**Section Ⅲ　Using Language,Assessing Your Progress & Video Time**

课后·训练提升

一、单句语法填空

**1**.Keep 　　　　　　(health) by eating well and exercising regularly.

答案:healthy

**2**.The prisoners who escaped are violent and 　　　　　　(danger).

答案:dangerous

**3**.You can keep fit by consuming different 　　　　　　　(category) of fresh fruit and vegetables.

答案:categories

**4**.The programme presented a 　　　　　　(balance) view of the two sides of the conflict.

答案:balanced

**5**.I was overwhelmed by the sheer quantity 　　　　　　 information available.

答案:of

**6**.The dog was 　　　　　　(chew) on a bone.

答案:chewing

**7**.　　　　　　　(fundamental),there are two different approaches to the problem.

答案:Fundamentally

**8**.We have argued 　　　　　　　　　 (consistent) for a change in the law.

答案:consistently

二、完成句子

**1**.我以为我可以说服他放弃他的愚蠢想法,但事实是我失败了。

I thought I could persuade him to give up his fool idea,but 　　　　　　　　　　.

答案:as it is I fail

**2**.他说干就干了,没有考虑后果。

He went ahead and did it,　　　　　　　　　　the consequences.

答案:regardless of

**3**.实验结论似乎表明我们的做法是对的。

The results of the experiment seem to suggest we’re 　　　　　　　　　　　.

答案:on the right track

三、完形填空

Today I had lunch with Cynthia,a former student of mine.The go-to restaurant that I use for 　1　 like this is Merit Vegetarian.It’s a good 　2　 to vegan(纯素食的) food and everyone I’ve brought there has loved it.

As I was waiting for Cynthia to arrive,I 　3　 someone saying they needed to go to their car to fetch cash in order to pay for something.When a man of them stepped outside,I spoke to the staff and 　4　 to pay their bill.As it turned out that it was just for a piece of cake,I asked them to just add it to my 　5　.I 　6　 the cashier a Smile Card,asking her to give it to the man.When he came back with his money,the man was 　7　 surprised.

I thought I had done a good deed,but there were more 　8　 to come.Cynthia and I were seated enjoying a conversation and our lunch when Bill,a 　9　 at the restaurant,approached us.He explained that the couple on Table 1 had paid for our lunch,including the cake.Bill didn’t understand why,but I guessed it was just tiny waves of kindness 　10　.

When we were getting ready to leave,I asked Cynthia to 　11　 a table so that we could keep the journey of kindness going.Although they all looked 　12　,she chose one.I called Bill over and said I wanted to pay for their lunch.He was beside himself with joy,smiling from ear to ear.I didn’t think he had ever 　13　 anything like this before.

So far I’ve been able to 　14　 so much generosity and kindness in action.Whatever the reason,it’s not a coincidence.I really appreciate it and sincerely hope that the act of kindness could be 　15　.

**1**.A.interviews B.events

C.service D.assessment

答案:B

解析:根据上文“Today I had lunch with Cynthia,a former student of mine.”可知,作者和以前的学生吃午饭,像这样的场合作者首选的餐馆是Merit Vegetarian。故选B项。

**2**.A.introduction B.reply

C.limit D.solution

答案:A

解析:根据下文“to vegan food”可知,这是一家很好的素食入门餐厅。introduction有“初次体验”之意。故选A项。

**3**.A.remembered B.stopped

C.heard D.understood

答案:C

解析:根据下文“someone saying they needed to go to their car”可知,作者听到了别人的对话。故选C项。

**4**.A.agreed B.managed

C.hesitated D.offered

答案:D

解析:根据下文“to pay their bill”可知作者提出为他人付账。故选D项。

**5**.A.list B.bill

C.order D.menu

答案:B

解析:根据上文“to pay their bill”可知,作者要为他人付账,所以是把他们的账单加到自己的账单上。故选B项。

**6**.A.promised B.returned

C.handed D.sent

答案:C

解析:根据下文“the cashier a Smile Card”可知,此处指作者递给收银员一张微笑卡片。故选C项。

**7**.A.regularly B.barely

C.pleasantly D.regretfully

答案:C

解析:根据下文“surprised”可知,得知被人付了账,那个人很惊喜。故选C项。

**8**.A.projects B.surprises

C.excuses D.expenses

答案:B

解析:此处呼应上文“surprised”,指随后有了更多的惊喜。故选B项。

**9**.A.customer B.cashier

C.waiter D.stranger

答案:C

解析:根据下文“He explained that the couple on Table 1 had paid for our lunch,including the cake.”可知,比尔是餐厅的服务员。故选C项。

**10**.A.spreading B.sinking

C.gathering D.freezing

答案:A

解析:根据上文“I guessed it was just tiny waves of kindness”可知,作者为他人付了账,随后又有别人为作者他们付账,所以这里指善意的传播。故选A项。

**11**.A.pick out B.appeal to

C.carry on D.stand by

答案:A

解析:根据下文“a table so that we could keep the journey of kindness going”可知,此处指挑选一张桌子付账,来继续善举之旅。下文“she chose one”也是提示。故选A项。

**12**.A.breathtaking B.demanding

C.deserving D.well-informed

答案:C

解析:根据上文“Although they all looked”可知,这里指在餐厅吃饭的人都值得被代付。故选C项。

**13**.A.requested B.evaluated

C.guaranteed D.observed

答案:D

解析:根据下文“anything like this before”可知,比尔以前从未见过这样的事情,observe表示“观察到,注意到”符合语境。故选D项。

**14**.A.transform B.experience

C.decline D.emphasize

答案:B

解析:根据下文“so much generosity and kindness in action”可知,作者在这项行动中体验到许多慷慨和善良。故选B项。

**15**.A.approved of B.taken over

C.passed on D.dealt with

答案:C

解析:此处与上文“we could keep the journey of kindness going”形成对应,指这种善意的行为能够被传递下去。故选C项。

四、语篇填空

Eating at restaurants hasn’t always been known as the best choice for people

**1**.　　　　　 are trying to keep a healthy diet.It is **2**.　　　　　　 (extreme) hard for people to avoid food that isn’t so good for them when dining out.However,you don’t have to give **3**.　　　　　 your love of restaurants.There are ways that you can eat healthier food when dining out while you can still enjoy the experience.

One method is to take time **4**.　　　　　(read) the nutrition information.Some restaurants post it on their menus or their website.If you know you’re going to visit

**5**. certain restaurant,you should check the website first.If no nutrition information **6**.　　　　　(list),you should check the menu at the restaurant before you order.

Another way is to think about not eating cream or butter sauces.Instead,consider **7**.　　　　　(choose) a sauce that could add a rich flavour to your food without extra calories.

All restaurants have water available.Whether it is free **8**.　　　　　 you have to buy it,you should choose to drink water over other drinks like beer or soda,which contain large quantities of calories.

So eating out doesn’t have to be an unhealthy **9**.(decide).As long as you make wise choices,you could still enjoy all of the benefits of dining out and be **10**.　　　　　　(please) with your choices later on.

答案:1.who/that　2.extremely　3.up　4.to read　5.a　6.is listed　7.choosing　8.or　9.decision　10.pleased