

Unit 1

基础篇

A

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|----|----|----|-----|----|-----|------|------|
| 主题 | 咖啡 | 类型 | 议论文 | 难度 | ★★★ | 建议用时 | 5 分钟 |
|----|----|----|-----|----|-----|------|------|

It only grows in a few places on Earth. It's expensive. It 1 1 like motor oil and tastes like burnt wood. It's coffee, and I love it. So do more and more Chinese people. It seems that Luckin Coffee has s 2 all over the country, and of course, Starbucks is everywhere. I o 3 visited a Starbucks and found another Starbucks inside! People say coffee c 4 is taking over China, but I'm not sure.

To me, coffee culture is about m 5 than the drink. It is about the cafe(咖啡馆). The best cafes are community spaces, where the baristas(咖啡师) know your face and remember what you order. They are "living rooms" for people with small flats, and s 6 spaces for students. They have books, board games and local art on the walls. They may even invite musicians.

Compare this to some coffee chains. Their chairs are u 7 and people forget your face. They don't have books or games or musicians. I 8, they sell CDs. Are there good cafes in China? Yes! Great ones! I've visited many. If you like coffee, you should find one. If you don't like coffee, go anyway. They s 9 tea, too. A cafe can also support a community i 10 the community supports the cafe.

▲ 阅读短文,根据文中首字母提示填空。

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| 主题 | 打雪仗 | 类型 | 记叙文 | 难度 | ★★★ | 建议用时 | 6 分钟 |
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Whoosh! A snowball flew 1 my head. I bent over and packed one myself to throw back. Wham! Another snowball crashed into my head. I fell into a nearby snowdrift(雪堆).

It was a mid-winter's day. My mum let me and my two brothers go outside to play for a 2. My brothers were several years older than me and much 3 as well. Still, it was I who decided to 4 the snowball fight. I hit one of them when they weren't looking and soon we were all making and throwing snowballs as 5 as we could. I was lucky to escape their snowballs 6 one caught me in the back of the head and sent me sliding into(滑入) the snowdrift. I felt two hands grasp my shoulders as my oldest brother lifted me up and out of the snowdrift. I laughed as I dusted the snow off.

Later, Mum called us back inside for lunch. I sat near the fireplace in our living room, letting the warmth dry my wet socks and jeans. It felt so nice. I can't 7 the feeling back then, but I know now that it was pure 8.

In those days of my childhood, there was no regret for the past or 9 for the future. Each day was 10 with fun, laughter, and love. These are the kinds of feelings that are worth remembering.

▲ 根据短文内容,选择正确的答案。

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|-------------------|-------------|--------------|-----------------|
| () 1. A. pass | B. past | C. cross | D. across |
| () 2. A. second | B. minute | C. day | D. while |
| () 3. A. big | B. bigger | C. small | D. smaller |
| () 4. A. stop | B. finish | C. start | D. avoid |
| () 5. A. slowly | B. loudly | C. quickly | D. carefully |
| () 6. A. until | B. since | C. after | D. when |
| () 7. A. say | B. tell | C. describe | D. remember |
| () 8. A. sadness | B. kindness | C. happiness | D. carelessness |
| () 9. A. worry | B. hope | C. meaning | D. courage |
| () 10. A. filled | B. full | C. satisfied | D. busy |

提高篇

C

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| 主题 | 支付方式 | 类型 | 议论文 | 难度 | ★★★★ | 建议用时 | 8 分钟 |
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Have you heard the n 1 that China has updated the 5th edition of its RMB? The new banknotes have b 2 colours and improved features to prevent people from making fake money.

China was the first country in the world to use paper money. During the Northern Song dynasty(960 - 1127), traders came up with a kind of paper money to replace the heavy coins. These early banknotes were c 3 *jiaozi*. After being used more often in trading, it was accepted as a w 4 of payment.

We've come a long way s 5 the first paper banknote was printed. In fact, it's quite p 6 that you might not even have any paper money in your pocket right now. Why? Because you have WeChat Wallet and Alipay. Is it possible that we might c 7 not use paper money one day?

Some countries are moving closer to that possibility. In Sweden, for example, cash takes up just 1.3 percent of the country's GDP, as most people use bank cards. However, the country's government has w 8 people to keep some of their cash in case of a hacker(黑客) attack or war.

We can see that there are both advantages and disadvantages to going cashless. On the one hand, it's quite convenient, and there's no risk of l 9 your money if your wallet is stolen or lost. On the other hand, there is the possibility that hackers could break i 10 your bank account. It's also harder to control your spending when you're paying with "invisible(隐形的)" money. In the end, it's probably best to keep some cash at home—just in case.

▲ 阅读短文,根据文中首字母提示填空。

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| 主题 | 作家 | 类型 | 记叙文 | 难度 | ★★★ | 建议用时 | 6 分钟 |
|----|----|----|-----|----|-----|------|------|
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American writer Ernest Hemingway once wrote, “The world is a fine place and worth 1 for and I hate very much to leave it.”

This quote is an excellent representation of the way Hemingway lived his life. From his time as a soldier and war reporter 2 his adventures(冒险) in Paris and Cuba, Hemingway saw much of the world and used his 3 to make his writing special.

This year was Hemingway’s 124th birthday—even years after his birth and death, his writing continues to influence writers and 4 today.

During his travels, Hemingway met many famous writers and artists, learning experience and knowledge from them 5 also forming his own literature ideas. Although he faced many 6 and tragedies(悲剧), Hemingway never stopped looking for new experiences and adventures.

Hemingway’s writing style is simple. He invented the term “iceberg theory(冰山理论)” to 7 his writing. This means that hiding deeper meaning under the surface of one’s writing can make 8 more impressive and thought-provoking, just like 9 most of an iceberg’s mass is hidden under the surface of the sea.

For example, it is 10 that Hemingway was once asked to write a complete story in 10 words or less. He replied with “For sale: baby shoes, never worn.” In this one simple sentence, he tells the tragic story of the loss of a child and the parents’ sadness. It is a perfect example of Hemingway’s simple writing style.

▲ 根据短文内容,选择正确的答案。

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|-----------------------|----------------|-----------------|--------------|
| () 1. A. fight | B. fighting | C. to fight | D. fought |
| () 2. A. for | B. at | C. to | D. with |
| () 3. A. experiences | B. experiments | C. examples | D. excuses |
| () 4. A. dancers | B. readers | C. managers | D. engineers |
| () 5. A. but | B. before | C. after | D. while |
| () 6. A. happiness | B. hopes | C. difficulties | D. dislikes |
| () 7. A. describe | B. say | C. show | D. mean |

- () 8. A. it B. that C. this D. him
- () 9. A. what B. that C. why D. when
- () 10. A. said B. believed C. seen D. considered

真题篇

E

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|----|-----|----|-----|----|------|------|------|
| 主题 | 流行色 | 类型 | 说明文 | 难度 | ★★★★ | 建议用时 | 9 分钟 |
|----|-----|----|-----|----|------|------|------|

As you've grown up, has your favourite colour changed?

Colours can stand for different feelings and moods. That's why more than 20 years ago, the Pantone Colour Institute(研究所) decided to choose a colour every December to s 1 for the feelings of the coming year. What colour did it decide on for the year 2022?

It is Very Peri(长春花蓝), a kind of colour that mixes the peacefulness of blue with energetic red. This is the first time the company has c 2 a new colour for Colour of the Year instead of choosing an o 3 one. So, why Very Peri?

Each year, Pantone studies the happenings of the world to p 4 the most suitable colour, and for 2022, it's all about the influence of the digital world. The blue with red represents the light of digital screens, reported *People's Daily*. This shows how our physical(现实的) and digital lives are coming t 5 in new ways.

"It is really important for us to come up with a new colour s 6 we have a very new view of the world now," said Leatrice Eiseman, "Of all the blue hues(色调), it is the happiest and the w 7." Mixed in red, the colour gives people a feeling of warmth and newness. The feeling of newness may be just what we all need. The COVID-19 pandemic has changed h 8 we live and work. Now people need to think outside the box.

"We've gone through so many challenges, and we w 9 what's going to happen from one day to the next," said Laurie Pressman. "Keeping curious helps people get t 10 these difficulties. That's what we would like to call 'creative courage'."

▲ 阅读短文,根据文中首字母提示填空。

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|----|--------|----|-----|----|------|------|-------|
| 主题 | 冬奥会人造雪 | 类型 | 说明文 | 难度 | ★★★★ | 建议用时 | 10 分钟 |
|----|--------|----|-----|----|------|------|-------|

Because of the climate change, snow conditions in many parts of the world change greatly from year to year. This is why snow, 1 the use of man-made snow, has been a topic of discussion for the Olympic Games now.

2 at a recent media meeting, Bernhard Russi, Chairman of the International Skiing Federation(FIS)'s Alpine committee, commented when asked about the use of man-made snow:

“This is not new. Already 3 the past five to ten years, we have been skiing only on man-made snow. Sometimes it is a 4 together with natural snow, but in order to have a perfect course for Alpine racing, you need man-made snow to get the right quality.”

At the same meeting, Wei Qinghua, Mountain Operation Manager of Zhangjiakou Guyangshu Cluster for the Beijing Games, highlighted the 5 that the Beijing organizers have taken to make the environmental influence of their man-made snow production 6.

“In the Zhangjiakou venue cluster(场馆群), water used for snow making mainly comes from rainfall and surface runoff, and the water can be 7,” he said. “For water from melted snow, we have a reservoir(水库) and two lakes which can store it 8 that it can then be used for agriculture, irrigation, tourism and landscaping.”

With man-made snow playing a(n) 9 important part in snow sports because of the climate change, all upcoming Games are required to be carbon neutral. From 2030 onwards, the IOC will require all Games to be “climate positive”. Countries 10 are chosen as the organizers will be required to reduce the direct and indirect emissions(排放) of the Games.

▲ 根据短文内容,选择正确的答案。

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|----------------------|---------------|-------------|-----------------|
| () 1. A. especially | B. specially | C. probably | D. mostly |
| () 2. A. Talking | B. Discussing | C. Speaking | D. Saying |
| () 3. A. by | B. over | C. from | D. of |
| () 4. A. mixture | B. union | C. group | D. collection |
| () 5. A. notes | B. advice | C. action | D. examples |
| () 6. A. bigger | B. smaller | C. fewer | D. more |
| () 7. A. wasted | B. reduced | C. saved | D. recycled |
| () 8. A. or | B. but | C. while | D. so |
| () 9. A. ideally | B. widely | C. nearly | D. increasingly |
| () 10. A. that | B. those | C. who | D. what |

Unit 2

基础篇

A

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|----|-----|----|-----|----|-----|------|------|
| 主题 | 拖延症 | 类型 | 议论文 | 难度 | ★★★ | 建议用时 | 5 分钟 |
|----|-----|----|-----|----|-----|------|------|

Summer v 1 is coming to an end. How many of you have burned the midnight oil to finish your homework over the last few days? What about during the school year—when you get home from school, do you start w 2 on your homework right away?

A lot of people usually put off difficult tasks u 3 they must be done. They're called procrastinators(拖延症患者).

Procrastination is a common p 4 for many people, in fact. Sometimes it just feels e 5 to wait for the last minute to do certain things. However, this is usually not a good thing, as you have to work harder and faster if you wait until there is little time left. This means your work will probably be of less q 6.

I m 7 am a bit of a procrastinator. But most of the time, I try to finish my work earlier rather than later. It just makes more sense—if I finish my work now, I'll have more time to r 8 or work on other projects later. It can be hard for me to get started sometimes. But once I do, the work gets done more q 9 and with little stress.

Everyone procrastinates from time to time. It's a natural thing to do. You don't have to beat yourself up over it—after all, we still need time to relax and take a break from our busy lives. Just make s 10 you still get your homework done on time!

▲ 阅读短文,根据文中首字母提示填空。

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| 主题 | 尼斯湖水怪 | 类型 | 说明文 | 难度 | ★★★ | 建议用时 | 8 分钟 |
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The Loch Ness monster(尼斯湖水怪) in Scotland has been a 1 for a very long time. There are people who said that they have seen it, but nobody has proven that it really exists. 2, scientists from New Zealand recently found that this Scottish monster “might” be real.

The scientists travelled around the lake and took water samples(样本) from three different depths. Then, they 3 DNA from the skin, scales, feathers, fur and waste of different animals. After 4 the DNA, the scientists found that one of the previous theories(理论) about the monster might be correct.

At present there are four main theories about the Loch Ness monster. One is that it is a long-necked plesiosaur(蛇颈龙) that 5 to live after other dinosaurs died out. 6 theory is that the “monster” is just a fish with a huge body.

Some people believe that the monster is an elephant, 7 the monster’s neck looks like the trunk of an elephant in some photos. Still others think there is no monster at all. The gas bubbles that can be seen on the lake’s surface might be 8 by earthquakes beneath the lake.

But scientists will not say which of these theories might be 9 until later this year.

In fact, Loch Ness is not the only lake where people claim to have seen monsters. Some people have said that they saw a monster in Heavenly Lake on Changbai Mountain in Jilin Province. It was also reported that a monster in Yunnan’s Dian Lake scared tourists away. But later, people found that the “monster” was a turtle from North America. Somebody put it into the lake. Without any natural 10, it grew so large that it looked like a huge monster.

▲ 根据短文内容,选择正确的答案。

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|--------------------|--------------|--------------|------------|
| () 1. A. problem | B. mystery | C. surprise | D. secret |
| () 2. A. However | B. Although | C. Instead | D. But |
| () 3. A. produced | B. organized | C. collected | D. raised |
| () 4. A. testing | B. repairing | C. treating | D. reading |

- () 5. A. wanted B. refused C. failed D. continued
() 6. A. Other B. Another C. Others D. The other
() 7. A. so B. as C. until D. before
() 8. A. led B. caused C. broken D. prevented
() 9. A. better B. latest C. correct D. popular
() 10. A. friends B. parents C. relatives D. enemies

提高篇

C

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| 主题 | 传播善良 | 类型 | 记叙文 | 难度 | ★★★★ | 建议用时 | 7 分钟 |
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Ten-year-old Orion Jean has always known that kindness is important. He often p 1 it by volunteering with his family. But last year, after entering the National Kindness Speech Contest, he became crazy about it. Now he works to s 2 kindness everywhere through projects that help others. He c 3 his campaign(活动) the Race to Kindness.

Spreading Hugs

After a teacher told him about the contest, Orion had only 24 hours to w 4, memorize(熟记), and record his speech. In it, he talked about the importance of kindness—especially right now, when many are facing d 5 from the pandemic(疫情).

“Kindness is like spreading hugs around the world to those who need it and those who may not know they need it,” Orion said. He e 6 listeners to join him in “the race of kindness” by doing small, kind acts for others.

Orion’s speech won the contest. He used his \$ 500 prize to fund(资助) his first Race to Kindness project, a toy drive for a local children’s hospital. He collected 619 toys. After that, Orion wanted to make an even b 7 influence. Working with others, he packed meal bags for people in need. He included a kind message for each recipient(接受者). Orion also o 8 several events in his community. In all, he collected more than 100,000 m 9 !

Everybody Wins

Orion believes that everyone wins this race. He says, “If you’re kind to someone else, it can make their day b 10 and inspire(激励) that person to be kind to somebody else. And then it just grows and grows, and it can make the world a better place.”

▲ 阅读短文,根据文中首字母提示填空。

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|----|------|----|-----|----|------|------|------|
| 主题 | 电视节目 | 类型 | 说明文 | 难度 | ★★★★ | 建议用时 | 6 分钟 |
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More than 95 percent of people in the world have phones today, according to the United Nations. Phone calls and 1 help us easily make contact with others. It means that we 2 write letters now. But a TV show, “Letters Alive”(《见字如面》), is bringing back this old habit.

“Letters Alive” got its 3 from a UK program with a similar name. Both shows invite famous actors and actresses, but there are no funny jokes or different competitions. 4, it’s just one person walking up to a microphone and reading a letter.

The letters were written by people from different times in history. 5, in one episode(集) they read a letter 6 by famous writer Xiao Hong to her younger brother in 1941. The letter shows that Xiao Hong missed her brother so much and had great hopes for his future.

“Every letter opens another world for us,” according to Guan Zhengwen, the director of the TV show. “It seems that we can 7 the real lives and feelings of the writers.”

Since its first episode on Dec. 5, “Letters Alive” has been 8 praised. Many audience(观众) members said that it has provided a breath of fresh air to today’s TV shows.

Apart from “Letters Alive”, some other cultural TV shows have also been well received by Chinese audiences. They include “Chinese Poetry Conference”, a classical Chinese poetry competition, and “Readers”, a program that 9 people to read poems

and articles they like or wrote.

“This means that our audiences are not only looking for entertainment and eye-catching games,” reported *China Youth Daily*. “Cultural values(价值观) and true feelings are the 10 to winning praise.”

▲ 根据短文内容,选择正确的答案。

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|-------------------|----------------|----------------|---------------|
| () 1. A. books | B. pictures | C. messages | D. articles |
| () 2. A. often | B. sometimes | C. seldom | D. never |
| () 3. A. name | B. idea | C. show | D. tool |
| () 4. A. Instead | B. However | C. Although | D. Otherwise |
| () 5. A. In all | B. For example | C. As a result | D. In the end |
| () 6. A. write | B. writing | C. written | D. to write |
| () 7. A. watch | B. touch | C. expect | D. experience |
| () 8. A. hard | B. hardly | C. wide | D. widely |
| () 9. A. orders | B. teaches | C. invites | D. requires |
| () 10. A. keys | B. bridges | C. circles | D. decisions |

真题篇

E

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|----|--------|----|-----|----|------|------|------|
| 主题 | 抖音私人教练 | 类型 | 说明文 | 难度 | ★★★★ | 建议用时 | 9 分钟 |
|----|--------|----|-----|----|------|------|------|

Will Liu, a singer from Taiwan, has taken the Internet by storm in an unexpected way. He has become a p 1 trainer on Douyin. And he is an a 2 as well.

Last month, someone said that his workout routines(健身操) were so popular that they b 3 Douyin's live streaming record for 2022. Liu's videos have been watched about 100 million t 4, with his most popular session attracting over 44 million viewers.

The 49-year-old man often exercises with his wife and mother-in-law. They dance to upbeat(欢快的) songs while e 5 and breaking down their moves. One of Liu's most-watched routines is set to *A Herbalist's Manual*(《本草纲目》) b 6 pop singer Jay Chou.

“I want to slap my leg whenever I hear *A Herbalist's Manual* now,” shared an Internet user.

Liu has “sparked a fitness wave(引发健身潮流)”, noted the ECNS website. E 7 when people are in lockdown because of COVID-19, Liu's routines are timely and helpful. Liu has also been in lockdown with his family in Shanghai.

Ever since Liu's videos went viral(走红), people a 8 the country have been practicing the workout routines at home, schools, quarantine centers(集中隔离点). Even while lining up for nucleic acid tests(核酸检测), they dance h 9.

Liu isn't the only person to g 10 popular from the fitness wave. According to Douyin, followers of fitness videos were up by 208 percent in 2021 compared to 2020. This shows the rise of the online fitness business and fitness influencers since the pandemic started.

▲ 阅读短文,根据文中首字母提示填空。

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| 主题 | 天文学家伽利略 | 类型 | 说明文 | 难度 | ★★★★ | 建议用时 | 9 分钟 |
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You could see mountains, craters and valleys if you looked at the moon through a telescope(望远镜). Galileo was the first person to see these things through a telescope. He is 1 as the father of modern science. Galileo was great not only for his 2, but for the scientific methods he developed.

Galileo did not invent the telescope. It was first made by a Dutchman in 1608 and later Galileo 3 the design. So he was able to study the stars and planets 4. Some people call him the first astronomer(天文学家). His telescope made things appear larger by much more times.

As he studied the sky, Galileo 5 that the planets circle around the sun. He was not the first person to believe this, but he was the first to prove details of this fact. People of that time believed that the Earth was the 6 of the universe(宇宙) and everything in

space moved around the Earth. Galileo got into trouble with the government for saying that what they believed was 7 . He had to take back what he said, or he would be in prison.

Galileo's work went 8 an astronomer. He was an inventor as well. He made the first thermometer(温度计). His thermometer didn't tell the temperatures exactly, 9 it could show if a temperature was higher or lower or the same as another temperature.

Galileo thought about the world in a 10 way. Before Galileo, people did not run experiments or test out their ideas. He is one of the first real scientists.

▲ 根据短文内容,选择正确的答案。

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| () 1. A. realized | B. designed | C. considered | D. encouraged |
| () 2. A. dreams | B. introductions | C. discoveries | D. instructions |
| () 3. A. recorded | B. improved | C. presented | D. translated |
| () 4. A. calmly | B. closely | C. nearly | D. gently |
| () 5. A. proved | B. hoped | C. promised | D. imagined |
| () 6. A. part | B. corner | C. surface | D. centre |
| () 7. A. true | B. useful | C. wrong | D. common |
| () 8. A. after | B. across | C. through | D. beyond |
| () 9. A. so | B. and | C. but | D. since |
| () 10. A. new | B. usual | C. narrow | D. difficult |

Unit 3

基础篇

A

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| 主题 | 毕加索 | 类型 | 记叙文 | 难度 | ★★★ | 建议用时 | 5 分钟 |
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Who is the most famous artist in the world? If not Leonardo da Vinci, it might be Pablo Picasso.

Picasso was one of the most famous artists of the 20th century. He had a t 1 for drawing. B 2 in Spain, Picasso showed his talent at an early age. He first l 3 painting from his father, who was an art teacher. By the time he was 13, he could a 4 draw better than his father.

He could draw and paint just about a 5, and in any style. He liked to try out new ideas.

People put his life and art into d 6 periods. One of his most famous periods was his Cubist period(立体派时期). Cubism is when an artist paints things, like a bottle, from many different angles(角度) all in the same picture. So you see the f 7, the back and the sides of the bottle all at the same time. In a way, it's a bit like having X-ray eyes.

This new way of painting s 8 the art world in the 20th century. Picasso has become an idol to many artists nowadays. People say he helped us see the world in new w 9.

On June 15, 2019, a show called “Picasso—Birth of a Genius” opened in Beijing. It showed 103 of his works. The show l 10 until September 1, 2019. Some said it was the biggest Picasso show ever held in China.

▲ 阅读短文,根据文中首字母提示填空。

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| 主题 | 慈善商店 | 类型 | 说明文 | 难度 | ★★★ | 建议用时 | 6 分钟 |
|----|------|----|-----|----|-----|------|------|

What do you 1 old things? For example, you bought a dress for a party three years ago. You wore it once and it's been hanging in your wardrobe ever since. You could throw it away, but that seems wasteful— 2 it's still perfectly usable. So, what to do? In the UK, we might take it to a charity shop.

The first charity shops 3 in Britain in the 19th century. The Salvation Army, a UK charity, was one of the first to run a second-hand clothing shop to provide the poor and people in need 4 affordable clothes. This was followed by charities such as the British Red Cross, who 5 money for the war effort during World War II. The modern form we know today was opened in 1947 by Oxfam.

These days, charity shops are a 6 sight with around 11,200 shops across the UK. During business hours, any member of the public can donate their unwanted items to a charity shop—clothes, books, electronics, furniture. Most charity shops will take 7. These items are checked and then sold at a heavily discounted price. There are sometimes 8 treasures for the buyers. On more than one occasion a buyer has bought something very 9, only to later discover its true value—such as a screen print bought for 99 pounds and later found to be by English artist Ben Nicholson. It sold at auction(拍卖) for 4,200 pounds. So next time you want to throw away something, spare a thought for the charity shop—remember, charity 10 at home!

▲ 根据短文内容,选择正确的答案。

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|--------|--------------|--------------|---------------|-----------------|
| () 1. | A. do with | B. deal with | C. agree with | D. work with |
| () 2. | A. in all | B. after all | C. above all | D. first of all |
| () 3. | A. arrived | B. achieved | C. announced | D. appeared |
| () 4. | A. with | B. for | C. to | D. in |
| () 5. | A. wasted | B. saved | C. spent | D. raised |
| () 6. | A. common | B. usual | C. necessary | D. funny |
| () 7. | A. something | B. anything | C. someone | D. anyone |
| () 8. | A. hid | B. hide | C. hiding | D. hidden |

- () 9. A. happily B. cheaply C. expensively D. peacefully
 () 10. A. begins B. opens C. avoids D. finishes

提高篇

C

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|----|---------|----|-----|----|-------|------|------|
| 主题 | 女航天员王亚平 | 类型 | 记叙文 | 难度 | ★★★★★ | 建议用时 | 9 分钟 |
|----|---------|----|-----|----|-------|------|------|

Wang Yaping, China's second female astronaut, finished a six-month mission onboard the country's space station in 2022. She once 1 a video message for the United Nations office in Geneva, Switzerland. In this video, Wang shared her experience, 2 her greetings to women around the world on the occasion of International Women's Day on March 8th.

"I wish all girls with space 3 to guard your hope for going to the sea of stars. One day, before you know it, when you look 4 , you will see that your dream is already within reach," Wang said. She said that space has never changed its environment or lowered its standard because of the arrival of women, and that lots of flight data show that there are 5 differences in the ability of the sexes to work in space. Women can all complete the 6 training and assessment as male astronauts at a high standard.

"It is 7 that more and more women will take part in manned spaceflight missions. It will play an 8 role in the large-scale and long-term human exploration of space in the future," she said.

"Ladies, women all over the world are making a big difference to the world 9 their own efforts," she said.

"I would like to take this chance to thank every female for their selfless dedication, I also wish every female would 10 the brightest stars for the lives and careers we love in our own starry sky."

▲ 阅读短文,根据文中首字母提示填空。

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
 6. _____ 7. _____ 8. _____ 9. _____ 10. _____

D

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|----|--------|----|-----|----|------|------|------|
| 主题 | 节省用餐开支 | 类型 | 说明文 | 难度 | ★★★★ | 建议用时 | 7 分钟 |
|----|--------|----|-----|----|------|------|------|

Are you planning to eat out tonight or are you going to stay in to save money? A meal out at a good restaurant or even a pizza shop can 1 you much money, so cooking for yourself is a good choice. But with the increase in food prices, it's important to be a 2 shopper to keep your food bill in check.

These days our supermarket shelves are packed with all kinds of food items: from the daily staples(主食), like bread and milk, to the foreign food, like mangoes and saffron. There's also the 3 of buying ready meals—convenient food that comes at a higher price. 4, if you're feeling that you don't have so much money, there are some things you can do to further save money spent on food.

According to the BBC Food website, it's all about changing your 5. It claims that cooking tasty meals to save money is easy. It suggests a number of “6” such as using cheaper cuts of meat. A favourite pastime of mine to help when money is tight is to store items that are on special offer—such as BOGOF deals(Buy one, get one free). However, this is a 7 when it comes to perishable(已变质的) items like fresh fruit and vegetables. In the UK, about 39% of household food waste is fruit and vegetables. So it's a good idea not to store too much of these things. Store them 8 and make the most of them in all your recipes.

Food waste is a big problem in general, so shopping carefully can also reduce the food we throw away. And in Edinburgh in Scotland, it's possible to reduce waste and not break the bank by visiting a recycled food shop, which has been 9 to prevent surplus food from shops ending up in the rubbish bin. The Food Sharing Hub allows people to pay as much as they want for the food, which is past its “best before date”.

Of course, the biggest thing you can do to help your cash flow is to cut back on take-away coffees and lunches. Making your own meals is usually 10 for you and your money!

▲ 根据短文内容,选择正确的答案。

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|----------------------|---------------|--------------|---------------|
| () 1. A. pay | B. cost | C. take | D. spend |
| () 2. A. wise | B. polite | C. generous | D. friendly |
| () 3. A. choice | B. therapy | C. ticket | D. trade |
| () 4. A. But | B. Instead | C. However | D. Moreover |
| () 5. A. diets | B. dishes | C. hobbies | D. habits |
| () 6. A. treats | B. tricks | C. tasks | D. tickets |
| () 7. A. period | B. decision | C. problem | D. bill |
| () 8. A. cheerfully | B. completely | C. carefully | D. clearly |
| () 9. A. put up | B. set up | C. used up | D. cleaned up |
| () 10. A. brighter | B. fatter | C. fresher | D. healthier |

真题篇

E

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|----|------|----|-----|----|-------|------|------|
| 主题 | 成功之路 | 类型 | 记叙文 | 难度 | ★★★★★ | 建议用时 | 9 分钟 |
|----|------|----|-----|----|-------|------|------|

People often ask me who I have to thank for my success as a pianist and songwriter. They expect to hear that I was b 1 into a musical family and had an excellent piano teacher. However, the truth is d 2. When I was little, nobody played an instrument at home. I learnt to play the piano and sing because there was a piano in my house and I just wanted to make music.

My parents allowed me to sit at the piano and sing for as l 3 as I wanted. If they were afraid that I would break the old piano, they never mentioned it. They didn't s 4 that I should take lessons, either. The songs just came to me when I had my h 5 on the piano. I suppose I had musical talent and that is all I needed.

I started writing proper songs when I was a teenager. The music was m 6 but the words were from other song writers. It seemed so easy. When you start to compose, you do

that, you copy other people's best songs. Then you start c 7 the melodies(旋律) and the words and you develop your own style. That only happened l 8 when I had grown beyond my teenage years.

For a time, I thought music would be just a hobby. My parents had developed a strong belief(信念) that I would be able to make a l 9 as a musician, but I had my doubts, so after school I took a j 10 in radio advertising. Then one day one of my songs won a prize and that changed everything. I realized my happiness was in music. I have been a musician ever since that day.

▲ 阅读短文,根据文中首字母提示填空。

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| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |

F

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|----|----|----|-----|----|------|------|------|
| 主题 | 巧合 | 类型 | 记叙文 | 难度 | ★★★★ | 建议用时 | 8 分钟 |
|----|----|----|-----|----|------|------|------|

The interviewer led me into a small room and gestured towards an armchair. “ 1 ,” he said. “I’ve sent for some coffee. It’ll be here in a minute.”

“Right,” he said, sitting down opposite me and opening a notebook. “Let me tell you something about the programme. I’ll begin by 2 you and saying a few nice words about you! Then we’ll start talking. Most of the time I’ll ask questions. OK?”

“OK!” I said.

“Well now, let’s see. I need to check a few 3 with you. You were born in Dublin thirty-seven years ago. You went to university in London, England. But you didn’t take a degree. I see. Why was that?”

“Oh, I got 4 ,” I explained. “I didn’t like spending all my time in libraries and lecture rooms. I wanted to do something!”

“So what did you do 5 ?” the interviewer asked.

“Well, I got a job as a steward(乘务员) on one of the boats that went between England and Australia. I used to 6 for about three months at a time and then we got six

weeks' leave in England. It was during one of these 'rest periods' in England that I wrote my first book. I did it mainly to pass the time! 'Below Decks', I called it. Have you read it?"

The interviewer 7 his head. "I'm afraid not," he said. "I haven't been able to get hold of a copy. Anyway, I 8 it was about your life as a steward, to guess from the title."

"That's right," I said. "It was a comic book, because lots of funny things used to happen on board ship. But it wasn't all fun. 9 the ship caught fire and that was really serious."

"That was near Mombasa, wasn't it?" the interviewer asked in surprise.

"Yes," I told him. "But you haven't read the book. Did you see the film?"

"No. It just happens that I was on that boat! I was a child at the time and I was coming back from Australia with my parents. For us kids that fire was the one 10 thing that happened during the journey! Well, what a coincidence(巧合)!"

▲ 根据短文内容,选择正确的答案。

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|------------------------|------------------|----------------|----------------|
| () 1. A. Have a drink | B. Wait a minute | C. Take a seat | D. Take a look |
| () 2. A. greeting | B. introducing | C. reminding | D. encouraging |
| () 3. A. ideas | B. clues | C. cases | D. facts |
| () 4. A. worried | B. bored | C. scared | D. stressed |
| () 5. A. successfully | B. especially | C. probably | D. exactly |
| () 6. A. be away | B. be absent | C. be trapped | D. be home |
| () 7. A. raised | B. nodded | C. shook | D. turned |
| () 8. A. believe | B. suppose | C. consider | D. confirm |
| () 9. A. Once | B. Perhaps | C. Later | D. Suddenly |
| () 10. A. tiring | B. forgetful | C. meaningful | D. exciting |