

# 新高一英语-语法词汇班

2021年7月23日(周五)

刷题班

F1405

Jonny: Hey! I'm just practicing Tai Chi (太极). Would you like to join me?

Peter: I know nothing about it. Is it difficult?

Jonny: It seems easy, but you need a lot of practice. You just follow me like this.

Peter: OK. Don't laugh \_\_\_1-at\_\_\_ me. I may look funny.

Jonny: Bend 弯曲 your knees slightly 轻微地 and reach out your arms like tree branches, naturally and \_\_\_2-softly\_\_\_ (soft). Try to keep your body straight. Move slowly, then be sure to keep your balance and don't let your body shake.

shake/ tremble 颤抖

Peter: I cannot control my body well. My legs become \_\_\_3-painful\_\_\_ (pain).

Jonny: Keep \_\_\_4-holding\_\_\_ (hold) your position 位置, 职位 for a while.

position/ career/ occupation/ vocation / cause 事业

vacation

It helps develop your strength and flexibility 灵活.

flexible 灵活的

Raise your leg and let \_\_\_5-it\_\_\_ stay in the air for seconds.

Peter: I feel my legs shaking. I cannot do this any longer.

Jonny: Be patient! Tai Chi \_\_\_6-is called\_\_\_ (call) "shadow boxing" in English.

shadow 影子, 阴影

shade 阴凉

shape 形状

shallow 肤浅的; 浅的

compete v. 竞争

It asks you to act like water: to be flexible as well \_\_\_7-as\_\_\_ strong. In real competition 竞赛, a Tai Chi master 主人, 大师, 硕士, 长官 v. 精通 borrows the strength of the competitor and uses this energy to fight back. The \_\_\_8-harder\_\_\_ (hard) you try to beat him, the more likely you will get hit. He controls you!

Peter: Unbelievable! Oh..., \_\_\_9-if\_\_\_ you don't mind, I'll stop and take a deep \_\_\_10-breath\_\_\_.

F1406-1

(A) My stay in New York

secure 安全

secure a job 找工作

permanent 永久的

temporary 短暂的

After graduation from university, I had been unable to secure a permanent job in my small town. So I **decided** to leave home for New York, \_\_\_1-where\_\_\_ I **might have** a better chance to find a good job. \_\_\_2-主, 将来 To earn\_\_\_ (earn) some money to pay the daily expenses, I **started** work in a

local café as a waiter. I **believed** that \_\_\_3-as\_\_\_ long/soon \_\_\_as\_\_\_ I **was offered** a good position, I **would resign** at once.

resign v. 辞职

as soon as

as long as 只要

Over time, the high cost of living became a little burden **负担** on my already \_\_\_4-exhausted **筋疲力尽的**\_\_\_ (exhaust) shoulders. On the other hand, my search for a respectable **体面的** job had not met with much success. As **因为** I had studied literature **文学** at university, I found it quite difficult to secure a suitable job in big companies. Mother **had said** that \_\_\_5-if\_\_\_ I **wanted** to have a better career advancement, I **had to** find work in the city.

advancement/development

advance 先进, 提前

advanced technology 先进的技术

in advance 提前

Perhaps, \_\_\_6-what\_\_\_ my mother **had told** me **was** deeply rooted **扎根** in my mind. I just did as she had expected **期待**.

Soon I had lived in the city for over six months but I still did not like it. **Apparently/ obviously/ evidently**, I had difficulty \_\_\_7-adapting\_\_\_ (adapt) myself to life in the city, **let alone/ not to mention** **更不必说** finding a job to my delight.

have difficulty (in) doing sth

adapt 适应, 改编

adopt 收养, 采纳

frustrated/ depressed/ unhappy

After nine months of frustration, I eventually decided to go back to my small town. Not until I returned \_\_\_8-did\_\_\_ I realise that a quiet town life was the best for me.

I didn't get up until 10.

I did get up

Not until 10 did I get up.

否定词, 词组位于句首, 句子半倒装 (一般疑问句形式倒装)

not only...but also

Not only can I speak English, but also I can speak French.

Not until I returned \_\_\_8-did\_\_\_ I realise that a quiet town life was the best for me.

F1701

There has been a recent trend **趋势** in the food service industry **行业, 产业, 工业** toward lower fat content **含量** and less salt.

content n. 内容, 目录, 含量

adj. 满意的

be satisfied/content with

intend 打算, 意图

intention n.

This trend, which was started by the medical community (医学界) 1 as 作为 \_\_\_\_\_ a method of fighting heart disease, has had some unintended side 2 effects \_\_\_\_\_ (effect) such as overweight and heart disease—the very thing the medical community was trying to fight.

require to do

process n. 进程, 过程

v. 处理, 加工

Fat and salt are very important parts of a diet. They **are required** 3 to process \_\_\_\_\_ (process) the food that we eat, to recover恢复 from injury and for several other bodily functions功能. When fat and salt 4 are removed \_\_\_\_\_ (remove) from food, the food tastes **as if** it is missing something. As 5 a \_\_\_\_\_ result, people will eat more food to try to **make up for** 弥补 that something missing. Even 6 worse \_\_\_\_\_ (bad), the amount of fast food that people eat goes up. Fast food 7 is \_\_\_\_\_ (be) full of fat and salt; by 8 eating \_\_\_\_\_ (eat) more fast food people will get more salt and fat than they need in their diet.

Having enough fat and salt in your meals will reduce the urge/ desire 欲望 urge v. 催促, 促使 to snack (吃点心) between meals and will improve the taste of your food. However, be 9 careful \_\_\_\_\_ (care) not to go to extremes. Like anything, it **is** possible to have too much of both, 10 which \_\_\_\_\_ **is** not good for the health.

extremely ->very

形式主语, 代词, 强调句

F1702

In 1863 the first underground passenger railway in the world opened in London. It ran for just under seven kilometers and allowed people to avoid terrible 1-crowds \_\_\_\_\_ (crowd) on the roads above as they travelled **to and 2-from** \_\_\_\_\_ work. It took three years to complete完成 and was built using an interesting method. This included digging up the road, 3-laying \_\_\_\_\_ (lay) the track and then building a strong roof over 4-the \_\_\_\_\_ top. When all those had been done, the road surface表面 was replaced.

truck 卡车

track v. 追踪 n. 轨迹, 轨道

trace v. 追溯

trace back to/ date back to 追溯到

trap 陷阱

steam 蒸汽

stream 小溪 v. 流

push

fairly 相当地

Steam engines 5-were used \_\_\_\_\_ (use) to pull the carriages and it **must have been** 6-fairly \_\_\_\_\_ (fair) unpleasant for the passengers, with all the smoke and noise. However, the railway quickly proved to be a great success and within six months, more than 25,000 people were using 7-it \_\_\_\_\_ every day.

Later, engineers 8-managed \_\_\_\_\_ (manage) to **construct/ build/ establish** railways in a system of deep tunnels (隧道), which became known as the Tube. This development was only possible with the 9-introduction \_\_\_\_\_ (introduce) of electric-powered engines and lifts.

instruct 说明

introduce 介绍, 引进

The Central London Railway was one of the most 10-successful \_\_\_\_\_ (success) of these new lines, and was opened in 1900. It had white-painted tunnels and bright red carriages, and proved extremely popular with the public.

F1704

Last October, while (LP +be) tending 整理 her garden in Mora, Sweden, Lena Pahlsson pulled out a handful of small 1-carrots \_\_\_\_\_ (carrot) and was about to throw them away. But something made her look closer, and she noticed a 2- \_\_\_\_\_ shining/ shiny \_\_\_\_\_ (shine) object 物品. Yes, there **beneath** 在...之下 the leafy 多叶的, 茂盛的 top of one tiny carrot was her long-lost **wedding** ring.

Pahlsson screamed 3- so \_\_\_\_\_ loudly that her daughter came running from the house. "She thought I had hurt 4- myself \_\_\_\_\_ (I)," says Pahlsson.

scream 尖叫

screen 屏幕

spring 泉水

Sixteen years 5- \_\_\_\_\_ earlier \_\_\_\_\_ (early), Pahlsson had removed the diamond ring 6- \_\_\_\_\_ 主, 将 to cook \_\_\_\_\_ (cook) a meal. When she wanted to put the ring back on later, it was gone.

suspect

suspicious 怀疑的/ skeptical

She suspected that one of her three daughters—then ten, eight, and six—had picked it up, but the girls said they hadn't. Pahlsson and her husband 7- \_\_\_\_\_ searched \_\_\_\_\_ (search) the kitchen, checking every corner, but turned up nothing.

turn up/ show up 出现, 露面

take up 占据

"I gave up hope of finding my ring again," she says. She never replaced it.

pile 堆, 叠

Pahlsson and her husband now think the ring probably **got** 8- \_\_\_\_\_ swept \_\_\_\_\_ (sweep) into a **pile of** 一堆 kitchen rubbish **and was spread** over the garden, 9- \_\_\_\_\_ 定从, 缺失 where \_\_\_\_\_ it **remained** until the carrot's leafy top accidentally 意外地 sprouted (生长) through it. For Pahlsson, its return was 10- \_\_\_\_\_ a \_\_\_\_\_ wonder.