**Section** Ⅳ

**Listening** **and** **Talking** **&** **Reading** **for** **Writing**

课后·训练提升

一、根据句意及首字母提示写出单词

**1**.Our company is too small to c　　　　　 with one like that.

答案compete

**2**.If you’re found c　　　　　 in the exam again,you’ll be sent away.

答案cheating

**3**.An a　　　　　 of 1,000 people went to his concert.

答案audience

**4**.We’re supposed to develop a p　　　　　 attitude towards life.

答案positive

**5**.To keep s　　　　　,the girl is on a diet.

答案slim

**6**.J　　　　　 is a good choice for you to keep healthy.

答案Jogging

**7**.Under such great s　　　　　,he feels it hard to stand.

答案stress

**8**.He promised not to make the same e　　　　 again.

答案error

二、单句语法填空

**1**.She has lost some weight and looks　　　　　　(slim) than before.

答案slimmer

**2**.They compared the past 　　　　　　the present of the city.

答案with

**3**.He pretended 　　　　　(know) nothing about it.

答案to know

**4**.More than 100 　　　　　　(compete) are competing 　　　　　　the job.

答案competitors;for

三、完成句子

**1**.她假装已经知道了真相。

She 　　　　　　　　　　　　　　　　　　　　　the truth.

答案pretended to have known

**2**.与地球相比,月亮要小得多。

　　　　 　　　　　　the earth,the moon is much smaller.

答案Compared with/to

**3**.你弄懂他说的话了吗?

Have you made 　　　　　　　　　　what he said?

答案sense of

**4**.小小的善举会影响这个世界。

A small act of kindness 　　　　　　　　　　　　 　　　　　 　　　　　 　　　　　　to the world.

答案will make a big difference

**5**.我可不可以把关于我演出的那篇文章剪下来?

May I 　　　　 　　　　 　　　　　　　　　　　about my performance?

答案cut out the article

**6**.——你多久去看一次电影?

—How often do you go to the cinema?

——只不过偶尔去看看。

—Just 　　　　 　　　　 　　　　 .

答案now and then

四、阅读理解

Walking is the best form of exercise. It is good for the upper respiratory(呼吸的) system and the legs.It helps us control our weight and blood sugar.Walking is also a good way to help you make more friends,bringing chances to see new things and meet new people.Personally I try to walk at least 5 miles daily.

As well as walking, I also cycle around Xiamen.Cycling is great for weight loss and helps to build stamina(耐力).However,cycling does not allow for the same level of social contact as a walk. It is for this reason that I would strongly suggest that you try long-distance walking if you want to be physically healthy.I originally(最初) started walking around Xiamen because I didn’t have a car,but I soon started to enjoy the walking for its own sake.

I have also made many friends during my walks.It’s not uncommon for my 5-mile walk to sometimes take as long as 2 or 3 hours,because I stop to chat with different shop owners along my route.These days,if I skip my walk for even one day,the people in the shops may want to know why I didn’t come.

I’ll never forget the first time some people followed me when I was walking,and asked if it was okay for them to walk with me.I really didn’t know what to say, so I just replied that I didn’t mind. I have been invited for lunch,dinner and sometimes just to sit and drink tea with total strangers.There is nothing more pleasant than walking past a schoolyard and hearing all the kids say hello to me.

**1**.Why did the author have to take a walk at the very beginning?

A.Because he wanted to build his body.

B.Because he enjoyed walking.

C.Because he had no car.

D.Because he wished to make friends.

答案C

解析细节理解题。根据第二段中的“I originally started walking around Xiamen because I didn’t have a car”可知,作者最初在厦门不得不走路是因为那时候没有汽车。

**2**.The underlined word “skip” in the third paragraph is closest in meaning to “　　　”.

A.jump lightly　　　 B.give up

C.put out D.change quickly

答案B

解析词义猜测题。根据上下文可知,这里是说作者一直坚持散步并在沿路认识了很多朋友,如果哪天作者没有出来散步,这些人都会想知道作者为什么没来,故B项正确。give up意为“放弃”。

**3**.What can be learned from the passage?

A.Cycling allows for no social contact.

B.Walking is better than cycling.

C.To be healthy,it’s better to cycle.

D.The author prefers walking to cycling.

答案D

解析推理判断题。作者在文中谈到了散步的诸多好处,与骑自行车相比较,散步更能广交朋友,拓宽视野,故作者更喜欢散步。B项和C项太绝对化,文章并不是讲散步与骑车哪个更好;A项与第二段中的“cycling does not allow for the same level of social contact as a walk”不相符。

**4**.What’s the main idea of the passage?

A.Walking does us good.

B.Walking improves health.

C.Walking helps to communicate.

D.Cycling differs from walking.

答案A

解析主旨大意题。从文章第一段可知,散步既有利于我们的身体健康,也有利于我们与别人交往;B项和C项只涉及了其中一方面的内容;D项不符合文章大意,本文并不是在比较骑车与散步的不同。故选A项。