

# 江苏省天一中学 2021-2022 学年秋学期期末考试

## 高一英语试卷

### 第 I 卷 选择题 (共 95 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。

1. Where does the woman have to get off?

A. At the Bank of China.

B. At the post office.

C. At the next stop.

2. Why does the man refuse the woman?

A. He doesn't have a car.

B. He'll be using his car.

C. She doesn't drive.

3. Where does the woman want to go?

A. The Grand Hotel.

B. The shopping center.

C. The traffic light.

4. How is the woman going home?

A. In a car.

B. By bus.

C. On foot.

5. How many friends can the girl invite?

A. Four or five.

B. Two or three.

C. Two or four.

##### 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。

6. What are the speakers going to do this weekend?

A. Go to the beach.

B. Climb a mountain.

C. Go for a bicycle ride.

7. What do we know about Paul and Mary?

A. They might be the speakers' friends.

B. They've decided to join the speakers.

C. They did some riding yesterday.

听第 7 段材料, 回答第 8 至 10 题。

8. What are the two speakers talking about?

A. Using the left hand.

B. Operating machines.

C. Designing machines.

9. What is the possible relationship between the two speakers?

A. Master and servant.

B. Boss and secretary.

C. Fellow workers.

10. What can we learn from the conversation?

A. Left-handers can't run the machines.

B. The woman only uses her right hand.

C. The woman is more skillful than the man.

听第 8 段材料, 回答第 11 至 13 题。

11. What did the woman do last weekend?

- A. She went to the beach.  
B. She visited her parents.  
C. She had a trip to the countryside.

12. Why did the woman come home so soon?

- A. She was tired. B. She caught a cold. C. She had school work to do.

13. What was the weather like at the weekend?

- A. Cloudy. B. Sunny. C. Rainy.

听第 9 段材料，回答第 14 至 16 题。

14. What does the woman think about her boss?

- A. Rude. B. Foolish. C. Troublesome.

15. What do we know about the woman?

- A. She was in charge of a school.  
B. She succeeded in her job.  
C. She has left her job.

16. What does the man want to be?

- A. A dancer. B. A dancing trainer. C. A high school teacher.

听第 10 段材料，回答第 17 至 20 题。

17. What can we learn from the news?

- A. No villager was killed.  
B. 15 houses were badly damaged.  
C. Over 200 people were made homeless.

18. How many people were badly injured in the storm?

- A. Seven. B. Nine. C. Ten.

19. What do we know about the farmer?

- A. His house was destroyed.  
B. His wife was missing.  
C. One of his children was killed.

20. What did the woman do when she saw her house shaking?

- A. She tried to take something out.  
B. She rushed out with her children.  
C. She told her husband not to leave.

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**

Believe it or not, there are many strange things banned (禁止) around the world.

#### **Black cars — Turkmenistan**

Trying to buy a new car in the central Asian country of Turkmenistan can be a tricky business due to numerous restrictions issued by President Gurbanguly Berdimuhamedov. Batir Turken, who is from Turkmenistan but lives in Dubai, explained, "For the country with 60°C in summer, it is really strange and stupid that cars with black colours are banned, and that dirty cars are not allowed to drive in the city."

He added, "Cars which are older than five years are banned, cars with a right-hand drive are banned, sports cars and two-door cars are banned, and cars with tinted (有色的) windows are banned."

#### **Vacuum cleaners — Victoria, Australia**

No one likes a noisy neighbour, but the state of Victoria in Australia has introduced a set of rules about at what point during the day when you can make noise including when you can vacuum.

Sumit Gupta, Mumbai, India, said, “In Melbourne, Australia, vacuuming your house between 10 p.m. and 7 a.m. during weekdays and 10 p.m. and 9 a.m. during the weekends is against the law.”

### **Chewing gum — Singapore**

Singapore bans the sale and import of chewing gum, which makes it impossible for locals to get their hands on gum. However, exceptions are made for people who have medical conditions and need to chew gum. The ban began in 1992 and is still in effect.

### **Running out of fuel — Germany**

People are not allowed to let their cars run out of fuel if they are driving on the autobahn (高速公路) in Germany. What makes matters worse is that a person can't walk along the highway to get some gas, as walking on the autobahn is also banned by law.

### **Changing bulbs — Victoria, Australia**

In Victoria, one of the most populous states in Australia, changing a light bulb is illegal unless you are a licensed electrician. People who disobey this law could receive a fine of up to AU \$10 (£ 5.5).

1. Which kinds of cars are NOT banned in Turkmenistan?
  - A. Cars used for six years.
  - B. Cars with a left-hand drive.
  - C. Cars with coloured windows.
  - D. Sports cars.
2. What makes things worse in Germany?
  - A. Running out of fuel is forbidden in this country.
  - B. Whoever walks on the autobahn is against the law.
  - C. Dirty cars are not allowed to drive in the city.
  - D. The ban of running out of fuel is out of effect now.
3. Which of the following is TRUE?
  - A. Batir Turken considers it a strange idea to ban black cars in Turkmenistan.
  - B. A person who is ill and needs to chew gum will be fined for chewing gum in Singapore.
  - C. You can change a light bulb as long as you handle it with care in Victoria.
  - D. People vacuuming houses at midnight in Melbourne will be fined AU \$10.

## **B**

A 1969 letter has been found down the back of a sofa.

The sheet was discovered by Peter Beckerton, while he was repairing an old piece of furniture for a customer. It is dated February 23, 1969, and appears to be written by an 11-year-old girl.

In the letter the schoolgirl writes: “In 1969 the telephone was a square box thing with a resiver [sic] on top of it. But now it is still a resiver [sic], but you can see the people you are talking to, for there is a screen where you can see the people. It is a bit like a television.”

Peter said, “When I found it I couldn't believe it. Looking at it today she's got a lot of her predictions (预测) kind of right—but in her childish way she thought it would all happen in ten years. I just wanted to share it in the hope that maybe the author might see it and recognize it.”

The letter is unnamed but comes complete with a teacher's corrections and comments in red pen—including the comment “Good”.

It begins: “The year is 1980. Here I am twenty-one years of age. I remember when I was 11 years old and I was at school ...; things have changed since then. For instance, television has changed. In 1969 it was a square box with buttons in front of it. Now it is a big screen with buttons on your chair arm to switch it on and off.”

The schoolgirl imagines that she is a married bank worker. She says in times past she would have “prepared tea” ready for her husband to come home. But she adds: “Now all we have is a piece of chewing gum (口香糖). You may think that we

have not enough to eat but you are wrong. You chew this gum and you can feel the food going down. You can also taste it. There is no messy washing-up to do afterwards.”

She imagines that the doors of their home are “electric” and opened and closed by pressing a button.

The girl finishes her letter by saying: “Really when I think back over those ten years, things have changed dramatically.”

4. What do we learn about the letter?

- A. It was discovered by a furniture repairer.
- B. It was written to a man in the future.
- C. It has been given back to its author.
- D. It has been published.

5. How did Peter feel about the letter?

- A. Puzzled.
- B. Worried.
- C. Amazed.
- D. Satisfied.

6. What is special about the chewing gum according to the girl?

- A. It serves as food.
- B. It is a kind of tea.
- C. It improves health.
- D. It is used to do the washing

7. What does the letter mainly contain?

- A. The world situation in 1969.
- B. A bank worker’s married life.
- C. A girl’s predictions for the future.
- D. Great changes in a girl’s school life.

## C

200,000 miles from Earth, the crew (机组成员) of the third manned mission (飞行任务) to the Moon faced an astronaut’s worst nightmare: an explosion on the spacecraft. It’s what happened in the Oscar-winning film *Apollo 13*, but it’s also a true story.

The lift-off of *Apollo 13* took place on 11th April 1970. Two days into the mission, the three-man crew were in big trouble. They had been carrying out routine checks when there was a loud bang. Warning lights were starting to flash. Looking out into space, they could see a trail of gas — the spacecraft was leaking (漏) oxygen. They sent out a short message to the scientists back on Earth: “Houston, we’ve had a problem here.” At first, they thought that a meteor (流星) had hit them, but they later found out that a short circuit (短路) had caused an oxygen container to explode. Whatever the cause, they knew there was no time to lose. Their electricity supply in the command module (指令舱) depended on that oxygen and pretty soon they would run out of both.

The only solution was to move into the lunar module — the section of the spacecraft that would have landed on the Moon. Now though, they were using it as a kind of lifeboat. With its own power supply, oxygen and water, the three men could survive in the lunar module and return to Earth. There was another problem though. In an enclosed space like a lunar module, the carbon dioxide the crew was breathing out was dangerous. The equipment to clear the air of carbon dioxide was only built for two people. Now it had to deal with three. Amazingly, the crew managed to build an adapter out of materials onboard to reduce the carbon dioxide to a safe level.

There was one final obstacle. The lunar module wasn’t strong enough to reenter Earth’s atmosphere so the crew had to go back into the damaged command module. To everyone’s relief, the crew of *Apollo 13* arrived safely in the South Pacific Ocean on April 17th. Although the crew didn’t land on the Moon, NASA still considered the mission a success.

8. What was the astronauts’ first reaction to the explosion?

- A. They went out to land on the Moon.
- B. They informed scientists on Earth.
- C. They moved into the lunar module.
- D. They looked into the cause of the explosion.

9. How did the astronauts solve their oxygen situation in the lunar module?

- A. By moving back to the command module.
- B. By lowering the carbon dioxide level.

- C. By creating a new oxygen supply.  
 D. By limiting the oxygen use.
10. What does the underlined word “obstacle” in the last paragraph mean?  
 A. Step. B. Choice. C. Problem. D. Solution.
11. Which of the following can be the best title for the text?  
 A. A successful mission B. An amazing adventure  
 C. Deep space exploration D. Life and death drama in space

## D

For years, airlines, touring companies, and tourism boards have used VR technology to market destinations to potential customers. Now, “the impact of COVID-19 may allow it to shake off its image of being a trick to attract public attention, says Ralph Hollister, a tourism analyst at Global Data and author of a report on the VR travel industry.

Virtual travel experiences are seeing a sudden rise in popularity. Still, there’s a big gap between using VR to “try before you buy” and treating virtual reality like the destination itself. Basically, the technology isn’t ready yet. 360-degree VR videos are usually experienced through a headset or an app. The headsets are expensive, heavy, and uncomfortable to wear for more than 30 minutes. The apps have none of these problems but simply aren’t as impressive.

Limited sensations are another problem. The videos focus on sounds and sights but can’t do much with smell, touch, or taste, and VR experiences tend to only be a few minutes long — hardly the equivalent (相等物) of a two-week vacation in Spain.

Erick Ramirez, a philosopher at Santa Clara University who studies VR, compares the future of virtual travel to a classic thought experiment: Imagine that you could connect yourself up to an “experience machine” and simply feel happy forever. Philosopher Robert Nozick, who developed the experiment, thinks nobody would want to be hooked up to (连接到) such a thing. Ramirez says “I do think that there are some kinds of tourist experiences where the value in them is in the doing, not just in the seeing and hearing, and it will be tough for VR to copy.”

If the technology becomes complex enough, those aiming to reduce our carbon footprint might prefer this form of escape. VR travel does bring parts of the world to people who are physically unable to visit certain landmarks. Most of all, it could help bring people to places that are otherwise inaccessible.

12. What did people think of VR technology before the outbreak of COVID-19?  
 A. It was too expensive. B. It had little real worth.  
 C. It would be in wide use. D. It was difficult to use.
13. What are paragraphs 2 and 3 mainly about?  
 A. The popularity of VR technology.  
 B. The applications of VR technology.  
 C. The production of 360-degree VR videos.  
 D. The disadvantages of 360-degree VR videos.
14. What is Erick Ramirez’s attitude towards the future of traditional travel?  
 A. Doubtful. B. Worried. C. Positive. D. Uncaring.
15. Who might become supporters of VR travel according to the text?  
 A. People living in remote places.  
 B. People trying to escape from reality.  
 C. People travelling widely.  
 D. People caring about environment.

## 第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

根据短文内容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。

### How to keep your child interested in Space Science

Does your child wish to explore our galaxy (星系)? Does Space Science fascinate him? 16. Instead, keep fuelling his interest. Read on to find out what you should do.

Firstly, both you and your child should understand that working at a space centre doesn’t mean being an astronaut (宇

航员) alone. Staff at space centres include mathematicians, scientists, accountants, human resource personnel, educators and soon. 17, your child might even get to send someone into space. Excelling in academics and physical fitness are the key points for being selected as candidates (候选人). Keeping these in mind, let's take a look at four ways to keep fuelling your child's interest in Space Science.

1. Read books. 18, introduce your child to them early on. Nothing like books can transport your little ones into the fascinating world of space.

2. Attend space-themed parties. Plan birthday or house parties on the theme of space. Involve your child and, maybe, his friends or cousins, in getting the props, settings and costumes ready. 19. That way, the preparation will be a learning experience for your child.

3. Go on field trips. Why not visit planetariums (天文馆) and space centres for holiday outings with your child? 20. Your child will get to see space scientists at work and even get to watch special documentaries at the site.

4. Watch special space events. Whenever there is a satellite launch or an eclipse, make sure you get your child to watch it. If you can do it live, there is nothing like it. The run-up to the count-down will surely excite your child.

With all these activities, you can surely keep your child's interest in Space Science alive.

- A. You can combine fun and learning
- B. If not actually stepping into space
- C. Try to go 'home-made' as far as possible
- D. Do not prevent him from dreaming big
- E. If your child is drawn towards Space Science
- F. Teach them not only to ask questions but how to research answers
- G. Whether it is science fiction or general knowledge books related to space

### 第三部分 完形填空 (共 15 小题; 每小题 1 分, 满分 15 分)

请认真阅读下面短文, 从短文所给的 A、B、C、D 四个选项中选出最佳选项, 并在答题卡上将该选项涂黑。

After a whole day's football practice with her three kids, Brittany felt worn out and decided to grab dinner from McDonald's.

Wyatt was a teenager working at McDonald's who took Brittany's 21. As Brittany pulled up to the drive-through window to 22, her 4-year-old son began crying and the other two soon 23, almost driving Brittany mad. And it was when it 24 Brittany that she'd left her purse at home.

"I wanted to cry," Brittany recalled (回忆). "I looked at the young man with 25 eyes and said, 'I'm so sorry but I have to 26 the order.'"

27, Wyatt pulled out his wallet, swiped (刷) his card and paid for the 28 mum's meal.

Wyatt probably couldn't make much money from his job. Yet, he firmly 29 Brittany's promises to pay him back later, 30 saying that it was no big deal.

Brittany was so grateful that she was determined to 31 Wyatt's kindness in a big way! She discovered that Wyatt was saving up for a vehicle, so she shared the story on social media and started a 32 campaign to help him realize his dream.

Strangers from all over the country were inspired by the young man and 33 poured in. Before long, Brittany collected over \$40,000! She was shocked. "I honestly didn't expect such an incredible 34! Wyatt will now have enough money to buy a car and even start saving for college. So when you put 35 out in the world, it comes back to you more than you expect."

- |                    |                   |                       |                |
|--------------------|-------------------|-----------------------|----------------|
| 21. A. opportunity | B. order          | C. position           | D. advice      |
| 22. A. pay         | B. rest           | C. eat                | D. explain     |
| 23. A. stood out   | B. moved aside    | C. cooled down        | D. joined in   |
| 24. A. hit         | B. attacked       | C. reminded           | D. touched     |
| 25. A. curious     | B. cold           | C. tearful            | D. sharp       |
| 26. A. place       | B. cancel         | C. refuse             | D. change      |
| 27. A. In secret   | B. Out of respect | C. Without hesitation | D. By accident |

- |                      |                |                |                    |
|----------------------|----------------|----------------|--------------------|
| 28. A. responsible   | B. relieved    | C. single      | D. stressed        |
| 29. A. refused       | B. accepted    | C. considered  | D. appreciated     |
| 30. A. proudly       | B. politely    | C. impatiently | D. hesitantly      |
| 31. A. pay off       | B. reflect on  | C. pay back    | D. bring out       |
| 32. A. brain-washing | B. painstaking | C. time-saving | D. fundraising     |
| 33. A. letters       | B. supplies    | C. donations   | D. congratulations |
| 34. A. experience    | B. response    | C. award       | D. behaviour       |
| 35. A. good          | B. hope        | C. honesty     | D. creativity      |

## 第II卷 非选择题 (共 55 分)

### 第四部分 短文语法填空 (共 10 小题; 每小题 1.5 分, 满分 15 分)

阅读下面短文, 在空白处填入适当的单词, 如括号提示, 请以提示词的正确形式填空。

Caffeine has its advantages, but it can cause problems too. If you rely on caffeine 36 (wake) you up and keep you going, you aren't alone. 37 (million) of people take in caffeine every day in order to stay alert (机敏的) and improve 38 (concentrate). But how much is too much?

Up to 400 milligrams of caffeine a day appears to be safe for 39 (health) adults. That's about 40 amount of caffeine in four cups of brewed (煮好的) coffee, 10 cans of cola or two "energy shot" drinks. Keep in mind that the actual caffeine content in drinks varies widely, especially among energy drinks.

Caffeine in powder (粉末) or liquid (液体) form can 41 (probable) provide toxic (有毒的) levels of caffeine, the U.S. Food and Drug Administration has warned. Just one teaspoon of powdered caffeine is equal 42 about 28 cups of coffee. Such high levels of caffeine can cause serious health problems and possibly death.

43 caffeine use may be safe for adults, it's not a good idea for children. Children should 44 (prevent) from taking in too much caffeine. Even among adults, heavy caffeine use can cause unpleasant side effects. And caffeine may not be a good choice for people 45 take certain medicines.

### 第五部分 单词拼写 (共 10 小题; 每小题 1 分, 满分 10 分)

- With more and more forests d\_\_\_\_\_, many animals are facing the danger of dying out. (根据首字母单词拼写)
- Music is a u\_\_\_\_\_ language that people speaking different languages can understand. (根据首字母单词拼写)
- The vivid d\_\_\_\_\_ of the history can help the tourists have a good knowledge of the city. (根据首字母单词拼写)
- E\_\_\_\_\_ your child will leave home to lead her own life as a fully independent adult. (根据首字母单词拼写)
- The boy had a n\_\_\_\_\_ escape when he ran across the road in front of the bus. (根据首字母单词拼写)
- D\_\_\_\_\_ its long history and many treasures, the museum needed the help of a writer to become truly famous. (根据首字母单词拼写)
- The room was filled with smoke, and it was becoming difficult to b\_\_\_\_\_. (根据首字母单词拼写)
- L\_\_\_\_\_ confidence and knowledge, he failed to get the job. (根据首字母单词拼写)
- Everyone was surprised by Mark's quick p\_\_\_\_\_ to Sales Manager. (根据首字母单词拼写)
- If you plan to keep your friends, you must practise honesty, g\_\_\_\_\_ and understanding. (根据首字母单词拼写)

### 第六部分 单句语法填空 (共 10 小题; 每小题 1 分, 满分 10 分)

- To have a better understanding of Percy Shelly's works, we'd better know the social context in \_\_\_\_\_ he wrote his poems. (用适当的词填空)
- With the aid of our teacher, we finally worked out the solution to the very problem \_\_\_\_\_ annoys us. (用适当的词填空)
- In the last few years, a lot of teaching equipment \_\_\_\_\_ (produce) in the factory. (所给词的适当形式填空)
- One survey shows that large amounts of water \_\_\_\_\_ (be) wasted every year in China now. (所给词的适当形式填空)
- Five people \_\_\_\_\_ (injury) in the car crash yesterday. (所给词的适当形式填空)
- Don't \_\_\_\_\_ (hesitation) to call me if you need any help. (所给词的适当形式填空)

62. Your \_\_\_\_\_ (perform) as a student will be excellent if you develop a habit of reflecting on how you learn. (所给词的适当形式填空)
63. To her \_\_\_\_\_ (satisfy), her daughter has made great progress in science. (所给词的适当形式填空)
64. She is calling on her staff to adopt a different approach \_\_\_\_\_ the problem. (用适当的词填空)
65. It is typical \_\_\_\_\_ John to read only the first chapter of a novel and then go to the last one. (用适当的词填空)

第七部分 选词填空（共 10 小题；每小题 0.5 分，满分 5 分）

用所选词组适当形式填空，有两项为多余选项。

settle down;	anything but;	stick with;	no wonder;	in response to;	make up for
fall on;	pass down;	draw on;	in store;	in particular;	appeal to

66. Running was a hobby that she \_\_\_\_\_ in college, and it helped her to cope with stress in study.
67. It was some time before the door opened \_\_\_\_\_ his ring.
68. To win the battle against COVID-19 is \_\_\_\_\_ an easy job.
69. “Know thyself” is an old saying \_\_\_\_\_ through the ages, which encourages us to engage in self-exploration.
70. Later, man began to \_\_\_\_\_ in the places where food and water were plentiful.
71. There will be a big surprise \_\_\_\_\_ for him when he gets home tonight!
72. Years ago, we \_\_\_\_\_ the results of his study to conduct our further research, thus making a great breakthrough.
73. The police \_\_\_\_\_ the crowd not to panic (恐慌) and to stay where they were.
74. Since the beginning of the 19th century, America has had trouble with environmental problems, air pollution \_\_\_\_\_.
75. \_\_\_\_\_ you can’t find anybody here; they are all away at a meeting.

第八部分 应用文写作（满分 15 分）

76. 假定你是李华，你的英国笔友 David 来邮件说他最近总是失眠，为此感到非常苦恼。请你给他回一封邮件，就如何改善失眠提出建议。

注意：写作词数应为 100 左右。

参考词汇：insomnia 失眠

Dear David,

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Yours,

Li Hua



1. B
2. B
3. A

【导语】

这是一篇说明文。文章主要列举了受到一些国家禁止的事物，被禁止的事物从土库曼斯坦禁止黑色车上路到澳大利亚禁止私自换灯泡等等千奇百怪。

1.

细节理解题。根据第三段中“Cars which are older than five years are banned, cars with a right-hand drive are banned, sports cars and two-door cars are banned, and cars with tinted (有色的) windows are banned. (使用年限超过 5 年的汽车禁止上路，右侧驾驶车禁止上路，跑车和双门车禁止上路，带有色车窗的汽车禁止上路)”可知，B 选项“左侧驾驶的汽车”在土库曼斯坦不受禁止。故选 B。

2.

细节理解题。根据倒数第二段中“What makes matters worse is that a person can't walk along the highway to get some gas, as walking on the autobahn is also banned by law. (更糟糕的是，一个人不能沿着高速公路走去加油，因为法律也禁止在高速公路上行走。)”可知，任何人在高速公路上行走都是违法的，让德国的事情变得糟糕。故选 B。

3.

细节理解题。根据第二段中“Batir Turken, who is from Turkmenistan but lives in Dubai, explained, ‘For the country with 60°C in summer, it is really strange and stupid that cars with black colours are banned, and that dirty cars are not allowed to drive in the city.’ (来自土库曼斯坦但居住在迪拜的 Batir Turken 解释说：“对于夏季温度为 60°C 的国家来说，禁止黑色汽车，肮脏的汽车不允许在城市中行驶，这真是太奇怪和愚蠢了。)”可知，Batir Turken 认为在土库曼斯坦禁止黑色汽车是一个荒谬的想法。故选 A。

4. A

5. C

6. B

7. C

【分析】

这是一篇新闻报道。主要介绍了一个家具修理工在客户的旧家具里发现了一个 1969 年小女孩写的预测未来的信。

4.

细节理解题。由第二段“The sheet was discovered by Peter Beckerton, while he was repairing an old piece of furniture for a customer.”（这封信是彼得·贝克顿在为一位顾客修理一件旧家具时发现的。）可知，这封信是由一个家具修理工发现的。故选 A 项。

5.

细节理解题。由第四段“When I found it I couldn't believe it. Looking at it today she's got a lot of her predictions (预测) kind of right”（当我找到它时，我简直不敢相信。今天看，她的很多预测都是正确的）可知，Peter 觉得这封信不可思议。故选 C 项。

6.

细节理解题。由第七段“The schoolgirl imagines that she is a married bank worker. She says in times past she would have ‘prepared tea’ ready for her husband to come home. But she adds: ‘Now all we have is a piece of chewing gum (口香糖). You may think that we have not enough to eat but you are wrong. You chew this gum and you can feel the food going down. You can also taste it. There is no messy washing-up to do afterwards.’”（女学生想象她是一个已婚的银行工人。她说，在过去，她会“准备茶”，让她的丈夫回家。但她补充说：“现在我们所拥有的只是一块口香糖。你可能认为我们吃不饱，但你错了。你嚼这个口香糖，你可以感觉到食物在下降。你也可以品尝它。之后没有凌乱的洗漱工作要做。”）可知，女孩在信里预测口香糖是一种类似于茶的东西。故选 B 项。

7.

细节理解题。由第四段“When I found it I couldn't believe it. Looking at it today she's got a lot of her predictions (预测)

kind of right—but in her childish way she thought it would all happen in ten years.”（当我找到它时，我简直不敢相信。今天看，她的很多预测都是正确的——但以她幼稚的方式，她认为这一切都会在十年内发生。）可知，这封信主要是关于一个女孩对于未来的预测。故选 C 项。

8. B

9. B

10. C

11. D

### 【导语】

这是一篇说明文。主要介绍了电影《阿波罗 13 号》背后真实的太空故事。

8.

细节理解题。由第二段“*They sent out a short message to the scientists back on Earth: ‘Houston, we’ve had a problem here.’*”（他们向地球上的科学家发出了一条简短的信息：“休斯顿，我们在这里遇到了一个问题。”）可知，他们首先联系了地面的科学家。故选 B 项。

9.

细节理解题。由第三段“*Amazingly, the crew managed to build an adapter out of materials onboard to reduce the carbon dioxide to a safe level.*”（令人惊讶的是，机组人员设法用飞船上的材料制造了一个适配器，将二氧化碳降低到安全水平。）可知，他们制造了一种新设备降低二氧化碳水平。故选 B 项。

10.

词句猜测题。由尾段“*The lunar module wasn’t strong enough to reenter Earth’s atmosphere so the crew had to go back into the damaged command module.*”（登月舱不够强大，无法重新进入地球大气层，因此机组人员不得不回到受损的指挥舱中。）可知，他们仍然面临最后一个困难——无法再次进入大气层，划线词意思是“困难、障碍”。故选 C 项。

11.

主旨大意题。由第一段“*200,000 miles from Earth, the crew (机组成员) of the third manned mission (飞行任务) to the Moon faced an astronaut’s worst nightmare: an explosion on the spacecraft. It’s what happened in the Oscar-winning film *Apollo 13*, but it’s also a true story.*”（在距离地球 200,000 英里的地方，第三次载人登月任务的机组人员面临着宇航员最可怕的噩梦：飞船爆炸。这是奥斯卡获奖影片《阿波罗 13 号》中发生的事情，但这也是一个真实的故事。）可知，主要介绍了电影《阿波罗 13 号》及其背后真实的生死逃亡的太空故事。故选 D 项。

12. B

13. D

14. C

15. D

### 【导语】

这是一篇说明文。文章主要介绍了 VR 旅游的弊端。

12.

推理判断题。根据第一段的“*Now, “the impact of COVID-19 may allow it to shake off its image of being a trick to attract public attention, says Ralph Hollister, a tourism analyst at Global Data and author of a report on the VR travel industry.*（现在，“全球 2019 冠状病毒疾病的影响可能会让它摆脱它的形象，吸引公众的注意，”环球数据旅游分析师 Ralph Hollister 和 VR 旅游业的一个报告作者说）”可知，COVID-19 爆发后 VR 旅游摆脱了自己的形象，引起了公众的注意。由此推知，COVID-19 爆发前 VR 科技没有太大价值。故选 B。

13.

主旨大意题。根据第二段的“*360-degree VR videos are usually experienced through a headset or an app. The headsets are expensive, heavy, and uncomfortable to wear for more than 30 minutes. The apps have none of these problems but simply aren’t as impressive.*（360 度虚拟现实视频通常通过耳机或应用程序体验。这种耳机价格昂贵、笨重，佩戴 30 分钟以上都不舒服。这些应用程序没有这些问题，只是没有那么令人印象深刻）”和第三段“*Limited sensations are another problem. The videos focus on sounds and sights but can’t do much with smell, touch, or taste, and VR experiences tend to*

only be a few minutes long—hardly the equivalent (相等物) of a two-week vacation in Spain. (有限的感觉是另一个问题。这些视频主要关注声音和视觉,但不关注嗅觉、触觉或味觉,虚拟现实体验往往只有几分钟的时间,几乎没有在西班牙度过两周的假期的相同效果)”可知,这两段主要介绍了 360 度现实虚拟的不足之处。故选 D。

14.

推理判断题。根据倒数第二段的“Ramirez says “I do think that there are some kinds of tourist experiences where the value in them is in the doing, not just in the seeing and hearing, and it will be tough for VR to copy.” (拉米雷斯说“我确实认为,有些旅游体验的价值在于行动,而不仅仅是视觉和听觉,虚拟现实很难复制。”)”推知, Ramirez 对传统旅行的未来持乐观态度。故选 C。

15.

推理判断题。根据最后一段的“If the technology becomes complex enough, those aiming to reduce our carbon footprint might prefer this form of escape. (如果这项技术变得足够复杂,那些旨在减少我们碳足迹的人可能更喜欢这种形式)”推知,那些关心环境的人可能是 VR 旅游的支持者。故选 D。

16. D

17. B

18. G

19. A

20. F

### 【分析】

这是一篇说明文。主要介绍了如何让你的孩子对空间科学感兴趣。

16.

下文“Instead, keep fueling his interest.”(相反,继续激发他的兴趣。)说明此处前后句意思完全相反,后句说要激发孩子的兴趣,前句说不要伤害孩子的兴趣,与选项 D. Do not prevent him from dreaming big (不要阻止他做远大梦想)相一致。故选 D。

17.

下文“your child might even get to send someone into space.”(你的孩子甚至可能把某人送入太空。)说明你的孩子可以送别人进入太空,如果你的孩子自己进不了太空的话,与选项 B. If not actually stepping into space (如果不是真正踏入太空)相一致。故选 B。

18.

下文“introduce your child to them early on”(尽早将它们介绍给您的孩子)说明要让孩子尽早接触太空探索类的书籍,与选项 G. Whether it is science fiction or general knowledge books related to space (无论是科幻小说还是与太空有关的一般知识书籍)相一致,即不论与太空探索相关的任何书,都可以让孩子尽早接触。故选 G。

19.

根据上文“Attend space-themed parties. Plan birthday or house parties on the theme of space.(参加太空主题派对。以空间为主题计划生日或家庭聚会。)”和下文“That way, the preparation will be a learning experience for your child.”(这样,准备工作对您的孩子来说将是一次学习经历。)可知,空处表示在举办太空派对的同时学到一些东西,承上启下,与选项 A. You can combine fun and learning(你可以把乐趣和学习结合起来)相一致。故选 A。

20.

下文“Your child will get to see space scientists at work and even get to watch special documentaries at the site.”(您的孩子将看到工作中的太空科学家,甚至可以在现场观看特别纪录片。)说明要让孩子亲自、实地去探查,与选项 F. Teach them not only to ask questions but how to research answers (教他们不仅要问问题,还要教他们如何研究答案)相一致,即让孩子去探索答案。故选 F。

21. B22. A23. D24. C25. C26. B27. C28. D29. A30. B31. C32. D33. C34. B35. A

### 【分析】

本文是一篇记叙文,讲述了一个母亲 Brittany 在买麦当劳时遇到了困难,麦当劳员工 Wyatt 施以援手。最后 Brittany

在网上发起募捐，为 Wyatt 筹集车款的故事。

21.

考查名词词义辨析。句意：Wyatt 是一个在麦当劳工作的青少年，他接受了 Brittany 的订单。A. opportunity 机会；B. order 点单；C. position 职位；D. advice 建议。根据上文“decided to grab dinner from McDonald's”可知，Brittany 一家准备在麦当劳吃晚饭，所以需要进行点单。故选 B。

22.

考查动词词义辨析。句意：当 Brittany 把车开到免下车窗口前付钱时，她 4 岁的儿子开始哭了，另外两个孩子也很快加入了进来，几乎把 Brittany 逼疯了。A. pay 支付；B. rest 休息；C. eat 吃；D. explain 解释。根据“Brittany that she'd left her purse at home.”可知，Brittany 点完单后需要付款。故选 A。

23.

考查动词短语词义辨析。句意：当 Brittany 把车开到免下车窗口前付钱时，她 4 岁的儿子开始哭了，另外两个孩子也很快加入了进来，几乎把 Brittany 逼疯了。A. stood out 突出；B. moved aside 除去；C. cooled down 冷静；D. joined in 加入。根据上文“her 4-year-old son began crying”可知，Brittany 四岁的儿子开始哭后，她的其他孩子也跟着哭了起来。故选 D。

24.

考查动词词义辨析。句意：就在那时，Brittany 突然意识到她把钱包忘在家里了。A. hit 敲打；B. attacked 袭击；C. reminded 提醒；D. touched 触碰。根据“that she'd left her purse at home.”可知 Brittany 在她的儿子们哭的时候想起来（remind）她把钱包落在家里了。故选 C。

25.

考查形容词词义辨析。句意：我含泪看着这个年轻人。A. curious 好奇的；B. cold 寒冷的；C. tearful 眼泪汪汪的；D. sharp 尖锐的。根据“I wanted to cry（我想哭）”推测，此处表达的是 Brittany 用含泪的（tearful）眼睛看向 Wyatt。故选 C。

26.

考查动词词义辨析。句意：很抱歉，我不得不取消这个订单。A. place 放置；B. cancel 取消；C. refuse 拒绝；D. change 改变。根据上文“she'd left her purse at home”可知，Brittany 没带钱包，所以她不得不取消订单。故选 B。

27.

考查固定短语辨析。句意：Wyatt 毫不犹豫地掏出钱包，刷卡，为那位倍感压力的母亲支付了饭钱。A. In secret 秘密地；B. Out of respect 失去尊重；C. Without hesitation 毫不犹豫；D. By accident 偶然。根据下文“Wyatt pulled out his wallet, swiped his card”可知，Wyatt 没有丝毫犹豫就立刻取出了钱包帮助 Brittany 付了钱。故选 C。

28.

考查形容词词义辨析。句意：Wyatt 毫不犹豫地掏出钱包，刷卡，为那位倍感压力的母亲支付了饭钱。A. responsible 负责的；B. relieved 感到宽慰的；C. single 单身的；D. stressed 有压力的。根据上文可知，Brittany 的三个孩子一起哭闹，同时也没有带钱包来支付饭钱，所以 Brittany 当时倍感压力。故选 D。

29.

考查动词词义辨析。句意：然而，他坚定地拒绝了 Brittany 要还钱的承诺，并礼貌地说这没什么大不了的。A. refused 拒绝；B. accepted 接受；C. considered 考虑；D. appreciated 感激。根据下文“it was no big deal”可知，Wyatt 觉得这是一件小事，不需要 Brittany 还钱，所以他拒绝了 Brittany 的承诺。故选 A。

30.

考查副词词义辨析。句意：然而，他坚定地拒绝了 Brittany 要还钱的承诺，并礼貌地说这没什么大不了的。A. proudly 自豪地；B. politely 礼貌地；C. impatiently 不耐烦地；D. hesitantly 犹豫地。根据下文“it was no big deal”，可知 Wyatt 觉得这是一件小事，由此可知他的态度非常礼貌。故选 B。

31.

考查动词短语词义辨析。句意：Brittany 非常感激，所以她决心大大地报答 Wyatt 的好意！A. pay off 付清；B. reflect on 反思；C. pay back 回报；D. bring out 带出。根据上文可知，Wyatt 帮助了处于麻烦之中的 Brittany，所以 Brittany 决定回报 Wyatt。故选 C。

32.

考查形容词词义辨析。句意：她发现 Wyatt 正在攒钱买一辆车，于是她在社交媒体上分享了这个故事，并发起了一

个募捐活动，帮助他实现自己的梦想。A. brain-washing 洗脑的；B. painstaking 刻苦的；C. time-saving 省时的；D. fundraising 筹集资金的。根据上文“Wyatt was saving up for a vehicle”可知，Wyatt 买车差钱，所以 Brittany 组织了为 Wyatt 筹钱的活动。故选 D。

33.

考查名词词义辨析。句意：来自全国各地的陌生人受到这个年轻人的鼓舞，捐款源源不断。A. letters 信件；B. supplies 供应；C. donations 捐赠；D. congratulations 祝贺。根据上文“started a \_\_\_ 12 \_\_\_ campaign to help him realize his dream”可知，Brittany 为 Wyatt 组织了捐款，所以在听到这个故事后，大家都纷纷捐款帮助 Wyatt 实现梦想。故选 C。

34.

考查名词词义辨析。句意：我真没想到会有这么不可思议的回应！A. experience 经历；B. response 回应；C. award 奖；D. behavior 行为。根据上文“Before long, Brittany collected over \$ 40,000! She was shocked.”可知，大家积极响应 Brittany 的捐款活动，所以对于 Brittany 而言这是一次难以置信的回应。故选 B。

35.

考查名词词义辨析。句意：所以当你把好的东西放在世界上时，它会比你预期的更多地回到你身边。A. good 好处；B. hope 希望；C. honesty 诚实；D. creativity 创造力。根据下文“it comes back to you more than you expect”以及结合全文可知，Wyatt 做了好事，最后收获了比预期更多的东西。故选 A。

36. to wake37. Millions38. concentration39. healthy40. the41. probably42. to43. Although##Though44. be prevented45. who##that

#### 【分析】

本文为一篇说明文，简述了过量的咖啡因对于人体的危害。

36.

考查非谓语动词。句意：如果你依赖咖啡因来唤醒你，让你坚持下去，你不是一个人。分析句意，依赖咖啡因的目的是唤醒你，此处为目的状语，用动词不定式。故填 to wake。

37.

考查数词。句意：成千上万的人每天摄入咖啡因是为了保持清醒和提高注意力。millions of people 意为“成千上万的人”，此处 million 要用复数，位于句首，首字母大写，故填 Millions。

38.

考查名词。句意：成千上万的人每天摄入咖啡因是为了保持清醒和提高注意力。空处放在 improve 后面作宾语，要用名词。concentration“注意力”为不可数名词。故填 concentration。

39.

考查形容词。句意：对健康的成年人来说，每天最多 400 毫克的咖啡因似乎是安全的。观察句子可知，空处缺少形容词作定语，health 的形容词是 healthy，意为“健康的”，故填 healthy。

40.

考查冠词。句意：这相当于 4 杯煮咖啡、10 罐可乐或两杯“能量饮料”中咖啡因的含量。根据“of caffeine in four cups of brewed coffee, 10 cans of cola or two “energy shot” drinks”可知，此处表示咖啡因的含量为特指，用定冠词 the。故填 the。

41.

考查副词，句意：美国食品和药物管理局警告说，粉状或液体形式的咖啡因可能会提供有毒水平的咖啡因。空处缺少副词修饰动词 provide，probable 的副词是 probably，意为“可能地”，故填 probably。

42.

考查固定短语。句意：仅仅一茶匙粉状咖啡因就相当于 28 杯咖啡。be equal to 意为“等于”，因此空格处是介词 to，故填 to。

43.

考查连词。句意：虽然咖啡因对成年人来说是安全的，但对孩子来说就不是个好主意了。根据“caffeine use may be safe for adults”和“it’s not a good idea for children”可知，前后两句是转折关系，空格处意为“虽然”，是 although 或 though，位于句首，首字母大写，故填 Although 或 Though。

44.

考查被动语态。句意：应该防止儿童摄入过多的咖啡因。观察句子可知，空处缺少句子谓语的一部分，prevent 与 children 构成动宾关系，此句为被动语态，should 是情态动词，其后用 be done，故填 be prevented。

45.

考查定语从句。句意：对于服用某些药物的人来说，咖啡因可能不是一个好的选择。观察句子可知，take certain medications 为限制性定语从句，先行词 people 作从句部分的主语，且指人，空格处用关系代词 who 或 that。故填 who 或 that。

46. destroyed##estroyed

【详解】

考查动词和 with 复合结构。句意：随着越来越多的森林被毁坏，许多野生动物正面临着灭绝的威胁。根据首字母及句意可知，destroy 符合题意；with 复合结构是：with+宾语+宾语补足语，此处宾语是 more and more forests，宾补是 destroy，二者是被动关系，故填 destroy 的过去分词形式。故填 destroyed。

47. universal##niversal

【详解】

考查形容词。句意：音乐是一种通用语言，说不同语言的人都能理解。根据首字母和句意，可知应填形容词 universal，作定语修饰名词 language。故填 universal。

48. description##escription

【详解】

考查名词。句意：对历史的生动描述可以帮助游客对这座城市有很好的了解。根据句意和首字母提示可知，名词 description 符合题意，作主语，抽象概念，不可数。故填 description。

【点睛】

49. Eventually

【详解】

考查副词。句意：最终，你的孩子会离开家，作为一个完全独立的成年人过她自己的生活。根据单词首字母以及句意“最终”，可知应填副词 eventually，副词作状语修饰整个句子。故填 Eventually。

50. narrow##arrow

【详解】

考查形容词。句意：那男孩从公共汽车前面穿马路，差点被撞到。根据句意和首字母提示可知，形容词 narrow“勉强的、差距很小的”符合题意，作定语，a narrow escape 是固定表达，意为“侥幸脱险，九死一生，千钧一发”。故填 narrow。

【点睛】

51. Despite##espite

【详解】

考查介词。句意：尽管博物馆历史悠久，珍宝众多，但它需要一位作家的帮助才能真正成名。根据句意和首字母提示可知，介词 despite“尽管”符合题意。故填 Despite。

52. breathe##reathe

【详解】

考查动词。句意：房间里到处是烟，呼吸变得困难起来。由前面的“The room was filled with smoke”可知，房间里到处是烟，因此呼吸变得困难起来，空格处意为“呼吸”，是 breathe，it is difficult to do sth.是固定短语，意为“做某事困难”，因此空格处用动词原形，故填 breathe。

53. Lacking##acking

【详解】

考查非谓语动词。句意：由于缺乏信心和知识，他未能得到这份工作。根据首字母及句意可知填 lack 补全意思；句子已有谓语 failed，空处作非谓语，lack 和 he 之间是主动关系，用现在分词形式作原因状语。故填 Lacking。

54. promotion##romotion

【详解】

考查名词。句意：马克很快被提升为销售经理，大家都感到惊讶。根据句意和首字母提示可知，名词 promotion“升职”符合题意，作宾语，抽象概念，不可数。故填 promotion。

55. generosity

【详解】

考查名词。句意：如果你打算继续和你的朋友交往，你必须做到诚实、大方和善解人意。根据句意和首字母提示，应填名词 generosity“慷慨大方”，不可数名词，与 honesty 和 understanding 作并列宾语，故填 generosity。

56. which

【详解】

考查定语从句。句意：为了更好地理解珀西雪莱的作品，我们最好了解他写诗的社会背景。先行词是 the social context 为抽象地点，且从句缺少介词 in 的宾语，填 which，此处 in which 等于 where。故填 which。

57. that

【详解】

考查定语从句。句意：在老师的帮助下，我们终于想出了解决这个困扰我们的问题的办法。分析可知，空处引导限定性定语从句，先行词 problem 被 the very 修饰，且在从句中作主语，应用关系代词 that。故填 that。

【点睛】

58. has been produced

【详解】

考查动词时态。句意：在过去的几年里，工厂生产了很多教学设备。In the last few years 是现在完成时时态标志；equipment 作主语，是不可数名词，且与动词 produce 之间是被动关系。故填 has been produced。

59. are

【详解】

考查时态和主谓一致。句意：一项调查显示，现在中国每年都有大量的水被浪费。根据 every year(每年)和 now(现在)可知，句子应用一般现在时，且 large amounts of+不可数名词，表示“大量的”，谓语动词应用复数，即谓语动词的数与 amounts 保持一致，所以此处应用 are，故填 are。

60. were injured

【详解】

考查动词时态。句意：昨天的车祸中有五人受伤。空处是句子谓语，应填动词 injure，由 yesterday 可知句子该用一般过去时，主语 people 和 injure 之间是被动关系，应用一般过去时的被动语态，故填 were injured。

61. hesitate

【详解】

考查祈使句的否定形式。句意：如果你需要帮助，请给我打电话，不要迟疑。此处是祈使句的否定结构，即“Don't+动词原形+其他成分”，所以此处应用动词原形 hesitate，表示“犹豫”。故填 hesitate。

62. performance

【详解】

考查名词。句意：如果你养成了反思学习方式的习惯，那么你作为学生的表现将会非常出色。根据空前 your 可知，此处应使用名词 performance(表现)。故填 performance。

63. satisfaction

【详解】

考查名词。句意：令她满意的是，她的女儿在科学方面取得了长足的进步。固定搭配 to one's+名词：让某人怎么样的是。satisfy 的名词形式是 satisfaction。故填 satisfaction。

64. to

【详解】

考查介词。句意：她呼吁她的员工采取不同的方法来解决这个问题。根据句意，此处涉及固定短语 approach to“……的方法/途径”，to 为介词。故填 to。

65. of

【详解】

考查介词。句意：约翰的典型做法是只阅读小说的第一章，然后阅读最后一章。it is+形容词+for/of sb to do sth: 做某事对某人来说是怎样的，当这个形容词描述 sb 的品质、特征时，介词用 of, typical 描述了 John 的特征。故填 of。

66. stuck with 67. in response to 68. anything but 69. passed down 70. settle down

71. in store 72. drew on 73. appealed to 74. in particular 75. No wonder

#### 【分析】

66.

考查短语和时态。句意：跑步是她在大学里坚持的一种爱好，它帮助她应对学习压力。结合句意表达“坚持做”用 stick with, 空处为定语从句谓语动词，结合语境和上文 was 判断为一般过去时。故填 stuck with。

67.

考查短语。句意：他按了门铃好一会门才开。结合句意，“门开”是对“他按门铃”的回应，表达“作为……的回应”用 in response to。故填 in response to。

68.

考查短语。句意：打赢这场疫情防控阻击战绝非易事。结合句意表达“根本不，远非”用 anything but。故填 anything but。

69.

考查短语和非谓语动词。句意：“认识你自己”是一个流传已久的古老谚语，它鼓励我们进行自我探索。结合句意表达“把……传下去”用 pass down, 分析句子结构可知，此处应用非谓语动词作 an old saying 的后置定语，它和 pass down 之间为逻辑被动关系，应用过去分词。故填 passed down。

70.

考查短语和非谓语动词。句意：后来，人类开始在食物和水丰富的地方定居下来。结合句意表达“定居”用 settle down, 根据 begin to do sth.“开始做某事”可知，to 为不定式符号，其后接动词原形。故填 settle down。

71.

考查短语。句意：他今晚回家时，将会有一个大惊喜等着他！结合句意表达“准备着”用 in store, in store for sb.“等着某人，为某人而准备”。故填 in store。

72.

考查短语和时态。句意：多年前，我们借鉴他的研究成果进行了进一步的研究，取得了重大突破。结合句意表达“利用，借鉴”用 draw on, 空处为句子谓语动词，根据时间状语 years ago 判断为一般过去时。故填 drew on。

73.

考查短语和时态。句意：警方呼吁人群不要惊慌，待在原地。结合句意表达“呼吁”用 appeal to, 空处为主句谓语动词，结合语境和下文 were 判断为一般过去时。故填 appealed to。

74.

考查短语。句意：自 19 世纪初以来，美国一直面临环境问题，尤其是空气污染。结合句意表达“尤其”用 in particular。故填 in particular。

75.

考查短语。句意：难怪你在这里找不到任何人；他们都出去开会了。结合句意表达“难怪，不足为奇”用 no wonder。故填 No wonder。

#### 【点睛】

76. Dear David,

I am sorry to hear that you have a problem with insomnia. To help you out, I'd like to offer you some advice.

First, it's vital to form a healthy bedtime habit. You'd better not watch films for a long time or listen to music that excites you. Besides, keeping a balanced diet plays an important role in your good sleep. A cup of milk before bed may help you sleep sound through the whole night. More importantly, it's a good idea to hold a positive attitude towards life instead of being anxious frequently.

I hope my advice is worth taking and will benefit you.

Yours,



【分析】

本篇书面表达属于应用文，要求考生给英国笔友 David 回一封邮件，就如何改善他最近失眠的状况提出建议。

【详解】

1.词汇积累

提供某人某物：offer sb. sth.→provide sb. with sth.

至关重要的：vital→crucial

此外：besides→in addition

建议：advice→suggestion

2.句式拓展

简单句变复合句

原句：First, it's vital to form a healthy bedtime habit.

拓展句：First, that you need form a healthy bedtime habit is vital.

【点睛】

[高分句型 1] You'd better not watch films for a long time or listen to music that excites you. (运用了 that 引导的限定性定语从句)

[高分句型 2] Besides, keeping a balanced diet plays an important role in your good sleep. (运用了动名词作主语)