**第三单元过关检测**

(时间:120分钟　满分:150分)

第一部分　听力(共两节,满分30分)

第一节(共5小题;每小题1.5分,满分7.5分)

听下面5段对话。每段对话后有一个小题,从题中所给的A、B、C三个选项中选出最佳选项。听完每段对话后,你都有10秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

W:What is Mom doing?She wasn’t in the kitchen,and she’s not in the garden,either.

M:She got a new sofa,and now I can’t get her out of the living room.

**1**.Where is the girl’s mother?

A.In the garden.

B.In the kitchen.

C.In the living room.

答案C

M:Miss Miller,Steve brought a note home saying you want to see me.

W:Yes,I’m worried about his classes.

**2**.Who might the woman be?

A.Steve’s mother.

B.Steve’s classmate.

C.Steve’s teacher.

答案C

W:Did you see the weather report?It’s going to be the coldest day of the winter tomorrow.You’d better not walk to school tomorrow.

M:It’s even too cold to ride a bike.I’ll get up early and catch the bus.

**3**.How will the boy get to school tomorrow?

A.On foot.　　 　B.By bus.　 　　C.By bike.

答案B

W:I love what you’ve done with the old brown house.Red is a pretty crazy choice,but it totally works.

M:Francis bought the paint.I was afraid at first,but it looks good,doesn’t it?We’re going to have a white fence by next week,too.

**4**.What colour is the house now?

A.Brown. B.White. C.Red.

答案C

M:I’d like to send Susan a postcard from Yellowstone Park when I go there on my vacation.

W:I’m quite sure she’ll be pleased to hear that.She has a collection of cards from all over the world.

**5**.What are the speakers mainly talking about?

A.Yellowstone Park.

B.Sending Susan a postcard.

C.Their hobby of collecting cards.

答案B

第二节(共15小题;每小题1.5分,满分22.5分)

听下面5段对话或独白。每段对话或独白后有几个小题,从题中所给的A、B、C三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题5秒钟;听完后,各小题将给出5秒钟的作答时间。每段对话或独白读两遍。

听第6段材料,回答第6、7题。

W:Have you finished the report?

M:Oh,please don’t mention it.I haven’t even started writing it.

W:You must be kidding.It’s due the day after tomorrow.How will you be able to finish it on time?

M:I’ve read all the information I need to write it.But the more I read,the more I want to know.

W:What have you read?

M:First,I was into the environment,then the government,but then I found the media really interesting.That’s what I’m going to write about.

W:Good luck!

**6**.What has the man done?

A.He has corrected a report.

B.He has prepared for an exam.

C.He has read some information.

答案C

**7**.What is the man going to write about?

A.The media.

B.The government.

C.The environment.

答案A

听第7段材料,回答第8、9题。

W:Philip,would you like to come to our house tomorrow evening?My brother just got back from New Zealand.I’ll hold a party for him at 7:00.

M:You mean Peter?I haven’t seen him since the year before last.

W:Yes,he’s been studying biology.Now that he’s graduated,I’m inviting his old friends to come over and welcome him home.

M:Well,Mary,I would love to come.But my mother is leaving for Thailand tomorrow evening at around 7:30,and I have to take her to the airport.

W:That’s too bad.The party goes until 10:30,so you could come a little late.

M:I’d love to.Should I bring a present?

W:No,just bring yourself!

**8**.What time will the party start?

A.At 7:00 p.m. B.At 7:30 p.m. C.At 10:30 p.m.

答案A

**9**.Who will take a flight tomorrow night?

A.Mary’s brother.

B.Mary’s friend.

C.Philip’s mother.

答案C

听第8段材料,回答第10至12题。

M:Excuse me.Can you spare a few minutes,please?

W:Yes,of course I can.

M:My name is David.I am a reporter for a newspaper.I would like to interview you about your spending habits.Would you mind answering a few questions?

W:No,not at all.Go ahead.

M:Thank you.How much pocket money do you receive each month?

W:Well...I receive $300 a month.

M:Who gives you the pocket money?

W:My mother.

M:What do you usually buy with your pocket money?

W:I usually buy pens and notebooks for school.

M:Just pens and notebooks,right?Nothing else?What did you buy last week?

W:I bought a pencil box and a sharpener.

M:My last question:Do you usually spend all of your pocket money every month?

W:Yes,I do.

M:OK.That’s all my questions.Thank you so much for your time.

W:No problem.

**10**.Where does the man work?

A.In a newspaper office.

B.At a school.

C.In a store.

答案A

**11**.What do we know about the woman?

A.She receives $300 a month as pocket money.

B.She often gets pocket money from her father.

C.She doesn’t usually spend all of her pocket money.

答案A

**12**.What did the woman buy last week?

A.Notebooks. B.A sharpener. C.Pens.

答案B

听第9段材料,回答第13至16题。

W:Good morning,headmaster’s office,this is Christine.How may I help you?

M:Good morning.This is Alex Smith.I’m calling about my daughter Judy.She’s not feeling well today.

W:I’m sorry to hear that.I hope it’s not too bad.

M:No,she has a little fever and a cough,but nothing too serious.

W:Well,I hope she feels better soon.

M:Thank you.Do you think I could get her homework for today?I’m especially concerned about maths.

W:OK,is it all right for me to give your QQ number to the teacher?She can send the homework to you later today.

M:That would be great.

W:Could you tell me your QQ number?Oh,Just a moment...we may have it.It’s 186307835,right?

M:Yes,that’s correct.

W:OK,I’ll make sure Ms Brown gets your message and emails you.

M:Thanks for your help.

W:Have a nice day.Goodbye.

M:Goodbye.

**13**.Where does the conversation take place?

A.In an office. B.On the phone. C.In a hospital.

答案B

**14**.What’s wrong with Judy?

A.She’s been seriously sick for a while.

B.She has a high fever.

C.She has a cough.

答案C

**15**.What information does the woman already have about the man?

A.His home address.

B.His QQ number.

C.His age.

答案B

**16**.Who might Ms Brown be?

A.A maths teacher.

B.An office clerk.

C.The headmaster.

答案A

听第10段材料,回答第17至20题。

M:Well,five years ago I was a completely different person.I talk a lot now,but I was more reserved then.I used to like to stay at home,watch TV—that kind of thing.And I hardly exercised at all.I never played any sports and rarely spent time outside.I was in terrible shape and worried about my health.And I have to get stronger—mentally as well as physically.But all that changed when I met my friend Judy.She convinced me to start slowly by walking every morning before work and swimming twice a week.Well,now I spend most of my free time outside—hiking,swimming and playing tennis when the weather is good.I’m in pretty good shape now and feeling wonderful.I started mountain-climbing a year and a half ago,and I just love it.Well,the next step for me is to concentrate on that sport and see where I can go with it.

**17**.What was the speaker like five years ago?

A.He rarely watched TV.

B.He spent much time outside.

C.He didn’t like talking too much.

答案C

**18**.What made the speaker start exercising?

A.His terrible shape.

B.His poor health.

C.His friend’s encouragement.

答案C

**19**.What did the speaker start doing a year and a half ago?

A.Swimming.

B.Climbing mountains.

C.Playing tennis.

答案B

**20**.What do we know about the speaker?

A.He has changed a lot.

B.He has bad habits.

C.He is still out of shape.

答案A

第二部分　阅读(共两节,满分50分)

第一节(共15小题;每小题2.5分,满分37.5分)

阅读下列短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

**A**

Nowadays,we are having a much busier life,and we are using our eyes far more than ever before.So we often have tired eyes after a day’s work or study.Here are some good methods of protecting eyes against tiredness to keep them healthy.

**Sitting** **Postures**(坐姿)

Get into the habit of paying attention to the way you sit.Try to stick to the proper postures that doctors suggest.

**Helpful** **pictures**

There are some special pictures online that can help relax your eyes.You may download such pictures to your computer or smartphone.When there is nothing far away you can look at to relax your eyes,you can use one of these pictures.A picture with something like a tunnel(隧道) in it is quite popular.Try to look as far into the tunnel as you can for 30 seconds.Do you feel better?

**Breaks**

The 20-20-20 rule:take a break from the screen every 20 minutes for 20 seconds and look at something 20 feet (about 6 metres) away.

**Eye** **exercises**

Step 1.Sitting comfortably,imagine there is a clock in front of you and turn your eyes up to 12 o’clock.Pause(停顿) for a second,and then lower your eyes to 6 o’clock.Pause again,and then repeat this step 10 times.Complete the exercise by cupping your hands over your eyes for a few seconds,letting them rest in the darkness.

Step 2.Look at something on the right.Keep your eyes on it and slowly turn your head to the left as far as possible.Then do the same thing on the left.Repeat the exercise a couple of times.

Step 3.Hold your finger in front of your nose and keep looking at it.Slowly move the finger towards yourself as close as you can without losing focus(焦点).Then look outside the window as far as possible.Repeat this several times.

**Sports**

Table tennis is about a small ball travelling at high speed—the best sport to train your eyes and relax the muscles (肌肉) in and around the eyes.Other sports like tennis,badminton and kite flying are also great for relaxing tired eyes.

**21**.Which of the following methods of protecting eyes is NOT mentioned in the passage?

A.Having the proper sitting postures.

B.Looking at something green.

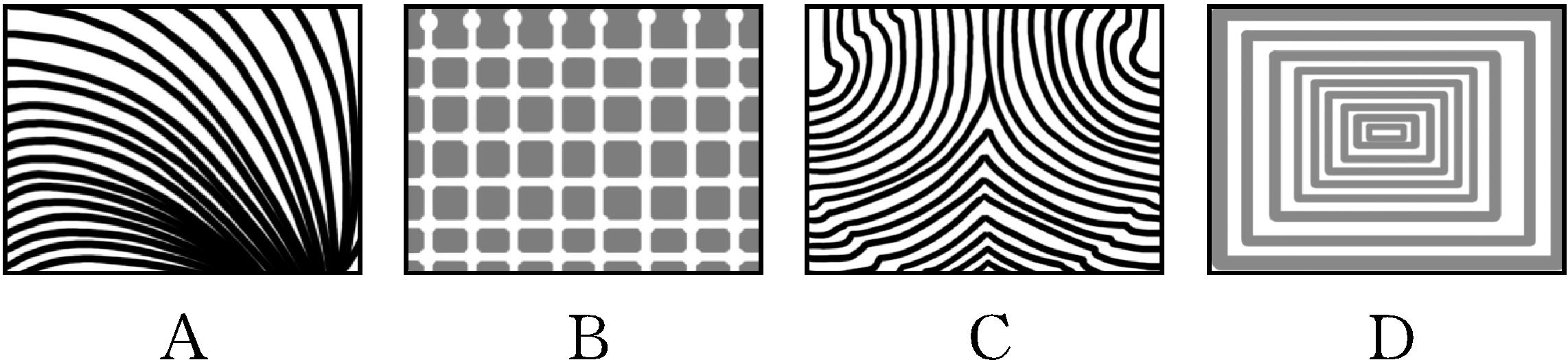
C.Following the 20-20-20 rule.

D.Playing some kinds of sports.

答案B

解析细节理解题。A项在第二段中提到了;C项在第四段中提到了;D项在第八段中提到了。故选B项。

**22**.According to the passage,which of the following pictures can help relax your eyes?



答案D

解析细节理解题。根据第三段中的“A picture with something like a tunnel in it is quite popular.”可知选D项。

**23**.Which of the following is the best title for the passage?

A.We must take a break every 20 minutes

B.How to do eye exercises properly

C.Ways to protect eyes against tiredness

D.People have tired eyes very easily

答案C

解析标题归纳题。本文主要介绍了几种保护眼睛远离疲劳的方法。故选C项。

**B**

Back to about 20 months ago I started college and just struggled with everything,such as classes and friends.I quickly became depressed and angry at myself for not being about to do better in school,in addition to lack of friends because of poor social and communication skills.

This went on for months until my 19th birthday.My parents sent me a cake,which was a great cake.But I remember having this large cake with absolutely no one to share it.I ended up throwing out the cake after having one piece,with about 90% of it leftover.That night I was so depressed that I decided to go outside to the freezing temperature of the winter and run.I put my earphones in,went outside and ran about 2 miles at 11 p.m.on my birthday.

When I got back inside I was content(满足的).I was proud of what I was able to do.The next night I did the same.I wasn’t quick or fit but you know that I went outside and did something.The running continued for about 2 months until I finally worked up the courage to go to the gym,where I started swimming again as I used to do in high school.A month went by and I started lifting weights and continued running.

Looking back I can see that exercise helped cure my depression but it didn’t only do that.At the gym I met new friends and back at my dorm I grew confidence to go to the end of the hall seeing people playing computer games together and ask if I could join.

So go forward to present now.I exercise every day and look forward to that hour and a half I get daily to do what I love with people who love it as well.I hope this helps someone who may be or have been in a similar situation.

**24**.What made the author decide to run at night?

A.His 19th birthday.　 　　B.His parents’ cake.

C.His loneliness. D.His friends.

答案C

解析推理判断题。根据第一段可知,作者缺乏社交技能,缺少朋友。第二段叙述作者一个人过生日,没有人和他分享蛋糕。由此推断出作者是孤独的,因此作者出去跑步是因为孤单。故C项正确。

**25**.Which of the following best describes the author?

A.Traditional. B.Determined.

C.Humorous. D.Generous.

答案B

解析推理判断题。第三段叙述作者坚持跑步,两个月后又到体育馆开始游泳,由此推断出作者是坚定、有决心的。故B项正确。

**26**.What is the biggest benefit of the author’s running?

A.Regaining his confidence.

B. Losing his weight.

C. Playing with his brothers.

D. Joining in other activities.

答案A

解析细节理解题。根据倒数第二段第二句中的“grew confidence”可知,作者增强了自信。故A项正确。

**27**.Why do you think the author wrote this passage?

A.To recall his life in college.

B.To show his gratitude to his parents.

C.To emphasise the importance of friendship.

D.To share his experience of dealing with hardship.

答案D

解析写作意图题。根据最后一段最后一句“我希望这篇文章能帮助也许或已经处于同样情形的人”可知,作者通过写这篇文章向读者分享他克服困难的经历。

**C**

When I was in my fourth year of teaching,I was also (and am still) a high school track and field coach.One year,I had a student,John,who entered my class when he was a junior.John changed to our school from Greece,and seemed to be interested in sports,so I encouraged him to join our track team.I explained to him that even though he had never taken part in it before,I did believe that he could do well in any event,and I would be willing to coach him at whichever ones interested him.He accepted the offer,and began to work hard at every practice.

About a month later,I had found out from other sources that John was a first-class tennis player,winning various junior awards in his home country.I went to him asking,“John,I really appreciate that you came out for the track team,but why didn’t you play tennis instead?It seems that would interest you a lot more,since you’re so good at it.”John answered,“Well,I like tennis,but you told me that you believed in me,and that you thought I could do well in track,so I wanted to try it for that reason.”

From then on,I often remember John’s reply.I told it to a friend and she suggested I write it down to share somewhere with more teachers.No matter how critical(挑剔的) students can be of themselves,I’ve found that a simple “I trust that you can do it!”can go a long way!

**28**.According to paragraph 1,what did the author seem to think more about?

A.John’s PE marks.

B.John’s self-confidence.

C.John’s interest in sports.

D.John’s state of health.

答案C

解析细节理解题。根据第一段中的“seemed to be interested in sports,so I encouraged him to join our track team”可知,因为看到约翰似乎对运动感兴趣,所以作者鼓励他参加田径队,由此可知选C项。

**29**.Why did John take part in the track team?

A.He had been an excellent runner.

B.He was encouraged by his teacher.

C.He liked running more than tennis.

D.He had no tennis coach to train him.

答案B

解析细节理解题。根据第二段最后一句中的“you told me that you believed in me,and that you thought I could do well in track,so I wanted to try it for that reason”可知,约翰受到老师的鼓励,才决定参加田径队。故选B项。

**30**.What’s the purpose of this passage?

A.To build a close teacher-student relationship.

B.To introduce a new way of sports training.

C.To explain the value of sports and games.

D.To show the importance of encouragement.

答案D

解析写作意图题。通读全文,尤其是最后一段最后一句可知,本文主要展示了鼓励的重要性。故选D项。

**31**.Who is the passage mainly written for?

A.Teachers. B.Parents.

C.Students. D.Players.

答案A

解析写作对象题。由最后一段第二句可知,这篇文章是要和老师分享的。故选A项。

**D**

It was May 23,2016.Arnot,the 32-year-old mountain guide,reached the top of Qomolangma without the use of oxygen (O2) equipment.It was achieved after seven years,three previous attempts,and fourteen straight hours of climbing.

After 15 minutes at the top,Arnot began her descent(下坡).Eight hours later,she reached the camp at 7,600 metres and became the first American woman—and only the seventh woman ever—to successfully reach Mount Qomolangma without oxygen equipment.

“There are so many reasons for her impressive achievement,especially the physical and emotional efforts that she’s put forth over the years to make this happen,”says the professional climber and photographer Richards.“The mental courage that it requires is something very few people have.”

Arnot didn’t start climbing until she was 19 years old.Money was tight in her family,and climbing mountains never occurred in her mind.After graduating from college,Arnot was invited by her friend to climb a mountain.“It totally changed my life,”says Arnot.“I always know that if you want something,you can achieve it,but knowing what you want is a whole different thing,”she says.“I am athletic but not competitive.After my first climbing,I knew immediately that mountains are what I want—as that is where I felt home for the first time in my life.”

After that first climb,she devoted herself to learning how to climb and move through mountain.It was during her second trip to Qomolangma in 2009 that she first set her sights on a no-oxygen attempt.However,while hiking into Qomolangma Base Camp that year,she hurt her leg and wasn’t able to climb without oxygen.In 2013 she nearly made it to the top,but was forced to take oxygen at 8,504 metres while helping another climber.

When Arnot finally stood atop Qomolangma,she called her best friend,“I reached the top and I’m not using any oxygen.”Then,tears began to stream down from her eyes.So much of Arnot’s life has been about pushing the limits of her abilities,and in this case,she’s also pushed up against the outer limits of the human spirit.

**32**.On May 23,2016,Arnot 　　　.

A.spent 8 straight hours climbing

B.stayed at the top for 50 minutes

C.made her first attempt to climb Qomolangma

D.reached the top without oxygen equipment

答案D

解析细节理解题。由第一段第一、二句“It was May 23,2016.Arnot,the 32-year-old mountain guide,reached the top of Qomolangma without the use of oxygen (O2) equipment.”可知,2016年5月23日,阿诺特在没有使用氧气设备的情况下登上了珠穆朗玛峰。故选D项。

**33**.Arnot fell in love with climbing because 　　　.

A.money was no longer a problem to her

B.mountains gave her the feeling of comfort

C.she tried to be more athletic and competitive

D.she wanted to build up her body through climbing

答案B

解析推理判断题。由第四段最后一句“After my first climbing,I knew immediately that mountains are what I want—as that is where I felt home for the first time in my life.”可知,阿诺特爱上登山是因为登山让她第一次有家的感觉,即山给了她家一样的舒适和安慰感。故选B项。

**34**.What do we know about Arnot’s climbing experience?

A.She took up climbing when she was 19 years old.

B.She has always been a good climber since her childhood.

C.She climbed Qomolangma with her family during her first trip.

D.She hurt her leg badly while helping another climber in 2009.

答案A

解析细节理解题。由第四段第一句“Arnot didn’t start climbing until she was 19 years old.”可知阿诺特直到19岁才开始登山。故选A项。

**35**.Which of the following can best describe Arnot?

A.Determined and brave.

B.Cautious and honest.

C.Caring and open-minded.

D.Confident and creative.

答案A

解析推理判断题。根据倒数第二段中的“However,while hiking into Qomolangma Base Camp that year,she hurt her leg and wasn’t able to climb without oxygen.”可知,虽然腿受了伤无法进行无氧登山,但是她后来仍然没有放弃登山,说明了阿诺特非常有决心;由最后一段最后一句中的“So much of Arnot’s life has been about pushing the limits of her abilities”可知,阿诺特一生的大部分时间都在挑战自己的能力极限,说明阿诺特非常勇敢。故选A项。

第二节(共5小题;每小题2.5分,满分12.5分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

If you are in a city where everyone rushes,realise that you don’t have to be like everyone else.You can be different.You can walk instead of driving in rush hour traffic.You can be on your electronic devices less,and be disconnected sometimes.Your environment doesn’t control your life—you do.I’m not going to give you a step-by-step guide to moving slower.　36

**Do** **less.**

Cut back on your projects,on your task list,and on how much you try to do each day.Focus not on quantity but on quality.　37　 Save smaller,routine tasks for later in the day,but give yourself time to focus.

**Have** **fewer** **meetings.**

　38　 And they eat into your day,forcing you to squeeze the things you really need to do into small windows and making you rush.

　39

When you do the important things with focus,without rush,there will be things that get pushed back.And you need to ask yourself:How necessary are these things?What will happen if I stop doing them?

**Practise** **mindfulness.**

Simply learn to live in the present,rather than the future or the past.When you eat,fully appreciate your food.When you are with other people,be with them fully.When you are walking,appreciate your surroundings,no matter where you are.Try these things out.Life is better when unrushed.

　40

A.Start to put off or cancel the unnecessary.

B.Meetings are usually a big waste of time.

C.Give yourself more time to get ready and get there.

D.The world won’t end if you don’t pass one of the examinations.

E.But here are some things to consider and adopt,if they work for your life.

F.Remember the quote:If nature can get everything done without rushing,so can you.

G.Pick 2-3 important things—or even just one important thing—and work on those first.

答案36~40 EGBAF

第三部分　语言运用(共两节,满分30分)

第一节(共15小题;每小题1分,满分15分)

阅读下面短文,从每题所给的A、B、C、D四个选项中选出可以填入空白处的最佳选项。

Yesterday,my daughter had to go to work earlier than usual.Since the gym where I work out is not far from her 　41　,I decided to take her to work and then go to the gym.

At quite an earlier hour,the gym was 　42　 full of men and women of all ages,working out.I 　43　 go to the gym at this early hour,and was 　44　 to see so many people.It seems that many go to the gym before going to 　45　.Some want to lose weight,others want to 　46　 their body,and quite a great number of people like to build their muscles.

I know how difficult it is for most people to start exercising.Most people know it is good for their body,but they are too 　47　 to go to the gym,especially in the morning.They 　48　 to spend an extra hour in bed before starting their 　49　.In the afternoon,they are too tired after work,and want to stay at home or go out to meet friends.

If you’re one of them,you need self-discipline(自律) and 　50　 your laziness.If you keep going to the gym and exercising,you would start to 　51　 it.This usually happens when you see that you’re losing weight,your body is getting into a better shape,and you feel stronger.

It is the same in every other area of life,when you study a foreign language,　52　 a new skill or a new habit,and when you make up your mind to 　53　 your dreams.It is difficult at first.But when you start to see 　54　,everything becomes easier because you have 　55　 motivation (动力).

**41**.A.house B.garage

C.office D.flat

答案C

解析由第一句中的“my daughter had to go to work earlier than usual”可知答案。

**42**.A.already B.still

C.even D.just

答案A

解析根据下文的“see so many people”可知健身房里已经有很多人了。

**43**.A.usually B.sometimes

C.only D.seldom

答案D

解析根据“At quite an earlier hour”可以推断出作者极少那么早就赶到健身房。

**44**.A.happy B.surprised

C.excited D.satisfied

答案B

解析上文提到作者以前很少那么早去健身房,现在突然看到这么多人早早来锻炼,由此可以推测作者对此感到很惊讶。

**45**.A.sleep B.bed

C.work D.school

答案C

解析根据第一段中的“my daughter had to go to work earlier than usual”可知作者来到健身房的时间很早,这个时候人们通常还没上班。由此可推知他们是赶在上班前来锻炼。

**46**.A.shape B.protect

C.check D.change

答案A

解析根据第四段最后一句中的“your body is getting into a better shape”可知答案。

**47**.A.busy B.lazy

C.shy D.afraid

答案B

解析根据后面的“spend an extra hour in bed”和第四段第一句中的“your laziness”可判断选B项。

**48**.A.need B.have

C.prefer D.expect

答案C

解析由上文的“人们懒惰,不想去健身房,尤其是在早晨”可以推断,他们宁愿在床上多躺一个小时。

**49**.A.day B.plan

C.trip D.business

答案A

解析根据句中的“spend an extra hour in bed”可以推断此处指早晨赖床,而早晨为新的一天的开始, 故选A项。

**50**.A.recognise B.realise

C.accept D.overcome

答案D

解析“需要自律”和“克服懒惰”相呼应,由此可判断选D项。

**51**.A.take B.do

C.get D.like

答案D

解析根据下文的“when you see that you’re losing weight,your body is getting into a better shape, and you feel stronger”可以推测,当健身有效果时,你就会喜欢上健身。

**52**.A.develop B.use

C.share D.teach

答案A

解析根据下文的“a new skill or a new habit”可知选A项。

**53**.A.remember B.recall

C.achieve D.make

答案C

解析根据“your dreams”可知选achieve。

**54**.A.facts B.results

C.sights D.chances

答案B

解析根据第四段最后一句中的“when you see that you’re losing weight, your body is getting into a better shape,...”可知此处指健身的结果。

**55**.A.great B.special

C.personal D.reasonable

答案A

解析根据“everything becomes easier”可以推测,任何事情变得容易是因为做事时有极大的动力。

第二节(共10小题;每小题1.5分,满分15分)

阅读下面短文,在空白处填入1个适当的单词或括号内单词的正确形式。

We humans are only born with one set of eyes,so it’s our job to take care of **56**. 　　　　　　  (they) for our whole lives.The good news is that if we do a few simple **57**. 　　　　　　  (thing) every day,we can protect our eyesight(视力) and reduce the risk of **58**.　　　　　　 (hurt) our eyes.

Almost all doctors keep telling us **59**.　　　　　　 (eat) lots of fresh fruit and vegetables so we can have good eyesight.Furthermore,we need to protect our eyes when we spend long periods **60**.　　　　　 bright sunlight.The best way to do this is to wear sunglasses **61**.　　　　　 offer 100% UV protection.Besides,it is important to protect our eyes when we work with **62**.　　　　　　　(danger) chemicals(化学物质).For this reason we should always wear goggles(护目镜) in chemistry labs at work or at school.**63**.　　　　　　　 (final),we should not spend too much time in front of the computer or television screen.That is why if we have to use a computer for a long time,doctors suggest we take **64**.　　　　　 short break every fifteen or thirty minutes.

Having good eyesight **65**.　　　　　(be) important.As the popular English expression goes,“It’s all fun and games until someone loses an eye.”

答案56.them　57.things　58.hurting　59.to eat　60.in

61.which/that　62.dangerous　63.Finally　64.a　65.is

第四部分　写作(共两节,满分40分)

第一节(满分15分)

假如你叫李华,你的朋友Jenny来信向你询问如何保持健康。请你给她回一封电子邮件提一些建议。 内容要点如下:

1.注意合理饮食,多吃水果和蔬菜;

2.保证充足的睡眠,至少8小时;

3.坚持锻炼身体,多进行体育运动。

注意:1.词数80左右;

2.可适当增添细节,以使行文连贯;

3.邮件的开头和结尾已为你写好,不计入总词数。

Dear Jenny,

How nice to hear from you!In your letter you asked me how to keep healthy.I would like to give you some advice. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yours,

Li Hua

参考范文

Dear Jenny,

How nice to hear from you!In your letter you asked me how to keep healthy.I would like to give you some advice.We know food is of great importance to us teenagers.Since we grow very fast,we are in need of nutritious food,such as fresh vegetables,fruits,fish,meat and so on.However,I think you’d better not eat food with much sugar and fat.And you should get plenty of sleep.It is necessary for you to have at least eight hours of sleep every day. In addition,you should take physical exercise regularly.It will be beneficial to your health.Only in this way can you keep fit.

Best wishes!

Yours,

Li Hua

第二节(满分25分)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。续写词数应为150左右。

Jatin and his younger sister,Neha,lived with their parents in a poor neighbourhood.Their mother was very sick and their father was struggling to find a job,and they had only a little money with which to buy food.As they had not paid the rent for several months,the landlord was breathing down their necks(盯着他们).

One day,Jatin took Neha’s shoes to a shoe repairman to be fixed,but he lost them on the way home.It wasn’t until he got home that he realised he had lost the shoes.He was afraid that his parents would be angry and disappointed,so he begged his sister to keep it secret.Neha agreed and the two decided to share Jatin’s running shoes.Neha’s school hours were in the morning,so she would wear them first.After school,she would rush back and give them to Jatin.He could then run to his school,which began in the afternoon.Although he ran as fast as he could,Jatin often arrived late and was warned by the school.

A long distance race was going to be held for the boys in the city.When Jatin learned that the third prize was a new pair of shoes,he decided to take part.He ran home excitedly and promised(承诺) his sister that he would win her the new shoes.

The day of race arrived.Jatin had a strong start,but halfway through the race he began to get tired and his legs began to ache.Getting more and more exhausted(疲惫的) he thought only of Neha and his promise to her.Dreaming of the new shoes he would win for his sister gave him strength,and he stayed right behind the two fastest runners,determined to finish third.Suddenly,as the finish line(终点线) drew near,another runner collided(碰撞) with Jatin from behind and Jatin crashed(撞到) to the ground.

*Jatin* *looked* *up* *and* *he* *saw* *the* *other* *boys* *rushing* *ahead.* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Filled* *with* *pleasure*,*Jatin* *walked* *home* *in* *no* *time.* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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参考范文

*Jatin* *looked* *up* *and* *he* *saw* *the* *other* *boys* *rushing* *ahead.*Refusing to give up at this crucial point,Jatin clenched his teeth,jumped to his feet and ran as fast as he could.Finally,he was the fourth one to dash across the finish line.Jatin couldn’t help sobbing at the thought of letting his sister down.But much to his surprise,the runner who collided with him was disqualified for breaking the rule and Jatin won the third prize.Jatin felt overjoyed and relieved during the award ceremony,holding the shoes close to his chest.

*Filled* *with* *pleasure*,*Jatin* *walked* *home* *in* *no* *time.*He could not wait to see his sister and share the good news.On his arrival,Jatin found Neha was walking about outside nervously and anxiously.“Neha,see what I have got for you.”Jatin said excitedly,taking the prize out of his bag with his trembling hands.The instant Neha saw the shoes,her face lit up.So thrilled was she that she threw herself at Jatin.“Thank you!Jatin.”Tears of joy welled up in their eyes as the brother and the sister hugged tightly together.