话题 **1** 创新技术



**Passage 1**

It seems like technology is everywhere. Computers and smart phones are at the center of almost everything we do. They

constantly（持续地）require our attention. We text our friends

with them during the day, sleep with them by our beds and check our messages as soon as we wake up.

In the future we will use calm technology which was first developed by scientist Mark Weiser in the 1970s. In his opinion, calm technology works quietly but constantly. We know it is there, but we don’t pay much attention to it. According to Mark,

the best technology should be invisible(隐形的) and let you live

your life.

We already use many different types of calm technology in our everyday life. Do you have a smoke alarm in your house? That smoke alarm is always there, checking the air for smoke and quietly keeping you safe. It only reminds you it’s there when you’ve burnt your bread! Or there may be lights in your home or

school. When somebody passes in front of their sensor （传感

器 ） , the lights turn on. You don’t think about this type of

technology until you see the light go on.

In the future, our houses will use calm technology to open the door for us. Or even to choose the best music for our mood. The minute we walk through the door, our house will respond by turning on the lights and music, and perhaps even starting to prepare our dinner!

1~2 题完成句子；3 题简略回答问题；4 题找出并写下第三

段的主题句；5 题将文中画线句子译成汉语。

1. The center of almost everything we do is .

2. The thing that can check the air for smoke in our house is

.

3. Who was the first to develop the calm technology?

4.

5.

【主旨大意】本文是一篇说明文。通过介绍电脑和智能手机一直困扰我们的生

活，从而引出平静技术，介绍了平静技术的好处，想象了将来平静技术在生活 中的应用。

1. computers and smart phones 【解析】细节理解题。题干意为：我们做的几乎每 一件事情的中心是 。根据短文第一段第二句“Computers and smart

phones are at the center of almost everything we do.”可知，电脑和智能手机几乎 是我们做的每一件事情的中心。故填 computers and smart phones。

2. smoke alarm 【解析】细节理解题。题干意为：在我们房子里能检查空气中烟 的东西是 。根据短文第三段第三句“That smoke alarm is always there, checking the air for smoke and quietly keeping you safe.”可知，烟雾报警器能检查 空气中的烟，从而使我们更安全。故填 smoke alarm。

3. Mark Weiser.【解析】细节理解题。题干意为：谁是第一个改进平静技术的 人？根据短文第二段第一句“In the future we will use calm technology which was first developed by scientist Mark Weiser in the 1970s.”可知 Mark Weiser 是第一个 改进平静技术的人。故填 Mark Weiser.。

4. We already use many different types of calm technology in our everyday life. 【解 析】主旨大意题。第三段主要介绍了生活中的一些平静技术，着重介绍了烟雾 报警器和声控电灯。因此第一句就是本段的主题句。

5. 在将来，我们的房子将用平静技术为我们开门。【解析】In the future 在将来；

calm technology 平静技术。

**Passage 2**

Today more and more people want to live in big cities, but what can be done to help them live in crowded cities like Tokyo?

Many architects( 建 筑 师 ) are looking for ways to solve this

problem. 25-year-old Haseef Rafiei has caught the world’s attention because of his special skyscraper concept(摩天大楼概 念)—“Pod Vending Machine” skyscraper.

Haseef comes from Kuala Lumpur, Malaysia. He is now a student of Manchester School of Architecture. He got his idea form a trip to Japan. He noticed vending machines are popular in Japan. He said, “Vending machines make buying easy and interesting.” After seeing vending machines have made such a difference to people’s lives, Haseef thought, “Why not build skyscrapers that act the same way?”

Haseef’s “Pod Vending Machine” skyscraper can act as a home vending machine. If people want to buy houses in the

skyscraper, they can choose the types of pods(吊舱) they’d like

to live in and what the inside of the pods looks like. Then the large 3D printer at the top of skyscraper can get the pods printed

and then cranes ( 起 重 机 ) can get the pods placed. A smart

system inside the skyscraper decides the best place for every pod. If a person doesn’t want to live in his pod any more, the pod will

be returned to the 3D printer to get recycled. How amazing it is！

1 题判断正误（“T”表示正确，“F”表示错误）；2 题完成句 子；3 题简略回答问题；4 题找出并写下第三段的主题句；5 题将文中画线句子译成汉语。

1. A 3D printer at the top of the “Pod Vending Machine”

skyscraper can help people print the pods they choose.【 】

2. Haseef said that vending machines .

3. Why has Haseef Rafiei caught the world’s attention?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了一个来自于马来西亚的 25 岁小伙

子的一个关于 3D 打印的自动贩卖机式摩天大楼的创意。本文介绍了创意的来源， 以及详细说明了在将来如何使用自动贩卖机来 3D 打印摩天大楼的情况。

1. T 【解析】细节理解题。题干意为：位于摩天大楼吊舱自动贩卖机顶部的 3D

打印机能帮助人们打印出他们所选择的户型。根据第三段第二、三句“If people want to buy houses in the skyscraper... Then the large 3D printer at the top of skyscraper can get the pods printed and then cranes (起重机) can get the pods placed.”

可知，人们如果想用摩天大楼自动贩卖机买房子，他们可以选择自己喜欢的吊

舱以及内饰，然后位于该装置顶部的 3D 打印机就能把它打印出来，并用起重机 安放其位置。所以本题的表述是正确的。

2. made buying easy and interesting 【解析】细节理解题。题干意为：Haseef 说自 动 贩 卖 机 。 从 第 二段 第 五 句“ He said, ‘ Vending machines make buying easy and interesting.’”可知，自动贩卖机可以使购物既容易又有趣。又 由于主句是过去时态，所以从句也相应的用过去时态。故填 made buying easy and interesting。

3. Because of his special skyscraper concept( 摩 天 大 楼 概 念 ) — “Pod Vending

Machine” skyscraper. 【解析】细节理解题。题干意为: 为什么 Haseef Rafiei 已经

引起世界的关注？从第一段最后一句话可知，25 岁的 Haseef Rafiei 因为他提出 的摩天大楼概念而引起世界的关注。故可知答案。

4. Haseef’s “Pod Vending Mahchine” skyscraper can act as a home vending machine.

【解析】主旨大意题。第三自然段主要介绍了如何在现实中操作摩天大楼概念。 本段首句“Haseef’s ‘Pod Vending Mahchine’ skyscraper can act as a home vending machine.”引出该段的话题，并围绕之展开说明，因而是该段的主题句。

5. 如果一个人不想再住在他的这个房子里， 那么它将会被 3D 打印机收回并可 以循环使用。【解析】not...any more 不再；be returned to 被回收；get recycled 循环使用。

**Passage 3**

The spherical radio telescope(球面射电望远镜) with 500- meter diameter(直径) is well-known as “Chinese eye” to all over

the world. It has been built and put into use on September 25th,

2016.

This magnificent conception was come up with in 1994 by a great Chinese astronomer, Nan Rendong. With his great help, many Chinese people and other scientists pulled together and spent 22 years finishing building the great project. It is led by the National Astronomical Observatory of the Chinese Academy of Sciences. It has our own intellectual property rights, the world’s

largest single caliber( 单 口 径 ) and the most sensitive radio

telescope.

This large guy has an English name —Five-hundred-meter Aperture Spherical radio Telescope, so we all call it “FAST” for short. It lies in the Guizhou Karst area of the crater which was chosen as the telescope station site after many years’ research. It has become the world’s first largest radio telescope, which has receiving area of 30 standard football courts. FAST, the world’s largest single aperture telescope, will remain the world’s first class in the next 20 to 30 years. The new design idea and the unique advantages of the site enable it to break through the limit of the telescope’s 100 meter project and create a new mode of building the huge radio telescope.

What’s more, there are many scientific goals about FAST. One of them is that FAST has the ability to observe the situations to the edge of the universe and be able to reproduce the early images of the universe and search for outside civilization.

1 题完成句子；2~3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. The spherical radio telescope has been built and

on September 25th, 2016.

2. How long did it take to finish building the project?

3. Where is “FAST” according to the passage?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了我国新建成的球面射电望远镜

“天眼”的相关情况，如该创意的提出者、它的规模、建成时间、命名、选址 以及科学价值等。它是迄今为止世界上最大的射电望远镜，担负着探索外太空 的伟大使命。

1. put into use 【解析】细节理解题。题干意为：这个球面射电望远镜是在 2016 年 9 月 25 日建成并 。根据第一段第二句“It has been built and put into use on September 25th, 2016.”可知，这个球面射电望远镜是在 2016 年 9 月 25 日建成并投入使用的。故填 put into use。

2. 22 years. 【解析】细节理解题。题干意为：建成这个工程花费了多长时间？ 根据第二段第二句“With his great help, many Chinese people and other scientists pulled together and spent 22 years finishing building the great project.”可知，在科 学家南仁东的帮助下，许多中国人和其他的科学家齐心协力共花费了 22 年时间 才建成这个伟大的工程。

3. It lies in the Guizhou Karst area of the crater.【解析】细节理解题。题干意为： 根据这篇文章，“FAST ”在哪里？根据第三段第二句“ It lies in the Guizhou

Karst area of the crater which was chosen as the telescope station site after many years’

research.”可知，“FAST”位于贵州的喀斯特地区.

4. The spherical radio telescope with 500-meter diameter is well-known as “Chinese eye” to all over the world. 【解析】主旨大意题。本文主要介绍了我国新建成的球 面射电望远镜“天眼”的相关情况。第一段首句“直径达 500 米的球面射电望 远镜作为 “天眼”已全世界闻名。”引出本文话题，并围绕之展开说明，因而是 全文的主题句。

5. 它已经成为世界上最大的射电望远镜，它的接收面积达 30 个标准足球场那么 大。【解析】the first largest 最大的；receiving area 接收面积；standard football

courts 标准足球场。

**Passage 4**

On June 25th, two high-speed trains named “Fuxing”

started the journey from both Beijing South Railway Station and

Shanghai Hongqiao Railway Station. This indicates ( 标志) that China’s technical equipment of railway sets, especially of high- speed trains has been in the forefront of the world.

Fuxing trains are the first high-speed trains that China develops by herself. So it has China’s own autonomous

intellectual property rights(自主知识产权). The trains have two

models, CR400AF and CR400BF. “400” means that the train can reach 400 km/h.

Before Fuxing trains, the designs of all our high-speed trains were based on different standards. For example, once one

carriage ( 客 车 箱 ) broke down, we couldn’t use any other

carriage to take the place of it because they might have different numbers of seats.

Compared with the old high-speed trains, these new trains have many advantages. First, they have a designed life of 30 years, which is 10 years longer than the former ones. Second, with the help of advanced technology, the new trains save much energy. Next, the space of the carriage is much bigger than before. Wider space between seats makes passengers feel more comfortable. And the most exciting thing is that the new trains are covered with WiFi.

So now, do you want to buy a ticket of Fuxing trains to enjoy a wonderful new trip? They are looking forward to serving all of you.

1 题完成句子；2~3 题简略回答问题；4 题找出并写下第四

段的主题句；5 题将文中画线句子译成汉语。

1. Fuxing trains are the first high-speed trains that China develops .

2. What’s the highest speed of Fuxing trains?

3. How many advantages do the new high-speed trains have according to the passage?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了具有完全自主知识产权的中国标

准动车组“复兴号”的相关情况，包括首发时间、路线、时速以及较之以前的 普通高铁的不同点和优势。“复兴号”标准动车组的建成使用标志着我国铁路 成套技术装备走在世界的前列。

1. by herself/on her own【解析】细节理解题。题干意为：“复兴号”是中国首次

研发的高速动车。根据第二段第一句“Fuxing trains are the first high-speed trains that China develops by herself.”可知，“复兴号”是中国首次自 主研发的高速动车。故填 by herself/on her own。

2. 400 km/h.【解析】细节理解题。题干意为：“复兴号”最高时速可达多少？ 从第二段最后一句话“‘400’ means that the train can reach 400 km/h.”可知，“复 兴号”的时速可高达 400 千米每小时。

3. Four (advantages). / They have four advantages.【解析】细节理解题。题干意为： 根据这篇文章，中国标准动车组有多少优势？从第四段可知它们有四个优势： 第一，它们拥有更长期的设计研发基础；第二，由于运用更先进的技术，它们 能节省很多能源；第三，车厢空间更大，使旅客更舒适；第四，它们配有 WiFi。

4. Compared with the old high-speed trains, these new trains have many advantages.

【解析】主旨大意题。第四段主要介绍了“复兴号”标准动车组较之以前的高 铁所具有的优势。本段首句“Compared with the old high-speed trains, these new trains have many advantages.”引出本段话题，并围绕之展开说明，因而是本段的 主题句。

5. 它们正盼望着为你们所有人服务。【解析】look forward to 盼望，期待；

serving 是 serve 的动名词，意为“服务”。

话题 **2** 社会责任

**Passage 1**

Could the students from less developed areas in central and western China get the same educational chances as those in big cities in the east? Could the children in poor areas develop as

well as those in rich cities? Maybe the answers were “No” in

the past. But now, China is trying to change the situation.

In order to help countryside students grow taller and stronger, China’s Nutrition (营养) Improvement Program started

in 2011. According to the program, a lot more money was spent improving students’ meals. More than 36 million students from

134,000 primary and junior high schools in poor areas have benefited from it. They are provided with healthy food like eggs and milk from Monday to Friday at school. And the result of a survey shows that the students in those areas are much taller and stronger than before.

It is true that there were differences between less developed areas and developed areas in education before. Recently, the Guideline for Popularizing High School Education ( 2017-2020) has come out. According to the guideline, above 90% students

from all over the country will go to high schools by 2020. What’s more, the schools in central and western areas will get more support to improve their education.

Students from poor areas also get more chances to receive higher education. A special college program makes it possible for more students from those areas to go to key colleges and universities.

With the guideline and the program, we can expect a fairer and more balanced education in the future.

1 题完成句子；2 题用英语表达文中画线单词 it 所指代的内

容；3 题简略回答问题；4 题找出并写下第三段的主题句；5

题将文中画线句子译成汉语。

1. China’s Nutrition Improvement Program started in 2011 to help countryside students .

2.

3. How many percent of students will go to high schools by 2020 according to the guideline?

4.

5.

【主旨大意】本文为一篇说明文。主要介绍了国家为缩小中国欠发达地区与发 达地区在教育方面的差距所做出的一些努力。

1. grow taller and stronger【解析】细节理解题。题干意为：为了帮助农村学生

, 中国的营养改善项目在 2011 年启动。根据短文第二段第一句“In order to help countryside students grow taller and stronger, China’s Nutrition ( 营养) Improvement Program started in 2011.”可知答案。故填 grow taller and stronger。

2. China’s Nutrition Improvement Program 【解析】代词指代题。联系画线单词 “it”所在句子的上下文可知，此处指学生们从营养改善项目里获益良多，所以 it 指代的是 China’s Nutrition Improvement Program。

3. 90%./90 percent. 【解析】细节理解题。题干意为：根据纲要，截止 2020 年， 能 上 高 中 的 学 生 所 占 的 百 分 比 是 多 少 ？ 根 据 短 文 第 三 段 的 倒 数 第 二 句 “According to the guideline, above 90% students from all over the country will go to high schools by 2020.”可知到 2020 年，90%的学生可以上高中。故填 90%./90 percent.。

4. What’s more, the schools in central and western areas will get more support to improve their education.【解析】主旨大意题。第三段主要介绍了国家将对西部及 中部地区提供更多的支持。最后一句对此作出了总结，故为本段的主题句。

5. 来自贫困地区的学生也能得到更多接受更高教育的机会。【解析】Students from poor areas 来自贫困地区的学生；receive higher education 接受更高的教育。

话题 **3** 教育引导

**Passage 1**

On the first day of every year, millions of Americans make a New Year’s decision (or two or three) that they won’t keep. Why we keep making decisions—and why they’re so hard to follow.

There’s one clear reason why most decisions fail. We usually pay attention to goals or tasks that we haven’t been able to achieve over the past year. “You are making it your New Year’s goal because you keep failing at it,” says Tim Pychyl, a

psychologist (心理学家) at Carleton University in Ottawa.

The other terrible thing about New Year’s decisions, he says, is that making them needs no action. The simple thought— the idea that we plan to lose weight or exercise more— just thinking about losing weight makes us feel good, and we don’t actually have to go out and do the tasks necessary to achieve that

goal.

“They make the decision now, but they don’t do anything. It’s like going to buy furniture and not having to pay anything until 2019.” says Pychyl. He adds we would never form a New Year’s decision around tasks we like to do. We already did those things the year before, so there’s nothing satisfying about

keeping them up. Procrastination ( 拖 延 ) is one of the number

one reasons decisions fail.

Although we try to overcome our difficulties of our decisions, something a little stronger takes over in our brains: the force of habit. Habits have been a really good thing; they are

automatic ( 自动的) thoughts or actions that have, for example,

saved us from predators ( 捕食者，掠夺者). By understanding what’s going on in your brain, you have a better chance at controlling it.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下第二

段的主题句；5 题将文中画线句子译成汉语。

1. In the beginning of every year, Americans make a

New Year’s decision which they will never do.

2. We usually

goals or tasks that we haven’t been

able to achieve over the past year.

3. What takes over in our brains when we try to overcome the difficulties of our decisions?

4.

5.

【主旨大意】本文是一篇说明文。很多人在新年会下定决心做一些事情，但最 后往往都没做。本文主要介绍了这种常见的现象并分析了其后的原因。

1. millions of 【解析】细节理解题。题干意为：在每年的开始， 美国人 都会做一个他们不会去执行的新年决定。根据第一段第一句“On the first day of

every year, millions of Americans make a New Year’s decision (or two or three) that they won’t keep.”可知答案。故填 millions of。

2. pay attention to【解析】细节理解题。题干意为：我们通常 我们去年 没能实现的目标或任务。根据第二段第二句“We usually pay attention to goals or tasks that we haven’t been able to achieve over the past year.” 可知答案。故填 pay attention to。

3. The force of habit.【解析】细节理解题。题干意为：当我们努力去克服我们在 做 决定 时 的困 难 时， 什 么会 占 据 着我 们 的 大 脑？ 根 据最 后 一段 第 一句 话

“Although we try to overcome our difficulties of our decisions, something a little stronger takes over in our brains: the force of habit. ” 可知答案。故填 the force of habit.。

4. There’s one clear reason why most decisions fail. 【解析】主旨大意题。本段主 要介绍了我们做的大多数决定失败的一个原因，即关注以前没有达到的目标。 本段第一句话引起本段话题，便于后文进一步说明，因而是本段的主题句。

5. 拖延是决定失败的首要原因之一。【解析】one of +the+可数名词复数，意为 “……之一”。

话题 **4** 文化传承

**Passage 1**

The American holiday of Thanksgiving is celebrated every year on the fourth Thursday in November. The holiday is during autumn—the main season for harvest (收获). Thanksgiving is an autumn harvest festival like those found in many cultures around the world.

On this day, most Americans get together with friends and family. Many take time to think about what they are thankful for, cook a big meal**,** and eat a lot. The star of most Thanksgiving dinners is a roasted (烧烤的) turkey. The turkey is cooked in an oven ( 烤箱) for many hours, often with cabbage, bread, onions and spices (香料) inside the bird. This mix becomes stuffing — another star of the Thanksgiving dinner table. After the bird is cooked, the stuffing is taken out and served as a side dish. Families often make other foods like roasted potatoes, sweet potatoes, sausages and vegetable soup.

Some Americans must travel long distances to be with their families. In fact, the Sunday after Thanksgiving is the busiest

travel day of the whole year. This is usually when people return home from family parties. Not everyone can make the return home each Thanksgiving. So, young people living in cities away from their hometowns sometimes celebrate “Friendsgiving” —a Thanksgiving meal with their friends instead of their family. They gather at someone’s house and have a lucky meal. This is a meal where everyone who is invited brings food to share with

others.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下第二 段的主题句；5 题将文中画线句子译成汉语。

1. On Thanksgiving, many people take time to think about what

they , cook a meal and eat much.

2. After the bird is cooked, the stuffing is

served as a side dish.

and

3. When is Thanksgiving celebrated every year in America？

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了美国的感恩节及人们在感恩节的 活动。在感恩节，人们通常会团聚在一起享用烤火鸡和丰盛的食物；还会长途 旅行和家人团聚；对于部分不能返家的人，就和朋友一起团聚。

1. are thankful for【解析】细节理解题。题干意为：在感恩节，很多人会花时间 思考他们 ，做美食和大吃一顿。根据第二段第二句“Many take time to think about what they are thankful for, cook a big meal, and eat a lot.”可知答案。 故填 are thankful for。

2. taken out【解析】细节理解题。题干意为：火鸡被烹饪好之后，里面的填充物

作 为 配 菜 。 根 据 第 二 段 倒 数 第 二 句 “After the bird is cooked, the stuffing is taken out and served as a side dish. ”可知填充物会被拿出来。故填 taken out。

3.The fourth Thursday in November.【解析】细节理解题。题干意为：在美国，感 恩 节 每 年 在 什 么 时 候 被 庆 祝 ？ 根 据 第 一 段 第 一 句 “The American holiday of Thanksgiving is celebrated every year on the fourth Thursday in November. ”可知， 美国感恩节假期通常是在每年十一月份的第四个星期四被庆祝。故填 The fourth Thursday in November.。

4. On this day, most Americans get together with friends and family. 【解析】主旨 大意题。本段主要介绍了在感恩节，美国人和家人朋友聚在一起享受感恩节美 食 的 情 况 。 第 一 句 “ On this day, most Americans get together with friends and family.”为本段的的主题句。其后详细介绍了感恩节的各种美食。

5. 这通常是人们从家庭聚会返回家的时间。【解析】“when”是连接副词，表示 “……的时间”，引导表语从句；return...from 意为“从……返回”。

话题 **5** 事物介绍

World Animal Day is a day we ought to celebrate. World Animal Day has been celebrated on October 4 for many years. The World Animal Day website says it was first celebrated in

1925 in Berlin, Germany on a different date. It moved to

October 4 in 1929.

What happens on World Animal Day? Besides lots of cute photos of animals filled up with Twitter, the day is designed to

promote ( 提升)the rights of animals. The group that organizes

the day wants to make sure animals are treated well around the world. In honor of the day, many groups held special events.

For example, some animal homes held adoption ( 收养) events.

Other groups held workshops to make sure owners learned the best way to take care of their animals.

One Twitter page called The Do Do has almost 500,000 followers. The page owners made a video showing people treating animals “with love”. The video showed a man taking a dolphin back to the water, a police officer helping free a deer from a backyard volleyball net and a driver stopping to move a cat off a busy roadway.

The television channel Nat Geo WILD posted a video of a baby elephant taking its first steps. The actor Ricky Gervais

presented a photo of himself with his dog, writing: “Happy World Animal Day. We’re nothing without them.” Al Jazeera English made a video celebrating the work of a man in Kenya. He drives a truck over 70 kilometers more than once a week to transport water to thirsty animals. His truck holds 12,000 liters of water. He said some of the animals recognize him.

1 题完成句子；2~3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. Many groups held special events World Animal

Day.

2. When was World Animal Day first celebrated in Berlin？

3. What did the video show in the Twitter page The Do Do？

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了世界动物节和人们在这一天举行

和组织的各种各样活动。

1. in honor of 【解析】细节理解题。题干意为：很多组织举行专门的活动

世界动物节。根据第二段第四句“ In honor of the day, many groups held

special events. ”可知，为了纪念这一天，很多组织举行了专门的活动。故填 in honor of。

2. In 1925.【解析】细节理解题。题干意为：世界动物节是什么时候在柏林第一 次被举行的？从第一段第三句“The World Animal Day website says it was first celebrated in 1925 in Berlin, Germany on a different date. ”可知，世界动物节网站 说世界动物节是 1925 年在德国柏林第一次举行的，与现在不同的日期。故填 In

1925.。

3. People treating animals “with love”.【解析】细节理解题。题干意为：在 Twitter 主页 The Do Do 上的视频展示了什么？从第三段第二句“The page owners made a video showing people treating animals ‘with love’.”可知，Twitter 页面的主人制作 了一个视频展示了那些用爱来对待动物的人。故填 People treating animals “with love”.。

4. World Animal Day is a day we ought to celebrate. 【解析】主旨大意题。本文主 要介绍了世界动物节和人们在动物节举行和组织的各种各样活动。第一段第一 句“World Animal Day is a day we ought to celebrate.”为全文的的主题句，引起下 文的详细阐述介绍。5. 他每周超过一次驾驶卡车七十多公里把水运送给那些口 渴 的 动 物 。 【 解 析 】 more than 超 过 ， 多 于 ； once a week 每 周 一 次 ； transport...to...把……运送到……；to transport water...是不定式短语作目的状语。

**Passage 2**

McDonald’s South Africa is trying a mobile payment service at some restaurants in Johannesburg and Cape Town using social messaging app WeChat. By doing this, they want to encourage customers to complete paying by presenting QR

codes (二维码) produced by the app at the point of sale.

To mark the start of Quick Pay, WeChat is also giving the first 20,000 McDonald’s customers 50% money back when using the service to pay for their meal.

“We are endlessly searching for new ways to improve our customers’ experience,” says Daniel Padiachy, the marketing officer at McDonald’s South Africa. “We believe that WeChat’s

Quick Pay will assist us more in supporting these principles (原

则).

WeChat was started in South Africa in November in 2016 by Chinese company Tencent in partnership with Standard Bank. The service lets users pay for services such as broadcast, phones

and electricity and make in-store payments by scanning ( 扫描)

QR codes at 30,000 shopkeepers supporting the WeChat mobile payments platform.

“Although Quick Pay is new, it also offers customers a much faster and easier payment way to traditional payment,” says WeChat Africa CEO Brett Loubser. “Cash and card payments serve most payment states very well. Our aim is to create value for customers when they make payments.”

WeChat began offering in-store payments at nine Chinese shops in September 2014. Tencent reported that more than 200

million customers have added their bank cards to its QQ Wallet and WeChat Pay mobile payment platforms.

1 题完成句子； 2~3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. The first 20,000 McDonald’s customers will get 50% money back if they use WeChat to their food.

2. When was WeChat started in South Africa?

3. How many customers in China have added their bank cards to

QQ and WeChat？

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了微信支付在南非的麦当劳店的试

用和微信支付在南非发展的情况。

1. pay for【解析】细节理解题。题干意为：如果麦当劳的第一批两万名顾客使 用微信来 他们的食物，他们将会拿回百分之五十的钱。根据第二段“To

mark the start of Quick Pay, WeChat is also giving the first 20,000 McDonald’s customers 50% money back when using the service to pay for their meal.”可知答案。 故填 pay for。

2. In November in 2016.【解析】细节理解题。题干意为：微信在南非是什么时候 开始的？从第四段第一句“WeChat was started in South Africa in November in 2016

by Chinese company Tencent in partnership with Standard Bank.” 可知，微信是在

2016 年 11 月由中国腾讯公司和南非标准银行一起启动的。故填 In November in

2016.。

3. 200 million (customers).【解析】细节理解题。题干意为：在中国有多少人已 经添加他们的银行卡到 QQ 和微信上？从第六段第二句“Tencent reported that

more than 200 million customers have added their bank cards to its QQ Wallet and

WeChat Pay mobile payment platforms.”可知答案。故填 200 million (customers).。

4. McDonald’s South Africa is trying a mobile payment service at some restaurants in Johannesburg and Cape Town using social messaging app WeChat . 【解析】主旨大 意题。本文主要介绍了微信支付在南非的麦当劳店的试用和其在南非的发展情 况。第一段第一句“ McDonald’s South Africa is trying a mobile payment service at

some restaurants in Johannesburg and Cape Town using social messaging app

WeChat .”旨在概括全文，并引起下文，故为全文的主题句，

5. 我们的目标是在顾客进行支付的时候，为他们创造价值。【解析】“when”是 从属连词，意为“当……时候”，引导时间状语从句；“to create...”是不定式短

语作表语。

**Passage 3**

For many Americans, monarch butterflies ( 王蝶) are a sign of changing seasons. In the late summer and early autumn, the butterflies fly south from Canada and the United States’ mainland to Mexico.

But Darlene Burgess still keeps seeing the bright, colorful insects — and she lives in Canada. Burgess keeps counts of

Monarch butterflies at Point Pelee National Park in Ontario.

“Although it is nice to see the large numbers of Monarchs, I really wish I wouldn’t see it because they’re running out of time,” she said. “It’s really not good for them.”

Monarchs are not just staying in Canada. Groups of them have been seen north of the Mexican border, such as the American state of New Jersey. Their large numbers are not normal for late October.

There are a few reasons why the monarchs did not fly south when they should. Some monarchs were born late. Some did not move south because of warm weather. Others could not fly south because of strong winds that lasted for weeks.

Monarchs have faced a number of problems in recent years. Habitat ( 栖息地) loss, climate change, and chemical pesticides

have hurt the butterfly population, said Lincoln Brower, a biology professor at Sweet Briar College. Brower has been studying the butterflies since 1954.

The colorful creatures also have a less food supply —

especially in the form of milkweeds, which are the only food they can eat when they are caterpillars ( 毛毛虫). Taylor notes

that this year may not be as bad as some of the most recent years.

The 2013-2014 season was especially bad. “Not all is lost,” he said.

1 题完成句子；2~3 题简略回答问题；4 题找出并写下第四

段的主题句；5 题将文中画线句子译成汉语。

1. For most people in the USA, monarch butterflies are changing seasons.

2. When do the butterflies fly south from the US and Canada to

Mexico?

3. What is the food of monarch butterflies when they are

caterpillars?

4.

5.

【主旨大意】本文是一篇说明文。在美国和加拿大，本应该飞往南方过冬的王

蝶今年并没有往南方飞，文章介绍了这种不正常的现象，并分析其原因。

1. a sign of 【解析】细节理解题。题干意为：对于大多数美国人，王蝶是季节变 换的 .根据第一段第一句“For many Americans, monarch butterflies (王蝶) are a sign of changing seasons.”可知，王蝶是季节变换的一个标志。故填 a sign of。

2. In the late summer and early autumn.【解析】细节理解题。题干意为：什么时 候蝴蝶从美国和加拿大往南飞往墨西哥？根据第一段第二句“In the late summer

and early autumn, the butterflies fly south from Canada and the United States'

mainland to Mexico. ”可知在夏末秋初，蝴蝶从美国和加拿大往南飞往墨西哥。 故填 In the late summer and early autumn。

3. Milkweeds/ In the form of milkweeds.【解析】细节理解题。题干意为：当蝴蝶 是毛毛虫时，它们的食物是什么？根据最后一段第一句“The colorful creatures also have a less food supply— especially in the form of milkweeds, which are the only food they can eat when they are caterpillars (毛毛虫). ”可知 milkweeds（乳草属植 物）是当蝴蝶是毛毛虫时唯一的食物。故填 Milkweeds/ In the form of milkweeds。

4. There are a few reasons why the monarchs did not fly south when they should.

【解析】主旨大意题。本段主要分析了造成王蝶本应该往南飞而不飞的原因， 第 一 句 “There are a few reasons why the monarchs did not fly south when they should. ”引出本段话题，总结本段的大意，并在后面分析了原因，因而是本段的 主题句。

5. 因为持续几星期的大风，一些蝴蝶不能飞往南方。【解析】because of 因为；

that 引导定语从句，修饰先行词“strong winds ”。

**Passage 4**

It’s a must-eat fruit in Southeast Asia. People there call it

“King of Fruits”. Many love it so much that they eat it at every meal. “What’s it?” you may wonder. It is the durian(榴莲).

The durian can only grow in the hot places. Its name

“durian” comes from the Malay word “duri”. It means

“thorn(刺)”.

The durian is the most famous fruit in Southeast Asia. It looks big and dangerous and has a very strong smell. There are

many different kinds of durians. They come in different sizes. A durian can grow up to 30cm long, and usually it can be as heavy as 1 to 3kg.

The greatest thing about the durian is inside. When you open it up, a very strong smell comes out. Some people love this smell, but others don’t like it! In Singapore, people can’t bring a durian into a hotel room or onto some planes, either.

Although the durian has a strong smell, the fruit tastes quite good. It tastes soft and sweet. Some animals living in the forest like it!

1~2 题完成句子；3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. Durian is a must-eat fruit in .

2. The name of durian “duri”.

3. What can’t people do in Singapore?

the Malay word

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了东南亚地区人们必吃的水果——

榴莲。具体包括它的产地，名字的来源、外形、种类以及人们对它的评价。

1. Southeast Asia 【解析】细节理解题。题干意为： 榴莲是 地区必吃 的一种水果。根据第一段第一句“It’s a must-eat fruit in Southeast Asia.”可知，榴 莲是东南亚地区人们必吃的一种水果。故填 Southeast Asia。

2. comes/is from【解析】细节理解题。题干意为：榴莲的名字 马来 语。根据第二段“Its name ‘durian’ comes from the Malay word ‘duri’”可知，榴莲 的名字来源于马来语。故填 comes/is from。

3. They can’t bring a durian into a hotel room or onto some planes.【解析】细节理解 题。题干意为：人们在新加坡不能做什么？根据第四段最后一句“In Singapore, people can’t bring a durian into a hotel room or onto some planes, either.”可知答案。

4. It’s a must-eat fruit in Southeast Asia.【解析】主旨大意题。本文主要介绍了榴 莲的相关情况。第一段首句“It’s a must-eat fruit in Southeast Asia.”引出本文话题， 并围绕之展开说明，因而是全文的主题句。

5. 榴莲能长到 30 厘米长，而且通常会有 1 到 3 千克重。【解析】grow up to 长 到；as heavy as 和……一样重。

**Passage 5**

Nowadays many people pay for something without paper money any more with the development of Internet and mobile phone technology. Here I will introduce a new and popular

payment method—WeChat payment.

WeChat payment is the payment function integrated (集成) on the WeChat client( 客户端). And the user can complete the fast payment process through the mobile phone. WeChat offers a

safe, fast and efficient payment service to users on the basis of

binding( 绑 定 ) the fast payment of the bank card. Since

November 23, 2017, WeChat payment service function has been operating on the 12306 website of the China Railway Customer Service Center.

But do you know how to bind the bank card? There are some steps to follow.

**1.** Turn on WeChat, enter the “I” option, click “purse”;

**2.** After entering the wallet option, click the bank card on the top right corner and enter the “bank card” option, then click

“add the bank card” to set the password (密码).

**3.** Write down the name and card number of the cardholder according to the prompting (提示) of the bank card;

**4.** Fill in the type of card, phone number, and bind.

**5.** After a short while, the mobile phone will receive a text message with a verification(验证) code, and then confirm(证实)

it.

**6.** At last, input the content twice, complete the set of payment password, then finish the bank card binding successfully.

Not only the young but also the old are always using the WeChat payment. It is more and more popular in the whole country.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. The user can complete the fast payment process .

2. After a short while, the mobile phone will

with a verification (验证) code, and then confirm(证实) it.

3. Why do many people pay for things without paper money nowadays?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了一种新的支付方式——微信支付，

以及如何用微信绑定银行卡。

1. through the mobile phone【解析】细节理解题。题干意为：微信使用者可以

完成快速的支付过程。根据第二段第二句“And the user can complete the fast payment process through the mobile phone.”可知，微信使用者可以借助手 机完成快速的支付过程。故填 through the mobile phone。

2. receive a text message 【解析】细节理解题。题干意为：片刻之后，手机将会

带有验证码，并进行验证。从第 5 步“After a short while, the mobile phone will receive a text message with a verification( 验 证 ) code, and then

confirm( 证实) it. ”可知，片刻之后，手机将会收到带有验证码的短信。故填

receive a text message。

3. Because of the development of Internet and mobile phone technology. 【解析】细 节理解题。题干意为：现如今为什么许多人不再用纸币买东西？从第一段第一 句 话 “ Nowadays many people pay for something without paper money any more with the development of Internet and mobile phone technology.” 可知，随着互联网 和手机技术的发展，现如今许多人不再用纸币买东西。

4. Here I will introduce a new and popular payment method—WeChat payment.【解 析】主旨大意题。本文主要介绍了一种新的流行的支付方式——微信支付。第 一段最后一句“Here I will introduce a new and popular payment method—WeChat payment.”引出本文话题，并围绕之展开说明，因而是本文的主题句。

5. 不仅年轻人，老人们也都在使用微信支付。【解析】短语“not only...but also ”

意为“不仅……而且……”。

**Passage 6**

“Without music, life would be a mistake.” famous German

philosopher Friendrich Nietzsche said over a century ago. Music is a big part of our lives. But in recent years, some US schools

have cut music classes to control budgets (预算).

For example, Chicago public schools hurt arts education when it fired ( 解 雇 ) over 1,000 teachers. Among them, 10

percent of the teachers taught art or music, according to The Washington Times. In fact, this is not just a problem in the US. In other countries, such as China and the UK, music classes are not thought to be as important as ones like science, math and

history. That’s partly because music is not seen as a very important life skill, and it isn’t tested. Many students are busy with schoolwork, so parents and students choose to focus on subjects that are tested more often.

However, learning music is beneficial in many ways.

When playing music, you need different abilities to work together. It is not as simple as it looks, according to Kenneth Guilmartin of Music Together, an early childhood music development program. For example, when playing the piano,

people see music notes and decode( 解码) them in their brains.

They also use their fingers to make sounds. You need to deal with all these things at the same time.

Music has a special connection with science as well. You can see that many scientists are good at playing music: Einstein played the violin, and German physicist Max Planck was talented in playing the piano.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. Chicago public schools

teachers.

when it fired over 1,000

2. In China and the UK, music classes are not thought to be as important as ones like .

3. Why are the students busy with their schoolwork instead of

music?

4.

5.

【主旨大意】本文是一篇说明文。通过介绍美国一些学校减少音乐课的事情和

其他现象来引出作者的观点——学习音乐还是有很多好处的，并进一步说明了 其好处，从而告诉我们，音乐是我们生活的一部分。

1. hurt arts education【解析】细节理解题。题干意为：当芝加哥公立学校解雇

1000 多名老师时，它 。根据短文第二段第一句 “For example, Chicago public schools hurt arts education when it fired (解雇) over 1,000 teachers.”可知， 芝加哥公立学校伤害了艺术教育。故填 hurt arts education。

2. science, math and history【解析】细节理解题。题干意为：在中国和英国，音 乐课被认为不如 重要。根据短文的第二段第三句“...such as China and

the UK, music classes are not thought to be as important as ones like science, math and history.”可知，在中国和英国，音乐课被认为不如科学、数学和历史重要。 故填 science, math and history。

3. Because music is not seen as a very important life skill, and it isn’t tested. 【解析】 细节理解题。题干意为：为什么学生忙于他们的功课而不是音乐？根据第二段 第四句“That’s partly because music is not seen as a very important life skill, and it isn’t tested.”可知因为音乐不被看作重要的生活技能，并且不测试，所以学生们

忙于其他功课。故填 Because music is not seen as a very important life skill, and it isn’t tested.。

4. “Without music, life would be a mistake.”【解析】主旨大意题。短文主要介绍 音乐是人们生活中重要的一部分。根据短文内容可知短文第一句引自哲学家尼 采的话是本文的主题句，它既引出了本文的话题，又很好地总结了音乐的重要 性。

5. 你需要同时处理所有的这些事情。【解析】 deal with 处理；at the same time

同时。

**Passage 7**

There is an English proverb that says, “Let Sleeping Dogs Lie.” It means not to bring up an old problem. Researchers in Hungary have found another reason to let dogs keep on sleeping. It seems that the animals are learning while they sleep.

The scientists placed wires on the dogs’ heads to measure electrical activity in the brain. The brain activity, called sleep

spindles ( 睡眠纺锤波), takes place in human beings, and has

been connected with learning. The Hungarian scientists hope to understand how the dogs’ ability to learn and remember changes as they get older. The study may help researchers understand how the changes of human brains take place as we age.

Ivaylo Iotchey, one of the researchers, says that this is the first time dogs’ sleep spindles have been measured( 测量), and

related to the dogs learning new things. “From studies, we know that in the dog, sleep spindles have only been described, but they were never related to function. This is the first time we were able to show that we connect sleep spindles with learning in the dog.

Researchers hope the study will not only help understanding of learning ability and memory changes in dogs, but also the aging process in humans. They found that the aging dogs suffer from the same problems as humans who are aging. Among very old dogs, up to two thirds of them show signs of

dementia(老年痴呆), and this dementia is really very similar to

that of humans, so we could use dogs as a natural model of human aging.

The team collects problems from dogs’ brains and shares the results with researchers around the world.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下第三

段的主题句；5 题将文中画线句子译成汉语。

1. “Let Sleeping Dogs Lie” means not to an old problem.

2. From the study we can understand how the changes of human brains as we age.

3. What can we learn from the study except the learning ability

and memory changes of dogs?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了科学家通过研究狗的睡眠来进一

步探索睡眠与学习能力和记忆力的关系，同时研究人类和狗的年龄和学习能力 的关系。

1. bring up【解析】细节理解题。题干意为：“别惊动睡着的狗”意思是不要

老问题。根据第一段第一、二句“There is an English proverb that says,

‘Let Sleeping Dogs Lie.’ It means not to bring up an old problem.”可知，这句话的意 思是不要再提老问题。故填 bring up。

2. take place【解析】细节理解题。题干意为：通过研究我们能够了解，随着我 们变老，人类大脑的改变怎样 。从第二段最后一句“The study may help researchers understand how the changes of human brains take place as we age.” 可知 答案。故填 take place。

3. The aging process in humans.【解析】细节理解题。题干意为：除了狗的记忆 和学习能力的变化之外，我们还能通过这个研究了解到什么？从第四段第一句

“Researchers hope the study will not only help understanding of learning ability and memory changes in dogs, but also the aging process in humans.”可知，研究者希望 这项研究不仅帮助我们了解狗的记忆和学习能力的变化，也能了解人类的衰老 过程。故填 The aging process in humans。

4. This is the first time we were able to show that we connect sleep spindles with learning in the dog. 【解析】主旨大意题。本段主要介绍了这项研究的意义。本 段的最后一句话归纳总结本段的大意，因而是本段的主题句

5. 他们发现，衰老的狗会遭受和衰老的人一样的问题。【解析】“They found that...”中，that 引导宾语从句；suffer from 遭受；the same...as...和……一样；who 为关系代词，引导定语从句，修饰先行词 humans。

**Passage 8**

In many parts of the world, especially in Northern Europe and North America, people eat a lot of potatoes. Like many important foods, it was introduced to England from North America at the time of Queen Elizabeth. Nowadays it is such an important part of the Englishman’s food that it is difficult to imagine how he used to manage without it. Potatoes can be cooked in many different ways. The four main methods used in England are boiling, baking, roasting and frying.

When one boils a potato one cuts it up and cooks it in a pan with boiling water and a little salt. They usually take twenty minutes or half an hour to cook.

Potatoes are also baked (烤). They are put in an oven (烤箱)

for about half an hour. Usually their skins are not taken away. Baked potatoes with their skins on are called potatoes in their jackets.

Roasting is like baking because it is usually done in an oven. The main difference between baking and roasting is that when baking one does not use fat, but in roasting one does. For their Sunday lunch many English people usually have roast beef with roast potatoes.

Frying is like roasting because fat or oil is used but one does not use an oven. There are two main ways of frying potatoes. One can cut them into pieces and fry them in a special shallow pan called a frying pan. The other way is called deep frying. The pieces of potatoes are put into a deep pan or metal box full of oil. This is like boiling except that one uses oil instead of water.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. Like many other foods, potatoes England from

North America.

2. When boiling potatoes, it usually takes 20 minutes or

to cook.

3. What are the potatoes baked with their skins called?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了英国人的一种主要食物——土豆 的四种烹饪方法。

1. was introduced to【解析】细节理解题。题干意为：像许多其他食物一样，土 豆是从北美 英国的。根据第一段第二句“Like many important foods, it was introduced to England from North America at the time of Queen Elizabeth.”可知， 土豆是在伊丽莎白女王时期被从北美引进到英国的。故填 was introduced to。

2. half an hour【解析】细节理解题。题干意为：当煮土豆时，通常花费 20 分钟 或 来煮熟。从第二段最后一句“They usually take twenty minutes or half an hour to cook.”可知，通常花 20 分钟或半小时来煮土豆。故填 half an hour。

3. Potatoes in their jackets.【解析】细节理解题。题干意为：带皮烤的土豆被叫做 什么？从第三段最后一句“Baked potatoes with their skins on are called potatoes in their jackets.”可知答案。故填 Potatoes in their jackets。

4. The four main methods used in England are boiling, baking, roasting and frying.

【解析】主旨大意题。本文主要介绍了英国人烹饪土豆的四种方法。第一段的 最后一句话引出本文话题，总结本文的大意，因而是本文的主题句。

5. 除了使用油来代替水之外，这种做法和煮（土豆）一样。【解析】like 为介词， 意为“像……”，后接名词或动名词；except that...意为“除了……”，that 后接宾语 从句；instead of 代替，而不是，是介词短语，后接名词或动名词。

话题 **6** 咨询建议

**Passage 1**

Studying abroad is a chance to step into a new culture—but that doesn’t mean you can take that step for free. If you are

nervous about financial ( 经 济 的 ， 财 务 的 ) matters while

studying abroad, here are some tips for studying abroad according to my personal experience.

**Try to gain as many scholarships as possible**

Depending on your program, there may be scholarship chances from your study abroad program provider (if it’s different from your college), host institution, or home university. **Plan ahead for the money**

Before you leave, think about what you will buy every day. How much money will you need for food, traffic, and basic needs? Once you work that out, you can see how much you’ll be

left to buy souvenirs(纪念品).

**Watch out for ATM fees**

Many American banks ask you to pay fees every time you use an ATM overseas. Although a dollar or two may seem small, these fees can add up if you only take out a little of money at a time. One way about this is to avoid using the ATM too often, but that means carrying lots of money with you, which isn’t always a good idea. Try finding a bank that doesn’t have overseas ATM fees.

**Decide what’s worth a paying and what’s not**

Remember to spend a little more on travel experiences than on souvenirs. At the same time, having a few meaningful souvenirs from the places you visit is also a nice way to remember your travels, but these don’t have to be expensive.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. Although it is not free for you, studying abroad is a chance for you to a new culture.

2. When you use the ATM overseas, you should ATM fees.

3. What should you spend a little more on？

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了出国留学需要注意的事项。主要

列举了四个方面：尽可能多申请奖学金；提前计划好钱；注意自动取款机手续 费；决定什么值得买什么不值得买。

1. step into【解析】细节理解题。题干意为：尽管出国留学不是免费的，但是它 是一个让你去 一种新文化的机会。根据第一段第一句“Studying abroad

is a chance to step into a new culture—but that doesn’t mean you can take that step for free.”可知答案。故填 step into。

2. watch out for【解析】细节理解题。题干意为：当你使用自动取款机时，你应 该 手 续 费 。 从 “ Watch out for ATM fees ” 和 第 四 段 第 一 句 “Many American banks ask you to pay fees every time you use an ATM overseas.”可知答案。 故填 watch out for。

3. Travel experiences.【解析】细节理解题。题干意为：你应该在什么上面花费的 稍微多点？从第五段第一句“Remember to spend a little more on travel experiences than on souvenirs.”可知应该在旅行经历上花费更多的钱。故填 Travel experiences。

4. If you are nervous about financial ( 经 济 的 ， 财 务 的 ) matters while studying abroad, here are some tips for studying abroad according to my personal experience.

【解析】主旨大意题。本文主要介绍了出国留学需要注意的事项。第一段为文

章的主旨段，旨在引出话题。第一段的最后一句话“If you are nervous about financial ( 经济的，财务的) matters while studying abroad, here are some tips for studying abroad according to my personal experience. ”归纳总结本段的大意，因而 是本段的主题句，也是全文的主题句。

5. 尽管一美元或者两美元看起来很少，但是如果你每次仅仅取出一点钱的话， 这些费用会累积起来。【解析】本句中，Although 引导让步状语从句，后半句 中又含有 if 引导的条件状语从句；add up 累积；take out 取出；at a time 一次。

**Passage 2**

As is known to us, we achieve our goals one step at a time, doing a little each day. So, using your day well is important. Here are four ideas on how to start your day off right.

**Get up an hour early**

People who get up early in the morning have a jump on the day. For starters, they’re awake! And some studies show that our

willpower and attention are strongest in the morning. In fact, the morning may be the most productive (富有成效的，有收获的)

part of your day. People who rise up early have a head start and are more likely to succeed.

**Drink a glass of water with lemon juice**

Although your coffee is being prepared or waiting for your tea water to heat up, drink a glass of water with lemon juice. Why? Health experts say that drinking a cup of lemon juice and

water in the morning starts the body’s metabolism ( 新陈代谢).

Not only does it start your body’s cells, but keeps them moving throughout the day.

**Exercise**

Physical fitness experts and trainers often suggest doing exercise in the morning because the middle of the day is a busy time for most people. By the day’s end, you may not have the time or energy to exercise. Exercising in the morning prevents that from happening.

**Think about your day at night**

Take time at the end of the day to think back on all the things that have happened. Give thanks, if you want. And spend a little time to think about tomorrow. This may help you to prepare if

you take a few minutes to think about what you need to do the next day.

1~2 题完成句子；3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. It is known to us that we achieve our goals one step .

2. If you in the morning, you will have a jump on the day.

3. What do the fitness experts and trainers suggest?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了怎样让每一天富有成效，怎样过

好每一天，从而达到目标。文章一共列举了四种方法：早起一个小时；喝一杯 柠檬水；锻炼身体；在晚上回想一天的事。

1. at a time【解析】细节理解题。题干意为：我们都知道，我们 一步来 实现我们的目标。根据第一段第一句“As is known to us, we achieve our goals one step at a time, doing a little each day.”可知答案。故填 at a time。

2. get up early【解析】细节理解题。题干意为：如果你在早晨 ，你将在白 天有一个飞跃提升。从第二段第一句“People who get up early in the morning have a jump on the day.”可知答案。故填 get up early。

3. Doing exercise in the morning.【解析】细节理解题。题干意为：健康专家和教 练建议什么？从第四段第一句“Physical fitness experts and trainers often suggest

doing exercise in the morning because the middle of the day is a busy time for most people.” 可 知 ， 健 康 专 家 和 教 练 建 议 早 晨 锻 炼 。 故 填 Doing exercise in the morning.。

4. Here are four ideas on how to start your day off right. 【解析】主旨大意题。本 文主要介绍了怎样让每一天富有成效，怎样过好每一天，从而达到目标的四种 方法。第一段的最后一句话是本文的主题句。

5. 在一天结束时，花时间回想一下所有发生的事情。【解析】本句为动词原形 Take 开头的祈使句，take time to do...花费时间去做……；at the end of 在……的 末尾；think back on 回想，回忆；that 引导定语从句，修饰先行词“all the things ”。

**Passage 3**

Many children spend a lot of time watching or playing with electronic media —from televisions to video games, computers and other device(设备).

So, it is natural that parents should wonder about the time children spend looking at a TV or computer screen. Americans say “screen time” when they talk about any time children spend in front of an electronic device.

Perhaps parents can stop worrying so much about screen time, at least for older boys and girls. In October 2017, The American Academy of Pediatrics (AAP) listed several suggestions for parents and child care workers. Here are some of the suggestions.

● Avoid digital( 数 字 的 ) media use in children younger

than 18 to 24 months.

● For children aged 18 to 24 months, avoid letting the child watch media alone. And avoid using media as a way to comfort your child.

● For children two to five years of age, allow one hour screen time on “high quality programming” a day and watch it with your child.

● For children aged 6 and older, don’t spend too much time using media. Also, make sure that screen time does not take the place of healthy sleep, exercising, doing homework, and other activities.

● Make sure to have media-free time together as a family, such as dinner or driving. Also make some areas of the home media-free. Turn off your child’s electronic devices an hour before bedtime.

1 题判断正误（“T”表示正确，“F”表示错误）；2 题完成句

子；3 题简略回答问题；4 题找出并写下全文的主题句；5 题 将文中画线句子译成汉语。

1. Four-year-old children can be allowed to watch an hour’s TV

by themselves every day. 【 】

2. It takes

electronic media.

for many children to watch or play with

3. When should parents turn off their children’s electronic

devices?

4.

5.

【主旨大意】本文是一篇说明文。主要讲述了现在的儿童花费过多时间接触电

子媒体，并给父母以及保育员提出了一些合理化的建议。

1. F 【解析】细节理解题。题干意为：四岁的孩子被允许每天自己看一个小时的 电视。根据短文里建议的第三条“For children two to five years of age, allow one hour screen time on “high quality programming” a day and watch it with your child.” 可知，允许 2 至 5 岁的孩子每天看一个小时高质量的电视，并有父母陪同。故 表述错误。

2. a lot of time【解析】细节理解题。题干意为：很多孩子花费 看或者 玩电子媒体。根据第一段第一句“Many children spend a lot of time watching or playing with electronic media.”可知，很多孩子花费大量的时间看或者玩电子媒 体。故填 a lot of time。

3. An hour before bedtime. 【解析】细节理解题。题干意为：父母应该什么时间 关 上 孩 子 的 电 子 设 备 ？ 根 据 短 文 最 后 一 句 “ Turn off your child’s electronic

devices an hour before bedtime.”可知父母应该在在睡觉前一个小时关掉孩子的电 子设备。故填 An hour before bedtime. 。

4. In October 2017, The American Academy of Pediatrics (AAP) listed several suggestions for parents and child care workers. 【解析】主旨大意题。短文主要是 给父母及保育员提出关于孩子使用电子设备的建议。因此第三段的第二句话是 本文的主题句。

5. 对于 6 岁和更大的孩子，不要花费太多时间使用媒体。【解析】For children aged 6 and older 对于 6 岁和更大的孩子；spend too much time doing sth.花费太多

时间做某事。

**Passage 4**

When we are worried, or mad, we don’t always know what to do. You’re looking for help and that’s what we are here for. Here’s how to deal with strong feelings and relax yourself. However, you have to remember that it’s always up to you, you can control yourself if you follow these tips.

Lie down in a safe place. Close your eyes and listen to slow music to make your mind quiet. Imagine every part of your body relaxing. Start with your toes and as you breathe, imagine them becoming one with the Earth. Remember to breathe from your stomach to spend several breaths on each body part until you

feel all the muscles (肌肉) there completely relaxed. Try to be as

still as possible.

Take a piece of paper to write about what has happened and list steps of action to work it out properly. After you write it down, throw it away. It’s like throwing away those feelings you just want to get out.

Realize that you cannot control what will happen today. Know that you can control how you react to the problems that will happen every day. When you find yourself getting worried, or stressed because life seems to be out of control, take a few deep breaths first. And then tell yourself “Life is crazy but I am calm”. Repeat this ten times and you will get calm.

Don”t get down on yourself. If you’re having a bad day, look at yourself in the mirror and tell yourself good things. Say “You are smart/beautiful/handsome.” to keep your confidence up. Don’t let other people bring you down! Stay Strong!

1 题完成句子； 2~3 题简略回答问题；4 题找出并写下全文

的主题句；5 题将文中画线句子译成汉语。

1. You can close your eyes and slow music to make your mind quiet when you lie in a safe place.

2. What should you do after writing down what has happened ?

3. What can you do first if you find that life seems to be out of

control?

4.

5.

【主旨大意】本文是一篇说明文。主要介绍了当你担忧焦虑感到有压力时，怎

样去处理。本文主要介绍了四种方法：躺在一个安全的地方；找一张纸写下发 生的事；记住你无法控制今天将要发生的事；不要看不起自己。

1. listen to【解析】细节理解题。题干意为：当你躺在一个安全的地方，你可以 闭上你的眼睛并且 舒缓的音乐来让你的思想平静下来。根据第二段第 二句“Close your eyes and listen to slow music to make your mind quiet.”可知，闭上 眼睛，听一些舒缓的音乐来让你的思想平静下来。故填 listen to。

2. Throw it away.【解析】细节理解题。题干意为：在写下所发生的事之后，你 应该怎么做？从第三段第二句“After you write it down, throw it away.”可知答案。 故填 Throw it away.。

3. Take a few deep breaths.【解析】细节理解题。题干意为：如果你发现生活似 乎失控了，你首先能够做什么？从第四段第三句“When you find yourself getting

worried, or stressed because life seems to be out of control, take a few deep breaths first.”可知答案。故填 Take a few deep breaths.。

4. However, you have to remember that it’s always up to you, you can control yourself if you follow these tips. 【解析】主旨大意题。本文主要介绍了当你担忧、 焦虑和感到有压力时，怎样去处理的四种方法。本文第一段的最后一句话引出 本文话题，并且以下段落都围绕其展开说明，因而是本文的主题句。

5. 如果你这一天过得很糟糕，看看镜子中的自己，告诉自己好的事情。【解析】 本句中，从属连词 if 引导条件状语从句；look at oneself in the mirror 照镜子；tell

sb. sth.告诉某人某事。

**Passage 5**

I was bullied ( 欺 负 ) quite badly in high school. A kid would try to make me feel terrible in every way he knew. For example, he would hit me in the head, call me ugly and stupid and make fun of me. It was like his daily job.

Looking back to that time — which was about 7 years ago

—my biggest mistake was not bringing anyone into that world of mine. I was too proud and embarrassed to get help. I would rather not face the fact that I needed help because in my mind, that would mean that the bully won. It would also mean that I was weak.

Let me just say this — bullying someone is a weak choice. The only reason they come after you is because they think you won’t do anything about it. Does that make anyone strong? No. Be stronger — reach out to a parent, a teacher or a friend. Admit you need help.

You can put it like this: Somebody who is trying to make himself or herself seem important has bullied me. Why? Simply because I am nice and I haven’t done anything about it yet. Well,

I hate this. I have basic human rights. It is just not OK. How do I manage this the right way? I don’t want the pain cycle to continue and I don’t want to become someone I don’t want to be.

I will close by saying this — I am OK! I am enjoying my life. I graduated from college with good grades. You don’t have to wait to live. Do something today.

1~2 题完成句子；3 题简单回答问题；4 题找出并写下第三

段的主题句；5 题将文中画线句子译成汉语。

1. A boy bullied the writer ago.

2.The writer didn’t ask for help in high school because

.

3. What did the writer advise us to do when facing bullying?

4.

5.

【主旨大意】本文是一篇说明文。 作者回忆了自己在上中学时遭受校园欺凌的

一段痛苦历程，且对校园欺凌现象提出了自己的观点和看法，并就如何应对校 园欺凌提出了一些建议。

1. 7/seven years【解析】细节理解题。题干意为：一个男孩在 以前欺负 过我。根据第二段第一句 “Looking back to that time — which was about 7 years ago...”可知，事情发生在 7 年以前。故填 7/seven years。

2. he was too proud and embarrassed 【解析】细节理解题。题干意为：在高中时， 作者没有寻求帮助是因为 。根据第二段的“...my biggest mistake was

not bringing anyone into that world of mine. I was too proud and embarrassed to get help.”可知作者没有寻求帮助是因为自己太骄傲，同时又太尴尬了。故填 he was too proud and embarrassed。

3. To reach out to a parent, a teacher or a friend. Admit you need help.【解析】细节 理解题。根据第三段倒数一、二句“Be stronger — reach out to a parent, a teacher or a friend. Admit you need help.”可知，作者建议我们在遇到欺凌时，主动向父 母、老师、或朋友寻求帮助。

4. Let me just say this — bullying someone is a weak choice.【解析】主旨大意题。 第三段介绍了威胁某人是一个软弱的选择并介绍其原因。故第三段第一句为本 段的主题句。

5. 那个尽力让他/她自己看起来很重要的人欺负了我。【解析】本句中，who 引 导一个定语从句，先行词是前面的 Somebody；try to do sth.尽力做某事。