

英语学科寒假作业（预习） Day 15 （练习时长：40 分钟）

姓名：

完成评价：

一、核心知识的归纳总结和梳理模块（选修 Book 2 Unit 4-5 综合）

略

二、练习模块

C

It was a rainy day. I had no desire to drive up the winding mountain road to my daughter Carolyn's house. But she had insisted that I come to see something at the top of the mountain.

So here I was, although unwilling to make the two-hour journey through fog and rain. After lunch, my daughter requested me to drive her to Barage. After a ten-minute drive, we parked the car and got out. We walked along a path that was thick with old pine needles. Huge black green evergreens towered over us. Gradually the peace and silence of the place began to fill my mind. Then we turned a corner and stopped--and I gasped in amazement.

From the top of the mountain to the slopes and valleys, were rivers of daffodils(水仙) in full bloom. A sea of amazing colors, like a carpet before us. It looked as though the sun had tipped over and spilled gold down the mountainside. At the center hung a waterfall of purple hyacinths. Here and there were breathtaking tulips(郁金香).

A lot of questions filled my mind. Who created such beauty? Why? How?

As we approached the home that stood in the center of the property, we saw a sign that read, "Answers to the Questions I Know You Are Asking". The first answer was: "One Woman--Two Hands, Two Feet, and Very Little Brain." The second was: "One at a Time." The third: "Started in 1958."

I was so moved by what we had seen. "She changed the world," I said, not getting over the shock, "one bulb (球茎) at a time. She started almost 40 years ago, probably just the beginning of an idea, but she kept at it."

"Imagine," I added, "if I had a vision and worked at it, just a little bit every day, what might I have accomplished?"

Carolyn looked sideways at me, smiling. "Start tomorrow," she said. "Better yet, start today."

7. Why did the author decide to visit her daughter?

- A. She didn't want to disappoint her. B. She missed her very much.
C. She must pick her up. D. She had an urge to look at the sea of flowers.

8. What does the underlined word "hyacinths" probably refer to?

- A. Famous waterfalls. B. A kind of flower. C. Mountain springs. D. A name of a place.

9. What did the author learn from the sign?

- A. Easier said than done.
- B. Well begun, half done.
- C. Little steps add up to big success.
- D. Women can shake the world.

10. What is the text mainly about?

- A. An amazing trip to Barage.
- B. A moving story of a mother's love.
- C. A valuable lesson from a woman.
- D. A special sign on the way home.

D

Traveling is a very good activity. When you are fed up with your work and are allowed to take a holiday, you can go to the beautiful spots to enjoy the beauty of nature and the special character of other cities. You can breathe fresh air, visit some places of interest, meet different people and make friends with them. Then you will forget your tiredness and troubles and be more healthy. As a result, you will feel fully relaxed and you will have the energy to undertake the new tasks waiting for you.

But sometimes, traveling is not an enjoyable thing. For example, when the bus or car you take has a bad accident, you may be trapped in it and waste your time. What's more, the weather can be changeable. If you are climbing a mountain, it may rain suddenly. You may be caught in the rain and may catch a cold. The worst thing is that you may have your money stolen or that you may have an injury. All these are terrible things that can happen to a tourist.

Therefore, before going on a trip, you must prepare yourself carefully. Firstly, you must have clear information about the weather. Secondly, you should choose a good companion so that you can help each other. Thirdly, you must be careful everywhere and try to avoid accidents. If you do these, you can enjoy your travels better and reduce unnecessary troubles.

11. In the passage, the author suggests that you should _____ for a holiday.

- A. enjoy nature
- B. go to different cities
- C. go nowhere
- D. both A and B

12. In the first paragraph, the underlined phrase "are fed up with" means _____.

- A. finish doing
- B. can't do
- C. are tired of
- D. are interested in

13. What is NOT mentioned in the passage?

- A. You may meet with unexpected troubles on a trip.
- B. You may get your money stolen.
- C. You will have to spend a lot of money on a bus or in a car.
- D. It's necessary for you to know about the weather before you travel.

14. In order to have a good holiday, you should _____.

- A. be careful enough
- B. have a holiday with a good friend
- C. take an umbrella with you
- D. be well prepared for your trip

七选五

Sometimes you may find leading a healthy lifestyle can be difficult. However, as a teen, it is important to remember that what you do now will carry with you throughout the rest of your life. 9. To remain healthy, keep a healthy weight. Regular exercise and good eating habits are good for your health. Teens should get 60 minutes of physical activity each day. It is important to find an activity you enjoy. 10. If 60 minutes seems like a lot of exercise to finish at one time, it's okay to break up it throughout the day.

11. Eat different kinds of foods, and remember that it is okay to have an occasional treat. Consider eating at least five servings (份) of fruits and vegetables each day and foods from all the different food groups. Besides, choose healthy snacks.

Avoid bad habits, including smoking and drinking wine. 12. Smoking can lead to serious lung and heart disease. Alcohol ruins your judgment, adds calories to your diet, and leads to healthy problems.

Sleep and get up early. Try to go to bed before 10:00 pm and get up around 6:00 am so that you can have enough sleep. Besides, you can have enough time to do some exercise and have breakfast before school. 13.

- A. Keep good eating habits.
- B. Develop a healthy sleep habit.
- C. Such a habit can make you active in class.
- D. Some minutes of daily work can make you sleepy.
- E. These bad habits can have long-term effects on your health.
- F. Taking care of your body is important for long-term good health.
- G. Consider sports like weight lifting, swimming, walking or running.

完形填空

Teaching your children healthy eating is important so they have a good relationship with food. Children who 14 too much of the wrong types of foods are at 15 risk of health conditions like fatness, heart disease and cancer. With

all the ads for junk food, it can be hard to keep your child eating healthily. 16, there are ways you can employ to 17 children achieve this goal.

Serve your child mainly 18 snacks, such as fruit and vegetables or wholegrain biscuits and cheese. Keep healthy snacks accessible by placing them on low shelves in the fridge so your children can 19 them when hungry.

If you don't 20 your child to eat a particular food, keep it out of the house. She/He can't eat food that isn't 21. Make less unhealthy food—something you eat 22. This will limit the 23 of junk food your child can eat.

Don't use junk food as a trading tool. 24 children with junk food or using it to please children to get them to eat healthier foods 25 makes this food more appealing and healthier foods less attractive, so 26 non-food rewards.

Children learn by 27 what you do. In my opinion, if you don't want your child to eat too much junk food, model healthy eating and 28 eating a lot of junk food yourself. Allow children to help pick out new, healthy foods for snacks.

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|--------------------|--------------|-------------|------------|
| 14. A. eat | B. waste | C. have | D. make |
| 15. A. lower | B. better | C. higher | D. bigger |
| 16. A. Therefore | B. However | C. Formally | D. Finally |
| 17. A. order | B. see | C. help | D. protect |
| 18. A. unhealthy | B. simple | C. poor | D. healthy |
| 19. A. cook | B. reach | C. arrive | D. afford |
| 20. A. hope | B. want | C. advise | D. promise |
| 21. A. here | B. there | C. over | D. out |
| 22. A. immediately | B. always | C. honestly | D. rarely |
| 23. A. quality | B. character | C. amount | D. shape |
| 24. A. Providing | B. Rewarding | C. Sharing | D. Filling |
| 25. A. only | B. also | C. even | D. ever |
| 26. A. choose | B. buy | C. exchange | D. demand |

27. A. remembering B. delaying C. watching D. imagining

28. A. prevent B. keep C. avoid D. ban