



45分钟英语基础巩固与能力提高 (基础版)


# 汇练



汇听英语工作室 编

紧扣教材 同步练习 基础达标 素质提升  
突出重点 注重技能 题型全面 紧贴高考

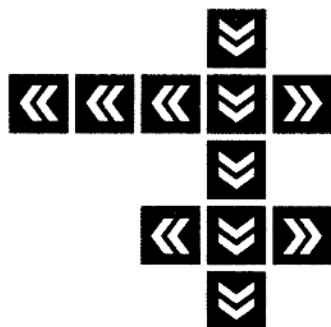
必修 2

 吉林出版集团有限责任公司 外语教育出版社  
Foreign Language Education Books, Jilin Publishing Group

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## 必修 2



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## 编写说明

**汇练、汇听、汇考**丛书是由多年从事高中英语教学、有丰富指导高考经验的英语教师编写的。这套丛书适应高考命题的发展趋势，遵循高中英语教学的基本规律，科学运用语言学习理论，反映英语高考的最新动向，极具针对性和实战演练性，是不可多得的英语辅助教材。

首先，本丛书以遵循语言学习规律为第一原则，以教育部最新制订的《英语课程标准》为依据，较好地体现了大纲规定的功能意念和语言技能。教材紧扣现行新版高中英语教材内容，兼顾其它版本教材的知识点，题型与难易程度完全与近几年的高考试题衔接，内容最新、针对性最强、实战性最突出。

其次，语言规范地道，题材广泛。内容由浅入深、循序渐进，融知识性、趣味性、思想性、人文性于一体。材料多选自 90 年代以来的最新文字、广播、报刊、杂志、因特网，较好地反映了现代科技发展成果和新世纪社会文化及生活背景。

最后，练习形式不拘一格但重点突出。形式既有词语辨析、填空、正误判断、简答、句子排序、图表填写等题型，又有高考试题中常见的单项选择，能够从不同的角度训练学生的语言技能。另外，丛书在第一时间充分研究并吸收了历年高考和各省市高考命题的趋势，贯彻了我们始终坚持的从高一学年就遵循高考导向的训练原则，保证了丛书在内容和题型设计上与英语高考试题直接接轨，新颖、典型并具有代表性。

《**汇练 45 分钟英语基础巩固与能力提高——必修 2**》把现行教材的每一模块进行重组、整合。按照 45 分钟一堂课所学的内容进行练习。题型多样，形式新颖。有单词填空、词语辨析、短语填空、对话填空、单项填空。完型填空既有不给选项的短文填空又有高考类型的选项填空。阅读有任务型阅读和选择题两种。写作部分围绕模块话题分提纲提示、谴词造句、句型提示等内容进行背景知识补充。为进一步的写作进行必要的铺垫和知识储备。并且给出几个范文供学生参考，消除学生对写作的为难情绪，使他们从高一一开始就打下好基础，养成好习惯。此外，为了提高学生的人文素养，使学生对西方文化有更加深入的了解，以达到开拓学生视野、增长见识的目的，我们在每个模块的“相关词汇补充”和“文化视野扩充”栏目里增加了模块话题的背景知识介绍，语言简练、饶有趣味。

本丛书适合高中生及具有相应水平的英语学习爱好者使用。既可以用于自学，也可用作课堂教材或课外辅助教材。

由于编者水平有限，书中的疏漏与不当之处在所难免，恳请专家、读者指正。

编者

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## Module 1

### Our Body and Healthy Habits (Book 2)

### Period 1

#### Introduction, Speaking, Listening, Everyday English

#### 一、词汇基础练习

I. 根据下列句子及所给单词的首字母或汉语意思写出空缺处各单词的正确形式。

1. You'd better get a d \_\_\_\_\_ to pull out your bad tooth.
2. She is always \_\_\_\_\_ (节食) but she never seems to lose any weight.
3. She c \_\_\_\_\_ a cold when she went out in the rain.
4. The greatest \_\_\_\_\_ (财富) is being content with a little.
5. The first wealth is h \_\_\_\_\_.
6. R \_\_\_\_\_ do we see them nowadays.
7. They were very tired when they arrived at the top of the mountain because of the \_\_\_\_\_ (稀少的) air.
8. She went out and b \_\_\_\_\_ the fresh air.
9. After the doctor examined me, she wrote up a p \_\_\_\_\_ for me.
10. I don't eat much fat, for example, f \_\_\_\_\_ meat.
11. A cold, fever and headache are usual s \_\_\_\_\_ of flu.
12. I've got a terrible \_\_\_\_\_ (胃疼) after eating supper.

II. 同、近义词辨析

#### 1. *some time / some times / sometime / sometimes*

- ① Yolanda stayed in Athens for \_\_\_\_\_.
- ② I have met your elder sister in the museum \_\_\_\_\_.
- ③ I'll speak to him about it \_\_\_\_\_.
- ④ \_\_\_\_\_ we go to the cinema and at other times we go for a walk.

#### 2. *fit / suit / match*

- ① Try the new key and see if it \_\_\_\_\_.
- ② No dish \_\_\_\_\_ all tastes.
- ③ Does the time \_\_\_\_\_ you?
- ④ The door was painted blue to \_\_\_\_\_ the walls.
- ⑤ The man wearing a shirt which \_\_\_\_\_ him well is \_\_\_\_\_ for the job.
- ⑥ You need a new shirt to \_\_\_\_\_ the trousers.

#### 3. *fit / healthy / well*

- ① He has a \_\_\_\_\_ appetite.
- ② Although 80 years old, my grandmother is still \_\_\_\_\_.
- ③ I don't feel \_\_\_\_\_ today.
- ④ She tries to keep \_\_\_\_\_ by jogging every day.

#### 4. *diet / food*

- ① Proper \_\_\_\_\_ and exercise are both important to health.
- ② This \_\_\_\_\_ only allows you to eat fresh fruits.
- ③ Have you got enough \_\_\_\_\_ and drink for this trip?
- ④ Every person needs a \_\_\_\_\_ of healthy \_\_\_\_\_.

## 5. rise / raise

- ① His voice \_\_\_\_\_ in excitement.  
 ② The river \_\_\_\_\_ by two feet after the heavy rain.  
 ③ She \_\_\_\_\_ her hands when the enemy fired at her.  
 ④ Our wages have been \_\_\_\_\_ recently.

III. 从所给的短语中选出合适的短语的正确形式填入以下句子中

be crazy about, keep healthy, take exercise, be connected with, at least, be off work,  
 (take, get) catch a cold, keep (sb. / sth.) away, pick up, It couldn't be better, stay in  
 bed, write sb. a prescription, get a sore throat, breathe deeply

- To \_\_\_\_\_ we should learn more about our body and the fuel we need.
- Jim \_\_\_\_\_ playing football when he was young.
- These words and expressions \_\_\_\_\_ room service.
- My mother looks \_\_\_\_\_ five years younger than her real age.
- Yolanda will make a trip to Athens, so she \_\_\_\_\_ for a week.
- I \_\_\_\_\_ every day to keep fit.
- She didn't attend the meeting because she \_\_\_\_\_.
- It is the job of the police to \_\_\_\_\_ the spectators from the players.
- Shall I \_\_\_\_\_ you \_\_\_\_\_ at the station?
- How is your business going?  
 - \_\_\_\_\_.

## 二、语言知识运用

## IV. 单项填空

- Follow your doctor's advice, \_\_\_\_\_ your cough will get worse.  
 A. or B. and C. then D. so
- The town is far away from here indeed. It's \_\_\_\_\_ walk.  
 A. a four hour B. a four hour's C. a four-hours D. a four hours'
- Come and see her \_\_\_\_\_ three or four \_\_\_\_\_.  
 A. for; days B. after; days C. in; days' time D. during; day time
- We must do something to keep the roof \_\_\_\_\_ in.  
 A. falling B. to fall C. fall D. from falling
- The train was late and many people were kept \_\_\_\_\_ at the railway station.  
 A. to wait B. to be waiting C. waiting D. waited
- When he sleeps, he is used to \_\_\_\_\_ the windows \_\_\_\_\_.  
 A. keeping; open B. keep; opened C. be kept; open D. keeping; opened
- He had \_\_\_\_\_ Yolanda \_\_\_\_\_ of how things were going with her.  
 A. kept; informed B. keep; inform C. to keep; informed D. kept; informing
- Has every student passed the exam?  
 - No. Unfortunately, \_\_\_\_\_ three from each class have failed.  
 A. no least than B. no more than C. at least D. at the most

9. Great changes have taken place in that school. It is no longer \_\_\_\_\_ it was 20 years ago, \_\_\_\_\_ it was so poorly equipped.  
A. what; when                      B. that; which                      C. what; which                      D. which; that
10. Yolanda \_\_\_\_\_ a lot of French by playing with the native boys and girls.  
A. took up                      B. picked up                      C. made up                      D. turned up
11. - That super star will visit our city next month.  
- Really? Where did you \_\_\_\_\_?  
A. pick it up                      B. pick up it                      C. pick it out                      D. pick out it
12. The signal for help was \_\_\_\_\_ by another ship which happened to be at hand.  
A. picked at                      B. picked off                      C. picked out                      D. picked up
13. Smoking is a major factor \_\_\_\_\_ cancer.  
A. lying in                      B. contributing to                      C. devoting to                      D. contributed on
14. He was made \_\_\_\_\_ day and night.  
A. to work                      B. work                      C. working                      D. worked
15. Who would you like to make yourself \_\_\_\_\_ first?  
A. knowing                      B. knew                      C. to know                      D. known to
16. - Would you like some more chicken?  
- No, thanks. I am \_\_\_\_\_ a diet and I'm trying to \_\_\_\_\_ weight.  
A. on; lose                      B. on; put on                      C. in; have                      D. in; lose

## V. 补全对话

Beth: 1. Are you OK?Jerry: To tell you the truth, 2.

Beth: Why? What's the matter?

Jerry: 3.Beth: Hmm, you feel warm, too. 4.

Jerry: Yeah. But it didn't do any good. I feel awful - my whole body aches.

Beth: 5. I'll call the doctor and see what he says. Let me just take your temperature first.

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

## 三、背景知识补充

## VI. 相关词汇补充

see a doctor 看病 make an appointment 预约 send for a doctor 请医生 clinic 诊所 physician / internist 内科医生  
surgeon 外科医生 dentist 牙医 oculist / eye doctor 眼科医生 shrink 心理医生 mental hospital 精神病医院 vet  
兽医 case history 病历 take one's temperature 量体温 stethoscope 听诊器 feel one's pulse 量脉搏 take one's  
blood pressure 量血压 symptom 症状 discomfort / disorder 不适 have a fever 发烧 have a stuffed nose 鼻子不通  
feel chilly 觉得发冷 have a cough 咳嗽 phlegm 痰 asthma 哮喘 febrifuge 退烧药 aspirin 阿司匹林 injection 注射  
syringe 注射器

## VII. 相关背景阅读补充

Vitamin D is important for holding normal calcium in the blood and for bone health. Without enough of it, a child can get rickets (软骨病), and an adult might suffer bone softening.

Now, there are a few foods that contain Vitamin D naturally. Besides salmon (鲑鱼) and mackerel (鲭), the oils from some fish like cod (鳕), shark and tuna (金枪鱼) have it. But, to get enough, you'd have to eat these fish and / or their oils three times a week. There is, of course, Vitamin D in fortified milk. But you'd have to drink six



to eight glasses a day to get enough.

It's been believed that about 80 to 100 percent of a person's requirement for Vitamin D comes from exposure (暴露) to sunlight, though some research shows a lot of people, particularly those in northerly places, just aren't getting enough sunlight to meet their Vitamin D needs. The skin takes the ultraviolet energy from the sun and then converts it to Vitamin D. The thing is that a person can actually store Vitamin D. You store it in your body fat! And that's why if you get adequate amount of exposure to sunlight in spring, summer and fall, you will store it in your body fat, and it will later be released during the wintertime.

So I love to garden and play tennis. In those activities, I wear a broad-rimmed hat, and I wear a lot of protection over my arms and legs, but not for the whole time. As I start my activities, I usually have my face and arms and legs exposed to sunlight for about 10 minutes, and then I cover myself up. I don't ever get sunburned.

1. People get Vitamin D mostly by \_\_\_\_\_.  
A. being exposed to the sun  
B. eating certain foods  
C. doing outdoor exercises  
D. adding calcium to blood
2. It is implied in the passage that \_\_\_\_\_.  
A. the longer exposure to the sun, the better  
B. 80 to 100 percent of people need Vitamin D  
C. Vitamin D is somewhat like money in a bank  
D. Vitamin D exists in a few animals and vegetables
3. We can infer from the text that \_\_\_\_\_ is most likely to get his / her bone broken.  
A. a child running on a playground  
B. an old person exercising in the morning  
C. a college student in the south  
D. an office worker in the north
4. Which is the best title for the passage?  
A. Vitamin D and Health  
B. Sunshine and Vitamin D  
C. Getting Vitamin D by Exercise  
D. How You Store Vitamin

## Period II Reading, Cultural Corner

### 一、同步知识与能力检测

#### 1. 单项填空

1. You are \_\_\_\_\_ an accident if you drive after drinking.  
A. coming to  
B. leaving for  
C. heading for  
D. going to
2. She was \_\_\_\_\_ her daughter being out so late at night.  
A. anxious with  
B. anxious to  
C. anxious about  
D. anxious that
3. When I took her temperature, it was two degrees above \_\_\_\_\_.  
A. usual  
B. ordinary  
C. normal  
D. level
4. A bullet \_\_\_\_\_ her in \_\_\_\_\_ chest but luckily it missed her heart \_\_\_\_\_ an inch.  
A. harmed; her; at  
B. wounded; the; by  
C. injured; the; from  
D. hurt; his; to
5. They found nobody \_\_\_\_\_ when they entered the house \_\_\_\_\_ by the strong wind.  
A. wound; damaged  
B. injuring; destroyed  
C. injured; damaged  
D. damaged; hurt
6. When you do the experiment in the lab, you must do \_\_\_\_\_ your teacher tells you.  
A. that  
B. like  
C. as  
D. it
7. You see, I put some soil in the box and sow the seed \_\_\_\_\_ this.  
A. like  
B. likes  
C. as  
D. in

8. Yolanda told her little son to \_\_\_\_\_ the door was locked before she went away.  
A. make sure of      B. make sure about      C. make sure that      D. make sure to
9. Wait till you are more \_\_\_\_\_. It's better to be sure than sorry.  
A. inspire      B. certain      C. satisfied      D. calm
10. Nowadays some people in that village still believe that a disaster \_\_\_\_\_ if a mirror is broken.  
A. is sure of striking      B. is sure of having struck      C. is sure to be struck      D. is sure to strike
11. Last night a traffic accident happened. Two people were killed and three people were \_\_\_\_\_.  
A. damaged      B. injured      C. wounded      D. harmed
12. Madame Curie is the first (person) in the world \_\_\_\_\_ two Nobel Prizes.  
A. to receive      B. receiving      C. receives      D. received
13. Farmers in that country used to be forced to plant cash crops on their good farmland that were sold abroad to \_\_\_\_\_ the country's debts.  
A. pay to      B. pay off      C. pay back      D. pay for
14. He promised to \_\_\_\_\_ the money she had borrowed from me this week.  
A. pay to      B. pay off      C. pay back      D. pay for
15. The workers in his company usually get \_\_\_\_\_ by the hour.  
A. pay      B. paying      C. paid      D. to pay

## II. 同、近义词辨析

### 1. *anxious* / *eager*

- ① She is \_\_\_\_\_ about her mother's health.  
② I'm \_\_\_\_\_ that nobody should know where I am going.  
③ He is \_\_\_\_\_ for success.  
④ They were \_\_\_\_\_ to begin their vacation.  
⑤ He found her eyes fixed on him with an \_\_\_\_\_ expression.

### 2. *through* / *across* / *over*

- ① The road goes \_\_\_\_\_ the forest.  
② The children are too young to sit \_\_\_\_\_ a long concert.  
③ I learnt of the position \_\_\_\_\_ a newspaper advertisement.  
④ Let's help push the cart \_\_\_\_\_ the bridge.  
⑤ The thief jumped \_\_\_\_\_ the wall and ran away.

### 3. *result* / *effect* / *influence*

- ① His illness is the \_\_\_\_\_ of eating polluted food.  
② Scolding sometimes brings about a negative \_\_\_\_\_ on a child.  
③ The star's \_\_\_\_\_ on people's lives has not been proved.

## III. 高考题链接

1. Mike didn't play football yesterday because he had \_\_\_\_\_ his leg. (NMET 2006, 27)  
A. damaged      B. hurt      C. hit      D. struck
2. My chest \_\_\_\_\_ when I make a deep breath, Doctor. (2001 上海春招, 54)  
A. harms      B. wounds      C. hurts      D. injures
3. The managers discussed the plan that they would like to see \_\_\_\_\_ the next year. (2000 全国)  
A. carry out      B. carrying out      C. carried out      D. to carry out
4. The \_\_\_\_\_ boy was last seen \_\_\_\_\_ near the East Lake. (2000 上海)  
A. missing; playing      B. missing; play      C. missed; played      D. missed; to play
5. \_\_\_\_\_, I have never seen anyone who's as capable as John. (2001 上海春招)  
A. As long as I have traveled

- B. Now that I have traveled so much  
 C. Much as I have traveled  
 D. As I have traveled so much
6. \_\_\_\_\_ most of the earth's surface is covered by water, fresh water is very rare and precious. (2006 上海, 32)  
 A. As                                      B. Once                                      C. If                                      D. Although
7. Roses need special care \_\_\_\_\_ they can live through winter. (2004 全国)  
 A. because                                      B. even if                                      C. as                                      D. so that
8. These houses are sold at such a low price \_\_\_\_\_ people expected. (2000 上海春招)  
 A. like                                      B. as                                      C. that                                      D. which
9. \_\_\_\_\_ is known to everybody, the moon travels round the earth once every month. (2001 全国)  
 A. It                                      B. As                                      C. That                                      D. What
10. "You can't catch me!" Janet shouted \_\_\_\_\_ away. (2005 全国)  
 A. run                                      B. running                                      C. to run                                      D. run

## 二、阅读能力突破

### IV. 阅读理解

阅读短文, 从每题所给的四个选项中, 选出一个最佳答案。

Short and shy, Ben Saunders was the last kid in his class picked for any sports team. "Football, tennis cricket - anything with a round ball. I was useless," he says now with a laugh. But back then he was the object of jokes in school gym classes in England's rural Devonshire.

It was a mountain bike he received for his 15th birthday that changed him. At first the teen went biking alone in a nearby forest. Then he began to cycle alone with a runner friend. Gradually, Saunders set his mind on building up his body, increasing his speed, strength and endurance. At age of 18, he ran his first marathon.

The following year, he met John Ridgway, who became famous in the 1960s for rowing an open boat across the Atlantic Ocean. Saunders was hired as an instructor at Ridgway's School of Adventure in Scotland. Where he learned about the older man's cold-water exploits (成就). Intrigued, Saunders read all he could about Arctic explorers and North Pole expeditions, then decided that this would be his future.

Journeys to the Pole aren't the usual holidays for British country boys, and many people dismissed his dream as fantasy. "John Ridgways was one of the few who didn't say, 'You're completely crazy.'" Saunders says.

In 2001, after becoming skilled skier, Saunders started his first long-distance expedition toward the North Pole. He suffered frostbite, had a close encounter (遭遇) with a polar bear and pushed his body to the limit.

Saunders has since become the youngest person to ski alone to the North Pole, and he's skied more of the Arctic by himself than any other Briton. His old playmates would not believe the transformation.

This October, Saunders, 27, heads south to explore from the coast of Antarctica to the South Pole and back, an 1,800-mile journey that has never been completed on skis.

1. The turning point in Saunders' life came when \_\_\_\_\_.

- A. he started to play ball games  
 B. he got a mountain bike at age 15  
 C. he ran his first marathon at age 18  
 D. he started to receive Ridgway's training

2. We can learn from the text that Ridgway \_\_\_\_\_.

- A. dismissed Saunder's dream as fantasy  
 B. built up his body together with Saunders  
 C. hired Saunders for his cold-water experience

- D. won his fame for his voyage across the Atlantic
3. What do we know about Saunders?
- A. He once worked at a school in Scotland.  
B. He followed Ridgway to explore the North Pole.  
C. He was chosen for the school sports team as a kid.  
D. He was the first Briton to ski alone to the North Pole.
4. The underlined word "Intrigued" in the third paragraph probably means "\_\_\_\_\_".
- A. Excited                      B. Convinced                      C. Delighted                      D. Fascinated
5. It can be inferred that Saunders' journey to the North Pole \_\_\_\_\_.
- A. was accompanied by his old playmates  
B. set a record in the North Pole expedition  
C. was supported by other Arctic explorers  
D. made him well-known in the 1960s

### 三、文化视野扩充

#### V. 综合填空

阅读短文, 并根据短文内容及所给单词的首字母或汉语意思写出空缺处各单词的正确形式

Experts say that people who exercise at least three days a week have better p 1 health, as well as increased levels of happiness, than those who do not e 2. Doing exercise can also help you use your time productively.

Try to work 30 minutes of exercise into your schedule each day (like walking, jogging, swimming) and you'll feel and see the r 3.

For another c 4, check out biking or hiking or sign up for a martial art class. A 5 a class in a regular schedule may push you to stick with your exercise 6 (目标). If you don't like o 7 forms of exercise, you can also work 30 minutes into your daily schedule by taking the stairs i 8 of the elevator, or cycling to class. And t 9 time - even just a few minutes, here and there - to move around and stretch your arms and legs when you've been s 10 for a long time.

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

### Period III Grammar

1. 句子填空 把所给单词的正确形式填入句子中

1. She \_\_\_\_\_ (nurse) her mother until she was well again.  
2. We are going to the concert tomorrow. I \_\_\_\_\_ (book) the tickets yesterday.  
3. He \_\_\_\_\_ (shoulder) his way through the crowd.  
4. These flowers need \_\_\_\_\_ (water).  
5. The boss got the workers \_\_\_\_\_ (coat) pills with sugar.  
6. Next week they \_\_\_\_\_ (clean) their house.  
7. Don't worry. The meeting \_\_\_\_\_ (not last) long.  
8. When she comes, I \_\_\_\_\_ (let) you know.  
9. Crops \_\_\_\_\_ (die) without water.

10. How \_\_\_\_\_ you \_\_\_\_\_ (spend) your holiday next month?

II. 单项填空

1. The crowd \_\_\_\_\_ westward, believing that they can find gold there.  
A. are headed                      B. are heading                      C. heads                      D. is headed
2. The baby was born and their parents \_\_\_\_\_ it Jim.  
A. named                      B. gave                      C. offered                      D. recognized
3. When Jim's mother saw him \_\_\_\_\_ towards the door without a jacket on, she \_\_\_\_\_ him anxiously.  
A. headed; eyed                      B. heading; eyes                      C. heading; eyed                      D. headed; eyes
4. - Did you tell Julia about the result?  
- Oh, no. I forgot, I \_\_\_\_\_ her now.  
A. will be calling                      B. will call                      C. call                      D. am to call
5. Attention, please. Your exercises \_\_\_\_\_ at the end of the class.  
A. are about to be handed in  
B. are going to hand in  
C. are to hand in  
D. are to be handed in
6. Unluckily, when I arrived, Tom \_\_\_\_\_, so I only had time for a few words.  
A. just left                      B. has just left                      C. had just left                      D. was just leaving
7. - How can I apply for an outline course?  
- Just fill out this form and we \_\_\_\_\_ what we can do for you.  
A. see                      B. are seeing                      C. have seen                      D. will see
8. I \_\_\_\_\_ get on the bus when I heard someone \_\_\_\_\_ me from behind.  
A. was about to; calling                      B. would; call                      C. was going to; called                      D. was to; calling
9. We \_\_\_\_\_ at seven o'clock, hoping \_\_\_\_\_ most of the journey by lunch.  
A. are leaving; to do  
B. are leaving; to have done  
C. have left; to have done  
D. leave; to be doing
10. - Have you visited your grandmother?  
- No, but \_\_\_\_\_.  
A. I haven't                      B. I'm going                      C. I'm going to                      D. I have
11. The time is not far away when mobile phones \_\_\_\_\_ widespread in China's vast countryside.  
A. will become                      B. become                      C. shall become                      D. have become
12. - What \_\_\_\_\_ when the gang broke in?  
- I had turned off the TV and \_\_\_\_\_ to bed.  
A. were you doing; had gone  
B. did you do; was going  
C. had you done; had gone  
D. were you doing; was going
13. - Don't go there alone in such late hours.  
- Don't worry. I \_\_\_\_\_.  
A. don't                      B. won't                      C. didn't                      D. haven't

14. The books written by Yolanda sell best, but two years ago no one could have imagined the role in the markets that they \_\_\_\_.
- A. were playing      B. were to play      C. had played      D. played
15. If they \_\_\_\_ again, I \_\_\_\_ them.
- A. will try; will help      B. should try; will help      C. are about to try; help      D. try; am going to help

### III. 短文填空

阅读短文, 根据上下文, 填入所给单词的正确形式。

Most children with healthy appetites are ready to eat almost anything that 1 (offer) to them and a child rarely dislikes food unless it is badly cooked.

The way a meal cooked and served is most important and an attractively served meal will often 2 (improve) a child's appetite. Never ask a child whether he likes or dislikes a food and never discuss likes and dislikes in front of him or allow any body else to do so. If the father says he hates fat meat or the mother refuses vegetables in the child's 3 (hear) he is 4 to copy this procedure (过程). Take it for granted that he likes everything and he probably will.

Nothing healthy should be omitted (省略) from the meal because of a supposed dislike. At meal times it is a good idea 5 (give) a child a small portion and let him 6 (come back) for a second helping rather than 7 (give) him as much as he is likely to eat at once. Do not talk too much to the child 8 meal times. But let him get on 9 his food, and do not allow him 10 (leave) the table immediately after a meal or he will soon learn to swallow his food so he can hurry back to his toys. Under no circumstances must a child be coaxed (哄骗) or forced to eat.

### IV. 完形填空

"I will donate blood as long as I am healthy. That's a citizen's responsibility," said Peter Weber, Swiss by birth and general manager of Four Seasons Shanghai 1 donating blood in a blood collection bus on Friday morning.

Despite the heat wave 2 the city, nearly 40 employees of the local leading hotel donated this precious gift, 400 ml of blood each, to 3 in need of transfusion. 4 last week, the city's blood centers have been thirsty for healthy blood because the need for blood 5 in summer when traffic and burn accidents are more than 6. But the number of donors decreases significantly (明显减少) 7 the hot weather. During the first half of the year, blood donation increased 8 about 5.5 percent but the clinical (医学的) use of blood jumped by 11.2 percent.

"Right after we heard that blood centre was short of healthy blood last week, we sent 9 to our employees calling them to donate," said Stanley Ng, the hotel's human resources director.

"Our staff (工作人员) feel 10 to help the hotel make a contribution to public welfare events."

Meanwhile, the hotel also 11 leaflets (传单) to 50 nearby office buildings informing and encouraging their employees 12 in the Friday donation effort. "I hope my blood will help 13 in need, especially the patients with financial difficulty," said one donor.

"Donating blood is good for others and also good for oneself and family. One day, if I or my family members need to use blood, we 14 receive such help form others."

According to the China Blood Donation Law, blood donors can use blood up to 15 they have donated with-in five years free of charge. Their family members can also use the same amount of donated blood, also free of charge.

In addition, public education on the 16 of blood donation should be improved and more convenient procedures adapted.

"The arrival of the blood collection bus at our hotel makes giving blood 17 more convenient. Otherwise,

it's quite complicated, with the need to make a trip to hospital (blood collection centre)," Weber 18.

All local residents who are 19 to donate their blood, are invited to contact the city's Blood Centre via two blood donation 20: 6219-1114, 6275-8257.

- |                              |                          |                          |                          |
|------------------------------|--------------------------|--------------------------|--------------------------|
| 1. A. while                  | B. if                    | C. than                  | D. because               |
| 2. A. reaching               | B. washing               | C. striking              | D. leaving               |
| 3. A. doctors                | B. patients              | C. nurses                | D. customers             |
| 4. A. By                     | B. At                    | C. In                    | D. Since                 |
| 5. A. falls                  | B. drops                 | C. raises                | D. grows                 |
| 6. A. ordinary               | B. usual                 | C. common                | D. average               |
| 7. A. in spite of            | B. instead of            | C. as a result of        | D. in face of            |
| 8. A. by                     | B. at                    | C. for                   | D. from                  |
| 9. A. announcements          | B. notices               | C. advertisements        | D. letters               |
| 10. A. sorry                 | B. satisfied             | C. interested            | D. proud                 |
| 11. A. made up               | B. gave off              | C. sent out              | D. put on                |
| 12. A. to join               | B. join                  | C. joining               | D. joins                 |
| 13. A. that                  | B. which                 | C. those                 | D. what                  |
| 14. A. must                  | B. can                   | C. may                   | D. need                  |
| 15. A. five times the amount | B. the amount five times | C. five times the number | D. the number five times |
| 16. A. difficulty            | B. possibility           | C. reality               | D. importance            |
| 17. A. very                  | B. quite                 | C. far                   | D. really                |
| 18. A. wondered              | B. said                  | C. doubted               | D. answered              |
| 19. A. can                   | B. able                  | C. willing               | D. will                  |
| 20. A. calls                 | B. telephones            | C. addresses             | D. hotlines              |

## Period IV Writing

### 话题写作

本单元话题: Health and Sports

#### I. 写作提示

##### 1. 提纲提示 (内容)

结构:

第一段: Good health is very important to everyone. 论述健康的重要性

第二段: Sports help everyone to keep healthy 论述运动和健康的关系

第三段: Since sports can result in good health we should 我们应该做的事情

##### 2. 遣词造句 (给出相关的词汇和短语)

- (1) acute, anemic, anorexic, bloated, chronic, communicable / contagious, delicate, dizzy, emaciated, failing, fatal, feeble / weak, gaunt, hollow-eyed, lightheaded, normal, precarious, robust/strong, sickly, sound, tired, underfed, vigorous, self-confident...
- (2) to form good living habits, to be rich in fiber and nutrition, to stimulate appetite and digestion to develop an interest in... to build our body to keep regular hours of our life to contribute to to strengthen our muscles... to broaden the mind and think positively

##### 3. 句型提示

例如: had better suggest that sb should Why not... so... that... with the development of society... some think...

the others think... what's more,... It is high time for us to do... It is high time that... did / should do...  
 ...do harm / good to... Have no time to do sth It is clear that health is... spare sometime to do sth not  
 only...but also... It is a well-known fact that... While playing, we take...off Taking part in sports  
 regularly can...

## II. 背景材料参考

### 1. What is Mental Health?

Your mental health is made up of things – like how you feel about yourself, how you deal with stress, and your ability to form meaningful relationships. While these factors affect your mental health, no one thing about your feelings or behavior makes you mentally healthy or unhealthy. There are many degrees of mental health, just like how you feel better about yourself on some days than you do on others.

Stress plays an important role in mental health.

You can feel physical stress as a result of too much to do, not enough sleep, bad eating habits, or the effects of an illness. Stress can also be mental, like when you experience an emotionally challenging event like the divorce of your parents or taking a final exam. Much of people's stress comes from everyday life, and we may feel physical and mental stress without even realizing it. Without treating it correctly, constant stress can cause physical, mental and behavioral problems.

What is a mental illness?

Mental illnesses are illnesses that cause problems with how you think, act, feel, and understand your world. You have probably heard of the more common types of mental illness, like depression, anxiety disorders, eating disorders and schizophrenia. More than 54 million Americans experience a mental illness each year. Mental disorders can affect anyone regardless of age, gender, wealth, religion or race.

2. What are "Energy Drinks"? People drink them to keep up their energy during periods of intense physical activity or drink them after exercise to quench their thirsts. Energy drinks are meant to supply mental and physical stimulation for a short period of time.

These beverages should not be confused with sports drinks, such as Gatorade or PowerAde, which dehydrates the body. These sports drinks also contain sugars, which the body burns to create energy and replenish electrolytes. Electrolytes maintain salt and potassium balances in the body.

What are the dangers?

Reports on reactions to Health Canada have involved improper use of energy drinks. Problems arise when they are mixed with alcohol or in greater quantities than recommended.

These drinks may actually lead to dehydration. Symptoms of electrolyte imbalance, nausea & vomiting and heart irregularities have occurred.

To minimize the health risks when using these products:

- Limit quantity according to label instructions.
- Do not mix with alcohol.
- Drink enough water when participating in intense physical exercise to re-hydrate your body.

## III. 相关话题文章参考

### Health and Sports

Good health is very important to everyone. A person who is in poor health can not achieve much success though he is well educated.

Sports help everyone to keep healthy. Some people may be interested in taking part in violent sports like car-racing and boxing because of the high rewards or the possible great excitement they bring. Some others may be just swimming enthusiast because they think that dipping in cool water in hot holidays is not only a great joy but also a chance of stretching their muscles.

Since sports can result in good health, we should spare some time every day to do excises no matter how busy



we are.

### Health and Sports

Good health is very important to everyone. Human body is a wonderful engine. Everyone must be both the engineer and fireman of his own body. If maintained well, it works well. If it is out of order, its master will suffer.

Sports help everyone to keep healthy. On the whole, physical exercises are more active and energy consuming. They can stimulate appetite and digestion. Young students at my age are intensely keen on playing ball games like basketball, football and volleyball at school.

Since sports can result in good health, we should take an active part in sports so as to build up our body.

### Health and Sports

A healthy body is necessary for a healthy mind. As is known, to have a sound mind, we must first have a sound body. This is of vital importance. Only by keeping ourselves healthy and strong can we feel energetic and vigorous in studying and working and live a happy life.

To keep ourselves fit, physical exercise is the best way. In taking part in out-door sports, we are closer to nature and can take in fresh air. The beauty of nature will keep us clear-headed, which is essential to our health. Besides, sports stimulate the circulation of blood and help to excrete the wastes in the body. Sports can also work up our appetite and activate our digestion. As a result, we can become strong-bodied.

I always take an active part in physical exercise and enjoy good health. I seldom get sick but feel vigorous even if I work a whole daylong. I shall keep up doing physical exercise so as to live longer and do more for the country.

### IV. 写作练习

以 On Physical Exercise 为题谈“体育锻炼”，浅谈你的观点。

要求：根据你的常识，合理展开联想，写一篇词数在 100-120 的议论文。

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