一本

原 创 新 题

2027

第10次修订

200篇全文翻译

200篇知识积累

一本考试研究中心 编

高考

英语五合一必刷题

- 阅读理解100篇
- 七选五25篇
- 完形填空25篇
- 语法填空25篇
- 读后续写25篇

200篇

江西人民出版社
Jiangxi People's Publishing House
全国百佳出版社

目 录 CONTENTS

第一部分 基础训练（名师原创）		001	主 题
TEST 1	阅读理解A	001	科学思想探索盛会
	阅读理解B	002	历经波折，坚守教育初心
	阅读理解C	003	英语新词如何走向主流
	阅读理解D	004	濒危鳗草亟待守护
	阅读理解七选五	005	简单生活，收获幸福
	完形填空	006	一次漂流，一场成长
	语法填空	007	养生健体太极拳
	读后续写	008	一份善意的双向奔赴
TEST 2	阅读理解A	009	在线夏令营，解锁新知识
	阅读理解B	010	拯救拍摄现场的剩余食物
	阅读理解C	011	人工智能助力旅行规划
	阅读理解D	012	探寻普通人的成功之道
	阅读理解七选五	013	告别懒惰，重拾动力
	完形填空	014	努力自有回报
	语法填空	015	雕版印刷与活字印刷
	读后续写	016	抗癌妈妈克服着装尴尬
TEST 3	阅读理解A	017	美国大柏树湿地保护区景点一览
	阅读理解B	018	走进波兰的地铁图书馆Metroteka
	阅读理解C	019	蒲公英种子的传播奥秘
	阅读理解D	020	管控太空碎片，保障太空安全
	阅读理解七选五	021	如何做出明智的决定
	完形填空	022	善于留心，亦是天赋
	语法填空	023	中国电子商务的蓬勃发展
	读后续写	024	爱好不分性别
TEST 4	阅读理解A	025	北卡罗来纳州十月活动精选
	阅读理解B	026	大学生气象预报员
	阅读理解C	027	聊天机器人Iris
	阅读理解D	028	光可能加快水的蒸发速度
	阅读理解七选五	029	倒着走好处多
	完形填空	030	摔倒后被陌生人救助
	语法填空	031	中非友谊历久弥坚
	读后续写	032	修复兔唇，重获新生

TEST 5

阅读理解A ……033
阅读理解B ……034
阅读理解C ……035
阅读理解D ……036
阅读理解七选五 ……037
完形填空 ……038
语法填空 ……039
读后续写 ……040

自然保护区管理员招募公告
活到老,学到老
会“读心术”的人工智能模型
自我批评陷阱:运动员的心理危机
时间管理技巧——Time Blocking
人工智能助力认鹅
鲁班工坊:中塔职业技术教育合作的平台
急救知识挽救生命

TEST 6

阅读理解A ……041
阅读理解B ……042
阅读理解C ……043
阅读理解D ……044
阅读理解七选五 ……045
完形填空 ……046
语法填空 ……047
读后续写 ……048

欢迎来到Teen Line
探寻海龟患病之谜
手写激活大脑:键盘无法替代的认知优势
你是一个完美主义者吗?
积极倾听:有效沟通之道
困境中的温暖力量
南中高速通车,助力大湾区发展
制作宠物标牌

第二部分 提升训练(名师原创) 049

TEST 7

阅读理解A ……049
阅读理解B ……050
阅读理解C ……051
阅读理解D ……052
阅读理解七选五 ……053
完形填空 ……054
语法填空 ……055
读后续写 ……056

主 题

蚂蚁主题展览
种花筑梦,振兴社区
真相偏见:人们轻信网络评论
拯救濒危海龟,实现和谐共存
爬树助力孩子成长
13号座位上的爱心传递
人工智能面面观
小猫救主记

TEST 8

阅读理解A ……057
阅读理解B ……058
阅读理解C ……059
阅读理解D ……060
阅读理解七选五 ……061
完形填空 ……062
语法填空 ……063
读后续写 ……064

加州大学伯克利分校植物园冬季活动
少女探寻香蕉的防晒能力
新型设备破解软塑料回收难题
聊天机器人的现实隐患
养宠物有益老年人的身心健康
德国青年巧用中医方法救人
伦敦眼
重拾年少音乐梦

TEST 9	阅读理解A	065	在香港住宿的别样选择
	阅读理解B	066	大自然赋予我们时间充裕感
	阅读理解C	067	数学教学方式的新趋势
	阅读理解D	068	点赞对年轻人的影响
	阅读理解七选五	069	开启极简主义生活方式
	完形填空	070	图书捐赠活动助力患癌儿童
	语法填空	071	秘鲁特色海鲜料理Jalea
	读后续写	072	意外破碎的花瓶
TEST 10	阅读理解A	073	水族馆海洋探索日
	阅读理解B	074	92岁老人徒步穿越美国大峡谷
	阅读理解C	075	正确对待秘密
	阅读理解D	076	AirFarm公司推出全新的室内种植方案
	阅读理解七选五	077	护眼妙招
	完形填空	078	孤儿院之行改变了我的人生观
	语法填空	079	尊师重教的文化传承
	读后续写	080	勿以善小而不为
TEST 11	阅读理解A	081	四种旅行人格
	阅读理解B	082	救助迷路企鹅
	阅读理解C	083	社会信息影响个体决策
	阅读理解D	084	人工智能时代数据保存面临的挑战
	阅读理解七选五	085	警惕蜡样芽孢杆菌,防止食物中毒
	完形填空	086	换个角度看问题
	语法填空	087	你去过沈阳故宫吗?
	读后续写	088	童年的风筝梦:父爱与坚持的故事
TEST 12	阅读理解A	089	“STEM家庭周日”活动
	阅读理解B	090	跨代夏令营:老少同乐
	阅读理解C	091	科学植树,精准造林
	阅读理解D	092	遏制人工智能劣质内容的传播
	阅读理解七选五	093	城市的交通堵塞问题
	完形填空	094	逆境攀岩,绽放光芒
	语法填空	095	李飞飞与人工智能探索
	读后续写	096	我与“冷漠同事”的破冰之路

TEST 13	阅读理解A	097	“步道与铁路”项目的志愿者招募公告
	阅读理解B	098	跨年级合作，共创儿童书籍
	阅读理解C	099	湖泊升温危机敲响警钟
	阅读理解D	100	跑步与聆听音乐
	阅读理解七选五	101	同理心：走进他人世界的超能力
	完形填空	102	以“家庭”理念打造语言课堂
	语法填空	103	重阳节习俗源远流长
	读后续写	104	探秘热带雨林油鸱洞穴
TEST 14	阅读理解A	105	洛杉矶四家评分最高的餐厅
	阅读理解B	106	13岁少女探索近乎零成本的滤水之路
	阅读理解C	107	条形码技术的面世
	阅读理解D	108	高科技玩具可能存在安全隐患
	阅读理解七选五	109	庆祝家庭传统的建议
	完形填空	110	坠机儿童丛林中获救
	语法填空	111	化石是如何形成的
	读后续写	112	母亲的教导
TEST 15	阅读理解A	113	“好奇的乔治：让我们充满好奇！”展览
	阅读理解B	114	为什么放松时你会想到好创意？
	阅读理解C	115	彩色冷却薄膜
	阅读理解D	116	守护飞鸟，优化城建设施与灯光
	阅读理解七选五	117	口腔健康很重要
	完形填空	118	Johnny变瘦的秘密
	语法填空	119	人间仙境——梵净山
	读后续写	120	善有善报

第三部分 **冲刺训练**（名师原创） 121

TEST 16	阅读理解A	121	温泉国家公园生物普查的志愿者招募通知
	阅读理解B	122	树木消亡引发气候深思
	阅读理解C	123	探究人体耐热极限
	阅读理解D	124	打破盲从，包容多元观点
	阅读理解七选五	125	设计盆景花园的建议
	完形填空	126	阿富汗留学生的书法学习之路
	语法填空	127	有效沟通的艺术
	读后续写	128	病痛中的成长

主 题

TEST 17	阅读理解A …… 129	风力涡轮机设计大赛
	阅读理解B …… 130	以巧手筑房，以善意助人
	阅读理解C …… 131	人造卫星干扰太空望远镜观测
	阅读理解D …… 132	智能马桶：新型健康监测设备
	阅读理解七选五 …… 133	了解阅读障碍
	完形填空 …… 134	陌生人的英勇救助
	语法填空 …… 135	中国多措并举保护生物多样性
	读后续写 …… 136	修复家园，治愈自我
TEST 18	阅读理解A …… 137	校园徒步游览活动
	阅读理解B …… 138	引导学生正确使用人工智能工具
	阅读理解C …… 139	塑料垃圾：蚂蚁的新“乘客”
	阅读理解D …… 140	新型热电池
	阅读理解七选五 …… 141	如何养好室内植物
	完形填空 …… 142	戒掉网购习惯，让生活更有意义
	语法填空 …… 143	“斗拱爷爷”走红网络
	读后续写 …… 144	一次惊险的猎角之旅
TEST 19	阅读理解A …… 145	多伦多青少年英语夏令营
	阅读理解B …… 146	接受变老，活在当下
	阅读理解C …… 147	催产素影响男女社交认知
	阅读理解D …… 148	数学模型预测种子的去处
	阅读理解七选五 …… 149	回归志愿服务的本心
	完形填空 …… 150	天灾无情，邻里有爱
	语法填空 …… 151	中国写意艺术展览亮相泰国
	读后续写 …… 152	车库里的不速之客
TEST 20	阅读理解A …… 153	巴黎自行车之旅
	阅读理解B …… 154	学生团队以技术赋能非营利组织
	阅读理解C …… 155	气候焦虑困扰年轻人
	阅读理解D …… 156	音乐如何影响大脑
	阅读理解七选五 …… 157	培养自身独立能力的方法
	完形填空 …… 158	65岁圆梦的公园管理员——John Kerr
	语法填空 …… 159	中国科学家让斯里兰卡百姓成功喝上“放心水”
	读后续写 …… 160	特别的忘年之交

			主　题
TEST 21	阅读理解A	161	伦敦的三家书店
	阅读理解B	162	泥泞中成长的放射科医生
	阅读理解C	163	脱墨打印机
	阅读理解D	164	人类为什么偏爱花？
	阅读理解七选五	165	运动助学，事半功倍
	完形填空	166	设立专属租赁角落
	语法填空	167	Bockenheimer Warte地铁站入口
	读后续写	168	超越自我
TEST 22	阅读理解A	169	斯里兰卡的四个度假胜地
	阅读理解B	170	社区科学工坊网络
	阅读理解C	171	面部表情丰富的人更具社交优势
	阅读理解D	172	猫会对主人的声音做出反应
	阅读理解七选五	173	独处的好处
	完形填空	174	赞扬的力量
	语法填空	175	八段锦深受年轻人青睐
	读后续写	176	送给奶奶的情人节礼物
TEST 23	阅读理解A	177	芝加哥植物园举办的活动
	阅读理解B	178	家谱的传承
	阅读理解C	179	能监测伤口感染情况的新设备
	阅读理解D	180	金属有机框架
	阅读理解七选五	181	预防心脏病的建议
	完形填空	182	丢书的惩罚
	语法填空	183	冬至知多少
	读后续写	184	破碎的贝壳
TEST 24	阅读理解A	185	交通运输领域的绿色化
	阅读理解B	186	我的写作教学突破之旅
	阅读理解C	187	城市街道再思考
	阅读理解D	188	煮沸后过滤，去除水中微塑料
	阅读理解七选五	189	咖啡馆里的无名英雄
	完形填空	190	搬家断舍离中的小美好
	语法填空	191	围棋主题艺术展
	读后续写	192	一场聚会引发的隔阂
TEST 25	阅读理解A	193	值得一游的英国集市小镇
	阅读理解B	194	医院里的特殊课堂
	阅读理解C	195	室内植物治愈身心
	阅读理解D	196	变废为宝，减少食物浪费
	阅读理解七选五	197	家庭志愿活动的益处
	完形填空	198	65岁的健身奶奶走红网络
	语法填空	199	乡村生活的美好体验
	读后续写	200	我的名字，我的文化

■ 词汇反扫＆长难句精析 ……201

■ 答案全解全析 ……233

第一部分 基础训练

TEST 1 原创

词汇&长难句见夹册P201

全文翻译

阅读理解 A

主题语境:人与社会(活动) | 语篇类型:应用文 | 词数:248 | 难度:★★★☆☆ | 建议用时:6分钟 | 答案:P233

The Great Festival of Ideas and Discoveries

From interactive experiences to talks by the best-loved scientists and top academic minds, this inspirational and educational festival promises to showcase the latest breakthroughs, innovations, and discoveries in science and technology. New Scientist Live is for anyone who is curious about our brains, our bodies, our planet and our universe.

The brightest minds in science are taking the stage and you won't want to miss it. With 70+ incredible speakers, five fascinating stages and 90+ interactive exhibits, it's everything you love about science, technology and the wonders of the universe.

Whether you're captivated(迷住) by cutting-edge technology, drawn to the mysteries of space, passionate about protecting our planet, or eager to explore the science behind health, there's something for everyone.

Can't make it to the venue? No problem! The science, discoveries and breakthroughs shaping tomorrow are coming straight to you. Join the live stream(直播) to be part of this unmissable event.

Date: Sat 18–Sun 19 Oct | Mon 20 Oct Schools' Day

Venue: Excel London and online access

Ticket		One Day (Entry on either Saturday or Sunday)	Weekend (Entry on Saturday and Sunday)	Online Access (Access to the live stream throughout the weekend, plus a 12-month on-demand replay service)	Schools' Day (Entry to Schools' Day only) (One free teacher/chaperone ticket is available for every 10 student tickets purchased)
Price	Adult	£45	£78	£46 per user	Student: £16 Teacher/Chaperone: £16
	Child	£19	£32		
	Family (2 adults and 2 children)	£125	£194		

1. Who is New Scientist Live intended for?

A. Anyone with a degree in science.

B. Scientists with experience in public speaking.

C. Anyone with scientific curiosity.

D. Scientists with remarkable research achievements.

2. What is a feature of New Scientist Live?

A. It focuses on the latest fashion trends.

B. It has a rich and diverse range of activities.

C. It provides free live-streaming online.

D. It includes volunteers from different industries.

3. How much should a teacher and 20 students pay for a weekday visit to the venue?

A. £304. B. £320. C. £336. D. £718.

阅读理解 B

全文翻译

主题语境：人与自我（个人职业） | 语篇类型：记叙文 | 词数：314 | 难度：★★★☆☆ | 建议用时：7 分钟 | 答案：P233

As we returned from a long summer break in my eighth grade year, the English teacher gave us a writing prompt(提示): "What did you do over the summer?"

Some students wrote about camping trips or traveling overseas. But for me, the truth sat heavy in my heart—my summer had been different. That year, my family packed up all our belongings and moved out of our five-bedroom home into a single motel(汽车旅馆) room. Still, I wrote and shared my truth, unsure of the English teacher's reaction or my classmates' perception of me.

The next morning, after the English teacher quietly pulled me aside to ask if I needed anything, all my teachers came together and took care of every school-related need I had. Their kindness planted a seed in me, which grew into a purpose and led me to become an educator.

In my first year of teaching, that passion was tested. I had just finished my undergraduate degree(大学本科学位) and was wrapping up my graduate studies in elementary education when I stepped into my first fifth grade classroom. I loved it—the students, the content, the memories we were creating. Yet, as the year wore on, the weight grew heavier. Unrealistic expectations from parents, a lack of support, and an overwhelming workload slowly chipped away at my joy. By the end of the year, I made the difficult decision to resign.

That summer, I wrestled with the thought: Was I really done with teaching? Then, one day, something inspired me to try a grade I thought I never would teach: kindergarten. I took a leap, applied for a position at a new school and I got the job.

Despite my initial nervousness, I felt my passion beginning to return. I started a social media account as a way to pour back into the educator community, offering the same support and encouragement I once received.

4. What difficulty did the author meet during her eighth-grade summer break?

A. Health issues.

B. Social isolation.

C. Academic struggles.

D. Financial hardship.

5. How did the author probably feel about the teachers' actions?

A. Confused. B. Embarrassed.

C. Encouraged. D. Proud.

6. Which of the following best describes the author's career as an educator?

A. Still waters run deep.

B. It is never too late to learn.

C. Every cloud has a silver lining.

D. When in Rome, do as the Romans do.

7. Why did the author start the social media account?

A. To provide support for others.

B. To make more teacher friends.

C. To document her personal journey.

D. To explore modern teaching methods.

阅读理解 C

全文翻译

主题语境:人与社会(人类文明发展) | 语篇类型:说明文 | 词数:301 | 难度:★★★★☆ | 建议用时:8 分钟 | 答案:P233

From "yeet" to "social distancing," new words and phrases constantly emerge and evolve. But how do these neologisms(新词) gain acceptance and become part of the mainstream language?

Most neologisms aren't totally new creations, according to Christopher Green, associate professor of linguistics in the College of Arts and Sciences. "It is fairly rare for entirely new terms to emerge," he says. Instead, most new words contain repurposed pieces of existing terms or represent **nuanced** changes where existing meanings expand or contract.

However, completely new terms do occasionally surface. Take "yeet," most commonly meaning to throw something away. This recent addition emerged among younger social media users and spread rapidly through digital platforms, illustrating how modern technology accelerates(加速) language evolution. "A term must have a community of use in which some string of sounds and an associated meaning come to be accepted and used by that community and eventually more broadly," Green says.

Many neologisms follow cyclical patterns, appearing, disappearing and sometimes reemerging based on changing circumstances. Generational language patterns also repeat over time. "Every generation has its term to express their liking of something," Green says, citing examples like "cool, fly, hip, fire and lit." These terms often function as markers of in-group and out-group identity, with people borrowing language from specific communities to signal desired membership.

The key difference today is the speed and scale of spread. While past generations relied on television, social media now enables instant global communication, dramatically accelerating how neologisms travel through communities.

As English continues to evolve, understanding neologism patterns helps us appreciate language as a living, breathing system shaped by community use, cultural identity and technological advancement. Whether a new word survives depends ultimately on whether communities find it useful enough to adopt and maintain over time—a process as unpredictable as human creativity itself.

8. What does the underlined word "nuanced" in paragraph 2 mean?

A. Significant. B. Slight.
C. Unexpected. D. Complicated.

9. What is the most important factor in the birth of a neologism?

A. Popularity on social media.
B. Association with other words.
C. Acceptance by a community.
D. Recognition from institutions.

10. What do we know about a generational language term?

A. It bears the stamp of its age.
B. It spreads via a single medium.
C. It is used by young people.
D. It is created by language experts.

11. Which statement would the author probably agree with?

A. Practical neologisms are more likely to remain.
B. Neologisms require creativity to gain recognition.
C. Social media accelerates the recycling of neologisms.
D. Neologisms serve similar functions across generations.

阅读理解 D

全文翻译

主题语境：人与自然（植物） | 语篇类型：说明文 | 词数：352 | 难度：★★★★☆ | 建议用时：8 分钟 | 答案：P233

Eelgrass（鳗草）is the dominant species of seagrass in New England, but it's little-known and largely unappreciated. It's a nursery habitat in which a lot of young fish and other creatures grow up. But this critical plant is in decline. If scientists can't find a way to help eelgrass recover, the results could hurt fishermen and coastal communities.

Marine biologist Phil Colarusso has been studying eelgrass for 35 years. He's gathering data to better understand eelgrass growth patterns and life cycles. He'll combine that information with other data to assess the overall health of the meadow（草地）.

"Seagrasses are among the most threatened ecosystems on Earth," Colarusso said. He added that the general understanding of this habitat has dramatically increased—at least among scientists. But among the public, eelgrass has an image problem: It lacks the color of coral reefs（珊瑚礁）—an ecosystem that faces a crisis comparable to that of seagrass. This is why Colarusso has a second, unofficial job as an eelgrass cheerleader. He hosts public events aimed at making people care about this rarely-seen underwater plant.

However, raising public awareness is only the first step. Once eelgrass is lost, restoring it is tricky. Still, because of pollution and climate change, the eelgrass meadows are unlikely to recover on their own. So researchers are working on new ways to give the plants a fighting chance.

Ecologist Mirta Teichberg is tackling this problem at the Marine Biological Laboratory. She shows off rows of tanks labeled with names like "Wings Cove", after the saltwater ponds where the eelgrass samples were collected.

"There are probably about 100 to 200 seeds that we collected from the bottom of the tanks," she said, calling the seeds "precious diamonds." Teichberg will study the seeds to see which grow most reliably, and which may be able to endure warmer water.

"If we find populations that are tough, we can grow them in the laboratory," she said. "If we can get them to grow really well under certain conditions, then maybe we can learn something about what they need to grow well. And then we can plan for restoration."

12. What is the primary role of eelgrass in the ocean?

A. Direct sustainer of the fishermen.
B. Protector of coastal communities.
C. Data indicator for marine research.
D. Guardian for young marine animals.

13. What does Colarusso aim to do as an eelgrass cheerleader?

A. To attract famous scientists.
B. To get more research funding.
C. To obtain government support.
D. To raise public awareness of eelgrass.

14. What is Teichberg's research mainly about?

A. Mapping eelgrass distribution patterns.
B. Finding factors behind eelgrass decline.
C. Selecting ideal eelgrass seeds for restoration.
D. Assessing ecological impacts of eelgrass decline.

15. What is the purpose of this text?

A. To introduce marine species.
B. To call for eelgrass protection.
C. To demonstrate ecosystem interactions.
D. To show the findings of eelgrass research.

阅读理解七选五

全文翻译

主题语境:人与自我(生活方式) | 语篇类型:说明文 | 词数:268 | 难度:★★★☆☆ | 建议用时:8分钟 | 答案:P234

Everyone dreams of living their best life. However, happiness exists in life's simple pleasures. Here are five reasons why you need less in order to feel happy.

Living the simple life is healthier. __16__ Owning fewer things also gives you more time in your day as the time you spend looking after your things, repairing them, and updating them will be less. Being preoccupied with possessions can result in sleeplessness, digestive issues, headaches, and stress.

__17__ In our daily life, many people tend to overcomplicate life. However, letting go of things can be liberating, enabling you to see the beauty in simple pleasures. Ask yourself which simple things make you happy, make a list, and continue adding to it.

Simplicity makes you more grateful. When you live with less, you have more time to focus on yourself and your true needs. __18__ Gratitude is such a beneficial emotion, which has physical as well as emotional benefits. It paves the way for happiness as it prevents negative feelings such as regret, envy, and anger.

Simplicity revives your soul. When you have less, you'll focus on the inside and not externals(外在). Once you realize what is important and what is not, you can restore a deep and soulful connection with yourself. __19__ A study from *Clinical Psychology & Psychotherapy* shows that social comparison results in depression and anxiety.

Simplicity leads to deeper social connections. When you get rid of those external distractions that fill your day, you will have more time to focus on meaningful relationships, be it with your husband or wife, your family, or your friends. __20__

A. When you have less, you have fewer worries.

B. Simplicity helps enhance a sense of order in life.

C. Simple living enables you to enjoy the small things.

D. This may free you from comparing yourself to others.

E. And good relationships are fundamental to living that best life.

F. You'll soon see what is important and feel thankful for what you have.

G. You may now relate to those who appreciate you for who you are instead of what you have.

完形填空

全文翻译

主题语境：人与自我（完善自我） | 语篇类型：记叙文 | 词数：250 | 难度：★★★☆☆ | 建议用时：13分钟 | 答案：P234

Two years ago, our family planned to visit a temple in Rishikesh with a friend. When my friend mentioned white-water rafting（漂流）there, my daughter became very __21__. Though I quickly dismissed it as too risky—__22__ a childhood fear of water—she kept wondering why we couldn't try it.

On our way to the temple, we saw some people rafting and my daughter __23__ whether rafting was truly dangerous. Her simple question made me __24__. Was it real danger or just my own fear holding us back? Unlike before, when I might have offered excuses, I __25__ admitted my anxiety. To my surprise, she responded with simple __26__: If it was safe for others, why not for us?

Her courage __27__ me. After learning that professional guides ensured safety, I agreed—despite my wife's __28__. As we entered the rapids, the whole raft was shaking violently and my fear __29__. The only instruction on my mind was to row faster. Ten minutes later, we exited the rapids into calm water, no longer feeling so nervous.

That day, my daughter didn't just experience an __30__—she helped me break free from a decades-old __31__. She reminded me that sometimes we can also __32__ the fearless wisdom of the young. True __33__ not only guides children, but also lets them guide us toward __34__ versions of ourselves. In facing the river, I faced my inner self, and thanks to her __35__, I chose courage over comfort.

21. A. nervous　B. proud　C. impatient　D. curious
22. A. hidden in　B. rooted in　C. separated from　D. learned from
23. A. questioned　B. determined　C. discussed　D. explained
24. A. change　B. panic　C. reflect　D. escape
25. A. unwillingly　B. angrily　C. honestly　D. casually
26. A. logic　B. sincerity　C. silence　D. warmth
27. A. puzzled　B. challenged　C. annoyed　D. satisfied
28. A. surprise　B. urge　C. failure　D. hesitation
29. A. started　B. grew　C. decreased　D. disappeared
30. A. adventure　B. emergency　C. approach　D. accident
31. A. habit　B. tradition　C. limitation　D. memory
32. A. trust　B. doubt　C. ignore　D. beat
33. A. teaching　B. understanding　C. reasoning　D. parenting
34. A. wiser　B. braver　C. kinder　D. calmer
35. A. warning　B. devotion　C. insistence　D. reply

语法填空

全文翻译

主题语境:人与社会(非物质文化遗产) | 语篇类型:说明文 | 词数:243 | 难度:★★★☆☆ | 建议用时:8分钟 | 答案:P234

Tai chi is a system of exercise that __36__ (develop) in China hundreds of years ago. It started as __37__ method of self-defense, or a martial art, but eventually grew into a health and wellness practice. Some consider it a great-grandchild of the older practice of qigong, which is similar __38__ theory.

While tai chi remains a common practice in Asian countries, its popularity elsewhere has been growing __39__ (steady). Around 3.75 million people in the United States practice tai chi. It's more popular among middle-aged and older adults, __40__ there are increasingly more martial art or sport variations of tai chi that are attracting younger people.

During tai chi, you stand or sit and shift your weight from side to side and front to back as you perform various movements __41__ flow from one to the next. You may go through anywhere from just a few movements or positions to __42__ (dozen) in a single session. Breath, movement, and awareness work together in tai chi. As you move your body through the physical motions of tai chi, you are asked __43__ (relax) and breathe deeply and naturally, as well as focus your attention. For people __44__ (live) with an illness, practicing tai chi may help improve fitness and build strength, particularly in the lower body. Tai chi is also traditionally done in a group setting, which can increase enjoyment, build a sense of community, and help with __45__ (motivate) to be physically active.

36. _____ 37. _____

38. _____ 39. _____

40. _____ 41. _____

42. _____ 43. _____

44. _____ 45. _____

读后续写

全文翻译

主题语境：人与社会（社会交往） | 语篇类型：记叙文 | 词数：318 | 难度：★★★☆☆ | 建议用时：25 分钟 | 答案：P235

Years ago, while traveling through the highlands of Ethiopia, I found myself in the ancient town of Lalibela. One afternoon, as the sun cast long shadows across the dusty paths, two young girls approached me. One, whom I called Catherine, stepped forward with a shy smile. In hesitant but clear English, she offered a necklace, explaining that it was made in a distinctive local style. Touched by her sincerity, I purchased it as a souvenir. As we parted, she gave me her email address.

Three years later, work brought me to Addis Ababa, the capital of Ethiopia. Remembering the necklace on my desk, I sent Catherine an email, not sure if she would remember me. To my astonishment, Catherine replied immediately—she was now living in the capital, struggling to put herself through school. We met at a quiet café. The young girl had become a determined teenager, speaking with seriousness about her dreams. Her father had passed away in her childhood, and her mother, who was sick, had no income.

Here was Catherine, tirelessly juggling work and study, her eyes set on a future she was determined to shape. Deeply moved by how hard she was working, I offered to support her studies. Soon after, she was accepted into a tourism school, where she studied very hard, excelling in courses on history, guiding, and languages.

Several years passed before I returned. Catherine, now a young woman, met me with the same warm smile, though life as a student remained a daily challenge of having very little money. As we walked through a crowded market, Catherine suddenly paused. Before us, a small boy, no older than six, sat alone behind a tiny basket of hard, dried berries. Without a word, she bent, placed a few coins in his hand, and took a small handful of berries. As we walked on, I asked her why she bought these berries that didn't look so good.

注意：

1. 续写词数应为 150 个左右；
2. 请按如下格式在相应位置作答。

Paragraph 1:

She admitted that the berries weren't tasty, but she just wanted to buy them. _____

Paragraph 2:

I'm grateful to Catherine for showing me the power of kindness. _____

一本

答案

全解全析

高考

英语五合一必刷题200篇

第一部分 基础训练

TEST 1

阅读理解 A

语篇解读

本文介绍了 New Scientist Live 活动。该活动通过多种形式集中展示科技领域的最新突破、创新成果与重大发现，面向所有对科学怀有好奇心的人。

答案详析

1. **C** 细节理解题。根据第一段最后一句可知，New Scientist Live 面向所有对大脑、身体、地球和宇宙充满好奇的人，所以该活动面向任何对科学有好奇心的人。
2. **B** 细节理解题。根据第二段和第三段可知，New Scientist Live 活动包含 70 多位演讲者、五个舞台、90 多个互动展览，并涵盖前沿科技、太空奥秘、地球保护和健康科学等多个领域。由此可知，New Scientist Live 的活动内容丰富多样。
3. **B** 细节理解题。根据题目中的“a weekday visit to the venue”定位到表格中 Schools' Day 部分。根据该部分提到的“One free teacher/chaperone ticket is available for every 10 student tickets purchased”和票价可知，每张学生票是 16 英镑，每购买 10 张学生票可获得一张免费的教师/监护人票。题目中提到一名教师和 20 名学生，因此教师票可免费，只需支付 20 名学生的费用，即 20×16=320(英镑)。

阅读理解 B

语篇解读

作者因学生时代获得老师的帮助而立志从教，当她真正成为一名五年级教师后，各种原因消磨了她的教学热情，后来她尝试了幼儿园的教学工作，重燃了教学热情，并开设了社交媒体账号来回馈他人的支持。

答案详析

4. **D** 推理判断题。根据第二段第三句可知，在八年级暑假期间，作者一家收拾好所有东西，从五居室的大房子搬进了汽车旅馆的一个单间。由此可推知，作者一家遇到了经济困难，故选 D 项。
5. **C** 推理判断题。根据第三段可知，作者分享了自身的困境后，包括英语老师在内的所有老师满足了她在校期间的一切需求。老师们的这份善意在她心中埋下了种子，使她立志成为一名教育工作者。由此可推知，老师们的行为让作者受到了鼓舞。
6. **C** 推理判断题。根据第四段至最后一段可知，作者成为一名五年级教师后，各种原因消磨了她的教学热情，导致她最终辞职。后来作者去幼儿园教学，重燃了教学热情，还开设了社交媒体账号来回馈他人曾给予她的支持和鼓励。由此可推知，作者在历经困难后，没有选择放弃，而是继续尝试，最终迎来了转机，故 C 项“黑暗中总有一线光明”符合题意。A 项“静水流深(指表面沉默寡言者常有大智慧)”；B 项“活到老，学到老”；D 项“入乡随俗”。
7. **A** 细节理解题。根据最后一段最后一句可知，作者开设社交媒体账号是为了回馈教育工作者群体，向他们提供她曾经得到过的那种支持与鼓励。由此可知，作者开设社交媒体账号是为了向他人提供支持。

阅读理解 C

语篇解读

本文主要探讨了英语新词的产生、传播与留存规律。

答案详析

8. **B** 词义猜测题。根据第二段第一句可知，大多数新词并非全新创造。根据画线词所在句可知，大多数新词是由现有词汇的某些部分重新组合而成，或者是现有词义经过 nuanced 变化的体现。根据 nuanced changes 后的定语从句“where existing meanings expand or contract”可知，这些变化是对现有词义的扩大或缩小。由此可推知，这些变化是细微的，故画线词与 slight“微小的”意思一致。
9. **C** 细节理解题。根据第三段最后一句可知，一个词必须有一个使用群体，在这个群体中，一系列的音节和相关的含义被接受并被该群体使用，最终在更广泛的范围内得到应用，所以新词诞生的最重要因素是被一个群体接受，故 C 项正确。
10. **A** 推理判断题。根据第四段可知，Green 提到每一代人都有专属的词汇来表达对事物的喜爱。这类词汇往往是区分群体内外身份的标志，人们会借用特定群体的用语，以此彰显自己希望成为该群体一员的意愿。由此可推知，代际词汇具有鲜明的时代特征，故 A 项符合题意。
11. **A** 推理判断题。根据最后一段最后一句可知，一个新词能否存活最终取决于群体是否觉得它足够有用而愿意长期采用和维护。由此可推知，作者认为新词的实用性很重要，故 A 项“实用的新词更有可能留存”符合题意。

阅读理解 D

语篇解读

鳗草作为一种海草，对海洋生物至关重要，但其却鲜为人知，并且正面临着衰退危机。科学家们正努力提升公众认知，并通过选育耐热品种，力图拯救这一濒危的生态系统。

答案详析

12. **D** 细节理解题。根据第一段第二句可知，鳗草是幼鱼及其他生物成长的栖息地，所以它为幼年海洋动物提供庇护，故选 D 项。
13. **D** 细节理解题。根据第三段可知，尽管科学家们对鳗草的认知程度已显著提升，但公众对鳗草缺乏了解，因此 Colarusso 成为鳗草的支持者，举办公共活动让人们关注这种植物。由此可知，Colarusso 成为鳗草的支持者的目的是提高公众对鳗草的认识。

一本

词汇反扫&长难句精析

高考

英语五合一必刷题200篇

符号说明：＊高频核心词　•构词法猜词
★熟词生义　◇高频短语

TEST 1 词汇反扫

阅读理解 A

＊ interactive　*adj.* 互动的；合作的 ☐
＊ innovation　*n.* 新发明；创新 ☐
＊ incredible　*adj.* 极好的；难以置信的 ☐
• inspirational　*adj.* 鼓舞人心的；启发灵感的 ☐
• cutting-edge　*adj.* 最前沿的；最先进的 ☐
• passionate　*adj.* 热诚的；狂热的 ☐
• unmissable　*adj.* 不能错过的；不可失掉的 ☐
• on-demand　*adj.* 随选即行提供的；按需的 ☐

阅读理解 B

＊ overseas　*adv.* 在国外；向海外 ☐
＊ educator　*n.* 教育工作者；教师 ☐
• perception　*n.* 看法；知觉；洞察力；悟性 ☐
• unrealistic　*adj.* 不切实际的 ☐
• workload　*n.* 工作量 ☐
• nervousness　*n.* 焦虑；担忧 ☐
◇ wear on（时间）流逝 ☐
◇ wrestle with sth. 为某事绞尽脑汁 ☐

阅读理解 C

＊ illustrate　*v.* 说明；解释 ☐
＊ function　*v.* 起作用；正常工作 *n.* 作用 ☐
• acceptance　*n.* 接受；同意；认可 ☐
• mainstream　*adj.* 主流的 *n.* 主流群体 ☐
• occasionally　*adv.* 偶尔；偶然；有时候 ☐
• cyclical　*adj.* 周期的；循环的 ☐
• generational　*adj.* 一代的；代与代之间的 ☐
• unpredictable　*adj.* 难以预料的；无法预言的 ☐
★ surface　*v.*（生义）出现 *n.*（熟义）表面 ☐

阅读理解 D

＊ assess　*v.* 评估；估算 ☐
＊ tackle　*v.* 解决；处理；与……交涉 ☐
• little-known　*adj.* 鲜为人知的 ☐
• unappreciated　*adj.* 无人赏识；无人感激 ☐
• comparable　*adj.* 可比较的；类似的 ☐
• unofficial　*adj.* 非正式的；私人的 ☐
• cheerleader　*n.* 鼓励者；啦啦队队员 ☐
• restoration　*n.* 恢复；整修；修复 ☐

restore *v.* 恢复+-ation ……行为、状态或过程→restoration
动词+后缀-ation→名词
其他相似高频词：
imagine *v.* 想象→imagination *n.* 想象力
determine *v.* 决定→determination *n.* 决定

阅读理解七选五

＊ update　*v.* 更新；向……提供最新信息 ☐
＊ possession　*n.* 所有物；个人财产；拥有 ☐
• preoccupied　*adj.* 一门心思；专注 ☐
• sleeplessness　*n.* 失眠 ☐
• digestive　*adj.* 消化的；和消化有关的 ☐

digest *v.* 消化+-ive 有……性质的→digestive
动词+后缀-ive→形容词
其他相似高频词：
attract *v.* 吸引→attractive *adj.* 有吸引力的
impress *v.* 使印象深刻→impressive *adj.* 给人深刻印象的

• simplicity　*n.* 简单（性）；质朴 ☐
• distraction　*n.* 分散注意力的事物 ☐
◇ let go of 放弃；放开；松手 ☐
◇ pave the way for... 为……铺平道路 ☐

完形填空

＊ temple　*n.* 庙宇；寺院；神殿 ☐
＊ dismiss　*v.* 不予考虑；摒弃；解雇 ☐
＊ excuse　*n.* 借口；理由；辩解 ☐
＊ exit　*v.* 出去；离去；退场 ☐
• violently　*adv.* 猛烈地；强烈地；凶猛地 ☐
• fearless　*adj.* 无畏的；不怕的；大胆的 ☐
◇ hold back 阻挡；（使）犹豫 ☐
◇ to one's surprise 令某人吃惊的是 ☐

语法填空

＊ martial art　*n.* 武术 ☐
＊ variation　*n.* 变化形式；变化；变种 ☐
＊ perform　*v.* 做；履行；演出；表演 ☐
＊ breathe　*v.* 呼吸；低声说 ☐
• self-defense　*n.* 自卫；自我保护 ☐
• middle-aged　*adj.* 中年的 ☐
• naturally　*adv.* 自然地；天生地；当然地 ☐
• enjoyment　*n.* 乐趣；快乐 ☐

读后续写

＊ cast　*v.* 投射；使人怀疑 ☐
• highland　*n.* 高地；高原 ☐
• distinctive　*adj.* 独特的；有特色的 ☐
• sincerity　*n.* 真诚；诚实 ☐
• tirelessly　*adv.* 不知疲倦地；不屈不挠地 ☐
★ hesitant　*adj.*（生义）结结巴巴的
（熟义）犹豫的；踌躇的 ☐
◇ step forward 主动站出来；自告奋勇 ☐
◇ excel in 擅长；突出 ☐
◇ without a word 什么也没说 ☐

TEST 1 长难句精析

1. (阅读理解A·第三段) Whether you're captivated by cutting-edge technology, drawn to the mysteries of space, passionate about protecting our planet, or eager to explore the science behind health, there's something for everyone. 无论你是被尖端技术迷住,被太空的奥秘吸引,热衷于保护我们的地球,还是渴望探索健康背后的科学,这里都有适合每个人的内容。

本句是主从复合句。Whether you're captivated...health 是让步状语从句;captivated...technology 和 drawn...space 是过去分词短语作表语;passionate...planet 和 eager...health 是形容词短语作表语。

2. (阅读理解C·最后一段最后一句) Whether a new word survives depends ultimately on whether communities find it useful enough to adopt and maintain over time—a process as unpredictable as human creativity itself. 一个新词能否得以存续,最终取决于社会群体是否认为它足够有用而愿意长期采用并加以维护——这一过程就如同人类的创造力本身一样难以预测。

本句是主从复合句。Whether a new word survives 是主语从句,作整个句子的主语;whether communities find it...time 是 whether 引导的宾语从句,作 depends on 的宾语。a process...itself 是同位语。

TEST 2 词汇反扫

阅读理解A

* virtual *adj.* 虚拟的;事实上的 ☐
* bond *v.* 建立关系;使牢固结合 ☐
* guidance *n.* 指导;引导;咨询 ☐
• real-life *adj.* 真实的;实际发生的 ☐
• high-energy *adj.* 有生气的;精力充沛的 ☐
• instructor *n.* 导师;教练 ☐

instruct *v.* 教授+-or ……的人或物→instructor
动词+后缀-or→名词
其他相似高频词:
invest *v.* 投资→investor *n.* 投资者
translate *v.* 翻译→translator *n.* 翻译家

• independently *adv.* 独立 ☐

阅读理解B

* trouble *v.* 使苦恼;使忧虑;劳驾 ☐
* distribute *v.* 分发;分配;分销 ☐
* vision *n.* 展望;想象力;视力 ☐
• unmanageable *adj.* 难以控制(或处理)的 ☐
• full-time *adv.& adj.* 全职地(的) ☐
★ rate *n.* (生义)费用;价格
(熟义)比率;速度 ☐
◇ on the fly 匆忙中;赶紧地 ☐
◇ make sense 是明智的;有道理;有意义 ☐
◇ be familiar with sth. 熟悉某物;通晓某物 ☐

阅读理解C

* appeal *n.* 吸引力;感染力;上诉;申诉 ☐
* process *v.* 处理;加工;审阅 ☐
* preference *n.* 喜好;偏爱;偏爱的事物 ☐
• guidebook *n.* 旅游指南;旅行手册 ☐
• must-see *adj.* 必看的 ☐
• recommendation *n.* 推荐;正式建议;提议 ☐
• vegetarian *n.* 素食者;吃素的人 ☐
• personalization *n.* 个性化 ☐

阅读理解D

* inquisitive *adj.* 好奇的;兴趣广泛的 ☐
* awesome *adj.* 令人惊叹的;很困难的 ☐
* accessible *adj.* 可到达的;可见到的 ☐
• improvement *n.* 改善;改进;改进处 ☐
• vulnerability *n.* 脆弱;易损性 ☐
• humbleness *n.* 谦逊;卑贱 ☐
• attainable *adj.* 可获得的;可达到的 ☐
• uncover *v.* 发现;揭露;揭开盖子 ☐
★ walk *n.* (生义)行业;阶层
v. (熟义)行走;步行 ☐

阅读理解七选五

* routine *adj.* 常规的;日常的 ☐
* type *v.* 打字 ☐
* defeat *v.* 击败;战胜 ☐
• laziness *n.* 懒惰;懒散 ☐
• workable *adj.* 可行的;行得通的 ☐
• demotivate *v.* 使失去动力;使变得消极 ☐
◇ remind sb. of 使某人想起 ☐
◇ beat yourself up 过分自责 ☐

完形填空

* appear *v.* 出现;显得;似乎;呈现 ☐
* eager *adj.* 渴望的;热切的;渴求的 ☐
* struggle *v.* 努力;奋斗;斗争;争夺 ☐
* fair *adj.* 公平的;合理的;恰当的 ☐
* charity *n.* 施舍;仁爱;慈善机构 ☐
* integrity *n.* 诚实正直;完整 ☐
• driveway *n.* 私人车道 ☐
• sweaty *adj.* 满是汗的;汗水湿透的 ☐