

高三英语课后练习（42）

一、阅读理解

A

Best Citywalk Trails in Hong Kong

As a coastal city built on reclaimed land, Hong Kong possesses various distinctive citywalk trails.

Lantau Trail

This 4.5km trail is rated as a challenging route requiring an average of 2h 32min to complete. During the trial, you will be able to reach the highest mountain — Lantau Peak. It's recommended to bring plenty of water, snacks, and sturdy (结实的) footwear, and set off early in good weather.

Ngong Ping Village Trail

This 1.9km route takes an average of 30min to complete, which accounts for its easy rating. Ngong Ping Village has the largest Buddhism statues of its kind in the world. But you don't need to be a Buddhist to enjoy a morning at the Tian Tan Buddha. It's best to start off in the morning, but avoid a foggy or cloudy day.

Sha Tin Trail

It takes about 1h 47min to finish this moderately challenging 6.6km route: This trail features Hong Kong's most unusual temple, the largest museum, and best shopping malls. Sha Tin may be considered “off the beaten track” for many visitors but for those with more than a short 3 or 4 days stay in HK, it can prove to be a very rewarding day trip.

Cheung Chau Trail

As a moderately challenging route, it takes an average of 3h 8min to complete 11.7km. Cheung Chau has been a major fishing port for centuries and still has a large fishing fleet. The scenic ferry journey is one of the highlights of visiting this island.

1. Which trail takes the shortest time?

A. Cheung Chau Trail.

B. Ngong Ping Village Trail.

C. Sha Tin Trail.

D. Lantau Trail.

2. What do Ngong Ping Village Trail and Sha Tin Trail have in common?

A. They are physically demanding.

B. They are for experienced walkers.

C. They have a religious atmosphere.

D. They include guided tours for visitors.

3. What can you experience during the Cheung Chau Trail?

A. Appreciate fishery scenery.

B. Buy meaningful souvenirs.

C. Visit local museums.

D. Enjoy peak scenery.

B

In Gaithersburg, Maryland this fall, art curator(馆长) Sandra Davis set 14 chairs on display in the Arts Barn's professional art gallery. Each chair, handmade by a different artist, symbolized a mental health issue that the artist had personally confronted.

Courtney Mohring's chair, “Buttoned Up, ” was a black, high-backed chair coated in buttons and bunched fabric that communicated discomfort. And Davis herself had a piece in the exhibition — a rainbow-colored creation

titled “Color Me Manic.” For many of the artists, it was an opportunity to try a medium that they had never attempted before.

The exhibition — titled “Pull Up a Chair 2. 0” — was a kind of “sequel” to a similar showcase that Davis curated in 2022, which also featured handmade chairs. At the gallery, the artists came in to talk about their art, but the night soon transformed into a deeper conversation about the feelings of anxiety, loss, and isolation that Davis and her fellow artists had experienced at the beginning of the COVID: 19 pandemic.

“We had what we call an ‘artist roundtable,’ where each of the artists came to talk about what their inspiration was, what they were feeling when they were creating the chair, and it ended up feeling very much like a group therapy (治疗) session,” Davis said.

This year, Davis wanted to reproduce that experience on a grander scale, by opening it up to the public and inviting guests to pull up a chair and talk about the art — and how it relates to their own mental health journeys.

“We know the mental health conversation is top of mind,” Davis said. “We hear it in the news. We’re reading about it. We’re talking about it at school. But we haven’t really necessarily felt like it’s still a welcoming conversation.” But Davis believes we can slowly change those conversations for the better — and it starts with making space for them.

4. What is the purpose of the exhibition?

- A. To showcase the artistic talents of local artists.
- B. To celebrate the history and achievements of the gallery.
- C. To provide a platform for artists to experiment with new materials.
- D. To raise awareness and promote discussion about mental health issues.

5. What does the underlined word “sequel” in paragraph 3 probably mean?

- A. Substitute.
- B. Follow-up.
- C. Edition:
- D. Check-up.

6. What did Davis think of the “artist roundtable”?

- A. Productive.
- B. Traditional.
- C. Tiring.
- D. Educational.

7. How does “Pull Up a Chair 2. 0” differ from the 2022 exhibition?

- A. More interactive activities.
- B. Wider range of issues.
- C. Larger scale engagement.
- D. New themes explored.

C

Imagine you’re walking across rolling hills that stretch for miles, with warm sunshine and the chirping of birds all around. This peaceful scene is an increasingly rare one in the modern world. Our natural soundscapes are falling silent as bird populations decline.

But does the silencing of our soundscapes matter to us? The short answer is yes. There is growing evidence about the health benefits of spending time in nature, including reducing risks of heart disease, diabetes and anxiety. Yet while the general benefits of being outside in nature may seem instinctive, the contributions of natural sounds to this are less understood.

Our study explores the link between birdsong and people, specifically on English vineyards (葡萄园). We surveyed the experience of 186 wine-tour participants across three vineyards with varying soundscapes. We also

enhanced some vineyard soundscapes with hidden speakers, which played the songs of five additional bird species. This was designed to see how participants' engagement with nature would be affected by increasing the diversity of birds and songs.

The results were fascinating. Visitors who experienced louder and more complex sounds — whether on vineyards with naturally richer soundscapes or on those we had enhanced — reported that they had enjoyed the sounds more. They also felt more connected to nature and more satisfied with their tour. With richer soundscapes, they felt more mindful and positive during the tours, reporting that they felt freer from work, routine and responsibility.

Our study is a clear demonstration of the direct effect that birdsong has on our wellbeing. It shows that bird conservation could enhance our experience of spending time in nature and give rise to positive emotions. The world we experience today is unlike what our grandparents experienced. We are increasingly disconnected from nature, and nature's benefits on our wellbeing are lessening as a result. What is most concerning is that these changes are accepted as the new norm.

We hope our findings lead to more people thinking like Harrison, who concluded: It goes to show how important nature is for humanity on so many levels and hopefully a study like this supports more investment and help conserving as well as improving our natural soundscapes.

8. What phenomenon does the author describe in paragraph 1?

- A. Bird songs are increasingly popular.
- B. People enjoy interacting with nature.
- C. Bird songs are hard to hear nowadays.
- D. Modernization leads to the extinction of bird species.

9. What does the study focus on?

- A. The impact of birdsong on human well-being.
- B. The use of technology in vineyard management.
- C. The role of vineyards in enhancing visitor experiences.
- D. The relationship between wine production and tourism.

10. What does the author hope the study will achieve?

- A. Greater awareness of the critical state of bird species.
- B. Standardization of soundscape measurement techniques.
- C. An increase in the number of bird species in urban areas.
- D. A stronger commitment to preserving natural soundscapes.

11. What can be a suitable title for the text?

- A. How do we live happily without birdsong?
- B. Why birdsong matters more than you think?
- C. Could artificial birdsong serve the same purpose?
- D. What can we do to promote tourism in vineyards?

D

The next time you're feeling depressed or angry at the world, ask yourself if you've really been dealt a poor hand — or if, just maybe, you were expecting too much. That's one message that can be drawn from a recent study on entitlement, a personality trait characterized by exaggerated feelings of deservingness and superiority. Entitlement may lead to constant disappointment, say researchers from Case Western Reserve University.

The authors reached these conclusions after analyzing more than 170 academic papers. They found that people who possess high levels of entitlement consistently fall victim to a three-part cycle: First, they don't always get everything they think they deserve, leaving them constantly vulnerable to unmet expectations. Those unmet expectations are then perceived as injustices, leading to emotions like anger and sadness. Finally, to justify those emotions, entitled people reassure themselves of their own specialness. This helps them feel better temporarily, but ultimately starts the process all over again.

At extreme levels, entitled people repeatedly expose themselves to the risk of feeling frustrated and disappointed with life. They also tend to suffer from poor relationships, interpersonal conflicts, and depression, says co-author Julie Exline, PhD, a professor of psychological sciences at Case Western Reserve. "So much of entitlement is about competition — being better or more deserving than other people," she told Health.com. "It really sets in opposition to society, and it can be very isolating."

"It's not easy for true narcissists (自恋者) to see themselves for what they are, or to change their way of thinking," Exline says. But she does believe that, for many well-intentioned people, feelings of entitlement can be controlled. "Conditioning yourself to think about other people and what they deserve — and also being willing to admit your own faults and weaknesses — can help you feel more connected to others," she says.

We should be also aware that not all feelings of entitlement are wrong or bad: We shouldn't just lower our standards or stop expecting things we truly do deserve, just so we can be happier. But if you do notice that you've developed an overblown sense of self — and it's causing you to be annoyed or not get along with others — you can definitely try to do something about it.

12. What causes entitled people to be trapped in a three-part cycle?

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|---|--|
| A. Consistent negative emotions. | B. A strong sense of self-awareness. |
| C. Constant self-pity and helplessness. | D. Unrealistic expectations and frustration. |

13. What does paragraph 3 mainly talk about?

- | | |
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| A. The reason for entitlement. | B. The benefits of competition. |
| C. The negative effects of entitlement. | D. The importance of connecting with others. |

14. What might be Exline's suggestion for entitled people?

- A. Change your mindset to one of competitiveness.
- B. Focus on your own achievements and superiority.
- C. Prioritize personal goals over considering others' needs.
- D. Place yourself into others' position and reflect on yourself.

15. Which word best describes the author's attitude to entitlement?

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|--------------|--------------|----------------|--------------|
| A. Balanced. | B. Critical. | C. Supportive. | D. Tolerant. |
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二、七选五

Leeny stood in the chicken coop (鸡笼), shovel (铲子) in hand, a huge grin spreading across her face. She was not faking it: My 7-year-old was having fun cleaning out the chicken coop. 16 But I'd meant the chore to be punishment for losing a library book. So, was I winning or losing at parenting?

17 She even took to reading in the car on the long drive to summer camp, which was where she lost the

book. This is the first lost library book in my life. When I was a child, I didn't own books — I borrowed them. My library books lived on a specific shelf on my headboard until they had to be returned. And it pained me when I had to slide them into the return slot (空位) at the library.

However, my daughter has more books now than I ever had in my entire childhood. She didn't seem the least sorry for the missing library book. 18 So I suggested that she help me clean the dirty chicken coop, and in return, I would cover the library fine. She agreed.

To my surprise, she was absolutely enjoying shoveling chicken poop. I stood there, somewhat dumbfounded, watching her. She did not feel shame, regret, or responsibility for the lost library book at all. 19

It took me a while to realize what had happened, why my punishment had backfired so completely and why I didn't care. Leeny's little sister, Vicki, was inside watching a cartoon while my husband paid bills. 20 She had me all to herself for the first time since Vicki was born. We spent quality time together: mother, daughter, and chicken poop.

A. Only Leeny and I were outside.

B. I thought this idea was very clever.

C. I was happy she was enjoying herself.

D. My daughter always has her nose in a book.

E. I felt the need to make her take responsibility for it.

F. The best part may be that my daughter thinks we should clean out the coop every season.

G. In fact, she looked as if she might lose another book on purpose in order to clean the coop again.

三、完形填空

阅读下面短文，从每题所给的 A、B、C、D 四个选项中选出可以填入空白处的最佳选项。

My grandmother, Mary, had always been an agriculture artist. Each component of her yard vividly illustrated her 21 for plants. When she moved to a new house, she viewed her new garden as an 22 and immediately went to work.

However, there was a fruit tree in the yard that 23 to bear fruit despite Grandma's nurturing. To encourage it to 24, she spoke to the tree, sang to the tree, and reasoned with this tree. No 25. Finally, she contacted an expert. After reciting a long list of hints, all of which she had already done, the expert made a 26 suggestion. He told her to hit the base of the tree with a broomstick to 27 its roots.

Grandma knew the vibrations would find their way down to the root system, but she doubted if fruit would be the result of such an unconventional 28. To her amazement, the next spring the tree 29 plentiful fruit, and the following years the fruit was more plentiful and healthy. We often laughed together at how 30 this beautiful elderly woman must have looked to anyone watching as she hit the defenseless tree. The story will always serve as a great 31 of joy for our family.

Last month, when I was 32 a particularly difficult time, I called Grandma for advice. She reminded me that the tree's greatest strength and value came after 33. She lovingly. 34 me, saying that my roots were being inspired by the personal trials I faced and that I would be a more fruitful 'tree' because of them.

She was not only an amazing 35 — she was a wise grandma.

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| 21. A. passion | B. knowledge | C. admiration | D. curiosity |
| 22. A. assignment | B. inspiration | C. obstacle | D. adventure |
| 23. A. expected | B. refused | C. continued | D. promised |
| 24. A. blossom | B. change | C. shoot | D. improve |
| 25. A. answer | B. luck | C. wonder | D. signal |
| 26. A. common | B. traditional | C. dramatic | D. complex |
| 27. A. break | B. destroy | C. stimulate | D. feed |
| 28. A. condition | B. strength | C. activity | D. approach |
| 29. A. consumed | B. yielded | C. offered | D. lacked |
| 30. A. silly | B. sensible | C. realistic | D. elegant |
| 31. A. product | B. symbol | C. source | D. appeal |
| 32. A. looking into | B. working on | C. preparing for | D. going through |
| 33. A. adversity | B. growth | C. resistance | D. criticism |
| 34. A. warned | B. appreciated | C. encouraged | D. doubted |
| 35. A. nurse | B. gardener | C. trainee | D. detector |

四、语法填空

阅读下面短文，在空白处填入 1 个适当的单词或括号内单词的正确形式。

A short video of a dog with narrowing eyes and tiny needles on its nose has recently gone viral on social media. The needles were acupuncture pins(针灸针), and according to the pet physician in the video, the dog was receiving traditional treatment 36 (help) with facial paralysis(面瘫). This video has sparked 37 (curious) about the use of traditional Chinese medicine for pets like cats and dogs. 38 it may seem novel to some, traditional Chinese veterinary medicine (TCVM) is far from new.

Hu Yusheng, a TCVM practitioner, diagnoses and treats about 40 pets every Sunday. “Most pet owners who come here 39 (try) all other options, and their beloved pets are often referred from other hospitals with a critical illness notice,” he said.

Recently, one of Hu’s patients was a dog 40 (suffer) from gallstones. To manage the 41 (symptom), the owner, Sun Jie, chose TCVM over Western medicine. After a year of acupuncture and herbal treatments, scans showed that the dog’s gallstones had 42 (significant) become smaller.

TCVM takes 43 overall approach to wellness and disease treatment. Like TCM, it uses four evaluation methods—inspection, listening, and smelling, inquiry and pulse-taking—to identify conditions and develop 44 (tailor) treatments.

“Individualized treatments are 45 great demand for pets, which is exactly what TCVM offers,” said Fan Kai, an associate professor at the College of Veterinary Medicine at China Agricultural University.