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First impressions can set a lasting tone, but there is often something doubtful. Psychologists have documented a phenomenon known as the liking gap, whereby two people meeting for the first time routinely underestimate how much their counterparts (对应方) like them. A new study finds that the liking gap occurs in group settings too and affects how well groups function.

In one experiment, the researchers divided 159 participants into groups of three and asked them to have a conversation. They then surveyed the participants individually about how much they liked each of their partners, how much they thought each partner liked them, and how much they thought their partners liked each other. On average, people liked their partners more than they believed their partners liked them, and thought themselves to be the least liked in the group.

In a subsequent experiment, the researchers asked similar questions of engineering students who had worked together in design competitions for varying lengths of time. Here, too, people tended to underestimate the degree to which they were liked, regardless of how long they had known their teammates — and their dim views of their own likability reduced their willingness to ask others for help, give honest feedback, and work together in the future.

A final experiment involving a broad sample of workers showed that the misperceptions (误解) were strongest among teammates and that they decreased team effectiveness and job satisfaction. It also found a possible explanation for the liking gap: People tend to focus on positive thoughts when reflecting on how much they like someone else (“I’m happy that she got a promotion”) but fall victim to more negative ones when considering how others view them (“I got a promotion, so she might be green with envy”).

Managers should think carefully not just about how teammates regard one another but about how team members think they themselves are regarded, the researchers say; correcting misperceptions could boost team satisfaction and performance. “If only people knew how positively their teammates actually felt about them, they might communicate better, feel more included on their teams, and be happier overall with their jobs,” they write.

8. What does the liking gap refer to?

- A. A type of social anxiety disorder. B. Love among different age groups.
C. Misjudging others’ opinions of us. D. Holding back others’ evaluations.

9. What did the experiment in paragraph 2 reveal?

- A. People did not like to give honest comments.
B. People tended to think little of their partners.
C. People were quite demanding towards others.
D. People were not very confident about themselves.

10. What does the underlined word “dim” in paragraph 3 probably mean?

- A. Conflicting. B. Negative. C. Conventional. D. Strong.

11. What do the researchers suggest managers stress?

- A. Employees’ viewpoints on themselves.
B. The relationship between team members.
C. Employee promotion and job satisfaction.
D. Communication between leaders and employees.

【答案】8. C 9. D 10. B 11. A

【导语】本文是说明文。两个人第一次见面时，通常会低估对方对自己的喜欢程度。一项新的研究发现，喜欢的差距也发生在群体环境中，并影响群体的功能。

【8 题详解】细节理解题。根据第一段中 “Psychologists have documented a phenomenon known as the liking gap, whereby two people meeting for the first time routinely underestimate how much their counterparts (对应方) like them.(心理学家记录了一种被称为 “喜欢差距” 的现象，即两个人第一次见面时，通常会低估对方对自己的喜欢程度。)” 可知，“喜欢差距” 指的是误判别人对我们的看法。故选 C。

【9 题详解】推理判断题。根据第二段中 “On average, people liked their partners more than they believed their partners liked them, and thought themselves to be the least liked in the group.(平均而言，人们更喜欢他们的伴侣，而不是他们认为他们的伴侣喜欢他们，并认为自己是其中最不喜欢的组。)” 可知，实验表明人们不认为他们的伴侣喜欢他们，而且他们认为自己是最不喜欢的组，由此可推知，人们对自己不是很自信。故选 D。

【10 题详解】词句猜测题。根据画线单词上文 “people tended to underestimate the degree to which they were liked, regardless of how long they had known their teammates(不管认识队友多久，人们也倾向于低估自己被喜欢的程度，)” 可知，不管认识队友多久，人们也倾向于低估自己被喜欢的程度，这说明他们对自己的可爱程度持有消极的看法，由此可推知划线单词 dim 意为 “消极的，悲观的”，故选 B。

【11 题详解】推理判断题。根据最后一段中 “Managers should think carefully not just about how teammates regard one another but about how team members think they themselves are regarded, the researchers say; correcting misperceptions could boost team satisfaction and performance. (研究人员说，管理者不仅应该仔细考虑队友如何看待彼此，还应该考虑队友如何看待他们自己；纠正误解可以提高团队的满意度和绩效。)” 可推知，研究人员建议管理者不仅应该仔细考虑队友如何看待彼此，还应该考虑队友如何看待他们自己，即强调员工对自己的看法。故选 A。

D

The “diet” in diet drinks maybe a false promise for some soda lovers. True, they deliver the taste of a soda experience, without the calories. Yet, new research shows they can also leave people with increased appetite.

A study published recently in JAMA Network open adds to the evidence that drinks made with sucralose, an artificial sweetener (甜味剂), may increase the appetite among some people. “We found females and overweight people had greater brain reward activity after consuming the artificial sweetener,” says study author Katie Page, a physician at the University of Southern California. Both groups ate more food after consuming drinks with sucralose, compared with after regular sugar-sweetened drinks. In contrast, the study found males and people of healthy weight did not have an increase in either brain reward activity or hunger response, suggesting they’re not affected in the same way.

One theory is that it’s not the artificial sweetener itself that has a direct effect on the body. The idea is that artificial sweeteners may confuse the body by tricking it into thinking sugar is coming. “You are supposed to get sugar after something tastes sweet,” explains Swithers, “Your body has been used to that.” But the sugar never arrives, which may lead to the body’s less efficiency in processing sugar that s consumed later.

Swithers’ lab has also documented that when animals with a history of consuming artificial sweeteners get real sugar, their blood sugar levels rise higher than those of animals not fed artificial sweeteners. “It’s a small effect, but overtime this could contribute to potentially significant consequences,” she says. If this is happening in some people who consume diet soda, it could add to the risk of Type 2 diabetes (糖尿病), because when blood sugar rises, the body has to release more insulin (胰岛素) to absorb the sugar. “So what you’re doing is that you are kind of pushing the system harder,” Swithers says.

12. What can we learn from Katie page’s study?

- A. Females enjoying diet drinks consume more food.
- B. Artificial sweeteners help males with better appetite.
- C. Diet drinks increase hunger response of healthy people.
- D. people consuming sucralose have greater brain reward activity.

13. What does the underlined word “that” in paragraph 3 refer to?

- A. The effect of sugar.
- B. Response to sweetness.
- C. Artificial sweetener.
- D. The absence of sweetness.

14. What can we infer from Susan Swithers’ words in the last paragraph?

- A. More insulin release helps sugar level rise.
- B. people drinking diet soda hardly absorb sugar.
- C. Type 2 diabetes mainly results from artificial sweeteners.
- D. Consuming artificial sweeteners might cause health problems.

15. What does the passage mainly talk about?

- A. The potential of artificially-sweetened drinks.
- B. The wisdom of choosing healthy sweet drinks.
- C. The underlying link between diet drinks and health.
- D. The differences among artificially-sweetened drinks.

【答案】12. A 13. B 14. D 15. C

【导语】这是一篇说明文。文章主要讲的是无糖饮品因添加了人工甜味剂而使得摄入的人胃口大增，对身体有害。

【12 题详解】

细节理解题。由第二段中 “We found females and overweight people had greater brain reward activity after consuming the artificial sweetener (我们发现, 女性和超重者在食用人造甜味剂后, 大脑的奖励活动更大)” 和 “Both groups ate more food after consuming drinks with sucralose, compared with after regular sugar-sweetened drinks. In contrast, the study found males and people of healthy weight did not have an increase in either brain reward activity or hunger response, suggesting they’re not affected in the same way. (与常规加糖饮料相比, 两组人在饮用含有三氯蔗糖的饮料后都吃了更多的食物。相比之下, 研究发现, 男性和体重健康的人的大脑奖励活动或饥饿反应都没有增加, 这表明他们没有受到同样的影响)” 可知, 女性相比于男性来说, 在喝了无糖饮料后更容易吃得更多。故选 A 项。

【13 题详解】

词句猜测题。由第三段中 “The idea is that artificial sweeteners may confuse the body by tricking it into thinking sugar is coming. “You are supposed to get sugar after something tastes sweet,” explains Swithers, “Your body has been used to that.” (这种想法是, 人造甜味剂可能会诱使身体认为糖即将到来, 从而误导身体。Swithers 解释道: “你应该在尝到甜的东西后得到糖。你的身体已经习惯了 that。”)” 可知, 人造甜味剂可能会误导身体, 让它误以为糖来了, 说明人的身体已经习惯尝到了甜的东西后一定会得到糖, 这是身体对糖的反应, **that** 指代 “对甜味的反应”。故选 B 项。

【14 题详解】

推理判断题。由最后一段中 ““It’s a small effect, but overtime this could contribute to potentially significant consequences,” she says. If this is happening in some people who consume diet soda, it could add to the risk of Type 2 diabetes (糖尿病), because when blood sugar rises, the body has to release more insulin (胰岛素) to absorb the sugar. (她说: “这是一个小影响, 但随着时间的推移, 这可能会产生潜在的重大后果。” 如果这种情况发生在一些喝无糖汽水的人身上, 可能会增加患 2 型糖尿病的风险, 因为当血糖升高时, 身体必须释放更多的胰岛素来吸收糖)” 可知, 摄入人工甜味剂可能会导致重大的健康问题。故选 D 项。

【15 题详解】

主旨大意题。本文主要讲的是无糖饮品因添加了人工甜味剂而使得摄入的人胃口大增, 对身体有害, C 项 “无糖饮料与健康之间的潜在联系” 能概括全文大意。故选 C 项。

第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)

Conscious (有意识的) living is not just a trend. 16 It is about being intentional with everything you do—your words, actions, beliefs, habits, and choices. Accepting conscious living takes some effort, but it is worthwhile. Here are some ways you can achieve this goal.

- Be conscious about your time.

Time is the most precious thing because there is no way to live a moment again. The way you spend your time determines the course of your life. If you waste your precious hours doing negative things, you will regret it later. The first step for living consciously is to be wise about your time. 17

- Know yourself better.

You cannot achieve them unless you understand your needs and intentions. 18 Spend time thinking over and knowing your strengths and weaknesses. Once you know yourself better, you can create a plan to work towards becoming more patient, honest, and forgiving.

- Learn to be grateful.

Gratitude takes you a long way towards conscious living. It opens you up to a happier and a fulfilled mindset. Most people are unhappy because they see only the negatives in life. However, everyone has something to be grateful for. Writing a gratitude journal is a good start for counting your blessings. 19

- Believe in yourself.

It is the key to making the right choices, yet not regretting the wrong ones. The best way to build self-belief is by reflecting on your own thoughts. 20 Care for it and follow it to make it stronger down the line.

Conscious living is a skill you need to learn as you go, so be willing to make the effort and master it. You will absorb it soon and be a happier person in the long run.

- A. Accept the person you are.
- B. Life can be a lot better with the right decisions.
- C. It is a healthy choice that enables you to be happy.
- D. Pick it as a daily habit, and you will notice the difference.

- E. Be selective about things you spend it on, and allocate it for positive activities.
F. It is easier said than done because most people fail to make an effort to know themselves.
G. Spending time alone and thinking deeply are effective measures that enable you to identify the inner voice.

【答案】16. C 17. E 18. F 19. D 20. G

【导语】本文是一篇说明文。清醒的生活不仅仅是一种趋势，它是一个健康的选择，能让你快乐。本文对如何进入清醒的生活状态给了几个建议。

【16 题详解】

根据上文“Conscious (有意识的) living is not just a trend.(清醒的生活不仅仅是一种趋势。)”可知上文提出了“Conscious (有意识的) living(清醒的生活)”这一概念，可推理出下文对这一概念进行解释，与 C 项“‘It is a healthy choice that enables you to be happy.(这是一个健康的选择，能让你快乐。)’”表达的含义一致，故选 C 项。

【17 题详解】

根据上文“The first step for living consciously is to be wise about your time.(有意识地生活的第一步是明智地把握时间。)”可推理出下文讲的是如何明智地把握时间，与 E 项“‘Be selective about things you spend it on, and allocate it for positive activities.(对你花上面的东西要有选择性，并把它分配给积极的活动。)’”表达的含义一致，故选 E 项。

【18 题详解】

根据下文“Spend time thinking over and knowing your strengths and weaknesses.(花时间思考并了解自己的长处和短处。)”可知此处建议人们花时间思考并了解自己的长处和短处，可推理出上文说的是为什么给这个建议的原因，与 F 项“‘It is easier said than done because most people fail to make an effort to know themselves.(说起来容易做起来难，因为大多数人都没有努力了解自己。)’”表达的含义一致，故选 F 项。

【19 题详解】

根据上文“Gratitude takes you a long way towards conscious living. It opens you up to a happier and a fulfilled mindset.(感恩会让你朝向清醒的生活走很长的路。它会让你拥有更快乐、更充实的心态。)”以及“Writing a gratitude journal is a good start for counting your blessings.(写一本感恩日记是计算你的祝福的一个好的开始。)”可知，此处上下文说的是从写感恩日记开始，让你拥有更快乐、更充实的心态，可推理出下文说的是要坚持写感恩日记，与 D 项“‘Pick it as a daily habit, and you will notice the difference.(把它作为一种日常习惯，你会注意到它的不同。)’”表达的含义一致，故选 D 项。

【20 题详解】

根据上文“The best way to build self-belief is by reflecting on your own thoughts.(建立自信的最好方法是反思自己的想法。)”可知上文说的是要反思自己的想法，可推理出下文说的是反思自己的想法的具体措施，与 G 项“‘Spending time alone and thinking deeply are effective measures that enable you to identify the inner voice.(花时间独处和深入思考是使你能够识别内心声音的有效措施。)’”表达的含义一致，故选 G 项。

第三部分 语言运用 (共两节，满分 30 分)

Ever since I was a child I have struggled with self-doubt. It's a feeling that you aren't good enough, that you can't 21 anything. Yet try as I might to 22 these thoughts, I could hardly escape them.

I was a dreamer. I would tell anyone my big hopes and dreams, only to be met with mockery and 23. People around me would bombard (抨击) me with phrases like “you need to be 24”, and “you aren't capable of achieving that”. 25, over time, these phrases 26 my little sense of self-confidence. Whenever I tried to pursue a goal or a dream, I mentally 27 myself before I ever even began. 28 like: “you aren't meant to be successful” and “why do I even bother” raced to the forefront of my mind.

Until one day, I woke up and found I was so 29 of talking down to myself. I decided I was going to 30 with my self-esteem and I was going to win this war. I started by focusing on gaining little victories. I showed up on time to work every day and doubled my 31. I began to take pride in my possessions and in keeping things 32. Every day I would write down a list of positive qualities I had. I would also write down everything I had accomplished that day 33 goals I had set. As time went on, I was getting in increasingly better shape through my 34 to exercise. I was performing better at my job, and most importantly I felt more 35.

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|------------------|---------------|---------------|--------------|
| 21. A. assume | B. accomplish | C. appreciate | D. assign |
| 22. A. prove | B. believe | C. avoid | D. share |
| 23. A. criticism | B. approval | C. admiration | D. ignorance |
| 24. A. honest | B. positive | C. creative | D. realistic |

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|---------------------|---------------|----------------|---------------|
| 25. A. Surprisingly | B. Naturally | C. Fortunately | D. Typically |
| 26. A. tested out | B. built up | C. took back | D. wore out |
| 27. A. punished | B. defeated | C. blamed | D. distracted |
| 28. A. Thoughts | B. Complaints | C. Questions | D. Comments |
| 29. A. tired | B. afraid | C. fond | D. proud |
| 30. A. live | B. combine | C. battle | D. check |

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|------------------------|-----------------------|-----------------------|-------------------|
| 31. A. output | B. salary | C. tolerance | D. wisdom |
| 32. A. useful | B. straight | C. simple | D. orderly |
| 33. A. in exchange for | B. in connection with | C. in accordance with | D. in contrast to |
| 34. A. objection | B. access | C. devotion | D. exposure |
| 35. A. grateful | B. natural | C. normal | D. confident |

【答案】21. B 22. C 23. A 24. D 25. B 26. D 27. B 28. A 29. A 30. C 31. A
32. D 33. C 34. C 35. D

【导语】本文是一篇记叙文。文章主要讲述了作者从小时候开始一直自我怀疑，不自信，这个问题一直困扰着自己，但最终决定改变自己的态度，通过一系列小的胜利逐渐提升自信，并取得了积极的变化和成就。

【21 题详解】

考查动词词义辨析。句意：这是一种感觉，你不够好，你不能完成任何事情。A. assume 假设；B. accomplish 完成；C. appreciate 欣赏；D. assign 指派。根据前文 “I have struggled with self-doubt.” 可知，作者小时候总是自我怀疑，故不能完成任何事情。故选 B。

【22 题详解】

考查动词词义辨析。句意：尽管我尽力避免这些想法，我还是很难摆脱它们。A. prove 证明；B. believe 相信；C. avoid 避免；D. share 分享。根据后文 “I could hardly escape them.” 可知，尽管作者尝试要尽量避免不去自我怀疑，可是很难摆脱这些想法。故选 C。

【23 题详解】

考查名词词义辨析。句意：我是一个梦想家。我会告诉任何人我伟大的希望和梦想，结果只会遇到嘲笑和批评。A. criticism 批评；B. approval 赞成；C. admiration 钦佩；D. ignorance 无知。根据后文 “People around me would bombard(抨击)me” 可知，当作者把自己伟大的梦想与周围的人分享时，周围的人总是会抨击作者即批评和嘲笑作者。故选 A。

【24 题详解】

考查形容词词义辨析。句意：我周围的人会用“你需要现实点”、“你做不到”之类的话抨击我。A. honest 诚实的；B. positive 积极的；C. creative 有创造力的；D. realistic 实际的，现实的。根据后文 “you aren't capable of achieving that” 可知，周围的人抨击作者，让作者实际一些。故选 D。

【25 题详解】

考查副词词义辨析。句意：自然而然地，随着时间的推移，这些话耗尽了我的一点自信。A. Surprisingly 令人惊讶地；B. Naturally 自然地；C. Fortunately 幸运地；D. Typically 典型地。根据 “over time” 可知，随着时间流逝，周围的人总是抨击作者，自然而然地，作者变得没有自信了。故选 B。

【26 题详解】

考查动词短语辨析。句意：同上。A. tested out 测试出来；B. built up 建立起；C. took back 取回；D. wore out 穿破、磨损。根据 “these phrases” 可知，周围人的抨击磨损了作者的信心。故选 D。

【27 题详解】

考查动词词义辨析。句意：每当我试图追求一个目标或梦想时，我甚至在开始之前就在精神上打败了自己。A. punished 惩罚；B. defeated 打败；C. blamed 责怪；D. distracted 分心。根据前文 “over time, these phrases ____6____ my little sense of self-confidence.” 可知，自然而然地，随着时间的推移，这些话耗尽了作者的一点自信，由此当作者试图追求一个目标或梦想时，作者在开始之前就觉得自己被打败了。故选 B。

【28 题详解】

考查名词词义辨析。句意：“你注定不会成功”和“我为什么要这么做”这样的想法在我脑海中闪现。A. Thoughts 思绪，想法；B. Complaints 抱怨；C. Questions 问题；D. Comments 评论。根据后文 ““you aren't meant to be successful” and “why do I even bother”” 可知，这些消极的想法总是在作者的脑海里浮现。故选 A。

【29 题详解】

考查形容词词义辨析。句意：直到有一天，我醒来发现我已经厌倦了贬低自己。A. tired 疲倦的；B. afraid 害怕的；C. fond 喜欢的；D. proud 自豪的。根据 “I decided I was going to ____10____ with my self-esteem and I was going to win this war.” 可知，作者厌倦了对自己的一味贬损，决定要和自己的自尊战斗，并要赢得这场战争。故选 A。

【30 题详解】

考查动词词义辨析。句意：我决定要和我的自尊战斗，我要赢得这场战争。A. live 居住；B. combine 结合；C. battle 战斗；D. check 检查。根据下文 “I was going to win this war.” 可知，作者决定要和自己的自尊战斗。故选 C。

【31 题详解】

考查名词词义辨析。句意：我每天准时上班，产量翻了一番。A. output 输出，产量；B. salary 工资；C. tolerance 宽容；D. wisdom 智慧。根据 “I showed up on time to work every day” 可知，作者决定重新改变自己，每天准时上班，故产量翻了一番。故选 A。

【32 题详解】

考查词义辨析。句意：我开始为自己的财产和井井有条而感到自豪。A. useful 有用的；B. straight 直的；C. simple 简单的；D. orderly 井然有序的。根据 “take pride in” 可知，作者为自己能够将自己的事物保持的井井有条，而感到骄傲。故选 D。

【33 题详解】

考查词义辨析。句意：我还会按照我设定的目标，把我当天所取得的一切都写下来。A. in exchange for 作为交换；B. in connection with 与……有关系；C. in accordance with 根据……一致；D. in contrast to 与……相反。根据前文 “write down everything I had accomplished that day” 以及后文的 “goals I had set” 可知，作者会根据自己设定的目标，把自己当天完成的一切都写下来，即与目标保持一致，把当天完成的工作写下来。故选 C。

【34 题详解】

考查名词词义辨析。句意：随着时间的推移，通过我对运动的投入我的体形越来越好。A. objection 反对；B. access 访问；C. devotion 奉献；D. exposure 接触。根据 “getting in increasingly better shape” 可知，作者对运动的投入，让作者的体形越来越好。故选 C。

【35 题详解】

考查形容词词义辨析。句意：我的工作表现更好了，最重要的是我感到更自信了。A. grateful 感激的；B. natural 自然的；C. normal 正常的；D. confident 自信的。根据前文 “Ever since I was a child I have struggled with self-doubt.” 以及 “over time, these phrases ____6____ my little sense of self-confidence.” 可知，作者小的时候总是自我怀疑，同时周围的人总是抨击作者，于是作者慢慢的失去信心，但是通过作者自己决心的改变，故此处呼应前文说明作者找到了自己的自信，变得自信的。故选 D。

第二节 (共 10 小题；每小题 1.5 分，总分 15 分)

Luosifen is a combination of river snails and rice noodles, originating in Liuzhou, Guangxi, southern China. Since Liuzhou is a city full of Luosifen restaurants, with many near one another, you can even smell it ____36____ (walk) down the street! Because of the humid climate in Liuzhou, people tend to lose their appetite, but the spicy and sour taste stimulates ____37____ (people) appetite. Its unique taste of freshness, sourness, hotness and spiciness is ____38____ modern people and young people prefer. Diners can also add extra chili, fresh green vegetables or garlic ____39____ (suit) their own taste. Despite the word “snail” in its Chinese name, actual snails don't commonly appear in the dish, but ____40____ (use) to flavor the soup. There being many choices of ____41____ (package) Luosifen these days, people can easily prepare their favorite version at home. Some people even cook Luosifen-based hotpot ____42____ (they). Admittedly, Luosifen has become ____43____ must-try dish for those enthusiasts seeking a genuine cuisine. Whether you are exploring the streets of Liuzhou ____44____ enjoying a bowl in a distant land, Luosifen is sure to leave a lasting impression on your taste buds, providing a ____45____ (true) unforgettable gastronomic (美食的) experience.

【答案】36. walking 37. people's 38. what 39. to suit 40. are used 41. packaged 42. themselves
43. a 44. or 45. truly

【导语】本文是一篇说明文。文章简要介绍了中国广西柳州的一道特色美食——螺蛳粉。

【36 题详解】

考查非谓语动词。句意：因为柳州是一个到处都是螺蛳粉餐馆的城市，许多餐馆彼此相邻，你走在街上都能闻到它的味道！分析句子，句中 can smell 为谓语动词，设空处使用非谓语动词，you 和 walk 之间是主动关系，故使用现在分词，作状语。故填 walking。

【37 题详解】

考查名词所有格。句意：由于柳州气候潮湿，人们容易失去食欲，但酸辣的味道却能刺激人们的食欲。根据句意，此处表示所属关系，即表示“人们的”，故使用名词所有格形式 **people's**。故填 **people's**。

【38 题详解】

考查名词性从句。句意：其独特的鲜、酸、辣、辣的口感是现代人和年轻人的最爱。分析句子，设空处引导表语从句，引导词在从句中作 **prefer** 的宾语，意为“什么”，故使用 **what** 引导。故填 **what**。

【39 题详解】

考查非谓语动词。句意：食客还可以根据自己的口味，额外添加辣椒、新鲜绿色蔬菜或大蒜。分析句子，句中 **can add** 谓语动词，设空处使用非谓语动词，此处表示发出该动作的目的，故使用不定式，作状语。故填 **to suit**。

【40 题详解】

考查动词语态。句意：尽管蜗牛的中文名字中有“蜗牛”一词，但蜗牛通常不会出现在这道菜中，而是用来给汤调味的。分析句子，句中 **but** 连词表示设空处使用动词作谓语，同时，句中 **don't appear** 表示句子使用的是一般现在时，且 **snails** 与 **use** 之间是被动关系，故使用一般现在时的被动语态，主语是复数，**be** 动词使用 **are**。故填 **are used**。

【41 题详解】

考查非谓语动词。句意：现在包装好的螺蛳粉有很多选择，人们可以很容易地在家里制作自己喜欢的螺蛳粉。分析句子，句中 **can prepare** 为谓语动词，设空处使用非谓语动词，**package** 与 **Luosifen** 之间是被动关系，故使用过去分词 **packaged** 作定语，意为“被包装的”。故填 **packaged**。

【42 题详解】

考查反身代词。句意：有些人甚至自己做螺蛳粉火锅。此处表示“人们自己做螺蛳粉火锅”，故使用 **they** 的反身代词 **themselves**。故填 **themselves**。

【43 题详解】

考查冠词。句意：诚然，螺蛳粉已经成为那些追求正宗美食的爱好者们必尝的一道菜。分析句子，句中 **dish** 为可数名词，设空处应该使用冠词，此处表示泛指，同时 **must-try** 首字母为辅音音素，应用 **a**。故填 **a**。

【44 题详解】

考查连词。句意：无论你是在柳州的街头探索，还是在远方享用一碗，螺蛳粉都会给你的味蕾留下深刻印象，提供真正难忘的美食体验。分析句子，句中 **whether...or...** 为固定短语，意为“无论……还是……”，故使用连词 **or** 将前后的现在分词进行连接。故填 **or**。

【45 题详解】

考查副词。句意：同上。分析句子，设空处使用 **true** 的副词 **truly**，修饰形容词 **unforgettable**，作状语。故填 **truly**。