming.

B. To teach readers how to make money.

C. To encourage people to buy lottery.

D. To show readers a philosophy of life.

# Tuesday

## 阅读理解 活动介绍

话题	日常活动	词数	279	难度	★★
体裁	应用文	限时	8 分钟	得分率	/3

### ● Nia fitness class

A unique combination of yoga, dance and martial arts techniques, Nia is a new form of fitness designed for people of all fitness levels to open up their body and relax.

When: Every Wednesday 5 pm—6 pm

Cost: 100 yuan for one class, 500 yuan for six

Contact: 135-2299-3724

Where: D-1F Jinxiuyuan Apartment, Xing Fu Cun Zhong Lu, Chaoyang District

### ● The Red Detachment of Women

Part of the closing ceremony for the 11th “Meet in Beijing” Arts Festival, the China National Ballet will be performing The Red Detachment of Women, one of the most successful full-length Chinese ballets.

When: May 25, 7:30 pm

Cost: 80~1,080 yuan

Contact: 6417-7845, ponypiaoen@hotmail.com

Where: Poly Plaza, 14 Dongzhimen Nandajie, Dongcheng District

### ● Student rock

College bands Las Vegas, Strange July, Wet Sand, Poshangcun and Ganrao Diantai will take the stage at D-22 to show some of the best talent.

With many of Beijing's best underground bands getting their start at D-22, it's a place to experience new sounds, faces and performances inspired by the city's youngest talent.

When: May 27, 8:30 pm

Cost: 20 yuan

Contact: 6265-3177

Where: D-22, 242 Chengfu Lu, Haidian District

● Speed dating “on wheels”

The speed dating industry is not new in China. All speed dating is the same: small tables, pleasant environment, nervous people.

Speed dating “on wheels” is a new form of speed dating. The details: Chinese rickshaws (人力车) will drive you around the romantic places at Houhai Lake, stopping to make a change.

This traditional atmosphere will bring more romance to the old, boring speed dating.

When: June 5, 2 pm—4 pm

Cost: 150 yuan (rickshaws and bar included)

Where: Houhai Lake

( ) 1. If a couple want to attend two Nia fitness classes, they need to pay\_\_\_\_\_.

A. 100 yuan

B. 200 yuan

C. 300 yuan

D. 400 yuan

( ) 2. Which of the following about the speed dating “on wheels” is TRUE?

A. It is not new in China.

B.It lasts a whole day on June 5.

C.It is suitable for nervous people and old people.

D.It will not cost people extra money to take rickshaws.

( ) 3.Which of the following activities can you attend if you are available on the evening of May 27?

A.Student rock.

B.The Red Detachment of Women.

C.Nia fitness class.

D.Speed dating “on wheels”.

## Wednesday

### 阅读理解 父爱

话题	家庭、朋友与周围的人	词数	302	难度	★★
体裁	记叙文	限时	8 分钟	得分率	/4

An 80-year-old man was sitting on the sofa in his house along with his 45-year-old highly educated son.

Suddenly a crow (乌鸦) perched on the tree near their window.

The father asked his son, “What is this? ”

The son replied, “It is a crow.”

After a few minutes, the father asked his son the second time, “What is this?”

The son said, “Father, I have just now told you ‘It’s a crow’.”

After a little while, the old father again asked his son the third time, “What is this?”

“It’s a crow, a crow, a crow,” said the son loudly.

A little after, the father again asked his son the fourth time, “What is this?”

This time the son shouted at his father, “Why do you keep asking me the same question again and again? ‘IT IS A CROW’.Are you not able to understand this?”

A little later the father went to his room and came back with an old diary, which he had kept since his son was born.On opening a page, he asked his son to read that page.When the son read it, the following words were written in the diary:

“Today my little son aged three was sitting with me on the sofa when a crow was sitting on the window.My son asked me 23 times what it was, and I replied to him all 23 times that it was a crow.I hugged him lovingly each time he asked me the same question again and again for 23 times.I did not at all feel annoyed; I rather felt affection for my innocent child.”

(    ) 1.In what tone did the son say to his Father “It’s a crow, a crow, a crow.”?

A.Impatient.

B.Excited.

C.Hurried.

D.Surprised.

(    ) 2.Why did the Father ask the same question again and again?

A.Because he wanted to make his son angry.

B.Because he was too old to remember anything.

C.Because he couldn’t understand what his son said.

D.Because he wanted to see how patient his son would be.

(    ) 3.How old was the old man when his son asked him 23 times “What is this?”?



A.35 years old.

B.38 years old.

C.45 years old.

D.80 years old.

( ) 4.What is the most suitable title for the text?

A.A Crow

B.Father's Love

C.An Old Dairy

D.An Old Man

## Thursday

### 阅读理解 女孩的芭蕾舞梦

话题	人物故事	词数	297	难度	★★★
体裁	记叙文	限时	7 分钟	得分率	/4

When Sarah Hansen first came to Bonnie Schlachte's ballet studio, she jokingly called herself a "weeble-wobble",telling her ballet teacher that when she tried to walk, she would fall."She couldn't walk across the room without holding on to something," recalls Schlachte."She would immediately fall."

Hansen was only in middle school, but was hindering (阻碍) her ability to walk, let alone do ballet.But Hansen had a tenacious spirit and desperately wanted to learn ballet.Hansen joined in weekly group classes at Schlachte's ballet studio called Ballet for All Kids, a studio that teaches children with disabilities.Soon after she began classes and private lessons, her family saw a vast improvement in her ability to move.

She worked tirelessly in the studio, focusing on what her instructor wanted from her. “At the time, her foot wouldn’t fully rest on the floor,” explains Schlachte. “That’s why she couldn’t stand on her own; there was no support.”

Schlachte pushed her student, explaining to Hansen that her brain has neuroplasticity (可塑性) so eventually it will receive the message.

As a mom, a classically trained ballerina, and holding a degree in psychology, Bonnie Schlachte was the perfect person to push Hansen to do her best. Schlachte put herself through college with dance and theater scholarships. After graduation, she came across an opportunity with children with developmental disabilities. She fell in love and chose to focus on jobs in that field.

Years later, Schlachte found herself watching and celebrating Hansen, who at one point could barely walk, was now moving across the floor on her own two feet. “One day, her ankle dropped, and she put her whole foot on the ground,” says Schlachte. “I was crying, her mom was crying, it was a great moment.”

( ) 1. Why did Sarah Hansen call herself a “weeble-wobble”?

- A. She met Bonnie Schlachte for the first time.
- B. She had great difficulty in walking properly.
- C. She could walk very fast carrying something.
- D. She would stop herself from falling quickly.

( ) 2. What kind of person was Sarah Hansen?

- A. Determined and hard-working.
- B. Energetic and confident.
- C. Happy and generous.
- D. Anxious and careful.

( ) 3. What did Schlachte do to help Hansen walk?

- A.She put Hansen’s foot fully on the floor.  
 B.She pushed Hansen in a wheelchair.  
 C.She asked Hansen to control her brain.  
 D.She paid the fee for her.
- ( ) 4.What made Schlachte and Hansen’s mother cry?  
 A.Hansen’s degree in psychology.  
 B.Hansen’s dance and theater scholarships.  
 C.Hansen’s opportunity with children.  
 D.Hansen’s improvement in walking.

## Friday

### 完形填空 赠送圣诞节礼物

话题	人际关系	词数	270	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

I am 63 years old.I had collected bags of necessities for homeless people with the \_1\_ of giving them out during the \_2\_ weather.On Christmas day I went out to find folks who needed \_3\_ to give them hope for their lives.My bags contained a lot of \_4\_ and a Christmas card, reading “No matter how bad things get, remember that somebody \_5\_ you.”

I had about 35 of these \_6\_.I was driving in a small town when I saw an elderly woman \_7\_ in a bright orange coat pushing a shopping cart.I gave her a gift bag and asked her \_8\_ she had a place to stay tonight.She said she had stayed the night before at a motel, but this morning her husband \_9\_ not walk so she called 911.The church where her husband had retired was \_10\_ but they had run out of funds.I called the \_11\_ to find out how her husband was,since she had no \_12\_.I went to the Motel 6 and asked how much the

\_13\_ room cost.The answer was \$64.I was shocked.I paid for a room for her and \_14\_ her I would pray for her husband's \_15\_.

I was so \_16\_ to have run into her on the street.And then I \_17\_ to another larger city and was shocked to find many young people \_18\_ there.I gave out as many gift bags as possible before \_19\_.What I noticed was the surprise and the smile and \_20\_ in their eyes and their words.

(    ) 1.A.idea

B.emotion

C.fact

D.imagination

(    ) 2.A.hot

B.warm

C.cold

D.cool

(    ) 3.A.anything

B.something

C.nothing

D.everything

(    ) 4.A.stuff

B.money

C.water

D.food

(    ) 5.A.needs

B.wants

C.hates

D.loves

(    ) 6.A.people

B.cards

C.bags

D.streets

(    ) 7.A.sleeping

B.living

C.shopping

D.walking

(    ) 8.A.if

B.when

C.how

D.why

(    ) 9.A.must

B.could

C.may

D.would

(    ) 10.A.repairing

B.promising

C.helping

D.using

(    ) 11.A.school

B.hotel

C.family

D.hospital

(    ) 12.A.time

B.phone

C.energy

D.hand

( ) 13.A.most important

B.most expensive

C.cheapest

D.closest

( ) 14.A.questioned

B.invited

C.offered

D.told

( ) 15.A.health

B.job

C.behaviour

D.taste

( ) 16.A.sorry

B.glad

C.worried

D.awkward

( ) 17.A.ran

B.drove

C.rode

D.escaped

( ) 18.A.helpless

B.careless

C.homeless

D.selfless

( ) 19.A.sunset

B.dusk

C.dawn

D.dark

( ) 20.A.gratitude

B.attempt

C.kindness

D.honesty

## Saturday<sup>1</sup>

### 七选五阅读 如何防范自然灾害？

话题	科普知识	词数	253	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

I am afraid of the summer. While most people think of hot weather as a time for playing in the pool, picnics and other activities, I keep an eye out for wildfires. I've lived in the mountains of Montana and Colorado for more than 30 years.

1. \_\_\_\_\_ What will you do when a real disaster strikes, like floods, fires, tornadoes, hurricanes, earthquakes or other disasters? I'll tell you what I've done to prepare.

Nobody wants to think about natural disasters, except perhaps at the local movie theater watching the latest movie, but that's burying your head in the sand.2. \_\_\_\_\_

Look at where you live. What are the possible natural disasters? Wildfires are easy to break out in forested areas. Coasts are easy to suffer from floods, hurricanes, tornadoes and tsunamis.3. \_\_\_\_\_ If the Yellowstone super volcano goes, I'm probably out of luck too.

The trick of living in a disaster-prone area is planning.4. \_\_\_\_\_ In my case, I need to know where my exit routes are and also where I'm going to stay. Depending on how big the disaster is, I know where I need to go.

5. \_\_\_\_\_ So ask beforehand, especially if you have pets, if you can bring them over in case of a natural disaster. No matter how carefully you plan, when things get rough, your family and friends may not be able or willing to help you. The disaster may be widespread. In that case, your family and friends may be in the same situation as you are.

A. Natural disasters take place frequently nowadays, bringing much trouble to us humans.

B. It is necessary for you to know where your safer areas are, such as places you can escape the disaster there.

C. In my case, I have possible earthquakes, heavy snow and wildfires.

D. Not all shelters allow pets.

E. And I have been through at least seven major fires in my area.

F. We ought to take great care about those disasters so that we can well protect us from danger.

G. Avoiding thinking about disasters doesn't mean they won't take place.

**Saturday<sup>2</sup>**



## 语法填空 我的父亲

话题	家庭、朋友与周围的人	词数	194	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

No one loves me more than my parents, especially my father. My father is stout and strong, 1 a severe look on his face and keen expressive eyes. At first sight you may feel him hard 2 (approach). In fact he is very kind and considerate. I believe my father is a 3 (talent) man. He is decisive and efficient in doing things. By his own talents and years of efforts, he 4 (provide) his family with a good social position and a 5 (relative) rich life. Besides, he lives in harmony with others and never quarrels with anyone, so people from all walks of life come to my house, from 6 I've gained lots of social experience. But at home he is a strict parent who is hard on me and has high 7 (expectation) of me. I can see that my idling away time 8 (hurt) him deeply, while if I have done something great and meaningful, such as 9 (write) a book, he will be more excited than me. I always remind myself I must go on and on, and never 10 I give up halfway.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_

## 美文诵读

### Beautiful Memory

When I was small, I lived in my hometown. It was a small village, but the scenery was so beautiful, the trees were so green and the water was so clean. But when I went to primary school, I moved to the city with my

parents.I missed the time in my hometown so much.When I was in my hometown, I woke up early in the morning.Then some people were taking a walk and some were doing their farm work.I would always go to the mountain with my grandma and take care of the fruit trees.The little dog would come with me.When my grandma was doing her work, I played with the dog.How happy I was! Sometimes I would go to the river with my friends to catch the fish.I saw the fish clearly.These are beautiful memories for me,which I keep all the time.

### 美好的回忆

当我还小的时候，我住在家乡。那是一个小村庄，但是风景很美，树木很绿，水很清澈。当我上小学的时候，我随父母搬到了城市。我很想念在家乡的时光。当我在家乡的时候，我早上起得很早。那时，一些人正在散步，还有一些人在干他们的农活。我常常跟我奶奶去山上料理果树。小狗会跟着我。在我奶奶干活的时候，我就和小狗玩耍。我是多么开心啊！有时候我会和朋友到河边抓鱼。我能清楚地看到鱼。这些对于我来说都是美好的回忆，我一直都铭记着。

## WEEK SIX

### Monday

#### 阅读理解 传递爱心

话题	人际关系	词数	296	难度	★★
体裁	记叙文	限时	7 分钟	得分率	/4

My husband and I just got back from our one-month honeymoon in Bali. It's been such a fun month. Icing on the cake was on New Year's Eve. We landed in the Doha airport at 11:40 pm, and were determined to do something more fun and different, even though we were a little sleepy.

The idea is getting huge bags of chocolates and passing them out to strangers in the Doha airport, along with a chirpy (活泼愉快的) "Happy New Year!" At first, we got rejected, and the staff looked at us strangely (they have strict rules on not accepting gifts—even tiny ones). Passers-by thought we were crazy and trying to sell something...but we persevered (坚持不懈).

We ended up meeting at least 80 strangers and listening to different heart-opening stories. And among them were two Swedish women, who looked terribly exhausted in the Bali airport. And when we shared the chocolates in Doha, we learned that their entire purse, with ATM cards and money in it, had been stolen in Bali, and they had no money on them. We were moved and gave them money to spend the night in the business class waiting-room...and they were so relieved!

There were other sweet, gentle people we met with whom we laughed, shared travel and life stories—cute children, an old British couple, lovely college girls from Australia—people from around the world.

It was a lively New Year's Eve, but in a different way. Throughout the night, my heart opened, with even more fearlessness...as I wanted it to. It was such a perfect way to usher in (开启) the New Year!

( ) 1. What is the text mainly talking about?

- A. Our honeymoon in Bali.
- B. Spreading love in Doha.
- C. How to spend New Year's Eve.
- D. Passengers in the Doha airport.

( ) 2. What does the underlined part "Icing on the cake" in Paragraph 1 probably mean?

- A. What's better.
- B. The hardest time.
- C. The worst thing.
- D. A piece of cake.

( ) 3. What did other people think of the author at first?

- A. Strange and crazy.
- B. Generous and kind.
- C. Childish and innocent.
- D. Creative and courageous.

( ) 4. What happened to the two Swedish women?

- A. They lost their purse.
- B. They were seriously ill.
- C. They stole others' luggage.
- D. They accepted the author's gift.

# Tuesday

## 阅读理解 父亲帮助女孩凑手术费的经历

话题	人际关系	词数	311	难度	★★★
体裁	记叙文	限时	8 分钟	得分率	/4

When I told my father that I was moving to Des Moines, Iowa, he told me about the only time he had been there. It was in the 1930s, when he was an editor in the literary magazine of Southern Methodist University (SMU) in Dallas, Texas. He also worked as a professor at SMU, and there was a girl student in his class who suffered from a serious back disease. She couldn't afford the operation because her family was poor.

Her mother ran a boarding house in Galveston, a seaside town near Houston, Texas. She was cleaning out the attic (阁楼) one day when she came across an old dusty manuscript (手稿). On its top page were the words, "By O. Henry". It was a nice story, and she sent it to her daughter at SMU, who showed it to my father. My father had never read the story before, but it sounded like O. Henry, and he knew that O. Henry had once lived in Houston. So it was possible that the famous author had gone to the beach and stayed in the Galveston boarding house, and had written the story there and left the manuscript behind by accident. My father visited an O. Henry expert at Columbia University in New York, who authenticated the story as O. Henry's.

My father then set out to sell it. Eventually, he found himself in Des Moines, meeting with Gardner Cowles, a top editor at the Des Moines Register. Cowles loved the story and bought it on the spot. My father took the money to the girl. It was just enough for her to have the operation she so desperately needed.

My father never told me what the O. Henry story was about. But I doubt that it could have been better than his own story.

( ) 1. Who found the O. Henry's manuscript?

- A.The girl’s mother.
- B.The author’s father.
- C.The girl.
- D.The author.

(    ) 2.Which of the following might explain the fact that the manuscript was found in the attic?

- A.O.Henry once worked in Houston.
- B.O.Henry once stayed in Galveston.
- C.O.Henry once moved to Des Moines.
- D.O.Henry once taught at SMU.

(    ) 3.The underlined word “authenticated” in Paragraph 2 probably means “\_\_\_\_\_”.

- A.named
- B.treated
- C.proved
- D.described

(    ) 4.According to the text, why did the author’s father go to Des Moines?

- A.To sell the O.Henry story.
- B.To meet the author himself.
- C.To talk with the O.Henry expert.
- D.To give money to the girl.

**Wednesday**

**阅读理解 教育强国芬兰**

话题	科普知识	词数	343	难度	★★★
体裁	说明文	限时	9 分钟	得分率	/4

Forty years ago, Finland was a small, homogeneous (同种的) country with mediocre (中等的) public schools. Today, Finland is still small and, although it has grown more diverse, it is still much more homogeneous than countries such as the United States.

But no one calls Finland's public schools mediocre anymore.

In 2000, the Finns surprised the world when their 15-year-olds scored at the top of a closely watched international exam called the PISA, the Program for International Student Assessment. Finland has stayed near the top ever since, while the U.S. scores around the middle.

Pasi Sahlberg, an official with Finland's Ministry of Education and Culture, recently shared the story of Finland's success, and what states like Washington could learn from it.

Sahlberg's message, although he is too polite to put it so frankly: stop testing so much; trust teachers more; give less homework and shorten the school day.

In a room filled with teachers, principals, professors, school-board members and policy makers, Sahlberg joked about the Finns' reputation for being quiet, humble people. When Finland hit the top of the PISA, he said, the biggest disbelievers were Finns.

More seriously, he said, Finland never set out to create the world's top school system. Instead, he said, the country decided in the 1970s that it wanted to ensure that a student's success didn't depend on the family background.

To achieve that goal, Finland relied on cooperation among teachers and schools, rather than on competition. Rather than judging teachers and schools based on test scores, he said, Finland puts trust in its teachers and principals. Teachers develop the curriculum in Finland, and design their own tests. There are no national tests, except one at the end of high school.

That's just the start. Along with a shorter school day, Finnish students don't even start school until they are 7 years old. Many primary schools have a policy against giving homework.

Finland, he said, succeeded in part by adapting ideas from the U.S. and other countries. And those countries, he said, can learn from Finland, too.

( ) 1. What might be the author's purpose in writing the passage?

- A. To introduce a Finnish official.
- B. To ask the US to improve its education.
- C. To share Finland's success story about education.
- D. To compare Finnish and American education system.

( ) 2. People first learned Finland's success in education from \_\_\_\_\_.

- A. its mediocre public schools
- B. its advanced education system
- C. lectures given by Pasi Sahlberg
- D. its students' performance in an international exam

( ) 3. Which of the following contributes to Finland's success in education?

- a. Giving students less testing.
- b. Giving teachers more trusting.
- c. Evaluating students' family background.
- d. Creating the world's top school system.
- e. Starting school late.

A. abcde

B. ade

C. abc



D.bcd

( ) 4. What Pasi Sahlberg said in the passage suggests that \_\_\_\_\_.

A. children should start school as late as possible

B. competition among teachers is harmful in education

C. the US education system is still the most advanced

D. it's necessary to set up a national curriculum

## Thursday

### 阅读理解 帮助盲人重见光明的非营利组织

话题	社会	词数	322	难度	★★★
体裁	说明文	限时	6 分钟	得分率	/5

Close your eyes for a minute and imagine what life would be like if you had a hundred dollars less. Also imagine what it would be like spending the rest of your life with your eyes closed. Imagine having to read this page, not with your eyes but with your finger-tips.

With existing medical knowledge and skills, two-thirds of the world's 42 million blind should not have to suffer. Unfortunately, rich countries possess most of this knowledge, while developing countries do not.

ORBIS is an international non-profit organisation which operates the world's only flying teaching eye hospital. ORBIS intends to help fight blindness worldwide. Inside a DC-8 aircraft, there is a fully-equipped teaching hospital with television studio and classroom. Doctors are taught the latest techniques of bringing sight back to people there. Project ORBIS also aims at promoting peaceful cooperation (合作) among countries.

ORBIS tries to help developing countries by providing training during three-week medical programmes. ORBIS has taught sight-saving techniques to over 35,000 doctors and nurses, who continue to cure tens of thousands of

blind people every year.ORBIS has conducted 17 plane programmes in China so far.For the seven to ten million blind in China,ORBIS is planning to do more for them.At the moment an ORBIS team is working on a long-term plan to develop a training center and to provide eye care service to Shanxi Province.ORBIS needs your help to continue their work and free people from blindness.

For just \$38, you can help one person see; for \$380 you can bring sight to 10 people; \$1,300 helps teach a doctor new skills; and for \$13,000 you can provide a training programme for a group of doctors who can make thousands of blind people see again.Your money can open their eyes to the world.Please help ORBIS improve the quality of life for so many people less fortunate than ourselves.

( ) 1.The first paragraph is intended to\_\_\_\_\_.

- A.introduce a new way of reading
- B.advise the public to lead a simple life
- C.direct the public's attention to the blind
- D.encourage the public to use imagination

( ) 2.What do we learn about existing medical knowledge and skills in the world?

- A.They are adequate.
- B.They have not been updated.
- C.They are not equally distributed.
- D.They have benefited most of the blind.

( ) 3.ORBIS aims to help the blind by\_\_\_\_\_.

- A.teaching medical students
- B.training doctors and nurses
- C.running flying hospitals globally
- D.setting up non-profit organisation

( ) 4. What does the author try to do in the last paragraph?

- A. Appeal for donations.
- B. Make an advertisement.
- C. Promote training programmes.
- D. Show sympathy for the blind.

( ) 5. What can be the best title for the text?

- A. ORBIS in China
- B. Fighting Blindness
- C. ORBIS Flying Hospital
- D. Sight-seeing Techniques

## Friday

### 完形填空 勿以善小而不为

话题	人际关系	词数	307	难度	★★
体裁	记叙文	限时	15 分钟	得分率	/20

Yesterday, I went to a grocery store to buy myself supper. I actually borrowed money from my friend. On my way out, I saw a lady there with a little girl about nine or ten years old. They had many bags filled with 1 cans. They could get a five-cent refund for each can returned, and 2 they could only get a few dollars.

That really struck me, and I couldn't 3 wondering about them. I reached into my 4 and confirmed that I had 10 dollars left of the money I had 5. Thus, I walked back to the store and was about to give 6 the \$10. However, I was really 7 and I didn't want to offend her. Maybe she didn't 8 need it, so I walked back again.

I made it a few steps away \_9\_ the store, then turned back around and walked back in. \_10\_ I saw the mother and daughter, I chickened out again. Then I \_11\_ this a couple more times. At the moment, I noticed one of the \_12\_ from the grocery store outside getting ready to go home. I \_13\_ her to give the lady the money for me. She thought it was \_14\_ and asked me why. I just said that I \_15\_ to pay it forward to a stranger and that it was hard to \_16\_. She asked me to stay there in case she didn't want to \_17\_ it, but I replied, "She has no \_18\_, and I'm leaving right now anyway!"

I watched the cashier go to her, and then I left \_19\_. I have no idea what happened—if it helped or was appreciated—but, either way, my \_20\_ is clear! And I truly believe that no act of kindness, no matter how small, is ever wasted.

( ) 1. A. full

B. empty

C. beautiful

D. big

( ) 2. A. rarely

B. mainly

C. totally

D. truly

( ) 3. A. stop

B. consider

C. remember

D. practise

( ) 4. A. can

B. bank

C. desk

D. pocket

( ) 5.A.borrowed

B.earned

C.hidden

D.saved

( ) 6.A.him

B.her

C.me

D.it

( ) 7.A.kind

B.honest

C.stupid

D.shy

( ) 8.A.really

B.freely

C.regularly

D.quickly

( ) 9.A.in

B.from

C.into

D.with

( ) 10.A.If

B.Although

C.As soon as

D.Before

( ) 11.A.met

B.left

C.made

D.repeated

( ) 12.A.cashiers

B.friends

C.bankers

D.waiters

( ) 13.A.forced

B.asked

C.allowed

D.ordered

( ) 14.A.interesting

B.wrong

C.normal

D.strange

( ) 15.A.needed

B.promised

C.pretended

D.prayed

( ) 16.A.change

B.explain

C.shout

D.complain

( ) 17.A.refuse

B.avoid

C.accept

D.receive

( ) 18.A.money

B.chance

C.way

D.choice

( ) 19.A.immediately

B.easily

C.seriously

D.fortunately

( ) 20.A.sense

B.theory

C.conscience

D.definition

## Saturday<sup>1</sup>

### 七选五阅读 支持与鼓励

话题	人际关系	词数	279	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

Even the most confident of us appreciate some support from time to time.1.\_\_\_\_\_Support can lift our spirits,motivate us to continue or simply relieve our stress at difficult times.

Coaches and teachers are there to give us support and encouragement. They know us well. They are aware of when we can be pushed a little harder. Coaches are usually people we respect, often are successful in their special areas and have offered their time to support us. 2. \_\_\_\_\_ And they are trained to share their knowledge and educate us.

Supervisors are there to provide support in a work environment. 3. \_\_\_\_\_ The better we do, the better it reflects on them and their reputation and success. They are there to check our work, help us to improve, maybe set challenges to help us promote our skills and competencies. These are important ways in helping us to build confidence. Their encouragement and support enable us to develop.

Family and partners provide support that may not be educational. They can listen to you or maybe give advice, but their support often comes from love, care and attention. Knowing that they are there, behind us can give us the motivation to try harder and feel loved and secure. We may want to impress them and show what we are capable of. 4. \_\_\_\_\_ They want to make their parents proud.

Knowing that we have encouragement and support from the important people in our lives provides us with the security to have a go and do our best. 5. \_\_\_\_\_ They care about us, wish us well and are there to give us whatever help and guidance they can. It makes all the difference.

A. A good supervisor will appreciate that our success is their success.

B. When we feel confident, we are ready to accept any failures that come to our life.

C. A smile, a nod, a quiet word can lift our mood in tense situations.

D. We can feel confident in the belief that we have people on our team.

E. Believe in other people and follow their tips when we are in need of help.

F. Teachers are also respected because they are skilled in their fields.



G.Children often find that the support of their parents gives them the confidence to try harder.

## Saturday<sup>2</sup>

### 语法填空 女子沉迷手游致右眼失明

话题	日常活动	词数	200	难度	★★★
体裁	记叙文	限时	10 分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

A woman suddenly \_1\_ (go) blind in one eye after playing a mobile phone game for a whole week in Guangdong province last month. The unnamed woman admitted to \_2\_ (regular) playing the game for seven or eight hours without moving and finally lost \_3\_ (she) right eyesight.

The game, Arena of Valor, \_4\_ (know) as Honor of Kings, has become hugely popular in China and is due to be limited across the US and Europe. Being \_5\_ world's most popular online battle game, it already has over 200 million players in China.

The battle game \_6\_ (put) together a team of five players who have to fight others in a fantasy land filled \_7\_ characters, and players can buy extra features while playing. The eye injury follows series of \_8\_ (incident). In June, a child in Shenzhen stole 30,000 yuan (£3,450) from his parents to buy add-ons, and a 13-year-old in Hangzhou, severely injured his legs after jumping from a five-storey building to escape from his father \_9\_ was trying to stop him playing.

In a country in which 60 percent of the population has a smart-phone, the game has been highly \_10\_ (success), partly because it is free to play.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_

6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_

## 美文诵读

### Born to Win

Each human being is born as something new, something that never existed before. Each is born with the capacity to win at life. Each person has a unique way of seeing, hearing, touching, tasting and thinking. Each has his or her own unique potentials—capabilities and limitations.

The word “winner” and “loser” have many meanings. When we refer to a person as a winner, we do not mean one who makes someone else lose. To us, a winner is one who responds authentically by being credible, trustworthy, responsive, and genuine, both as an individual and as a member of a society.

### 生而为赢

人皆生而为新，为前所未有之所存在；人皆生而能赢。人皆有其特立独行之方式去审视、聆听、触摸、品味及思考。每个人都有其独特潜质——能力和局限。

“成者”与“败者”含义颇多。谈及成者我们并非指令他人失意之人。对我们而言，成者必为人守信，值得信赖，有求必应，态度诚恳，或为个人，或为社会一员皆能以真诚回应他人。

# WEEK SEVEN

## Monday

### 阅读理解 活动简介

话题	文娱与体育	词数	328	难度	★★★
体裁	应用文	限时	9 分钟	得分率	/3

#### Bread Garrett's Comedy Club

Category: Comedy

Best known for his role on the Emmy award-winning sitcom (情景喜剧) Everybody Loves Raymond, Brad Garrett returns to his Vegas roots with his comedy club at the MGM Grand. It is a good place to check out when you need a break from work.

Prices from: \$56.40 and up

Age restriction: Must be 21 years of age or older

Show Length: 115 minutes

#### Mac King Comedy Magic Show

Category: Comedy, Magic

The Mac King Comedy Magic Show is different every afternoon, with lots of audience participation. He is willing to make fun of himself instead of his guests in order to make everyone feel welcome and entertained. The afternoon is kidfriendly from start to finish. Still, whether you're eight or eighty, you won't be able to figure out King's secrets.

Prices from: \$40.90 and up

Age restriction: No age restriction

Show Length: 90 minutes

The Mentalist, Gerry McCambridge

Category: Comedy, Magic

Using his skills as a “mentalist”, Gerry McCambridge shocks the crowds as he uses his abilities to predict just what audience members will do next. Anyone who has seen the show has walked away in disbelief, amazed by his unusual power.

Prices from: \$34.99 and up

Age restriction: Under 13 will not be admitted into the theater

Show Length: 75 minutes

Rock of Ages

Category: Plays & Musicals

The cheerful Rock of Ages brings audiences back to the times of big hair and even bigger bands with 28 popular rock songs from the 80s including “Every Rose Has Its Thorn,” “I Wanna Know What Love Is,” “Here I Go Again,” and more.

Rock of Ages has been nominated (提名) for five Tony Awards including Best Musical and Best Direction of a Musical. It also received a Drama League nomination for Distinguished Production for a Musical.

Prices from: \$74.00 and up

Age restriction: Must be 15 years of age or older

Show Length: 125 minutes

( ) 1. Who is most likely to be able to read audiences' minds?

A. Raymond.

B. Mac King.

C. Brad Garrett.

D.Gerry McCambridge.

( ) 2.Which of the following is good for a kid of 10 years old to go to?

A.Gerry McCambridge's show.

B.Brad Garrett's Comedy Club.

C.Mac King Comedy Magic Show.

D.Performances of Rock of Ages.

( ) 3.If someone is interested in musicals, his best choice must be\_\_\_\_\_.

A.Rock of Ages

B.Brad Garrett's Comedy Club

C.Mac King Comedy Magic Show

D.The Mentalist, Gerry McCambridge

## Tuesday

### 阅读理解 毅力挖掘出重生机会

话题	人物故事	词数	337	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/4

I was lucky—I found what I loved to do early in life.Woz and I started Apple in my parents' garage when I was 20.We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a \$2 billion company with over 4,000 employees.We had just released our finest creation—the Macintosh—a year earlier, and I had just turned 30.And then I got fired.

How can you get fired from a company you started? As Apple grew we hired someone who I thought was very talented to run the company with me,

and for the first year or so things went well. But then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out, and very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, Toy Story, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers.

( ) 1. The writer was fired probably because \_\_\_\_\_.

- A. he had different opinions from others
- B. he hired too talented an employee
- C. he didn't gain any achievements at all
- D. he fixed his attention only to his family life

( ) 2. By the underlined part "very publicly out", the writer would like to tell us that \_\_\_\_\_.

- A. he showed his talent in public
- B. nobody had him as sincere friends
- C. people knew he was fired by Apple
- D. nothing could change him a little

( ) 3. What probably helped the writer return to Apple?

A. He got married to Laurene.

B. He started NeXT successfully.

C. He invented animated feature film.

D. He was in charge of Pixar.

( ) 4. The writer thinks that he \_\_\_\_\_.

A. is the luckiest person in the world

B. has suffered much in realizing his goal

C. will become the CEO of Apple soon

D. has benefited a lot from being fired

## Wednesday

### 阅读理解 如何选择旅游目的地?

话题	旅游和交通	词数	310	难度	★★★
体裁	说明文	限时	8 分钟	得分率	/5

Thinking about getting away? Well, it's the season to start planning and thinking about upcoming summer vacations with your family. Your kids are out of school, you've got vacation time to burn and you long for some family love time. The question is, where do you go? Many families plan vacations simply for their children, but this is also your vacation! Brainstorm ideas and discover a vacation spot that is appealing and has things to offer the entire family.

Depending on the contributed time you have available for your upcoming getaway, travelling across the country by plane or car may not be the best choice. If you do some digging, you can often find a lot of fun family

trips that require much less travel time. Choose closer locations for a shorter trip and farther destinations for longer outings.

Sit down and have a discussion with your family about activities they would each like to do during the vacation. Often, you will find that some of the activities are desired by more than one family member. Making lists can prove highly effective and helpful in the planning process. By knowing what will make each person happy, you get peace of mind in knowing that everything will run smoothly and no one feels bored or dissatisfied.

Another great idea is travelling to locations where there can be educational value and historical opportunities nearby. You can typically find good educational stops at any destination and all it takes is a little digging and research. What parents wouldn't want their children to gain some new knowledge? A quick Internet search can give you great insight into historical landmarks or places to visit in that area.

I hope you find these tips useful and that your next family vacation is one in which family members will make lasting memories for years to come.

(    ) 1. Who is the text written for?

- A. Students who will go on their holiday.
- B. Children who long for their holiday.
- C. Parents who plan to travel with their family.
- D. Everyone who likes travelling.

(    ) 2. What's the main idea of Paragraph 2?

- A. Do some research before travelling.
- B. Discuss with your family members.
- C. Choose a right way of transportation for travelling.
- D. Make a decision on your travel places and your travel time.

(    ) 3. What does the underlined part "Making lists" refer to in the third paragraph?



- A. Listing what to buy for the trip.
- B. Listing activities they'd like to do.
- C. Listing the family members to travel.
- D. Listing the destinations they hope to go to.

( ) 4. Which of the following statements is TRUE for a destination with educational stops?

- A. It takes less money to travel there.
- B. Travelling there is mainly for children.
- C. Historical destinations leave you deepest memories.
- D. If you don't surf the Internet, it's difficult to find an educational destination.

( ) 5. The writer suggests that when choosing the travel destination, you should not \_\_\_\_\_.

- A. make a plan for the entire family
- B. make some research before starting
- C. always put your children at the first place
- D. collect ideas from your family members

## Thursday

### 阅读理解 世纪文豪——杨绛

话题	人物故事	词数	321	难度	★★★
体裁	记叙文	限时	6 分钟	得分率	/4

Well-known Chinese writer, literary translator and foreign literature researcher Yang Jiang died at the age of 105 in Beijing on 25 May, 2016.

Yang, the wife of late Chinese novelist Qian Zhongshu, enjoyed decades of fame across the country for her literature works such as *Six Chapters from My Life "Downunder"* (1981), *Baptism* (1988), and *We Three* (2004), which recalls her husband and her daughter Qian Yuan (1937—1997) who died of cancer one year before her father's death. Her translation of the Spanish novel *Don Quixote de la Mancha* (《堂吉诃德》) is widely considered the best Chinese version so far.

Yang Jiang, whose original name was Yang Jikang, was born in Beijing and grew up in Suzhou, East China's Jiangsu Province. She got her master's degree in foreign languages and literature at Tsinghua University, where she met her husband Qian Zhongshu, whose later work, the satirical novel *Fortress Besieged* (《围城》) is famous around the world. The couple married in 1935 and during 1935 to 1938, they went to Oxford University for further study. They returned to China in 1938 and both of them went into academia (学术界) and made important contributions to the development of Chinese culture. Yang and Qian were known for having the perfect love story in Chinese literary circles. Qian once commented that Yang was "the most virtuous wife and most talented lady". Apart from her own achievements in literature, she made a great contribution to Qian's works after his death. More than 70,000 letters and drafts by her husband were collected by her for the publication *Qian Zhongshu's Manuscript Collection* in 2003.

Yang loved reading and encouraged the younger generation to read more books. She donated millions of yuan that she earned through sales of her works to Tsinghua University and set up the "Love Reading" scholarship in the name of her family after her husband and daughter passed away.

( ) 1. Which of the following literature works is NOT written by Yang Jiang?

- A. *Six Chapters from My life "Downunder"*.
- B. *Baptism*.
- C. *We Three*.
- D. *Don Quixote de la Mancha*.

( ) 2. She donated millions of yuan to Tsinghua University and set up the “Love Reading” scholarship to show\_\_\_\_\_.

- A. her great achievement in national literature
- B. her deep love for students in Tsinghua University
- C. her encouragement for the younger generation to read more books
- D. her missing for her husband and daughter

( ) 3. What did Yang Jiang do after Qian Zhongshu died?

- A. She went to Oxford University for further study.
- B. She returned to China and went into academia.
- C. She collected more than 70,000 letters and drafts by her husband.
- D. She got her master’s degree in foreign languages.

( ) 4. What’s the text mainly about?

- A. Yang Jiang, Chinese writer died at 105.
- B. Young people should read more books.
- C. Yang Jiang and her husband.
- D. Yang Jiang’s works.

## Friday

### 完形填空 向梦想出发

话题	计划与愿望	词数	320	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

My Grandmother was always encouraging me to set goals and work hard to achieve them. She would tell me not to be a(n) \_1\_ and not to set limits on what I could achieve. She truly \_2\_ that there were no limits that

you could achieve whatever you wanted. She \_3\_ told me the following story I have never forgotten.

A farmer \_4\_ a first prize at the country fair for his huge radish (萝卜) that was the exact shape and size of a quart of milk bottle. Many were \_5\_ as to how the farmer was able to grow this radish that was the exact shape of a milk bottle. \_6\_ one gentleman went up to the farmer and asked the question. The farmer replied, “It was \_7\_. I got the seed growing and then I put it into the milk bottle. It had nowhere else to \_8\_.”

You can use this \_9\_ as an analogy (类比) to life—our lives are shaped by the kind of \_10\_ we place ourselves in, the people that we allow to \_11\_ us, and the goals we give ourselves.

If we only dream and take no action then we get no \_12\_. But if we plan, set a goal and take action then our life \_13\_ a different shape. Goals and actions can help us accomplish more in a year than what some people will \_14\_ in a lifetime. To prove this point, read the biographies of \_15\_ people and you will see that goals and actions did \_16\_ play a big role in their success. Remember the words of \_17\_ from Max DePree, former CEO of Herman Miller, “We cannot become what we want to be by \_18\_ what we are.”

In summary, don't put yourself in a \_19\_; in other words move out of what is comfortable and secure \_20\_ you want to move forward.

( ) 1. A. follower

B. officer

C. designer

D. manager

( ) 2. A. explained

B. doubted

C. believed

D. expected

( ) 3.A.still

B.once

C.also

D.even

( ) 4.A.seized

B.missed

C.refused

D.won

( ) 5.A.worried

B.curious

C.embarrassed

D.disappointed

( ) 6.A.Slowly

B.Secretly

C.Suddenly

D.Finally

( ) 7.A.easy

B.strange

C.difficult

D.special

( ) 8.A.leave

B.happen

C.go

D.stop

( ) 9.A.humor

B.story

C.title

D.outline

( ) 10.A.surroundings

B.movements

C.instructions

D.impressions

( ) 11.A.remind

B.support

C.comfort

D.influence

( ) 12.A.cleverer

B.higher

C.further

D.happier

( ) 13.A.skips

B.takes

C.conveys

D.absorbs

( ) 14.A.gain

B.lose

C.save

D.spend

( ) 15.A.peaceful

B.thankful

C.successful

D.thoughtful

( ) 16.A.at first

B.on purpose

C.by chance

D.in fact

( ) 17.A.apology

B.wisdom

C.promise

D.dream

( ) 18.A.remaining

B.discovering

C.proving

D.forgetting

( ) 19.A.box

B.bag

C.bottle

D.bowl

( ) 20.A.though

B.if

C.until

D.because

**Saturday<sup>1</sup>**

## 七选五阅读 适量红酒有益健康

话题	健康	词数	224	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

Since 1970 over 400 health studies worldwide have found the amazing health benefits of red wine.1. \_\_\_\_\_

The studies found that red wine can reduce the chances of developing different kinds of diseases. In 1996 doctors from the Harvard School for Public Health said that drinking red wine was one of the best ways to reduce the risk of heart attacks.2. \_\_\_\_\_

The value of regular, moderate red wine drinking was shown in the Framingham Heart Study of 1970. But it did not become known to the public because the National Institute of Health didn't allow the information come out until 1980.3. \_\_\_\_\_

This important public health information was still kept within the inner part of the medical world and out of the hands of the public until November of 1991 when the programme 60 Minutes did a show on TV in France.

The diet of the people of France was made up of fatty food, which is the same as that of the United States.4. \_\_\_\_\_ However, the rate of heart disease in America was six times higher than that of France and the reason was that the French love for red wine.

The amount of wine seems to be important for us to improve the health benefits.5. \_\_\_\_\_ Anything more or less than that on a daily basis, you get less benefits.

A. It made sense that the heart disease rates would be the same in both countries.

B. More and more people begin to take an interest in drinking red wine.



C.In the year of 1980, Honolulu Heart Study again proved that drinking red wine every day reduced the risk of heart disease by 50%.

D.That theory sounds quite reasonable and it is believed to be a truth.

E.Red wine can produce great and long lasting health benefits while increasing your life.

F.Two or three glasses of red wine double the benefits.

G.These same health benefits of red wine are seen in all age groups.

## Saturday<sup>2</sup>

### 语法填空 外出度假时如何避免小偷光顾？

话题	科普知识	词数	191	难度	★★★
体裁	说明文	限时	10 分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Many people travel during the holiday season but do not make sure that their houses and homes \_1\_ (protect).Crimes go up \_2\_ (rapid) during the winter and summer holiday seasons.Here are some things that you should keep in mind when you go on holiday.

Always give \_3\_ (strange) the feeling that you are at home.Have the snow \_4\_ (clean) off your stairs or out of your driveway during the winter season.You might ask someone to park \_5\_ car in your driveway.

Tell your newspaper deliverer that you are not at home.\_6\_ (have) a pile of newspapers and other mail on your doorsteps tells people that you are not at home, so you could also have a neighbor \_7\_ a relative get your mail every day.

Fix a timer (定时器) in some of your rooms \_8\_ turns lights on and \_9\_ during different time of the day.Some TVs also come with a timer that

you could set to be turned on during certain time. Have motion (运动) sensitive lights outside your house that keep thieves away \_10\_ you are not at home.

It also lets people add accessories, and see outfits from different angles without straining their necks or using a wall of mirrors.

The technology is now being introduced into Neiman Marcus stores in San Francisco, and later, Texas.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 美文诵读

### An Identity of One's Own

In the eternal universe, every human being has a one-off chance to live—his existence is unique and irretrievable, for the mold with which he was made, as Rousseau said, was broken by God immediately afterwards.

Fame, wealth and knowledge are merely worldly possessions that are within the reach of anybody striving for them. But your experience of and feelings about life are your own and not to be shared. No one can live your life over again after your death. A full awareness of this will point out to you that the most important thing in your existence is your distinctive individuality or something special of yours.

### 活出个性

在茫茫宇宙间，每个人只有一次生存的机会——那是一个独一无二、不可重复的存在。正像卢梭所说的，上帝把你造出来后，就把那个属于你的特定的模子打碎了。

名声、财富、知识只是身外之物，人人都可求而得之，但没有人能够代替你感受人生。你死之后，没有人能够代替你再活一次。如果

你真正意识到了这一点，你就会明白：活在世上，最重要的事就是活出你自己的特色和韵味来。

## WEEK EIGHT

### Monday

#### 阅读理解 不同年龄段的孩子选择不同的玩具

话题	科普知识	词数	309	难度	★★
体裁	应用文	限时	8 分钟	得分率	/3

When the weather is good, most children would like to play outside. So we asked some kids and their parents whether the following toys kept them happy.

- All Surface Swingball, \$35.99

Played by Martin, nine, and five-year-old Alex in Crewe, Cheshire.

Mother Jennifer says, “The boys thought the toy was excellent and really wanted to play with it. It can be played with alone or with another child. It’s for the right age range but I believe the toy can be played with by all ages and is suitable for the whole family.”

- Rubberwood Quoits Set, \$13.99

Played by Jessica, four.

Mother Lucy Hayburst, 37, in Chichester, West Sussex, says, “Jessica played with this toy for a few minutes but quickly stopped playing with it. Since we bought this toy for her, she only played several times. The quality is very good. It can be played with by one child or more. Besides, I believe it’s more suitable for older kids.”

- Wooden Animal Skittles, \$14.99

Played by Matthew, two.

Father Richard Lee, 36, from Dartford, Kent, says, “Matthew was very interested in the toys and liked to play with them, but that only lasted for around five minutes. The skittles were fun at first but that feeling soon disappeared. Two or more children can play with the toy together. And I think they are most suitable for kids aged between three and seven. Our youngest son, Ethan, just kept trying to eat the lion’s head.”

- First Tailball Net Set, \$22

Played by James, five.

Mother Sarah Schwar, 39, from Grays, Essex, says, “James loved the toy.” He enjoyed balls so it was perfect for him. We used it in summer as it was easy to take on trips. It is suitable for kids over five years old. I think the price is fair and your children deserve it.”

(    ) 1. What did Jessica think of Rubberwood Quoits Set?

A. Frightening.

B. Expensive.

C. Wonderful.

D. Boring.

(    ) 2. Which toys are suitable for kids aged three?

A. Wooden Animal Skittles & First Tailball Net Set.

B. Rubberwood Quoits Set & First Tailball Net Set.

C. All Surface Swingball & Wooden Animal Skittles.

D. All Surface Swingball & Rubberwood Quoits Set.

(    ) 3. What can we learn from the text?

A. Toys should be chosen according to children’s ages.

B. Each toy has its own advantages and disadvantages.

C. Parents should encourage kids to play with toys patiently.

D. All parents are concerned with the usage and prices of toys.

# Tuesday

## 阅读理解 肢体语言

话题	科普知识	词数	267	难度	★★★
体裁	说明文	限时	9 分钟	得分率	/4

Have you ever been in the situation when you really didn't believe what someone was saying? Did you have a sense that something wasn't true or a feeling that all was not right? Perhaps they were saying "Yes" yet their heads were shaking "No"?

The difference between the words people speak and our understanding of what they are saying comes from nonverbal communication, otherwise known as "body language". By developing your awareness of the signs and signals of body language, you can more easily understand other people, and more effectively communicate with them.

There are sometimes obvious—and sometimes not so obvious—movements, gestures, facial expressions and even shifts in our whole bodies that indicate something is going on. The ways we talk, walk, sit and stand all say something about us, and whatever is happening on the inside can be reflected on the outside.

By becoming more aware of this body language and understanding what it might mean, you can learn to read people more easily. This puts you in a better position to communicate effectively with them. What's more, by increasing your understanding of others, you can also become more aware of the messages that you send to them. There are times when we send mixed messages—we say one thing yet our body language shows something different. This nonverbal language will affect how we act and react to others, and how they react to us.

This article will explain many of the ways in which we communicate non-verbally, so that you can use these signs and signals to communicate more effectively.

( ) 1.What can body language be used to do?

A.To make others misunderstand.

B.To give listeners a gut feeling.

C.To make listeners shake “No”.

D.To understand and communicate better.

( ) 2.According to the text, we can learn\_\_\_\_\_from body language.

A.what others are saying

B.what others are thinking

C.what others are doing

D.what others are seeing

( ) 3.What can we learn from Paragraph 4?

A.Body language can help you read people more difficultly.

B.Body language makes you communicate less effectively.

C.Body language stops you understanding others' messages.

D.Body language has effects on the interaction between talkers.

( ) 4.What will probably the text talk about next?

A.The advantages of body language.

B.The disadvantages of body language.

C.The ways to communicate non-verbally.

D.Different opinions on body language.

**Wednesday**

**阅读理解 拥抱**

话题	人际关系	词数	291	难度	★★★
体裁	说明文	限时	6 分钟	得分率	/4

We Chinese are not big huggers. A handshake or a pat on the shoulder is enough to convey our friendship or affection to one another. So when our newly-acquainted Western friends reach out in preparation for a hug, some of us feel awkward. Many questions go through our head. Where should I put my arms? What distance should I maintain? Should our chests touch?

But it isn't just people from cultures that are conservative in expressing physical contact who find hugging confusing. Hugs can cause discomfort or even distress in people who value their personal space.

In a recent article for The Wall Street Journal, US psychologist Peggy Drexler said that although the US remains a "medium touch" culture, Americans do seem to be hugging more. From politicians to celebrities, hugs are given to friends, strangers and enemies alike, whether they are willing or not; and the public has been quick to pick up the practice.

Public figures know that nothing expresses likeability (亲和力) like a good hug. US First Lady Michelle Obama has put her arms around icy foreign leaders like Russian Prime Minister Dmitry Medvedev and the Queen of England. Pop superstar Lady Gaga is also a hug enthusiast, telling her fans that "I will always, always, try my very best to wrap my arms around you when I meet you." But not all are grateful to be hugged, even by the most influential and famous. To them, any hug is offensive if it's not sincere. Amanda Hess, writing for US magazine Slate, says public figures should stop imposing hugs on everyone they meet. For them, a hug is rarely a gesture of sincere fellowship, compassion or affection. It's all part of a show.

( ) 1. Chinese people don't enjoy hugs because\_\_\_\_\_.

A. they are conservative in physical touch

B. they don't know how to hug correctly

C. they think a handshake is the best way to convey friendship



D.they feel awkward to communicate with westerners

( ) 2.Which of the following is closest in meaning to the underlined phrase “pick up the practice”(Para.3)?

A.Enjoy the medium touch culture.

B.Follow the trend.

C.Give hugs to enemies.

D.Resist physical touch.

( ) 3.Public figures like giving hugs to\_\_\_\_\_.

A.obtain public support

B.show sincere friendship

C.express enthusiasm

D.win fellowship or affection

( ) 4.What can we learn from the last paragraph?

A.People are grateful to hugs of any kind.

B.A hug is a gesture of friendship.

C.A famous person’s hug is usually sincere.

D.An insincere hug is a part of show.

## Thursday

### 阅读理解 生活之屋

话题	周围的环境	词数	349	难度	★★★★
体裁	议论文	限时	9 分钟	得分率	/4

Perhaps you think you could easily add to your happiness with more money.Strange as it may seem, if you’re unsatisfied, the issue is not a lack of

means to meet your desires but a lack of desires—not that you cannot satisfy your tastes but that you don't have enough tastes.

Real riches consist of well-developed and hearty capacities (能力) to enjoy life. Most people are already swamped (淹没) with things. They eat, wear, go and talk too much. They live in too big a house with too many rooms, yet their house of life is a hut.

Your house of life ought to be a mansion (豪宅), a royal palace. Every new taste, every additional interest, every fresh enthusiasm adds a room. Here are several rooms your house of life should have.

Art should be a desire for you to develop simply because the world is full of beautiful things. If you only understood how to enjoy them and feed your spirit on them, they would make you as happy as to find plenty of ham and eggs when you're hungry.

Literature, classic literature, is a beautiful, richly furnished room where you might find many an hour of rest and refreshment. To gain that love would go towards making you a rich person, for a rich person is not someone who has a library but who likes a library.

Music like Mozart's and Bach's shouldn't be absent. Real riches are of the spirit. And when you've brought that spirit up to where classical music feeds it and makes you a little drunk, you have increased your thrills and bettered them. And life is a matter of thrills.

Sports, without which you remain poor, mean a lot in life. No matter who you are, you would be more human, and your house of life would be better supported against the bad days, if you could, and did, play a bit.

Whatever rooms you might add to your house of life, the secret of enjoying life is to keep adding.

( ) 1. The author intends to tell us that \_\_\_\_\_.

A. true happiness lies in achieving wealth by fair means

B. big houses are people's most valued possessions

C. big houses can in a sense bring richness of life

D.true happiness comes from spiritual riches

( ) 2.The underlined sentence in the second paragraph probably implies that\_\_\_\_\_.

A.however materially rich, they never seem to be satisfied

B.however materially rich, they remain spiritually poor

C.though their house is big, they prefer a simple life

D.though their house is big, it seems to be a cage

( ) 3.It can be learned from the text that\_\_\_\_\_.

A.more money brings more happiness

B.art is needed to make your house beautiful

C.literature can enrich your spiritual life

D.sports contribute mainly to your physical fitness

( ) 4.What would be the best title for the text?

A.House of Life

B.Secret of Wealth

C.Rest and Refreshment

D.Interest and Enthusiasm

## Friday

### 完形填空 父子情深

话题	人际关系	词数	336	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

In the doorway of my home, I looked closely at my 23-year-old son, Daniel. We were \_1\_ good bye. In a few hours he would be flying to France to

experience a different life.

It was a transitional (过渡的) time in Daniel's life. I wanted to leave him some words of \_2\_.

But nothing came from my lips. What made it more \_3\_ was that I knew this was not the first time I had let such a moment \_4\_.

When Daniel was five, I took him to the bus stop on his first day of \_5\_. I felt the tension in his hand holding mine as the bus turned the corner. "What is it going to be like, Dad? Can I do it?" Then he walked up the steps of the bus and disappeared inside. The bus drove away and I had said \_6\_.

A decade or so later, a similar scene played itself out. I drove him to college. As I started to leave, I tried to \_7\_ something to say to give him courage and confidence as he started this new stage of life. Again, words \_8\_ me.

Now, as he stood before me, I thought of those lost \_9\_. How many times have we all let such moments pass? We don't find a quiet moment to tell them what they have \_10\_ to us, or what they might expect to face in the years ahead. <sup>11</sup>\_, I thought, it wasn't necessary to say anything.

What does it matter in the course of a lifetime \_12\_ a father never tells a son what he really thinks of him? But as I stood before Daniel, I knew that it does \_13\_. My father and I loved each other. Yet, I always regretted never hearing him put his \_14\_ into words. Now, I could feel my palms sweat and my throat tighten. Why was it so hard to tell a \_15\_ something from the heart? My mouth turned dry, and I knew I would be able to \_16\_ only a few words clearly.

"Daniel," I said, "if I could have \_17\_, I would have picked you."

That's all I could say. He hugged me. For a moment, the world \_18\_, and there was just Daniel and me.

He was saying something, but my eyes misted over, and I couldn't understand what he was saying. All I was \_19\_ was the stubble (短须) on his chin (下巴) as his face pressed against mine.

What I said to Daniel was \_20\_.It was nothing.And yet, it was everything.

( ) 1.A.saying

B.greeting

C.waving

D.kissing

( ) 2.A.security

B.significance

C.satisfaction

D.suspension

( ) 3.A.desperate

B.difficult

C.disgusting

D.delicate

( ) 4.A.float

B.change

C.follow

D.pass

( ) 5.A.garden

B.kitchen

C.kindergarten

D.school

( ) 6.A.nothing

B.something

C.anything

D.words

( ) 7.A.consist of

B.think of

C.ask for

D.hope for

( ) 8.A.faded

B.debated

C.failed

D.deserved

( ) 9.A.opportunities

B.expectations

C.occupations

D.opinions

( ) 10.A.lost

B.meant

C.forgot

D.referred

( ) 11.A.Probably

B.Surely

C.Unfortunately

D.Certainly

( ) 12.A.if

B.until

C.whether

D.as

( ) 13.A.matter

B.manage

C.happen

D.react

( ) 14.A.beliefs

B.performances

C.feelings

D.actions

( ) 15.A.foreigner

B.son

C.colleague

D.boy

( ) 16.A.get over

B.get down

C.get out

D.get off

( ) 17.A.picked

B.loved

C.said

D.pardoned

( ) 18.A.dismissed

B.divided

C.disturbed

D.disappeared

( ) 19.A.aware of

- B.sure of  
C.concerned about  
D.puzzled about  
( ) 20.A.clear  
B.compulsory  
C.clumsy  
D.casual

## Saturday<sup>1</sup>

### 七选五阅读 一些不受欢迎的品质

话题	个人情况	词数	212	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

Everyone strives to be a great person, kind and caring. But for some, that's not always the case. 1. \_\_\_\_\_ A few of these harmful characteristics are offered for you below. If you happen to realize that you possess any of them—quit!

You are self-centered. Many people do this unconsciously. You think you are the only one that matters, and often don't care what others have to say. If this is you, it's time to change. 2. \_\_\_\_\_

You are always in competition. Are you the person who has to be better than everyone else? If so, you're unattractive. 3. \_\_\_\_\_ If they overcame their fear of heights and climbed 10 feet in the air, don't say, "That's all? I've climbed 30 feet!" Instead say, "That's awesome. I'm really proud of you."



4. \_\_\_\_\_ You are definitely unattractive when constantly asking why others don't see you as important as you think they should. For instance, your two friends went somewhere without you. It doesn't matter to them, but to you it does. Get over it. Your friends' lives don't stop when you're not around.

You are the boss. 5. \_\_\_\_\_ If you're the one always making decisions, needing to be in charge, or trying to control what others are doing, you're acting in an unattractive way.

- A. You should let your friends have their moment.
- B. In a group of friends, everyone should be on an equal playing field.
- C. There are many behaviors making people unattractive or annoying.
- D. You are unreliable, yet dependent upon others.
- E. You question your importance to others.
- F. People seen as unattractive are often in fights with their friends.
- G. No one wants such a friend as only cares about himself or herself.

## Saturday<sup>2</sup>

### 语法填空 父母和孩子的关系

话题	人际关系	词数	205	难度	★★★
体裁	议论文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

The relationship between parents and children has always been a hot topic. Many students may feel \_1\_ (stress) because of their parents. Most parents have good intentions, \_2\_ some of them aren't very helpful with the problems their sons and daughters have in \_3\_ (adjust) to college, and a few

of them seem to go out of their way to add to their children's \_4\_ (difficulty).

For one thing, parents are often not aware of the kinds of problems their children face. They don't realize that the \_5\_ (compete) is stronger, that the required standards of work are \_6\_ (high), and that their children may not be prepared for \_7\_ change. They may be upset by their children's poor grades. At their kindest, they may \_8\_ (gentle) ask why John or Mary isn't doing better, whether he or she is trying as hard as he or she could, and so on. At their worst, they may threaten \_9\_ (take) their children out of college or cut off the living expenses.

Sometimes parents think it right and natural that they determine \_10\_ their children should do with their lives. They forget that everyone is different and that each person must develop in his or her own way.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 开心一刻

### Sleeping Pills

Bob was having trouble getting to sleep at night. He went to see his doctor, who prescribed some extra-strong sleeping pills. On Sunday night Bob took the pills, slept well and was awake before he heard the alarm. He took his time getting to the office, strolled in and said to his boss, "I didn't have a bit of trouble getting up this morning." "That's fine," roared (咆哮) the boss, "but where were you on Monday and Tuesday?"

## WEEK NINE

### Monday

#### 阅读理解 一位记者的早年生活

话题	人物故事	词数	357	难度	★★★
体裁	记叙文	限时	8 分钟	得分率	/5

I began working in journalism when I was eight. It was my mother's idea. She wanted me to "make something" of myself, and decided I had better start young if I was to have any chance of keeping up with the competition.

With my load of magazines I headed toward Belleville Avenue. The crowds were there. There were two gas stations on the corner of Belleville and Union. For several hours I made myself highly visible, making sure everyone could see me and the heavy black letters on the bag that said THE SATURDAY EVENING POST. When it was suppertime, I walked back home.

"How many did you sell, my boy?" my mother asked.

"None."

"Where did you go?"

"The corner of Belleville and Union Avenues."

"What did you do?"

"Stood on the corner waiting for somebody to buy a Saturday Evening Post."

"You just stood there?"

“Didn’t sell a single one.”

“My God, Russell!”

Uncle Allen put in, “Well, I’ve decided to take the Post.” I handed him a copy and he paid me a nickel (五分镍币). It was the first nickel I earned.

Afterwards my mother taught me how to be a salesman. I would have to ring doorbells, address adults with selfconfidence, and persuade them by saying that no one, no matter how poor, could afford to be without the Saturday Evening Post in the home.

One day, I told my mother I’d changed my mind. I didn’t want to make a success in the magazine business.

“If you think you can change your mind like this,” she replied, “you’ll become a good-for-nothing.” She insisted that, as soon as school was over, I should start ringing doorbells, selling magazines. Whenever I said no, she would scold me.

My mother and I had fought this battle almost as long as I could remember. My mother, dissatisfied with my father’s plain workman’s life, determined that I would not grow up like him and his people. But never did she expect that, forty years later, such a successful journalist as me would go back to her husband’s people for true life and love.

( ) 1. Why did the boy start his job young?

A. He wanted to be famous in the future.

B. The job was quite easy for him.

C. His mother had high hopes for him.

D. The competition for the job was fierce.

( ) 2. From the dialogue between the boy and his mother, we learn that the mother was \_\_\_\_\_.

A. excited

B. interested

C.ashamed

D.disappointed

( ) 3.What did the mother do when the boy wanted to give up?

A.She forced him to continue.

B.She punished him.

C.She gave him some money.

D.She changed her plan.

( ) 4.What does the underlined phrase “this battle” (last paragraph) refer to?

A.The war between the boy’s parents.

B.The arguing between the boy and his mother.

C.The quarrel between the boy and his customers.

D.The fight between the boy and his father.

( ) 5.What is the text mainly about?

A.The early life of a journalist.

B.The early success of a journalist.

C.The happy childhood of the writer.

D.The important role of the writer in his family.

## Tuesday

### 阅读理解 学习双语的意义

话题	语言学习	词数	369	难度	★★
体裁	记叙文	限时	10 分钟	得分率	/4

About 30 years ago , I left Cuba for the United States with my son.After getting settled finally in Brunswick , New Jersey , I enrolled (注册) my son in kindergarten.Several weeks later , my son's teacher asked me to meet him at his office.

In the teacher's office , an exchange of greetings was followed by his questions , "Is your son mentally retarded (智力落后的) ? Does he suffer from any kind of mental disability? "

Was he talking about my wonderful Scola? No, no, it can't be.What a helpless, lonely moment! I told him that Scola was a quiet, sweet little boy, instead.I asked him why he was asking me all these questions.

My son could not follow the teacher's directions, he told me, and thus, Scola was disrupting the class.Didn't he know my son did not speak English yet?

He was angry, "Why hasn't your son been taught to speak English? Don't you speak English at home?"

"No, I didn't speak English at home," I replied."I was sure my son would learn English in a couple of months, and I didn't want him to forget his native language." "Well, wrong answer! What kind of person would not speak in English to her son at home and at all times? Are you one of those people who come to this country to save dollars and send them back to their country, never wanting to be a part of this society?"

Needless to say, I tried to tell him I was not one of "those people".Then he told me the meeting was over, and I left.

As I had expected , my son learned to speak English fluently before the school year was over.He went on to graduate from college and got a job , earning close to six figures.He travels widely and leads a well-adjusted , contented life.And he has benefited from being bilingual (双语的) .

Speaking more than one language allows people to communicate with others; it teaches people about other cultures and other places—something very basic and obviously lacking in the "educator" I met in New Jersey.

( ) 1.The teacher asked the author to his office to\_\_\_\_\_.

A.discuss Scola’s in-class performance

B.get Scola enrolled in kindergarten

C.find a language partner for Scola

D.work out a study plan for Scola

( ) 2.The underlined word “disrupting” in Paragraph 4 probably means “\_\_\_\_\_”.

A.breaking

B.following

C.attending

D.disturbing

( ) 3.The author’s attitude towards being bilingual may best be described as\_\_\_\_\_.

A.critical

B.casual

C.positive

D.passive

( ) 4.This text is likely to be selected from a book of\_\_\_\_\_.

A.medicine

B.education

C.geography

D.history

**Wednesday**

## 阅读理解 成功解救被绑小孩

话题	社会	词数	317	难度	★★★
体裁	记叙文	限时	6 分钟	得分率	/3

On a warm morning last summer, bus driver Tim Watson was about halfway through his daily 15-mile route from Milpitas to Fremont when a warning from the Transportation Authority flashed across his dashboard (仪表盘) screen. The message read a three-year-old child had been kidnapped (诱拐) in Milpitas, and it asked that drivers be on the lookout for the boy.

The victim was described as a three-year-old child in shorts and red shoes; the suspect, a man in his 20s wearing jeans and a black sweatshirt and carrying a brown backpack. Tim felt his stomach drop when he realized that a man with a child on his hip had boarded the bus just ten minutes earlier. Tim glanced in one of his mirrors and saw the pair sitting in the last seat at the back of the nearly empty bus.

Tim radioed the bus company. "I believe I have the kidnapping suspect on my bus," he told the operator, keeping his voice low. The operator directed Tim to continue to his final stop at the Fremont BART subway station, where police officers would be waiting. "As I'm driving, all I can think about is what I'm going to do if I get there before the police," he says. So he slowed down, rolling along at 35 mph in a 65 miles per hour zone.

When Tim saw from the side mirrors police cars pull up behind the bus silently but with red lights flashing, he stopped the bus and opened the doors. As the man got off the bus with the boy, a police officer grabbed the child out of his arms, threw the suspect to the ground, and pinned him.

The police officers told Tim that about an hour earlier, the man, David, 23, had taken the boy away from the Milpitas library after he wandered away from his mother.

( ) 1. Tim realized the man could be the suspect when he \_\_\_\_\_.



- A. radioed the bus company
  - B. read the dashboard message
  - C. saw the man board the bus
  - D. spotted a kid on the man's hip
- ( ) 2. Why did Tim slow down the bus?
- A. To make a call to the operator.
  - B. To drive below the speed limit.
  - C. To meet the police at the right time.
  - D. To watch out for the kidnapped boy.
- ( ) 3. What kind of person is Tim?
- A. Skeptical.
  - B. Quick-minded.
  - C. Good-tempered.
  - D. Knowledgeable.

## Thursday

### 阅读理解 “朗读者”

话题	文娱与体育	词数	306	难度	★★★
体裁	说明文	限时	6 分钟	得分率	/3

The popular TV program Readers has prompted more people in China to practice reading aloud in booths (亭) set up in big cities across the country.

As the latest TV show to help people's love for literature recover, CCTV program Readers invites people from all walks of life to read aloud

their favorite poems, essays and books, or even personal letters they wrote to their loved ones. Just as the weekly show has been well-received, its reading booths, equipped with professional recording devices and cameras, have become instant hits.

A crowd of more than 200 people were pictured lining up outside the Shanghai Library at 11 am on March 4—the first day of the booth’s opening to the public in Shanghai. The deadline for registrations was brought forward to 2 pm instead of the scheduled 5:30 pm, as the number of waiting readers continued to grow. Some waited more than nine hours for a try-out in the booth, according to library management.

“There is an old photo in the late 1970s capturing people lining up outside the Shanghai Library before it opens. If that was a spring of reading in Shanghai, now I think another spring has arrived again,” library manager Zhou Deming, told the Shanghai-based The Paper.

The reading booth is the only one of its kind in the city of economic center at the moment, but more are expected to be put into use in the coming months, according to the library’s website.

The Readers program has also led to booths in other cities including Beijing, Hangzhou, Guangzhou and Xi’an to appeal to more people to read and share their life stories.

With the recent boom of culture-themed TV shows such as Readers and Chinese Poetry Competition, some are optimistic that this will help the country love literature and reading again in general.

( ) 1. CCTV program Readers aims to \_\_\_\_\_.

- A. teach people what to read
- B. attract people’s attention to CCTV
- C. invite people to read aloud in the booth
- D. arouse people’s f elsh enthusiasm for reading

( ) 2. We can learn from Paragraph 3 that \_\_\_\_\_.

- A. some people waited for a long time to read in the booth

- B. March 4 was the first day of the opening of Shanghai Library
- C. on March 4, 200 people read in the booth
- D. the time for registrations was lengthened for three and a half hours
- ( ) 3. The text mainly tells us that\_\_\_\_\_.
- A. many people line up to read aloud in reading booths
- B. more reading booths will be set up in the future
- C. Readers has become popular all over China
- D. Readers has inspired more people to read aloud

## Friday

### 完形填空 池塘里的大雁

话题	周围的环境	词数	300	难度	★★★★
体裁	记叙文	限时	15 分钟	得分率	/20

One morning in early fall, I spotted a pair of wild geese on my pond. I was surprised, because I'd never \_1\_ geese there before.

I assumed they'd soon leave, so I enjoyed the opportunity to be \_2\_ to these graceful (优雅的) creatures. I wondered where they came from and why they'd \_3\_ my pond. The next morning, they were still my guests, \_4\_ I tried to show them I meant no harm. Still, I couldn't \_5\_ getting a closer look, but I was \_6\_ to see they were staring at me!

As the days passed, I started talking to them. They raised their heads \_7\_ but seemed to realize I was a friend. I felt as though we were beginning to \_8\_ each other. By then, my \_9\_ about why they were staying so long at the pond changed to \_10\_. It wouldn't be long before the severe Michigan winter set in and the pond \_11\_.

One day, I discovered the reason for their \_12\_: the male had a broken left wing. He was \_13\_ to fly, and his lifelong mate wouldn't leave him behind. On the first day of November, I saw both geese were running toward the pond, wings beating \_14\_. They looked like a couple of planes \_15\_ take-off. Gradually, both flew over the pond. Then they circled back toward me, flying no more than 50 feet over my head as if to say \_16\_. Then they were out of \_17\_.

The season's first snow fell the very next day. The birds must have \_18\_ that winter was coming, and that it was time to go.

I grew \_19\_ of them during their stay at my pond, and I miss them now. I'll never forget their \_20\_ to each other.

( ) 1. A. raised

B. imagined

C. seen

D. arranged

( ) 2. A. close

B. open

C. used

D. related

( ) 3. A. left

B. observed

C. recognized

D. chosen

( ) 4. A. or

B. so

C. but

D. though

( ) 5.A.resist

B.stand

C.forget

D.practice

( ) 6.A.frightened

B.embarrassed

C.delighted

D.surprised

( ) 7.A.easily

B.cautiously

C.proudly

D.frequently

( ) 8.A.help

B.change

C.trust

D.respect

( ) 9.A.curiosity

B.regret

C.forecast

D.complaint

( ) 10.A.envy

B.hope

C.concern

D.doubt

( ) 11.A.dried up

B.froze over

C.flooded

D.decreased

( ) 12.A.suffering

B.failure

C.gathering

D.visit

( ) 13.A.anxious

B.unable

C.ready

D.unwilling

( ) 14.A.casually

B.deliberately

C.irregularly

D.violently

( ) 15.A.waiting for

B.putting off

C Depending on

D.slowng down

( ) 16.A.sorry

B.thanks

C.goodbye

D.hello

( ) 17.A.order

B.sight

C.reach

D.control

( ) 18.A.sensed

B.proved

C.doubted

D.mistaken

( ) 19.A.tired

B.afraid

C.ashamed

D.fond

( ) 20.A.access

B.contribution

C.devotion

D.friendship

## Saturday<sup>1</sup>

### 七选五阅读 造成东西方文化差异的原因

话题	科普知识	词数	253	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

#### Different Cultures

The cultures of the East and the West really distinguish each other a lot.1. \_\_\_\_\_

The origin of the eastern cultures is mainly from two countries: China and India. Both of the two cultures are developed by rivers—the Yellow River in China and the Hindu River in India. 2. \_\_\_\_\_

When the two mother rivers gave birth to the eastern culture, another famous culture was brought up on the Mesopotamian Plain—the Mesopotamian Civilization. This civilization later on developed into the cultures of Ancient Greece and Ancient Rome. 3. \_\_\_\_\_ Like the Chinese culture, the European culture also crossed waters. When the British settled down in America, their culture went with them over the Atlantic Ocean. So the American culture doesn't distinguish from the European culture a lot.

4. \_\_\_\_\_ Take the language system for example. In the East, most languages belong to the pictographic language while the western languages are mostly based on the Latin system. Other causes like human race difference count as well. But what's more, due to the far distance and the steep areas between the East and the West, the two cultures seldom communicate until recent centuries. So they grew up totally in their own ways with almost no interference (干扰) from the other.

The differences are everywhere. 5. \_\_\_\_\_ But different cultures make the world of 21st century more colourful. The cultural gap should not be the obstacle (障碍) to the civilization of human beings. It ought to be the motivation of our going farther. x

- A. Let us work together to keep a variety of culture.
- B. One important thing is to learn about other cultures.
- C. And these two are well-known as the base of the European culture.
- D. At the same time, some other differences add to the cultural differences.
- E. This is because the culture systems are two separate systems on the whole.
- F. They helped the two cultures develop for centuries and form their own styles.



G.They are obvious and affect people's ways of thinking and their views of the world.

## Saturday<sup>2</sup>

### 语法填空 陪伴家人的重要性

话题	家庭、朋友和周围的人	词数	219	难度	★★★
体裁	说明文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Just as I began a new job in New York, I had another important job: Father.I was a businessman.At the office I had three new \_1\_ (project) and at home I had a young son who was growing fast and \_2\_ (need) me.I was puzzled and didn't know how to deal with the relationship between job and family until one day, during my business trip in Chicago,I came \_3\_ an old family friend Dan, \_4\_ was once a patient of my father's.He told me something about my father.It was my father that helped him go through the cancer.When Dan knew he got cancer, he \_5\_ (be) very upset and wanted \_6\_ (give) up, but my father, his doctor, encouraged him to go on \_7\_ (fight) against the cancer.My father said to him, "You have \_8\_ wonderful fe and three fine children.Take some time with them.It is family that we live for—not just \_9\_ (we) .Think of that and you will know life's worth the fight." His words touched me, and I \_10\_ (sudden) realized that family is the most important in the world.I should spend more time staying with them.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_

# 开心一刻

## A Considerate （考虑周到的） Boy

A lady lost her handbag in the bustle of Christmas shopping. It was then found by an honest boy and returned to her.

Looking in her purse, she commented, “Hmm... that’s funny. When I lost my purse, there was a \$20 bill in it. Now there are twenty \$1 bills.”

The boy quickly replied, “That’s right, lady. The last time I found a lady’s purse, she didn’t have any change for a reward.”

## WEEK TEN

### Monday

#### 阅读理解 年轻人的善举

话题	人物故事	词数	284	难度	★★★
体裁	记叙文	限时	7 分钟	得分率	/4

I was in a shopping mall recently, so I decided to go and get a cup of tea. As I was making my way to the coffee shop, I noticed an old gentleman rather poorly dressed sitting on a bench nearby. I knew from first sight that he was in need of some kind of help. He had a little lunch put in front of him and was enjoying it. It was also obvious that he had a problem with his right eye. I then joined the line and waited to be served.

Then it happened. It was one of the most beautiful gestures I had ever seen in my life.

A young man in front of me in the line was also waiting to be served. He handed the server a twenty-dollar bill and requested an orange juice, as well as a favour. The server looked at the young man a little puzzled, not fully understanding the request. The young man asked her to give the juice to the old gentleman. Later, there is a wonderful exchange between the server and the old man. I only wish I had a photo of the smiles on both of their faces.

After that, I wondered why the young man didn't just do it himself. I thought he was hoping that this act of kindness might inspire others to do something for this old man as well.

There are many ways of thinking when we encounter someone like this. Perhaps he's just simply lazy and didn't work hard enough in his life. But

just maybe he needs a little helping hand and thank God for this young man who inspired the others to goodness as well.

(    ) 1. Why did the author go to a coffee shop?

A. To enjoy a cup of coffee.

B. To drink a cup of tea.

C. To meet his old friend.

D. To help someone in need.

(    ) 2. How to understand the underlined words “a favour” in Paragraph 3?

A. The server handed the juice to the old gentleman.

B. The server paid for the juice the young man got.

C. I took a photograph for all of them on the spot.

D. The old gentleman thanked for my help.

(    ) 3. What can we know from the text?

A. The young man was lazy enough.

B. The server didn't want to help.

C. The author was inspired by the young man.

D. There are many people who need inspiration.

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

A. A Kind Gentleman

B. Men Need Kindness

C. A Photo of the Smiles

D. The Most Beautiful Gesture

**Tuesday**

## 阅读理解 跷二郎腿的危害

话题	健康	词数	303	难度	★★★
体裁	说明文	限时	11分钟	得分率	/4

Crossing your legs is an extremely common habit; most people don't even notice that they're doing it when they sit down. While you may find it comfortable to sit with one knee crossed over the other, it might be causing health problems that you are not aware of.

A study published in Blood Pressure Monitoring stated that sitting with your legs crossed can increase your blood pressure. The reason for this is that the blood in your legs has to work against gravity to be pumped back to your heart and that crossing one leg over the other increases resistance, making it even harder for the blood to circulate. This causes your body to increase your blood pressure to push the blood back to the heart. You won't feel any immediate effects, but repeated, drawn-out increases in blood pressure can cause long-term health issues. So, planning to sit for a long period of time? Don't keep your legs crossed.

Crossing your legs at the knee can also cause pressure on the major nerve in your leg that passes just below your knee and along the outside of your leg, explains Richard Graves, a medical expert. This pressure can cause numbness and temporary paralysis (麻痹) of some of the muscles in your foot and leg, preventing you from being able to raise your ankle—what we know as that “pins and needles” sensation (感觉). While the feeling of discomfort may only last a minute or two, repeatedly crossing your legs until they feel numb can cause permanent nerve damage.

So next time you sit down, try to get yourself in the habit of sitting with both of your feet on the floor. Not only will it help your posture and stability, but it will also save your health in the long run.

( ) 1. What can we learn about crossing one's legs?

A. It is a very bad social habit.

B. It is usually practiced deliberately.

C.It can make others feel uncomfortable.

D.It can do harm to people's health.

(     ) 2.According to the study, sitting with your legs crossed can\_\_\_\_\_.

A.resist gravity effectively

B.affect your blood pressure

C.lead to heart attacks easily

D.improve the function of legs

(     ) 3.In the third paragraph “pins and needles” probably means “\_\_\_\_\_”.

A.serious muscle injuries

B.being a little nervous

C.slight sharp pains

D.being highly flexible

(     ) 4.What is the main purpose of the text?

A.To give readers some advice.

B.To compare common habits.

C.To evaluate effects of an experiment.

D.To introduce research methods.

## Wednesday

### 阅读理解 征稿启事

话题	社会	词数	313	难度	★★★
体裁	应用文	限时	7 分钟	得分率	/3

## Away with Words

The Telegraph, an online news service, has teamed up with Saga, which provides products and services only for the over 50s, to hold a new competition to find the best travel writer. Three lucky winners will win a master class with two top Telegraph travel writers before travelling the world with Saga on one of three holidays of great comfort and pleasure. To enter, all you need to do is to tell us something mysterious and wonderful about the world of travel—a favorite memory, a humorous tale, an unforgettable occasion or a sight worth writing about.

What we are looking for

You must be able to read not only those signs that help you find your way around but the ones that tell you how the locals tick. You must, in the words of Paul Theroux, an American travel writer, describe exactly what you see and give it life with your imagination.

In this competition, you can do that in anything from 150 words to 500, but they should be your words, and fresh ones. We do expect you not to hide the truth or the facts about your experience. Beyond that, you can make the most of the freedom travel writing gives you.

You'll be editor as well as writer, so ensure those eyes are equally fresh when you check and recheck what you've written. We will make allowances for the occasional mistake, such as you have "fell" into a river. But we won't put up with mistakes every few lines.

Terms & conditions

Competitors must be aged 50 years or older.

The judging process is divided into two stages: entries will be hosted on the website for one month. The top 20 articles will then be selected by public vote. The top three winners will be chosen by three judges.

The closing date for entries is August 15.

( ) 1. What does the prize for winners include?

A. A chance to learn from excellent writers.

- B.The publication of their works.
- C.Three wonderful holidays.
- D.An opportunity to work in the Telegraph.

( ) 2.Who will select the final winners?

- A.The public.
- B.Paul Theroux.
- C.Two top Telegraph travel writers.
- D.Three chosen judges.

( ) 3.What type of writing is this text ?

- A.An essay.
- B.A travel guide.
- C.A writing guide.
- D.An announcement.

## Thursday

### 阅读理解 两张票

话题	人物故事	词数	316	难度	★★★
体裁	记叙文	限时	7 分钟	得分率	/4

One cold day last November, my wife and I came home from work to a sick young daughter and we decided to stay at home for the night. Problem was, we had two tickets to see Miranda July, the performance artist, being interviewed at the Herbst Theatre. We decided to sell them online for \$50. One hour before the event, a guy named Peter called me and said he wanted to buy the tickets. Since the time was limited, I told Peter to pay me the next day. Peter seemed touched and we said a fond goodbye.



However, a month later, Peter still didn't pay me back. A few more weeks passed. Another month. There'd been one e-mail promising to mail the check, then silence.

Maybe he was having a hard time, I thought. But truth was, Peter seemed to be having a pretty normal time. According to the pictures and messages on his Facebook, he had been playing golf, dancing happily with his friends, and traveling on a boat. But he just refused to answer my calls, or reply to my e-mails or messages. So I tried reaching him with my wife's phone one night. And he didn't pick up when I called, but texted right back, playfully wondering who might be calling him.

"You should go to his office," my wife said. "He would have to give you the money if all his coworkers were watching."

But I didn't want to become a debt collector. My efforts to reach Peter over these months had been light and I wanted to keep it that way. My initial exchange with Peter had been just two regular people agreeing to handle things humanly. There was a rare niceness in that, and I still wanted to keep that balloon in the air, however disappointing it was starting to look. I wanted to believe we could still trust each other.

(    ) 1. For what reason did the author and his wife decide to sell the tickets?

- A. They thought it was too cold that night.
- B. They needed to look after their daughter.
- C. They wanted to save some money.
- D. They were going to be interviewed.

(    ) 2. On the night the author sold his tickets to Peter, he \_\_\_\_\_.

- A. knew he might not get the \$50
- B. felt a little hesitant
- C. thought he could trust Peter
- D. was moved by Peter's kindness

( ) 3. Why didn't Peter pay the author back?

A. Because he didn't remember it.

B. Because he was too busy to pay.

C. Because he didn't want to pay.

D. Because he was having a tough time.

( ) 4. What can we infer about the author?

A. He would never trust strangers.

B. He might call the police for help.

C. He would go to Peter's office to talk to him.

D. He still hoped Peter would pay him back.

## Friday

### 完形填空 无声的爱

话题	人际关系	词数	270	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

A nurse escorted (护送) a tired, anxious young man to the bedside of an elderly man. "Your son is here," she \_1\_ to the patient. She had to repeat the words several times \_2\_ the patient's eyes opened. He was heavily sedated (给.....服镇静剂) \_3\_ the pain of his heart attack and he dimly saw the young man \_4\_ outside the oxygen tent.

He \_5\_ his hand and the young man tightly wrapped his fingers around it, squeezing a \_6\_ of encouragement. The nurse brought a chair \_7\_ the bedside. All through the night the young man sat holding the old man's hand, \_8\_ offering gentle words of hope. The dying man said nothing as he \_9\_ tightly to his son.

As dawn approached, the patient \_10\_.The young man placed on the bed the lifeless \_11\_ he had been holding,and then he went to \_12\_ the nurse.

While the nurse did what was necessary, the young man \_13\_.When she had finished her task, the nurse began to say words of \_14\_ to the young man.

But he \_15\_ her.“Who was that man?” He asked.

The \_16\_ nurse replied, “I thought he was your \_17\_.”

“No, he was not my father,” he answered.“I \_18\_ saw him before in my life.”

“Then why didn’t you say something when I \_19\_ you to him?” asked the nurse.

He replied, “I also knew he needed his son, and his son just wasn’t here.When I realized he was too \_20\_ to tell whether or not I was his son, I knew how much he needed me ...”

(    ) 1.A.shouted

B.spoke

C.whispered

D.smiled

(    ) 2.A.after

B.before

C.when

D.as

(    ) 3.A.as a result of

B.in place of

C.as a matter of

D.in case of

(    ) 4.A.walking

B.sitting

C.standing

D.wandering

( ) 5.A.put down

B.put up

C.put back

D.reached out

( ) 6.A.sign

B.note

C.message

D.signal

( ) 7.A.on to

B.next to

C.in front of

D.at the back of

( ) 8.A.but

B.so

C.and

D.or

( ) 9.A.held

B.lay

C.sat

D.stood

( ) 10.A.woke

B.slept

C.spoke

D.died

( ) 11.A.head

B.body

C.hand

D.bed

( ) 12.A.help

B.inform

C.ask

D.follow

( ) 13.A.helped

B.checked

C.waited

D.sat

( ) 14.A.kindness

B.appreciation

C.thanks

D.sympathy

( ) 15.A.interrupted

B.asked

C.told

D.demanded

( ) 16.A.astonished

B.excited

C.moved

D.frightened

( ) 17.A.friend

B.brother

C.stranger

D.father

( ) 18.A.often

B.sometimes

C.never

D.seldom

( ) 19.A.introduced

B.took

C.pointed

D.led

( ) 20.A.old

B.weak

C.sick

D.tired

## Saturday<sup>1</sup>

### 七选五阅读 远离吸烟

话题	科普知识	词数	230	难度	★★★
体裁	说明文	限时	10 分钟	得分率	/5

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

Anyone who has ever tried to stop smoking knows how difficult it is to quit. There's no lack of information about how unhealthy smoking is for you—not to mention unpleasantly smelly. So why would teens ever begin to smoke?

1. \_\_\_\_\_ Research shows that most of smokers lit up their first cigarette in their early or mid teens, exactly at a time that children are beginning to establish their own identity apart from their parents. Smoking can be an act of rebellion against parents or authority figures, as well as a way to fit in with others and feel accepted.

Here are some things that parents can do to help a child stay smoke free:

Start talking to your teen about how bad smoking is for him early, well before his teens. Avoid sounding preachy (说教的) or using scare tactics. Keep talking too. 2. \_\_\_\_\_

3. \_\_\_\_\_ Smoking can make your hair and clothing smell bad, stains the teeth, and diminishes your lung power to play sports.

Play on your child's desire to make his own choices. 4. \_\_\_\_\_ And then tell him that while that first few cigarettes are his choice, the addiction that occurs shortly afterwards makes him powerless to decide whether or not he wants to light up.

Work on self-esteem and self-confidence with your teen. Much of the attraction of smoking is to gain acceptance. 5. \_\_\_\_\_

- A. They generally don't care about health risks.
- B. Talk about the addictive power of smoking.
- C. The answer lies in the developmental stage of young teens.
- D. But teens are watching and listening to parents much of the time.
- E. One discussion will not be enough to help your child resist smoking.

F. Give your child the facts, but focus on the things he can relate to.

G. Help your teen to feel good about himself without having to smoke.

## Saturday<sup>2</sup>

### 语法填空 一份特殊的生日礼物

话题	人际关系	词数	208	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Some teens dream of a new car or over-the-top party for their sweet 16, but one grandfather spent years \_1\_ (make) a more thoughtful gift \_2\_ his granddaughter.

When Rose was two, her grandpa started taking notes every time they spent time together. He kept \_3\_ habit until she was five, filling up three notebooks over the three years.

On Rose's 16th birthday, her grandfather decided she was old enough to \_4\_ (full) appreciate the meaning behind the books, and \_5\_ (give) them to her as a present. When Rose realized \_6\_ the gift was, she was in total shock.

The notebook told of specific things Rose \_7\_ (do) or said. Her grandpa recorded his \_8\_ (memory) of them two laughing and playing games. "Throughout the stories he would repeatedly add how much he loved and cared for me," says Rose.

"The gift will forever be the \_9\_ (great) gift I've received because of how much value and meaning it has behind it," she says, "To my delight, today for my birthday, my grandpa gave me 3 books with stories of each time he hung out with me from the age of 2 to 5. I was so moved as to be \_10\_ (speech)."



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 开心一刻

### Exchange Sandwiches

Two attorneys (律师) went into a diner and ordered two drinks. Then they took out sandwiches from their own briefcases and started to eat.

The waiter became quite concerned and marched over and told them, "You can't eat your own sandwiches here!" The attorneys looked at each other, shrugged their shoulders and then exchanged their sandwiches.

# WEEK ELEVEN

## Monday

### 阅读理解 通过苹果实验呼吁大家停止欺凌

话题	健康	词数	294	难度	★★★★
体裁	议论文	限时	9 分钟	得分率	/3

A teacher from Relax Kids in Tamworth, UK, used two apples to show her students the damaging and often unseen consequences of bullying (欺凌). And her post about the powerful lesson has spread widely.

Roise Dutton explained that during one of her classes she introduced the children to two red apples. What the kids didn't know was that in the office, Dutton had repeatedly dropped one of the apples on the floor. And yet, on the outside at least, both apples looked perfect. "I picked up the apple I'd dropped on the floor and started to tell the children how I disliked this apple, and I thought it was disgusting, it was a horrible color and the stem (茎) was just too short," Dutton wrote.

She then encouraged the students to do the same. Some of the children looked at her like she was "crazy", but the students passed the apple around the circle, calling its names.

Continuing the exercise, the teacher then passed the second apple around the circle. This apple, however, was showed with comments like: "Your skin is beautiful," and "what a beautiful color you are."

Dutton then showed the students both apples once again, highlighting that "there was no change; both apples still looked the same."

That is, until she cut them open. “The apple we’d said unkind words to was bruised (擦伤) and all mushy (糊状的) inside,” she said.

There was, she said, an immediate “light bulb” moment for her students. “They really got it. What we saw inside that apple, the bruises, the mush and the broken bits is what is happening inside every one of us when someone mistreats us with their words or actions.”

Dutton explained how important it is to teach children to stand up for one another and to stop any form of bullying.

“Let’s create a generation of kind caring children,” the teacher wrote. “The tongue has no heart, but strong enough to break a heart. So be careful with your words.”

( ) 1. What had the teacher done to the first apple before the lesson?

- A. She had introduced it to the kids.
- B. She had damaged it purposely.
- C. She had made it look perfect.
- D. She had colored it brightly.

( ) 2. What does the underlined part “calling its names” (Para.3) mean?

- A. Saying rude things.
- B. Making fun of it.
- C. Cheering for it.
- D. Shouting at it.

( ) 3. What’s the purpose of the teacher’s using two apples in class?

- A. To draw the kids’ attention.
- B. To explain her personal preferences.
- C. To make a comparison between them.
- D. To help the kids understand the results of bullying.

# Tuesday

## 阅读理解 伊丽莎白·弗里曼

话题	人物故事	词数	290	难度	★★★
体裁	记叙文	限时	8 分钟	得分率	/4

Elizabeth Freeman was born about 1742 to African American parents who were slaves. At the age of six months she was acquired, along with her sister, by John Ashley, a wealthy Massachusetts slaveholder. She became known as “Mumbet” or “Mum Bett”.

For nearly 30 years Mumbet served the Ashley family. One day, Ashley’s wife tried to strike Mumbet’s sister with a spade. Mumbet protected her sister and took the blow instead. Furious, she left the house and refused to come back. When the Ashleys tried to make her return, Mumbet consulted a lawyer, Theodore Sedgewick. With his help, Mumbet sued (起诉) for her freedom.

While serving the Ashleys, Mumbet had listened to many discussions of the new Massachusetts constitution. If the constitution said that all people were free and equal, then she thought it should apply to her. Eventually, Mumbet won her freedom—the first slave in Massachusetts to do so under the new constitution.

Strangely enough, after the trial, the Ashleys asked Mumbet to come back and work for them as a paid employee. She declined and instead went to work for Sedgewick. Mumbet died in 1829, but her legacy lived on in her many descendants (后裔). One of her great-grandchildren was W.E.

B. Du Bois, one of the founders of the NAACP (美国有色人种协进会), and an important writer and spokesperson for African American civil rights.

Mumbet’s tombstone still stands in the Massachusetts cemetery where she was buried. It reads, in part: “She was born a slave and remained a slave

and remained a slave for nearly thirty years. She could neither read nor write, yet in her own sphere she had no superior or equal.”

( ) 1. What do we know about Mumbet according to Paragraph 1?

- A. She was born a slave.
- B. She was a slaveholder.
- C. She had a famous sister.
- D. She was born into a rich family.

( ) 2. Why did Mumbet run away from the Ashleys?

- A. She found an employer.
- B. She wanted to be a lawyer.
- C. She was hit and got angry.
- D. She had to take care of her sister.

( ) 3. What did Mumbet learn from discussions about the new constitution?

- A. She should always obey her owners' orders.
- B. She should be as free and equal as whites.
- C. How to be a good servant.
- D. How to apply for a job.

( ) 4. What did Mumbet do after the trial?

- A. She chose to work for a lawyer.
- B. She found the NAACP.
- C. She continued to serve the Ashleys.
- D. She went to live with her grandchildren.

**Wednesday**

## 阅读理解 关于“想象锻炼”的研究

话题	健康	词数	305	难度	★★★
体裁	说明文	限时	8 分钟	得分率	/4

A recent study published in the Journal of Neurophysiology found that simply imagining exercise can tone muscle, delay atrophy（萎缩）, and even make your muscles stronger.

Researchers at Ohio University, according to the Breitbart News Network, conducted an experiment using two sets of “healthy individuals”.

The researchers wrapped the wrists of one of the sets in a cast and gave them instructions to sit still for 11 minutes, five days a week, for four weeks, and “perform mental imagery of strong muscle contractions”, —or, imagine exercising. The other set was not given any instruction.

The results illustrated that the body and mind are more intertwined than we thought. At the end of the four weeks, the participants who engaged in the “mental exercise” were twice as strong as those who didn’t, Breitbart reported. Additionally, those participants had a stronger brain because the exercises created stronger neuromuscular（神经肌肉的）pathways.

Exercising imagery techniques are even commonly used by professional athletes to improve performance. However, the university’s study is the first to prove that the imagery can delay or stop muscle atrophy.

“What our study suggests is that imagery exercise could be a valuable tool to prevent or slow muscles from becoming weaker when a health problem limits or restricts a person’s mobility,” Brian Clark, a professor of physiology and neuroscience in the college said in a statement.

With the new developments, imagery can be used to help people undergoing neurorehabilitation（神经康复治疗）and can help control the effects of aging.

In the release, Clark described muscles as the puppets of the nervous system moved by the brain that acts as the string. “This information may

fundamentally change how we think about muscle weakness in the elderly,” Clark said.

(    ) 1. In the experiment, what can we know about those whose wrists were wrapped?

- A. They did nothing but sit still a whole day.
- B. They were not given any instructions.
- C. They did physical activities for four weeks.
- D. They accepted mental exercise for twenty days.

(    ) 2. Throughout the entire text, Paragraph 4 serves as a(n)\_\_\_\_\_.

- A. explanation
- B. example
- C. background
- D. conclusion

(    ) 3. Which of the following isn't the advantage of imagery exercise?

- A. Making the brain stronger.
- B. Delaying muscle atrophy.
- C. Curing some diseases.
- D. Controlling the effects of aging.

(    ) 4. Why do athletes use exercising imagery techniques?

- A. To keep healthy.
- B. To perform better.
- C. To prevent aging.
- D. To have a good rest.

**Thursday**

## 阅读理解 医疗领域机器人

话题	科普知识与现代技术	词数	327	难度	★★★★
体裁	说明文	限时	8 分钟	得分率	/4

Now a roboticist at the University of Southern California in Los Angeles, Maja Matarić is leading a team that programs machines called socially assistive robots. Matarić wants her team's robots to help people who have diseases or physical disabilities. For example, a person with Alzheimer's disease, which causes problems with memory and brain function, might need help with mental exercises. A person trying to regain the use of an arm after a stroke might need encouragement to keep doing helpful exercises.

Because there are not enough people to provide all of the help that's needed, says Matarić, "technology has to step in."

In one study, Matarić's team tested a robot with people recovering from a stroke. A stroke is caused by a broken blood vessel in the brain or a blood clot that prevents blood from flowing to the brain. Small regions of cells die during a stroke. So afterward part of the body, like an arm, may become weak or numb. A patient has to keep exercising that arm to recover. Those exercises can be difficult and unpleasant, however.

Matarić and her colleagues programmed a knee-high robot to ask a patient to perform an exercise and to then monitor the patient's movements. If the person actively used his or her arm, this robot would say encouraging things.

The team tested the robot with six people actually recovering from a stroke. Patients tended to perform their exercises longer and follow instructions better when the robot was present than with no prompting.

Next, the researchers tested whether the robot's personality affected how people responded to it. The robot could be directed to move in close, speak loudly and make forceful statements, such as "You can do it!" Other times, the researchers would program the robot to act more shyly. At these



times, the robot kept a bit of a distance and softly offered gentle suggestions, such as “I know it’s hard, but remember it’s for your own good.”

( ) 1. Matarić and her team are developing robots that could be used widely \_\_\_\_\_.

- A. in learning and teaching
- B. in medical fields
- C. in saving people’s lives
- D. in helping people out of trouble

( ) 2. By saying “technology has to step in”, Matarić probably means “\_\_\_\_\_”.

- A. technology has developed rapidly
- B. technology has entered our daily life
- C. the robots can take the place of the human
- D. the robots have to be used to help the disabilities

( ) 3. According to the team’s study, the knee-high robot \_\_\_\_\_.

- A. benefited the person with a stroke a lot
- B. could keep blood vessel from breaking
- C. set a good example for the serious patients
- D. forced the patients to do some tiring things

( ) 4. Why could healthy people keep exercising for a longer time than usual?

- A. Because they were very strong.
- B. Because moving pencils interested them.
- C. Because the robot’s words encouraged them.
- D. Because the robot offered its kindness to them.

# Friday

## 完形填空 餐厅的经历

话题	家庭、朋友与周围的人	词数	332	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

I was having breakfast at a restaurant the other day. A man walked in and sat next to me. On top of the milk dispenser (自动售货机) was a small \_1\_ placed there. The news was mostly about the \_2\_ people. There was a little girl \_3\_ some coats in a shop on the screen now. The reporter asked her if she found something that \_4\_. She smiled, "Mommy said I could have any coat I wanted, \_5\_ I'm getting this one for Mandy. All I know is that Mandy \_6\_ a coat."

Out of the corner of my eye I could see the man lower his head and begin to \_7\_ his eyes. "Hey, don't feel \_8\_," I told him. I could still see the \_9\_. He said, "I'm Mandy's father. That's the first time I've seen that."

My hands shook and I also wept. "It must be raining, " he \_10\_. We spoke for a few more minutes. It turns out that he's been \_11\_ for more than a year and now does odd (零散的) jobs to pay bills. We said \_12\_ and I went to the cash register. I said in a low voice that I \_13\_ his check. "He only gets coffee, " the clerk said. "Well, here. This is for my \_14\_ and his coffee."

Many years ago I was robbed by a thief. A woman gave me everything she had in her purse. I was shocked and began to \_15\_ it. "It isn't very much, but it would multiply. Please \_16\_ it," she said.

It was \$57. I \_17\_ carried it with me until that very day. I gave it away and replaced it.

Another man sitting at the counter said, "I heard your \_18\_ with that man. I'll \_19\_ him too." His eyes watered and he said, "He's \_20\_. It must be raining."

( ) 1.A.radio

B.television

C.recorder

D.computer

( ) 2.A.busy

B.rich

C.old

D.local

( ) 3.A.pointing at

B.looking through

C.giving out

D.clearing up

( ) 4.A.fitted

B.happened

C.mattered

D.worked

( ) 5.A.or

B.as

C.but

D.for

( ) 6.A.needs

B.collects

C.donates

D.designs

( ) 7.A.protect

B.close

C.hide

D.wipe

( ) 8.A.sad

B.scared

C.nervous

D.worried

( ) 9.A.water

B.eyes

C.tears

D.sweat

( ) 10.A.corrected

B.guessed

C.screamed

D.joked

( ) 11.A.absent

B.sad

C.unemployed

D.disappointed

( ) 12.A.okay

B.hello

C.thanks

D.goodbye

( ) 13.A.knew

B.wanted

C.found

D.accepted

( ) 14.A.meal

B.job

C.coat

D.seat

( ) 15.A.count

B.separate

C.refuse

D.check

( ) 16.A.forget

B.take

C.make

D.change

( ) 17.A.always

B.sometimes

C.never

D.almost

( ) 18.A.lecture

B.problem

C.conversation

D.decision

( ) 19.A.encourage

B.invite

C.tell

D.help

( ) 20.A.patient

B.right

C.funny

D.friendly

## Saturday<sup>1</sup>

### 七选五阅读 如何在演讲时建立自信？

话题	科普知识	词数	287	难度	★★★
体裁	说明文	限时	10 分钟	得分率	/5

#### Speaking to Develop Self-confidence

##### Overcoming stage fright

Most people are nervous about public speaking.1.\_\_\_\_\_ If you know that your topic is interesting, and that your material is well organized, you have already reduced a major worry.

##### Facial expressions

2.\_\_\_\_\_ During your speech try to change your facial expressions to convey the emotions that you feel.Throughout your speech you need to use expressive facial expressions.

##### Eye contact

When you speak, you should look your audience straight in the eye.The idea is to give the impression that you are talking to each individual in your audience.If you have a large audience, try to look at people in the middle of the room,then slowly look to the right side of the room, then to the left side, then back to the center of the room.3.\_\_\_\_\_ This will give the audience the idea that you are not interested in your topic or in them.

4. \_\_\_\_\_

Enthusiasm is being lively and showing your own personal concern for your subject and your audience. If you are truly interested in your topic, your delivery is certain to be enthusiastic and lively.

Varying speaking rate

Your words should not be too fast or too slow. If you speak too slowly you will bore your audience. If you speak too rapidly you will be difficult to understand. Adapt your rate to the content of your speech. For example, if you are explaining complex information, slow down. 5. \_\_\_\_\_

A. If you are nervous, take a few steps to your right or left while speaking.

B. Smiling before you start your speech shows that you are not nervous.

C. The best way to cope with nervousness is to be really well prepared.

D. If you are happy or enthusiastic, you should speed up.

E. Don't look at the floor, the ceiling or out the window.

F. Speaking with enthusiasm

G. Inspiring your audience

## Saturday<sup>2</sup>

### 语法填空 学霸被困电梯依然淡定写作业

话题	人物故事	词数	206	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

A 14-year-old Chinese boy overcame two of humankind's most dreaded fears—getting stuck in an elevator and getting homework \_1\_ (do), in a

single night \_2\_ (owe) to his calm-witted character.

Sun Yixiao was on his way up on Tuesday evening after school, \_3\_ the lift suddenly came to a stop. A moment of panic followed before the \_4\_ (teenage) could find a way out.

Sun said he tried to open the elevator door, 5\_\_ (press) all the buttons in the hope to get the elevator to work again, but it didn't work.

Without a cell phone at hand, Sun tried yelling to get attention of people outside, but no one responded as time passed by. He slipped a note through the door \_6\_ the message "People stuck inside. Please ask the property management for help," and hoped someone \_7\_ (pick) it up and act on it.

After exhausting all his options without knowing how long it would take before someone found him, he took out his textbooks and started to do his homework \_8\_ (patient).

Soon after he finished his duties, Sun heard loud \_9\_ (voice) outside. A large crowd including his teachers and other parents had come to the rescue, by which time he \_10\_ (trap) in the elevator for over five hours.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_

## 美文诵读

### The Essence of Love

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends.



## 爱的真谛

爱是恒久忍耐，又有恩慈；爱是不嫉妒、不自夸、不张狂、不做害羞的事。不求自己的益处；不轻易发怒，不计算人的恶；不喜欢不义，只喜欢真理。凡事包容，凡事相信，凡事盼望，凡事忍耐。

爱是永不止息。

## WEEK TWELVE

### Monday

#### 阅读理解 现代建筑建造与历史遗址保护

话题	历史与地理	词数	290	难度	★★★
体裁	议论文	限时	9 分钟	得分率	/4

Should we allow modern buildings to be built next to older buildings in a historic area of a city? In order to answer this question, we must first examine whether people really want to preserve the historic feel of an area. Not all historical buildings are attractive. However, there may be other reasons—for example, economic reasons—why they should be preserved. So, let us assume that historical buildings are both attractive and important to the majority of people. What should we do then if a new building is needed?

In my view, new architectural styles can exist perfectly well alongside an older style. Indeed, there are many examples in my own home town of Tours where modern designs have been placed very successfully next to old buildings. As long as the building in question is pleasing and does not dominate (影响) its surroundings too much, it often improves the attractiveness of the area.

It is true that there are examples of new buildings which have spoilt (破坏) the area they are in, but the same can be said of some old buildings too. Yet people still speak against new buildings in historic areas. I think this is simply because people are naturally conservative (保守的) and do not like change.

Although we have to respect people's feelings as fellow users of the buildings, I believe that it is the duty of the architect and planner to move things forward. If we always reproduced what was there before, we would all still be living in caves. Thus, I would argue against copying previous architectural styles and choose something fresh and different, even though that might be the more risky choice.

(    ) 1. What does the author say about historical buildings in the first paragraph?

- A. Some of them are not attractive.
- B. Most of them are too expensive to preserve.
- C. They are more pleasing than modern buildings.
- D. They have nothing to do with the historic feel of an area.

(    ) 2. Which of the following is TRUE according to the author?

- A. We should reproduce the same old buildings.
- B. Buildings should not dominate their surroundings.
- C. Some old buildings have spoiled the area they are in.
- D. No one understands why people speak against new buildings.

(    ) 3. By "move things forward" in the last paragraph, the author probably means "\_\_\_\_\_".

- A. destroy old buildings
- B. put things in a different place
- C. choose new architectural styles
- D. respect people's feelings for historical buildings

(    ) 4. What is the main purpose of the text?

- A. To explain why people dislike change.
- B. To warn that we could end up living in caves.
- C. To admit how new buildings have ruined their surroundings.

D.To argue that modern buildings can be built in historic areas.

## Tuesday

### 阅读理解 香味助购物

话题	购物	词数	344	难度	★★★
体裁	说明文	限时	11分钟	得分率	/4

What is the first thing you notice when you walk into a shop? The products displayed (展示) at the entrance? Or the soft background music?

But have you ever noticed the smell? Unless it is bad, the answer is likely to be no. But while a shop's scent may not be outstanding compared with sights and sounds, it is certainly there. And it is proving to be an increasingly powerful tool in encouraging people to purchase.

A brand store has become famous for its distinctive scent which floats through the fairly dark hall and out to the entrance, via scent machines. A smell may be attractive but it may not just be used for freshening air. One sports goods company once reported that when it first introduced scent into its stores, customers' intention to purchase increased by 80 percent.

When it comes to the best shopping streets in Paris, scent is just as important to a brand's success as the quality of its window displays and goods on sales. That is mainly because shopping is a very different experience to what it used to be.

Some years ago, the focus for brand name shopping was on a few people with sales assistants' disapproving attitude and don't-touch-what-you-can't-afford displays. Now the rise of electronic commerce (e-commerce) has opened up famous brands to a wider audience. But while e-shops can use sights and sounds, only bricks-and-mortar stores (实体店) can offer a full experience from the minute customers step through the door to the

moment they leave. Another brand store seeks to be much more than a shop, but rather a destination. And scent is just one way to achieve this.

Now a famous store uses complex man-made smell to make sure that the soft scent of baby powder floats through the kid department, and coconut (椰子) scent in the swimsuit section. A department store has even opened a new lab, inviting customers on a journey into the store's windows to smell books, pots and drawers, in search of their perfect scent.

( ) 1. According to the text, what is an increasingly powerful tool in the success of some brand stores?

- A. Friendly assistants.
- B. Unique scents.
- C. Soft background music.
- D. Attractive window display.

( ) 2. E-shops are mentioned in the text to \_\_\_\_\_.

- A. show the advantages of bricks-and-mortar stores
- B. urge shop assistants to change their attitude
- C. push stores to use sights and sounds
- D. introduce the rise of e-commerce

( ) 3. The underlined word "destination" in Paragraph 5 means "\_\_\_\_\_".

- A. a platform that exhibits goods
- B. a spot where travellers like to stay
- C. a place where customers love to go
- D. a target that a store expects to meet

( ) 4. The main purpose of the text is to \_\_\_\_\_.

- A. compare and evaluate
- B. examine and assess

- C.argue and discuss  
D.inform and explain

## Wednesday

### 阅读理解 德国魏玛市

话题	历史与地理	词数	328	难度	★★★★
体裁	说明文	限时	9 分钟	得分率	/4

Famous for its cultural heritage, the city of Weimar in Germany is located in the state of Thuringia. With a population of over 65, 000, Weimar plays host to many UNESCO World Heritage sites. During the 18th—19th century, Weimar became the center of culture activity, having been home to such figures as Schiller, Herder and Goethe as well as pianist Bach. Many of these artists are commemorated all over Weimar in its many museums and galleries. And every year many cultural festivities are held in memory of them.

The Bauhaus Museum opened in 1919, is home to many famous pieces such as Josef Hartwig's Bauhaus chess game, Jucker and Wagenfeld's table lamp or Marianne Brandt's works in metal. This influential museum, which celebrates the reputation of the international school of art, and architecture, was closed down by national socialists in Berlin in 1933. Tourists can experience the works of Walter Gropius, the founder of Bauhaus, who is regarded as one of the front-runners of modern architecture.

The Grand Ducal Museum was opened in 1869, designed by Czech builder Josef Zitek. The building was closed in 1952 because of damage caused by the Second World War and was reopened in 1999 as the Neues Museum. Evidence of the bombings and gunfire has been left in the redesign of the building. The Neues Museum is an important building in the history of construction and technology.

The Bee Museum was founded in 1907 and celebrates Weimar's old tradition of beekeeping. Popular exhibitions include "The biology of the bee", where guests can learn about the bee's physical make-up, and the growth of the bees and Modern Beekeeping which features tours of the apiary (养蜂场). Visitors can also stay at the farm shop for a short time, where they can buy all kinds of different types of honey from the neighboring bee-farms. You can also buy Royal Jelly products and all sorts of types of mead (蜂蜜酒), all at a reasonable price.

( ) 1. What does the underlined word "commemorated" in the first paragraph probably mean?

- A. Supported.
- B. Followed.
- C. Welcomed.
- D. Remembered.

( ) 2. From the second paragraph, the author wants to tell us \_\_\_\_\_.

- A. the destruction of the Bauhaus Museum
- B. the works of the Bauhaus Museum
- C. the history of the Bauhaus Museum
- D. the artists of the Bauhaus Museum

( ) 3. Which of the following is TRUE according to this text?

- A. The city of Weimar has the longest history in Germany.
- B. Walter Gropius has less influence on modern architecture.
- C. The Grand Ducal Museum has never reopened since its closure.
- D. The destruction of the Neues Museum by war can still be seen today.

( ) 4. What is the benefit of your visiting the Bee Museum?

- A. You can know a lot about the bee.

- B.You can buy cheap honey products.
- C.You can learn how to raise the bee.
- D.You can taste the honey products free..

## Thursday

### 阅读理解 金字塔的神秘力量

话题	历史与地理	词数	311	难度	★★★★
体裁	说明文	限时	6 分钟	得分率	/5

As unexplained mysteries go, the Pyramid of Giza in Egypt really is something special. We still don't really know how the Egyptians built the largest pyramid of all, known as the Great Pyramid of Cheops (or Khufu), some 5,000 years ago. Remember, this was even before the invention of the wheel.

The Pyramid of Cheops is the size of a 40-storey building and covers an area big enough to fit 10 football fields in it. More than 2 million stone blocks were used to make the pyramid, each weighing 2—5 tons and cut from a distant limestone quarry (石灰石采石场) on the other side of the Nile. Experts guess it took 400,000 men some 20 years to complete.

Engineering feats aside, there is also some weird paranormal phenomena going on at the Pyramid of Cheops. In the 1940s, a French hardware dealer spotted some mummified (木乃伊化的) animals exactly one-third up the height of the Pyramid of Cheops. The remarkable thing was that they showed no signs of rotteness. He inferred that the pyramid shape was responsible for preserving them.

Later, a Czech radio engineer claimed to conduct an experiment in which he placed a brand new razor (刀片) inside a 1:1,000 scale model of Cheops. He aligned (对齐) his pyramid on a north-south axis exactly like the real thing. After getting 50 shaves from the razor, he was



forced to conclude that it was only getting sharper from being inside the pyramid. It took him 10 years to obtain a patent (专利) for this device, which he claims still has no scientific explanation today.

But is it a really unexplained mystery—or a cover of the truth, an anecdotal (轶事的) claim that can't be copied?

( ) 1. The first two paragraphs mainly talk about\_\_\_\_\_.

- A. the Pyramids of Giza in Egypt
- B. the methods to build Pyramids
- C. the Egyptians' work on Pyramids
- D. the building of Pyramid of Cheops

( ) 2. What is "Pyramid Power"?

- A. Pyramid can store mummified animals.
- B. Pyramid can make animals into mummies.
- C. Pyramid can prevent something from rotting.
- D. The pyramid shape can make electrical power.

( ) 3. What is the Czech radio engineer's invention?

- A. A brand new knife.
- B. A model of Cheops.
- C. A device to sharpen knives.
- D. A scientific explanation for pyramid.

( ) 4. What can we infer from the last paragraph?

- A. Pyramid Power is only an anecdotal claim.
- B. The author is unsure about Pyramid Power.
- C. The author doesn't believe unexplained mystery.
- D. Pyramid Power is a truth that has been discovered.

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

- A.The Pyramids of Giza in Egypt
- B.The Great Pyramid of Cheops
- C.How the Egyptians Built Pyramids
- D.Unexplained Mystery: Pyramid Power

## Friday

### 完形填空 感恩的心

话题	日常生活	词数	325	难度	★★★
体裁	记叙文	限时	16 分钟	得分率	/20

Across the street from where we live, there stands a big hospital. To earn some money, we \_1\_ the rooms upstairs to patients. One evening, there was a(n) \_2\_ at the door. I opened it and saw a short man who was \_3\_ taller than my eight-year-old son. But the worst thing was his face—it was really ugly. He told me he'd been \_4\_ a room since that noon but no one seemed to have one. \_5\_ I hesitated, not wanting to rent him a room, but his next words \_6\_ me. He said, "I could sleep on this chair. My bus leaves early in the morning." I told him we would find him a bed.

It wasn't a long time \_7\_ I found that this old man had a beautiful heart in that \_8\_ body. He fished for a living to \_9\_ his daughter, his daughter's children, and his disabled wife. He didn't tell it by way of complaint. \_10\_, he was grateful that no pain was caused by his \_11\_ and that he still had strength to keep going. At bedtime, we put a camp cot (吊床) in my children's room for him. Before he left the next morning, he asked, "Could I come back and \_12\_ when I see the doctor next time? \_13\_ are bothered by my face, but children don't seem to \_14\_." I told him he was welcome to come again.

\_15\_ his next trip, he brought a big fish and a bag of the largest oysters (牡蛎) I had ever seen. Other times we received \_16\_ in the

mail. There were oysters , fish or some fresh vegetables. \_17\_ how little money he had and that he must walk three miles to \_18\_ these made these gifts much more \_19\_. And from him we learned what it was to accept the bad without complaint and the good with \_20\_.

( ) 1. A. left

B. rented

C. removed

D. hired

( ) 2. A. knock

B. call

C. answer

D. bell

( ) 3. A. hardly

B. even

C. almost

D. seemingly

( ) 4. A. checking in

B. looking at

C. going through

D. hunting for

( ) 5. A. All at once

B. All of a sudden

C. For a moment

D. For an instance

( ) 6. A. pushed

B. encouraged

C.convinced

D.promoted

( ) 7.A.until

B.since

C.that

D.before

( ) 8.A.disabled

B.strong

C.tiny

D.sick

( ) 9.A.exchange

B.support

C.surprise

D.please

( ) 10.A.Instead

B.Otherwise

C.Moreover

D.However

( ) 11.A.daughter

B.face

C.work

D.disease

( ) 12.A.chat

B.stay

C.visit

D.pay

( ) 13.A.Grown-ups

B.Doctors

C.Fishermen

D.Patients

( ) 14.A.mind

B.notice

C.refuse

D.suffer

( ) 15.A.For

B.With

C.In

D.On

( ) 16.A.greetings

B.letters

C.packages

D.cards

( ) 17.A.Believing

B.Telling

C.Doubting

D.Knowing

( ) 18.A.get

B.find

C.make

D.mail

( ) 19. A. precious

B. acceptable

C. personal

D. attractive

( ) 20. A. gratitude

B. pride

C. patience

D. honesty

## Saturday<sup>1</sup>

### 七选五阅读 让大脑保持敏锐的方法

话题	健康	词数	242	难度	★★★
体裁	说明文	限时	10 分钟	得分率	/5

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

#### Easy Ways to Keep Your Brain Sharp

Everyone is forgetful, but as we age, we start to feel like our brains are slowing down a bit and that can be a very annoying thing. 1. \_\_\_\_\_ Read on for some techniques worth trying.

◆ 2. \_\_\_\_\_

People who regularly made plans and looked forward to upcoming events had a 50 percent reduced chance of Alzheimer's disease (早老性痴呆症), according to a recent study. 3. \_\_\_\_\_ Something as simple as setting a goal to have a weekly coffee date with a friend will do. There's evidence that people who have a purpose in life or who are working on long

or short-term goals appear to do better. In other words, keep your brain looking forward.

◆ Go for a walk.

Mildly raised glucose (葡萄糖) levels can harm the area of the brain that helps you form memories and physical activity can help get blood glucose down to normal levels. In fact, exercise produces chemicals that are good for your brain. 4. \_\_\_\_\_

◆ Learn something new.

Take a Spanish class online, join a drawing club, or learn to play cards. A study found that mental stimulation (刺激) limits the weakening effects of aging on memory and the mind. But the best thing for your brain is when you learn something new and are physically active at the same time. 5. \_\_\_\_\_ Going dancing with your friends also works.

A. Focus on the future.

B. This can be especially harmful to the aged.

C. It should be something like learning gardening.

D. So take a few minutes each day to do some reading.

E. But don't worry if your schedule isn't filled with life-changing events.

F. Luckily, research shows there is a lot you can do to avoid those moments.

G. In other words, when you take care of your body, you take care of your brain.

## Saturday<sup>2</sup>

语法填空 大部分中国留学生深造完成后回国

话题	社会	词数	220	难度	★★★
体裁	说明文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

More than 80 percent of Chinese students returned to the country after completing their studies abroad, and the country sent 544,500 students in 2016 \_1\_ (study) abroad.

China's Ministry of Education (MOE) (教育部) said at \_2\_ news conference that most of the world's foreign students who study abroad are from China. Over 90 percent of them attend schools in English-speaking countries, such \_3\_ the US and Australia, and over 70 percent pursue at least a bachelor's degree.

It also said 98 percent of government-sponsored (公费的) students returned to China. So far, government-sponsored students who study abroad \_4\_ (choose) to pursue disciplines most needed in China, \_5\_ (include) engineering, agriculture and medical science.

The government-sponsored students have signed an agreement that says they \_6\_ (require) to reimburse (偿还) the government if they do not return home after completing their studies.

China is trying to attract more students with an international background because of the country's involvement in \_7\_ (globe) cooperation.

"Moreover, most Chinese \_8\_ (family) only have one child, so many of us return to China \_9\_ (willing) because we want to stay close to our family and friends," said a student surnamed Su, \_10\_ gave up his job in the UK and returned to take care of his mother in China.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# 开心一刻

## The Doctor Lives Downstairs

“Doctor,” she said loudly, bouncing into the room, “I want you to say frankly what’s wrong with me.”

He surveyed her from head to foot. “Madam,” he said at length, “I have just three things to tell you. First, your weight wants reducing by nearly fifty pounds. Second, your beauty could be improved if you used about one tenth as much rouge and lipstick. And third, I’m an artist—the doctor lives downstairs.”

# WEEK THIRTEEN

## Monday

### 阅读理解 父亲的秘密

话题	家庭、朋友与周围的人	词数	334	难度	★★
体裁	记叙文	限时	9 分钟	得分率	/4

Raised in a fatherless home, my father was extremely tightfisted towards us children. His attitude didn't soften as I grew into adulthood and went to college. I had to ride the bus whenever I came home. Though the bus stopped about two miles from home, Dad never met me, even in severe weather. If I grumbled, he'd say in his loudest father-voice, "That's what your legs are for!"

The walk didn't bother me as much as the fear of walking alone along the highway and country roads. I also felt less than valued that my father didn't seem concerned about my safety. But that feeling was canceled one spring evening.

It had been a particularly difficult week at college after long hours in labs. I longed for home. When the bus reached a stop, I stepped off and dragged my suitcase to begin the long journey home.

A row of hedge (树篱) edged the driveway that climbed the hill to our house. Once I had turned off the highway to start the last lap of my journey, I always had a sense of relief to see the hedge because it meant that I was almost home. On that particular evening, the hedge had just come into view when I saw something gray moving along the top of the hedge, moving toward the house. Upon closer observation, I realized it was the top of my father's head. Then I knew, each time I'd come home,

he had stood behind the hedge , watching , until he knew I had arrived safely.I swallowed hard against the tears.He did care, after all.

On later visits, that spot of gray became my watchtower.I could hardly wait until I was close enough to watch for its secret movement above the greenery.Upon reaching home, I would find my father sitting innocently in his chair.“So! My son, it’s you!” he’d say, his face lengthening into pretended surprise.

I replied, “Yes, Dad, it’s me.I’m home.”

( ) 1.What does the underlined word “grumbled” in Paragraph 1 probably mean?

- A.Admitted readily.
- B.Explained clearly.
- C.Agreed lamely.
- D.Spoke unhappily.

( ) 2.What made the author feel uncomfortable was\_\_\_\_\_.

- A.the tiredness after long hours in labs
- B.the fear of seeing something moving
- C.the feeling of being less than valued
- D.the loneliness of riding the bus home

( ) 3.The author’s father watched behind the hedge because\_\_\_\_\_.

- A.he was concerned about his son’s safety
- B.he wanted to help his son build up courage
- C.he didn’t want to meet his son at the doorway
- D.he didn’t think his son was old enough to walk alone

( ) 4.Which of the following can be the best title for the text?

- A.My Father’s Secret

- B. My College Life
- C. Terrible Journey Home
- D. Riding Bus Alone

## Tuesday

### 阅读理解 马可·波罗去过中国吗？

话题	历史与地理	词数	309	难度	★★★
体裁	议论文	限时	10 分钟	得分率	/4

As early as the mid-18th century, some people began raising doubts about Marco Polo's travels. In 1995, historian Frances Wood argued in her book *Did Marco Polo Go to China?* that the famous explorer from Venice never made it to pass the Black Sea. She noted that his travel journal left out the Great Wall of China, chopsticks and tea drinking among other details.

Furthermore, Chinese documents from Polo's day made no mention of the explorer and his men. Last year, a team of Italian researchers became the latest to challenge Polo's accounts. They said that evidence didn't support his description of Kublai Khan's Japanese invasions (侵略).

Now, however, research by Hans Ulrich Vogel of Germany's Tübingen University might help prove Marco Polo was true. In a new book *Marco Polo Was in China*, the professor of Chinese history tries to prove that Marco Polo spoke the truth. He suggests, for example, that Polo didn't include the Great Wall in his book because it only achieved its great importance in the Ming Dynasty several hundred years later. Vogel further explains that Chinese records from the 13th and 14th centuries avoided setting down visits from Westerners.

Historians before him have touched on these issues. But Vogel also relies on another evidence: the explorer's very detailed descriptions of currency and salt production in the Yuan Dynasty. According to Vogel, Polo

documented these aspects of Mongol Chinese culture in greater detail than any other of his time. This is a hint that Polo relied on his own powers of observation.

Will we ever know whether Marco Polo traveled to China? Perhaps not, but the consequences of his real or fictional journey are still felt across the globe. One reader of The Travels of Marco Polo was Christopher Columbus, who stepped upon the New World while following his idol's footsteps.

(    ) 1. Frances Wood doubted Marco Polo's travels to China because his description\_\_\_\_\_.

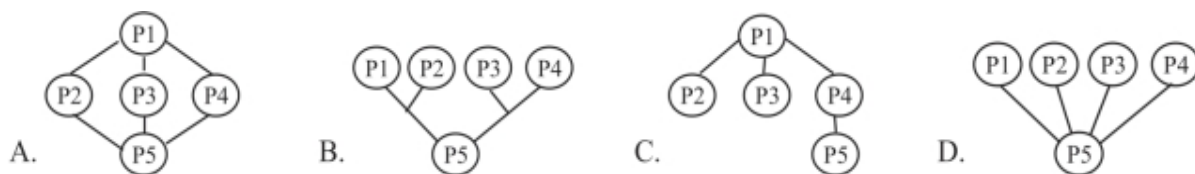
- A. missed some important culture of China
- B. covered so much about traders' life
- C. was full of obvious mistakes
- D. seemed more detailed

(    ) 2. Vogel's trust on Marco Polo is based on the argument that\_\_\_\_\_.

- a. The Great Wall didn't gain its importance then
- b. records in the Yuan Dynasty mentioned Polo
- c. Polo mentioned the currency and salt
- d. Polo's other works are believable
- e. Polo recorded what he saw in great detail

- A. a, b
- B. b, e
- C. a, e
- D. b, c

(    ) 3. Which of the following shows the structure of the text?  
(P=paragraph)



( ) 4.What would be the best title for the text?

- A.Marco Polo—a Great Explorer
- B.Did Marco Polo Ever Go to China?
- C.Doubts about Marco Polo’s Travels
- D.Following in Marco Polo’s Footsteps

## Wednesday

### 阅读理解 人类的寿命会无休止地延长吗？

话题	科普知识与现代技术	词数	303	难度	★★★
体裁	议论文	限时	8 分钟	得分率	/4

About a century ago, the average lifespan (寿命) for Americans was about 50 years.Today, the typical American lives for around seventy-eight years.

According to a German aging study, the maximum lifespan in industrialized countries has increased by two years every decade since the mid-19th century.What accounts for such increased longevity? Between 1900 and 1950, inventions such as refrigeration (制冷技术) and sewage treatment (污水处理) meant that young people were able to survive longer.Moreover, medical breakthroughs helped contain diseases such as polio (小儿麻痹症), which killed many children.These advances helped increase the average lifespan.

Medical discoveries after World War II tended to benefit older people.Treatments for heart disease, for example,have allowed the elderly to

live longer on average. So does this mean that future medical breakthroughs will result in even longer average lifespans, or have we reached our limit? Scientists disagree.

Some argue that if science is one day able to remove disease and old-age infirmity, there will be virtually no limit on how long humans can live. Some even predict that by the year 2150, the average lifespan will have increased to around 120 years.

Other life expectancy researchers find that scenario (假设) highly unlikely. Our bodies' cells can keep reproducing for only so long before they peter out (分裂). Only when science finds a way to keep our cells dividing longer will we see another significant leap in life expectancy.

Still, with plenty of exercise and a healthy diet, those who hold the view can always hope that they'll live long enough to break the record held by Jeanne Louise Calment of France, who lived to be 122.

( ) 1. Compared with the average lifespan about a century ago, the typical American lives about \_\_\_\_\_ years longer at present.

A. 50

B. 78

C. 28

D. 42

( ) 2. After World War II, the longer average lifespans mainly resulted from \_\_\_\_\_.

A. refrigeration and sewage treatment

B. medical breakthroughs

C. keeping the cells dividing longer

D. reducing polio

( ) 3. What is the scientists' attitude towards the view "we have reached our lifespan limit"?

A.Supportive.

B.Objective.

C.Optimistic.

D.Disapproving.

( ) 4.According to some life expectancy researchers, keeping our bodies' cells reproducing before they peter out may be\_\_\_\_\_.

A.impossible

B.possible

C.exciting

D.concerning

## Thursday

### 阅读理解 享受生活

话题	日常生活	词数	365	难度	★★
体裁	记叙文	限时	8 分钟	得分率	/4

I am a good mother to three children.I have tried never to let my profession stand in the way of being a good parent.

I no longer consider myself the center of the universe.I show up.I listen.I try to laugh.I am a good friend to my husband.I have tried to make marriage vows ( 誓 约 ) mean what they say.I am a good friend to my friends, and they to me.Without them, there would be nothing to say to you today.

So here's what I wanted to tell you today: get a life.A real life is not a desire of the next promotion ( 提升 ) , the bigger paycheck or the larger house.



Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure (休闲) but work. Pick up the phone. Send an email. Write a letter. And realize that life is the best thing and that you have no business taking it for granted.

It is so easy to waste our lives, our days, our hours, and our minutes. It is so easy to exist instead of living. I learned to live many years ago. Something really, really bad happened to me and changed my life. If I had my choice, it would never have been changed at all. And what I learned from it is what, today, seems to be the hardest lesson of all.

I learned to love the journey, not the destination. I learned to look at all the good in the world and tried to give some of it back because I believed in it, completely and totally. And I tried to do that, in part, by telling others what I had learned.

By telling them this: read in the backyard with the sun on your face. Learn to be happy. And think of life as a deadly illness, because if you do, you will live with joy and passion (激情) as it ought to be lived.

( ) 1. How did the author form her view of life?

- A. Through social experience.
- B. By learning from her friends.
- C. Through an unfortunate experience.
- D. From her children and husband.

( ) 2. By the underlined sentence "It is so easy to exist instead of living." in the fifth paragraph, the author really means that people tend to \_\_\_\_\_.

- A. make a living rather than live a real life
- B. work rather than enjoy life
- C. waste a lot in life
- D. forget the most important lesson in life

( ) 3.What's the author's attitude toward work?

A.Do it well to serve others.

B.Earn enough money to make life better.

C.Try your best to get higher position and pay.

D.Don't let it affect your real life.

( ) 4.It can be inferred from the text that\_\_\_\_\_.

A.the author is a success in personal life

B.the author doesn't try her best to work well

C.the author spends all her time caring for her children

D.the author likes traveling very much

## Friday

### 完形填空 不要害怕犯错误

话题	人物故事	词数	314	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

Recently I heard a story about a famous scientist who had made several very important medical breakthroughs.He was being \_1\_ by a reporter who asked him why he thought he was able to be so much more \_2\_ than the average person.

He responded that it all came from a(n) \_3\_ with his mother that occurred when he was four years old.He had been trying to \_4\_ a bottle of milk from the shelf when it fell, 5\_\_ its contents all over the kitchen floor.

When his mother came into the kitchen, instead of \_6\_ him, she said, “Robert, what a great and wonderful \_7\_ you have made! I have seldom seen such a real \_8\_ of milk.Well, the damage has already been done.Would you

like to get down and \_9\_ in the milk for a few minutes before we clean it up?”

Indeed, he \_10\_. After a few minutes, his mother said, “You know, Robert, whenever you make a trouble like this, \_11\_ you’ll have to clean it up and restore everything to its proper \_12\_. So, how would you like to do that? We could use a sponge (海绵), a towel or a mop. Which do you \_13\_?” He chose the sponge and \_14\_ they cleaned up the milk.

His mother then said, “Let’s go out in the backyard and \_15\_ the bottle with water and see if you can discover a way to carry it without \_16\_ it.” The little boy learned that if he held the bottle at the top near the edge \_17\_ both hands, he could carry it without dropping it. What a wonderful \_18\_!

It was at that moment that the scientist knew he didn’t need to be afraid to make \_19\_. Instead, he learned that mistakes were just \_20\_ for learning something new.

( ) 1. A. praised

B. interviewed

C. celebrated

D. admired

( ) 2. A. famous

B. excellent

C. creative

D. wonderful

( ) 3. A. invention

B. experiment

C. game

D. experience

( ) 4. A. remove

B.bring

C.settle

D.put

( ) 5.A.covering

B.leaving

C.drinking

D.floating

( ) 6.A.encouraging

B.asking

C.punishing

D.frightening

( ) 7.A.use

B.achievement

C.picture

D.trouble

( ) 8.A.sea

B.bottle

C.room

D.factory

( ) 9.A.play

B.think

C.cry

D.regret

( ) 10.A.refused

B.did

C.listened

D.feared

( ) 11.A.gradually

B.patiently

C.finally

D.immediately

( ) 12.A.value

B.form

C.shelf

D.order

( ) 13.A.like

B.clean

C.prefer

D.accept

( ) 14.A.together

B.silently

C.excitedly

D.hurriedly

( ) 15.A.charge

B.fill

C.present

D.put

( ) 16.A.losing

B.holding

C.breaking

D.dropping

( ) 17.A.for

B.beyond

C.over

D.with

( ) 18.A.performance

B.method

C.lesson

D.action

( ) 19.A.promises

B.mistakes

C.guesses

D.decisions

( ) 20.A.chances

B.teachers

C.directions

D.instructions

## Saturday<sup>1</sup>

### 七选五阅读 如何鼓励孩子同别人建立积极的人际关系

话题	人际关系	词数	252	难度	★★★
体裁	说明文	限时	10 分钟	得分率	/5

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

### Encouraging Positive Relationships

Choosing friends is an important part of growing up. Although you can't choose your children's friends, you can have a positive influence on the relationships they make throughout their formative years. Use the following strategies to help your children build positive relationships with their friends.

- Encourage diversity. 1. \_\_\_\_\_ In addition to exposing your kids to more diversity, it will also help them learn more about themselves.

- Avoid criticism. Avoid criticising friendships, but be honest with your kids when you're concerned. 2. \_\_\_\_\_ This may make them defensive and less receptive to what you have to say. Do be open and willing to listen to what they have to say, and talk about what makes you nervous.

- 3. \_\_\_\_\_ If you feel that one of your child's friends is having a negative influence on your child, invite that friend to spend time with you and your child together so that you can have a positive influence on the relationship.

- Engage in community service. Engage your family in service and volunteering (or join a social group) through a local church, school, or other nonprofit organisations. 4. \_\_\_\_\_

- 5. \_\_\_\_\_ When talking about a friend who has a negative influence on your child, focus your comments on that friend's behaviour, not on his personality. For example, instead of calling your child's friend irresponsible for smoking, you could point out that the behaviour has a negative effect on that friend's health and recommend ways for your child to help that friend quit.

A. Offer advice.

B. Get involved.

C. Don't condemn your child's friends.

D. Help your kids find the group that they fit with.

E.These events can be great places to meet new friends.

F.It's important to develop positive relationships with family members as well.

G.Challenge your children to get to know kids from many different backgrounds.

## Saturday<sup>2</sup>

### 语法填空 善行

话题	人物故事	词数	193	难度	★★★
体裁	记叙文	限时	10 分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Today I have been tagged! I have spread \_1\_ (kind) and given things away and bought lunches and dinners \_2\_ families.Today I was the receiver of \_3\_ unexpected kindness.I have a sick dog and I woke up today \_4\_ (find) a mess that I had to clean.Not feeling the energy to even make coffee this morning, I \_5\_ (get)into my car and drove to Dunkin Donuts.While trying to turn into the drive-thru, more and more \_6\_ (car) got ahead of me.Not that I was in a hurry\_7\_ I just thought “I’m going to sit in this line!” When I reached the drive-thru window a \_8\_ (smile) lady handed me my coffee and said “The car ahead paid for your order.” Really?!! Of course at that moment I paid for the car behind me! I left \_9\_ (feel) GREAT and SMILING.The car that was behind me in line pulled behind me in traffic.I saw through the rear view mirror that she had a big smile on her face.It is \_10\_ (true)amazing how one simple act of kindness can change the entire day.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_



6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_

## 开心一刻

### I Want a Nightmare

Before the final examination, Tom told his mother, “Mom, I had a dream last night that I’d passed today’s exam.” “Don’t trust dreams, dear. It is said what you experience in dreams usually turns out to be the opposite,” Mother replied. “Then I do hope I’ll fail the other subjects in my dream tonight,” Tom said.

# WEEK FOURTEEN

## Monday

### 阅读理解 如何礼貌行事？

话题	人际关系	词数	331	难度	★★★
体裁	应用文	限时	9 分钟	得分率	/4

(Q = Question; A = Answer)

#### Situation I

Q: If someone sits right next to me in an empty movie theatre, is it rude to move?

A: Maybe, but nobody will fault you for it. Chances are that the close sitter doesn't realise he disturbs you, so he may miss your annoyance. You undoubtedly aren't the first person he's met who needs enough room. Forgive his bad judgment, move quietly and enjoy the show.

#### Situation II

Q: If I use the bathroom at a store, do I need to buy something?

A: Consider frequency and urgency. Is this a one-time thing or an emergency? If so, you don't have to buy anything, but it would be kind if you did. However, if you regularly use the bathroom at this place, then you are a customer, and you should act like one.

#### Situation III

Q: If someone is talking loudly on the bus, is there a nice way to ask him to keep it down?

A: No. Try other means: 1) Stare at him until he gets aware of it and quiets down. 2) Lift your finger in a silence motion and smile. 3) Put on earphones and ignore him.

#### Situation IV

Q: If I remember my friend's birthday a day late, should I apologise or just wish her a happy birthday like nothing happened?

A: This is the reason why the word belated was invented. "Happy belated birthday!" is short for: "Well, I know I forgot, but then I remembered. Forgive me and happy birthday."

#### Situation V

Q: Can I lie about seeing a text because I was too busy or lazy to respond to it?

A: Don't lie. Receiving a text does not mean you need to respond (回复) to it. Why waste a perfectly good lie when the truth will serve? "Yes," you can say if ever asked, "I saw it." No explanation is needed as to why you don't respond.

( ) 1. You will get annoyed in a theatre when \_\_\_\_\_.

A. a person is too active

B. a person is too rude to you

C. a person talks too loudly

D. a person sits too close to you

( ) 2. How will you quiet someone down in a public place?

A. By making fun of him continuously.

B. By looking purposefully at him.

C. By talking to him directly.

D. By pointing angrily at him.

( ) 3. The underlined word "belated" in Situation IV probably means "\_\_\_\_\_".

A.predicted

B.returned

C.cancelled

D.delayed

( ) 4.What is the text mainly about?

A.Modern ways to mind your manners.

B.Different ways to change others' manners.

C.Proper manners to offer help to others.

D.Good manners to talk to people.

## Tuesday

### 阅读理解 第一次善举

话题	人物故事	词数	321	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/4

After all of these years I can still remember my first moment of kindness.It was the first day of the kindergarten.I walked in with my mom and was amazed at all the toys against the walls.I smiled and immediately ran over to them and started to play.Most of the other kids were doing the same while the parents were talking to the teacher.In the corner,however, I saw one girl sitting by herself.She was small and her red eyes looked like she had been crying.None of the other boys and girls seemed to notice her there.

I went back to play with the toy cars, but after a minute I looked up at her again.She seemed so sad and alone.I couldn't stop looking at that little girl.I picked up two of the toy cars and went over to her.“Do you want to play?” I asked.She smiled at me and lowered her head.

What made me remember that first selfless act was a letter that little girl wrote to me after we both grew up. She told me how she had been sick all of her life and how her illness made the other kids avoid her. Then she told me how that moment of kindness had changed her life. I wrote her back that day and we continued our friendship through the mail for several years before the illness that she had always fought with finally took her life.

I was thinking of her again today and felt lucky to be kind to a little girl who needed a friend. I thought of how a moment of kindness could mean so much to another. I thought of how a simple, selfless act could make the world so much better. I thought of how a little bit of love could move a heart, touch a soul, and change a life.

(    ) 1. Why did the author go to play with the toys?

A. Because the toys were amazing.

B. Because a little girl was crying.

C. Because the class was over.

D. Because her parents were talking.

(    ) 2. Paragraph 3 is mainly talking about \_\_\_\_\_.

A. the little girl's illness

B. the girl's struggles

C. the future of them

D. their friendship

(    ) 3. What can we know about the girl?

A. She passed away finally.

B. She overcame her illness.

C. She lost touch with the author.

D. She didn't speak highly of the author.

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

- A.A Little Brave Girl
- B.A New Friendship
- C.A Moment of Kindness
- D.My First Day of Kindergarten

## Wednesday

### 阅读理解 《美国派》

话题	文娱与体育	词数	330	难度	★★★★
体裁	记叙文	限时	9 分钟	得分率	/4

American Pie, written and recorded by Don McLean, is the longest song to ever reach number one on the charts (排行榜). At 8 minutes and 38 seconds, it topped the charts on January 15, 1972 and remained there for four weeks.

Don McLean wasn't able to play sports or do any fierce physical activities as a child due to his severe asthma (哮喘). He worked hard at recovery exercises and helped improve his physical condition, but it also helped him in another way. Don's asthma had also made it hard for him to reach and hold certain notes, and the asthma exercises improved his ability as a singer.

His first album (唱片), Tapestry came out in 1970 after being rejected by 34 different record companies. The album had some success and won good reviews. Don's album American Pie came out in 1971 and contained a song that was to become a part of music history. "I can't necessarily interpret American Pie any better than you can," Don was to tell Life magazine. With one exception: Don was one of Buddy Holly's fans. Most of my friends liked Elvis Presley, but I liked Holly because he spoke to me. He was a symbol of something deeper than the music."

Don clearly remembered reading about Holly's plane crash. In his papers for February 3, 1959, Holly's deep effect on McLean was unforgettable and, 12 years later, was to be the origin of American Pie. "I'm very proud of the song, which was about Buddy Holly. But it moves on to describe America as I was seeing it, so it's partly reality."

When American Pie first came out, it was so long it took up both sides of the record. It was actually banned by several American radio stations because of its eight-and-a-half minute length. Many stations limited songs to a length of 3:30. Don McLean has some other hits and around twenty mostly well-received albums after the success of American Pie.

(    ) 1. American Pie lost its number-one position on charts in \_\_\_\_\_.

A. January, 1972

B. February, 1970

C. February, 1972

D. January, 1971

(    ) 2. What is the second paragraph mainly about?

A. Don McLean's hard life.

B. Don McLean's American Pie.

C. Don McLean's life as a singer.

D. Don McLean's child education.

(    ) 3. According to the text, American Pie \_\_\_\_\_.

A. was Don's first album

B. was written by Buddy Holly

C. first appeared on Life magazine

D. was to remember Don's favorite singer

(    ) 4. Why was American Pie refused by some radio stations?

- A. Tapestry was ever rejected.
- B. It wasn't suitable in its length.
- C. Don wasn't a popular singer.
- D. Audience felt it was too sad.

## Thursday

### 阅读理解 我们很幸运

话题	社会	词数	317	难度	★★★★
体裁	议论文	限时	7 分钟	得分率	/4

Do you feel lucky? You probably don't. You may think you've got where you are today through willpower and hard work. We tend to overlook luck's role, and this seems to get worse the richer we get; surveys show that the wealthiest are least likely to owe their fortunes to good fortune. Many such people oppose taxation (税收) and government spending: why should others get a handout (救济品) if they don't need one? More often than not, they vote against the very policies that helped them get lucky to begin with. In a recent Atlantic essay, Robert Frank, an economist who has studied attitudes to chance, quoted (引用) EB White: "Luck is not something you can mention in the presence of self-made men."

However, if we see this just as a problem of the super-rich people, we may let the rest of us off too easily. Anyone living in a highly developed economy in 2016 is already the one who benefits from luck—for example, not living in the modern-day Central African Republic, where few people can live a long life. In fact, we are lucky to have been born human. You might have been a battery hen, or a mayfly with only one day to live.

Our blindness to such truths isn't only because we're self-absorbed but also we attach more significance to things that are easier to call to mind. It's



not hard to recall countless times when you put in the effort to succeed: struggling through university finals, preparing for job interviews, tolerating a long-distance travel to work. On the other hand, it's rather difficult to realize you're privileged—like not being born in a war zone, or before antibiotics (抗生素), and so forth.

( ) 1. What does the underlined sentence in Paragraph 1 mean?

- A. Self-made men don't like to be talked about.
- B. Successful people owe their achievements to luck.
- C. Successful people tend to overlook the role of luck.
- D. Self-made men are more likely to show off their fortune.

( ) 2. According to the author, you are fortunate if you are not \_\_\_\_\_.

- A. struggling through university finals
- B. preparing for interviews
- C. tolerating a long-distance travel
- D. living in a war zone

( ) 3. We can learn from the text that \_\_\_\_\_.

- A. few people in Africa are lucky
- B. each of us is actually privileged
- C. people value the importance of luck
- D. people succeed because of luck

( ) 4. Which of the following might be the best title for the text?

- A. Luck Is a Blessing
- B. We Are Lucky
- C. How to Be Lucky
- D. Who Is Lucky

# Friday

## 完形填空 积极的改变

话题	日常生活	词数	316	难度	★★★
体裁	记叙文	限时	8 分钟	得分率	/20

Have you ever not wanted to do something so badly? Well, that's how I \_1\_ about joining Madcaps, a mothers and daughters' club assisting philanthropies (慈善事业) \_2\_, my feeling changed finally. Now I believe if you adopt an \_3\_ attitude, you might just \_4\_ enjoying it.

Six months ago, my mom told me the club asked us to work as \_5\_ at Saint Vincent de Paul Homeless Shelter. That meant I had to \_6\_ in the dirty homeless shelter for at least 20 hours.

The first time we went there, a lady led us to the kitchen where we \_7\_ my five fellow Madcaps classmates—they also wore the same mark. Since I'm usually \_8\_ awkward, I had never talked with any of them earlier. Worse still, my mom was asked to help outside the kitchen, leaving me totally \_9\_ to serve food with them. Soon large numbers of homeless families \_10\_ in like rushing river. A little girl, around 5 years old, walked up to me. I \_11\_ her a cold sandwich. She took it and joined her family quickly. As she walked away, I \_12\_ she was wearing a coat, clearly too big for her, hanging \_13\_ on her thin body, and couldn't help thinking how much I had \_14\_ with her. It suddenly struck me that how \_15\_ I am.

After that moment I had a \_16\_ of heart. Now I love Madcaps and don't miss one meeting. I have \_17\_ awkwardness when communicating and now have many friends. And this year I am sure I will do more than the \_18\_ 20 hours of philanthropies.

So that is how I have made a \_19\_ by doing one thing I don't want to do. If you have an open \_20\_ you can accomplish more and become a well-rounded (全面的) person.

( ) 1.A.heard

B.worried

C.felt

D.brought

( ) 2.A.Otherwise

B.However

C.Therefore

D.Besides

( ) 3.A.active

B.ordinary

C.aggressive

D.honest

( ) 4.A.keep on

B.give up

C.end up

D.insist on

( ) 5.A.members

B.volunteers

C.friends

D.fans

( ) 6.A.wander

B.walk

C.teach

D.serve

( ) 7.A.ran into

B.cared about

C.looked for

D.passed by

( ) 8.A.painfully

B.socially

C.naturally

D.hopelessly

( ) 9.A.afraid

B.doubtful

C.alone

D.patient

( ) 10.A.joined

B.broke

C.dropped

D.poured

( ) 11.A.awarded

B.returned

C.handed

D.bought

( ) 12.A.discovered

B.guessed

C.thought

D.concluded

( ) 13.A.neatly

B.carelessly

C.constantly

D.loosely

( ) 14.A.compared

B.connected

C.covered

D.competed

( ) 15.A.eager

B.lucky

C.proud

D.strong

( ) 16.A.relief

B.loss

C.surprise

D.change

( ) 17.A.remembered

B.realised

C.overcome

D.developed

( ) 18.A.allowed

B.required

C.included

D.finished

( ) 19.A.difference

B.promise

C.sacrifice

D.mistake

( ) 20.A.study

B.plan

C.mind

D.question

## Saturday<sup>1</sup>

### 七选五阅读 如何获得良好的睡眠？

话题	健康	词数	282	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

We've all been told since we were kids that we need at least 8 hours of sleep each and every night.1. \_\_\_\_\_ Not many.

Sleep, though, is one of the most important things that our bodies need to stay healthy.Without the rest that sleep provides, our bodies and minds wear down to the point where we lose our work efficiency during the day, and lack of sleep can even make us sick.2. \_\_\_\_\_

A lot of people eat late into the night and then try to sleep on a full stomach.This will not provide you a restful sleep.3. \_\_\_\_\_ Stay away from food a few hours before you go to bed, so that your whole body can rest.



What do you hate doing at 2 : 00 am ? Waking up to go to the bathroom ! Don't drink water and try to keep your bladder (膀胱) empty before you go to bed so that you won't have to wake up in the middle of the night. Minimising (最小化) the times you wake up throughout the night will provide a more restful sleep.

If you need more hours in the day to get your work done, try and decide between waking up extra early and then going to bed on time, or staying up later but then also getting up later. 4. \_\_\_\_\_ Others feel better and have more energy when they wake up early. Do some tests on yourself to see which option works better for you.

Turn sleep into a habit. 5. \_\_\_\_\_ Follow the same positive sleep patterns for a week or a month and you'll notice a big change in how much more restful you feel.

A. Some people do better and are more productive when they stay up late.

B. A good night's sleep can help protect us from diseases.

C. However, how many of us actually get much of sleep on any given night of the week?

D. While you're trying to sleep, your body is working hard to digest whatever you've eaten.

E. Don't think too much when you are lying in bed at night.

F. If you are struggling to get the sleep you need, here are four simple steps for you.

G. Your body and mind are more efficient when a routine has been set and a habit has been formed.

## Saturday<sup>2</sup>

### 语法填空 独生子女的苦恼

话题	社会	词数	214	难度	★★
体裁	议论文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Since the one-baby policy was carried out in China, Chinese families have been shrinking from one with over 10 members to the other with only three, 1 (include) parents and one baby. Things are usually out of our 2 (expect). Apart from the benefits that have been mentioned enough, small families are now beginning to have their own problems. Because parents are having 3 (few) children, they increasingly feel the need 4 (control) the lives of those children. As a result, many children are becoming less 5 (depend), determined and ambitious than those in the past.

Parents today discourage their children from 6 (do) housework, extracurricular activities and socialising because they fear it will interrupt their education. For example, when I was younger I wanted to learn the guitar but my parents wouldn't allow me, because they 7 (believe) it would distract me from my studies. They are happy as long as I perform 8 (wonder) in my exams but don't seem concerned about how I develop as a person.

To some extent, I understand parents' concerns, 9 I think they should love their children for who they are, not what they want them to be. We deserve 10 chance to chase our own dreams and learn on our own. Even if we fail, we can learn from those failures.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 美文诵读

### Happiness and Sorrow

Materialistic happiness is short-lived, but happiness achieved by bringing a smile on others' face gives a certain level of fulfillment. Peace of mind is the main link to happiness. No mind is happy without peace. We realize the true worth of happiness when we are in sorrow. Sorrow is basically due to death of a loved one, failure and despair. But these things are temporary and pass away.

### 快乐与悲伤

物质上的快乐往往是短暂的，然而，当你给予他人一个微笑的时候，那种满足却是无与伦比的。心灵的平静往往是快乐的源泉。没有平和的心态就没有快乐的心情。在伤心的时候，我们往往能够体会到快乐的真谛。悲伤基本都来自一个爱人的去世、失败还有绝望。但是这样的事情都是暂时的，总会过去的。

# WEEK FIFTEEN

## Monday

### 阅读理解 不同时期的英国女作家

话题	科普知识	词数	345	难度	★★★
体裁	说明文	限时	9 分钟	得分率	/4

#### British Women Writers in Different Periods of Time

##### The English Renaissance

The English Renaissance began in the later part of the fifteenth century and lasted until the 1660s. Among the most famous women writers of this period is Aphra Behn, who is seen as the first professional woman writer in English. She wrote a number of plays that dealt with topics such as racism and slavery. A good example is *Oroonoko* published in 1688. Aphra Behn's works also include the plays *The Amourous Prince*, *The Town Fop*, *The Dutch Lover* and her only tragedy, *Abdelazer*.

##### The neoclassical period

Among the well-known women in British literature during the neoclassical period, from 1660 to the end of the eighteenth century, is Anne Finch. She wrote poetry and tried to express all that she saw and experienced. Two other women are recognized for their contribution to neoclassical British literature: Mary Astell and Lady Mary Wortley Montagu. Mary Astell was a philosopher and a feminist writer. She is best known now for her theories on the education of women.

##### The Romantic period

Jane Austen is one of the most famous women writers that worked during the Romantic period (1798—1832). Her works include several novels, most of which focus on marriage as a way for young women to secure social standing and economic security. Her most famous novels are *Pride and Prejudice*, *Sense and Sensibility* and *Emma*. Another famous woman writer from the English Romanticism is Mary Shelley. She is the author of *Frankenstein*, *History of a Six Weeks' Tour* and *The Last Man*.

### The Victorian period

The Victorian period, between the 1830s and 1900, was the time when the Bronte sisters, George Eliot and Elizabeth Gaskell lived and wrote. Charlotte Bronte, Emily Bronte and Anne Bronte produced many British literary classics. Charlotte's novels include *Jane Eyre*, *Shirley*, *Villette* and *The Professor*. Mary Anne Evans adopted the male pen name George as she wanted to set herself apart from the feminine genre of cookbooks and domestic moral tales. Her most famous novel is *The Mill on the Floss* published in 1860.

(    ) 1. According to the text, Aphra Behn was famous for \_\_\_\_\_.

A. novels

B. poetry

C. plays

D. cookbooks

(    ) 2. In which period can readers find books about racial discrimination written by women?

A. In the English Renaissance.

B. In the neoclassical period.

C. In the Romantic period.

D. In the Victorian period.

(    ) 3. According to the text, why did Mary Anne Evans publish her stories under the name of George Eliot?

A.Women were forbidden to write novels then.

B.Her works would be different.

C.It helped promote her works.

D.It sounded more popular.

( ) 4.If a reader is interested in women's education, whose works can be the best choice?

A.Anne Finch's.

B.Mary Astell's.

C.Mary Wortley Montagu's.

D.Mary Shelley's.

## Tuesday

### 阅读理解 狗的身体语言

话题	科普知识	词数	305	难度	★★★
体裁	说明文	限时	10 分钟	得分率	/4

If you pay attention to your dog's body language, you'll find that you are easily able to understand how your dog is feeling, even though he can't talk to you.

**Ears and Face:** The head of a dog is much more expressive than you might think.If you say a word that he recognizes , like his name or something you say often, his ears should get up.His mouth is another good indicator (指示) .A mouth that is open and panting suggests that the dog is happy—some people even say that when a dog is panting (喘气) , they are laughing as they cool themselves.A tongue sticking out suggests that a dog is in a good mood and very happy, too.

**Body :** The body of a dog is something that you can also use to determine what they are thinking about.If the dog's body is hunched down, or if he is crouching (蹲伏), he is in a defensive or a scared mood.Try backing away from him—because he is either angry or very scared at the moment.However, if a dog is splayed (张开) out and resting comfortably, with all of his limbs showing, he is comfortable and relaxing.If a dog is curled into a circle, he is feeling right at home with you.An anxious dog will stand or pace, while a calm one will sit or lay down.

**Tail:** Lastly, you want to pay attention to your dog's tail when it comes to his body language, because this is going to be a good indicator of what he is thinking and feeling.A dog that is in a good mood will have a tail that seems to be going a mile a minute—wagging, and excited.However, an angry or scared dog will have his tail between his legs.

( ) 1.The first passage is mainly to \_\_\_\_\_.

- A.suggest you caring for the dogs
- B.explain what is body languages
- C.call the readers to protect the dogs
- D.come up with the topic of this passage

( ) 2.Which of the following suggests that a dog is pleased?

a.It keeps its mouth open.b.It watches out in front of you.c.It leaves its tongue out.

d.It breathes quickly and loudly.e.It listens to you attentively.

A.a, b

B.c, d

C.b, c

D.d, e

( ) 3.A dog that is worried probably \_\_\_\_\_.

- A.walk here and there  
B.crouch on the ground  
C.lie on its back  
D.curl itself into a circle
- ( ) 4.What would be the best title for this passage?
- A.Learning about a Dog’s Body Language.  
B.The Types of Body Language.  
C.The Differences of a Dog’s Body Language.  
D.How to Comfort a Dog When It Is Sad.

## Wednesday

### 阅读理解 学会理财

话题	科普知识	词数	331	难度	★★★
体裁	说明文	限时	8 分钟	得分率	/4

Are you good with money? I learned to be careful with it during my childhood. My father would give me some pocket money and tell me it should last for a whole week. So, I learned I had to save some if I didn't want to run out of cash quickly. No surprise there: my dad was an accountant!

It's never too early to become money savvy (见识). That's what British personal finances expert Martin Lewis thinks. He was part of a successful campaign to include financial education on the school curriculum in England. It will be embedded (植入) in maths and citizenship education. This includes children from 5 to 16 years old.

Lewis says, "We desperately need to break the cycle of financial illiteracy (无知) in the UK—one of the causes of our current economic

crisis and a huge contributor to continued mis-selling epidemics（误导性销售泛滥）。”

Being careful with money pays off.Banks in Britain recently found themselves having to pay a large number of people who were persuaded to spend money and buy insurance policies they didn't need.Many wasted their money on investments which were not for them.Few had the patience to read the small print.

The British say “take care of the pennies and the pounds will take care of themselves”.It means you have to watch your daily expenses and not just the big purchases in your life such as houses.

Martin Lewis has made millions from his website which advises people to be thrifty（节俭的） and refuses any suggestion that he is mean.The expert says in an interview with the English newspaper the Daily Express, “the better you are with your cash, the better your life can be.People think I am telling them to stop spending money, but I am simply telling them to spend it wisely.”

( ) 1.From Paragraph 1, we can know that the author\_\_\_\_\_as a child.

- A.ran out of cash quickly
- B.earned a lot of money
- C.was in deep debt
- D.was good with money

( ) 2.The financial education in England aims to\_\_\_\_\_.

- A.help children make money
- B.deal with the current economic crisis
- C.educate children to become money savvy
- D.avoid continued misselling epidemics

( ) 3.What's the financial problem of some people in Britain?

- A.They invest money blindly and unwisely.
  - B.They neglect big purchases.
  - C.They have no patience to spend money.
  - D.They watch their daily expenses.
- (    ) 4.What does the author mainly tell us?
- A.Financial illiteracy is the cause of economic crisis.
  - B.Take care of money and life will be better.
  - C.Financial education must be included in school.
  - D.People should learn to be thrifty and mean.

## Thursday

### 阅读理解 eDNA技术

话题	科普知识与现代技术	词数	321	难度	★★★★
体裁	说明文	限时	9 分钟	得分率	/5

It's a familiar scene in science fiction stories: Explorers arrive on a new world, and quickly determine what's in their surroundings with a high-tech device that checks for breathable air and signs of other life forms.

Here on earth , science fiction is becoming reality through a new sampling technology called environmental DNA , or eDNA for short.It allows scientists , like ecologist Ryan Kelly , to detect rare species , study biodiversity (生物多样性) or estimate fish number with just a little air or a drop of water.That's because all living creatures are constantly giving off their DNA into the environment.

In Kelly's lab at the University of Washington in Seattle , his team separates out and enlarges the genetic material.They are currently working with water samples collected from Puget Sound.“Essentially we can take a



sample of soil or air—or in our case—water and we can sequence（按顺序排列） the DNA out of it and tell you what is there.” Kelly said the cost of gene sequencing has “fallen sharply in recent years”.That makes DNA screening practical.

Environmental DNA can be used in two ways.One is to identify the creatures that live in a certain place.The other is to confirm the presence or absence of a specific species, typically an invasive or endangered species.

Natural resource managers are looking for ways to make eDNA methods more accurate to identify and better at reporting what’s there with a low number of errors.In fact, this newer way to figure out what’s where is rapidly catching on around the world.In Vietnam, zoologists are using it to locate the last wild samples of the Yangtze giant softshell turtle.In Trinidad, a researcher is using eDNA to track down endangered golden tree frogs.And in Madagascar, it’s being used to identify amphibian（两栖动物） diseases.

( ) 1.Throughout the entire text, Paragraph 1 serves as a(n)\_\_\_\_\_.

A.explanation

B.introduction

C.argument

D.conclusion

( ) 2.The main reason why eDNA works is that\_\_\_\_\_.

A.science fiction has become a reality

B.every environment has air or water in it

C.all ecologists are good at DNA collecting

D.all living things give off DNA into the environment

( ) 3.What can we learn from Ryan Kelly’s words?

A.DNA screening isn’t practical now.

B.The cost of gene sequencing is too low.

C.His team is working on a species in water.

D.DNA in the environment is difficult to collect.

( ) 4.What is one function of eDNA technology?

A.Making up science fiction stories.

B.Cloning rare or endangered species.

C.Finding what species live in a place.

D.Giving off DNA into the environment.

( ) 5.The last paragraph mainly tells us that\_\_\_\_\_.

A.eDNA can only be used in limited areas

B.eDNA can be used for curing human's diseases

C.eDNA has been widely used but needs improving

D.eDNA makes too many mistakes in identifying species

## Friday

### 完形填空 夏洛特·怀特海德医生

话题	人物故事	词数	292	难度	★★★
体裁	记叙文	限时	8 分钟	得分率	/20

Charlotte Whitehead was born in England in 1843, and moved to Montreal, Canada at the age of 5 with her family. While \_1\_ her ill elder sister throughout the years, Charlotte discovered she had a(n) \_2\_ in medicine. At 18 she married and \_3\_ a family. Several years later, Charlotte said she wanted to be a \_4\_. Her husband supported her decision.

\_5\_, Canadian medical schools did not \_6\_ women students at the time. Therefore, Charlotte went to the United States to study \_7\_ at the Women's Medical College in Philadelphia. It took her five years to \_8\_ her

medical degree.Upon graduation, Charlotte \_9\_ to Montreal and set up a private \_10\_.Three years later, she moved to Winnipeg,Manitoba, and there she was once again a \_11\_ doctor.Many of her patients were from the nearby timber and railway camps.Charlotte \_12\_ herself operating on damaged limbs and setting \_13\_ bones, in addition to delivering all the babies in the area.

But Charlotte had been practising without a licence.She had \_14\_ a doctor's licence in both Montreal and Winnipeg, but was \_15\_.The Manitoba College of Physicians and Surgeons, an all-male board, wanted her to \_16\_ her studies at a Canadian medical college! Charlotte refused to \_17\_ her patients to spend time studying what she already knew.So in 1887, she appealed to the Manitoba Legislature to \_18\_ a licence to her, but they too, refused.Charlotte \_19\_ to practise without a licence until 191 2.She died four years later at the age of 73.

In 1993, 77 years after her \_20\_, a medical licence was issued to Charlotte.This decision was made by the Manitoba Legislature to honour “this courageous and pioneering woman.”

( ) 1.A.raising

B.teaching

C.nursing

D.missing

( ) 2.A.habit

B.interest

C.opinion

D.voice

( ) 3.A.invented

B.selected

C.offered

D.started

( ) 4.A.doctor

B.musician

C.lawyer

D.physicist

( ) 5.A.Besides

B.Unfortunately

C.Otherwise

D.Eventually

( ) 6.A.hire

B.entertain

C.trust

D.accept

( ) 7.A.history

B.physics

C.medicine

D.law

( ) 8.A.improve

B.save

C.design

D.earn

( ) 9.A.returned

B.escaped

C.spread

D.wandered

( ) 10.A.school

B.museum

C.clinic

D.lab

( ) 11.A.busy

B.wealthy

C.greedy

D.lucky

( ) 12.A.helped

B.found

C.troubled

D.imagined

( ) 13.A.harmful

B.tired

C.broken

D.weak

( ) 14.A.put away

B.taken over

C.turned in

D.applied for

( ) 15.A.punished

B.refused

C.blamed

D.fired

( ) 16.A.display

B.change

C.preview

D.complete

( ) 17.A.leave

B.charge

C.test

D.cure

( ) 18.A.sell

B.donate

C.issue

D.show

( ) 19.A.continued

B.promised

C.pretended

D.dreamed

( ) 20.A.birth

B.death

C.wedding

D.graduation

## Saturday<sup>1</sup>

### 七选五阅读 避免失败的方法

话题	知识	词数	241	难度	★★★
体裁	说明文	限时	9 分钟	得分率	/5

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

Does failure really exist?

If you believe you have failed, then you have. If you believe you don't have the ability to succeed, then you don't. 1. \_\_\_\_\_ The moment you decide to give up or stop working towards your goals, failure is born.

2. \_\_\_\_\_

Most people give themselves an out without even realising it. They are willing to work hard on reaching their goals, but only until the going gets too rough or their energy dies down. Don't do that! 3. \_\_\_\_\_ Never quit, never admit failure, and never lose heart.

Don't believe in a clear finish line for goals.

It's a good idea to set a general timeline（时间表），but remember that something will be beyond your control. 4. \_\_\_\_\_ If you lock yourself into a given timeline, you might make yourself feel like a failure! Instead, get a general idea of when you'd like your goal to be completed. Then take it one day at a time and focus on making progress instead of reaching in the finish line as little time as possible.

Be sure that you don't see difficulties as failures.

Difficulties mean only one thing: it's not time for your goal to be completed yet. That's it! It doesn't mean you failed; it doesn't mean you're weak; it doesn't mean you'll never achieve your goals. 5. \_\_\_\_\_ You've got to keep moving forward and find a way over, around, or through the difficulties.

A. Never give up on yourself.

B. Failure only exists in your own mind!

C. That's exactly how failure makes us feel.

D. It simply means you have not done enough yet.

E. You can never say exactly when your goal will be reached.

F.Make up your mind to make your goal happen, no matter what!

G.Work hard towards your goal, and you will be likely to get good results.

## Saturday<sup>2</sup>

### 语法填空 以他人为镜

话题	人际关系	词数	228	难度	★★★★
体裁	说明文	限时	10 分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

The first time you meet someone, in the first moment you form an \_1\_ (impress) in your mind of that person. Your reactions to other people, however, are really just barometers (晴雨表) for how you feel yourself, saying more about you \_2\_ they do about others. You cannot really love or hate about yourself. Usually, we are drawn to those who are most like us and tend to dislike those \_3\_ display those aspects of ourselves that we dislike.

Therefore, you can allow others \_4\_ (be) the mirror for you to see more clearly your own feelings of selfworth. Also, you can view the people you judge negatively \_5\_ mirrors to show you what you are not accepting about yourself.

\_6\_ (live) together peacefully with others, you will need to learn tolerance. A big challenge is to shift your idea \_7\_ (complete) from judgment of others to a lifelong exploration of yourself. Your task is to assess (评估) all \_8\_ decisions, judgments you make onto others and to begin to view them as clues to how you can heal \_9\_ (you) and become whole.

When you approach life in this manner, those with whom you have the greatest dislikes as well as those you admire and love can be seen as mirrors,



10\_\_ (guide) you to discover parts of yourself that you reject and to embrace your greatest quality.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 美文诵读

### Be with People When You Are Sad

There are times when we are faced with illnesses, disorders, disabilities, some types of tragedy that cause us to lose contact with ourselves and the world in which we live. Our happiness begins to fade and our heart begins to grow heavy. This affects the way we think, live, feel and the way we look at life.

Talk with optimistic and encouraging people for they bring a sense of hope into the world, a new meaning to life. They help you see past the clouds on a glooming day; they bring sunlight everyday.

### 伤心时不必独处

有时候我们会遭遇疾病、混乱、无力等一些灾难，这些灾难会使我们迷失自我，并与这个我们赖以生存的世界失去联系。我们的快乐开始褪却，我们的内心开始变得沉重。这一切影响着我们的思维、生活、感情以及对待生活的方式。

去和积极乐观的人们聊聊天，因为他们带给世界一线希望，带给生活新的意义。他们会帮助你在阴郁的天气里抹去乌云；他们每天都会带来阳光。

# WEEK SIXTEEN

## Monday

### 阅读理解 学校图书馆简介

话题	学校生活	词数	321	难度	★★★
体裁	说明文	限时	9 分钟	得分率	/4

When you use our university library, there are different learning spaces available, so you can decide what is best for your purpose.

#### Social learning areas

We recognize that you can learn from your friends, so we've provided social study areas in our library. Here you can discuss your work with your friends without worrying about disturbing others as a reasonable level of noise is accepted, though we do ask that you're considerate of other students and staff.

#### Group study rooms

There are bookable (可预订的) group study rooms of various sizes in the library. These rooms are well equipped so that you can easily work in groups or practice presentations.

- Bookings are available to groups of 3 or more students.
- Bookings can be made in hourly blocks up to a maximum of 2 hours per group per day.
- Bookings can be made for the present week and the following week.
- Contact the library Help Desk online to book a room. Bookings are restricted to student use only.

## Silent study spaces

We know that sometimes you may prefer to study on your own. To help you achieve this we have individual quiet or silent study areas.

In order to preserve the quiet study environment and to avoid disturbing other students, discussion about your course work or exams, or using mobile phones isn't permitted anywhere in these areas.

## Food, drink and phones

Cold drinks and snacks can be consumed in most areas of the library though we ask that you help keep the learning environment clean and pleasant for everyone by clearing rubbish into the bins provided.

Mobile phones can be used in the social learning areas and group study rooms but not in the silent study spaces or the hallways or stairs that lead to those areas. We ask that you switch your phone to silent mode when you come in the library.

(    ) 1. What is the purpose of social learning areas provided in the library?

- A. To offer students access to library staff.
- B. To help students learn to be considerate.
- C. To keep students free from disturbance.
- D. To enable students to learn from each other.

(    ) 2. What can we know about bookings of group study rooms in the library?

- A. They can be made by phone.
- B. They are available only to students.
- C. They can be made several weeks ahead.
- D. They are available to groups of any size.

(    ) 3. What should students pay attention to when using the library?

- A. Taking rubbish out when leaving.

- B.Avoiding having cold drinks and snacks.
- C.Keeping their mobile phones silent all the time.
- D.Using mobile phones only in the hallways or stairs.
- ( ) 4.What is the text mainly intended for?
- A.Introducing additional regulations of a university library.
- B.Showing how to make use of a university library.
- C.Recommending a university library the author visits.
- D.Explaining why a university library is a good place for study.

## Tuesday

### 阅读理解 成全他人

话题	人物故事	词数	316	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/4

Junaid Baghdadi earned his livelihood as a professional wrestler.As was the norm, the Leader of Baghdad announced one day, “Today, Junaid Baghdadi will demonstrate his skills as a wrestler; is there anyone to challenge him?”An elderly man shakily stood up with his neck quivering and said, “I will enter the contest with him.”

Whoever was witness to this scene could not contain themselves, they burst out howling with laughter, clapping their hands.The King was bound by the law.He could not stop someone who of his own free will entered the bout.The elderly man was given the permission to enter the ring.He was about sixty-five years old.When Junaid Baghdadi entered the ring, he was dumbfounded as was the King and all the spectators of the Kingdom who were present.The single thought that occupied their minds was, “How will this old man be able to fight?”

The old man addressed Junaid with these words, “Lend me your ears.” He then whispered, “I know it is not possible for me to win this bout against you, but my children are starving at home. Are you prepared to sacrifice your honor and lose this bout to me? If you do this, I will be able to collect the prize money and thereby have the means to feed my children and myself for an entire year.”

Junaid Baghdadi thought to himself, “Today, I have an excellent opportunity.”

In a display of fervour Junaid Baghdadi executed a couple of maneuvers, demonstrating his finesse so that the King does not suspect any conspiracy (密谋). Junaid with a great display of antics did not use his strength and allowed himself to be dropped. The elderly man mounted (登上) his chest thus entitling him to the prize.

Thereafter, this great wrestler learnt to defeat his desires and became one of the most respected man of his time!

( ) 1. People burst out laughing probably because \_\_\_\_\_.

- A. it would be a narrow competition
- B. it would be impossible for the old man to win
- C. the old man would beat Junaid Baghdadi
- D. Junaid Baghdadi wouldn't compete with the old man

( ) 2. According to the old man, he \_\_\_\_\_.

- A. was sure to win the contest
- B. was determined to gain the honor
- C. tried his best to support his family
- D. wanted to become wealthy badly

( ) 3. By saying “I have an excellent opportunity”, Junaid Baghdadi meant he would \_\_\_\_\_.

- A. offer his kindness to the old man

B.show his skills to the audience

C.refuse to accept the old man's condition

D.donate his money to the old man

( ) 4.Which of the following would be the main idea of this passage?

A.An old man became famous for his bravery.

B.A wrestler gave up his success to an old man.

C.A wrestler made close friends with an old man.

D.An old man begged by entering the competitions.

## Wednesday

### 阅读理解 人脸广告

话题	社会	词数	352	难度	★★★
体裁	记叙文	限时	8 分钟	得分率	/4

Two graduates from Cambridge University in the United Kingdom found themselves about to graduate , yet with loans ( 贷款 ) to pay off.The pair decided to begin a strange , year-long project to battle their debt.

The men, Ross Harper and Edward Moyse, set up the website BuyMyFace.com last October as a way to get rid of the£50,000 they shared as student loans.The idea behind the project was to earn money by selling their faces as advertising space every day for a year.Each day, they advertise a different business by painting the brand's name or logo onto their faces and upload the pictures to the homepage of BuyMyFace.com, adding a link to the advertiser's website and including a short piece of text about it.After they paint their faces and publish them on the website, Harper and Moyse go out to highly populated areas such as music festivals and theme parks to

maximize their faces' exposure.They hope more people will pay attention to the advertisements on their faces.

At this time, Harper and Moyse have advertised their faces for over four months without skipping a day and they're more than halfway to their goal.Though they first started charging a minimum of about £1.60 per company, the prices have risen as their popularity increases.For advertising space during the rest of April, they range between £250 and £750.

Terri L.Rittenburg, associate professor of marketing at the University of Wyoming, said that she had heard of people tattooing (文身) logos on themselves before, but this idea is much better.According to her, at first the idea would be new and unusual and attract attention.People are interested in this particular style of advertisement and would like to try what they advertise.But she is unsure how long it would last.

At least for now, companies that have bought Harper's and Moyse's faces have written positive comments on the pair's website.“We had a three percent increase in website traffic on the very day and for two days more afterwards,” said one of the companies.

( ) 1.At BuyMyFace.com, you can \_\_\_\_\_.

- A.enjoy a good chat with your friends
- B.buy everything you want to have
- C.share experiences in doing business
- D.get information on certain goods

( ) 2.Harper and Moyse go to highly populated areas to \_\_\_\_\_.

- A.offer their help
- B.make more friends
- C.show their faces
- D.raise more money

( ) 3.We can infer from the passage that the two young men \_\_\_\_\_.

- A.get on well with their project
- B.work hard except on holidays
- C.plan to open their own company
- D.may close their website in future

( ) 4.Why does the men’s idea of advertising prove to work?

- A.Because an expert has highly praised them.
- B.Because people find it unique and appealing.
- C.Because the products they advertise are reliable.
- D.Because they receive great help from businesses.

## Thursday

### 阅读理解 苏格兰圣诞节

话题	节假日活动	词数	303	难度	★★★
体裁	说明文	限时	6 分钟	得分率	/4

Until the sixties last century Christmas wasn’t even a public holiday so people barely celebrate it. Adults were working although the children had their presents. It looked as if you could almost say, “Wanna have a real traditional Scottish Christmas? Go to work on Christmas day!” But most of people didn’t like that and nowadays Christmas looks pretty much the same as the U.S. version.

And Scottish Christmas is a mixture of different customs from Europe and USA. In result, everything goes around shopping, food, Christmas tree and decorations.

Shopping heat starts very early—just before Halloween when shops start filling up with a variety of gift ideas. Shopping centres are decorated with fairy lights almost everywhere. And also as in America Santa appears in



shopping centre and children can stand in the queue to tell him what they want for a Christmas gift, and are given a small toy.

One of the signs that the Christmas are coming is that the neighbours are decorating their houses. Of course on this day children are thrilled with excitement of waiting for presents, usually left under the Christmas tree. Sometimes kids can find their gifts the next day—in stockings filled by Santa as children were sleeping. On Christmas day all family is gathering around the table, eating turkey, pudding or chocolate cake, drinking wine or champagne, and hopefully waiting for snow.

So as you can see it looks just as in any country in Europe or in USA. The things that are unique for Christmas in Scotland are beliefs associated with Scottish Christmas like “Bees leave hives Xmas Morning” or a Black Bum cake. There are also Scottish gifts. Only in Scotland you might get for a present: original Scotch whisky and even picnic blankets or a Scotland’s Unique Cat Breed—the Scottish Fold.

(    ) 1. Which of the following is TRUE about the traditional Scottish Christmas?

- A. Everyone had a public holiday during Christmas.
- B. People celebrated the coming of Christmas happily.
- C. People had to go to work as usual on Christmas day.
- D. Children didn’t receive any Christmas presents at all.

(    ) 2. Many children go to the shop center because \_\_\_\_\_.

- A. they want a Christmas gift from Santa
- B. they have to buy a lot of things
- C. they have to help with the decoration
- D. they will have a good time together

(    ) 3. From this passage we can know that \_\_\_\_\_.

- A. Scottish Christmas used to be the same as the US Christmas

B.people are busy shopping during the Scottish Christmas

C.Scottish people have a lot of work to do at present

D.Santa gives gifts to every person on Christmas day

( ) 4.The last paragraph is mainly to tell us that \_\_\_\_\_.

A.people have a quite different Christmas in Scotland

B.Scottish Christmas has its own characteristics

C.there are all kinds of foods in Scotland

D.it is easy for you to get a present in Scotland

## Friday

### 完形填空 一个人的旅行

话题	旅游和交通	词数	294	难度	★★★
体裁	记叙文	限时	14 分钟	得分率	/20

Adventure is in my blood.And I had been considering how I was going to celebrate my high school graduation.I didn't just want a small \_1\_ in the backyard.I started thinking about doing a solo (独自的) \_2\_ somewhere out of the ordinary.I took out \_3\_ and drew the 1,500-mile route along which I would be \_4\_ from the northernmost point in Norway to the southernmost section of Sweden.When I \_5\_ my plans with my dad, he \_6\_ as I thought he would.Because I get my adventurous \_7\_ from him, he was all for it.

I had only been away from my \_8\_ three days now, but there was an inner \_9\_ going on inside of me.Part of me was homesick and doubting whether I \_10\_ could make it.The other part of me was ready to \_11\_ to myself and my family that I could do it by myself.

On the road, I met another \_12\_ who was quite a bit older than I was. He had started his journey \_13\_ by bike at the southern part of Norway and had just finished. I could tell he had a great sense of \_14\_. It encouraged me not to \_15\_.

As I listened to my \_16\_ artists on my MP4 player, I pedalled (踩动踏板) with my feet. There was \_17\_ around me for miles. \_18\_, that wasn't entirely true. There were mosquitoes—millions of them. My arms were so dotted with \_19\_ that they looked like a topographical map (地形图). But, however \_20\_ it would be, nothing could stop my advance towards the destination. As you know, adventure is in my blood.

( ) 1. A. party

B. meeting

C. conversation

D. game

( ) 2. A. flight

B. interview

C. performance

D. trip

( ) 3. A. instructions

B. maps

C. magazines

D. newspapers

( ) 4. A. walking

B. flying

C. biking

D. running

( ) 5. A. compared

B.shared

C.prepared

D.changed

( ) 6.A.agreed

B.sighed

C.left

D.cried

( ) 7.A.stories

B.spirits

C.skills

D.hobbies

( ) 8.A.hotel

B.school

C.home

D.office

( ) 9.A.battle

B.activity

C.request

D.discussion

( ) 10.A.naturally

B.really

C.usually

D.reasonably

( ) 11.A.turn

B.reply

C.prove

D.adapt

( ) 12.A.driver

B.jogger

C.bicyclist

D.pilot

( ) 13.A.alone

B.slowly

C.patiently

D.worriedly

( ) 14.A.humour

B.direction

C.balance

D.satisfaction

( ) 15.A.calm down

B.break down

C.speed up

D.give up

( ) 16.A.favourite

B.personal

C.professional

D.successful

( ) 17.A.nobody

B.everybody

C.anything

D.everything

( ) 18.A.Firstly

B.Actually

C.Eventually

D.Fortunately

( ) 19.A.wounds

B.cuts

C.bites

D.burns

( ) 20.A.boring

B.confusing

C.complex

D.difficult

## Saturday<sup>1</sup>

### 七选五阅读 如何避免冲突?

话题	人际关系	词数	221	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

It is necessary to be reasonable and flexible enough to avoid conflicts as much as possible and live in peace with others.1.\_\_\_\_\_ If you have done all your best to avoid conflicts and you are still arguing, then read these effective tips on how to avoid conflicts.

Don't get in the center of the conflict.

Sometimes people can get in the center of conflicts due to their enthusiasm for offering help. Frankly speaking, it is very unwise, because it can make you the main figure of the conflict. 2. \_\_\_\_\_ You should focus on your own life issues.

Be kind.

3. \_\_\_\_\_ Life is full of conflicts and disagreements. That's why you should find more conservative ways of doing with them. For example, kindness can lessen the conflict.

Try to be a peacekeeper.

Peacekeepers tend to cooperate with people without bad emotions which usually lead to arguments and even conflicts. "4. \_\_\_\_\_" This saying is the life motto of a natural-born peacekeeper. Don't worry if you are not a naturalborn peacekeeper, and you can gain this skill during life.

Walk off.

When the conflict is gathering pace and you can't manage to control yourself, you should choose to handle the situation in another way. By all means, try to keep yourself away from stress. 5. \_\_\_\_\_ You should get away from the situation for a while.

A. The greatest victory is a battle not fought.

B. Conflicts are unavoidable, so try to accept them.

C. Weak people usually desire others to offer help and support.

D. Let other people solve their problems without your presence.

E. It is helpful to put some distance between yourself and the opponent.

F. When someone pushes you to the limit, try to act kindly towards this person.

G. Arguing can either break your friendship or affect your relationship in some degree.

# Saturday<sup>2</sup>

## 语法填空 绿色建筑

话题	世界与环境	词数	199	难度	★★
体裁	说明文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

When we think of green buildings, we tend to think of new ones—the kind of modern, solar-paneled masterpieces. But the US 1 (have) more than 100 million existing homes, and it would be incredibly wasteful to tear them all down.

An enormous amount of energy and 2 (resource) went into the construction of those houses. And it would take 3 average of 65 years for the reduced carbon emissions from a new energy-efficient home to make up for the resources 4 (lose) by destroying an old one. So in the broadest sense, the 5 (green) home is the one that has already been built. But at the same time, nearly half of US carbon emissions come from heating, cooling 6 powering the buildings. They can't deal with climate change without dealing 7 existing buildings.

The oldest homes tend to be the least energy-efficient, mainly due to the tiny cracks and gaps that expand over time and let in more outside air.

8 (fortune), there are a vast number of relatively simple changes 9 can green older homes. And efficiency upgrades can save more than just the earth; they can help protect property owners from 10 (rise) power costs.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_



# 美文诵读

## Reading Good Books

Devote some of your leisure, I repeat, to cultivating a love of reading good books. Fortunate indeed are those who contrive to make themselves genuine book-lovers. For book-lovers have some noteworthy advantages over other people. They need never know lonely hours so long as they have books around them. The better the books, the more delightful the company. From good books, moreover, they draw much besides entertainment. They gain mental food such as few companions can supply. Even while resting from their labours they are, through the books they read, equipping themselves to perform those labours more efficiently. This albeit they may not be deliberately reading to improve their mind. All unconsciously the ideas they derive from the printed pages are stored up, to be worked over by the imagination for their future profit.

## 阅读好书

我再说一遍，把你的一部分空闲时光用来培养阅读好书的爱好吧。那些设法把自己培养成为真正爱好读书的人确实是幸运的。因为爱读书的人比别人有着明显的好处。只要手头有书，他们就从来不知寂寞。书越好，读来越是津津有味。他们从好书中不但得到乐趣，而且受到很多教益。他们从中获得的那种精神食粮，从其他地方是很难得到的。即使是在工作休息时，通过读书，他们的工作效率也更高，尽管他们未必有意识地想到读书是为了提高才智。在全然不知不觉中，他们从书中吸取的知识积累起来，经过想象力的加工，对将来大有用处。

## WEEK SEVENTEEN

### Monday

#### 阅读理解 父亲是榜样

话题	家庭、朋友与周围的人	词数	280	难度	★★★
体裁	记叙文	限时	7 分钟	得分率	/4

During the school year, my dad volunteered after work as a crossing guard, and nothing could convince him to leave early and abandon his duty to safely guide children across the street—not freezing rains, a bad case of the flu, or a hot meal on the dinner table. Every time I saw him in his bright orange crossing guard vest, I felt a lot of pride because of his concern for and promise to others.

My dad was the kind of guy who helped anyone, anytime. When an embarrassed woman in front of us at the checkout stand in the grocery store was a few dollars short and couldn't pay for her shopping, my dad stepped up and covered the bill. When a driver tried to change lanes in rush-hour traffic, my dad always let him in. He left big tips for waitresses, and helped my mom carry things in the groceries without being asked.

I know that my dad wasn't intentionally teaching me lessons on pitching in or being thoughtful; he just cared about others and wanted to help when he could. In fact, I don't know that he was even aware that I was watching. But I was. As the saying goes, his actions spoke louder than any words would have. I like to think of these actions as a family tradition. Now I watch for ways to help those around me. Not a day goes by that I don't have the opportunity to help someone out or volunteer my time, and teach my own children by example. One of these days I just might make that orange crossing guard vest a part of my own wardrobe.

( ) 1.What kind of man is the author's father in the text?

A.Strict and pride.

B.Patient and serious.

C.Sensitive and humorous.

D.Helpful and considerate.

( ) 2.How does the author describe his father in the text?

A.By giving examples.

B.By asking questions.

C.By explaining the causes.

D.By listing detailed numbers.

( ) 3.What do the underlined words "these actions" in the last paragraph refer to?

A.Watching what I do.

B.Being aware of others.

C.Caring about and helping others.

D.Teaching me lessons intentionally.

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

A.Teaching by Example

B.Pride Taken of My Dad

C.My Dad's Concern and Promise

D.Volunteering as a Crossing Guard

## Tuesday

## 阅读理解 善有善报

话题	人物故事	词数	384	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/5

Jimmy is an automotive mechanic, but he lost his job a few months ago. He has a good heart, but always feared applying for a new job.

One day, he gathered up all his strength and decided to attend a job interview. His appointment was at 10 am and it was already 8:30. While waiting for a bus to the office where he was supposed to be interviewed, he saw an elderly man wildly kicking the tyre of his car. Obviously there was something wrong with the car. Jimmy immediately went up to lend him a hand. When Jimmy finished working on the car, the old man asked him how much he should pay for the service. Jimmy said there was no need to pay him; he just helped someone in need, and he had to rush for an interview. Then the old man said, "Well, I could take you to the office for your interview. It's the least I could do. Please, I insist." Jimmy agreed.

Upon arrival, Jimmy found a long line of applicants waiting to be interviewed. Jimmy still had some grease on him after the car repair, but he did not have much time to wash it off or have a change of shirt. One by one, the applicants left the interviewer's office with disappointed look on their faces. Finally his name was called. The interviewer was sitting on a large chair facing the office window. Rocking the chair back and forth, he asked, "Do you really need to be interviewed?" Jimmy's heart sank. "With the way I look now, how could I possibly pass this interview?" he thought to himself.

Then the interviewer turned the chair and to Jimmy's surprise, it was the old man he helped earlier in the morning. It turned out he was the General Manager of the company.

"Sorry I had to keep you waiting, but I was pretty sure I made the right decision to have you as part of our workforce before you even stepped into the office. I just know you'd be a trustworthy worker. Congratulations!" Jimmy sat down and they shared a cup of well-deserved coffee as he landed himself a new job.

( ) 1. Why did Jimmy apply for a new job?

- A.He was out of work.
- B.He was bored with his job.
- C.He wanted a higher position.
- D.He hoped to find a better boss.

(    ) 2.What did Jimmy see on the way to the interview?

- A.A friend's car had a flat tyre.
- B.A wild man was pushing a car.
- C.A terrible accident happened.
- D.An old man's car broke down.

(    ) 3.Why did the old man offer Jimmy a ride?

- A.He was also to be interviewed.
- B.He needed a traveling companion.
- C.He always helped people in need.
- D.He was thankful to Jimmy.

(    ) 4.How did Jimmy feel on hearing the interviewer's question?

- A.He was sorry for the other applicants.
- B.There was no hope for him to get the job.
- C.He regretted helping the old man.
- D.The interviewer was very rude.

(    ) 5.What can we learn from Jimmy's experience?

- A.Where there is a will, there is a way.
- B.A friend in need is a friend indeed.
- C.Good is rewarded with good.
- D.Two heads are better than one.

# Wednesday

## 阅读理解 墨西哥的“静寂地带”

话题	世界与环境	词数	300	难度	★★★★
体裁	说明文	限时	8 分钟	得分率	/5

In every corner of the Earth, there are things we simply do not understand.Perhaps this is the best way to describe a place called the “Zone of Silence” in the hot Ceballos desert in northern Mexico.

The region has remained all but undiscovered by the outside world until 1970.A faulty American missile crashed into the mysterious desert region and made the world aware of the unique and unusual characters of the area.Within the Zone, radio signals fail to travel through the air, creating a type of dark zone.No television, radio, short wave, microwave,or satellite signals seem to go through this zone.

There have been a number of unusual tales that have come out of the Zone.Locals of the area report the night sky is often filled with mysterious lights, and they have reported “floating aircraft” that landed in the desert, often causing brush to burn.One family claims they are regularly visited by a trio of blonde, long haired humanoids, two males and a female,that speak perfect Spanish.Then there’s the story of the visiting researcher who became lost in the desert.He reports he was directed back to the research centre by a similar trio of blonde “strange-looking people”.Another story has it that a TV news investigation crew was aided by strange beings in the desert after being stuck in the road after an unusual cloud burst.These “beings” reportedly wore long raincoats and ball caps, something, admittedly, you don’t often see in the desert wilderness.

How much about the unusual region in northern Mexico is true and how much is the product of human imagination,how much fact and how much fiction, no one can say for sure.Just don’t plan on watching any TV in Ceballos.There isn’t any.

( ) 1.How was the Zone found by the world?

- A.By Americans' researching.
- B.By an American adventurer.
- C.In an American military accident.
- D.Through a report from a newspaper.

( ) 2.Which of the following is a cause of calling the region "Zone of Silence"?

- A.No animals live there.
- B.There is only night there.
- C.Sound can't be heard there.
- D.Radio signals can't travel there.

( ) 3.What is the meaning of the underlined word "trio" in Paragraph 3?

- A.A couple.
- B.A single.
- C.A large number.
- D.A group of three.

( ) 4.According to the last paragraph, the author is sure that\_\_\_\_\_.

- A.you can't watch TV in Ceballos
- B.the stories about the region are true
- C."Zone of Silence" is human imagination
- D."Zone of Silence" only exists in fiction

( ) 5.What is the text mainly about?

- A.Zone of Silence.
- B.Northern Mexico.

- C.Mysteries of the world.  
D.The hot Ceballos desert.

## Thursday

### 阅读理解 会飞的汽车

话题	科普知识与现代技术	词数	336	难度	★★★★
体裁	说明文	限时	9 分钟	得分率	/4

Sky Drive Inc.conducted the public show on August 25, 2020, the company said in a piece of news, at the Toyota Test Field, one of the largest in Japan and home to the car company’s development base.It was the first public show for a flying car in Japanese history.

The car, named SD-03, manned with a pilot, took off and circled the field for about four minutes.“We are very excited to have achieved Japan’s first-ever manned flight of a flying car in the two years since we founded Sky Drive with the goal of commercializing such aircraft,” CEO Tomohiro Fukuzawa said.“We want to realize a society where flying cars are an accessible and easy way of transportation in the skies and people are able to experience a safe, secure and comfortable new way of life.”

The SD-03 is the world’s smallest electric vertical take-off and landing vehicle and takes up the space of about two parked cars, according to the company.It has eight motors to make sure “safety in emergency situations”.

“In designing an unexplored, new type of transportation known as the flying car, we chose the keyword ‘progressive’ for inspiration,” Design Director Takumi Yamamoto said.“We wanted this vehicle to be futuristic, charismatic and desirable for all future customers, while fully incorporating the high technology of Sky Drive.”

The company hopes to make the flying car a part of normal life and not just goods.More test flights will occur in the future under different



conditions to make sure the safety and technology of the vehicle meet industry standards.

The success of this flight means it is likely that the car will be tested outside of the Toyota Test field by the end of the year. The company will continue to develop technologies to safely and securely launch the flying car in 2023, the news release said. No price has been announced.

(    ) 1. What is the recent news announced by Sky Drive Inc.?

- A. The company founded a flying car development base.
- B. The company has put the flying car on market in Japan.
- C. The company conducted a successful test of a flying car.
- D. The company attended the largest flying cars show in Japan.

(    ) 2. Which of the following is true about the SD-03 ?

- A. It will bring people a new way of transportation.
- B. It will seek cooperation with the airline company.
- C. It is the largest electric flying vehicle in the world.
- D. It circled the Toyota Test Field for about four hours.

(    ) 3. What can be inferred according to Takumi Yamamoto ?

- A. The SD-03 will be popular in the future market.
- B. Family cars will completely disappear in the future.
- C. Sky Drive is the only company to produce flying cars.
- D. The test results will be made public at the right time.

(    ) 4. Why will the company test the flying car more times ?

- A. To set a reasonable price.
- B. To ensure the flight safety.
- C. To improve the battery life.
- D. To develop more functions.

# Friday

## 完形填空 印地文化

话题	历史与地理	词数	292	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

The other day I shared knowledge on several aspects of Hindi (印地) culture with you. Today I'm hoping to paint a better picture of \_1\_ it means to give in Hindi and how their generosity differs from \_2\_ of Western culture.

I was \_3\_ when we learned the word “thank you” doesn't really exist in Hindi. In the mountains, it is \_4\_ used, and people often seemed \_5\_ when we tried to thank them. They \_6\_ either turn their heads, or shake their hands at us.

When we asked our Indian friends why this is so, they \_7\_ that giving and generosity are vital parts of their culture. Giving is more of a \_8\_ of “changing hands” than an act of generosity. In their eyes, the foods they would give us were \_9\_ really “theirs”. They see them as something passed along to them and now they are \_10\_ passing them along to us.

The villagers were eager to \_11\_ their best cucumbers to a passing stranger. \_12\_, people in the U.S. tend to \_13\_ old, used, or unwanted things \_14\_ their treasured ones.

\_15\_, during a coffee break, a friend told me about how he donated his \_16\_ clothes and shoes—just for the \_17\_ of giving up the possessions he likes most. Giving is \_18\_ Westerners can certainly do. We can practice \_19\_ giving away the things we value most—not only actual physical possessions, but also perhaps even more \_20\_, our time and attention.

( ) 1. A. how

B. when

C.why

D.what

( ) 2.A.that

B.one

C.it

D.both

( ) 3.A.amused

B.interested

C.shocked

D.disappointed

( ) 4.A.often

B.occasionally

C.sometimes

D.seldom

( ) 5.A.annoyed

B.excited

C.frightened

D.bored

( ) 6.A.could

B.should

C.would

D.might

( ) 7.A.learned

B.realized

C.decided

D.explained

( ) 8.A.matter

B.change

C.picture

D.state

( ) 9.A.ever

B.yet

C.never

D.already

( ) 10.A.partly

B.equally

C.obviously

D.simply

( ) 11.A.give away

B.give out

C.give back

D.give in

( ) 12.A.Therefore

B.However

C.Otherwise

D.Meanwhile

( ) 13.A.return

B.possess

C.donate

D.share

( ) 14.A.rather than

B.better than

C.more than

D.less than

( ) 15.A.Importantly

B.Obviously

C.Interestingly

D.Luckily

( ) 16.A.expensive

B.favorite

C.beautiful

D.casual

( ) 17.A.pain

B.target

C.experience

D.reason

( ) 18.A.anything

B.nothing

C.everything

D.something

( ) 19.A.in

B.by

C.for

D.about

( ) 20.A.urgent

- B. efficient
- C. important
- D. flexible

## Saturday<sup>1</sup>

### 七选五阅读 宇航员的太空生活

话题	科普知识与现代技术	词数	230	难度	★★★
体裁	说明文	限时	11分钟	得分率	/5

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

Living in space is not the same as living on Earth. In space, astronauts' bodies change. 1. \_\_\_\_\_ This helps keep our bones and muscles strong. In space, astronauts float. They do not use their legs much. Their lower backs begin to lose strength. Their leg muscles do too. The bones begin to get weak and thin. This is very bad for astronauts' bodies. So how do astronauts help their muscles and bones? 2. \_\_\_\_\_

On Earth, people need to stay clean. In space, astronauts need to stay clean too. Staying clean takes more work in space. 3. \_\_\_\_\_ But, they do have their own toothbrushes, toothpaste, combs, brushes, and shavers. These are kept in a special box. Astronauts use toothpaste and toothbrushes just like yours. There is no sink like yours, though. Astronauts have to spit into a washcloth.

Astronauts take baths in a different way in space, too. Astronauts use special kinds of soaps and shampoos. These soaps do not need water. Astronauts must use them carefully. They do not let the soap bubbles go all over the place. After washing, they use a towel to dry off. 4. \_\_\_\_\_ Patients who cannot get in the water use these soaps.

Doing housework is not always a fun thing.5.\_\_\_\_\_In space, astronauts live in a very small space.They have to keep their area clean in space just like we do on Earth.

- A.Astronauts wear different clothes as we do on Earth.
- B.They must exercise in space every day.
- C.These special soaps and shampoos are made for hospitals.
- D.Astronauts don't have to eat as much as they do on Earth.
- E.In space, the astronauts do not have a bathroom as we do at home.
- F.But we have to keep our rooms and houses clean and neat.
- G.On Earth, our lower body and legs carry our weight.

## Saturday<sup>2</sup>

### 语法填空 校园暴力

话题	学校生活	词数	241	难度	★★★
体裁	议论文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

According to a recent survey, violence did exist in schools.Students showed their fear and parents also expressed their great concern about it.Experts hope the whole \_1\_ (social) could pay more attention to the mental health of students.

Nowadays, school violence is \_2\_ hot issue.I think this is a phenomenon, which \_3\_ (call) for our great concern.We should try every effort \_4\_ (prevent) violence happening at school, for more and more students would drop out of school if their \_5\_ (person) safety could not be

guaranteed. In fact violence can \_6\_ (learn). Children learn violent behavior from adults or from \_7\_ they see on television or on the Internet.

If I meet with school violence, I will \_8\_ (certain) not answer violence with violence, for it will result \_9\_ more fighting. I'll tell my teachers or parents about it. I think they will help me deal with it well and they will protect me from bad guys.

All in all, every student should behave \_10\_ (he) and keep away from violence.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 美文诵读

### The Happy Door

There is no exact definition of the word happiness. Happy people are happy for all sorts of reasons. The key is not wealth or physical well-being, since we find beggars, invalids and so-called failures, who are extremely happy.

Being happy is a sort of unexpected dividend. But staying happy is an accomplishment, a triumph of soul and character. It is not selfish to strive for it. It is, indeed, a duty to ourselves and others.

Being unhappy is like an infectious disease. It causes people to shrink away from the sufferer. He soon finds himself alone, miserable and embittered. There is, however, a cure so simple as to seem, at first glance, ridiculous; if you don't feel happy, pretend to be!

### 快乐之门

快乐这个词并没有确切的定义。快乐的人快乐的理由多种多样。快乐的关键并不是财富或身体健康，因为我们发现有些乞丐、残疾人



和所谓的失败者也都非常快乐。

快乐是一种意外的收获。但保持快乐却是一种成就，一种灵性的胜利和一种品格。努力追寻快乐并不自私。实际上，这是我们对自己和他人应尽的责任。

不快乐就像传染病。它使得人们都躲避不快乐的人。不快乐的人很快就会发现自已处于孤独、悲惨、痛苦的境地。然而，有一种简单的乍看上去似乎很荒谬的治病良方：如果你不快乐，就假装你很快快乐！

# WEEK EIGHTEEN

## Monday

### 阅读理解 巧克力简史

话题	饮食	词数	383	难度	★★★★
体裁	说明文	限时	9 分钟	得分率	/4

What do you picture when you hear the word chocolate? Most of us picture a candy bar, a box of bonbons (夹心软糖), or an Easter bunny (兔子). And when we think about consuming chocolate, we probably think of the verb “eat”, not “drink”. And we would describe its taste with the adjective “sweet”.

But chocolate was a beverage (饮料) for 90 percent of its long history. And no one would have called it sweet. “It’s the best-known food that nobody knows anything about,” says Alexandra Leaf. She is a self-described “chocolate educator”. She runs a business called Chocolate Tours of New York City.

The food we call chocolate is made from a plant called cacao. Scientists trace the origin of the word “chocolate” to the Aztec word “xocoatl”. It referred to a bitter drink brewed (酿造) from cacao beans. Many historians estimate that chocolate has been around for 2,000 years or longer.

It’s hard to pin down exactly when chocolate was first consumed, but it’s clear that it was prized from the start. For several centuries in Latin America, cacao beans were valuable enough to use as currency. According to a 16th-century Aztec document, people could trade one bean for a

tamale（玉米粉蒸肉）.And 100 beans could buy a good turkey hen.Both the Mayans and Aztecs believed the cacao bean had magical qualities.

Sweetened chocolate didn't appear until Europeans discovered the Americas and sampled the native food and drink.According to legend, the Aztec king Montezuma welcomed the Spanish explorer Hernando Cortes with a banquet.It included chocolate drinks.

By the 1600s, chocolate was drunk throughout Europe.It was believed to have nutritious and medicinal benefits.But only the rich could afford it until the late 1700s, when it became mass-produced.In 1828, a Dutch chemist found a way to make powdered chocolate.The first chocolate bar was created in 1847.By 1868, the chocolate company Cadbury was selling chocolate candies throughout England.

In the 1900s, the word “chocolate” began to include affordable treats.They contained more sugar and other ingredients than cacao.But more recently, there has been a “chocolate revolution”, Leaf says.

( ) 1.What can be inferred in the first two paragraphs?

- A.Chocolate looked beautiful.
- B.Chocolate business was good.
- C.Chocolate pictures sold well.
- D.Chocolate was drunk in the past.

( ) 2.What can we know from Paragraph 4?

- A.Chocolate tasted sweet.
- B.Cacao beans were precious.
- C.Nobody liked chocolate.
- D.Cacao beans were worthless.

( ) 3.When did people begin to think chocolate had medicinal benefits?

- A.In 1847.

B.In the 1600s.

C.In the 1900s.

D.In the late 1700s.

( ) 4.What is the main idea of the text?

A.The history of chocolate.

B.The importance of chocolate.

C.Chocolate varies in culture.

D.People react differently to chocolate.

## Tuesday

### 阅读理解 英国的面包浪费

话题	饮食	词数	305	难度	★★★
体裁	说明文	限时	10 分钟	得分率	/4

Can you imagine what 680,000 tons of food look like? That's the amount of food wasted in Britain each year, and at the top of the list of wasted food is bread. In the British diet, bread appears in every meal. It is eaten for breakfast, used for sandwiches for lunch and put in soups at dinner. Almost everyone in Britain buys bread — from people of affluent families to common people who don't have much money.

Bread is so important to the British that they use the slang word “bread” to mean “money” and the word “loaf” to mean “head”. So let's use our “loaves” to understand why so much “bread” is wasted!

Even though bread is still sold in such a popular way and in such a large amount, that doesn't mean it is made full use of. We often say that half a loaf is still better than none, but it seems people are simply buying much more than they need, so they throw away the bread that they don't need.

Baker Chris Young explains that the British aren't valuing their bread because bread is no longer respected. "None of the bread that is thrown away is 'real' bread—homemade or carefully-made bread, but is bought from the bread shop."

Another baker Mark Boyle agrees. "If you make something by yourself, you don't want to waste it because you know how much energy you've put into it. But although home baking is a nice idea, for many it's out of their ability because they have to work such long hours every day that they don't have time to make bread by themselves at home. So they simply buy bread and just bring it home to eat."

Perhaps the British should try to bake bread by themselves, which can probably make their dustbins lighter.

(     ) 1. The underlined word "affluent" in Paragraph 1 means "\_\_\_\_\_".

A. poor

B. usual

C. rich

D. happy

(     ) 2. What does it mean if a British boss says to his workers "Please bring your loaves here!"?

A. He wants his workers to have bread in the company.

B. He advises his workers to buy more bread.

C. He asks his workers to work more cleverly.

D. He promises to give his workers more money.

(     ) 3. Mark Boyle believes that the British throw much bread mainly because \_\_\_\_\_.

A. they are too rich to value bread

B. they are tired of eating bread

C.they don't like the taste of the bread

D.they don't put any energy into baking bread

( ) 4.Many English people fail to make bread by themselves at home because \_\_\_\_\_.

A.they don't earn much money

B.they are very busy

C.they become lazier than before

D.they don't know how to bake bread

## Wednesday

### 阅读理解 音乐能使人更聪明吗？

话题	文娱与体育	词数	357	难度	★★★
体裁	说明文	限时	8 分钟	得分率	/5

An estimated 80 percent of American adults think music lessons, though at times boring and challenging in the eyes of some kids, improve children's ability to learn or their performance in school.They say that the satisfaction for learning to play a new song helps a child express creativity.

Researchers at Harvard University, however, have found that there's one thing musical training does not do.Samuel Mehr, the leading researcher of the new study, said it is wrong to think that learning to play a musical instrument improves a child's intellectual development.The evidence comes from studies that measure the mental ability of two groups of 4-year-olds and their parents.One group attended a music class; the comparison group went to a class that places importance on the optical arts—arts that can be seen.

“We found no evidence for any advantage on any of these tests for the kids participating in these music classes,”said Mehr.

Samuel Mehr says researchers have carried out many studies in an effort to learn whether musical training can make children smarter. Only one study seems to show a small percentage increase in IQ, intellectual scores among students after one year of music lessons.

He does not believe that IQ is a good measure of a child's intelligence. Therefore, the researchers in his study compared how well children in the musical training group did on mental processing tasks, then the results were compared to those of children who did not take lessons.

There was no evidence that the musical training group did much better on the mental tasks than the other group. The researchers confirmed the results with a larger group of children and their parents.

Music lessons may not offer children a fast easy way to gain entry to the best schools later of their life, but the training is still important.

Mr Mehr notes that the works of writer William Shakespeare are not taught, so the children will do better in physics. He says Shakespeare is taught because it is important for cultural reasons. "And I don't think music needs to be any different than that."

( ) 1. What attitude do most American grown-ups have towards music lessons?

A. Uninterested.

B. Approving.

C. Doubtful.

D. Uncertain.

( ) 2. The underlined word "optical" in the second paragraph probably means "\_\_\_\_\_".

A. visual

B. colourful

C. traditional

D. serious

( ) 3.How did Samuel Mehr draw his conclusion in the new study?

A.By studying previous research results.

B.By measuring the IQ of the kids.

C.By comparing two different groups.

D.By referring to some documents.

( ) 4.According to Samuel Mehr,\_\_\_\_\_.

A.many studies show that music training can improve IQ

B.IQ is a good measure of a child's intelligence

C.music can enable a child to go to a better school

D.music should be taught for cultural reasons

( ) 5.The study shows that\_\_\_\_\_.

A.early music training has negative effects

B.musical lessons should be stopped at school

C.musical training doesn't improve kids' intelligence

D.playing a musical instrument makes a kid more creative

## Thursday

### 阅读理解 提高男孩的阅读兴趣

话题	兴趣与爱好	词数	333	难度	★★★
体裁	说明文	限时	7 分钟	得分率	/4

Parents and teachers have become increasingly concerned at boys' lack of interest in reading, and their lack of motivation at school. Recent research suggests that 21 percent of nine-year-old boys are not interested in books, compared with 13 percent of girls. When asked, 46 percent of boys, but little



more than a quarter of girls, said that they only read if they had to do so. At the age of 7, boys lag behind girls in reading performance by eight percentage points (with 80 percent compared with 88 percent of girls reaching the target for their age). At age 11, the gap is six points.

So Oxford University Press has created Project X, a “reading tree” specifically for boys. A reading tree is a series of books of increasing difficulty, with the same cast of characters. The books have very fast-moving plots, plenty of computer-generated images and stories involving teamwork: this has been shown to appeal most to boys.

All the research shows us that girls read because they are told to and will read anything put in front of them. But boys need to be given a reason to read. They need to feel they will get something out of it.

As boys are frequently attracted to non-fiction, each group of books in the Project X series is accompanied by a nonfiction book full of interesting facts and diagrams. One, on ants, suggests that if you weighed all the ants in the world they would weigh about as much as all the human beings in the world. Another explains all about pirate ships and includes a recipe for ships’ biscuits.

Mr Wilson, an expert on education, has supported the Project X books, but points out that it is wrong to assume that the way to encourage boys to read was through non-fiction and “fact bites”. “Reading fiction helps to develop the ability to reflect, which is vital in children’s learning process,” he said.

(    ) 1. What does the first paragraph show about boys and girls in the primary school?

- A. Boys are more active than girls.
- B. Boys are less interested in reading than girls.
- C. Girls do better in their studies than boys.
- D. Girls like performance better than boys.

( ) 2.The series of books has been created by Oxford University Press to\_\_\_\_\_.

- A.teach children more knowledge
- B.provide materials for some research
- C.encourage boys to read
- D.make the school life more colourful

( ) 3.It can be inferred from the third paragraph that\_\_\_\_\_.

- A.reading materials should be more attractive
- B.boys like giving better than taking
- C.girls tend to follow the instructions of their teachers or parents
- D.there should be a reason if you want others to do something for you

( ) 4.According to the last paragraph, what is important in children's learning process?

- A.Pointing out what is wrong.
- B.Mastering reading methods.
- C.Understanding all they read.
- D.Developing the ability to reflect.

## Friday

### 完形填空 既是待业者，又是志愿者

话题	人物故事	词数	255	难度	★★★
体裁	记叙文	限时	15 分钟	得分率	/20

A few months ago I accidentally picked up an advertisement at a supermarket requesting \_1\_ at the local homeless shelter and decided to

offer my \_2\_.

Pulling into the parking lot of the \_3\_, I noticed a man standing outside. I remembered \_4\_ him a week before at the mall. He had been sitting outside the parking garage with a \_5\_ reading “Work for Food”. “If he wants to work, why not get a job like \_6\_ else?” Though I was \_7\_ at a sense of guilt I felt for not handing him the spare change in my pocket, I \_8\_ forgot him as I returned home to start dinner. Now here he was again, and I thought that \_9\_ I was about to serve dinner to him. I was sent to \_10\_ donated old clothing. \_11\_, the man was there, placing shirts in one pile, trousers in another. As we worked, we started talking. I learned he had a little girl \_12\_ to my daughter’s age whom he missed very much. I was \_13\_ to discover that we had grown up in the \_14\_ city. We talked about a \_15\_ in that area that had been well-known for its fried chicken.

As the work ended, I realised I was sorry to finish our \_16\_. Over a pile of \_17\_ clothing I had learned an unexpected \_18\_: if we take the time, we might find that we have more in \_19\_ with those around us than we ever \_20\_.

( ) 1. A. volunteers

B. teachers

C. workers

D. nurses

( ) 2. A. money

B. job

C. service

D. donation

( ) 3. A. supermarket

B. mall

C. shelter

D. parking lot

( ) 4.A.hiring

B.seeing

C.firing

D.helping

( ) 5.A.loudspeaker

B.lantern

C.symbol

D.sign

( ) 6.A.everyone

B.nobody

C.everything

D.everywhere

( ) 7.A.excited

B.annoyed

C.confused

D.shocked

( ) 8.A.hopelessly

B.carefully

C.quietly

D.quickly

( ) 9.A.probably

B.luckily

C.happily

D.rarely

( ) 10.A.sort

B.collect

C.buy

D.send

( ) 11.A.Unfortunately

B.Unfairly

C.Unexpectedly

D.Unusually

( ) 12.A.open

B.near

C.useful

D.close

( ) 13.A.depressed

B.surprised

C.disappointed

D.nervous

( ) 14.A.different

B.special

C.similar

D.same

( ) 15.A.restaurant

B.home

C.school

D.hotel

( ) 16.A.friendship

B.conversation

C.discussion  
D.performance

( ) 17.A.new

B.dirty

C.used

D.worn

( ) 18.A.secret

B.lesson

C.ability

D.history

( ) 19.A.contrast

B.contact

C.common

D.harmony

( ) 20.A.treasure

B.recover

C.forget

D.imagine

## Saturday<sup>1</sup>

### 七选五阅读 勇于接受挑战

话题	人物故事	词数	294	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/5

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

When I first became a store manager in Walmart, I ran a small store with less than 100 employees. I liked the store because it offered flexible hours, and it allowed me to work while still taking an active role at home as a wife and mother. 1. \_\_\_\_\_

After a year, my boss offered me a chance to manage a Walmart 40 miles away. This branch had been a problem store for years. 2. \_\_\_\_\_ The distance and the larger size of the store would mean much more of a commitment from me. The new job would be a great challenge. I told my boss I needed to think about it.

Driving home, my immediate thought was, “No way!” If two men couldn’t run this store, what makes me think I could do it while being a wife and mother? 3. \_\_\_\_\_ I intended to turn down the job. I didn’t think my family could handle me taking this promotion.

I got home and consulted my husband, who I thought would have the same response as I did. But he didn’t. He said I should accept the new role, and he offered to do more around the house to help me succeed at it. 4. \_\_\_\_\_ They said I was exactly what that store needed.

I have been at this Walmart for 10 months now. 5. \_\_\_\_\_ I learnt that I have a family who want me to succeed—and who will help me to do so. I also know now that I shouldn’t have doubted my own abilities just because my male predecessors had failed. I am a much stronger manager, and person, for taking on this job. I am so happy that I said no to my own doubt—and yes to a new challenge.

A. I had far less experience than either of the two previous managers.

B. I am proud to say we have transformed from being one of the worst stores in our area to one of the best.

C. People came and went, and they all did their shopping with great pleasure.

D.The store was even right next to the school where my son attended kindergarten.

E.To my shock, both my parents also said I should go for it.

F.However, we did come across many difficulties in our work.

G.The previous two managers had not been successful.

## Saturday<sup>2</sup>

### 语法填空 动物的情感

话题	科普知识	词数	202	难度	★★★
体裁	记叙文	限时	11分钟	得分率	/10

阅读下面短文，在空格处填入1个适当的单词或括号内单词的正确形式。

Many people may think it's ridiculous that animals should have their feelings.In fact, animals' feelings are sometimes even \_1\_ (warm) than we can imagine.

Savanah, \_2\_ one-and-a-half-year-old leopard, and Max, a dog who is just a few weeks younger, have become best friends at Ohio Zoo.They get along quite well \_3\_ each other and chase after each other all the time \_4\_ (cheer).Since Savanah was just 10 weeks old, they have been put together.From then on, their friendship has amazed large numbers of \_5\_ (visit) to the zoo.

Another moving story \_6\_ (occur) in Turkey.Winter was sweeping the Northern Hemisphere , but perhaps no one had been hit as hard by freezing temperatures \_7\_ 5 donkeys in Turkey.The unattended (无人照顾的) donkeys in a small Turkish village were covered by snow , with icicles (冰柱) \_8\_ (hang) off their bodies.Later, a rescue team found the donkeys, some of \_9\_ , however, were so frozen that they couldn't



move and had to be carried away by a truck. After 10 ( house ) in a warm shelter, all the donkeys were defrosted ( 解冻 ) and alive because of their strong determination.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_  
10. \_\_\_\_\_

## 美文诵读

### The Joy of Living

Joy in living comes from having fine emotions. Joy in living can never be assumed as a pose, or put on from the outside as a mask. People who have this joy do not need to talk about it; they radiate it. They just live out their joy and let it splash its sunlight and glow into other lives as naturally as bird sings.

We can never get it by working for it directly. It comes, like happiness, to those who are aiming at something higher. It is a by-product of great, simple living. The joy of living comes from what we put into living, not from what we seek to get from it.

### 生活的乐趣

生活之乐趣来源于良好的情绪。生活的乐趣是无法靠姿态摆出来的，也无法通过戴一张面具来伪装。拥有这种乐趣的人们无需挂在嘴边；他们自然会焕发出快乐的气息。他们自己生活在快乐当中，也将这样的快乐自然而然地感染着他人，犹如是鸟儿就必将歌唱。

直接追求生活的乐趣却只会使乐趣远离我们。它与幸福一样青睐胸有大志的人们。生活过得高雅、简单便会产生出乐趣。它是我们对生活的投入，而非所求。

## 答案与点拨

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高 考

## 答案与点拨

### Week One

#### ★Monday

##### 导读

本文介绍了由Traveling Stories主办的一项户外读书活动，包括其活动安排及票价等信息。

1.D 细节理解题。根据第二段第一句可知，本次活动的组织者曾经是一名职业篮球运动员。

2.A 细节理解题。B项出现在第二段第一句；C项出现在第二段第二句；D项出现在第二段最后一句；只有A项在文中没有提及。

3.C 数字计算题。根据问题可知，一名大学生和父母一起参加这项活动。再根据Ticket Information中的General Admission \$50.00判断，这一家三口人参加活动的费用需按照三个人计算，即\$150.00。

4.D 推理判断题。本文介绍了由Traveling Stories主办的一项户外读书活动，包括其活动安排及票价等信息，属于应用文类的通知。

#### ★Tuesday

##### 导读

本文主要介绍了一个孤儿救助计划——Orphan Trains。该计划帮助那些没有父母或无家可归的孩子们找到充满爱的基督教家庭。

1.B 推理判断题。根据第一段第二句和第二段第一句可知，Orphan Trains帮助那些没有父母或无家可归的孩子们找到充满爱的基督教家庭。由此可知，Orphan Trains 是一个孤儿救助计划。故选B项。

2.C 细节理解题。根据文章内容可知，Orphan Trains 主要致力于帮助那些没有父母或无家可归的孩子们找到充满爱的基督教家庭。故选C项。

3.B 细节理解题。根据第三段第二句可知，选B项。

#### ★Wednesday

##### 导读

本文主要说明了度假有益于我们的身心健康。

1.B 推理判断题。文章介绍了度假的多种好处，由此可推测，作者想告诉我们，为了健康我们应该去度假。故选B项。

2.A 推理判断题。根据第二段最后一句...as many as one in three don't...可知，三分之一的人不去度假，所以度假的人是三分之二。故选A项。

3.D 词义猜测题。根据第三段最后一句中的while可知，前后应是做对比，前面用的是improved“提高，变好”，后面应该是“降低，变差”。故选D项。

4.A 推理判断题。根据第二段第一句可知，度假可以缓解压力，由此可推测，去度假的人应该比不去度假的人更具有适应性。故选A项。

5.C 主旨大意题。根据第一段第二句可知，本文主要在说明度假有益于健康。故选C项。

### ★Thursday

#### 导读

作者的邻居Harold采用了多种方式来防止松鼠抢走鸟食，可是都没有成功。作者详细分析了其中的原因，使我们明白——集中注意力并全身心地投入是取得成功的重要因素。

1.D 推理判断题。根据第一段中间的The next morning, the food was gone.可知，Harold采取的措施并没有什么效果，因此他很担心松鼠把鸟食弄走。

2.B 细节理解题。根据第二段后半部分的The squirrel... has its mind on getting that food 24 hours a day...not just focus but an intense focus...可知，松鼠取胜是因为它持续专注的注意力。

3.C 细节理解题。根据最后一段最后一句中的...commit yourself to focusing on the very subject that interests you可知，如果我们想成功就要全身心的投入。

4.A 推理判断题。根据文章内容可知，集中注意力是取得成功的重要因素。

## ★Friday

### 导读

文章讲述了作者和朋友为了庆祝考试结束去一家快餐店吃饭时发生了让作者永生难忘的事情。

1.A 上文提到去快餐店，故此处应是点餐（order）。

2.A 根据语境可知，点餐之后，“我们”所点的食物来了。故选A项。

3.B 根据语境可知，“我”钱包上的带子被卡在了一把椅子上。故选B项。

4.C 下文提到...went flying in the air.，由此可知，盘子脱手了。slip from... 表示“从.....滑落”。

5.B 根据语境可知，托盘从手中滑落，盘子里的东西洒落（fall）在了一位男士身上。

6.A take a bite of sth.表示“吃一口某物”。

7.C 下文提到那位男士的白衬衫被饮料浸湿了，由此判断，作者很震惊（shocked）。

8.D 根据上文所发生的事件判断，此处表示作者很害怕地闭上了眼睛。

9.C 根据下文Instead, he said “It’s OK.”...可知，男士的表现与作者的预期不一样。由此推测，作者以为那位男士会生气。

10.B 那位男士说没关系来安慰（comfort）作者。

11.C 作者不知道接下来要做什么，故此处用what。

12.C 根据语境可知，“我”和朋友们尽力镇定下来。calm 镇静的。

13.B 根据语境可知，那位男士朝我们的桌子走来。approach表示“走近”。

14.A 因为作者不知道接下来会发生什么事情，故推测男士会给自己的爸爸打电话，所以紧张得心脏都要停止跳动了。

15.C 根据下文call him可知，作者以为那位男士会要自己爸爸的电话号码（number）。故选C项。

16.B 根据下文new hamburgers可知，那位男士是让作者再买（buy）一份汉堡。

17.D 根据下文without even finishing his food可知，男士走开了。

18.D 空格前后的句子为转折关系，故选but。

19.A 这里是作者对那位男士的评价，作者觉得他很善良。

20.A 根据语境可知，那位男士的善举让作者永生难忘。

### ★Saturday<sup>1</sup>

#### 导读

本文告诉你如何选择合适的运动设备来健身。如果你对多样性运动感兴趣的话，你最好选择一个更大的复杂的设备来存放运动器材。考虑到正确的方面将帮助你挑选合适的设备，所以这样你就可以实现你的健身目标和改善你的生活。

1.D 根据上文“更加注意位置的重要性”可知，D项“当你一天忙碌的时候，你很容易忽视你的身体”承接上文，故选D项。

2.E 根据上文“利用免费试用的机会”可知，E项“你喜欢的健身中心会给你一个尝试它们的机会”承接上文，故选E项。

3.A 此空是段落首句，根据上下文可知用祈使句，在A/F项中选。再根据下文“检查污垢和污渍的两个主要地方是更衣室和健身房的到场者”可知，A项“要确保一切都是干净的”符合语境，故选A项。

4.F 根据上文“与员工谈论最繁忙的时间和每天通常使用健身房的会员人数”，再根据下文“了解会员包、额外费用和会员、家人的通行证”可知，F项“弄清楚他们是否需要预注册或预订”符合语境，故选F项。

5.G 根据上文“考虑到正确的方面将帮助你挑选合适的设备”可知，G项“所以这样你就可以实现你的健身目标和改善你的生活”符合语境，故选G项。

### ★Saturday<sup>2</sup>

## 导读

本文介绍了孩子们参加夏令营的一些注意事项。

1.meaningful 2.following 3.seek 4.in

5.which/that 6.better 7.before

8.permitted 9.breaks 10.is organised

## Week Two

### ★Monday

#### 导读

本文讲述了作者如何以身示范，教育犯了错的儿子要知错改错的故事。

1.B 细节理解题。根据第一段第三句可知，儿子的自行车倒了，刮坏了旁边的汽车，并留下了一道凹痕。

2.D 细节理解题。根据文章内容可知，作者通过去饭店还钱，以身示范，使儿子意识到自己所犯的错误。

3.C 推理判断题。根据第七段的内容可知，饭店老板对于作者的行为持原谅的态度。

4.C 主旨大意题。通读全文可知，作者以身示范教育孩子要知错改错。C项“身教胜于言传”符合文意。

### ★Tuesday

#### 导读

帮助别人，深受别人的感动和谢意，而做了好事不留名，更为别人所敬佩。本文作者深受这种“快速的善举”所感动，并立志效仿。

1.C 推理判断题。根据第一段最后一句But how could that be? 和第二段第一句中My first thought was...create that shine可知，既然作者没有去做，又不知道是谁，当然觉得吃惊了。

2.C 推理判断题。作者本来就认为是自己的妻子把黑色皮鞋给擦了，因此，看到妻子说黄色皮鞋也被擦了，顿有感激之情。其实作者



到此为止始终认为是他妻子给擦的，这从后面的“**So really, thanks,**”可以看出。

3.A 细节理解题。根据第四段第一句的**my youngest daughter...when I wasn't home to shine my shoes** 可知，他最小的女儿因住的很近，有时会顺便来他家，或许擦一擦他的皮鞋。

4.B 标题归纳题。作者没有想到自己的脏皮鞋被谁擦过，尽管问过妻子和女儿但是就是没有结果。不过，作者内心对此感到无比的温暖和舒服，并鼓舞自己也去这样做，并称之为“快速的善举”。因此，选项**B**作为最佳标题，揭示文章的主旨，反映作者的意图。

### ★Wednesday

#### 导读

作者工作压力大，决定去徒步旅行。在作者出发之前阅读了一本杂志上的一个故事，一个男子将自己正在响铃的手机扔出车窗了。作者受到启发，决定不再将手机随身携带，从而让他有更多的机会和朋友面对面交流。

1.D 细节理解题。根据第二段中的“**I had no idea whether it was his or stolen or whether he even knew what a cell phone was or not, but he clearly wanted to be free of it, because it clearly troubled him.**”可知，公共汽车上的男子把手机扔出车窗，是因为他不想被手机困扰。故选D项。

2.C 推理判断题。根据第三段中的**Though cell phones are a wonderful way for communication, they often do the exact opposite. Using cell phones can increase stress within families and friends.**可知，手机也会给人们带来麻烦。故选C项。

3.C 推理判断题。根据第四段中的**Now I go outside without taking my phone with me.**可知，作者过去外出时都是带手机的。故选C项。

4.A 推理判断题。根据文章内容和最后一段**Instead of keeping me off from the world, stopping using my cell phone has helped me get even closer to my family and friends.**可知，作者是想告诉我们不要被手机控制。故选A项。

## ★Thursday

### 导读

本文主要介绍了音乐对人产生的影响。

1.D 细节理解题。根据第一段倒数第二句可知，音乐可以对人产生精神方面的影响。故选D项。

2.C 推理判断题。根据第二段最后两句可知，甲壳虫乐队在肯尼迪总统被暗杀三个月后到达美国，此时的美国一片萧条。故选C项。

3.B 细节理解题。根据第三段的内容可知，

B项与文章内容不符。4.A 推理判断题。通读最后一段的内容可知，作者建议人们坐下来听听自己喜欢的音乐。故选A项。

## ★Friday

### 导读

本文讲述了作者的一次夜晚乘车的经历。作者在无助时得到了别人的帮助，同样，在别人需要帮助时作者也伸出了援助之手。

1.B 根据第二段首句We waited for...可知，作者和朋友正在等（wait）公共汽车。

2.A 根据空前的although可知句子前后是转折关系，虽然有很多公交车经过，但没有一辆停下来。

3.C 经过的公共汽车没有一辆停下来，所以在等了一个小时后，“我们”开始变得绝望（desperate）了。

4.B 根据上文的...because it was a weekday判断，第二天他们还要工作（work）。

5.D 根据第一段第一句及the same可知，此处应用wedding，即这家人和作者参加的是同一场婚礼。

6.A 根据语境可知，这一家人感觉（sense）“我们”在等公共汽车，所以才停下来。

7.B give sb.a lift 表示“让某人搭便车”。

8.C 句意：.....“我”向他们表达了感激之情。gratitude表示“感激（之情）”。

9.D drop sb.表示“让某人下车”。

10.A 句意：.....“我们”可以赶上一辆人力车以回到停放自行车的地方。

11.B 句意：在路上，一名工人拦住了这辆人力车。on the way表示“在路上”。

12.C 句意：人力车的车夫看到这名工人穿的衣服，问他是否（whether）有钱支付车费。

13.D 根据空后的“No.”判断，工人摇摇头，表示没有钱。

14.D 根据语境可知，此处表示车夫拒绝拉他。refuse to do sth.表示“拒绝做某事”。

15.A 根据上文及空前的I remembered my own trouble...可知，作者回想起了几分钟前自己的困境。

16.B 根据下文的as I would pay his fare.可知，“我”告诉车夫，让工人和“我们”一起坐车。

17.C 根据语境可知，作者认为很快就得到了一个传递爱心的机会。

18.D 句意：那天晚上，“我”心里感到（feel）很愉快.....。

19.A 根据上文的lightness和下文的joy可知，作者高高兴兴地去睡觉了。

20.C 作者在自己无助时得到了别人的帮助，同样在别人需要帮助时自己也伸出了援助之手。作者期望这种善意的连接（connection）能够继续延续下去。

★Saturday<sup>1</sup>

导读

本文是一篇科普类短文阅读。你想成为一名海外志愿者吗？成为海外志愿者之前你有4件事需要考虑。

1.F 根据空后的Volunteering may be a fundraising mechanism（筹资机制）for a development project.和另外一种志愿者可知，组织需要你自付路费，并常常会要求缴纳参加该组织的费用。故选F项。

2.B 根据本部分的内容可知，这部分主要介绍了你需要知道你去的原因。故选B项。

3.A 根据空前的You will learn new skills, broaden your horizons and come to better understand yourself and the world.可知，这里是对前两句作的总结性评述，同时话中有话，从而引出后面的内容。故选A项。

4.G 根据小标题Work alongside the local community和空后的This enables you to ensure you are committing to a project that promotes long term and sustainable change.可知此处是呼应小标题，引出下文。故选G项。

5.E 根据小标题A volunteer trip is just the beginning和最后一段的内容可知，志愿旅行是一种改变人生的经历。故选E项。

## ★Saturday<sup>2</sup>

### 导读

本文介绍了一位律师是如何实现自己儿时的律师梦的。

1.successfully 2.of 3.was asked 4.decision

5.who 6.himself 7.as 8.becoming 9.an

10.meaningful

## Week Three

## ★Monday

### 导读

想要梦想成真，就必须努力工作，否则白日梦终会破碎。

1.D 细节理解题。根据第一段第二句判断，这个人不愿辛勤劳动，却梦想着有一天变得富有。

2.A 细节理解题。根据第三段第四、五句可知，这个人打算去市场卖掉酥油，再用这笔钱买一只母鸡。

3.A 细节理解题。根据倒数第二段倒数第二句可知，这个人拿起棍子，打碎了罐子。

4.A 主旨大意题。通读全文并结合文章最后一句判断，这个故事主要告诉我们：想要梦想成真，就必须努力工作。故选A项。

### ★Tuesday

#### 导读

本文介绍了成功人士的清晨习惯。

1.D 主旨大意题。第一段倒数第二句提出问题“非常成功的人士早上醒来后会做什么？”，随后介绍了他们会做的事情。由此可知，文章的主题是成功人士清晨的习惯。

2.A 词义猜测题。根据本段倒数第二句可知，每天至少写出一件你要感激的事情。由此判断，**enumerate**与**list**（列举）同义。

3.C 推理判断题。根据本部分第一句的问题和接下来讲述的内容判断，C项“问自己一个重要的问题”作为本部分的小标题最合适。

4.B 细节理解题。根据最后一段最后两句可知，和伙伴共进早餐或跑步能够增进彼此间的友谊。

### ★Wednesday

#### 导读

本文是一篇说明文。世界自然公园是世界上最著名的公园之一，每年都有来自不同国家的百万游客参观这个公园。为了保护公园，游客应遵守这些制度。

1.B 细节理解题。根据**Adult: \$60 per ticket.Children over 6 and under 18, half price.People over 60 and children under 6 are free.**可知只需买一张半价的儿童票即可。故选B项。

2.C 细节理解题。根据**Opening time: From Monday to Friday, 8: 00 am—18: 00 pm; From Saturday to Sunday, 6: 00 am—24: 00 pm**可知工作日的开放时间为10个小时，周末的开放时间为18个小时。故选C项。

3.A 细节理解题。根据This scenic spot is the reserve of water source可知答案为A项。

4.B 细节理解题。根据Small animals such as rabbits, peacocks, squirrels, frogs must be taken care of: None of them shall be killed.可知答案为B项。

### ★Thursday

#### 导读

文章主要介绍了睡眠不足的危害以及适合睡眠的环境。

1.A 推理判断题。根据第一段第一句的后半句和最后一句的后半句判断，作者因为工作而睡眠不足。

2.A 段落大意题。根据第二段第一句和最后两句可知，睡眠不足有很多危害。由此判断，本段主要介绍了睡眠不足的危害。

3.B 细节理解题。根据第三段第三句可知，作者建议人们每晚睡7至9个小时。

4.D 细节理解题。根据第四段第二、三、四句可知，在睡觉前应避免使用电子通信工具。故选D项。

### ★Friday

#### 导读

信守诺言是一种美德。诺言，给别人的是一份期待，给自己的是一份义务。

1.B 根据第三段第一句可知，此处指玛丽和她的家人要去迪士尼乐园。

2.A 根据上文内容可知，玛丽也邀请“我”和他们一起去（go）。

3.D 根据前半句可知，“我”非常想去迪士尼乐园。more than anything else 表示“比其他任何事情都……”。

4.B 根据语境可知，因为“我”很想去迪士尼乐园，所以“我”就跑去问母亲是否允许“我”去。

5.C 根据第三段第一句可知，托尼的生日聚会和去迪士尼乐园是在同一天。

6.A 句意：迪士尼乐园是世界上我最想去的地方，而且我特别喜欢和最好的朋友一起去。especially（尤其；特别）符合语境。

7.C 根据语境可知，此处用beg（乞求）一词最贴切。

8.D 根据第一段第一句可知，此处应填invitation（邀请）。

9.A change one's mind表示“改变主意”，符合语境。

10.B 根据句意“如果有人答应他会来参加你的聚会……”可知，promise（答应，许诺）符合语境。

11.C 根据语境可知，此处需用比较级better表示“更好的”。

12.D 句意：你会有什么感受？根据下文的It would hurt my feelings...可知答案。

13.A 根据最后一段最后一句可知，此处表示“母亲是对的（right）”。

14.B 句意：如果有人对我那样做，那将伤害我的感情。to符合语境。

15.C 根据下文内容可知，作者没能去迪士尼乐园。be able to do sth.意为“有能力做某事”。

16.A drop sb.off表示“顺便把某人送到某处”。

17.D 根据下文内容可知，此处是转折关系，所以填however（然而）。

18.B 根据上文中的something interesting判断，此空用enjoy（喜欢）。

19.D 根据上文中的present和句末的too判断，此处用present（礼物）最合适。

20.C 句意：“我”不但喜欢这个聚会，玩得很开心，而且“我”学到了重要的一课（lesson）。

★Saturday<sup>1</sup>

## 导读

本文是一篇议论文。每个人都有好日子和坏日子。文章主要论述了怎么才能增加好日子可能性的方法。

1.E 根据空前的And some of the bad days happen due to events beyond your control.和后面的内容可知，这里发生了转折，故选E项。

2.B 根据空后的However, if you don't have the type of job, you can take part in other activities and find the same result.可知，有些人在工作中体验快乐和幸福。故选B项。

3.D 根据空后的There are many little pleasures you can add to your life, such as tea, a warm bath, a walk in the park and so on.可知，这里主要讲生活中的乐趣。故选D项。

4.G 根据空后的After all, if you are humorous, you can more easily center on fun things.可知，培养幽默感也有助于你度过美好的一天。故选G项。

5.F 根据空前的If you don't have much time, one way can be used during a stressful day.抓住关键词don't have much time, 故选F项。

## ★Saturday<sup>2</sup>

### 导读

研究表明，专心吃饭有助于保持身材。

1.freeing 2.helps 3.that/which 4.signals

5.to tell 6.harder 7.and 8.in 9.the

10.properly

## Week Four

## ★Monday

### 导读

生活中的趣事层出不穷。本文讲述了四则令人哭笑不得的趣事。



1.B 细节理解题。根据第一部分中Laura Fernee的话“因为她长得太漂亮，她的生活反而被毁了，而且不得不辞职”可知选B项。

2.B 细节理解题。根据第二部分最后一句中的...they forgot to build a lift.可知，这个建筑物没有电梯。

3.D 细节理解题。根据第三部分可知，Herbert Chavez通过整容变身为超人。他在16年里做了19次整容手术。所以D项正确。

4.A 词义猜测题。根据最后一部分可知，Les Price首先因超重而被要求购买两张机票，当他登机之后，却发现他的两个座位并不是相连的。由此推测，他很沮丧。故选upset（不快的，烦恼的）。

### ★Tuesday

#### 导读

本文通过好莱坞明星的具体事例说明了大学教育的重要作用及意义。

1.B 细节理解题。根据By age 14, she had appeared in two dozen television series and 10 feature films, including Taxi Driver.可知选B项。

2.D 细节理解题。根据After a few more projects, he took a break from acting to attend New York University.可知选D项。

3.C 推理判断题。根据最后一段的内容可知，Brooke Shields所说的话体现了大学教育对她的职业生涯产生的影响。故选C项。

4.D 细节理解题。通读全文可知，这三个人都因为先出现在各大荧屏，后又上了大学，接受了高等教育而获得了事业上更大的成功。故选D项。

### ★Wednesday

#### 导读

针对学生讨厌体育活动这一问题，Lings Primary School 引进了一个计划。该计划被引进后，孩子们不仅对体育活动感兴趣了，而且学习成绩有了很大提高。

1.A 细节理解题。根据第三段第一句可知，情况好转是因为体育课变得有趣了。故选A项。

2.D 细节理解题。根据第三段二、三、四句可知，D项与文章内容一致。故选D项。

3.C 细节理解题。根据第一段最后一句可知，自从该计划被引进以后，孩子们不仅对体育活动感兴趣了，而且在学业上也取得了很大进步。故选C项。

4.B 推理判断题。根据第二段的内容可知，该计划被引进以后，该学校的出勤率和学习成绩明显提高。故选B项。

### ★Thursday

#### 导读

本文主要介绍了法国西南部隐藏在拉斯科岩洞的史前动物题材的壁画。

1.B 主旨大意题。本文主要介绍了法国西南部隐藏在拉斯科岩洞的史前动物题材的壁画，由此可知用标题“Hidden Prehistoric Paintings”，符合文意。故选B项。

2.C 词义猜测题。根据Such discoveries are so frequent these days that hardly anybody pays heed to them.可以推测pays heed to为“注意”之意。故选C项。

3.C 细节理解题。根据第一段中Other images show birds and, most noticeably, horses, which appear in more than 300 wall images, by far outnumbering all other animals.可知，最多的动物是马。故选C项。

4.D 细节理解题。根据第二段中They did not limit themselves to the easily accessible walls but carried their painting materials to spaces that required climbing steep walls or crawling into narrow passages in the Lascaux complex.可以得出答案。故选D项。

5.D 推理判断题。根据第三段的介绍可知，造成壁画损害的因素有温度的改变、空气的流动以及水。故选D项。

### ★Friday

#### 导读

作者一句不经意的表扬改变了一个孩子的性格。作者从中悟出了一个道理：小小的善举可能会带来很大的影响。

1.D 根据最后一段中的...the years of my teaching career.可知，作者是一名老师。

2.C 根据本段倒数第二、三句可知，Simon是一个很聪明的学生，这与上文提到的内容构成转折关系。故选C项。

3.B 根据本段第三、四句可知，Simon成绩很差，写的字连他自己都不认识，而下文又提到Simon是一个很聪明的学生。由此可知，他的学习不能反映他的能力（ability）。故选B项。

4.C 根据前一句中的...my palms were sweating.可知，“我”本以为Simon妈妈是因为儿子糟糕的成绩来兴师问罪的，所以对她的亲吻毫无准备（unprepared）。后面的surprising me也是提示。

5.A 上文提到Simon妈妈是来感谢“我”的，由此可知，西蒙的所有变化都是因为“我”的教育。

6.A 根据Simon妈妈的举动可推断，此处表达“他谈到他是多么爱‘我’”。

7.C 根据本句中的过去完成时可知，此处应该选recently（最近）。

8.A 根据空前的grateful可知，此处应选一个积极的词，只有self-respect（自尊）合适。句意：她想告诉“我”，她对“我”培养了她儿子的自尊心这件事是多么感激。

9.C 根据上下文内容可知，之前“我”很紧张，不知道她为什么而来，但是后来发生的事情出乎意料，所以“我”想弄清楚发生了什么。wonder意为“想知道”。

10.B 句意：“我”自己甚至都不知道，“我”是怎么对那个男孩的人生产生影响的。even意为“甚至”，符合语境。

11.B 根据下文内容可知，作者想起（remember）了几个月前发生的一件事。

12.D 根据下文内容可知，学生们在作报告。

13.A 根据下文to encourage her to raise her voice, I had said, “Speak up...”可知, Jeanne的说话声很小。

14.C 句意: Simon是唯一一个你要让之信服的人..... only意为“唯一的”, 符合句意。

15.D 根据本段倒数第二句的...in the last row可知, Simon坐在后面。

16.B 句意: 从那天开始, Simon坐得更直了, 注意力更集中, 笑得更多了, 也变得开心了。下文的happy与smile相符。

17.D 作者提到Simon并非是有意, 只不过是碰巧而已。happen to do sth.意为“碰巧做某事”。

18.B 根据上文中的“Simon’s the expert on this.”可知, 作者无意间表扬了西蒙。

19.C 根据语境可知, 这件事给作者这么多年的教学生涯上了最珍贵的(valuable)一课。

20.A 根据语境可知, 作者庆幸很早就得知了这个道理——小小的善举可能会带来很大的影响。故选A项。

### ★Saturday<sup>1</sup>

#### 导读

中国古代出现了许多发明创造。本文重点介绍了中国古代四大发明。

1.B 空格前的句子同B项在逻辑上存在着转折关系。故选B项。

2.E 第二段讲纸的发明。E项与本段话题相符合。

3.G 第三段讲指南针的发明。G项中的with its handle pointing to the south与指南针的描述相符。

4.C 本段讲述了火药的发明。C项中的a kind of medicine与空格前一句中的flaming medicine相符。故选C项。

5.F 空格后一句中的关键词earthquake与F项中的earthquake detector相符。故选F项。

## ★Saturday<sup>2</sup>

### 导读

本文主要叙述了作者每天把感激之事写下来及其对他人产生的影响。

1.months 2.illness 3.care 4.about

5.where 6.continued 7.death 8.expressing

9.the 10.deeply

## Week Five

## ★Monday

### 导读

一张虚构的彩票可以让人克服困难，梦想成真吗？本文叙述了作者的亲身经历。

1.D 主旨大意题。第一段提到“Imagine that you just won the lottery! ”，由此引出了作者的愿望：去意大利。文章随后讲到，作者经过自己的努力，包括省钱和学习语言等，最终实现了自己的梦想。故选D项。

2.A 细节理解题。根据第二段第二句可知，去意大利是作者从儿时就有的梦想，所以才会立刻做出回答。

3.C 细节理解题。倒数第三段第二句提到作者去图书馆查看磁带，学习意大利语。故选C项。

4.D 推理判断题。作者在最后一段指出，应该坚持梦想，只要有所行动，生命中就会出现转折点。由此判断，作者写这篇文章的目的是给读者讲述一个人生哲理。

## ★Tuesday

### 导读

本文主要介绍了几项活动的时间、地点、费用等信息。

1.D 推理判断题。根据Nia fitness class 部分的Cost: 100 yuan for one class, 500 yuan for six 可知, 两个人两节课的费用是400元。故选D项。

2.D 细节理解题。根据Speed dating “on wheels” 部分的Cost: 150 yuan (rickshaws and bar included) 可知, 费用包括人力车和酒吧的钱。故选D项。

3.A 细节理解题。根据题干中的on the evening of May 27 可知, 答案信息来源于When, 再根据各个活动的时间可知选A项。

### ★Wednesday

#### 导读

有一天老父亲看到靠窗的树上落了一只鸟, 就问儿子四次: 那树上是什么? 儿子很不耐烦。老父亲拿出了一本记录儿子成长的日记。上面记录了儿子3岁的时候问了相同的问题23次, 而父亲每次都是很耐心告诉孩子: 那是一只乌鸦。

1.A 细节理解题。根据 “It’s a crow, a crow, a crow, ” said the son loudly. 可知父亲的问题让儿子很不耐烦。impatient没有耐心的; excited 激动的; hurried 匆忙的; surprised惊讶的。故选A项。

2.D 推理判断题。根据最后一段的内容可知, 父亲的日记记录了儿子3岁的时候问了自己相同的问题, 父亲并没有生气, 所以父亲想试试儿子的耐心。故选D项。

3.B 推理判断题。儿子今年45岁, 日记中3岁, 所以今年80岁的父亲42年前是38岁。故选B项。

4.B 主旨大意题。全文讲了面对相同的事情父亲和儿子不同的反应, 表现的是父亲对儿子的爱。故选B项。

### ★Thursday

#### 导读

患有恶性神经疾病的女孩Sarah Hansen正常走路都有困难, 但是她很想学跳芭蕾舞。在老师Bonnie Schlachte 的帮助下, Sarah Hansen 通过自己的不懈努力终于可以自己走路了。

1.B 推理判断题。根据第一段Sarah Hansen走路不扶着东西很快会摔倒可知，她走路有困难。故选B项。

2.A 推理判断题。根据第二段第二句可知，Sarah Hansen 具有坚韧的精神；根据第三段第一句可知，Sarah Hansen 很刻苦。故选A项。

3.C 细节理解题。根据第四段的内容可知答案。

4.D 细节理解题。根据最后一段第一句可知，Hansen可以自己走路了，Hansen的老师和妈妈喜极而泣。故选D项。

### ★Friday

#### 导读

在圣诞节这一天，作者给无家可归的人赠送礼物，同时也给他们送去了希望和爱。

1.A 根据语境可知，作者有一个想法：在寒冷的冬日里把一些生活必需品赠送给无家可归的人。with the idea of 表示“有.....的想法/主意”。

2.C 根据第一段第三句可知，当时是圣诞节，所以此处表示“寒冷的天气”。

3.B 根据语境可知，作者出去寻找那些需要生活必需品的人。

4.A 根据第一段第二句可知，袋子里装的是一些生活必需品。stuff表示“东西；物品”，符合语境。

5.D 根据第一段第三句可知，作者赠送礼物的目的在于给无家可归的人带去生活的希望，让他们记得还有人爱着他们。

6.C 根据第一段第二句可知，此处表示作者一共有大约35个装着生活必需品的袋子（bag）。

7.D 根据语境可知，这位老妇人正推着一辆购物车，所以她是在行走。

8.A 根据下文内容可知，赠送完礼物后，作者询问老妇人当晚是否（if）有住的地方。

9.B 根据本句so后面的内容判断，老妇人的丈夫不能行走了，所以老妇人才拨打了911。

10.C 根据空格后的内容判断，她丈夫曾经工作过的教堂在帮助他们，但现在钱已经花光了。

11.D 根据上文中的...so she called 911.可知，老妇人的丈夫现在在医院，所以作者给医院打电话询问他的情况。

12.B 上文提到作者给医院打电话，由此推断，那位老妇人没有手机（phone）。

13.C 根据下一句内容判断，作者在询问最便宜的房间的价格。

14.D 根据语境可知，作者为老妇人付了房费，并告知（tell）她.....

15.A 根据上文内容可知，老妇人的丈夫生病住院，所以作者是为她丈夫的健康（health）祈祷。

16.B 从选项来看，只有glad（高兴的）符合语境。句意：“我”很高兴在街上遇到了她。

17.B 根据第二段第二句可知，作者开着车，所以在帮助完老妇人后，作者又开车（drive）去了另一个城市。

18.C 根据第一段第二句可知，作者的初衷就是帮助那些无家可归的人，而令作者吃惊的是，他发现有很多无家可归的（homeless）年轻人。

19.D 根据第一段第三句可知，作者是在圣诞节这一天赠送礼物。由此判断，作者想在天黑前尽可能多地赠送礼品袋。

20.A 作者赠送礼物给他们，所以他们应是感激（gratitude）。

★Saturday<sup>1</sup>

导读

自然灾害的发生是不可避免的，因此了解如何防范自然灾害非常重要。作者在本文中给出了一些建议。



1.E 根据第一段最后一句可知，作者在他所住的地方生活了30多年，同时也经历多次山火，这也是作者害怕夏天的原因。故选E项。

2.G 第三段首句指出没有人愿意去想灾难，G项“不去想灾难并不意味着它们不会发生”与之呼应。故选G项。

3.C 第四段讲不同的地方可能会发生不同的自然灾害。所给选项中只有C项与语境相符合。

4.B 第五段讲逃生的技巧。空格后一句与B项呼应。

5.D 空格后的句子中涉及了pets，据此可以确定话题应与pets有关。故选D项。

### ★Saturday<sup>2</sup>

#### 导读

本文作者从外貌、性格等方面介绍了自己的父亲。

1.with 2.to approach 3.talented

4.has provided 5.relatively 6.whom

7.expectations 8.hurts 9.writing

10.shall/will

### Week Six

### ★Monday

#### 导读

本文讲述了作者和她的丈夫于除夕之夜在多哈机场向旅客分发巧克力，向他人传递爱心的故事。

1.B 主旨大意题。本文主要讲述了作者和丈夫于除夕之夜在多哈机场向旅客分发巧克力，并帮助他人，传递爱心的故事。故选B项。

2.A 词义猜测题。根据第一段中的It's been such a fun month.和...to do something more fun and different...可知，画线部分意为“锦上添花”。故选A项。

3.A 细节理解题。根据第二段第二句中的...the staff looked at us strangely...和第三句Passers-by thought we were crazy... 可知答案。

4.A 细节理解题。根据第三段第三句中的...we learned that their entire purse...had been stolen in Bali... 可知选A项。

### ★Tuesday

#### 导读

本文讲述了作者的父亲帮助一位女学生卖欧·亨利的手稿而为其凑够手术费用的故事。

1.A 细节理解题。根据第二段前三句可知，女孩的母亲在打扫阁楼的时候发现了欧·亨利的手稿。

2.B 细节理解题。根据第二段倒数第二句可知，欧·亨利有可能在Galveston的boarding house住过，留下了这份手稿。

3.C 词义猜测题。第二段最后一句提到，作者父亲拜访了一位研究欧·亨利的专家；由最后一段第一句可知，这个故事是欧·亨利写的。由此推断，这里表达专家证实这一份手稿是欧·亨利的作品。authenticate意为“证明.....是真的”。故选C项。

4.A 推理判断题。根据第三段前三句可知，父亲去Des Moines的目的是卖欧·亨利的手稿。

### ★Wednesday

#### 导读

早在2000年，芬兰年轻的参赛选手在国际级的考试中获得了令人瞩目的成绩，芬兰从一个默默无闻的小国，变成一个教育强国，其成功的秘密何在？

1.C 综合全文可知，作者以芬兰教育文化官员的报告为切入点介绍芬兰教育成功的秘密，故C项正确。

2.D 从第三段的内容可知，2000年芬兰学生在一次国际竞赛中拔得头筹，由此让人们开始了解芬兰的教育。

3.C 综合第五段和第七段所给的信息可知，芬兰教育的成功之处在于：减少考试，相信老师等，其中c，d两项不是芬兰教育所提倡的。

4.B 从倒数第三段的内容可知，芬兰的教育注重老师和学校之间的合作，而不是竞争，由此推断B项正确，竞争对教育有害。

### ★Thursday

#### 导读

本文作者通过介绍ORBIS这个非营利组织，呼吁大家为盲人做出一些贡献，帮助更多的盲人重见光明。

1.C 推理判断题。根据第一段的内容可知，作者让大家闭上眼睛想象一下自己的眼睛看不见会是什么样子，从而引起公众对盲人的关注。故选C项。

2.C 细节理解题。根据第二段的内容可知，发达国家的技术更先进，能够给盲人带来更多的帮助，但是发展中国家并没有这样的条件和能力。由此可知，医疗知识和技术的分配不均。故选C项。

3.B 细节理解题。根据第三段第三、四句和第四段第二句可知，ORBIS是通过对医生和护士进行培训来帮助盲人的。故选B项。

4.A 推理判断题。作者在最后一段列出一些钱的数目及能帮助到盲人的程度，并在最后呼吁大家为他们捐款。故选A项。

5.C 主旨大意题。第一段很巧妙地通过一个闭眼实验把我们的注意力吸引到盲人身上，接下来通过讲述ORBIS给盲人所做的工作来宣传ORBIS，最后号召我们为ORBIS捐款来帮助更多的盲人。所以本文实际上是介绍ORBIS Flying Hospital。故选C项。

### ★Friday

#### 导读

爱无处不在，善良的人也无处不在，温馨的一幕在一家杂货店里温情上演了。

1.B 根据后一句的前半句可知，母女俩靠回收金属罐换些钱，由此可推测，这些金属罐是空的（empty）。

2.C 根据本句前半句可知，回收每个空金属罐只赚五美分，所以她们总共只能获得几美元。C项totally（完全地）符合语境。

3.A couldn't stop doing sth.相当于couldn't help doing sth., 表示“情不自禁地做某事”。

4.D 根据...I had 10 dollars left of the money...可知, 作者把手伸进了口袋里。

5.A 根据第一段第二句可知, 这些钱是借来的。

6.B 根据语境可知, 作者决定回到店里, 准备给那位女士10美元。此处her指代上文提到的lady。

7.D 分析四个选项可知, shy (羞怯的) 符合语境。

8.A 句意: 也许她并不是真正地需要它, 所以“我”又走了回来。really真正地; freely自由地; regularly 定期地; quickly 快速地。

9.B 此处用介词from, 与away连用, 表示“远离……”。

10.C 根据本段第一句可知, 作者又走进杂货店, 但是当作者一看到母女俩时, 却又退缩了。as soon as表示“一……就……”。

11.D 根据上文中的...then turned back around and walked back in....判断, 作者走出去、走进来, 来来回回“重复”了好几次。

12.A 根据最后一段的I watched the cashier go to her...可知, 作者在杂货店外遇到了一位收银员。

13.B 句意: “我”请求她帮“我”把钱给那位女士。force sb.to do sth.强迫某人做某事; ask sb.to do sth.请求某人做某事; allow sb.to do sth.允许某人做某事; order sb.to do sth.命令某人做某事。

14.D 根据下文中的...asked me why.可知, 那位收银员觉得“我”的要求很奇怪 (strange)。

15.A 句意: “我”只是说, “我”需要把钱给一个陌生人.....need to do sth.表示“需要做某事”。

16.B 前面提到收银员问作者这么做的原因, 故这里指作者认为这很难解释。explain 解释; change 改变; shout 呼喊; complain 抱怨。

17.C 句意: 她 (收银员) 让“我”待在那里, 万一她 (那位女士) 不接受这笔钱。

18.D 根据语境可知，作者认为那位女士别无选择。

19.A 根据第三段最后一句判断，作者看着收银员向那位女士走去，然后自己立刻离开了。副词immediately表示“立刻，马上”。20.C 根据上下文内容可知，无论结局怎样，

作者都问心无愧。故选C项。

### ★Saturday<sup>1</sup>

#### 导读

每个人都需要支持与鼓励。老师、教练、主管、家人和伙伴都可以给我们支持与鼓励。有了支持与鼓励，我们会变得更加自信。

1.C 选项C进一步解释前面一句话的含义，说明支持与鼓励在我们生活中所起的作用。

2.F 第二段首句谈论的主题包括coaches和teachers，第四句介绍的是coaches，故此处应是teachers。故选F项。

3.A 第三段谈论的主题是supervisor。据此可以确定本空选A项。

4.G 由本段最后一句确定此处讲的应是children。故选G项。

5.D 第五段是对全文的概括和总结，说明支持与鼓励所起的作用。故选D项。

### ★Saturday<sup>2</sup>

#### 导读

本文主要记叙了一位女子因沉迷手游致右眼失明的故事。

1.went 2.regularly 3.her 4.known

5.the 6.puts 7.with 8.incidents

9.who/that 10.successful

## Week Seven

### ★Monday

#### 导读

本文主要介绍了几项活动的内容、票价、年龄限制、时长等信息。

1.D 推理判断题。根据The Mentalist, Gerry McCambridge 部分的Gerry McCambridge shocks the crowds as he uses his abilities to predict just what audience members will do next.可知, Gerry McCambridge 能预测接下来他的观众要做什么。故选D项。

2.C 细节理解题。根据题干中的a kid of 10 years old可知, 信息定位到Age restriction, 根据各个活动的年龄要求可知, C项符合题意。

3.A 细节理解题。题干中的musicals与Rock of Ages中的 Category: Plays & Musicals相对应。故选A 项。

### ★Tuesday

#### 导读

本文是一篇夹叙夹议文。从作坊式的企业发展到具有4, 000员工的公司, 作者感到自己的事业如日中天, 可是恰是在这个时候, 却被开除了。作者虽然彷徨过, 靠自己的毅力挖掘出重生的机会。

1.A 细节理解题。根据第二段中间的But then our visions of the future began to diverge and eventually we had a falling out.When we did, our Board of Directors sided with him.可知, 他和其他人的不同意见导致了作者被解雇。

2.C 推理判断题。publicly公开地, 且由语境可以推知, 人们知道他被苹果公司解雇一事。故选C项。

3.B 细节理解题。根据第三段中的Apple bought NeXT等信息可以推知, 苹果购买了NeXT, 由此可知, 作者成功开办的这家公司帮助他回到苹果公司。

4.D 推理判断题。根据最后一段中的I'm pretty sure none of this would have happened if I hadn't been fired from Apple.可以推知, 因为被解雇作者的事业有了新的开始, 故D项的意思和文意相符。

### ★Wednesday

#### 导读

本文就如何选择旅游目的地给出了一些建议。

1.C 推理判断题。根据第一段第三、四、五句可知，这篇文章是写给家长的。

2.D 段落大意题。第二段中的the contributed time you have和that require much less travel time与旅行时间有关， closer locations 和farther destinations则与地点有关。故选D项。

3.B 词义猜测题。本段第一句提到，建议全家人坐下来讨论一下旅行中打算进行的活动，所以列出来的应该是他们喜爱的活动。

4.B 细节理解题。根据倒数第二段第三句可知，游览具有教育意义的景点主要是为了让孩子获得一些新知识。

5.C 推理判断题。根据第一段中的...but this is also your vacation！可知，C项与作者的建议不相符。

### ★Thursday

#### 导读

本文主要记述了中国著名作家杨绛的生平及其文学成就。

1.D 细节理解题。根据第二段的内容可知，A、B、C三项是杨绛的作品，而D项是杨绛翻译的西班牙小说。故选D项。

2.C 细节理解题。根据最后一段第一句可知，杨绛将个人稿费捐给清华大学，建立“好读书”奖学金的目的是鼓励年轻的一代读更多的书。故选C项。

3.C 细节理解题。根据倒数第二段最后一句可知选C项。

4.A 主旨大意题。本文主要记述了中国著名作家杨绛的生平及其文学成就。故选A项。

### ★Friday

#### 导读

作者通过农民种植萝卜的事例告诉我们一个生活的道理：只要你想达到既定目标，就没有任何障碍能阻挡它的实现。

1.A 联系首句的意思可知，奶奶告诉作者不要做追随者（follower），也不要给自己设置限制。

2.C 根据上文中的not to set limits on what I could achieve，说明她相信没有限制。

3.B 结合下文中的所叙述的内容可知，这里指她曾经（once）给作者讲述过的故事令作者难忘。

4.D 句意：一位农夫靠他的大萝卜在乡村集市上赢得一等奖，这个大萝卜的形状和大小恰好和一夸脱的奶瓶一样大。

5.B 根据下文中的one gentleman went up to the farmer and asked the question可知，许多人感到好奇（curious）。

6.D 分析句子的时间关系可知，既然有许多人感到好奇，所以最后（Finally）一位绅士去找这位农夫请教。

7.A 联系下文中的I put it into the milk bottle.It had nowhere else to 8\_\_可以推知，农夫认为它很容易（easy）。

8.C 上文中提到，农夫把萝卜放在奶瓶里，所以它无法长的更大，这里选go有“生长、长出”之意。

9.B 根据第一段最后一句，结合第二段所讲述的内容可知，此处作者把这个故事（story）和生活相比。

10.A 上文中提到萝卜的生长受奶瓶的影响，由此推知，这里指生活同样会受到环境（surroundings）的影响。

11.D 联系上文中的our lives are shaped，说明这里指允许影响（influence）我们的那些人们。

12.C 文章下文中的but所表示的转折意义，说明我们只梦想而不行动，我们就无法走的更远（further）。

13.B 如果我们制定计划、树立目标，并采取行动，我们的生活就会呈现（takes）不同的形式。

14.A 根据上文中的accomplish more等内容可知，这里指一些人在生活中所取得（gain）的东西。



15.C 联系本句最后的 in their success，说明此处指成功的（successful）人。

16.D 该空格之前的did表示强调意义，文章强调目标和行动的重要性，故这里指它们事实上（in fact）确实起着重要作用。

17.B 理解后面引号内的句子的意思可知，此处指智慧的（wisdom）言语。

18.A 根据上文中的Goals and actions can help us accomplish more 等内容可知，总是处于（remaining）现在的样子，我们无法实现我们要做的事情。

19.C 联系第二段提到的奶瓶可知，这里指不要把自己放进瓶子（bottle）。

20.B 分析句子的逻辑关系，结合语境可知，如果（if）你想发展，就要摆脱束缚你的困境。

### ★Saturday<sup>1</sup>

#### 导读

研究发现，红酒有益于健康，但每天喝红酒的量必须适度。

1.E 第一段指出，研究发现喝红酒有益于健康，而E项讲红酒的作用。故E项符合逻辑。

2.G 第二段讲红酒对疾病的预防功效。故G项可以承接上文。

3.C 空格前面的时间1980暗示了本空应选C项。

4.A 空格后面的句子与A项在逻辑上构成承接关系。文中的the same as 与A项中的the same对应。故选A项。

5.F 空格前面一句讲喝红酒的量的重要性，而F项内容与之相符。故选F项。

### ★Saturday<sup>2</sup>

#### 导读

本文主要介绍了外出度假时避免小偷光顾的一些方法。

1.are protected 2.rapidly 3.strangers

4.cleaned 5.his/her 6.Having 7.or

8.which/that 9.off 10.when/while

## Week Eight

### ★Monday

#### 导读

本文主要说明了不同年龄段的孩子应选择不一样的、适合自己的玩具。

1.D 细节理解题。根据“Rubberwood Quoits Set, \$13.99 部分的 Jessica played with this toy for a few minutes but quickly stopped playing with it.”可知, Jessica只玩了一会儿这个玩具, 然后就不玩了, 说明这个玩具很无聊。故选D项。

2.C 细节理解题。根据 All Surface Swingball, \$35.99 部分的 “I believe the toy can be played with by all ages” 和 Wooden Animal Skittles, \$14.99 部分的 “And I think they are most suitable for kids aged between three and seven.”

可知选C项。

3.A 推理判断题。通读全文可知, 不同年龄段的孩子应选择不一样的玩具。故选A项。

### ★Tuesday

#### 导读

肢体语言在人们的交流中起着重要作用。本文介绍了关于肢体语言的一些信息。

1.D 细节理解题。根据第二段最后一句可知, 肢体语言可以使我们彼此之间更好地理解和交流。

2.B 细节理解题。根据第三段最后一句的后半句可知, 说话人的内心想法可以通过肢体语言表现出来。

3.D 推理判断题。根据第四段最后一句可知，肢体语言会影响说话人之间的互动。

4.C 推理判断题。根据最后一段中的前半句可知，文章接下来将解释很多非语言的交流方式。故选C项。

### ★Wednesday

#### 导读

本文介绍的是，不同文化的人们对于拥抱的看法，其中主要从中美两方面进行说明。

1.A 细节理解题。根据第二段的内容可知，A项正确。

2.B 词义猜测题。根据画线短语前面的内容可知，从政治家到名人，不管是否愿意，他们都行拥抱这一礼节。follow the trend意为“跟随潮流”。故选B项。

3.D 细节理解题。根据第四段第一句可知，他们认为拥抱具有亲和力。故选D项。

4.D 推理判断题。根据最后一段的内容可推断，如果拥抱不是真诚的，那么拥抱将只是作秀。故选D项。

### ★Thursday

#### 导读

一个人要想精神生活富有，就需要通过了解艺术、文学、音乐和运动等不同的领域来丰富自己。

1.D 推理判断题。通读全文可知，真正幸福的人需要懂得或者涉足艺术、文学、音乐和运动等领域，而这些主要是与精神世界有关的，即真正的快乐来自精神上的富有。故选D项。

2.B 推理判断题。根据语境可知，大多数人虽然住着带有很多房间的大房子，但他们的“生活之屋”却是一个小木屋。文章暗示，无论一个人在物质上多么富有，他在精神上也可能是贫瘠的。故选B项。

3.C 推理判断题。根据第五段的内容可知，文学可以丰富你的精神生活。故选C项。

4.A 主旨大意题。通读全文可知，文章中多次出现house of life，且文章主要论述了精神富有和真正快乐之间的关系，所以A项做文章标题最合适。

### ★Friday

#### 导读

父子情，深似海，语言显得太苍白。通过本篇文章，你就能深刻体会到父子之间宽厚的爱。

1.A 从下文内容可知，儿子要到法国去，所以“我们”正在告别。say goodbye“再见”，是固定搭配。因为儿子还没有走远，故不用waving；从下文内容可知，父子之间现在还比较拘束，故不用kissing。

2.B “这是他生命中的一个过渡期，所以我想对他说几句重要的话。”security“安全”；significance“重要性，意义”；satisfaction“满意”；suspension“暂令停职，延期”。根据语境可知，B项正确。

3.B “但我什么也说不出来。更困难的是，我知道这不是我第一次让这样的时刻溜走了。”根据句意选difficult。desperate “绝望的，极严重的”；disgusting“令人厌恶的”；delicate“脆弱的，精美的”。

4.D 联系上下文，尤其从第六段第二句可知选D项。

5.C 从本段“When Daniel was five”可知，应该是“我”带着儿子去幼儿园。

6.A “公共汽车疾驰而去，我什么也没说。”

7.B “当我开始离开的时候，我竭力地想找到一些给他勇气和自信的话，因为他要开始人生中的新的阶段。”consist of“由……组成”；think of“构思出，想出”；ask for“请求，征求”；hope for“希望”。根据语境可知，B项正确。

8.C “但又一次，我不知道该说什么好。”fade“逐渐消失”；debate“讨论，辩论”；fail“使失望，无能为力”；deserve“应受，值得”。根据语境可知，C项正确。

9.A “现在，当他站到我面前时，我想到了那些失去的机会”。从上文内容可知，“我”失去了很多与儿子说话的机会。opportunity“机会”；

expectation“期望，指望”；occupation“工作，职业”；opinion“意见，想法”。故A项正确。

10.B “我们没有找到一个安静的时刻来告诉他们：他们对我们很重要。”mean“重要”。mean sth.to sb.意为“对某人重要（或有价值）”。

11.A “我想，或许没必要说什么。”probably“很可能，大概”，肯定的成分大，符合语境。surely“必定，想必”，unfortunately“不幸地，遗憾地”，certainly“无疑，确定”，均不符合语境。

12.A “如果一个父亲从不告诉儿子他对儿子的真正想法，对儿子的一生会有什么影响吗？”根据语境可知选A项。

13.A “但是当我站在儿子面前时，我知道对他说句话是很重要的。”matter“有重大影响，要紧”；manage“完成，能对付”；happen“发生”；react“起反应，回应”。根据语境可知，A项正确。

14.C put feelings into words, “用言语表达感情”，符合语境；故C项正确。belief“信仰”；performance“表现”；feeling“感情”；action“行为，所做之事”。

15.B “为什么对儿子说句心里话就这么难呢？”

16.C “我的嘴唇干涩了，我知道我只能勉强地说出几句清楚的话。”get over“克服，控制”；get down“记录；记下”；get out“困难地说出，勉强地说”；get off“离开，发出”。根据语境可知，C项正确。

17.A “如果我能选择谁是我的儿子，我始终会选择你。”pick“选择，挑选”。

18.D “那一刻，世界从我们眼前消失了，只剩下Daniel和我。”dismiss“解散”；divide“分开”；disturb“打扰”；disappear“消失”。

19.A “当他的脸靠在我的脸上时，我所感觉到的就是他下巴上的短须。”be aware of“意识到，感觉到”；be sure of“确信”；be concerned about“关心，挂念”；be puzzled about“对……感到困惑”。

20.C “我对儿子说的话是很笨拙的，相当于什么也没说，但它代表了一切。”clear“清晰易懂的”；compulsory“强迫的，强制的”；clumsy“笨拙的，不灵巧的”；casual“偶然的，漫不经心的”。根据语境可知，C项正确。

## ★Saturday<sup>1</sup>

### 导读

每个人都努力成为一个伟大、善良和关心他人的人。但是对一些人来说，并非总是如此。本文以此展开，讲述了一些不受欢迎的品质。

1.C 根据上文内容可知，此处应列举反面例子。故选C项。

2.G 根据上文内容可知，如果你老是以自己为中心，不管别人，是时候做出改变了。下文应该给出需要做出改变的理由，因为没有人想要一个只想着自己的朋友。故选G项。

3.A 根据下文内容可知，此处表示应该让你的朋友得意。have one's moment 意为“走红；得意”。故选A项。

4.E E项中的importance与下文中的important呼应。故选E项。

5.B 根据下文内容可知，如果你总是做决定，总是想支配和控制别人，那么你是不受欢迎的，故B项“在一群朋友中，每个人都应该是平等的”符合语境。

## ★Saturday<sup>2</sup>

### 导读

本文就父母和孩子之间的关系展开论述。

1.stressed 2.but 3.adjusting 4.difficulties

5.competition 6.higher 7.the 8.gently

9.to take 10.what

## Week Nine

## ★Monday

### 导读

本文记述了作者在小的时候由于母亲坚持让作者早点适应竞争激烈的社会，让8岁的他就出去卖杂志的故事。第一天他一份也没有卖出去，母亲感到很失望，母亲告诉他该如何做。过了一段时间后，作者

不想再继续做下去了，可是母亲坚决不同意，长大以后作者成为了一名记者。

1.C 细节理解题。根据 *She wanted me to “make something” of myself, and decided I had better start young.* 可知，由于母亲对作者的期望值太高强迫作者早早地从事工作。故选C项。

2.D 细节理解题。根据母亲和男孩的对话可知，母亲感到很失望。故选D项。

3.A 细节理解题。根据倒数第二段的内容可知，每当作者想放弃的时候，母亲总是让他坚持。故选A项。

4.B 词义猜测题。根据上文的 *Whenever I said no, she would scold me.* 可知，这个斗争指的是母亲与作者之间的争论。故选B项。

5.A 主旨大意题。根据全文可知，本文主要讲述了作者作为一名记者的早期生活。故选A项。

### ★Tuesday

#### 导读

作者通过讲述多年前与儿子的老师在办公室谈话的故事，说明作者让儿子保留母语的想法是正确的。双语文化让儿子受益匪浅。

1.A 细节理解题。根据第二段至第六段的内容可知，他们谈论的都是关于作者的儿子在课堂上的表现。故选A项。

2.D 词义猜测题。根据画线词所在句的前半部分可知，作者的儿子不听老师的指令，因此可推断出，这样做会扰乱课堂秩序。**break**打破；**follow**遵循，遵守；**attend**参加；**disturb**打搅，扰乱。故选D项。

3.C 推理判断题。根据倒数第二段最后一句可知，作者的儿子从中受益匪浅，因此作者是支持学习双语的。**critical** 挑剔的，批评的；**casual** 随意的；**positive** 积极的，肯定的；**passive** 消极的，否定的。故选C项。

4.B 推理判断题。本文谈论的是与教育有关的语言学习的问题。故选B项。

### ★Wednesday

## 导读

本文记叙了公共汽车司机Tim Watson 运用智慧帮助警察抓住拐卖儿童的犯罪嫌疑人，解救孩子的故事。

1.B 细节理解题。根据第一、二段的内容可知，Tim Watson 在看到仪表盘上的信息时意识到拐卖儿童的嫌疑人在十分钟前上了他的车。故选B项。

2.C 推理判断题。根据第三段最后两句可知，Tim 减速是为了等警察。故选C项。

3.B 推理判断题。通读全文可知，本文主要讲述了公共汽车司机Tim Watson 运用智慧帮助警察抓住拐卖儿童的犯罪嫌疑人，解救孩子的故事。skeptical 怀疑的；quickminded 头脑灵活的，思维敏捷的；goodtempered 脾气好的；knowledgeable 知识渊博的。故选B项。

## ★Thursday

### 导读

本文主要介绍中央电视台推出的大型文化情感类节目——“朗读者”。

1.D 细节理解题。根据第二段第一句可知，该电视节目的目的是重新唤起人们对文学的热爱。故选D项。

2.A 细节理解题。根据第三段最后一句可知，有的人为了尝试在朗读亭朗读等了九个多小时。故选A项。

3.D 主旨大意题。通读全文可知，本文主要介绍唤起人们朗读热情的节目——“朗读者”。

## ★Friday

### 导读

初秋的一个早晨，作者意外地发现自己的池塘里有一对大雁，而且这对大雁在这里停留了很长一段时间。后来作者发现它们长时间在此逗留的原因——公雁的左翅膀折断了，没法飞行，母雁一直陪在它身边不离不弃，直到它的翅膀痊愈可以再次飞行，它们对彼此的忠诚让作者永生难忘。



1.C 句意：“我”很惊讶，因为“我”以前在那里从来没有见过大雁。  
raise提高，筹集，养育，升起；imagine想象；arrange安排。

2.A 句意：“我”猜想它们很快就会离去，因此“我”很享受这个可以接近这些优雅动物的机会。be close to 接近。

3.D 句意：“我”想知道它们从哪里来，为什么会选择“我”的池塘。  
leave离开；observe观察；recognize认出，识别，承认。

4.B 句意：第二天早上它们还是“我”的客人，因此“我”试图向它们表明“我”没有恶意。

5.A 此处表示我还是忍不住要近距离看看它们。resist 抵抗，忍住；stand 忍受；forget忘记；practice 练习。

6.D 此处表示“我”很惊讶地发现它们在盯着“我”看。frightened害怕的，受惊的；embarrassed尴尬的；delighted高兴的；surprised惊讶的，吃惊的。

7.B 句意：它们谨慎地抬起头，但是似乎意识到“我”是它们的朋友。easily容易地；cautiously谨慎地，小心地；proudly骄傲地，自豪地；frequently 频繁地。

8.C 句意：“我”感觉好像“我们”开始信任彼此。

9.A 此处表示“我”好奇为什么它们会在池塘逗留这么久。curiosity好奇心；regret遗憾；forecast预报，预测；complaint抱怨。

10.C 此处表示“我”的好奇心变成了关心。envy嫉妒，妒忌，羡慕；concern关心，忧虑；doubt怀疑。

11.B 句意：过不了多久密歇根的严冬就会来临，整个池塘的水就会结冰。dry up干涸；freeze over冻结，全面结冰；flood淹没，充满，溢出；decrease减少，降低。

12.D 句意：有一天，“我”发现了它们造访的原因——公雁的左翅膀折断了。

13.B 句意：它不能飞行了，但是它的终身伴侣也不愿把它单独留下。

14.D 句意：11月的第一天，我看见这两只大雁都在猛烈地扇动着翅膀向池塘跑去。casually随便地，偶然地，临时地；deliberately故意地；irregularly不规则地，无规律地；violently猛烈地。15.A 句意：它们看起来像两架等待起飞的飞机。wait for 等待；put off 推迟；depend on依靠；slow down减速。

16.C 句意：它们朝“我”飞回来，在“我”头顶上盘旋，似乎是在跟“我”道别。

17.B 句意：然后它们飞出视线之外。out of order出故障，次序颠倒；out of sight看不见，在视线之外；out of reach够不着；out of control失去控制。

18.A 句意：这两只大雁一定是觉察到冬天即将来临，到了它们该离开的时候了。sense感觉到，意识到；prove证明；doubt怀疑；mistake弄错。

19.D 句意：在它们在“我”的池塘逗留期间，“我”越来越喜欢它们了，现在很想念它们。

20.C 句意：“我”永远不会忘记它们对彼此的忠诚。access通道，入口；contribution贡献；devotion忠诚；friendship友谊。

### ★Saturday<sup>1</sup>

#### 导读

本文介绍了造成东西方文化差异的原因。

1.E 根据本段第一句可知，东西方文化截然不同。由此判断，后面应是说明文化不同的原因。故选E项“这是因为在整体上东西方的文化体系不同”。

2.F 根据第二段第二句可知，这里介绍两条河流对于文化形成的影响。故选F项“它们帮助这两种文化发展了几个世纪，并形成了这两种文化自己的风格”。

3.C 根据第三段第二句可知，这里介绍这两种文明对于欧洲文化形成的重要性。故选C项“这两种文明作为欧洲文化的基础而闻名”。

4.D 根据空后一句可知，这一段主要通过介绍其他方面的不同来说明文化的不同。故选D项“同时，其他方面的不同增加了文化的不同”。

5.G 根据空前一一句可知，这些不同无处不在。故选G项“这些不同很明显，而且它们影响了人们的思考方式和对世界的观念”，承接上文。

### ★Saturday<sup>2</sup>

#### 导读

作者不知道如何处理工作和家庭之间的关系，通过与家族朋友Dan的谈话，作者意识到家庭才是世界上最重要的，我们应该花更多的时间和家人在一起。

1.projects 2.needed 3.across 4.who

5.was 6.to give 7.fighting 8.a

9.ourselves 10.suddenly

### Week Ten

### ★Monday

#### 导读

本文讲述了咖啡店里一个年轻人奉献爱心的故事。年轻人的善良举动让作者难忘，也激发了大家的爱心。

1.B 细节理解题。根据第一段第一句的后半句可知，作者去咖啡店是为了喝杯茶。

2.A 词义猜测题。根据第三段第四句可知，年轻人请求服务生帮忙把果汁递给那位老人。

3.C 推理判断题。根据最后一段第三句可判断，作者被年轻人的举动所鼓舞。

4.D 主旨大意题。根据第二段第二句和接下来作者见到的那一幕可知，D项“最美的举动”作为文章标题最合适。

### ★Tuesday

## 导读

本文主要介绍了跷二郎腿对健康的危害。

1.D 细节理解题。根据第一段中的...it might be causing health problems that you are not aware of.可知，跷二郎腿可能会引起健康问题。故选D项。

2.B 细节理解题。根据第二段第一句可知，跷二郎腿会使血压升高。故选B项。

3.C 词义猜测题。根据语境和字面意思可知，这里表示针扎似的感觉。C项符合题意。

4.A 推理判断题。通读全文可知，本文主要介绍了跷二郎腿对健康的危害，尤其是最后一段提出了建议。故选A项。

## ★Wednesday

### 导读

本文是一则在线新闻网站寻找最佳游记作者的征稿启事。

1.A 细节理解题。根据第一段第二句可知，获奖者将有向优秀作者学习的机会。故选A项。

2.D 细节理解题。根据倒数第二段最后一句The top three winners will be chosen by three judges.可知，最终的获胜者将由三位裁判决定。故选D项。

3.D 推理判断题。本文是一则在线新闻网站寻找最佳游记作者的征稿启事。announcement宣告，公告。故选D项。

## ★Thursday

### 导读

本文主要讲述的是，作者在网上卖给陌生人两张票，出于信任，当时作者没让对方付钱，结果对方迟迟不付钱的故事。

1.B 细节理解题。根据第一段第一句可知，作者和妻子决定把票卖掉是因为他们的小女儿生病了，他们要在家照顾她。故选B项。

2.C 推理判断题。根据第一段倒数第二句可知，在卖给Peter票的时候，作者告诉Peter可以第二天再给钱，由此可知，作者当时很信任Peter。故选C项。

3.C 细节理解题。根据第三段内容可知，Peter生活如常，但是拒绝联系作者，故选C项。

4.D 推理判断题。根据最后一段最后一句可知，作者仍然信任Peter。故选D项。

### ★Friday

#### 导读

一位年轻人被带到垂死的老人面前。老人紧紧握住年轻人的手，他们谁也没有说话。就这样老人握着年轻人的手死去。当护士向年轻人表达同情时，年轻人才告诉她，其实自己不认识这个老人，他只是觉得老人需要自己的儿子，而老人的儿子又不在身边他才这么做的。

1.C 从下文的She had to repeat the words several times可知，护士对老人说话的声音不高，因此用whispered最合适。

2.B 护士把这句话重复了好几次，然后他才把眼睛睁开。其他连词在时间的先后上可以排除。

3.A 联系空后的the pain of his heart attack可知，老人因为心脏病的痛苦而被注射了很强的镇静剂。as a result of表达原因，相当于because of。in place of代替；as a matter of (fact)事实上；in case of以防。

4.C 联系下文The nurse brought a chair \_7\_ the bedside.可知，刚进来的时候，年轻人是站在氧气帐的外面的。

5.D 联系空后的and the young man tightly wrapped his fingers around it可知，老人伸出手在寻找自己的儿子。

6.C 年轻人紧握老人的手，在传递着鼓励的信息。sign征兆，迹象；note笔记；signal信号。

7.B 年轻人的手一直握住老人的手，显然他是坐在老人的床边。on to意思是“向……方向”，in front of在……前面，at the back of在……后面。

8.C 前后为并列关系。

9.A 联系下文The young man placed on the bed the lifeless 11 he had been holding可知，他们一直这样紧紧握着手。

10.D 联系下文的the lifeless 11 可以得出答案。从下文护士向年轻人表达同情我们也可以得出答案。

11.C 联系空后的he had been holding可以得出答案。

12.B 老人死亡了，年轻人去通知护士。

13.C 护士在做必需的事情，年轻人在等待。

14.D 护士把年轻人当成了老人的儿子，因此此时她说着同情的话。

15.A 联系空前的“**But**”可知，在护士说着同情的话的时候，年轻人打断了她。

16.A 护士以为年轻人就是老人的儿子，因此当年轻人问那老人是谁时，护士是吃惊的表情。

17.D 显然护士是把年轻人当成了老人的儿子。

18.C 从年轻人问这位老人是谁我们可以看出，他并不认识老人，因此他说自己从没有见过他。

19.B 显然是护士把年轻人带到这里来的。

20.C 老人是在临死前见到的年轻人，由此我们可以得出答案。

### ★Saturday<sup>1</sup>

#### 导读

本文分析了青少年吸烟的原因，并介绍了帮助青少年远离吸烟的方法。

1.C 由前一段最后一句的问句可知，接下来介绍的便是青少年吸烟的原因。故选C项。

2.E 根据前一句的Keep talking too.可知，父母要经常和孩子讲吸烟的危害。由此判断，一次谈话是远远不够的。故选E项。

3.F 下文从三个方面列举了吸烟的弊端，举例说明了F项中的the things he can relate to。故选F项。

4.B 下文的关键词addiction与B项中的addictive相呼应。故选B项。

5.G 选项G“帮助你的孩子用不吸烟的方式来建立良好的自我感觉”和本段的第一句“和你的孩子一起建立自尊和自信”相一致。故选G项。

### ★Saturday<sup>2</sup>

#### 导读

本文讲述了Rose收到的祖父送给她的特殊的生日礼物——记录爷孙生活点滴的三本日记。

1.making 2.for 3.the 4.fully 5.gave

6.what 7.had done 8.memories

9.greatest 10.speechless

### Week Eleven

### ★Monday

#### 导读

本文通过介绍英国一位老师的苹果实验呼吁应该停止欺凌。欺凌会给他人的内心带来不可磨灭的伤害。

1.B 细节理解题。根据第二段第二句可知，这名老师在办公室重复地把苹果扔在地上。故选B项。

2.A 词义猜测题。根据第四段的内容可知，他们对两个苹果进行了完全相反的实验。第四段是对一个苹果的赞美，故第三段中画线部分表示说粗鲁的话，形成对比。

3.D 推理判断题。通读全文可知，本文通过介绍英国一位老师的苹果实验呼吁应该停止欺凌。欺凌会给他人的内心带来不可磨灭的伤害。故选D项。

### ★Tuesday

#### 导读

本文是一篇人物传记。本文讲述了一位勇敢的奴隶为了获得自由和平等权而努力斗争的故事。

1.A 细节理解题。根据第一段第一句Elizabeth Freeman was born about...who were slaves.可知，Mumbet出生在一个奴隶家庭里，所以她也是一个奴隶。故选A项。

2.C 细节理解题。根据第二段中Mumbet protected her sister... Furious, she left the house and refused to come back.可知，Mumbet在奴隶主暴打姐姐的时候因为保护姐姐而被打，她因为愤怒而离开了奴隶主家。故选C项。

3.B 细节理解题。根据第三段第二句If the constitution said that all... she thought it should apply to her.可知，Mumbet在新宪法的讨论中知道了所有人都是自由和平等的。故选B项。

4.A 细节理解题。根据第四段的内容可知，Mumbet在审判之后拒绝了Ashley家的聘用，去为律师Sedgewick工作。故选A项。

### ★Wednesday

#### 导读

最新研究显示，想象自己在锻炼也能达到实地健身的效果。

1.D 细节理解题。根据第三段的内容可知，研究人员在其中一组实验者的手腕上绑上测量仪，并要求他们每天静坐11分钟，每周5天，连续4周，进行想象锻炼。由此判断，这组人共接受20天的想象锻炼。

2.D 写作手法题。通读本段的内容可知，本段是此次实验研究的结果。故选D项。

3.C 细节理解题。根据第四段最后一句可知，A项正确；根据第五段第二句可知，B项正确；根据第七段的内容可知，D项正确。C项“治愈一些疾病”不是想象锻炼的益处。

4.B 细节理解题。根据第五段第一句可知，运动员进行想象锻炼是为了表现得更好。故选B项。

### ★Thursday

#### 导读



Maja Matarić和她的研究小组研制出能够用于医疗领域的机器人，这种机器人可以对病人进行精神鼓励和辅助治疗。研究结果表明，具有良好的效果。

1.B 推理判断题。第一段中主要介绍了机器人可以帮助病人恢复健康，再结合下文中的相关信息可以推知，这里主要是指机器人用于医疗领域。

2.D 细节理解题。根据第二段中的Because there are not enough people to provide all of the help that's needed可知，该句的意思是：机器人需要用来帮助残疾人，因为没有足够的人员提供所需要的帮助。

3.A 推理判断题。根据第五段中的The team tested the robot with six people actually recovering from a stroke. Patients tended to perform their exercises longer and follow instructions better when the robot was present than with no prompting可以推知，这种机器人对中风病人十分有益。

4.C 细节理解题。联系第六段中的鼓励性话语可以推知，参加测试的人能够练习的时间长，是因为机器人的话语鼓舞着他们。

### ★Friday

#### 导读

本文是一篇记叙文。讲述的是文章作者在餐厅吃早餐时帮助一个失业者的故事。

1.B 由第一段第四、五句可知，自动售奶机上放着一台电视。

2.D 由第二段的内容可知，新闻中提到的曼蒂的父亲就在餐馆内，local符合语境。

3.B 由第一段倒数第二句可知，这个小女孩去商店买衣服，故她是在挑衣服。

4.A 由上一句可知，小女孩正在翻看那些衣服，所以记者问她是否找到了合适的衣服。

5.C 空前后的内容是转折关系，故选but。

6.A 由空前的I'm getting this one for Mandy.可知，Mandy需要一件外套。

7.D 根据下文...I also wept.可知，Mandy的父亲在擦眼泪。

8.A 由语境可知，作者在安慰Mandy的父亲不要伤心。

9.C 上文提到Mandy的父亲哭了，所以此处“眼泪”符合语境。

10.D 由第二段第一句可知，Mandy的父亲哭了，而此刻他却说一定是下雨了，很明显这是在开玩笑。

11.C 由空后的now does odd（零散的）jobs to pay bills.可知，Mandy的父亲失业一年多了。

12.D 根据空后的I went to the cash register.可知，此处指他们道别。

13.B 根据第三段最后一句可知，作者想为Mandy的父亲买单。

14.A 由文章首句可知，作者是为自己的早餐和Mandy父亲的咖啡买单。

15.C 根据下文女士所说的话可知，开始时作者拒绝接受那位女士的钱。

16.B 根据语境可知，那位女士劝作者接受她的钱。

17.A 由空后的until that very day.可知，作者一直把那57美元带在身上。

18.C 由语境可知，旁边的一位男士听到了作者和Mandy父亲之间的谈话。

19.D 根据语境可知，这位男士也决定帮助Mandy的父亲。

20.B 这位男士赞同Mandy父亲的话“一定是下雨了”。故选B项。

### ★Saturday<sup>1</sup>

#### 导读

本文介绍了演讲时建立自信的方法。

1.C 空后提到，如果话题有趣，材料准备得很好，会大大减少焦虑，故选C项，表示克服紧张最好的方法是真正地准备好。

2.B 本部分提到了要注意面部表情。故选B项符合语境。

3.E 本部分主要介绍了眼神交流的重要性。故选E项符合语境。

4.F 小标题 *Speaking with enthusiasm* 和本部分中的 *Enthusiasm is being lively and showing...* 照应。故选F项。

5.D 本部分主要说明了要注意语速，D项与空格处前一句形成对比。当解释信息的时候，应该降低语速；当你高兴或有热情的时候，可以加快语速。

### ★Saturday<sup>2</sup>

#### 导读

本文主要讲述了14岁男孩被困在电梯五个多小时依然淡定写完作业的故事。

1.done 2.owing 3.when 4.teenager

5.pressing 6.with 7.would/could pick

8.patiently 9.voices 10.had been trapped

### Week Twelve

### ★Monday

#### 导读

本文是一篇议论文。现代建筑能建在有历史遗迹的地方吗？虽然有些人持否认态度，但作者认为是可以的。我们不应该保守，而要大胆地向前看。

1.A 细节理解题。根据第一段第三句可知，答案为A项。

2.C 细节理解题。根据第三段第一句可知，作者认为一些历史建筑也可能破坏它们所在的地方。故选C项。

3.C 推理判断题。根据第四段第二句可知，如果建筑师不改变建筑风格，我们现在还住在山洞里面，因此 *moving things forward* 在此处表示“选择新的建筑风格”。故选C项。

4.D 主旨大意题。根据第一段第一句和最后一段作者的态度可知，这篇文章是论证现代建筑可以建在有历史遗迹的地方。故选D项。

### ★Tuesday

## 导读

本文提到现在很多商店都用香味来吸引顾客，并解释了这样做的原因。

1.B 细节理解题。根据第二段和第三段第一句可知，一些品牌店成功的秘诀是其店里独特的味道。

2.A 推理判断题。根据第五段第三句可知，网上商城可以使用视觉和声音来吸引顾客，而实体店则可以使用味道来吸引顾客。作者提到网上商城是为了说明实体店的优势。

3.C 词义猜测题。根据上下文语境可知，此处表示还有一家品牌商店力图让自己不只是一家商店而且要成为a destination，而香味正是实现这一目标的一种方法。故可推断，destination应为顾客喜欢去的地方。

4.D 推理判断题。本文介绍了香气对品牌店销量的推动作用并解释了具体的原因。

## ★Wednesday

## 导读

德国的魏玛市有许多名人的家，也有许多文化遗产。本文主要介绍了几个最受人们欢迎的博物馆。

1.D 词义猜测题。根据下文“And every year many cultural festivities are held in memory of them.”可知，并且每年举办许多文化活动来纪念这些艺术家们。由此可推断，“commemorate”与“in memory of”相对应，含义为“纪念”。

2.C 段落大意题。第二段介绍了Bauhaus Museum开馆与关闭的时间、陈列的作品、创始人，由此可知此段介绍了Bauhaus Museum的历史。

3.D 细节理解题。根据第三段中“Evidence of the bombings and gunfire has been left in the redesign of the building.”可知在Neues Museum重建的建筑上，依然留着轰炸和炮火的痕迹。

4.A 细节理解题。根据第四段的“...where guests can learn about the bee's physical makeup, and the growth of the bees...”可知参观这个蜜蜂

博物馆你可以了解到一些有关蜜蜂的知识。

### ★Thursday

#### 导读

本文不仅提到了金字塔的建筑之谜，而且介绍了另外一种神秘的力量。

1.D 段落大意题。文章前两段主要介绍了胡夫金字塔的建造。

2.C 细节理解题。根据第三段第三句可知，“金字塔力量”能够使尸体不腐。

3.C 细节理解题。根据第四段第一句可知，该工程师制作了一个胡夫金字塔模型；再由本段第三句可知，该装置能使刀子变得锋利。

4.B 推理判断题。根据最后一段的内容可推断，作者对“金字塔力量”并不确定。

5.D 主旨大意题。文章主要介绍了埃及金字塔的一种神秘的力量。

### ★Friday

#### 导读

本文是一篇记叙文，记述了一位身材矮小的老人曾借宿作者家中，以及其间发生的事，从中看出老人心地善良，拥有积极乐观的心态。

1.B 句意：为了挣钱，“我们”把楼上的房子租给了病人。rent 出租；remove 移动；hire 雇用。故选B项。

2.A 此处表示有人敲门。knock 敲门声。

3.A 此处表示这个人几乎和“我”八岁的儿子差不多高。hardly 几乎不；seemingly 看来似乎；表面上看来。

4.D 此处表示自从中午他就一直在找房子。check in 报到，登记；look at 看，考虑；go through 通过，经受；hunt for 寻找。故选D项。

5.C 此处表示“我”犹豫了片刻。all at once 同时，突然；all of a sudden 突然；for a moment 片刻，一会；for an instance 举个例子。故选C项。

6.C 此处表示接下来他说的话说服了“我”。push推动，催促；encourage鼓励；convince说服；promote促进，提升。故选C项。

7.D 此处表示不久后“我”发现这个人心地很善良。It wasn't a long time before...意为“不久以后……”。

8.C 根据上文内容可知，这个人身材矮小。tiny微小的，极小的。

9.B 句意：他靠钓鱼谋生，供养他的女儿、他女儿的孩子和他有残疾的妻子。exchange交换；support供养，支持；surprise使吃惊；please使高兴，使满意。

10.A 此处表示面对生活中的困难，他不但没有抱怨，反而心怀感激。instead代替，相反；otherwise否则，要不然；moreover而且，此外；however然而，但是。故选A项。

11.D 此处表示他很感激他的疾病没有给他带来痛苦。故选D项。

12.B 此处表示他问下次他来看医生时他是否还能住在这里。故选B项。

13.A 根据语境可知，设空处所填词与children对应。故选A项。

14.A 此处表示孩子们好像不介意。故选A项。

15.D on the trip为固定短语。

16.C 根据后面一句可知此处是收到包裹。故选C项。

17.D 根据语境可知，作者知道那个人挣钱不多。故选D项。

18.D 根据语境可知，这些礼物是邮寄过来的。故选D项。

19.A 根据语境可知，此处表示这些礼物显得更加珍贵。precious宝贵的，珍贵的；acceptable可接受的；personal个人的；attractive吸引人的，引人注目的。故选A项。

20.A 句意：从他身上，“我们”学习到了该怎样面对逆境不心生怨愤，面对顺境，心存感激。gratitude感激；pride骄傲，自豪；patience耐心；honesty诚实。故选A项。

★Saturday<sup>1</sup>

导读

本文介绍的是如何保持我们精神上的健康，如何让我们的记忆力得到提高。

1.F 根据下文内容并结合语境可知，有很多的方法可以提高我们的记忆力。故选F项。

2.A 根据本部分最后一句可知，要我们向前看，聚焦未来。故选A项。

3.E 根据前句可知，这些有计划的人患老年痴呆的可能性较小。但是如果我们的计划不足也没有关系，我们可以把生活中的一些微小的事情也作为计划排在里面。故选E项。

4.G 根据前句可知，我们的锻炼能够给我们的脑部带来好处，也就是说锻炼既有利于身体健康也有利于精神健康。故选G项。

5.C 根据前句可知，对大脑好的事情既要是新的东西也要让你的身体得到锻炼，那么学习园艺就是一种这样的活动。故选C项。

### ★Saturday<sup>2</sup>

#### 导读

本文主要介绍了大部分中国留学生深造完成后回国这一情况。

1.to study 2.a 3.as 4.have chosen

5.including 6.are required 7.global

8.families 9.willingly 10.who

### Week Thirteen

### ★Monday

#### 导读

父亲一直对孩子很严厉。长大后，作者回家，他从不出来接作者。有一次，作者回家时不经意地发现了父亲的秘密。这时，作者才明白，其实父亲很关心作者，只是他有他自己关心作者的方式。

1.D 词义猜测题。根据上文内容可知，虽然汽车在离家挺远的地方就停下，但是即使是在恶劣的天气，父亲也从不去接作者，所以作者不太高兴。故选D项。

2.C 推理判断题。根据第二段第二句可知，作者感觉父亲不重视他，不关心他。故选C项。

3.A 推理判断题。根据第四段倒数第三句可知，每次作者回家时，父亲都站在篱笆后看着他，直到他安全地到家，故选A项。

4.A 主旨大意题。父亲表面上看似不关心作者，但实际上一直在默默地关心着他，作者发现了父亲的这个秘密。故选A项。

### ★Tuesday

#### 导读

本文就马可·波罗是否去过中国进行探究。

1.A 细节理解题。根据第一段最后一句可知，Frances Wood认为马可·波罗的游记中未提及在中国文化中有重要地位的一些内容，所以她提出了质疑。故选A项。

2.C 细节理解题。根据第三段中的He suggests....years later.以及第四段第三句可知a、e正确。故选C项。

3.B 篇章结构题。文章围绕马可·波罗是否去过中国一事展开，在第一、二段提出怀疑者的观点，第三、四段提出肯定者的观点，最后总结全文。故选B项。

4.B 主旨大意题。文章围绕马可·波罗是否去过中国一事展开，最后也没给出定论，故B项做本文的标题比较贴切。

### ★Wednesday

#### 导读

二战后随着科技的进步以及医疗条件的改善，人类的平均寿命延长，就此有人提出是不是医疗方面取得突破人类平均寿命就会延长？对此科学家持不同的观点。最后科学家指出，只要加强锻炼，拥有健康的饮食就会长寿。

1.C 细节理解题。根据第一段的内容可知，一个世纪前美国人的平均寿命约为50岁，现在美国人的寿命约为78岁。由此可知答案选C项。

2.B 细节理解题。根据第三段前两句可知，二战后平均寿命延长的主要原因是医疗方面的突破。故选B项。



3.D 推理判断题。根据第三段后两句可知，科学家不赞同这种观点。supportive 支持的；objective 客观的；optimistic 乐观的；disapproving 反对的，不赞成的。故选D项。

4.A 推理判断题。根据倒数第二段第一句可知，这些预期寿命研究人员认为那是不可能的。故选A项。

### ★Thursday

#### 导读

本文作者通过一次不幸的经历，形成了她的生活观。在日常生活中，人们总是谋生，而不是真正地享受生活。作者认为对待工作的态度是不要让它影响自己的真正生活。

1.C 细节理解题。根据第五段第四句可知，作者是通过一次不幸的经历，形成了她的生活观。故选C项。

2.A 推理判断题。根据第五段中It is so easy to waste our lives, our days, our hours, and our minutes.It is so easy to exist instead of living.可知，作者的意思是人们总是谋生，而不是真正地享受生活。故选A项。

3.D 细节理解题。根据第一段第二句可知，作者对待工作的态度是不让它影响自己真正的生活。故选D项。

4.A 推理判断题。通过阅读文章内容可推测出作者在个人生活中很成功。故选A项。

### ★Friday

#### 导读

一位科学家能够与众不同，为什么？这与他母亲的教育有关。同时也让他认识到错误往往是学习新知识的良机。妈妈的做法也培养了他勇敢面对失败、敢于担当的品质。

1.B 此处表示一个记者正在采访他。praise表扬，称赞；interview采访，面试；celebrate庆祝；admire钦佩，赞赏，欣赏，羡慕。故选B项。

2.C 根据上文“他在医学方面取得了几项重要突破”可知，他很有创造性。故选C项。

3.D 根据下文内容可知，他的一切源自四岁时的一次经历。故选D项。

4.A 此处表示他试图从架子上拿一瓶牛奶。remove... from... 从.....地方拿走/移开.....，为固定搭配。

5.B 根据语境可知，此处表示瓶子掉了，牛奶流了一地。此处现在分词作状语。故选B项。

6.C 根据下文内容可知，妈妈没有惩罚他。故选C项。

7.D 根据下文中whenever you make a trouble like this可知，选D项。

8.A a sea of milk牛奶的海洋。

9.A 根据语境可知，此处表示在打扫干净之前，妈妈让他在牛奶里玩。

10.B 此处表示事实上他在牛奶里玩了。did代替played。

11.C 此处表示最后要打扫干净。gradually 逐步地，渐渐地；patiently耐心地；finally最后；immediately立刻，马上。故选C项。

12.D 此处表示把一切恢复原样。value价值；form表格，形式；shelf架子；order次序，顺序。故选D项。

13.C 根据上下文内容可知，此处指选择哪种工具。故选C项。

14.A 此处表示妈妈和他一起把牛奶打扫干净。故选A项。

15.B 此处表示把瓶子装满水。fill...with...用.....装满.....。故选B项。

16.D 根据后面的without dropping it可知答案。

17.D 此处表示用双手拿住瓶子。故选D项。

18.C 根据上下文内容可知，科学家通过实验学到了宝贵的一课。

19.B 句意：就在那时科学家意识到他没有必要害怕犯错误。make mistakes犯错误。

20.A 句意：相反，他认识到犯错误是学习新知识的良机。故选A项。

## ★Saturday<sup>1</sup>

### 导读

文章就鼓励孩子与他人建立积极的人际关系提出了建议。

1.G 空前的Encourage diversity指的是“鼓励多样化”，选项G与其相吻合。

2.C 空前的Avoid criticism指的是“避免批评”，选项C“不要责备你孩子的朋友”与之相吻合。

3.B 下文提到，如果你觉得你孩子的朋友对你孩子有负面影响的话，那就把那个朋友请过来，和你以及你的孩子一起度过一段时间，以便对他们的关系施加积极的影响。即给出的建议是：参与其中。B项符合上下文语境。

4.E 上文提到要参加的一系列活动，E项中的These events与其相对应。

5.A 本段讲述的都是建议。故选A项。

## ★Saturday<sup>2</sup>

### 导读

本文讲述了作者因受他人善行的启发而亲自行善的经历。

1.kindness 2.for 3.an 4.to find 5.got

6.cars 7.but 8.smiling 9.feeling 10.truly

## Week Fourteen

## ★Monday

### 导读

本文列举了在五种不同的情况下如何表现得有礼貌的方法。

1.D 推理判断题。根据Situation I部分中的问题以及回答的第一、二句可知，在电影院里，如果有人坐得离你太近，这也许会是一件让人恼火的事情。

2.B 细节理解题。根据SituationIII部分中的问题以及回答的第一个方法可知，在公共场合一直盯着一个人看就有可能让这个人安静下来。

3.D 词义猜测题。根据Situation IV部分中的问题及画线单词后对“Happy belated birthday!”的解释可知，这是在你忘记了对方的生日之后的补救措施。由此推测，belated是指“迟来的”。

4.A 主旨大意题。文章介绍的是在现代生活中常见的礼貌方式。

### ★Tuesday

#### 导读

一个小小的善举给作者带来了一段难忘的友谊，同时也改变了一个小女孩的一生。

1.A 细节理解题。根据第一段第三、四句可知，在墙边放着的玩具让作者很惊奇，所以就立刻跑过去玩玩具。

2.D 段落大意题。本段讲述的是她们的友谊是如何开始、又是如何继续的。故选D项。

3.A 细节理解题。根据第三段最后一句的后半句可知，女孩最后去世了。

4.C 主旨大意题。通读全文并结合第一段第一句和最后一段第二句可知，C项作为文章标题最合适。

### ★Wednesday

#### 导读

本文主要介绍了美国音乐排行榜上曾排名第一的长度最长的歌曲American Pie，及其作者Don McLean创作该歌曲的一些鲜为人知的故事。

1.C 细节理解题。根据第一段的it topped the charts on January 15, 1972 and remained there for four weeks, 可知这首歌在1972年一月中旬开始登上排行榜的第一名，只维持了四周，也就是说在28天后，即1972年的二月中旬。

2.A 段落大意题。根据第二段的内容，该段主要涉及Don McLean因疾病而导致生活困难，但仍坚持康复训练。

3.D 细节理解题。根据第四段的“Don was one of Buddy Holly’s fans...He was a symbol of something deeper than the music.”可知，Don McLean创作这首歌主要是为了纪念自己心目中歌星Buddy Holly。

4.B 细节理解题。根据最后一段第二句It was actually banned by several American radio stations because of its eight-and-a-half minute length.可知，最重要的原因是它超长了。

### ★Thursday

#### 导读

本文是一篇议论文。作者通过文章告诉我们其实我们每个人都在享受特权，都很幸运。

1.C 句意理解题。根据第一段第四句可知，成功的人往往忽视运气的作用。故选C项。

2.D 细节理解题。根据最后一段最后一句可知，如果你没有出生在战争区你就是幸运的。故选D项。

3.B 推理判断题。根据第二段最后两句及第三段最后一句可知，作为人类，我们每个人都很幸运，都在享受特权。故选B项。

4.B 主旨大意题。作者通过文章告诉我们其实我们每个人都在享受特权，都很幸运。故选B项。

### ★Friday

#### 导读

本文讲述了作者起初讨厌参加慈善活动，后来却因为受到触动而变得喜欢参加慈善活动的经历。

1.C 根据下文...my feeling changed finally.可知，此处填felt。

2.B 上文提到不想参与慈善事业，而下文提到这一想法最终改变了，两者之间是转折关系，故用however。

3.A 由下文作者的变化可知，如果你持积极的态度，最终你可能会喜欢上做这件事。

4.C 根据第四段第二句可知，作者最终改变态度喜欢上了慈善事业。**end up doing sth.**意为“以做某事结束”。

5.B 根据下文作者和母亲去一个收容所帮忙可知，她们是去做志愿者。

6.D 根据第三段第三句中的...**serve food with them.**可知，作者去收容所为无家可归者服务。

7.A 这里指作者遇到了与自己身份相同的人。**run into** 偶然遇到。

8.B 由本句的后半句可推知，作者不跟他们说话是因为作者有社交障碍。

9.C 根据本句的前半句可知，母亲出去了，只剩作者一个人在厨房工作。

10.D 根据上文...**large numbers of homeless families**和下文**like rushing river**可推知，**poured**符合大批人涌进收容所的情景。

11.C 由本句的下一句可推知，作者递给小女孩一个三明治。

12.A **discover**意为“发现”，符合语境。

13.D 根据上文...**clearly too big for her**和下文**on her thin body...**可知，小女孩穿的衣服松松垮垮。

14.A 由作者态度的变化以及作者发现自己拥有很多可推知，作者是拿自己与小女孩作比较。

15.B 此处指作者突然意识到自己是多么幸运。

16.D 根据本段第二句以及此前作者不愿参加慈善活动的态度可推知，作者的内心发生了改变。

17.C 根据下文提到的...**have many friends**可知，作者克服了(**overcome**)社交障碍。

18.B 根据上文第二段中的...**the club asked us to work...**以及...**in the dirty homeless shelter for at least 20 hours.**可知，志愿者在收容所工作至

少20小时是收容所规定的。

19.A 作者以前不愿意参加慈善活动，而现在愿意参加，结合作者的感受可知，作者态度的改变带来了一定的影响。

20.C 根据下文提到的you can accomplish more and become a well-rounded person以及作者态度的变化可推知，有一个开明的心态很重要。

### ★Saturday<sup>1</sup>

#### 导读

每个人必须保证每天至少8个小时的睡眠时间，但很少有人能够做到。为了提高睡眠质量，作者提出了一些建议。

1.C 选项C与本空格的前面一句在逻辑上构成转折关系。再结合空格后面的答语来判断，本空格应选C项。

2.F 本文从第三段起，就是作者给出的一些建议，告诉我们应如何拥有良好的睡眠。因此，本空格应选F项，起到承上启下的作用。

3.D 第三段讲不要饱食睡觉。在所给的选项中，只有D项与本段语境相符。

4.A 空格后面一句中的others与A项中的some构成对比，表示“一些人……，另一些人……”。

5.G 最后一段讲到，我们应该把睡眠变成一种习惯。在所给的选项中，只有G项涉及相关的话题。

### ★Saturday<sup>2</sup>

#### 导读

本文主要讲述了独生子女的烦恼。

1.including 2.expectation 3.fewer

4.to control 5.independent 6.doing

7.believed 8.wonderfully 9.but 10.the

## ★Monday

### 导读

本文主要介绍了不同时期的英国女作家及其代表作品和主要成就。

1.C 细节理解题。根据The English Renaissance部分中的第三句可知, Aphra Behn 以写戏剧而出名。故选C项。

2.A 细节理解题。根据The English Renaissance部分中的第三句可知, Aphra Behn 写了很多关于种族歧视和奴隶制的戏剧。故选A项。

3.B 细节理解题。根据最后一部分中的倒数第二句可知, 选B项。

4.B 推理判断题。根据第二部分中的最后一句可知, 选B项。

## ★Tuesday

### 导读

像人类一样, 狗也具有丰富的身体语言, 它往往通过耳朵、眼睛、嘴巴、肢体和尾巴等部位, 来表达出喜怒哀乐等丰富的情感信息。

1.D 主旨大意题。通读全文可知, 第一段介绍了狗可以表达身体语言, 下文中进行了详细的说明, 由此可知, 第一段引出了本文的话题, 故D项为正确答案。

2.B 细节理解题。根据第二段最后三句A mouth that is open and panting suggests that the dog is happy...A tongue sticking out suggests that a dog is in a good mood and very happy, too.可知, 狗张开嘴巴、喘息, 或者伸出舌头, 都表示它很高兴。

3.A 细节理解题。根据第三段最后一句An anxious dog will stand or pace, ...可知, 狗站着或四处走动, 通常表示它处于很焦急的心理状态。

4.A 标题归纳题。本文主要说明了狗的身体语言极其特点, 以供读者学习了解, 可见A项可以作为本文的最佳标题。

## ★Wednesday



## 导读

本文主要通过讲述个人理财专家马丁·路易斯的建议来告诉人们要学会理财。

1.D 细节理解题。根据第一段第二、四句可知，D项正确。

2.C 细节理解题。根据第二段前三句可知，C项正确。

3.A 细节理解题。根据第四段的内容可知，一些英国人盲目地投资，盲目地花钱。故选A项。

4.B 主旨大意题。通读全文，并结合最后一段的“the better you are with your cash, the better your life can be.”可知，合理理财可以使我们的生活变得更美好。故选B项。

## ★Thursday

### 导读

本文主要讲述了eDNA技术的原理及应用等。

1.B 写作手法题。作者通过科幻故事中的一个常见场景来引入话题。

2.D 细节理解题。根据第二段最后两句可知，eDNA技术起作用的原因是所有的生物都会不断地向环境中排放DNA。

3.C 推理判断题。根据第三段中的...or in our case—water and we can sequence the DNA out of it and tell you what is there.可知，赖安·凯利的团队从水中取样。由此推断，他们正在研究水里的物种。

4.C 细节理解题。根据第四段第二句可知，eDNA技术可以用来分析当地有什么物种。

5.C 段落大意题。由最后一段中Natural resource managers are looking for ways to make eDNA methods more accurate...可知，该技术仍需改进；根据最后一段第二、三、四、五句可知，这项技术已在全世界被广泛使用。故选C项。

## ★Friday

### 导读

本文主要介绍了加拿大的著名女医生夏洛特·怀特海德（Charlotte Whitehead）学医的原因、过程以及从医经历等。

1.C 根据本空格后的her ill elder sister可知，她是在照顾（nursing）生病的姐姐。

2.B 句意：夏洛特在多年来照顾生病的姐姐的时候，发现自己对医学感兴趣（interest）。

3.D 句意：她在18岁的时候结婚了，并且开始（started）有了家庭。

4.A 前面提到她对医学感兴趣，所以结婚几年以后，她说自己想成为一名医生。

5.B 根据下文提到的她去美国学医可知，当时加拿大的医学院不接收女学生，这是一件很不幸的事情。unfortunately不幸地。

6.D 句意：不幸的是，加拿大的医学院当时不接收女学生。

7.C 句意：因此夏洛特去了美国费城的女子医学院学医。

8.D 句意：她花了五年的时间获得了医学学位。earn表示“获得”，符合语境。

9.A return表示“返回”，符合语境。

10.C 句意：一毕业，夏洛特就返回蒙特利尔，创办了一家私人诊所。clinic（诊所）符合语境。

11.A 根据本段的最后两句可知，她的病人很多，工作内容涉及多方面，所以她是忙碌的（busy）。

12.B find oneself doing sth.表示“发现某人自己在做某事”。

13.C set broken bones 意为“接断骨”。

14.D apply for 意为“申请”。

15.B 句意：在蒙特利尔和温尼泊她都申请了医师执照，但被拒绝了。

16.D 由语境可知，空格处表达“完成”之意，故用complete。

17.A 句意：夏洛特拒绝离开她的病人去花时间学习她已经知道的知识。

18.C 根据最后一段中的...a medical licence was issued to Charlotte. 可知，此空填issue（发给）最合适。

19.A 根据语境可知，空格处用continued（继续）符合句意。

20.B 根据上一段最后两句可知，她在1916年去世，而1993年正是她去世后的77年。故选B项。

### ★Saturday<sup>1</sup>

#### 导读

本文是一篇说明文。文章介绍了避免失败的方法。

1.B 根据本段的第一、二句和最后一句可知，失败只存在于你自己的思想里面。故选B项。

2.A 第一个小标题下的最后一句话提到，失败通常是在你决定放弃或停止朝目标努力的时候产生的。该小标题下面的一段中又讲到很多人在自己都没有意识到的情况下就放弃了，再结合本段最后一句可知，此处应指不要放弃你自己。故选A项。

3.F 题空的前一句和后一句都是指不要放弃，故F项“不管你的目标是什么，都要下定决心实现它”符合语境。

4.E 由小标题及本段第一句可知，这里指不要为目标设定明确的时间，E项“你永远不可能确切地说出目标什么时候可以完成”符合语境。

5.D 根据最后一段的前三句可知，困难并不意味着失败、无能或你永远不会实现目标，D项“这只意味着你做得还不够”顺承此处句意。故选D项。

### ★Saturday<sup>2</sup>

#### 导读

本文介绍的是通过参照他人来看待并改变自己。

1.impression 2.than 3.who 4.to be 5.as

6.To live 7.completely 8.the 9.yourself

## 10.guiding

### Week Sixteen

#### ★Monday

##### 导读

本文主要介绍了大学图书馆的各个区域及其用途以及图书馆的相关规定。

1.D 细节理解题。根据Social learning areas部分中的第一句可知，社会学习区域的建立是为了让你和朋友相互交流。故选D项。

2.B 细节理解题。根据Bookings are restricted to student use only.可知选B项。

3.C 细节理解题。根据最后一段最后一句可知，当你进入图书馆的时候手机要调成静音模式。故选C项。

4.B 推理判断题。通读全文可知，本文主要介绍了大学图书馆的各个区域及其用途以及图书馆的相关规定。故选B项。

#### ★Tuesday

##### 导读

Junaid Baghdadi是一位职业摔跤手，可是在一次比赛中，却成为一位60多岁的老者的手下败将，这当中到底有什么原因呢？

1.B 细节理解题。根据第二段后半部分的内容，我们通过对Junaid Baghdadi和老者的对比描写可以推知，众人大笑的原因是他们认为老人是不可能获胜的。

2.C 细节理解题。根据第三段中的“I will be able to collect the prize money and thereby have the means to feed my children and myself for an entire year.”可知，老人需要赢得奖金以养家糊口。故C项正确。

3.A 推理判断题。根据下文内容可以推知，Junaid Baghdadi假装失败，是对对方表达的善意。

4.B 主旨大意题。本文记述了一位老者和职业摔跤手Junaid Baghdadi的一次比赛的情况。在比赛中 Junaid Baghdadi牺牲了自己的名

誉，成全了对方，由此可知B项为本文大意。

### ★Wednesday

#### 导读

本文主要讲述了两个大学毕业生通过出售自己的脸给公司做广告，获得收入的故事。

1.D 细节理解题。根据第二段中的...adding a link to the advertiser's website and including a short piece of text about it.可知，D项符合题意。

2.C 细节理解题。根据第二段最后一句可知选C项。

3.A 推理判断题。根据最后一段“客户给他们的网站做出好评”可知，他们的计划进展得很顺利。故选A项。

4.B 细节理解题。根据第四段中的at first the idea would be new and unusual and attract attention 可知，B项符合题意。

### ★Thursday

#### 导读

直到二十世纪六十年代，圣诞节才成为公众节日，然而，苏格兰的圣诞节却融合了欧洲和美国的传统习俗，包括购物、饮食和节日装扮等。

1.C 细节理解题。根据第一段前两句Until the sixties last century Christmas wasn't even a public holiday so people barely celebrate it.Adults were working although the children had their presents.可知，在上世纪六十年代以前，圣诞节并非公共假日，人们也不进行庆祝活动。在圣诞节那一天，成人要去上班，孩子们能得到礼物。故C项正确。

2.A 细节理解题。根据在第三段中的children can stand in the queue to tell him what they want for a Christmas gift，说明孩子们希望从圣诞老人那里获得礼物。

3.B 推理判断题。根据第二、三和四段的内容，特别是第三段中的Shopping heat starts very early，我们能够知道，现在苏格兰人在圣诞节忙着购物。

4.B 段落大意题。最后一段介绍了苏格兰圣诞节仍然有自己的特色，这是本段的主旨大意。

### ★Friday

#### 导读

作者在高中即将毕业时，孤身一人骑着单车，开始了从挪威的最北端向瑞典的最南部的旅行。

1.A 能在自家后院举办以庆祝高中毕业的应是一个小聚会。故选A项。

2.D 根据下文内容可知，作者想要独自去旅行。

3.B 根据空后作者画出1, 500英里长的路线可知，此处指作者把地图拿了出来。

4.C 根据第四段第一句的后半句可知，作者独自骑单车去旅行。

5.B share sth.with sb.与某人分享某事。

6.A 根据本段最后一句的后半句可知，父亲同意了他的计划。

7.B 分析选项，只有spirits符合语境，此处指作者从父亲那里继承了爱冒险的精神。

8.C 下文的homesick提示，此处表示作者已经离开家三天了。

9.A 根据本段第二、三句可知，作者的内心正在挣扎。故选A项。

10.B 作者怀疑自己是否真的能完成这次旅行。

11.C 另一方面，作者想向自己和家人证明（prove）他能行。故选C项。

12.C 根据本段第二句中的by bike可知，作者遇到了另外一个骑自行车旅行的人。故选C项。

13.A 作者只提到自己遇到了另外一个骑自行车旅行的人，因此这个人是独自旅行。

14.D 由下文的It encouraged me...推断，此处指“满足感”。

15.D 上文提到作者内心发生了动摇，下文讲到作者继续骑单车旅行。由此可知，作者受到这个人的鼓舞，让他没有放弃旅行。故选D项。

16.A 选项中只有favourite（最喜欢的）符合语境。

17.A 根据下文只有无数只蚊子可知，作者一路上没有碰到任何人。

18.B 上文提到作者一路无人相伴，下文提到有无数只蚊子跟随。actually（实际上）符合语境。

19.C 根据下文的...they looked like a topographical map...可知，作者的胳膊上布满了蚊子叮咬的痕迹。

20.D 上文提到作者一路上无人相伴，又被无数只蚊子叮咬，由此可推断，接下来的旅程将是困难不断。

### ★Saturday<sup>1</sup>

#### 导读

本文就在日常生活中如何避免冲突给出了几条建议。

1.G 根据下句中的...you are still arguing可知，G项“争吵在某种程度上会破坏你们之间的友谊，或者影响你们之间的关系”符合语境。故选G项。

2.D 根据下文You should focus on your own life issues.可知，D项“你别干涉，让别人解决自己的问题”符合语境。故选D项。

3.F F项中的kindly 与主题句中的kind 相呼应。故选F项。

4.A 根据下句中的This saying可知，设空处应填一句谚语。故选A项。

5.E E项中的put some distance与下一句中的get away from 表达的意思一致。故选E项。

### ★Saturday<sup>2</sup>

#### 导读

本文讲述了绿色建筑对环境的影响，并提出提高旧房子的节能效果可以有效地改善环境污染问题。

1.has 2.resources 3.an 4.lost 5.greenest

6.and 7.with 8.Fortunately 9.that/which

10.rising

## Week Seventeen

### ★Monday

#### 导读

父亲乐于助人的品质对作者的世界观产生了很大的影响。

1.D 细节理解题。根据第二段第一句和第三段第一句可知，作者的父亲乐于助人并善解人意。故选D项。

2.A 写作手法题。根据第二段的内容可知，作者通过举例来描述他的父亲。

3.C 词义猜测题。最后一段第一句中提到...he just cared about others and wanted to help when he could，由此可知，第五句中的actions就是指父亲关心和帮助别人的行为。

4.A 主旨大意题。通读全文，并结合最后一段中的第四句和倒数第二句可知，本文的主旨是说明身教的重要性。

### ★Tuesday

#### 导读

Jimmy是一个机动车修理工，但他已经失业几个月了。在应聘新工作的路上他帮助一个老人修车，没想到那个老人就是他应聘的那家公司的总经理，Jimmy顺利应聘上了那个职位。

1.A 细节理解题。根据第一段第一句可知，Jimmy失业了。故选A项。

2.D 细节理解题。根据第二段第三、四句可知，老人的车出故障了。故选D项。



3.D 细节理解题。第二段中提到，在修完车后他没有收老人的修理费；再根据老人所说“**It’s the least I could do. Please, I insist.**”可知，老人是因为感激而主动送他去面试现场的。故选D项。

4.B 细节理解题。根据第三段中老人的问题“你确实需要面试吗？”及Jimmy的所想“**With the way I look now, how could I possibly pass this interview?**”可知，他自己认为以他当时的状态，他无法通过面试。故选B项。

5.C 推理判断题。Jimmy在应聘途中无偿地帮助的老人正是他去面试的公司的总经理，而后他被提供了那份工作。从这个故事中我们不难认识到：善有善报（**Good is rewarded with good**）。A项意为“有志者事竟成”；B项意为“患难见真情”；D项意为“三个臭皮匠顶个诸葛亮”。

### ★Wednesday

#### 导读

文章介绍了墨西哥北部沙漠的神秘地区——“静寂地带”。

1.C 细节理解题。根据第二段第二句可知，这个地区是因为美国一枚导弹的坠毁才被发现的。

2.D 细节理解题。根据第二段第三句的前半句可知，在这个地区无线电信号不能通过空气传播。

3.D 词义猜测题。根据第三段第三句中的...**two males and a female...**可知，**trio**是“三人组”的意思。

4.A 细节理解题。根据最后一段最后两句可知，因为没有无线电信号，所以在这个地区不能看电视。

5.A 主旨大意题。通读全文可知，文章介绍了墨西哥北部的一处神秘地区——“静寂地带”。故选A项。

### ★Thursday

#### 导读

本文是一篇说明文。介绍日本一家公司飞行汽车载人试飞成功。

1.C 细节理解题。根据第一段“**Sky Drive Inc.conducted the public show on August 25, 2020, the company said...It was the first public show**

for a flying car in Japanese history.”第二段“The car, named SD-03, manned with a pilot, took off and circled the field for about four minutes.”及最后一段首句中“The success of this flight means...”可知：Sky Drive Inc.发布的最新消息就是“公司成功举行了飞行汽车测试”。故选C。

2.A 细节理解题。根据第二段““We want to realize a society where flying cars are an accessible and easy way of transportation in the skies and people are able to experience a safe, secure and comfortable new way of life.””可知：SD-03飞行汽车会是一种便捷的新型交通方式，安全舒适。故选A。

3.A 推理判断题。根据第四段Takumi Yamamoto所述““We wanted this vehicle to be futuristic, charismatic and desirable for all future customers, ...””可知：这款飞行汽车具有未来主义风格和超凡魅力，会让未来所有的客户心生向往。由此推断，SD-03飞行汽车在未来市场会非常受欢迎。故选A。

4.B 细节理解题。根据第五段“More test flights will occur in the future under different conditions to make sure the safety and technology of the vehicle meet industry standards.”可知：在不同条件下进行更多测试是为了保证飞机的安全飞行。故选B。

## ★Friday

### 导读

在印地，人们并不经常说“谢谢你”这句话。在他们看来，“给予”更多的是一种“交换”，而不是慷慨的行为。他们认为很多东西从来就不是他们自己的，只是他们易手交给了其他人。

1.D 分析句子结构可知，of后面跟宾语从句，宾语从句中缺少宾语，所以用what引导宾语从句。故选D项。

2.A 此处代指上文提到的generosity，generosity指“宽宏大量，慷慨”，是不可数名词，所以用that代替。故选A项。

3.C 根据下文的we learned the word “thank you” doesn’t really exist in Hindi可知，在印地，“谢谢”这个词并不存在，所以让人感到惊讶。故选C项。

4.D 根据上文的the word “thank you” doesn’t really exist in Hindi可知, “thank you”这个词很少被使用。故选D项。

5.A 根据下文的...either turn their heads, or shake their hands at us.可知, 他们对于“我们”说“谢谢你”似乎感到很烦恼。annoyed烦恼的; excited兴奋的; frightened害怕的; bored无聊的。故选A项。

6.C 此处指“我们”说“谢谢你”之后, 他们将会做出什么反应。故选C项。

7.D 根据上文的When we asked our Indian friends why this is so可知, 他们在向“我们”解释原因。故选D项。

8.A 句意: “给予”更多的是一种“转手”, 而不是慷慨的行为。故选A项。

9.C 根据下文的They see them as something passed along to them and now they are\_10\_passing them along to us.可知, 他们认为他们送给“我们”的食物从来就不是他们的, 只是他们易手交给了“我们”。故选C项。

10.D 此处指他们仅仅是把食物易手交给了“我们”。partly部分地, 在一定程度上; equally平等地; obviously明显地; simply仅仅, 简单地。故选D项。

11.A 根据上下文内容可知, 此处指他们把收获的黄瓜送给陌生人。give away放弃, 泄露, 赠送; give out放出, 发出(声音、光等); give back归还, 恢复; give in屈服。故选A项。

12.B 根据语境可知, 此处表示转折。therefore因此; however然而; otherwise否则; meanwhile与此同时。故选B项。

13.C 这里指“捐献物品”。return归还, 送还; possess拥有; donate捐献; share分享。故选C项。

14.A 下文的their treasured ones与上文的old, used, or unwanted things形成了对比, 此处指美国人捐献的不是他们珍贵的东西。rather than而不是; better than比.....好; more than超过, 不仅仅; less than比.....少。故选A项。

15.C 此处指作者的朋友讲了一件有趣的事情。importantly重要地；obviously明显地；interestingly有趣地；luckily幸运地。故选C项。

16.B 根据下文的he likes most可知，他把自己最喜欢的物品捐献了出去。expensive昂贵的；favorite最喜爱的；beautiful美丽的；casual随便的，非正式的。故选B项。

17.C 此处指想体验放弃最喜欢的物品的感觉。pain疼痛；target目标；靶子；experience经历；经验；reason原因；理由。故选C项。

18.D 此处指捐献也是西方人当然能做到的事情。在肯定句中用something。故选D项。

19.B by doing...表示“借助于某种方式/手段”。故选B项。

20.C 与上文的actual physical possessions对比，此处指time and attention这些更重要的东西。urgent紧急的；efficient效率高的；important重要的；flexible灵活的。故选C项。

### ★Saturday<sup>1</sup>

#### 导读

宇航员在太空中是如何生活的呢？本文向我们揭开了宇航员在太空生活的神秘面纱。

1.G 第一段主要介绍人在地球上和太空中的重力状况。根据空格后面一句以及Their lower backs...可知，本空应选G项。

2.B 根据空格前面一句可知，此处应选B项，对前面提出的问题作出回答。

3.E 第二段讲宇航员如何保持清洁。在所给的选项中，只有E项符合语境。

4.C 第三段介绍的是宇航员洗澡时所用的特殊肥皂及香波。根据本段最后一句中的Patients可知，应选C项。

5.F 最后一段介绍的是宇航员在太空中做家务的情况。F项符合语境。

### ★Saturday<sup>2</sup>

## 导读

本文主要论述了校园暴力的危害、遇到校园暴力时该怎么办及如何防止校园暴力的发生。

1.society 2.a 3.calls 4.to prevent

5.personal 6.be learned/learnt 7.what

8.certainly 9.in 10.himself

## Week Eighteen

### ★Monday

#### 导读

本文主要介绍了巧克力的起源及其发展史。

1.D 推理判断题。根据第二段第一句可判断，过去人们喝巧克力。

2.B 推理判断题。根据第四段的第二、三、四句可以判断，可可豆在过去是很珍贵的。

3.B 细节理解题。根据第六段第一、二句可知，在十七世纪人们认为巧克力有营养和药用价值。

4.A 主旨大意题。通读全文可知，文章主要介绍了巧克力的起源及其发展史。故选A项。

### ★Tuesday

#### 导读

在英国饮食中，面包占有很重要的地位。但是在每年被浪费的食物中，面包却位居榜首。文章介绍了这方面情况的现状和需要采取的措施。

1.C 词义猜测题。由画线词前的Almost everyone in Britain buys bread可知，几乎每个英国人都买面包，破折号后的内容是解释这句话的，即：从家庭富裕的人到家庭条件一般的人都买面包，故可知画线词词义为“富裕的”。

2.C 推理判断题。由第二段的内容可知，“loaf”在英语俚语中代指“head”，因此老板说这句话的意思是让工人工作更聪明些。

3.D 细节理解题。由倒数第二段中“If you make something by yourself, you don’t want to waste it because you know how much energy you’ve put into it.”可知，Mark Boyle认为人们不想浪费自己投入很多的精力才做成的东西，被扔掉的面包没有花费他们的精力，所以他们不会珍惜。

4.B 细节理解题 由倒数第二段中“for many it’s out of their ability because they have to work such long hours every day that they don’t have time to make bread by themselves at home. So they simply buy bread and just bring it home to eat.”可知，很多英国人不能在家里烘烤面包主要是因为他们工作太忙，没有时间。

### ★Wednesday

#### 导读

许多人认为让孩子学习音乐可以使他们变得更聪明，但是一项新的研究声称，没有科学证据显示早期的音乐培训可以影响人的智力。

1.B 细节理解题。根据第一段第一句可知，大部分美国成年人认为，音乐课程能提高孩子的能力。故选B项。

2.A 词义猜测题。根据第二段破折号后的arts that can be seen可知，这些艺术是可以看得见的。故选A项。

3.C 细节理解题。根据第二段第三、四句可知，塞缪尔·迈赫尔（Samuel Mehr）是通过对比两组不同的调查结果得出的结论。故选C项。

4.D 细节理解题。根据最后一段最后两句可知，D项正确。5.C 细节理解题。根据第三段和第六段的内容可知，研究不能表明音乐培训能提高孩子的智力。故选C项。

### ★Thursday

#### 导读

本文说明了家长和教师越来越担忧的一个现状：男孩子对阅读缺乏兴趣以及他们在学校里缺乏动力。牛津大学出版社为解决这一问题而出版了一套图书。

1.B 推理判断题。根据第一段中的几组数据可以看出，男孩对阅读的兴趣比女孩小。

2.C 推理判断题。根据第二段中的...this has been shown to appeal most to boys.可知，出版者的目的是想吸引男孩子们去读书。

3.C 推理判断题。根据第三段第一句可知，女孩习惯于去做吩咐她们做的事。故选C项。

4.D 细节理解题。根据最后一段第二句可知，D项正确。

### ★Friday

#### 导读

作者在一次志愿者活动中遇到了一个以前曾见过的通过工作来换取食物的人也在做志愿者，这改变了作者对别人的一些看法。

1.A 根据下文中作者所做的工作可知，广告是征集志愿者的。

2.C 做志愿者就要提供服务（service），下文中的...serve dinner...也是提示。

3.C 根据第一段中的...at the local homeless shelter...可知，作者是把车停到收容所的停车场。

4.B 句意：“我”记得一周前在商场看到过他。remember doing sth.记得曾经做过某事。

5.D 根据空格后的reading “Work for Food”可知，他带着一块牌子。

6.A 句意：如果他想工作的话，为什么不像其他所有人那样去找一份工作呢？

7.B be annoyed at表示“对.....感到气恼”。

8.D 分析句子结构可知，though引导让步状语从句，表示转折。此处表示“尽管我因没有把口袋里的零钱给他而觉得懊恼，但当我回到家开始准备晚餐时，很快就把他忘了”。

9.A 作者以为他是到收容所吃饭的，所以作为志愿者，作者以为可能会为这个人分发晚饭。

10.A 根据下文中的...placing shirts in one pile, trousers in another可知, 作者被分派去整理(sort)捐赠的旧衣物。

11.C 前面提到, 作者以为那个人是到收容所吃饭的。现在看到他也在做志愿者, 所以应该是出乎作者的意料。unexpectedly意外地, 想不到地。

12.D close to意为“接近的”。句意: “我”得知他有一个女儿, 年龄和“我”女儿相仿, 他非常想念她。

13.B 由本段最后一句可知, 他们能够谈论同一个餐馆, 所以作者和那个人应是在同一个城市长大的, 故作者很吃惊。

14.D 参见上题解析。same相同的。same通常与the连用。

15.A 以炸鸡闻名的只能是餐馆(restaurant)。

16.B 句意: 随着工作的结束, “我”发现自己因为和他结束交谈而感到遗憾。

17.C 上文提到I was sent to 10 donated old clothing...可知, 衣服都是用过的(used)旧衣服。

18.B 作者没想到, 通过做志愿者整理衣物自己竟学到了一课(lesson)。

19.C have...in common with...意为“.....和.....有共同之处”。

20.D 句意: .....只要花时间, “我们”可能会发现, “我们”与周围的人之间可能有着超乎“我们”想象的共同点。

### ★Saturday<sup>1</sup>

#### 导读

面对一家两任男经理都经营失败的超市, 总经理任命作者担任这家大型超市的经理。短暂的犹豫之后, 作者勇敢地接受挑战, 把这家超市转变成了当地最好的一家超市。

1.D 第一段介绍了这家超市的基本情况。该段第二句介绍的是作者在这家超市工作的优点。D项符合语境。



2.G 本段介绍的是这一家超市的问题和作者面临的挑战。G项符合语境。

3.A 第三段讲作者的各种担心。A项符合语境。

4.E 第四段讲作者的家人对她的支持，而E项陈述的是父母的支持，符合语境。

5.B 最后一段讲作者成功后的感悟。B项陈述的也是这方面的内容。

### ★Saturday<sup>2</sup>

#### 导读

本文通过两个故事讲述了动物的情感。

1.warmer 2.a 3.with 4.cheerfully

5.visitors 6.occurred 7.as 8.hanging

9.which 10.being housed