



挑战自我

尝试接触各类考试 压轴 题 与竞赛题

# 单元》《测

总主编 主 编 副主编

严 军 表 青 辛宝琦

徐宝山 刘向红

# 同步达标活页试卷

含模块综合卷



# 高中英语③

本丛书特在"春雨教育网" (www.cyjy.com) 开设24小时名师 "解疑释难"讨论版,以全天候、人 性化的全面助学服务,关注各地中 小学生学习、复习、考试每一天。



中国少年儿童新闻出版总社

# 目 录

第 1 课时训练卷 (1) 第 2 课时训练卷 (5) 第 3 课时训练卷 (5) 第 4 课时训练卷 (7) 第一单元测试卷(A 卷) (41) 第一单元测试卷(B 卷) (45) (45) (11) 第 3 课时训练卷 (9) 第 2 课时训练卷 (11) 第 3 课时训练卷 (15) 第二单元测试卷(A 卷) (49) 第二单元测试卷(B 卷) (53) (53) (53) (53) (53) (53) (54) (54) (54) (55) 第 2 课时训练卷 (15) 第二单元测试卷(B 卷) (53) (53) (53) (53) (53) (53) (53) (54) (54) (55) 第 3 课时训练卷 (15) 第 3 课时训练卷 (15) 第 3 课时训练卷 (15) 第 3 课时训练卷 (17) 第 4 课时训练卷 (17) 第 5 2 课时训练卷 (18) (19) 第 3 课时训练卷 (19) 第 3 课时间标记 (	Unit 1	Festivals around the world
第 3 课时训练巻 (5) 第 4 课时训练巻 (77) 第 - 单元測试卷(A 卷) (41) 第 - 单元測试卷(B 卷) (45)  Unit 2 Healthy eating 第 1 课时训练巻 (9) 第 2 课时训练巻 (11) 第 3 课时训练巻 (15) 第 - 单元測试卷(A 卷) (49) 第 - 单元測试卷(B 卷) (53)  Unit 3 The Million Pound Bank-Note 第 1 课时训练卷 (17) 第 2 课时训练卷 (19) 第 3 课时训练卷 (19) 第 3 课时训练卷 (21) 第 4 课时训练卷 (23) 第 4 课时训练卷 (23)		第1课时训练卷
第 4 课时训练巻 (7) 第一单元測试卷(A 卷) (41) 第一单元測试卷(B 卷) (45)  Unit 2 Healthy eating 第 1 课时训练巻 (9) 第 2 课时训练巻 (11) 第 3 课时训练巻 (13) 第 4 课时训练巻 (15) 第二单元測试卷(A 卷) (49) 第二单元測试卷(B 卷) (53)  Unit 3 The Million Pound Bank-Note 第 1 课时训练卷 (17) 第 2 课时训练卷 (19) 第 3 课时训练卷 (19) 第 3 课时训练卷 (21) 第 4 课时训练卷 (23) 第 5 单元测试卷(A 卷) (57)		第 2 课时训练卷
第一单元測试卷(A卷)       (41)         第一单元測试卷(B卷)       (45)         Unit 2 Healthy eating       第1课时训练卷       (9)         第2课时训练卷       (11)         第3课时训练卷       (13)         第4课时训练卷       (15)         第二单元测试卷(A卷)       (49)         第二单元测试卷(B卷)       (53)         Unit 3 The Million Pound Bank-Note       (17)         第2课时训练卷       (19)         第3课时训练卷       (21)         第4课时训练卷       (23)         第5年元測试卷(A卷)       (57)		第 3 课时训练卷
第一单元测试卷(B卷)       (45)         Unit 2 Healthy eating       (9)         第1课时训练卷       (9)         第2课时训练卷       (11)         第3课时训练卷       (15)         第二单元测试卷(A卷)       (49)         第二单元测试卷(B卷)       (53)         Unit 3 The Million Pound Bank-Note       (17)         第1课时训练卷       (17)         第2课时训练卷       (19)         第3课时训练卷       (21)         第4课时训练卷       (23)         第三单元测试卷(A卷)       (57)		第 4 课时训练卷(7)
Unit 2 Healthy eating       第1课时训练卷       (9)         第2课时训练卷       (11)         第3课时训练卷       (13)         第4课时训练卷       (15)         第二单元测试卷(A卷)       (49)         第二单元测试卷(B卷)       (53)         Unit 3 The Million Pound Bank-Note       (17)         第2课时训练卷       (19)         第3课时训练卷       (21)         第4课时训练卷       (23)         第三单元测试卷(A卷)       (57)		第一单元测试卷(A卷)·····(41)
第1 课时训练巻 (9) 第2 课时训练巻 (11) 第3 课时训练巻 (13) 第4 课时训练巻 (15) 第二单元測试卷(A 巻) (49) 第二单元測试卷(B 巻) (53)  Unit 3 The Million Pound Bank-Note 第1 课时训练巻 (17) 第2 课时训练巻 (19) 第3 课时训练巻 (21) 第4 课时训练巻 (23) 第三单元测试卷(A 巻) (57)		第一单元測试卷(B卷) ····· (45)
第1 课时训练巻 (9) 第2 课时训练巻 (11) 第3 课时训练巻 (13) 第4 课时训练巻 (15) 第二单元測试卷(A 巻) (49) 第二单元測试卷(B 巻) (53)  Unit 3 The Million Pound Bank-Note 第1 课时训练巻 (17) 第2 课时训练巻 (19) 第3 课时训练巻 (21) 第4 课时训练巻 (23) 第三单元测试卷(A 巻) (57)		
第 2 课时训练卷       (11)         第 3 课时训练卷       (13)         第 4 课时训练卷       (15)         第二单元测试卷(A卷)       (49)         第二单元测试卷(B卷)       (53)         Unit 3 The Million Pound Bank-Note       (17)         第 1 课时训练卷       (17)         第 2 课时训练卷       (19)         第 3 课时训练卷       (21)         第 4 课时训练卷       (23)         第三单元测试卷(A卷)       (57)	Unit 2	Healthy eating
第 3 课时训练卷 (13) 第 4 课时训练卷 (15) 第二单元测试卷(A 卷) (49) 第二单元测试卷(B 卷) (53) Unit 3 The Million Pound Bank-Note 第 1 课时训练卷 (17) 第 2 课时训练卷 (19) 第 3 课时训练卷 (21) 第 4 课时训练卷 (23) 第 5 单元测试卷(A 卷) (57)		第1课时训练卷
第4课时训练卷       (15)         第二单元測试卷(A卷)       (49)         第二单元測试卷(B卷)       (53)         Unit 3 The Million Pound Bank-Note       (17)         第1课时训练卷       (19)         第3课时训练卷       (21)         第4课时训练卷       (23)         第三单元测试卷(A卷)       (57)		第 2 课时训练卷 ······ (11)
第二单元测试卷(A 卷)       (49)         第二单元测试卷(B 卷)       (53)         Unit 3 The Million Pound Bank-Note       (17)         第 1 课时训练卷       (17)         第 2 课时训练卷       (19)         第 3 课时训练卷       (21)         第 4 课时训练卷       (23)         第 5 单元测试卷(A 卷)       (57)		第 3 课时训练卷 ······ (13)
第二单元测试卷(B卷)       (53)         Unit 3 The Million Pound Bank-Note       (17)         第1课时训练卷       (19)         第2课时训练卷       (21)         第4课时训练卷       (23)         第三单元测试卷(A卷)       (57)		第 4 课时训练卷 ······ (15)
Unit 3 The Million Pound Bank-Note       (17)         第1课时训练卷       (19)         第3课时训练卷       (21)         第4课时训练卷       (23)         第三单元测试卷(A卷)       (57)		第二单元測试卷(A卷)·····(49)
第1课时训练卷       (17)         第2课时训练卷       (21)         第4课时训练卷       (23)         第三单元测试卷(A卷)       (57)		第二单元測试卷(B卷)·····(53)
第1课时训练卷       (17)         第2课时训练卷       (21)         第4课时训练卷       (23)         第三单元测试卷(A卷)       (57)		
<ul> <li>第 2 课时训练卷</li></ul>	Unit 3	The Million Pound Bank-Note
第 3 课时训练卷		第1课时训练卷 (17)
第 4 课时训练卷 ······ (23) 第三单元测试卷(A卷)····· (57)		第 2 课时训练卷 ······ (19)
第 4 课时训练卷 ······ (23) 第三单元测试卷(A 卷) ····· (57)		第 3 课时训练卷
第三单元测试卷(A卷)·····(57)		
/r — / / U// P/ E / = 'E / \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		第三单元測试卷(B卷) ······(61)



Unit 4	Astronomy: the science of the stars	
	第1课时训练卷	(25)
	第 2 课时训练卷 ······	(27)
	第 3 课时训练卷 ······	(29)
	第 4 课时训练卷 ······	(31)
	第四单元測试卷(A卷)······	(65)
	第四单元測试卷(B 卷) ·······	(69)
Unit 5	Canada——"The True North"	
	第1课时训练卷	(33)
	第 2 课时训练卷 ····································	(35)
	第 3 课时训练卷	(37)
	第 4 课时训练卷 ······	(39)
	第五单元測试卷(A卷)···································	(73)
	第五单元測试卷(B卷) ····································	(77)
高中英	吾(必 <b>修</b> 3) 模块综合卷	(81)
会坐处:	₹	(80)

-



## Festivals around the world

# ··········第1 课时(Period 1)训练卷·········

	时间:20	分钟	满分:50 分	得分
一、柿	·····································	-(毎空	1.5分,共15分)	
	. Christmas is a f for family memb			
2	. Mahatma Gandhi helped gain India's i	fr	om Britain.	
3	. The teacher said that we could not leave wi	thout p	•	
4	. It was o that the manager of the	coffee sl	nop was waiting for Johnny	to leave.
5	. She was a a medal for her brave	ry.		
6	. Many countries are increasing their use of r	ıatural g	as, wind and other forms o	f e
7	. In China and some other south-eastern cour	ntries th	ere are mid-autumn festiva	ls, when people a the
	moon and give gifts of mooncakes.			···
8	. Easter is an important r and soci	al festiv	al in Christian countries.	
	. Nothing s him; he is always comp			
10	0. It is the c in China to give child	dren luc	ky money in red paper.	
	<b>]所给词的正确形式填空</b> (每空1.5分,共1			
1	1. Festivals and(celebrate) of all	kinds ar	e held everywhere.	
12	2. They dress up and try(fright)	people.		
13	3. Columbus Day is in memory of the	( arri	ve) of Christopher Columb	ous in America.
14	4. Festivals let us enjoy life, be proud of our	customs	and forget the(	day) life for a little while.
1:	<ol><li>He had looked forward to( meet like a fool.</li></ol>	) her al	l day, and now he was alon	e with his roses and chocolates,
10	6. John would drown his(sad) in	coffee.		
	7. The two young people got married		et) and they were very	(happy).
	8. I apologized to Mr Li for			(FF)/-
	9. The poor man died of (starve).	`	·	
	O. The most(energy) festival in C.	hina is t	he Spring Festival.	
	· <b>项填空</b> (每空 2 分, 共 20 分)		. 0	
	I. Ipay Tracy a visit, but I'm not s	ure whe	ther I will have time this S	unday.
	A. should B. mig			•
	C. would D. cou			
22	2. —Excuse me, but I want to use your comp	uter to t	ype a report.	`
	—You have my computer if you		•	
	A. shan't B. mig			
	C. needn't D. sho			_
23	3. —Who is the girl standing over there?			~
	Well, if you know, her name i	s Mable		
	A. may B. can			
	C. must D. shall	l		•
24	1. —Isn't that Ann's husband over there?			
	-No, it be him. I'm sure he do	esn't we	ar glasses.	
	A. can't B. mus		-	



	C. won't	D. may not
25.	You be tired, for you've	only been working for an hour.
	A. must not	B. won't
	C. can't	D. may not
26.	It looks it is going to ra	in.
	A. as if	B. even if
	C. so if	D. even though
27.	She said she would be there at sev	en o'clock, and he thought she would
	A. keep her words	B. keep her word
	B. break her words	D. lose her words
28.	I'm looking forward to r	ny summer holiday with you.
	A. speńt	B. spend
	C. spending	D. have spent
29.	In European countries it is the	to decorate churches and town halls with flowers and fruit.
	A. custom	B. way
	C. manner	D. habit
30.	His parents are satisfied	his achievements in his study.
	A. to	B. for
	C. with	D. from

## Festivals around the world

••••	·····第2课的	†( Peri	od 2) <b>训练卷</b> ····	•••••
	时间:20	)分钟	满分:50 分	得分
一、翻译下列短语(每个1	分,共10分)	•		···
1. take place	_			
2. in memory of				
3. dress up				
4. play a trick	<del></del>			
5. as though				
6. 期待;期望				
7. 日夜;昼夜	•			
8. 出现;到场	<u> </u>			
9. 屏住气息	<u>.</u>			
10. 守信用;履行诺言				
二、介词、副词填空(每个	2分,共10分)			
	· · · · · · ·	-	use his restaurant was pop	
			the dead for the county,	not for a visit."
13. The competition _	the two restau	rants was	very serious.	
	home he thought			
	is an important festiva	ıl	_ the US.	•
三、完形填空(每空1.5分	ト,共30分)			
			-	題目),"The Art of Eating Spa-
				of an evening at Uncle Allen's
				etti for supper. Spaghetti was ar
				e grown-ups had enough experi-
				nethod of moving spaghetti from
plate to mouth. 24, I w	anted to write about tha	it, but I wa	nted to $\underline{25}$ it down sin	nply for my own <u>26</u> , not for
Mr Fleagle, my composition	teacher. 27, I wou	ald write so	omething else.	
				proper composition for Mr Flea-
gel. There was no choice n	ext morning but to	29 my	work. Two days passed	before Mr Fleagle returned the
30_ papers. He said, "!		=	•	
				ighed, and then the whole class
				t I was feeling was pure happi-
ness, 34 my words had	the power to make peo	ple <u>35</u>	<b>.</b> •	
16. A. memory	B. thought	C. k	nowledge D.	experience 👟
17. A. when	B. where	C. s	ince D.	after
18. A. cooked	B. served	С. д	ot D.	made
19. A. their	B. past	C. l	ast D.	those
20. A. none	B. one	C. s		neither
21. A. careful about		В. д	ood at	
C. fond of		D. i	nterested in	
22. A. speeches	B. lessons	C. s	ayings D.	arguments

23. A. nearly	B. naturally	C. officially	D.	socially
24. A. Especially	B. Probably	C. Suddenly	D.	Fortunately
25. A. settle	B. put	C. take	D.	let
26. A. work	B. story	C. luck	D.	joy
27. A. However	B. Therefore	C. As for him	D.	Except for that
28. A. time	B. excuse	C. way	D.	idea
29. A. give up	B. continue	C. hand in	D.	delay
30. A. written	B. graded	C. collected	D.	signed
31. A. loud	B. fast	C. publicly	D.	calmly
32. A. People	B. Nobody	C. Somebody	D.	I
33. A. shock	B. wonder	C. worry	D.	pleasure
34. A. if	B. for	C. while	D.	although
35. A. excited	B. satisfied	C. think	D.	laugh

得分\_\_\_\_

#### Festivals around the world

#### ·······第3课时(Period 3)训练卷···········

满分:50 分

时间:20 分钟

		,				
、单	<b>项填空</b> (每空4分,共	40 分)				
1.	Sports meet	every other year in	our schoo	ol.		
	A. takes place			take place		
	C. takes the place		D.	holds		
2.	What is needed is	of practice.				
	A. plenty	B. many	C.	lot	D.	enough
3.	Where does this road	?				
	A. leading		C.	lead in	D.	lead on
4	. —I must apologize	not letting ye	ou know	ahead	_time.	
	-That's all right.					
	A. for; of.	B. of; of	C.	to; for	D.	to; of
5.	He had promised to c	ome, but finally he di	dn't	·•		
	A. turn out	B. turn on	C.	turn up	D.	turn to
6.	On his, we	got down to our busi	ness.			
	A. arrived	B. arrival	C.	is arriving	D.	has arrived
7.	Don't be so silly! The	ey are adults and the	y will kno	ow your	soon.	
	A. trick	B. sadness	C.	trial	D.	fool
8.	—I don't mind telling	you what I know.				
	—You I'n	n not asking you for i	t.			
	A. mustn't	B. may not	C.	can't	D.	needn't
9.	-Listen! Someone is	knocking at the door	r.			
	—be my fri	end Tom.				
	A. She mustn't	B. It can't	C.	It must	D.	She may
10	). "The interest	be divided into f	ive parts	according to t	he <mark>agreem</mark> er	nt made by both sides," decided
	the judge.					
	A may	R should	C	must	р	shall

#### 二、阅读理解(每个2.5分,共10分)

People in the United States honor their parents with two special days: Mother's Day, on the second Sunday in May, and Father's Day, on the third Sunday in June. These days are set aside to show love and respect for parents. They raise their children and educate them to be responsible citizens. They give love and care. These two days offer an opportunity to think about the changing roles of mothers and fathers. More mothers now work outside the home. More fatheres must help with child-care.

These two special days are celebrated in many different ways. On Mother's Day people wear carnations. A red one symbolizes a living mother. A white one shows that the mother is dead. Many people attend religious services to honor parents. It is also a day when people whose parents are dead visit the cemetery. On these days families get together at home, as well as in restaurants. They often have outdoor barbecues for Father's Day. These are days of fun and good feelings and memories.

Another tradition is to give cards and gifts. Children make them in school. Many people make their own presents. These are valued more than the ones bought in stores. It is not the value of the gift that is important, but it is "the



thought that counts". Greeting card stores, florists, candy makers, bakeries, telephone companies, and other stores do a lot of business during these holidays.

- 11. Which is NOT a reason for children to show love and respect for parents?
  - A. Parents bring up children.
  - B. Parents give love and care to children.
  - C. Parents educate children to be good persons.
  - D. Parents pass away before children grow up.
- 12. What do you know from the passage?
  - A. Mother's Day and Father's Day are both in May.
  - B. Fewer women worked outside the home in the past.
  - C. Not all the children respect their parents.
  - D. Fathers are not as important as mothers at home.
- 13. On Mother's Day and Father's Day,
  - A. people usually have family parties
  - B. everyone goes to visit the cemetery
  - C. children always go to parents' home
  - D. hand-made cards are the most valuable gifts
- 14. What do you think "florists'" do ?
  - A. They sell flowers.
  - B. They make bread or pastry.
  - C. They offer enough room for having family parties.
  - D. They sell special clothes for Mother's Day and Father's Day.

### Festivals around the world

## ·······第4课时(Period 4)训练卷·······

		时间:20	分钟	满分:50 分		得分
单项	填空(每个2分,	共 20 分)		•	••••••	
		at 8:30 for the meeting	g, but he	e didn't turn up.		
	. should have an			should arrive		
C	. should be arriv	ing		should have had a	rrived	
	-Are you coming					
		go to the conc	ert instea	ad.		
			C.		D. w	ould
3. Sł	he must be from	the north,she	?	-		
		B. needn't		isn't	D. n	nay not
4. —	-My watch has di					
_	-Who	have taken it?		•		
	. should		C.	would	D. c	ould
5. A	left-luggage offic	e is a place where bags		_ be left for a shor	t time, es	pecially at railway statior
	. should	B. must		will	D. c	
6	is impor	tant is we lea	rn a fore	ign language.		
				It; what	D. T	hat ; it
7	fashion	differs from country to co	ountry m	ay reflect the cultur	al differe	nces from one aspect.
A	. Which	B. That	C.	It	D. W	7hat
8	we'll go	camping tomorrow deper	nds on th	e weather.		
A	. If	B. That	C.	Whether	D. W	Vhere
9	she likes	best is there	is a cha	nce for her to travel	l around t	the world.
A.	. That; what	B. What; what	C.	That; that	D. W	Vhat; that
10. I	read about it in	some book or an other, o	loes it m	atter it v	vas?	
A	A. which	B. what	C.	how	D. w	here
11.	caused	the accident is still a cor	mplete m	ystery.		
A	A. That	B. What	C.	Where	D. H	low
12.	has hel	ped to save the boy is w	orth prai	ising.		
A	A. The one	B. Anyone	C.	Whoever	D. W	/ho
13.	is to do	good all one's life and n	ever do	anything bad.		
A	A. He is hard	B. That is hard	C.	It is hard	D. W	hat is hard
14.	the 200	8 Olympic Games will be	e held in	China is no longer	a questic	on.
A	A. That	B. /	C.	When	D. W	/hich 👞
15	he cou	ldn't understand was	fe	ewer and fewer stud	lents shov	ved interest in his lessons
A	A. That; what	B. What; why	C.	Why; that	D. W	/hat; because
改错(	(每个2分,共20	)分)				
In En	gland , afternoon	tea, taken between four o	r			16
is the	most formal mea	l of the day. If you are a	ı			17
nd of th	he family, you ma	y drop for tea without an	1			18
ation o	or telling about v	ou are coming. Very				19.

often it is not served at a table. The member and	20.
visitors take tea in the sitting room. Each person	
had a cup and saucer, a spoon and a small plate	21
for bread-and-butter and cake. By the way, do not help	22
you to cake first; bread-and-butter first, then cake	23
if there is any. Other piece of advice is: do not put	24
more than one piece of bread or cake at same time.	25

#### 三、阅读理解

"13 years ago I bought this Volvo because it was advertised as the 11 years car."

Thirteen years ago, William Stiles, an expert in American Indian history, discovered the treasure as you see here: a 1966 Volvo.

He bought it because ads of the time said Volvos were so tough that they lasted an average of 11 years in Sweden.

As Mr Stiles remembers; one ad said that a Volvo was so tough that you could "Drive it like you hate it." I did exactly like that. In my field work, I've driven this car 295 000 hard miles. Much of it was through former Indian countryside. It is held up even better than promised. Expressions of love are not uncommon among Volvo owners. In fact, 9 out of 10 people who have bought new Volvos are happy. So if you are unhappy with your present car, do what Mr Stiles once did after reading one of our ads. Buy one of our cars.

Question: What does the underlined sentence imply?

18. A. it

B. him

# Healthy eating

	时间:20	0 分钟	满分:50 分	<b>-</b>	得分
一、根据句意和首字母提為	示写出单词,完成句子	F(每个2:	分,共20分)		
1. C drove V	Wang Peng inside the	newly oper	ned small restau	rant.	
2. Bdiet and					
3. Jimmy sat in his em	pty restaurant feeling	very f	•		
4. Hydrogen c	_ with oxygen to form	n water.			
5. The doctors are busy	ying doing r	into the c	auses of SARS.		
6. The supermarket trie	ed to attract more c _	by	displaying its	goods in the windo	w.
7. Jim carried the heav	ry box upstairs with hi	s full s	•		
8. Time is 1	, so we should make fi	ull use of i	t.		
9. —What is the b	of your food?				
—It offers enough fi	bre.				
10. The policeman gave	e us a s to	stop.			
二、完形填空(每个1.5分	,共30分)				
Alexander the Great wa	s the great Maccedoni	an Empero	r. <u>11</u> a yo	ung man he once _	12 himself a famous
horse with his extraordinary	power and observation	and wisdo	m.		
One day, his father, Kir	ng Philip, received a b	eautiful ho	rse as <u>13</u> .	Together with som	e of his men as well as
the prince, the King 14	with him his new hor	se out on a	wide plain to _	15 But they so	oon found that the horse
was very 16. It kicked	and shouted loudly so	that no or	ne could get on	his back. The Kin	g was <u>17</u> and gave
orders for 18 to be take	n back at once. But	the prince	Alexander was s	sorry to <u>19</u> this	8.
"It's a pity to lose such					
"Your <u>20</u> are bray	e," said the King, fe	eling that	his son <u>21</u>	without thinking.	"But are you brave e-
nough to do that?"					
					to the sun. He did so
because he 23 that the					
With its face to the sun					
gently and by and by jumped					ve prince holding on. It
ran farther and farther into the					
The horse was thus give					· ·
day in a fierce(激烈的) bat					
and ran home. Then it died.	30 his horse, A	Alexander h	ad a city built a	and named the city	Bucephalus, which was
the name of his horse.	<b>D</b> . (1)				
11. A. As	B. Since		While	D. For	~
12. A. bought	B. gave		borrowed	D. won	10
13. A. an honour	B. a prize		a present	D. a birthd	ay gitt
14. A. ride	B. pulled	C. 1		D. had	
15. A. ride	B. drive	C. 1		D. run	
16. A. weak	B. tall		strong	D. wild	
17. A. happy	B. angry	U. 9	surprised	<ul><li>D. satisfied</li></ul>	

D. someone

19. A. hear of	B. listen to	C. hear	D. say
20. A. actions	B. words	C. dead	D. ideas
21. A. said	B. spoke	C. told	D. talked
22. A. head	B. side	C. body	D. tail
23. A. had heard	B. found out	C. had observed	D. discovered
24. A. Who	B. That	C. Which	D. It
25. A. tired	B. still	C. quiet	D. quietly
26. A. out	B. back	C. up	D. down
27. A. plain	B. mountain,	C. forest	D. palace
28. A. and	B. by	C. with	D. after
29. A. harmed	B. wounded	C. sick	D. ill
30. A. In memory of		B. In favour of	

C. In answer to

D. Keep in mind

# Healthy eating

·······第2 课时(Period 2)训练卷·······						
	时间:20 :	分钟 满	分:50 分	得分		
一、翻译词组(每个2分,共2	0分)	***************************************	•			
1. tired of		2. throw a	way			
3. get rid of		4. in debt				
5. ought to		6. 被放过				
7. 平衡饮食		8. 谋生_				
9. tell lies		10. 厌烦_				
二、完形填空(每个1.5分,共	- 30 分)					
Dear Jose,						
You have asked me for sug	gestions on how to get	along in the U	Inited States. It is	difficult to give advice, but I have		
found the following do's and do		0				
	•	in a big city.	However, here a	re some suggestions. First, get or		
				op 13 to anyone with a dog.		
				s and will sometimes talk to you		
16 they see that you are a s	tranger. Next, take yo	our dirty 17	- to a laundry( 洗	衣店)! It takes about an hour to		
wash and dry, and many people	18 there. They	often pass the	19 talking to	the other customers. Always ask		
				n! It seems to get 21 results		
				ou're welcome." before you come		
and use them all the time! The						
				w are you?". They only25		
				ne wants to be young. Don't tell		
				Don't be late for an appointment.		
				and expect everyone to be "on		
time".			•			
Above all, don't worry! Jus	t follow my advice and	d bring a lot of	money and you w	rill get along. I hope I have been		
of some help to you.	•	0	,,	Bet mon8. I mobe I mate been		
Sincerely yours,						
				Socrates		
11. A. smile	B. shout	C. talk to	D.	run		
12. A. a dog	B. much money	C. a map		a bike		
13. A. talking	B. and nod	C. to talk	_	to wave		
14. A. After it	B. Then	C. Later		At the smae time		
15. A. have	B. eat	C. buy		share		
16. A. although	B. before	C. since		if		
17. A. shoes	B. water	C. clothes		day		
18. A. wait	B. said nothing	C. work		become kind		
19. A. cards	B. time	C. clothes		discussion		
20. A. policeman	B. girl	C. man		stranger		
21. A. worse	B. better	C. fewer		no		
22. A. English	B. pronunciations	C. spelling		expressions		

23. A. shouldn't do	В.	can do sometimes	C.	should do	D.	forget
24. A. say	В.	talk	C.	tell	D.	ask
25. A. expect	В.	find	C.	reply to	D.	wait for
26. A. pay	В.	age	C.	family	D.	life
27. A. strong	В.	young	C.	fat	D.	slim(苗条)
28. A. their way	В.	something	C.	light	D.	weight
29. A. don't	В.	be sure to	C.	never	D.	have to
30. A. elders	В.	knowledge	C.	time	D.	women

# Healthy eating

······第3	课时(Period ?	3) 训练卷
----------	-------------	--------

时间:20 分钟 满分:50 分	
一、用适当的介词或副词填空(每题 5 分,共 25 分)	
1. She was debt because her hotel was not popular any more.	
2. She glared him and shouted, "You came only to spy me and my menu."	
3. The competition the two supermarkets was	
4 her way home she thought her own stamp collection.	
5 this way they cut the fat and increased fibre the meal every week.	
二、阅读理解(每题 5 分,共 25 分)	
Increasingly, over the past ten years, people-specially young people-have become aware of the need to c	hange
their eating habits, because much of the food they eat, particularly processed foods, is not good for the health.	
quently, there has been a growing interest in natural foods: foods which do not contain chemical additives(添加剂	) and
which have not been affected by chemical fertilizers, widely used in farm today.	
Natural foods, for example, are vegetables, fruit and grain which have been grown in soil that is rich in ora	aganic
matter. This means that the soil has been nourished by unused vegetable matter, which provides it with essential	l vita-
mins and minerals. This in itself is a natural process compared with the use of chemicals and fertilizers, the main	n pur-
pose of which is to increase the amount but not the quality of foods grown in commercial farming area.	
Natural foods also include animals which have been allowed to feed and move freely in healthy pastures ( 救	.场).
Compare this with what happens in the mass production of poultry; there are battery farms, for example, where thou	ısands
of chickens live crowded together in one building and are fed on food which is little better than rubbish. Chicken	s kept
in this way are not only tasteless as food; they also produce eggs which lack important vitamins.	
There are other aspects of healthy eating which are now receiving increasing attention form experts on diet.	Take,
for example, the question of sugar. This is actually a nonessential food! Although a natural alternative, such as h	oney,
can be used to sweeten food if this is necessary, we can in fact do without it. It is not that sugar is harmful in itself	f. Bu
it does seem to be addictive; the quantity we use has grown steadily over the last two centuries and in Britain today	, each
person consumes an average of 200 pounds a year! Yet all it does is to provide us with energy, in the form of call	ories.
There are no vitamins in it, no minerals, and no fibre.	
It is significant that nowadays fibre is considered to be an important part of a healthy diet. In white bread, f	or ex-
ample, the fibre has been removed. But it is present in unrefined flour and of course in vegetables. It is interest	ing to
note that in countries where the national diet contains large quantities of unrefined flour and vegetables, certain die	
are comparatively rare. Hence the emphasis is placed on the eating of wholemeal(全麦的) bread and more vege	tables
by modern experts on "healthy eating".	
6. People have become more interested in natural foods because	
A. they are more health-conscious	
B. they want to taste all kinds of foods	
C. natural foods are more delicious than processed foods	
D. they want to return to nature	
7. Soil that is rich in organic matter	
A. has had chemicals and fertilizers added to it	



B. contains vegetable matter that has not been consumed

C. has been nourished by fertilizers

	D. already contains large quantities of vitamins and minerals						
8.	Chickens raised in poultry farms are all of the following EXCEPT that						
	A. they are fed on food which is little better than the garbage						
	B. they live in a very crowded condition						
•	C. the eggs they produce lack vitamins						
	D. they are allowed to move about and eat freely						
9.	According to the passage,						
	A. people need sugar to give them energy						
	B. sugar is bad for the health						
	C. the use of sugar is bad forming						
	D. sugar only sweetens food, but provides us with nothing useful						
10	. The best title for this passage is "".						
	A. People's Growing Interest in Natural Foods						
	B. Natural Foods and a Healthy Diet						
	C. Harmful Effects of Sugar						

D. The Importance of Fibre in Foods