

# 参考答案

## Unit 1 Time to Relax

### Section A 1a—3d

I. 1. Skiing 2. expression 3. scared

4. fears 5. dealt 6. programming

7. instructors

II. 1. be afraid/scared of; get over

2. up to 3. give up 4. in return

5. managed to arrive

III. 1. D 根据“We had a discussion about our free-time activities.”及“We often watch TV and play sports.”可知，此处询问对方在闲暇时间都做什么，D项“你们在空闲时间通常做什么？”符合语境，故选D。

2. F 根据答语“Well, some students like to watch game shows.”可知，此处询问喜欢看什么电视节目，F项“你们喜欢看什么类型的电视节目？”符合语境，故选F。

3. E 根据“Well, some students like to watch game shows. They're enjoyable.”及“The news?”可知，此处提到了一些学生喜欢看新闻，E项“一些学生喜欢看新闻。”符合语境，故选E。

4. A 根据答语“Because they can learn what's going on around the world. I think they can learn a lot from it too.”可知，此处是why引导的特殊疑问句，且是询问为什么喜欢看新闻，A项“他们为什么喜欢它？”符合语境，故选A。

5. G 根据“What sports do you like best?”

以及“That's good for health. Ball games are always popular.”可知，此处介绍最喜欢什么运动，G项“我们大多数人喜欢球类运动，比如乒乓球。”符合语境，故选G。

IV. 四个学生讲述了在业余时间做什么。

1. C 细节理解题。根据Emma所说“I think it is very interesting.”可知，Emma认为做衣服很有趣。故选C。

2. B 细节理解题。根据Bill所说“I have piano lessons every Thursday and Sunday.”可知，Bill每周上两次钢琴课。故选B。

3. A 细节理解题。根据Tina所说“I want to be a great cook in the future.”可知，Tina想成为一名厨师。故选A。

4. D 细节理解题。根据Jessica所说“I go to the old people's home with my classmates twice a month.”可知，Jessica和她的同学们一起去敬老院。故选D。

5. A 主旨大意题。四个学生主要讲述了在业余时间做什么。故选A。

### Section A Grammar Focus

I. 1. got into 2. give it a go

3. push myself 4. once in a while

5. chat with 6. go on an outing

II. 1. to cheer 2. to surprise 3. (to) clean

4. to put 5. to make 6. to write 7. wear

8. to make 9. have 10. to enjoy

III. 本文主要讲述了作者从小喜欢唱歌，并逐渐将其发展为爱好的故事。

1. A singing 唱歌；dancing 跳舞；swimming

- 游泳; acting 表演。根据下文“I began to sing”可知,作者最喜欢的是唱歌。故选 A。
2. C book 书; dream 梦想; song 歌曲; music 音乐。根据“I began to sing ...”可知,此处是作者开始唱歌。故选 C。
3. C write 写; give 给; teach 教; leave 离开。根据“My uncle was studying in a college then, so he could sing lots of songs, and he ... me several songs.”可知,作者的叔叔教了作者几首歌曲。故选 C。
4. B mouth 嘴巴; ear 耳朵; eye 眼睛; nose 鼻子。根据“for they were pleasing to the ... and easy to sing”可知,此处表达这几首歌很悦耳。故选 B。
5. A voice 声音; smell 气味; hobby 爱好; taste 味道。根据“so she asked my father to send me to the Children’s Palace to learn music at weekends”可知,此处是说作者的嗓音条件好,因此老师才建议作者的父亲把作者送到少年宫去学习音乐。故选 A。
6. B produce 生产; practise 练习; promise 承诺; pronounce 发音。根据“won prizes one after another in different kinds of competitions”可知,作者练习很努力,因此接连获奖。故选 B。
7. C hear of 听说; talk of 谈到; dream of 梦想; know of 知道。根据“I ... becoming a famous singer in the future”可知,作者梦想将来成为一名著名歌手。故选 C。
8. B long 长的; strict 严格的; natural 自然的; wide 宽阔的。根据“I came to know that my dream wouldn’t come true, for there were ... conditions”可知,由于条件

严格,因此作者知道自己的梦想不会实现。故选 B。

9. A still 依旧; even 甚至; never 从不; ever 曾经。根据“But now I ... take singing as my hobby”可知,虽然作者无法实现梦想,但是唱歌依旧是作者的爱好。故选 A。
10. C count 数; miss 想念; relax 放松; hide 隐藏。根据“because it has given me very good feelings and an excellent chance to”可知,此处是表达唱歌给作者带来的好处是可以放松自己。故选 C。

## Section B 1a—2c

I. 1. programmer 2. achievements

3. coins 4. stamps 5. postcards

6. suggestions 7. failure 8. surprisingly

II. 1. calm; down 2. sense of 3. dream of

4. take up 5. reduce stress 6. So far

III. 1. down 2. playing 3. Italian 4. it

5. programming 6. to help 7. achievement

8. postcards 9. when 10. of

IV. 本文主要介绍了作者对下国际象棋的喜爱。

1. B 细节理解题。根据“There were some instructions on the box, but I had to read books and watch some videos on the Internet too.”可知,盒子上有一些说明,但作者还得看书,并在网上看一些视频。故选 B。

2. D 代词指代题。根据“I decided to work hard to become a great chess player”以及“Now, four years later, that is still my dream.”可知,作者仍然梦想成为一名伟大的国际象棋选手,故此处 that 指代“成为一名伟大的国际象棋选手”。故选 D。

3. A 主旨大意题。本文主要介绍了作者对下国际象棋的喜爱。故选 A。

Section B 3a—3c

【主题写作·迁移】

【素材积累】

1. 主题词块

- ①play the flute ②do calligraphy
- ③play the guitar ④play tennis
- ⑤at the weekend ⑥in one's free time
- ⑦be scared/afraid of ⑧get over one's fear
- ⑨give up ⑩in return
- ⑪once in a while ⑫go on an outing
- ⑬reduce stress ⑭a sense of achievement
- ⑮dream of

2. 句型仿写

- ①It's a good way to reduce stress.
- ②I find it fun to work as a team.
- ③It makes me really happy when we win games.

【连句成篇】

Dear John,

How's everything going? I'm writing to share my favourite hobby with you.

I love playing basketball and there are two main reasons. First, **it's a good way to reduce stress** and stay healthy. Second, it gives me a chance to make lots of friends.

I started playing basketball when I was eight. I used to **be scared of** losing, but now I've **got over my fear**.

Playing basketball has taught me how to work with others as a team. **It makes me really happy when we win games**.

So, how about your hobby? I'm looking forward to your reply.

Yours,

Li Hua

【主题阅读·提能】

I. 本文讲述了作者在帮助母亲卖花的过程中,发现了自己制作玩具的兴趣和天赋,最终通过努力开设了自己的玩具店并取得成功的故事。

- 1. D write 写; read 读; point 指; give 给。根据“me a book on how to make small toys”可知,祖母给了作者一本书,故选 D。
- 2. A spend 花费; win 赢得; take 拿; pay 支付。此处是短语 spend time doing sth“花时间做某事”,故选 A。
- 3. C sister 姐,妹; brother 兄,弟; mother 母亲; father 父亲。根据上文“When I was a little girl, in my free time I often helped my mother sell flowers in the market.”可知,作者经常和妈妈一起去卖花,所以妈妈生病了,作者只能自己去,故选 C。
- 4. C you 你(们); me 我; myself 我自己; yourself 你自己。by oneself“独自”,主语是 I,反身代词用 myself。故选 C。
- 5. B through 通过; with 带着; from 从; about 关于。根据“I decided to take some of my small toys ... me.”可知,作者要带玩具去,应用 with,故选 B。
- 6. C sell 卖; lose 丢失; buy 买; share 分享。根据“if I could sell them”和“people ... all of them in 20 minutes”可知,应该是买光了,故选 C。
- 7. A quickly 迅速地; cheaply 便宜地;

carefully 仔细地; differently 不同地。根据“all of them in 20 minutes”可知,玩具迅速卖光了,故选 A。

8. D magazine 杂志; fruit 水果; ticket 票; flower 花。根据上文“in my free time I often helped my mother sell flowers in the market”可知,妈妈原来是卖花的,故选 D。

9. B ask 问; help 帮助; find 找到; watch 观看。根据“it was interesting and my friends worked with me happily.”可知,作者的朋友帮助作者,故选 B。

10. A first 第一; second 第二; third 第三; last 最后。根据“When I was 22, my uncle gave me a hand.”可知,作者在叔叔的帮助下开了第一家玩具店,故选 A。

II. A 本文主要介绍了无锡某一中学的学生们在课余时间设计社区活动,并在活动中找到乐趣的故事。

1. A 段落大意题。根据“How do you students spend your free time after finishing homework? Watch TV, play computer games, or go outside to relax?”可知,很多学生在课余时间选择看电视、玩电脑游戏或外出游玩等活动,本段说的是他们的课余活动。故选 A。

2. B 词义猜测题。根据“the students also designed a virtual bank for students to get some ‘gold coins’”可知,这些学生们甚至设计了奖励方式,目的是激励学生们参加社区活动,由此可推测 motivate 与 encourage 同义。故选 B。

3. C 推理判断题。根据“Mei Siying and his classmates, from Shanming Middle

School in Wuxi, Jiangsu, felt they had nothing to do in their free time but play with electronic products.”可知,这些学生们认为,在课余时间除了玩电子产品,没有其他的休闲方式,由此可推测,他们设计社区活动是为了用一种更健康的方式休息娱乐。故选 C。

4. D 推理判断题。根据“We feel excited to work together and hope to try more in the future. I have a great time and learnt a lot of skills from the activities”可知,参与这项活动,这些学生们很高兴,也学到了很多,因此这项活动是快乐且有意义的。故选 D。

B 本文主要介绍了英国人在空闲时间做的事情。

5. D 词义猜测题。根据第一段中的“They often record programmes so they can watch them at any time.”可知,他们可在任何时候观看想看的节目,说明观看的节目不受播放时间的限制,即录制节目。故选 D。

6. B 细节理解题。根据倒数第二段中的“Sometimes people and their friends have dinner in a restaurant. During the meal, they can know more about each other by talking and sharing food and drinks.”可知,英国人喜欢和朋友一起吃晚饭的原因是他们可以更多地了解彼此。故选 B。

7. B 细节理解题。根据第一段中的“People in the UK spend a lot of time reading newspapers and magazines.”可知,英国人花很多时间阅读报纸和杂志。故选 B。

8. C 主旨大意题。根据全文内容尤其是第一段中的“People in the UK spend their free time in different ways.”可知,本文主要介绍了英国人在空闲时间做的事情。故选 C。

## Unit 2 Stay Healthy

### Section A 1a—3d

- I. 1. suffered from 2. take a seat  
3. takes my temperature  
4. stops me from eating  
5. take good care of
- II. 1. sore throat 2. coughing  
3. runny 4. fever 5. headache  
6. stomach 7. gas 8. flu 9. description  
10. bruised 11. carelessly 12. X-ray  
13. injury 14. viral 15. illness  
16. patiently 17. medicine 18. mask  
19. spreading 20. aches
- III. 本文主要介绍了流感的症状以及孩子得流感时的注意事项。
1. B 细节理解题。根据“The flu is a common illness.”可知,流感是一种常见的疾病;根据“It can pass from one person to another very quickly.”可知,它能够非常迅速地从一个人传给另一个人;根据“In fact, it can cause serious illnesses.”可知,流感可能导致严重的疾病。所以答案是②③④,故选 B。
2. A 细节理解题。根据“Symptoms: ◆ a fever ◆ a cough ◆ a headache ◆ a sore throat ◆ feeling tired”可知,症状中没有嗜睡,故选 A。
3. D 细节理解题。根据“Don't give

medicine to children under 6 years old. Go to the doctor first if necessary.”可知,6岁以下儿童得了流感应该先去看医生,故选 D。

4. C 推理判断题。根据“The flu is a common illness.”及通读全文可知,本文主要介绍了流感的症状以及孩子得流感时的注意事项,所以最有可能在健康杂志上看到。故选 C。

### Section A Grammar Focus

- I. 1. knives 2. clearly 3. painful  
4. brightly 5. crossing 6. yourself  
7. myself 8. themselves 9. herself  
10. ourselves
- II. 1. too much 2. fell off  
3. What's the matter with  
4. What's more 5. protect the environment
- III. 本文介绍了感冒的原因、症状和解决方法。
1. D cough 咳嗽; headache 头疼; fever 发烧; cold 感冒。根据“Some kids have up to eight colds every year.”可知有些孩子每年感冒多达八次,故此处指的是感冒。故选 D。
2. A what 什么; why 为什么; how 如何; where 在哪里。根据“Well, a cold is an infection.”可知,此处询问感冒是什么。故选 A。
3. B 句意:它影响你的鼻子、耳朵和喉咙,使你感到恶心和虚弱。my 我的; your 你(们)的; its 它的; their 他(她、它)们的。根据“makes you feel sick and weak”可知此处用 your。故选 B。



4. C feel 感到; rest 休息; catch 患上, 染上; stay 保持。catch a cold“患感冒”, 是固定短语。故选 C。
5. A 句意: 此外, 如果你触摸带有细菌的物体, 例如门或学校的书桌后触摸鼻子或眼睛, 你可能会生病。like 例如; on 在……上; behind 在……后; with 和。空后是举例子, 所以用 like。故选 A。
6. C 句意: 如果你打喷嚏, 或者流鼻涕, 眼睛里充满了水, 你很可能已经感冒了。hand 手; arm 胳膊; eye 眼睛; ear 耳朵。根据“are full of water”并结合所给的选项可知选 C。
7. A experience 经历; choose 选择; develop 发展; notice 注意。根据“A cold is not a pleasant thing to ...”并结合所给选项可知, 应是不愉快的经历。故选 A。
8. B 句意: 你可以吃健康的食物并充分休息, 这样你的身体就会足够强壮来抵抗感冒。happy 开心的; strong 强壮的; weak 虚弱的; exciting 使人兴奋的。主语是身体, 所以此处指足够强壮来战胜感冒。故选 B。
9. C 句意: 如果你已发烧, 或者几天内感觉没有好转, 你应该去看医生并服用一些药物。and 和; but 但是; or 或者; then 然后。此处表示选择, 所以是 or。故选 C。
10. D think 认为; know 知道; forget 忘记; remember 记住。前文介绍了一些对抗感冒的方法, 所以是要记住这些方法。故选 D。

## Section B 1a—2c

- I. 1. themselves 2. fried 3. happily  
4. burned/burnt 5. threw 6. quickly

7. safety 8. sadly 9. bled  
10. luckily 11. badly 12. harmful  
13. hit 14. shocked 15. checked

- II. 1. caught fire 2. turned on  
3. was about to; when 4. first aid  
5. ate out 6. stopped short

III. 本文主要讲述了如何避免被蜜蜂蜇伤以及被蜇伤后的处理方法。

1. B 细节理解题。根据“If you leave it alone, it will not hurt you.”可知, 作者建议读者不要打扰蜜蜂。故选 B。
2. D 细节理解题。根据“It is best to wear light-coloured clothing. Bees like bright colours.”可知, 人们穿浅色衣服是为了避免被蜜蜂蜇伤。故选 D。
3. D 细节理解题。根据“If the person can't breathe because of the stings, call an ambulance right away.”可知, 应先按文中提到的步骤处理, 只有在不能呼吸的时候才需要叫救护车。故选 D。
4. D 细节理解题。根据“When a bee stings something, it will lose its stinger and die soon.”可知, 蜜蜂蜇人后会死掉。故选 D。
5. A 推理判断题。根据“If you or your child gets a sting”可推知, 这篇文章是写给家长的。故选 A。

## Section B 3a—3c

### 【主题写作·迁移】

#### 【素材积累】

##### 1. 主题词块

- ① have a sore throat  
② have a runny nose  
③ have a fever

- ④eat too much/many
- ⑤have a stomachache/headache/toothache
- ⑥suffer from ⑦take sb's temperature
- ⑧do a test ⑨have the flu
- ⑩wear a mask ⑪fall off
- ⑫what's more
- ⑬do harm to/be harmful to
- ⑭from now on

## 2. 句型仿写

- ①To stay healthy, there are many things we should do.
- ②We should exercise regularly to stop us from getting sick.
- ③If we have the flu, we should wear a mask to protect others.

## 【连句成篇】

### How to Stay Healthy?

Health is important to everyone. **To stay healthy, there are many things we should do.**

First, **we should eat more vegetables and fruit instead of eating too much junk food,** which **is harmful to** our bodies. **What's more,** we should exercise regularly to **stop us from** getting sick. When we **have a sore throat,** **have a runny nose,** or **have a fever,** we'd better **take our temperature** and see a doctor. If we **have the flu,** we should **wear a mask** to protect others.

**From now on,** let's take good care of ourselves!

## 【主题阅读·提能】

I. 本文主要讲述了克劳福德女士的儿子在路上出现惊厥,幸好得到李先生夫妇的帮助,

及时送到医院得到治疗,最后克劳福德女士当面感谢李先生夫妇的故事。

1. **B** push 推;pull 拉;fill 填满;take 拿。根据“... the kid from the back seat”并结合选项可知,此处指把孩子从后座上拉了出来。故选 B。
2. **C** before 在……之前;above 在(或向)……上面;behind 在(或向)……后面;below 在……下面。根据“Ms Li and her husband saw this from their front window”可知,从前车窗看到了这一幕,所以李先生夫妇的车在克劳福德女士车的后面。故选 C。
3. **C** everything 一切;nothing 没有什么;something “某事”,常用于肯定句;anything“任何事情”,常用于否定句或疑问句。此处表示有一些问题,是肯定意义,应用 something。故选 C。
4. **D** finally 最终;sadly 伤心地;exactly 确切地;luckily 幸运的是。根据“my husband is a quick thinker and drove in front with hazard lights ... to lead us to the hospital safely”可知,此处指丈夫思维敏捷,开着危险警示灯在前面,把“我们”安全地带到了医院,这应是一件幸运的事情。故选 D。
5. **A** on(机器、电灯等)开着地;off 关掉;open 张开的;closed 封闭的。根据“drove in front with hazard lights ... to lead us to the hospital safely”并结合选项可知,此处指开着危险警示灯,在前面开路,A 项符合。故选 A。
6. **C** engineer 工程师;worker 工人;doctor 医生;visitor 游客。根据上文“They made

it to the Children's Hospital.”可知,萨姆被送往儿童医院,应是接受了医生的治疗。故选 C。

7. B clothes 衣服;information 信息;invitation 邀请;record 记录。根据下文“Later Ms Crawford called to find them on City Traffic Radio and they met each other again on Sunday.”可知,克劳福德女士通过城市交通广播电台找到了李先生夫妇,所以应是当时没有交换信息。故选 B。

8. B how 怎样;what 什么;when 什么时候;which 哪一个。根据“She also hoped that more parents could learn ... to do with the similar accident.”及语境可知,此处指学习如何处理类似的事故,what to do with“怎样处理”。故选 B。

9. D offer 提供;think 想;introduce 介绍;advise 建议。根据“parents read the safety guidelines”可知,此处表示给出建议。故选 D。

10. C worried 担心的;afraid 害怕的;prepared 准备好的;finished 完成了的。根据“parents read the safety guidelines”可知,父母阅读安全指南,应是为紧急情况做好准备。故选 C。

II. A 本文是发烧药和感冒药的说明书。

1. A 细节理解题。根据发烧药的说明书“aged 6—12, half a pill each time”可知,九岁儿童每次半片。故选 A。

2. B 细节理解题。根据感冒药的说明书“aged 6—10, one pill each time”以及“Adults or children; take it three times a

day.”可知,七岁儿童每次一片,一天三次。故选 B。

3. D 细节理解题。根据感冒药的说明书“Pregnant women should ask a doctor before using it.”可知,孕妇服用感冒药之前要咨询医生。故选 D。

4. A 细节理解题。根据发烧药的说明书“Use it before August, 2026.”可知,该药品应在 2026 年 8 月前使用。故选 A。

5. C 推理判断题。通读全文可知,该文章是药品的说明书。故选 C。

B 本文主要介绍了针对同学突发疾病或受伤时的急救措施,包括骨折、动物咬伤、昏厥和流鼻血的处理步骤。

6. B 细节理解题。根据“Animal bites: Wash the bitten area with soap and water.”可知,处理动物咬伤的第一步是清洗伤口。故选 B。

7. C 细节理解题。根据“Broken bones: ... Don't move the hurt body part while waiting for the doctor to arrive.”以及“Fainting: ... Don't move the body if you think there might be wounds from the fall.”可知,骨折和昏厥时均应避免移动伤者。故选 C。

8. D 细节理解题。根据“Pinch the lower part of the nose for at least 10 minutes.”可知,捏住鼻子下部至少 10 分钟,所以 D 项表述错误。故选 D。

9. A 主旨大意题。通读全文可知,文章主要介绍了针对同学突发疾病或受伤时的急救措施,包括骨折、动物咬伤、昏厥和流鼻血的处理步骤,A 项符合。故选 A。



## Unit 3 Growing Up

### Section A 1a—3d

I. 1. deal with 2. In future

3. clear the air 4. getting; across

5. feels lonely 6. look on the bright side

II. 1. lonely 2. alone 3. shocked

4. hurtful 5. standard 6. pressure

7. advised 8. control 9. anger

10. present 11. award 12. clear

III. 本文主要讲述了愤怒这种情绪,包括导致愤怒的原因、愤怒时身体的表现、隐藏愤怒的弊端以及如何正确处理愤怒情绪。

1. C 细节理解题。根据文章第一段可知,当老师布置太多作业、丢了钱包、团队输掉重要比赛或朋友弄坏自己最喜欢的东西时,你可能会生气。而 C 选项“你最喜欢的篮球队赢了一场比赛”与文中导致生气的情形相反,所以此时可能不会生气。故选 C。

2. D 细节理解题。根据文章第二段可知,呼吸加快、想破坏东西或想打人都是愤怒时身体的表现,而 D 选项“对朋友微笑”并非愤怒时的表现,反而可能是在表现友好、亲近,表明没有生气。故选 D。

3. C 细节理解题。根据文章第四段中的“Here are some other things you can do when you start to feel angry: talk to a good friend; count from 1 to 100; give someone a hug; go for a bike ride; think about good things, etc.”可知,生气时可以和朋友聊天、从 1 数到 100、给人一个拥抱、骑自行车、想好的事情等,而 C 选项“对周围的说坏话”不在其中,且与文中

“anger must be let out in the right way, without hurting others or yourself”相违背。故选 C。

4. A 主旨大意题。通读全文可知,文章围绕愤怒展开,讲述了愤怒的原因、表现、隐藏愤怒的弊端,以及如何处理愤怒情绪等内容。由此可知,这篇文章主要是关于愤怒的。故选 A。

### Section A Grammar Focus

I. 1. on purpose

2. cut; in half

3. put yourself in others' shoes

4. shut herself away

5. plenty of

II. 1. Although she is very busy, she still helps others.

2. I will wait until you come back.

3. He studies hard so that he can pass the exam./He studied hard so that he could pass the exam.

4. If it rains tomorrow, we will stay at home.

III. 本文主要讲述如何应对考试季的焦虑。

1. A way 方法; reason 原因; habit 习惯; result 结果。根据“that have helped me and my friends through this season”可知,这里指的是帮助度过考试季的方法,故选 A。

2. A walk 散步,遛; jump 跳跃; stand 站立; sit 坐下。根据“take a walk”和“borrow my neighbour's dog”可知,这里指的是遛狗,故选 A。

3. B 句意:许多男孩会选择跑一会儿步或

打球,因为大多数时候,做运动可以很容易地消除压力。joke 笑话; sport 运动; task 任务; lesson 课程。根据“run for a while or play ball games”可知,这里指的是运动,故选 B。

4. D 句意:如果你发现音乐有帮助,就试试吧。before 在……以前; until 直到; since 自从; if 如果。根据“give it a go”可知,空处引导一个条件状语从句,表示“如果……”,用 if,故选 D。

5. C funny 有趣的; friendly 友好的; happy 开心的; nervous 紧张的。根据“Listening to your favourite songs”可知,听喜欢的歌会让人开心,故选 C。

6. C somewhere 某个地方; everywhere 每个地方; anywhere 任何地方; nowhere 无处,哪里都不。根据“you don't have to go”可知,这里指的是不需要去任何地方,否定句用 anywhere,故选 C。

7. D 句意:但如果你像我一样是个爱书的人,花半小时读一本你喜欢的书。copy 复制; write 写; print 打印; read 读。根据“a book you like”可知,这里指的是读书,故选 D。

8. B ever 曾经; never 从未; often 经常; always 总是。根据“Reading can take you to places”可知,这里指的是从未去过的地方,故选 B。

9. A stress 压力; development 发展; surprise 惊喜; interest 兴趣。根据“Laughing is the best medicine.”可知,笑可以缓解压力,故选 A。

10. B 句意:我经常给我最好的朋友打电

话,我们谈论我们的美好时光或有趣的事情,不知不觉中我就感觉好多了。think about 思考; talk about 谈论; care about 关心; hear about 听说。根据“our good times or something funny”可知,这里指的是谈论美好时光或有趣的事情,故选 B。

## Section B 1a—2c

I. 1. rang 2. entered 3. player

4. decision 5. joyful 6. thankful

7. differently

II. 1. felt blue 2. on top of the world

3. all smiles 4. in low spirits 5. let; down

6. take back 7. goes wrong

8. proud of 9. as well 10. a bit

11. pull together 12. even though

13. shout at 14. from time to time

15. take a deep breath

III. 本文讲述了我们只要活出自我,并努力奋斗,我们就是特别的,我们的梦想终将会实现。

1. D 推理判断题。根据第一段中“Many kids think they are too common.”和“They often think: Am I outgoing? Am I popular?”可知,很多孩子觉得自己是普通的,并且经常想自己是否受欢迎,由此可推断他们想要与众不同。故选 D。

2. C 推理判断题。根据“... though they aren't the smartest, the prettiest, or the most talented, they are great in their own way. And they feel just the same as you!”可知,朋友有其独特之处,自己也一样。故选 C。

3. A 主旨大意题。通读全文并根据“In fact,

it is great to be the best at something, but it's OK if you cannot be the best. If you just live your life and try hard, you are still amazing. And you can make your dream come true.”可知,每个人都有自己的生活方式,每个人都是独一无二的。故选 A。

## Section B 3a—3c

### 【主题写作·迁移】

#### 【素材积累】

##### 1. 主题词块

- ①deal with ②in future ③get across
- ④on purpose ⑤put oneself in sb's shoes
- ⑥plenty of ⑦feel blue ⑧all smiles
- ⑨in low spirits ⑩let down
- ⑪be hard on ⑫look on the bright side
- ⑬proud of ⑭pull together
- ⑮from time to time

##### 2. 句型仿写

- ①He advised me to stay positive.
- ②You not only taught us a lot of knowledge but also helped us learn to put ourselves in others' shoes.

#### 【连句成篇】

Dear Mr Smith,

I'm writing to show my thanks for your great help!

You always helped me **deal with** problems in study and life. When I **felt blue** or **was in low spirits**, you told me to **look on the bright side** and **advised me to** stay positive. You **were** never **hard on** us but encouraged us to **pull together**. You **not only** taught us a lot of knowledge **but also** helped

us learn to **put ourselves in others' shoes**.

I'm **proud of** having you as my teacher. I'll work harder **in future** to make you proud! Wish you all the best!

Yours,

Li Hua

### 【主题阅读·提能】

I. 本文主要介绍了保持快乐的三个方法,帮助人们在忙碌的生活中变得开心。

- 1. B 句意:事实上,保持快乐对每个人都很重要。accident 意外;importance 重要性;imagination 想象力;solution 解决办法。be of great importance 是固定搭配,意为“非常重要”,符合句意。故选 B。
- 2. A 句意:大多数人想要变得快乐,但很少有人知道如何变得快乐。how 如何;why 为什么;when 什么时候;where 在哪里。根据“Most people want to be happy, but few know ... to be happy.”可知,这里是说“如何”变得快乐,how 表示方式,符合句意。故选 A。
- 3. A 句意:事实上,快乐取决于我们自己。depend on 取决于;get on 上车;come on 加油;put on 穿上。根据“happiness ... ourselves”可知,快乐是由自己决定的。故选 A。
- 4. B 句意:这里有三个方法能帮你变得快乐。two 二;three 三;four 四;five 五。根据后文“The first ...”“The second ...”“The third ...”可知,文中介绍了三个方法。故选 B。
- 5. B 句意:我们常花太多时间想未来,比如上一个名牌大学或毕业后找份好工作。broken 破碎的;famous 著名的;clever 聪

明的;joyful 快乐的。a famous university 表示“一个名牌大学”,符合对未来的期待这一语境。故选 B。

6. C 句意:你应该享受生活里的简单乐趣,比如读一本好书、听最喜欢的音乐,或是和好朋友共度时光。offer 提供;waste 浪费;spend 花费(时间);reduce 减少。根据“simple pleasures ... time with good friends”可知,和好朋友共度时光是生活中的简单乐趣。故选 C。

7. D 句意:第二个秘诀是保持积极。standard 标准,水平;object 物品;deal 交易,协议;secret 秘诀。根据“The third secret—helping others is a good way to keep happy.”可知,这里指的是“第二个秘诀”,secret 符合句意。故选 D。

8. D 句意:你可以忘记所有烦恼,只专注于正在做的活动。suffer 遭受;solve 解决;remember 记得;forget 忘记。根据“only pay attention to the activity you are doing”可知,只专注活动就要忘记烦恼,forget 符合句意。故选 D。

9. C 句意:当你为别人做好事时,你总是感到快乐。everything 一切;anything 任何事;something 某事;nothing 没什么。肯定句中用 something 表示“某事”,do something nice 意为“做好事”,符合句意。故选 C。

10. A 句意:你可以帮父母做家务,在朋友或同学的爱好方面帮忙,或是帮年迈的邻居买食物。chore 家务;homework 作业;exam 考试;exercise 锻炼。根据“do ... for your parents”可知,此处应是帮父母做家务。do chores 是固定短语,

意为“做家务”。故选 A。

II. 本文是一篇说明文。文章主要讲述了青春期的开始时间、造成青春期提前的原因及其可能带来的健康问题以及如何避免青春期提前。

1. B 细节理解题。根据“Puberty begins when your body tells your brain to produce a kind of hormone.”可知,青春期开始于大脑产生一种激素时。故选 B。

2. C 细节理解题。根据“Studies show that early puberty might increase the risk of health problems like breast cancer and heart disease as well as shorter height. What's worse, teenagers who start puberty earlier might feel angry.”可知,青春期提前可能带来的问题包括乳腺癌、心脏病、身高矮和愤怒。故选 C。

3. D 细节理解题。根据“They might be treated differently because they look older or different, which can make them lose confidence.”可知,青春期提前的青少年可能会被区别对待。故选 D。

4. A 推理判断题。通读全文可知,文章主要讲述了青春期的开始时间、造成青春期提前的原因及其可能带来的健康问题以及如何避免青春期提前,目的是引起人们对青春期提前的关注。故选 A。

III. 本文以中学生埃米的经历为例,引出青少年因羞耻感产生的讨好他人、害怕批评等问题,分析了羞耻感的影响,并给出对抗羞耻感的方法,最终强调建立自我价值感的重要性。

1. she is experiencing shame/she is full of shame/she is ashamed/she has a feeling of shame/she has a sense of shame

- 2. hide your (true) feelings
- 3. be kind to/encourage/accept/love yourself
- 4. build self-worth

Unit 4 The Wonders of Nature

Section A 1a—3d

- I. 1. wonders 2. kilometres 3. depth
4. unusual 5. development
- II. 1. square kilometres 2. below sea level
3. the biggest desert 4. the surface of
5. at the bottom of
- III. 本文主要介绍了中国的四大瀑布。

1. C 细节理解题。根据“It is a day to tell people about the importance of water protection.”可知,世界水日的目的是告诉人们保护水资源的重要性。故选 C。
2. B 细节理解题。根据“Detian ... It is the largest transnational waterfall in Asia.”可知,德天瀑布是亚洲最大的跨国瀑布。故选 B。
3. B 细节理解题。根据“Hukou ... It’s the largest yellow waterfall in the world.”可知,壶口瀑布的特别之处在于它是世界上最大的黄色瀑布。故选 B。

Section A Grammar Focus

- I. 1. harder 2. healthier 3. hotter
4. most famous 5. cheapest
6. more heavily 7. more carefully
8. earlier 9. greatest 10. best
- II. 1. longer; any other
2. is larger than
3. What is
4. as tall as
5. older than

6. Is; bigger
7. the largest city
- III. 本文主要介绍了世界上最大的国家之一——澳大利亚。
1. B talk 谈论; speak 说; teach 教; tell 告诉。空格后是语言,表示说某种语言用 speak。故选 B。
2. A talk about 谈论; find out 查明; listen to 听; copy down 抄写下来。根据前文“What would you think of”可知,此处表示当谈到澳大利亚,你会想到什么。故选 A。
3. C chess 国际象棋; monitor 显示屏; building 建筑物; advertisement 广告。根据主语“Sydney Opera House”可知,悉尼歌剧院是著名的建筑物。故选 C。
4. D 句意:悉尼的 IMAX 剧场有世界上最大的电影屏幕之一。forest 森林; zoo 动物园; factory 工厂; world 世界。根据主语“Sydney’s IMAX theatre”并结合所给选项可知,此处表示“在世界上”。故选 D。
5. D river 河; lake 湖; wing 翅膀; mountain 高山。根据后文“The highest one is Mount Kosciuszko.”可知,此处讲的是有许多山。故选 D。
6. C clean 干净的; warm 温暖的; dry 干的; wet 湿的。根据后文“There are lots of deserts.”可知,有许多沙漠,所以此处表示澳大利亚是一个非常干燥的国家。故选 C。
7. A biggest 最大的; farthest 最远的; smallest 最小的; funniest 最有趣的。根据后文“one of the largest deserts in the world”并结合选项可知,在世界上是最大的沙漠之一,所以在澳大利亚是最大的。



故选 A。

8. B 句意:如果你每天参观一个新的澳大利亚海滩,你需要 27 年时间才能把它们都看完! create 创建;visit 参观;check 检查;compare 比较。根据空格后的“a new Australian beach”及所给词可知,应是参观每个海滩。故选 B。

9. C park 公园;people 人们;animal 动物; candle 蜡烛。根据后文“For example, kangaroos can jump three metres high, koalas live in trees ...”可知,谈论的是动物。故选 C。

10. B 句意:例如,袋鼠可以跳三米高,考拉生活在树上,鸸鹋跑得很快,但它不能像其他鸟类那样飞。write 写;fly 飞;exercise 锻炼;invent 发明。根据后文“like other birds”可知,此处表示鸸鹋不能像其他鸟类那样飞。故选 B。

## Section B 1a—2c

I. 1. above sea level

2. different types of

3. attracts many travellers

4. is located in

5. bit by bit

II. 1. risky 2. conditions 3. changeable

4. climbers 5. determined 6. teammates

7. successfully 8. death 9. curiosity

10. simply

III. 本文介绍了位于青海的茶卡盐湖,包括其海拔、面积、盐资源情况,因其美景被称为“天空之镜”,还给出了游览建议。

1. D 细节理解题。根据“When the weather is clear, the lake provides beautiful

reflections of the blue sky. That is why people call it a ‘Sky Mirror’.”可知,人们称茶卡盐湖为“天空之镜”是因为它能呈现蓝天的美丽映像。故选 D。

2. C 词义猜测题。根据“It is believed that breathing in the humid air with its salt content is especially good for the lungs.”并结合常识,盐湖附近空气水汽含量较高,可推测 humid 意思是“潮湿的”,与 wet 同义。故选 C。

3. C 细节理解题。根据“Because of its amazing views, people see the lake as one of the must-go places in China.”以及“‘When travelling to such a beautiful world of salt surrounded by snowy mountains and green grassland, you will feel like you are in a wonderland.’”等内容可知,茶卡盐湖是个值得游览的好地方。故选 C。

## Section B 3a—3c

### 【主题写作·迁移】

#### 【素材积累】

##### 1. 主题词块

①square kilometre

②above/below sea level

③bit by bit ④be located in/on/...

⑤freshwater lake ⑥attract travellers

⑦natural wonder ⑧different types of

##### 2. 句型仿写

①Mount Huangshan is one of the natural wonders of China.

②The clouds here are so magical that they look like a white sea.

③ If you come here, you will see beautiful pine trees everywhere.

### 【连句成篇】

#### Discover the Amazing Mount Huangshan!

Do you love nature? Don't miss Mount Huangshan!

Mount Huangshan is one of the natural wonders of China. It is located in Anhui Province. Its highest peak is 1,864 metres above sea level. The clouds here are so magical that they look like a white sea. The rocks have many different shapes. Some look like monkeys, and some look like old men. If you come here, you will see beautiful pine trees everywhere. The waterfalls sing songs as they fall down. The stones there feel warm in the sun. What a magical place!

Come and enjoy nature's masterpiece with your family!

### 【主题阅读·提能】

I. 本文主要介绍了中国(甚至可能是全世界)最小的山——静山。

1. C highest 最高的; largest 最大的; smallest 最小的; tallest 最高的。根据上文“Do you know about China's smallest mountain?”可知,此处指最小的山。故选 C。
2. C wide 宽的; long 长的; high 高的; deep 深的。根据“above the ground”可知,此处描述山体高出地面的高度,应用 high。故选 C。
3. A step 一步(的距离); journey 旅程; risk 风险; jump 跳跃。根据“reach the top of the mountain”及常识推断,此处指迈一小

步即可登顶。故选 A。

4. D so 因此(表示结果); and 和(表示并列); because 因为(表示原因); but 但是(表示转折)。前半句“它可能不是中国最著名的山”与后半句“它是寿光唯一的山”存在转折关系,应用 but 连接。故选 D。
5. B guest 客人; symbol 象征; hobby 爱好; problem 问题。根据“one of the most popular places of interest”可知,它是寿光市的象征。故选 B。
6. C learn 学习; protect 保护; stop 阻止; allow 允许。根据上文“How deep is Jingshan embedded in the ground? We'll probably never know.”可知,政府阻止人们挖掘山体周围。stop sb from doing sth 为固定搭配,意为“阻止某人做某事”。故选 C。
7. A rock 岩石; road 道路; chore 琐事; tree 树。根据上文“prove that it wasn't a mountain”可知,人们试图证明它只是一块岩石而非一座山。故选 A。
8. C with 和; for 为了; as 作为; to 到。regard ... as ... 为固定搭配,意为“把……视为……”。故选 C。
9. D safe 安全的; beautiful 美丽的; modern 现代的; popular 流行的。根据“all kinds of opinions appeared online”可知,此处表示照片在网上走红。become popular 意为“流行起来”。故选 D。
10. B yourself 你自己; themselves 他们自己; myself 我自己; ourselves 我们自己。主语为 they, 对应的反身代词为 themselves, 表示“他们想亲自参观这座可爱的山”。故选 B。

II. A 本文主要讲述了中国古代旅行家徐霞客的生平事迹,包括他的成长背景、旅行经历以及取得的成就。

1. C 细节理解题。根据“He spent over 30 years travelling across China.”可知,徐霞客花了 30 多年的时间在中国旅行。故选 C。

2. D 细节理解题。根据“When he was a child, Xu enjoyed reading books about the mountains and rivers in China.”可知,徐霞客小时候喜欢读关于中国山川河流的书,也就是喜欢阅读。故选 D。

3. A 细节理解题。根据“He slept and ate in the wild.”可知,徐霞客旅行时在野外睡觉和吃饭。故选 A。

4. B 主旨大意题。文章主要讲述了中国古代旅行家徐霞客的生平事迹,包括他的成长背景、旅行经历以及取得的成就,突出他是一位很酷的古代理行者。选项 B“中国古代一位很酷的旅行者”符合文章大意。故选 B。

B 本文主要介绍了撒哈拉沙漠,包括其面积、地形、温度、人口和文化等。

5. B 细节理解题。根据“It is about 9,000,000 square kilometres in size. This is almost the size of America or China.”可知,撒哈拉沙漠的面积几乎相当于美国或中国的面积。故选 B。

6. A 代词指代题。根据“Because of the high temperatures and poor conditions of the desert, only a few plants live here, just about 500 kinds.”可知,画线部分“They”指代的是前面提到的高温和恶劣的条件。故选 A。

7. D 细节理解题。通读全文可知,第一段介绍了撒哈拉沙漠的面积,第二段介绍了它的地形,第三段介绍了它的温度,第四段介绍了该地区的人口、语言和文化,未提及它的未来。故选 D。

8. D 细节理解题。根据“Because of this there are many different cultures and languages in this area.”可知,撒哈拉沙漠拥有丰富的文化和语言。故选 D。

9. C 推理判断题。通读全文可知,本文主要介绍了撒哈拉沙漠的相关内容,故推出我们最有可能在地理书上看到这篇文章。故选 C。

## Unit 5 Nature's Temper

### Section A 1a—3d

I. 1. warning 2. interviewer

3. neighbourhood 4. reporter

5. nearly

II. 1. at the time of

2. do different chores

3. have trouble in

4. make good preparations

5. weather report

III. 本文是一篇记叙文,主要讲述了作者独自去牙买加探望婶婶和叔叔时经历飓风的故事。

1. B 细节理解题。根据文章第一段中“my sister started university, so I went to visit my aunt and uncle in Jamaica alone”可知,作者的姐姐开始上大学了,所以没有和作者一起去。故选 B。

2. A 细节理解题。根据文章第二段中“I went to Jamaica in December, because

between October and mid-December the weather isn't too hot.”可知，作者选择 12 月去牙买加是因为天气不太热。故选 A。

3. A 细节理解题。根据文章第三段中“It was a little boring at first.”可知，飓风刚来时作者感到有点无聊。故选 A。

4. C 细节理解题。根据文章第三段中“We stayed at home from Monday morning to Wednesday evening.”可知，作者因飓风在家待了三天。故选 C。

5. B 主旨大意题。全文围绕作者在牙买加经历飓风的故事展开，重点描写飓风来临时的经历和感受。选项 B“经历一次飓风”最能概括文章核心内容。故选 B。

## Section A Grammar Focus

I. 1. was reading 2. while I was

3. is hiding; thick clouds

4. sleeping soundly

5. beating against

II. 1. were walking 2. was watching

3. began

4. will become/am going to become

5. was talking 6. was running 7. went

8. were discussing 9. called

10. were waiting

III. 本文主要讲述了地震发生后，一位父亲去学校营救儿子，大家都以为孩子们没有生还的希望，但这位父亲始终不放弃，最终救下了儿子和他的同学们。

1. A 词义猜测题。根据“After a serious earthquake struck”和“looked like a pancake”可知，地震发生后，建筑物倒塌了，因此 collapsed 意为“倒塌”。故选 A。

2. D 细节理解题。根据“No one helped, however.”可知，没有人帮助他。故选 D。

3. B 细节理解题。根据“As he was digging, other helpless parents and the firefighters arrived and tried to pull him off the ruins, saying, ‘It’s too late! They’re all dead! There’s nothing you can do!’”可知，大家都认为孩子们去世了，所以才想把孩子的父亲从废墟上拉下来。故选 B。

4. D 细节理解题。根据“There are 14 of us left out of 33, Dad.”可知，总共 33 人，14 人存活，故 19 人去世。故选 D。

5. C 推理判断题。根据“No, Dad! Let the other kids out first, because I know you’ll get me! No matter what happens, I know you’ll always be there for me!”可知，儿子让其他孩子先出去，他最后一个出去。故选 C。

## Section B 1a—2c

I. 1. worst 2. to answer 3. heroes

4. volunteers 5. Southeastern

II. 1. something strange

2. Thick white froth 3. dangerous waves

4. refused 5. security guard 6. nearby

7. screaming 8. Thankfully

9. knowledge 10. quick thinking

III. 本文主要讲述了一场严重的暴风雨袭击了校园，淹没了教室，师生临危不乱，沉着应对，有序离开，雨水退去后，师生合力清扫校园的事情。

1. A 句意：然而，它有时是有害的。harmful 有害的；wonderful 精彩的；

truthful 真实的; peaceful 和平的。根据“Water is one of the most useful things on Earth. We drink it, wash with it and cook with it.”及 However 可知,水是地球上最有用的东西之一,人们的生活离不开水,然而水有时却给人类带来危害。故选 A。

2. D 句意:那是个夏天,天气非常热。food 食物; board 木板; rock 岩石; weather 天气。根据“It was summer and the ... was really hot.”可知,此处是指天气炎热。故选 D。

3. A 句意:我们正在准备考试,这时暴风雨来了。when“当……的时候”,既可表达动作的瞬间性也可表达动作的持续性; where 哪里; what 什么; while“当……时候”,用于过去进行时,表达动作的持续性。故选 A。

4. A 句意:天暗了下来,雨点开始重重地敲打着窗户。heavily 重重地; happily 快乐地; mostly 主要地; hardly 几乎不。根据“the rain started to beat”可知,此处描写雨下得很大,所以是重重地敲打着窗户。故选 A。

5. D 句意:然后,屋顶开始漏水,雨水落在教室的书桌上。fly 飞; cry 哭; sleep 睡觉; fall 落下。根据“the rain started to come through the roof”可知,此处是指雨水透过屋顶落下来。故选 D。

6. B 句意:一开始我们不明白这是什么。report 报道; understand 明白; describe 描述; forget 忘记。根据上文“Suddenly there was a loud noise.”可知,大家起初不明白一声巨响是怎么回事。故选 B。

7. D 句意:我们都感到非常害怕,一些女孩开始哭了起来。proud 自豪的; excited 激动的; sorry 遗憾的; afraid 害怕的。根据下文“some of the girls started to cry”可知,此处是指大家很害怕。故选 D。

8. D 句意:我们排着队慢慢走出教室,来到了一个安全的地方。window 窗户; museum 博物馆; ground 地面; classroom 教室。根据“walked out of”及上文可知是走出教室。故选 D。

9. C 句意:直到水退去了,我们才离开。if 如果; although 尽管; until 直到……为止; while 当……的时候。根据上文“came to a safe place”可知,直到水退去,同学们才离开。not ... until ... “直到……才……”,符合题意。故选 C。

10. B 句意:我们一起打扫了每间教室。lift up 提升; clean up 清理干净; set up 建立; look up 查询。根据上文“Our school was in a mess.”可知,此处是指清理教室。故选 B。

## Section B 3a—3d

### 【主题写作·迁移】

#### 【素材积累】

##### 1. 主题词块

- ①do chores ②make preparations
- ③at that time ④slow down
- ⑤as soon as ⑥during the typhoon
- ⑦go off ⑧all of a sudden
- ⑨by the time ⑩out of breath
- ⑪as a result

##### 2. 句型仿写

- ①When it happened, Kate was doing her



homework.

②While Lisa was shopping in a supermarket, she found everything falling down from the shelves.

### 【连句成篇】

Yesterday a big earthquake hit our city. The earthquake caused much damage to our city and many tall buildings were badly destroyed.

When it happened, Kate was doing her homework. Then she went to look for her little brother everywhere. Luckily, she found him at last. Andy was having a noon break on his bed. All of a sudden, he felt the house was shaking, so he got out quickly. Bob was playing basketball at that time. So he stopped at once and ran to a safe place. While Lisa was shopping in a supermarket, she found everything falling down from the shelves. She ran out of the supermarket right away.

What an unusual experience we had!

### 【主题阅读·提能】

- I. 1. B 句意:外面没有灯光,感觉像是午夜。wind 风;light 光;storm 暴风雨;colour 颜色。根据“Black clouds were making the sky very dark.”及“it felt like midnight”可知,天空很黑,像午夜时分,因此表明外面没有光亮。故选 B。
2. A 句意:然后雨开始猛烈地敲打在水面上。beat 敲打;push 推;throw 扔;drop 落下。根据“against the windows”可知,雨应该是打在水面上。故选 A。
3. C 句意:突然,灯亮了又灭了几次,然后

彻底熄灭了。hardly 几乎不;heavily 沉重地;completely 完全地;secondly 其次。根据“Everything went black.”可知,灯亮了又灭,最后彻底暗了下来,因此指的是灯完全熄灭了。故选 C。

4. A 句意:第二天早上当我醒来的时候,我的第一个感受就是卧室非常冷。wake up 醒来;give up 放弃;pick up 捡起;fix up 修理。根据“The next morning”可知,应该是早晨醒来。故选 A。
5. C 句意:当我向窗外望去,我感到更加悲伤:雨依然下得很大,天空依然漆黑一片。better 更好的;quieter 更安静的;sadder 更悲伤的;cleverer 更聪明的。根据“it was still raining heavily and the sky was still dark”可知,看到外面依然下着大雨,作者感到更悲伤了。故选 C。
6. B 句意:我们不知道电力什么时候恢复,所以我的妻子开始在壁炉里生火。where 在哪里;when 什么时候;how 怎样;why 为什么。分析句子可知,此处指的是不知道电力什么时候恢复。故选 B。
7. D 句意:尽管我们点燃了一些蜡烛,但是在微弱的光线下做任何事情仍然很难。strong 强壮的;blind 盲的;unfair 不公平的;difficult 困难的。根据 Although 可知,此处存在转折关系,表示尽管有一些蜡烛,但是灯光还是太微弱了,很难做任何事情。故选 D。
8. B 句意:我正坐在几支蜡烛旁边,但看书有点困难。fun 乐趣;trouble 麻烦,困难;luck 运气;stress 压力。根据 but 可知,此处存在转折关系,表示虽然作者靠近蜡烛,但是读书还是有困难。故选 B。

9. C 句意:暴风雨最终在下午停止了,我开着车去找一家营业的商店。look up 查阅; look at 看; look for 寻找; look after 照顾。分析句子可知,此处表示开车寻找营业的商店。故选 C。
10. A 句意:我只买了最必要的东西——面包、一些水果、更多的饮用水和手电筒的电池。necessary 必要的; expensive 昂贵的; delicious 美味的; proper 合适的。根据下面介绍的物品可知,这些都是必需品。故选 A。
- II. A 本文主要介绍了海啸来临时,人们应对海啸的四点建议。
1. A 细节理解题。根据第一段中的“The average speed of the waves is 300 mph”可知,海啸来的时候波浪的平均速度可以达到每小时 300 英里。故选 A。
2. C 细节理解题。根据“Firstly”“Secondly”“Thirdly”及“At last”可知,文章主要提到了四点建议。故选 C。
3. B 细节理解题。根据第五段中的“Thirdly, get all members of your family together and let everyone know the tsunami is coming. Choose a place to stay together. Make sure the place is safe and as far away from the shore as possible.”可知,当海啸来临,家人最好找一个安全的地方待在一起。故选 B。
4. B 推理判断题。根据倒数第二段中的“climb onto the roof of your house or on the highest point of the nearest building. Hold on to anything that’s strong enough. Climb a tree if you have to”可知,此处建议爬到房子的屋顶、最近的建筑物的最高

点或爬到树上。由此可推知 B 选项“去一个低处保证安全”表述错误。故选 B。

5. D 主旨大意题。根据第二段“What to do in a tsunami?”可知,文章讲述发生海啸的时候人们应该做些什么,即“*How to Survive a Tsunami*”。故选 D。

B 本文主要讲述了 2025 年 1 月初洛杉矶发生了一场巨大的火灾,这是对大自然的巨大打击。

6. B 细节理解题。根据“The strong Santa Ana wind made the fire spread very quickly.”可知,风导致洛杉矶的野火迅速蔓延,故选 B。

7. C 细节理解题。根据“Without them, animals lost their homes and food.”可知,动物失去了家园和食物,故选 C。

8. B 词义猜测题。根据“It broke roads and even destroyed some houses.”可知,它破坏了道路,甚至摧毁了一些房屋,因此可以推知是发生了泥石流,故选 B。

9. A 篇章结构题。通读全文可知,第一段总述火灾发生的情况,第二段讲述火灾对动物们的影响,第三段讲述火灾对土壤的影响,第四段讲述火灾对空气的影响,第五段总述火灾对大自然是一个巨大的打击,故选 A。

10. A 主旨大意题。通读全文可知,文章主要讲述了 2025 年洛杉矶的野火及其影响,故选 A。

## Unit 6 Crossing Cultures

### Section A 1a—3d

I. 1. very uncommon

2. keep food off

3. table manners; serving chopsticks

4. sit up 5. proper way/manner

II. 1. greeting 2. together 3. higher

4. countries 5. shake 6. with 7. But

8. to say 9. their 10. first

III. 本文主要介绍了肢体语言是一种强大的非言语交流方式,但不同文化对肢体语言的解读存在差异,以及了解当地习俗以便恰当使用肢体语言的重要性。

1. C 句意:肢体语言是一种强大的无需言语就能传递情感和信息的方式。write 写; send 发送; communicate 交流,传递; hide 隐藏。根据语境可知,肢体语言是传递情感和 Information 的方式,communicate 符合语境。故选 C。

2. B 句意:然而,不同的文化可能会以各自的方式理解手势。see 看见; understand 理解; make 制作; draw 画。结合“different cultures”可知,对于手势的解读会有差异。故选 B。

3. D 句意:例如,在许多国家,微笑表示快乐,但在一些地方,人们可能在感到紧张或害羞时微笑。excited 兴奋的; pleased 高兴的; joyful 喜悦的; nervous 紧张的。nervous 与 shy 并列,符合语境中微笑的不同含义。故选 D。

4. A 句意:在日本,人们通常避免长时间直视他人的眼睛,因为这似乎不礼貌。avoid 避免; like 喜欢; try 尝试; practise 练习。根据“because it can seem impolite”可知,人们会避免这种行为。故选 A。

5. A 句意:另一方面,在巴西,人们在交谈时站得很近,还会碰胳膊,这表示友好。friendship 友好,友谊; sadness 悲伤;

danger 危险; surprise 惊讶。近距离接触和肢体触碰在交谈中通常表示友好。故选 A。

6. C 句意:然而,在像德国这样的国家,过多地触碰别人可能会让人感到不舒服。relaxed 放松的; happy 开心的; uncomfortable 不舒服的; polite 礼貌的。however 表示转折,与巴西的情况相反,在德国,过多地触碰别人会让人不适。故选 C。

7. B 句意:如果你不注意,这种差异可能会引起问题。fun 乐趣; problem 问题; joy 欢乐; silence 沉默。文化差异处理不当容易引发问题。故选 B。

8. B 句意:即使是手势也可能很难理解。easy 容易的; hard 困难的; clear 清晰的; safe 安全的。后文举例说明同一手势在不同地方含义不同,说明理解起来有难度。故选 B。

9. D 句意:“竖起大拇指”这个手势在美国是好的,但在中东的部分地区,它有时被视为粗鲁的。never 从不; seldom 很少; still 仍然; sometimes 有时。根据语境可知,此处表示在特定地区这种情况存在, sometimes 符合语境。故选 D。

10. A 句意:那里的人们可能会改用整个手掌(指东西)。instead 代替,反而; together 一起; again 再一次; loudly 大声地。用手指指东西不礼貌,所以用整个手掌代替。故选 A。

IV. 1. Yes, it is normal.

2. He wrote a note to explain his feelings and calmly discussed safety rules with his mum, reaching an agreement.

3. Because of different opinions, misunderstanding, or busy schedules.
4. Yes. Good communication helps family members understand each other and find solutions, as shown in Li Ming's story. (答案不唯一)

Section A Grammar Focus

- I. 1. live 2. drinking 3. won't choose  
4. surprising 5. cultural
- II. 1. Unless; helps 2. so; that  
3. Did; use to; did 4. as soon as; arrives
- III. 本文主要介绍了西方的餐桌礼仪。
1. C 细节理解题。根据“Hold your fork in your left hand”和“Use your fork to lift food to your mouth.”可知,用左手拿餐叉把食物放入口中,故选 C。
2. A 细节理解题。根据“When you finish eating, put the knife and fork parallel on the right of the plate.”可知,吃完后,把刀叉平行地放在盘子的右边。故选 A。
3. C 细节理解题。根据“But as most informal meals are served without help, the hostess clears the plates, often with the help of a guest or two.”可知,吃完饭要帮女主人清理餐具,故选 C。
4. A 细节理解题。根据“Hold your fork in your left hand, tines downward.”可知,在正式用餐场合,左手拿着叉子,叉尖朝下。故选 A。
5. B 推理判断题。根据“Do you want to know more about Western table manners?”可知,西方餐桌礼仪属于文化范畴,故选 B。

Section B 1a-2d

- I. 1. married 2. unsafe 3. correctly

4. improper 5. traditional 6. Secondly  
II. 1. hear from 2. customs  
3. embarrassing 4. normal  
5. embarrassed 6. nicely 7. blouse  
8. private 9. married 10. goes a long way  
III. 本文通过对比中西方在雨天的不同习惯,探讨了雨伞的文化意义和生活方式选择。

1. B 词义猜测题。根据“a sea of colourful dots dancing under the raindrops”以及“Many umbrellas come out!”可知,dots 指代的是雨伞。故选 B。
2. D 细节理解题。根据“Kids love umbrellas even more, and they are happy to pick out their favourite designs”可知,中国孩子喜欢雨天是因为可以使用他们最喜欢的雨伞。故选 D。
3. C 细节理解题。根据“In the UK, the umbrella is a symbol of preparedness ...”可知,作者通过举例展开段落。故选 C。
4. B 推理判断题。根据“It's all about how we choose to enjoy life ... Either way, it's sure to be a wonderful experience.”可知,在雨中玩耍是享受生活的一种方式。故选 B。
5. B 主旨大意题。通读全文可知,本文围绕不同文化中人们在雨天的不同习惯展开,“Rainy Day Habits Across Cultures”最贴合文章主旨。故选 B。

Section B 3a-3c

【主题写作·迁移】

【素材积累】

1. 主题词块
- ①shake hands ②table manners  
③get along ④sit up ⑤keep ... off

- ⑥serving chopsticks ⑦be used to  
⑧hear from ⑨go a long way  
⑩talk with your mouth full

## 2. 句型仿写

- ① It's so important to follow the local customs that you can make a good impression on people.  
② You should wait for the elders to start eating first unless you are invited to begin.  
③ When you meet someone, it's polite to greet the person with a smile and a handshake.

## 【连句成篇】

Dear Jack,

I'm glad to know that you are coming to China. **It's so important to follow the local customs that you can make a good impression on people.** Here are some tips on how to behave properly.

First, **when you meet someone, it's polite to greet the person with a smile and a handshake.** Second, at table, **you should wait for the elders to start eating first unless you are invited to begin.** Third, you shouldn't **talk with your mouth full.** And don't point at anyone with chopsticks. Besides, you should stand in a line when you are waiting for something. And remember to be careful of your behaviour in public.

I hope these tips will help you. Have a great time in China!

Yours,  
Li Hua

## 【主题阅读·提能】

I. 本文通过对比不同国家的社交礼仪与禁忌,强调“入乡随俗”的重要性,提醒旅行者需要尊重当地文化习惯,以避免误解或冒犯。

1. C 句意:每次你去其他国家旅行时,请遵守当地的习俗。catch 抓住; watch 观察; follow 遵循; enjoy 享受。根据“**When in Rome, do as the Romans do.**”可知,此处强调要“遵循”当地的习俗,故选 C。

2. B 句意:在美国,给帮助你的人小费是很常见的。surprising 令人吃惊的; common 常见的; possible 可能的; impossible 不可能的。根据“**For example, waiters in the restaurants hope to get a 15% tip**”可知,给小费在美国是普遍行为,故选 B。

3. A 句意:例如,餐馆的服务员希望从你的餐费中得到 15% 的小费。cost 费用; tradition 传统; service 服务; menu 菜单。根据 15% tip 可知,小费基于餐费总额, cost 符合语境,故选 A。

4. C 句意:在英国,即使只有两个人,也要排队。sit 坐; cross 穿过; stand 站立; shop 购物。根据 in line 可知,此处是固定搭配 stand in line“排队”,故选 C。

5. D 句意:天气是英国人最喜爱的谈话主题。saying 谚语; thought 想法; thing 事情; subject 主题。根据“**talk about the weather**”可知,此处表示天气是谈话的“主题”,故选 D。

6. B 句意:在阿拉伯国家,男性会互相亲吻脸颊。other 其他; another 另一; others 其他人; the other 两者中的另一个。根据“**kiss one ... on the cheek**”可知,此处表示“互相”亲吻脸颊,用固定搭配 one another



“互相”，故选 B。

7. B 句意：在日本，人们初次见面时通常交换名片。bow 鞠躬；meet 见面；watch 观看；wait 等待。根据“give business cards to each other when they ... for the first time”可知，人们会在初次见面时交换名片，故选 B。

8. D 句意：他或她可能希望你立刻阅读名片。talk 谈话；take 拿走；write 写；read 阅读。根据“When a person gives you a card, don't put it into your pocket right away.”可推测，收到名片后应立即阅读以示尊重，故选 D。

9. C 句意：在德国，送花给女主人是个不错的主意，但不要送红玫瑰，因为这意味着你爱上她了。but 但是；however 然而；because 因为；so 所以。根据语境可知，“it means you are in love with her”是“don't get her red roses”的原因，故选 C。

10. B 句意：任何东西都不要带 13，因为这是个不吉利的数字。funny 有趣的；unlucky 不吉利的；necessary 必要的；exciting 令人兴奋的。根据“Don't take thirteen of anything”和西方文化常识可知，13 被视为不吉利的数字，故选 B。

II. A 本文介绍了作者在英国和美国的学习经历，表明英美两国在英语使用上的差异，尤其是交流风格的不同。

1. A 词义猜测题。根据“So polite, in fact, that they sometimes say the contrary of what they really mean.”可知，他们如此礼貌，以至于有时会说出与他们真实想法相反的话，故画线单词意为“相反”，与 opposite 意思相近。故选 A。

2. C 细节理解题。根据“I spent one term in the UK”以及“For example, when the British ...”可知，作者通过举例展开段落。故选 C。

3. B 细节理解题。根据“Now, I have a better understanding of how to communicate in both countries, but I still have a lot to learn.”可知，作者仍然有很多要学的。故选 B。

4. B 推理判断题。通读全文可知，第一段引出话题，第二段和第三段介绍了自己的经历，第四段进行总结。故选 B。

5. C 主旨大意题。本文介绍了作者在英国和美国的学习经历，表明英美两国在英语使用上的差异，尤其是交流风格的不同，所以选项 C“英国和美国：共同的语言，不同的风格”为最佳标题。故选 C。

B 本文主要讲述了中国是一个礼仪之邦。中国人是世界上最热情好客的人之一。热情好客一直是中国文化和传统的重要组成部分。

6. A 词义猜测题。根据“If foreigners visit a Chinese family, they would be surprised at the warmth that they would receive as guests.”可知，如果外国人拜访中国家庭，他们会惊讶于作为客人所受到的热情，说明中国人很好客，hospitable 意为“好客的；热情友好的”，与 welcoming 意思相近。故选 A。

7. B 细节理解题。根据“When you visit a Chinese family, the host usually makes tea for you. Then he will serve you snacks like biscuits or candy.”和“At the same time, other family members will prepare a meal for you. Chinese people treat their

guests to a big meal.”可知,作为中国家庭的客人,主人通常会提供茶水和小吃以及准备饭菜,①②③符合题意。故选 B。

8. B 细节理解题。根据“The Chinese families go out of their way to make you feel at home.”可知,中国家庭为客人做这么多就是让他们感到宾至如归。故选 B。

9. D 推理判断题。通读全文可知,本文主要讲述了中国是一个礼仪之邦,中国人对待客人非常热情,所以我们可能会在报纸上看到这篇文章。故选 D。

## Unit 7 A Good Read

### Section A 1a—3d

I. 1. historical 2. to stay 3. stole

4. recently 5. lost

II. 1. science fiction novels

2. Have; heard of

3. planned to attack

4. fought one another

5. in the 1800s

III. 本文主要介绍了《小妇人》这部文学作品。

1. B 句意:这部小说讲述了四姐妹的生活。rule 规则; life 生活; secret 秘密; servant 仆人。根据“The novel tells the ... of the four sisters.”可知,小说讲述了四姐妹的生活。故选 B。

2. A 句意:这本书是作者在美国南北战争期间与三个姐妹一起成长的亲身经历。experience 经历; magazine 杂志; tradition 传统; preparation 准备。根据“The book is from the writer’s own ... of growing up with her three sisters”可知,这本书来自作者的个人经历。故选 A。

3. C 句意:这个故事体现了家庭的重要性,因为她们在一个幸福的家庭中长大。friendship 友谊; work 工作; family 家庭; peace 和平。根据“because they grow up in a happy family”可知,此处说的是家庭的重要性。故选 C。

4. A 句意:当故事开始时,姐妹们很沮丧,因为她们很穷,不得不工作赚钱。poor 贫穷的; rich 富有的; clever 聪明的; successful 成功的。根据“have to work to make money”可知,她们必须工作赚钱,说明她们很穷。故选 A。

5. D 句意:她们的母亲说,她们不能把钱花在享乐上,因为正在发生战争,每个人都必须帮忙。take 花费(物作主语或 it 作形式主语); cost 花费(物作主语); pay 支付(人作主语); spend 花费(人作主语)。根据“money on pleasure”可知,此处是固定短语 spend money on sth,意为“在……上花钱”。故选 D。

6. C 句意:她们必须试着接受生活中不好的事情。invite 邀请; add 加; accept 接受; refuse 拒绝。根据“the bad things in their lives”以及“He wants to see them happy when he comes home.”并结合语境可知,她们要接受生活中的不如意,故选 C。

7. A 句意:女孩们计划提升自己,因为她们非常爱父亲,想念父亲。improve 改善,提升; disagree 不同意; hang 悬挂; reply 回复。根据“themselves because they love and miss their father a lot”可知,她们计划提升自己,故选 A。

8. A 句意:这四个女孩过着四种不同的女性生活方式。four 四; five 五; fourteen 十

四; forty 四十。根据前文提到的“*They are Meg, Jo, Beth and Amy.*”可知, 此处是指四姐妹。故选 A。

9. B 句意: 贝丝尽最大努力照顾好她自己的家庭。look up 查阅; look after 照顾; look at 看; look like 看起来像。根据“*her own family well*”可知, 此处表示照顾好家庭, 应用 look after。故选 B。

10. D 句意: 乔有一份写作工作, 同时还要照顾她的家庭。介词 in 后接动词-ing 形式。故选 D。

## Section A Grammar Focus

I. 1. recommend 2. already 3. literary

4. base 5. society

II. 1. Have; bought; yet

2. What have; told 3. No; haven't

4. hasn't made; yet 5. has read

III. 本文改编自海伦·凯勒的《假如给我三天光明》, 海伦想象自己在可以看见的三天里做的事情, 由此告诉我们应该活在当下, 感激所拥有的一切。

1. B 推理判断题。根据“*How was it possible, I asked myself, to walk through the woods and see nothing worthy of note?*”和“*If I can get so much pleasure from touch, how much more beauty must be found by sight?*”可知, 作者通过问自己问题开始想象这三天。故选 B。

2. B 细节理解题。根据“*On my second day ... In the evening, I should spend the night at the movies.*”可知, 作者第二天去看电影。故选 B。

3. D 段落大意题。根据该段内容尤其是“*I*

*who am blind can give one suggestion to those who see: Use your eyes as if tomorrow you would be blind.* (作为一个盲人, 我可以给那些能看见的人一个建议: 使用你的眼睛, 就像明天你就会失明一样。)”可知, 最后一段是给无残疾人士的建议。故选 D。

4. D 篇章结构题。文章第一段是作者问朋友的话以及朋友的回答; 第二段介绍作者对朋友的话的疑惑及感触; 第三段到第五段介绍作者如果有三天能看见, 她会做的事情; 最后一段是作者给无残疾人士的建议。故选 D。

5. C 推理判断题。文章改编自海伦·凯勒的《假如给我三天光明》, 海伦想象自己在可以看见的三天里会做的事情, 由此告诉我们应该活在当下, 感激所拥有的一切。故选 C。

## Section B 1a—2c

I. 1. got to his feet 2. in time

3. day by day 4. heard; singing

5. in a bad state

II. 1. death 2. belonged 3. locked

4. unlocks 5. has taken 6. at 7. to make

8. hidden 9. and 10. healthy

III. 1. Yes, they were.

2. Running practice made his webbed feet badly hurt.

3. Because the school asked animals to do things they weren't born to do.

4. decided to leave the school and set up a new one that allowed animals to learn their natural skills (答案不唯一)

## Section B 3a—3c

### 【主题写作·迁移】

#### 【素材积累】

##### 1. 主题词块

- ① a good read ② science fiction
- ③ get lost ④ hear of ⑤ lock up
- ⑥ get to one's feet ⑦ day by day
- ⑧ in time ⑨ without doubt
- ⑩ base sth on sth

##### 2. 句型仿写

- ① My favourite book is *Robinson Crusoe*.
- ② Since then, he has lived there for 28 years.
- ③ It was written in 1719 by Daniel Defoe.
- ④ It has taught me to be brave when facing problems.

#### 【连句成篇】

##### A Book Report of *Robinson Crusoe*

**My favourite book is *Robinson Crusoe*. It was written in 1719 by Daniel Defoe. It tells an amazing story.**

Robinson has tried to sail many times. Once, he got to a lonely island **by accident**. **Since then, he has lived there for 28 years.** During these years, he has built a house, grown food, and even made friends with a native named Friday. Finally, he has managed to leave the island and return home. I think Robinson is very brave. He has never been afraid of difficulties. His strong will has helped him survive. This book has influenced me a lot. **It has taught me to be brave when facing problems.** Also, I have learnt that I should never give up no

matter how hard life is.

I really love this meaningful book. If you want to read something great, I recommend it.

#### 【主题阅读·提能】

I. 本文通过讲述美国纪录片制作人凯文·库克对《西游记》及美猴王的热爱,展现了中国传统文化的国际影响力。

- 1. C 句意:你可能读过这本书或者在电视上看过。simply 简单地,只是;suddenly 突然;probably 可能;nearly 几乎。根据“You ... have either read the book or watched it on TV.”推测,此处表示可能性,故选 C。
- 2. D understand 理解;search 寻找;invite 邀请;become 成为。根据“Some of you may dream of ... the Monkey King to help others when you were little, right?”可知,此处表示一些人童年时可能幻想“成为”美猴王,帮助其他人,故选 D。
- 3. A love 爱;hate 恨;force 强迫;divide 分割。根据“Do you know that the Monkey King is not only popular in China, but also ... by many foreigners?”可知,此处强调美猴王的国际知名度,其在国外也受人喜爱,故选 A。
- 4. C talent 天赋;ability 能力;interest 兴趣;value 价值。根据“Kevin's ... in the Monkey King began from a cartoon from his friend.”可知,此处表示凯文对美猴王的兴趣开始于朋友的动画片,故选 C。
- 5. B catch 抓住;attract 吸引;stop 阻止;expect 期望。根据“The great country and its culture ... Kevin, and he decided to

live there.”可知,凯文决定住在中国,是因为中华文化“吸引”了他,故选 B。

6. B know 知道;spread 传播;experience 经历;learn 学习。根据“These years he has appeared in many documentaries to ... Chinese culture to the world.”可知,此处表示通过纪录片传播中华文化,故选 B。

7. C reason 原因;decision 决定;journey 旅程;competition 比赛。根据“he follows the Monkey King on his ...”可知,此处表示他跟随美猴王的“旅程”,故选 C。

8. A documentary 纪录片;match 比赛;opera 歌剧;film 电影。根据“Now Kevin is working on a documentary series called *Let's Go to China*.”可知,前文提到这是纪录片系列,故选 A。

9. D and“并且”,表示并列;so“所以”,表示结果;because“因为”,表示原因;but“但是”,表示转折。根据“Superman and Batman are still my heroes ... from this moment on, I have another hero in my heart.”可知,凯文心目中的英雄增加了,此处表示转折,故选 D。

10. B local 当地的;magical 神奇的;historical 历史的;physical 身体的。根据“I'm just fascinated by a ... Chinese monkey”和常识可知,美猴王是一只神奇的猴子,故选 B。

II. 本文是一篇说明文。文章介绍了鲁迅的生平和他的著作,肯定了他在文学上的造诣。

[语篇结构]①father ②sharp ③innovator

1. B 细节理解题。根据“History books are like dishes.”可知,史书如菜肴。故选 B。

2. B 细节理解题。根据“The story made a

huge splash in China's literary world ... for being among the first to use colloquial language together with the hard-to-read classical language ...”可知,《狂人日记》引起轰动是因为它是最早将白话文与文言文结合起来的作品之一。故选 B。

3. A 推理判断题。根据“The writer criticized it through Ah Q, a peasant who always considers himself superior to others even as he is humiliated and finally executed in the end.”可知,小说中的阿 Q 是一个农民,结合当时小说反映的社会背景,可以推断鲁迅笔下的阿 Q 代表了当时中国封建社会的底层人民。故选 A。

4. D 词义猜测题。根据“It saw Lu Xun look at the Chinese psyche at the time.”可知,《阿 Q 正传》中鲁迅在审视中国人的心灵,在当时中国社会破烂不堪的背景下,鲁迅用阿 Q 来表达对这种社会和人心灵的批判,由此可推断画线单词意为“批判”。故选 D。

5. A 主旨大意题。本文通过“总一分一总”的结构介绍了鲁迅作为中国现代文学最有影响力的作家之一,创作了许多著名的文学作品,并通过这些文学作品来揭露当时现实的社会,使其影响力不仅仅存在于文学领域,对现实社会的影响力也是巨大的。故选 A。

## Unit 8 Making a Difference

### Section A 1a—3d

I. 1. visitors 2. owner 3. organization

4. donations 5. interviewer

II. 1. make a big difference



2. come along with 3. stay active  
4. how to ride 5. the elderly; nursing home  
III. 1—5 BEDGF

IV. 本文讲述了作者高中时期在医院做志愿者的经历及其产生的影响。

1. C 句意:在这个时期,人们开始明白什么对他们有意义,以及他们应该如何生活。guess 猜测;agree 同意;understand 理解;imagine 想象。根据“what is meaningful to them and how they should live their lives”可知,这里表示人们在高中时期开始明白生活的意义。故选 C。
2. D 句意:当我刚开始做志愿者时,我非常担心被推出我的舒适区。excited 兴奋的;amazed 惊讶的;funny 有趣的;worried 担心的。根据下文“I was scared to meet people...”可知,作者对走出舒适区是担忧的。故选 D。
3. A 句意:幸运的是,随着时间的推移,我学会了如何向他人介绍自己。luckily 幸运地;quickly 快速地;surely 当然地;suddenly 突然地。根据“... as time went by, I learnt how to introduce myself to others.”可知,作者从害怕与人接触到学会自我介绍,这是幸运的转变。故选 A。
4. C 句意:而且,我能够让患者感到自在。student 学生;teenager 青少年;patient 患者;teacher 老师。根据“feel at home”及前文可知,在医院做志愿者是让患者感到自在。故选 C。
5. C 句意:结果证明这次经历在现实世界中真的很有帮助。terrible 糟糕的;thankful 感激的;helpful 有帮助的;similar 相似的。根据“in the real world”

及后文可知,作者在社交和思想上都有好的转变,所以这段经历对作者有益。故选 C。

6. B 句意:然而,我在医院的志愿者经历改变了我的想法。save 拯救;change 改变;practise 练习;catch 抓住。根据“However, my volunteer experience at the hospital ...”可知,前文提到作者过去觉得自己太年轻无法帮助他人,后文表示现在想法不同了,是发生了改变。故选 B。
7. D 句意:它让我相信我对病人的爱和关心能够鼓舞那些孤独的病人。dress up 打扮;wake up 醒来;make up 组成;cheer up 使振作。根据“... those lonely patients. Now I feel proud each time I finish my job.”可知,作者的关爱能让孤独病人振作。故选 D。
8. B 句意:这种感觉促使我继续做这项有意义的工作。avoid 避免;continue 继续;begin 开始;stop 停止。根据“This feeling has pushed me to ... doing the meaningful work.”可知,作者因完成志愿工作产生的自豪感而继续做志愿工作。continue doing sth“继续做某事”,符合语境。故选 B。
9. A 句意:同时,我也认识到了服务的重要性。importance 重要性;support 支持;success 成功;quality 质量。根据“It concerns making a difference to the lives of others and doing useful things for the community.”可知,是认识到服务的重要性。故选 A。
10. D 句意:多亏了这次志愿者经历,我成为一个有社交技能和工作经验的更好的人。chance 机会;idea 想法;lesson 课程;

skill 技能。social skills 意为“社交技能”，即志愿者经历提升了作者的社交技能。故选 D。

## Section A Grammar Focus

I. 1. army 2. primary 3. soldier

4. warmly 5. charity

II. 1. has had 2. has kept 3. has; since

4. been away 5. hasn't; yet

III. 本文主要介绍了让暑假变得有意义的三种方法。

1. A 细节理解题。根据第二段中的“You could pick up the rubbish with your friends once a week in your neighbourhood.”可知，你可以每周一次和你的朋友一起在你的社区捡垃圾。故选 A。

2. C 细节理解题。根据第三段中的“Some old people can't see clearly and they would like you to read to them.”可知，有些老人希望你读给他们听的原因是他们看不太清楚。故选 C。

3. B 词义猜测题。根据第四段中的“Either a book or an article can spark a lively discussion and your further thinking.”可知，此处应指一本书或一篇文章可以“激发”讨论和进一步思考，所以画线部分 spark 的意思与选项 B“开始”相近。故选 B。

4. D 篇章结构题。分析文章内容可知，第一段引出主题；第二、三、四段给出具体的建议；第五段进行总结，所以本文的结构为“总一分一总”结构。故选 D。

5. D 主旨大意题。通读全文尤其是第一段“Is the summer vacation long enough to

turn life for the better? Every person has his or her own talents and interests. Find something you care about, and you will see the difference.”可知，本文主要介绍了让暑假变得有意义的三种方法。故选 D。

## Section B 1a—2c

I. 1. handed out

2. since he watched

3. sign up with 4. prepare for the worst

5. rush/rushed into danger 6. on the go

II. 1. Ladies 2. badly 3. thankful

4. joined 5. rescue 6. missing

7. teamwork 8. value 9. possible

10. effort

III. 本文是一篇说明文，主要介绍了志愿服务的意义、形式以及人们选择志愿服务的原因等。

1. Volunteering means spending some of your free time, your energy or your talent helping others.

2. They read books to them and chat with them.

3. Because it makes him feel happy.

4. 132.

5. I would like to help animals because I love animals and want to protect them. (答案不唯一)

## Section B 3a—3c

### 【主题写作·迁移】

#### 【素材积累】

1. 主题词块

①make a difference ②the elderly

③come along ④hand out

⑤familiar with ⑥clean up

- ⑦give directions ⑧sort waste  
⑨collect donations ⑩a nursing home

## 2. 句型仿写

- ①I think it's important for them to be confident.  
②Dear teachers and classmates, thank you for listening to my speech.  
③I have spent many days helping them since then.  
④Working as a volunteer has made a big difference to me.

## 【连句成篇】

### My Volunteer Experience

Dear teachers and classmates, **thank you for listening to my speech.** I'm excited to share my volunteer experience with you.

Last winter vacation, I joined a community service project to help kids with their studies. **I have spent many days helping them since then.** I have taught them how to work out maths problems, helped them improve their reading skills, and even organized fun English games. I have also shared my study methods and encouraged them to believe in themselves. **I think it's important for them to be confident.**

**Working as a volunteer has made a big difference to me.** Helping others makes me feel proud and happy. When I saw the kids' progress, I knew all my efforts were worth it. I will take part in more volunteer activities in the future.

Let's work together to make the world a better place! Thank you!

## 【主题阅读·提能】

I. 本文讲述了作者在墨尔本“彩色跑”活动中做志愿者的经历。

1. C 句意:或许我没像跑步选手一样获得许多乐趣,但我学到了一课。skill 技能; language 语言; lesson 教训; 课程; report 报告。根据下文描述的志愿者经历带来的感悟可知,作者通过这次经历学到了道理,“learn a lesson”为固定搭配,意为“学到一课”,故选 C。
2. D 句意:一开始,我们认为这是一份简单的工作。difficult 困难的; new 新的; great 很棒的; simple 简单的。根据下文“However, as more and more people crossed the finish line and touched my hand ... my arm got sore.”可知,起初志愿者认为击掌很轻松,后来才发现并非如此,故选 D。
3. B 句意:当第一位跑步选手通过时,我们伸出手兴奋地大喊“做得好”。fall 摔倒; pass 通过; begin 开始; leave 离开。根据“at the finish line”可知,此处指跑步选手到达终点线,故选 B。
4. D 句意:但是,随着越来越多的人冲过终点线,用他们的手触碰我的手,我的胳膊变疼了。mine 我的; yours 你(们)的; his 他的; theirs 他(她,它)们的。根据“touched my hand with”可知,此处指跑步选手用“他们的手”与作者的手击掌,用名词性物主代词 theirs 指代“their hands”,故选 D。
5. D 句意:尽管他们几乎喘不过气来,脸上仍然带着灿烂的笑容继续前进。and 和; if 如果; because 因为; although 尽管。“they

- could hardly catch their breath”与“they still kept going”为让步关系,故选 D。
6. B 句意:他们举起手说:“击个掌!” take out 取出; put up 举起; care for 关心; give away 赠送。根据“High five!”可知,孩子们举起手来击掌。故选 B。
7. C 句意:那一刻,我深受感动。sad 悲伤的; lucky 幸运的; moved 感动的; tired 疲惫的。根据“They were so young, and they never tried to give up.”可知,孩子们的坚持让作者感动,故选 C。
8. A 句意:突然,我感到自己充满了力量。suddenly 突然; recently 最近; however 然而; instead 反而。根据“They were so young, and they never tried to give up ... I felt myself become full of strength.”可知,作者在看到孩子们的表现后,瞬间充满力量, suddenly 符合语境,故选 A。
9. D 句意:这就是做志愿者的意义。result 结果; difficulty 困难; fairness 公平; meaning 意义。根据下文“our job is far more meaningful”可知,此处总结志愿工作的“意义”,故选 D。
10. C 句意:这也让我们意识到,我们的工作远比看起来更有意义…… forget 忘记; refuse 拒绝; realize 意识到; decide 决定。根据“our job is far more meaningful than it seems”可知,这是志愿者经历带来的认知, realize 符合语境,故选 C。
- II. 本文主要是作者讲述自己在养老院参加志愿活动的经历,从中体会到志愿服务既能

为老人带来快乐,也让自己变得更有责任感和同理心,认识到志愿活动中给予与收获并存的意义。

[语篇结构]①popular ②develops  
③summer ④chatted ⑤wisdom ⑥performance  
⑦worthwhile ⑧communicating  
⑨patience ⑩responsible

1. B 代词指代题。根据第二段可知, they 指代前文提到的“*These stories*”,是这些故事让作者明白了尊重老人的益处和历史的重要性,故选 B。
2. B 词义猜测题。根据前文“*Volunteering has changed me a lot. It has made me more responsible*”以及文章中提到的作者参与志愿活动,倾听老人的故事、为老人表演等经历可知,志愿活动让作者变得更有责任感,能体会他人感受,所以 empathetic 意为“善解人意的”,故选 B。
3. D 细节理解题。根据最后一段中的“*By helping others, we gain valuable skills and a sense of fulfillment.*”可知,志愿活动能带来宝贵技能和成就感,故选 D。
4. D 主旨大意题。文章主要讲述了作者在养老院参加志愿活动的经历,包括做的任务、遇到的困难以及从志愿活动中学到的东西, D 选项“作者的志愿经历以及从中所学到的东西”符合文章主旨,故选 D。
5. B 篇章结构题。通读全文可知,第一段引入话题,第二至四段讲述作者去年暑假的志愿经历,最后一段总结全文。所以文章是“总一分一总”结构。故选 B。