**第十一周——2022-2023学年高一英语牛津译林版（2020）必修第一、二册每周一测**

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**一、阅读理解**

**1、Around the World in a Wheelchair**

    Rick Hansen was always an active kid and loved to fish. When returning in a truck one day from a fishing trip, he had an accident and suffered **injuries** to his spine(脊柱). This 15-year-old young man awoke to find that he had lost the use of his legs. However, he didn't give up. Many months later he began to compete in wheelchair sports. At the age of 27, he decided to travel around the world in his wheelchair to raise money for spinal cord research. His tour took him through 34 countries around the world between 1985 and 1987. In this Man in Motion World Tour, he travelled 24,901.55 miles, which is equal to the distance around the earth.

    Bad weather and difficult, rocky roads often provided challenges for Rick, but he continued to push himself to complete the trip. He was determined to succeed. Even mountains did not stop Rick Hansen. He wheeled himself up the Rocky Mountains and several other major mountains in the world. He even wheeled himself along the Great Wall of China!

    "Never give up on your dreams!" was his motto and he hasn't given up yet. He completed his world tour raising $ 24 million. He continues to work to increase knowledge of spinal cord injury. He is a true Canadian hero who shows what determination can achieve.

1. What happened to Rick after the accident?
A. He lost the ability of living. B. He had to spend his life in hospital.
C. He couldn't walk any more. D. He couldn't do sports any more.
2. Why did Rick take his tour around the world in his wheelchair?
A. To collect money for spinal cord research.
B. To learn about the people of other countries.
C. To travel to different countries for fun.
D. To take photos of beautiful mountains.
3. From the passage we can see Rick is a(n) \_\_\_\_\_ person.
A. unhappy B. determined C. caring D. quiet

2、    There are many ways to travel within a city. We can walk, cycle, or take a bus. But no matter which way we choose, we have to stick to the route the city planners laid down for us.

    Parkour enthusiasts (跑酷爱好者), however, see the city in a completely different way. To them, there are no fixed routes. There are no walls and no stairs—since they jump, climb, roll and crawl to move across, through, over and under anything that they find in their path. The city is their playground.

    The International Gymnastics Federation has noticed that this activity is drawing more and more people to it—there are about 100,000 people taking part in parkour today in the UK alone, according to The *Guardian* — and how it is helpful for people to be much stronger: It trains coordination and balance. So the organization is thinking about recognizing parkour as a new sport and adding it to the Olympics.

    But parkour enthusiasts themselves don't seem to be happy with the idea. They see parkour as a lifestyle. In their view, it's a competition against the conditions rather than just a sport.

    Indeed, many do parkour just to "escape the daily routine and experience the city in different ways", wrote Oli Mould on The Conversation. They see parkour as a way to express themselves through relaxing moves and creative routes while freeing themselves from the pressure.

    It's great that the International Gymnastics Federation wants to develop a new sport and stay close to a new cultural form. But it would be greater if they knew that not everything in life is a competition.

1.How do parkour enthusiasts do parkour?
A.They move as they wish. B.They plan the routes of the city.
C.They run faster than others. D.They stick to certain routes.
2.Why does the International Gymnastics Federation want to add parkour to the Olympics?
A.Because it draws their attention.
B.Because it helps people to build up their body.
C.Because that's what parkour enthusiasts argue for.
D.Because they think it needs rules and instructions.
3.What is the author's view on parkour?
A.It can be recognized as a competition. B.It calls on people to work as a team.
C.It's worth adding to the sporting events. D.It is a way of life rather than a competition.
4.What is the best title for the passage?
A.A new sports competition B.Parkour enthusiasts
C.Training in a different way D.Making the city their own

3、    Breathing is something you do all day long, without even thinking about it. However, you might be doing it wrong. Research shows that the way you **breathe** affects the amount of oxygen you take in, as well as how you think and feel.

    So which is it? Do you breathe through your nose or your mouth? Some health experts recommend people breathe in through their nose and out through their mouth. Others say that people should just focus on breathing easily, paying no attention to their mouth or nose preference. But mouth breathing has also been connected with bad breath, snoring(打呼噜), high blood pressure and bad teeth.

    Nose breathing may affect how memories are stabilized(稳定) in our brains, according to Swedish researchers. During their study, participants smelled 12 different smells and then were asked to breathe either through their nose or mouth for an hour afterwards. Then, they were presented with the original set of smells and a new set. Those who smelled with their nose remembered the smells better.

    A research team recognized the differences in brain activity that occurred when seven epilepsy(癫痫) patients breathed through their nose or through their mouth. The team found three areas of the brain where activity is connected with breathing. These areas showed more changes in brain activity only when volunteers breathed through their nose.

    So, should mouth breathers change their breathing habits? If you're happy with the way you breathe and if you aren't experiencing any health problems, be yourself and just keep your own way. But if you think it might be time for a change, focus on breathing through your nose until it becomes a habit. It might help you survive an emergency.

1. What does the underlined word "it" in Paragraph 2 refer to?
A. Your life style. B. How you breathe.
C. How you think and feel. D. The oxygen you take in.
2. What did Swedish researchers find?
A. Nose breathing may improve memory.
B. Mouth breathing causes health problems.
C. Nose breathers are not sensitive to smells.
D. Mouth breathers have a good sense of taste.
3. What is the effect of nose breathing according to the research in Paragraph 4?
A. It helps one to stay healthy. B. It cures bad breath and snoring.
C. It makes one's brain more active. D. It improves one's sense of smell.
4. What does the author think of nose breathing?
A. It's hard to get used to. B. It's suitable for everybody.
C. It's what people have to do. D. It's what people can benefit from.

4、    You joined the **soccer** team, and played every game of the season. Sure, you're not the best player on the team, but most days you gave it your all as well as your teammates. Did you deserve a trophy(奖杯)?

    If the decision is up to Carol Dweck, the answer would likely be no. She's a psychology professor at Stanford University. She says a child doesn't have to be the best to get a trophy. But those who receive an award should have to work for it. She suggests trophies go to the most improved child, or the one who contributes most to the team spirit, as well as to those who play the best.

    "The trophy has to stand for something," Dweck says. "If we give a trophy to everyone, then the award has no value." Dweck argues that giving kids trophies for particular reasons, such as improvement in a sport, teaches kids that adults value working hard and trying their best.

    Others say that there's no harm in giving awards to all kids who play a sport, regardless of how they play or whether or not they improve. "I think we should encourage kids in participation in sports," says Kenneth Barish, a psychology professor at Weill Cornell Medical College. "A trophy is one way to encourage kids' efforts."

    Barish argues that when we single out only the best or the most improved players for a trophy, we are teaching kids a wrong lesson—we are sending the message that winning is everything. Barish says, "Playing sports also teaches kids about teamwork and the importance of exercise."

    "There will be plenty of opportunities for kids to learn about the competition as they get older," says Barish. "They'll soon realize that only one soccer team wins the World Cup and only one football team wins the Super Bowl in a season." For now, he thinks there's nothing wrong with letting all kids who play a sport feel like winners. That means trophies are for everyone.

1.According to Carol Dweck, which player should receive a trophy?
A.ony, the most attractive player of the soccer team.
B.David, a soccer player who is both clever and humorous.
C.Peter, who is ready to help his partners to score goals.
D.Jim, a soccer player who tries his best to win the game on his own.
2.Which of the following statements would Kenneth Barish agree with?
A.There is no sense in giving a trophy to everyone.
B.Kids fond of playing sports should be rewarded.
C.Kids should be given trophies for learning from sports.
D.It is necessary to encourage kids to participate in sports.
3.The underlined phrase "single out" in Paragraph 5 probably means "\_\_\_\_\_".
A.respect B.choose C.value D.stress
4.What is the best title of the passage?
A.What does a trophy cost? B.All kids deserve a trophy
C.Who deserves a trophy? D.Best player deserves a trophy

**二、七选五**

**5、Top Tips for the Flu Season**

    It's coming. I can feel it in the air. On the subway every time someone coughs, I look up to see if I can move a little further. As I get off the train, I immediately wash my hands to remove the dirt on them. ①\_\_\_\_\_

    If you are young and healthy, it's most likely that you will just feel uncomfortable for a week or two and miss some work or study. If you are elderly, have medical problems, or are a young child, you may not be so lucky. ②\_\_\_\_\_ Depending on the year, between 3,000 and 49,000 people die.

    The best way to **prevent** the flu is to get vaccinated(接种疫苗). ③\_\_\_\_\_ However, it still offers considerable protection. For adults, the vaccine is 59% protective on **average**. For children the effect is better. Clearly, we need better vaccines but it's still a really good idea to get vaccinated.

    Can the flu injection(注射) give you the flu? You may have an arm pain or a little fever, but the injection does not contain a live virus and cannot give you the flu.

    ④\_\_\_\_\_ It isn't clear how long the protection lasts and if the vaccine protects against different kinds of flu for only one year.

    Finally, here is some advice on what to do if you get the flu.

    • ⑤\_\_\_\_\_

    • Stay at home until your fever has been gone for at least 24 hours. That will **reduce** the number of people you give this to.

    • Cover your coughs and sneezes.

    • Keep your hands clean. Use soap and water to wash your hands frequently, especially after coughing or sneezing.

    • Drink plenty of water.

    Best wishes for a happy flu season!

A. The flu season is here, and I take it seriously.

B. If you got the flu shot last year, do you need it this year?

C. Each year more than 200,000 people are staying in hospital due to the **disease**.

D. If you have the symptoms, call your doctor early to see if he wants to prescribe some medicine.

E. Flu symptoms usually come on suddenly and frequently include high fever, cough, sore throat and body ache.

F. Often doctors' offices have special rooms set up just for giving flu shots, so it's fast, easy and effective.

G. A new study found that the flu vaccine didn't work as well as we thought or would like.

**三、完形填空（15空）**

6、    Where do you go when you want to learn something? School? A friend? A tutor? These are all    1    places of learning. But it may well be that the learning you really want    2    somewhere else instead. I had the chance of seeing this first hand on a    3    .

    My daughter plays on a *recreational*(娱乐的) soccer team. They did very well this season and so    4    a tournament, which normally was only for more skilled club teams. This led to some    5    experiences on Saturday as they played against teams    6    trained. Through the first two games, her team did not get one serious shot on goal. As a parent, I    7    seeing my daughter playing her best,     8    still defeated.

    It seemed that something clicked with the girls between Saturday and Sunday. When they    9    for their Sunday game, they were    10    different. They had begun to apply the kinds of play and teamwork they had seen the day before to their    11    . They played much better and

   12    scored a goal.

    It    13    me that playing against the other team was a great    14    moment for all the girls on the team. I think it is a general principle.     15    is the best teacher. The lessons they learned may not be different from what they would have gotten in school, but are certainly more personal and meaningful, because they had to work them out on their own.

1.A.public     B.traditional     C.official     D.special
2.A.passes     B.works     C.lies     D.ends
3.A.trip     B.holiday     C.weekend     D.square
4.A.won     B.entered     C.organized     D.watched
5.A.painful     B.strange     C.common     D.practical
6.A.less     B.poorly     C.newly     D.better
7.A.imagined     B.hated     C.avoided     D.missed
8.A.if     B.or     C.but     D.as
9.A.dressed up     B.showed up     C.made up     D.gave up
10.A.slightly     B.hardly     C.basically     D.completely
11.A.styles     B.training     C.game     D.rules
12.A.even     B.still     C.seldom     D.again
13.A.confused     B.struck     C.reminded     D.warned
14.A.touching     B.thinking     C.encouraging     D.learning
15.A.Experience     B.Independence     C.Curiosity     D.Interest

**四、语法填空**

7、    On average, Americans spend about 10 hours a day in front of a computer or other electronic devices and less ①\_\_\_\_\_ 30 minutes a day outdoors. David Strayer, a professor of psychology at the University of Utah says that all this time ②\_\_\_\_\_(spend) with technology is making our brains ③\_\_\_\_\_(tire). So, it is important ④\_\_\_\_\_(give) the brain a rest. And a camping trip can help.

    David Strayer ⑤\_\_\_\_\_(study) both short-term and long-term exposure to nature. He found that spending short amounts of time in nature without technology does calm the brain and helps it to remember much ⑥\_\_\_\_\_(well). However, he found, it is the long-term contact with nature that does the most good. Camping teaches you to know your surroundings and to think about one thing at ⑦\_\_\_\_\_ time. It can show you how to take care of yourself in difficult situations, ⑧\_\_\_\_\_ can help to increase your confidence in your abilities.

    So, it is wonderful to spend time ⑨\_\_\_\_\_(take) a long walk in the woods or by the ocean or in a city park. But camping requires that you spend more time in nature. People should expose themselves more ⑩\_\_\_\_\_(deep) in nature, and the health benefits can be deeper as well.

**五、书面表达**

8、假如你是校学生会主席李华,你在周一的集会上要做一次英文演讲,主题是“寒假健康生活”,从作息、饮食和活动安排等方面呼吁同学们在假期里坚持健康的生活习惯。

注意:

    1.结合实际,可适当发挥,使内容充实、行文连贯;

    2.80词左右,开头和结尾已给出,不计入总词数。

Dear schoolmates,

    I am Li.Hua, president of the Student Union. I'm honored to give a talk here. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

    Thank you for your listening!

**六、读后续写**

9、阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。续写词数应为150左右。

    "It's the swim that worries me," Bryan said as he checked his bicycle tires. "I'll probably swallow(吞) a bunch of lake water."

    Bryan's sister, Tara, laughed. "Water's good for you!"

    "Not when it gets up to your nose," Bryan said. It was just after 6:30 in the morning, and the triathlon(三项全能运动) was about to begin.

    The triathlon would begin with a three-mile bike ride, followed by a one-mile run. Finally, the racers would swim around a floating platform in the lake and then head back to shore.

    Bryan had practiced the route (路线) a few times. He was a strong swimmer, but he'd found himself getting tired in the water, out of breath from sprinting(冲刺) at the end of the run.

    More than 200 kids had signed up for the race. At age nine, Bryan would be among the youngest in his age group, but he hoped to finish near the top. The first 10 finishers would earn medals. He wished the swimming section came first, the way it does in most triathlons. But the organizers of this event thought the swim would be better at the finish so the competitors could cool off.

    The starter blew her whistle(口哨) and Bryan was in a line of cyclists along the roadway, heading for the park exit (出口). They'd ride up Main Street to the high school, make a few circles, and then return to the park.

    The cyclists spread out quickly. Bryan kept an eye on some very fast cyclists, telling himself to follow. As he rode up a hill, Bryan counted the racers ahead of him. Only a dozen. But he had a long way to go.  "Steady," Bryan thought. "No need to get tired out."

    When he finished the cycling and arrived at the exchange area, Tara was waiting for him. She handed him a cup of water. "You’re in the 14th place now."

**Paragraph 1 :**

    *"That's not bad," Bryan answered, and then started the running race*.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Paragraph 2 :**

    *Bryan quickly put on his swimming suit, and rushed into the lake*. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**参考答案**

1、答案：1-3 CAB

解析：1.细节理解题。根据第一段第三句This 15-year-old young man awoke to find that he had lost the use of his legs.和第五句Many months later he began to compete in wheelchair sports.可知，事故之后Rick不能行走了，只能坐在轮椅上，但他仍然能从事运动。故选C。

2.细节理解题。根据第一段第六句At the age of 27， he decided to travel around the world in his wheelchair to raise money for spinal cord research.可知， Rick进行环球旅行的目的是为脊髓研究筹集资金。故选A。

3.推理判断题。根据第二段第二、三句He was determined to succeed. Even mountains did not stop Rick Hansen.和最后一段首句"Never give up on your dreams!" was his motto and he hasn't given up yet.可推知, Rick是一个有决心的人。故选B。A项“不开心的”；C项“体贴人的”；D项“安静的”。

2、答案：1-4.ABDD
解析：1.考查细节理解。根据文章第二段内容可知,跑酷爱好者会按照自己的意愿在城市里跑动。故选A。
2.考查细节理解。根据第三段"The International Gymnastics Federation has noticed that... how it is helpful for people to be much stronger: It trains coordination and balance"可知,the International Gymnastics Federation考虑将跑酷加入奥运会,因为它有助于人们强身健体。故选B。
3.考查推理判断。根据文章最后一段内容尤其是"it would be greater if they knew that not everything in life is a competition"可判断,作者认为跑酷是一种生活方式,而不是一种竞争。故选D。
4.考查主旨大意。通读全文内容可知,本文主要介绍了跑酷这项运动。跑酷爱好者们将城市作为自己的游乐场,按照自己的意愿在城市中跑动。D项最符合文意。故选D。

3、答案：1.B; 2.A; 3.C; 4.D
解析：1.推理判断题。根据画线单词前面一句话Research shows that the way you breathe affects the amount of oxygen you take in, as well as how you think and feel.可知，研究表明，你的呼吸方式会影响你吸入的氧气量，以及你的思维和感觉。画线单词后面一句话又提问你是用鼻子呼吸还是用嘴呼吸。故画线单词it指的应该是前后句都提到的呼吸方式。故选B。

2.细节理解题。根据第三段第一句Nose breathing may affect how memories are stabilized(稳定) in our brains， according to Swedish researchers.可知，瑞典研究人员称，用鼻子呼吸可能会影响记忆在大脑中的稳定性。再根据后面的研究结果可知，用鼻子呼吸可以提高记忆力。故选A。

3.细节理解题。根据第四段最后两句The team found three areas of the brain where activity is connected with breathing. These areas showed more changes in brain activity only when volunteers breathed through their nose.可知，研究小组发现大脑中有三个区域的活动与呼吸有关。只有当志愿者通过鼻子呼吸时，这些区域的大脑活动才会发生更多变化。据此可知，用鼻子呼吸使人的大脑更加活跃。故选C。

4.推理判断题。根据文章最后两句But if you think it might be time for a change, focus on breathing through your nose until it becomes a habit. It might help you survive an emergency.可知，如果你觉得是时候改变一下了，那就专注用鼻子呼吸，直到它成为一种习惯。它可能会帮助你在紧急情况幸存下来。据此可以推断，在作者看来，用鼻子呼吸让人受益。故选D。A项错因:无中生有;B、C两项错因：与最后一段中If you're happy with the way you breathe and if you aren't experiencing any health problems, be yourself and just keep your own way.这句话相矛盾。

4、答案：1-4 CDBC

解析：1.根据第二段中的"She suggests trophies go to the most improved child, or the one who contributes most to the team spirit, as well as to those who play the best"可知, Carol Dweck认为, 进步最大的或对团队精神贡献最多的孩子和表现最佳的孩子一样都应获奖。C项中的Peter十分具有团队精神, 其他几人都不符合以上条件。故选C。
2.根据第四段中的"I think we should encourage kids in participation in sports"可知, Kenneth Barish认为我们应该鼓励孩子参加体育活动。故选D。
3.根据画线短语所在句可知, Kenneth Barish认为, 当我们只挑选出最佳球员或进步最大的球员并授予他们奖杯的时候, 我们在给孩子们传达一个错误的信息: 获胜就是一切。因此可推知single out意为"挑出"。故选B。
4.通读全文可知, 本文主要讨论了是否每个参加体育比赛的孩子都该得到奖杯, 并就这个问题给出了两种不同的看法。A项与文章无关; B项和D项各是看法之一; C项是本文讨论的问题。故选C。

5、答案：ACGBD

解析：①根据上文On the subway every time someone coughs, I look up to see if I can move a little further. As I get off the train, I immediately wash my hands to remove the dirt on them.可知，在地铁上，每次有人咳嗽时，“我”都会抬头看看自己是否能走远一点。当下了地铁，“我”立即洗手以清除手上的污垢。据此可以推断，这里讲的是在流感季节作者是如何保护自己的。选项A意思是“流感季节到了，我很重视”，与上文在逻辑上自然衔接。故选A。

②根据下文Depending on the year， between 3，000 and 49,000 people die.可知，根据年份不同，死亡人数在3，000至49,000之间。据此可以推断，这里讲的是流感的危害。选项C意思是“每年有超过20万人因为这种疾病而住院”，与下文在逻辑上自然衔接。故选C。

③根据上文The best way to prevent the flu is to get vaccinated(接种疫苗）.可知，预防流感的最好方法是接种疫苗。根据下文However, it still offers considerable protection.可知，然而，它仍然提供了相当程度的保护。据此可以推断，空格这一句与下一句在逻辑上是转折关系。G项意思是“一项新的研究发现流感疫苗并不像我们想的或希望的那样有效”，符合语境。故选G。

④根据下文It isn't clear how long the protection lasts and if the vaccine protects against different kinds of flu for only one year.可知，目前尚不清楚疫苗的保护作用能持续多久，以及这种疫苗是否仅能在一年内抵御不同的流感病毒。据此可以推断，空格这一句说的是流感疫苗的接种时效。选项B意思是“如果你去年注射了流感疫苗，今年还需要吗?”，符合语境。故选B。

⑤根据上文Finally, here is some advice on what to do if you get the flu.可知，最后，这里有一些如果你得了流感应该做什么的建议。据此可以推断，接下来应该告诉读者得了流感该怎么办。选项D意思是“如果你有这些症状，早点打电话给你的医生，看看他是否要开一些药”，符合语境。故选D。

6、答案：1-5 BCCBA 6-10 DBCBD 11-15 CABDA

解析：1.考查形容词词义辨析。public公共的; traditional传统的; official官方的; special特别的。由上文的"School? A friend? A tutor?"可知提到的学习途径都是传统意义上的学习途径。故选B项。
2.考查动词词义辨析。pass通过, 传递; work奏效; lie躺, 位于; end结束。由空后的"somewhere else"和语境可知, 有可能你真正想要学习的地方在别处。故选C项。
3.考查名词词义辨析。trip旅行; holiday假期; weekend周末; square广场。由第三段第一句中的"Saturday and Sunday"可知, 比赛是在周末举行, 即作者在周末见到了这样的事情。故选C项。
4.考查动词词义辨析。win赢; enter进入; organize组织; watch 观看。由本句中的"They did very well this season"可知, 她们这个赛季表现得很好, 所以进入了锦标赛。故选B项。
5.考查形容词词义辨析。painful痛苦的; strange奇怪的; common普通的; practical实用的。根据第二段最后一句"As a parent, I    7    seeing my daughter playing her best,     8    still defeated."可知, 女儿的球队艰难鏖战, 但最终还是失败了, 所以这些是痛苦的经历。故选A项。
6.考查副词词义辨析。less更少; poorly糟糕地; newly最近; better更好地。由上一句中的"more skilled club teams"可知, 她们的对手受过更好的训练。故选D项。
7.考查动词词义辨析。imagine想象; hate讨厌; avoid避免; miss想念, 错过。根据常识可知, 作为父母, 谁也不愿意看到竭尽全力踢球的孩子遭受失败的打击。所以hate符合语境。故选B项。
8.考查连词词义辨析。if如果; or或者; but但是; as因为。由空前的"playing her best"以及空后的"still defeated"可知, 虽然女儿竭尽全力, 但还是失败了, 所以是转折关系。故选C项。
9.考查动词短语辨析。dress up装扮; show up出现; make up编造; give up放弃。根据本句中的"their Sunday game"以及下文"They had begun to apply the kinds of play and teamwork"可知, 女儿的球队出现在周日的比赛场上。故选B项。
10.考查副词词义辨析。slightly轻微地; hardly几乎不; basically基本地; completely完全地。由下文"They had begun to apply the kinds of play and teamwork"以及"They played much better"可知, 女孩们的表现非常好, 与之前的比赛中截然不同。故选D项。
11.考查名词词义辨析。style风格; training训练; game比赛; rule规则。根据上文"When they    9    for their Sunday game, they were    10    different."可知, 女儿的球队跟昨天相比已经完全不同了, 由此推断出女儿的球队已经开始把前一天看到的和学到的各种打法和团队协作的技巧运用到她们的比赛当中去。故选C项。
12.考查副词词义辨析。even甚至; still仍然; seldom很少; again又, 再。根据"They played much better"可知, 此处表示递进关系, 她们努力拼搏, 甚至还进了一个球。故选A项。
13.考查动词词义辨析。confuse使困惑; strike撞, 打, 击; remind提醒; warn警告。由作者接下来阐发的感想可知,这是作者从这场比赛中突然想到的。固定句型It strikes/struck sb. that...意为"某人突然想到......"。故选B项。
14.考查形容词词义辨析。touching动人的; thinking有思考力的; encouraging鼓舞人心的; learning学习的。由文章第一句"Where do you go when you want to learn something?"以及下文"The lessons they learned..."可知, 本文谈论的是学习, 作者认为对于球队的每个孩子来说, 与另一个球队比赛是一个学习的好机会。故选D项。
15.考查名词词义辨析。experience经验, 经历; independence独立; curiosity好奇; interest兴趣。结合整篇故事可知, 和训练有素的对手比赛让孩子们学到了以前没有接触到的东西, 获得了经验, 所以经验是最好的老师。故选A项。

7、答案：①than ②spent ③tired ④to give ⑤has studied ⑥better ⑦a ⑧which ⑨taking ⑩deeply
解析：①考查介词。根据空前的比较级less可知, 此处使用介词than。故填than。

②考查非谓语动词。time与spend之间为逻辑上的动宾关系, 所以用过去分词做定语。故填spent。

③考查形容词。本题考查"make+*n*.+*adj*."结构, 形容词在句中做宾语补足语。此处表示"感到疲惫的", 应使用-ed结尾的形容词。故填tired。

④考查非谓语动词。这里考查"It is+*adj*.+to do sth."结构, 句中it做形式主语, 真正的主语为不定式to give the brain a rest。故填to give。

⑤考查时态。表示过去发生的动作对现在造成的影响或结果, 用现在完成时。故填has studied。

⑥考查比较级。根据空前的much和语境可知, 此处应用副词的比较级形式。故填better。

⑦考查冠词。句意: 露营教会你了解周围的环境, 一次只思考一件事。at a time一次, 为固定短语。故填a。

⑧考查定语从句。这里为非限制性定语从句, 用关系代词which指代前面整个句子。故填which。

⑨考查非谓语动词。spend time doing sth.花费时间做某事。故填taking。

⑩考查副词。修饰动词expose用副词, 此处表示抽象概念, 应使用deeply。故填deeply。

8、答案：

Dear schoolmates,

    I am Li Hua, president of the Student Union. I'm honored to give a talk here. With the winter vacation approaching, I think it's important to stick to a healthy lifestyle. Here are some tips for you.

    Firstly, please ensure you still keep early hours. Early risers tend to be healthier and achieve more. Moreover, a balanced diet is believed to be beneficial to health. Choose your food wisely and never skip meals. Finally, we should limit the time we spend on screen-based activities and take an active part in sports instead.

    Follow the tips above, and you will live a healthy life. Wish you happiness in the coming winter vacation!

    Thank you for your listening!

解析：

9、答案：

**Paragraph 1:**

    *"That's not bad," Bryan answered, and then started the running race*. He controlled the speed at first, but after a while, he sped up to catch up with some taller boys ahead of him. "They are not so strong as they look," he thought. "But I don't have to tire myself out now. I'll have my chance in the lake." Approaching the finishing line, he ran faster and passed two big boys. His efforts paid off; he was in the 12th place now.

**Paragraph 2:**

    *Bryan quickly put on his swimming suit, and rushed into the lake*. He was confident now. No doubt he felt tired, but others must have felt worse. "Keep working! Keep my rhythm!" he told himself. Actually he was swimming really fast. On reaching the floating platform, he was among the top ten. With water splashing around, all swimmers were going all out back to shore. Bryan struggled on with all his strength. Once at shore, he saw Tara rushing up to hug him. "Great, Bryan! You're No. 5!" Tara said, smiling and excited.

解析：