

中等职业学校职教高考公共基础课配套学生用书

新课标



# 英语 同步学习辅导

基础模块·2

中等职业学校  
公共基础课  
配套学生用书

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主编 ◎ 王佳莹  
陈淑惠  
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封面设计：旗语书装



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# 英语

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· 长 沙 ·

## 内 容 提 要

本书以《中等职业学校英语课程标准(2020年版)》为基础,充分落实学生的主体地位,从而激发学生的自信,挖掘学生的潜力。

本书是与中等职业学校教科书《英语2 基础模块》配套的学习指导用书,本书题目数量和难度适中,有助于学生巩固所学知识,进一步提高分析问题和解决问题的能力。

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# 前言

为帮助广大中等职业学校的师生更深入地理解《中等职业学校英语标准(2020年版)》的理念和要求,全面贯彻党的教育方针,践行社会主义核心价值观,落实立德树人的根本任务,培育英语学科的核心素养;在进一步激发学生学习英语的兴趣,使学生掌握一定的英语基础知识和基本技能,为学生的职业生涯、继续学习和终身发展奠定基础,特编写了本书。

本书为《英语2基础模块》的配套同步练习册。本书主要有以下三个特点。

## 1. 立足教材,帮助学生夯实基础知识

本书紧扣单元任务,基于教材每单元的语言基础知识编写相应的练习,并兼顾综合能力的培养,帮助学生有效巩固旧知识,深入学习新知识。

## 2. 围绕话题,丰富拓展相关语料

本书紧密围绕单元话题,丰富并拓展了相关语料。学生通过阅读与话题相关的文本,可以增强语篇意识,提升思维能力。

## 3. 紧扣课标,培育提升学生核心素养

本书秉持教材立德树人、培养学科核心素养的宗旨,在内容编排上兼顾职业特色和价值导向,创设真实情境,提供多维度、多语料的习题,以期提高学生语用能力,引导其形成正确的价值观。

本书由长期工作在一线的中职学校骨干教师编写,由于编者水平有限,书中难免有不当之处,恳请广大师生提出宝贵意见和建议。

编者

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# Unit 1

## Travel

### 单元目标和考点梳理

#### 单元目标

##### 具体要求与掌握的项目

1. 能在旅行话题的交流中获取出游的信息;
2. 能够就预订房间和制订旅行计划进行信息交流;
3. 能够从关于人物介绍的文本中提取信息,完成宣传海报。

语言点	I. 重点单词	
	名词	
	1. agency 代理公司	5. ticket 入场券;票
	2. travel 旅行	6. dynasty 朝代
	3. effort 努力	7. luggage 行李
	4. journey 旅行	
	动词	
	1. avoid 避免	4. quit 放弃
	2. cover 覆盖	5. record 记录
	3. discover 发现,找到	6. experience 感受;经历
	形容词	
	1. comfortable 令人舒服的	4. major 主要的
	2. daily 每天的	5. national 全国的
	3. local 当地的	

(续表)

具体要求与掌握的项目		
语 言 点	Ⅱ. 重点短语	
	1. in front of	12. give up
	2. be covered by	13. set off
	3. all year round	14. in order to
	4. all kinds of	15. on foot
	5. a great many	16. all sorts of
	6. search for	17. think of
	7. be able to	18. due to
	8. be worth doing	19. be well-known for
	9. be rich in	20. scenic spot
10. be interested in	21. choose to do	
	11. take care of	
	Ⅲ. 重点句型	
	1. It's really worth visiting.	
	2. I can't wait to get there.	
	3. In order to take more first-hand experiences, he avoided traveling comfortably. Xu chose to go almost everywhere on foot and carried his luggage on his back.	
	4. Although he experienced all sorts of difficulties, Xu never thought of quitting.	
	5. Xu spent over 30 years traveling throughout the country. He carefully studied the places he passed through and recorded his experiences and discoveries in his diary.	

### 考点梳理

1. The upper part of the mountains is covered by snow all year round. 山的上面部分终年覆盖着白雪。

(1) be covered by 被……覆盖

E.g. The house was completely covered by snow. 这所房子全部被雪埋了。



(2) all year round 一年到头;终年;全年

E.g. Many of these plants are evergreen, so you can enjoy them all year round. 这些植物中有很多都是四季常青的,所以你一年到头都可以观赏它们。

2. It's really worth visiting. 这儿真是值得一游。

sth be worth doing 意为“某事值得被做”,在形式上是主动,在语义上是被动。

E.g. The book is worth reading. 这本书值得一读。

3. Shangri-La is also rich in ethnic culture. 香格里拉还有丰富的民族文化。

be rich in 富含;含有丰富的……

E.g. This area is rich in mineral resources including gold, silver and copper. 这个地方富含矿产资源,包括金、银和铜等。

The city is rich in history with many ancient buildings and monuments. 这个城市历史悠久,有许多古建筑和纪念碑。

4. Xu spent over 30 years traveling throughout the country. 徐霞客花了30多年时间游历全国。

spend... (in) doing sth 花(时间)做某事

E.g. She spent three hours (in) doing her homework. 她花了三个小时做家庭作业。

5. Due to his effort, the diary finally became *The Travel Notes of Xu Xiake*.

由于他的努力,这些日记最终成为《徐霞客游记》一书。

due to 意为“由于,因为”,其中 to 为介词,后面只能接名词、动名词等,不能接句子。

E.g. The country's economic problems are largely due to the weakness of the recovery. 该国的经济问题很大程度上是因为复苏乏力。

Most of the problems were due to human error. 多数问题都是人为错误造成的。

## 基础练习

### 词汇篇

一、语音知识(从 A、B、C、D 四个选项中选出其画线部分与所给单词画线部分读音相同的选项。)

( ) 1. go                      A. cover                      B. discover                      C. avoid                      D. local

- ( ) 2. enough      A. journey      B. throughout      C. trouble      D. proud
- ( ) 3. quit      A. ticket      B. sight      C. online      D. outside
- ( ) 4. national      A. nation      B. major      C. travel      D. hardship
- ( ) 5. ethnic      A. eventually      B. experience      C. record      D. reservation

二、词义搭配(从 B 栏中选出 A 栏单词的正确解释。)

- | A                 | B   |
|-------------------|---|
| ( ) 1. daily      | A. after a long time, especially when there has been some difficulty or delay |
| ( ) 2. cover      | B. relating to the administration of a city or a town or district             |
| ( ) 3. finally    | C. to have a particular situation affect you or happen to you                 |
| ( ) 4. discover   | D. give up  |
| ( ) 5. major      | E. to find sb/sth that was hidden or that you did not expect to find          |
| ( ) 6. local      | F. every day  |
| ( ) 7. experience | G. the physical or mental energy that you need to do sth                      |
| ( ) 8. national   | H. of greater importance  |
| ( ) 9. effort     | I. belong to a nation or country  |
| ( ) 10. quit      | J. to lie or spread over the surface of sth                                   |

三、单选题(从 A、B、C、D 四个选项中选出可以填入画线处的最佳选项。)

- ( ) 1. The Egyptian kings had Pyramids \_\_\_\_\_ for them on the west bank of the river.  
A. build      B. built      C. building      D. to build
- ( ) 2. The sea is calm and beautiful, but \_\_\_\_\_ the other hand, it is polluted.  
A. in      B. on      C. with      D. of
- ( ) 3. He \_\_\_\_\_ ten yuan buying this book.  
A. took      B. cost      C. spent      D. paid
- ( ) 4. My English teacher \_\_\_\_\_ photo of me while I was running at the sports meeting.  
A. made      B. caught      C. took      D. got
- ( ) 5. It \_\_\_\_\_ them two months to beat epidemic for the Chinese.  
A. spent      B. took      C. paid      D. cost

- ( ) 6. My brother had a bad cold last week, and so \_\_\_\_\_.  
 A. did I                      B. had I                      C. was I                      D. I did
- ( ) 7. He wants to go out for a walk, but you \_\_\_\_\_ with him.  
 A. need to not to go                      B. do not need go  
 C. need not go                      D. need go not
- ( ) 8. The truth is \_\_\_\_\_ we should lend him the money.  
 A. if                      B. whether                      C. that                      D. which
- ( ) 9. They spend too much time \_\_\_\_\_ the report.  
 A. writing                      B. write                      C. wrote                      D. to write
- ( ) 10. I wonder \_\_\_\_\_ it is worth \_\_\_\_\_.  
 A. that; reading                      B. if; reading  
 C. that; to read                      D. whether; to read

#### 四、单词拼写(根据下列句子及所给汉语注释, 写出该单词。)

- You should put more \_\_\_\_\_ (努力) into your work.
- It is usually seen in our \_\_\_\_\_ (每天的) life.
- Snow \_\_\_\_\_ (覆盖) the ground last night.
- Everyone \_\_\_\_\_ (经历) these problems at some time in their lives.
- Some people came from England in the Qing \_\_\_\_\_ (朝代).

#### 五、词性变换(用括号内单词的适当形式填空。)

- These new shoes are not very \_\_\_\_\_ (comfort).
- 24 emperors of the Ming and Qing \_\_\_\_\_ (dynasty) lived there.
- These buildings are part of our \_\_\_\_\_ (nation) heritage.
- This is an \_\_\_\_\_ (experience) teacher.
- We should launch a new \_\_\_\_\_ (produce) on to the market.

### 语法篇

#### 单选题(从 A、B、C、D 四个选项中选出可以填入画线处的最佳选项。)

- ( ) 1. —Where did you go last weekend?  
 —I \_\_\_\_\_ to the Great Wall.  
 A. go                      B. went                      C. will go                      D. have gone

- 6



- A. Don't worry.
- B. I want to travel.
- C. When are you leaving?
- D. I have never heard of it.
- E. That's really a good idea.
- F. How long will your holiday last?
- G. I've heard the sight there is good.

二、改错(从 A、B、C、D 四个画线处找出一处错误的选项填入括号内,并写出正确答案。)

1. That is too difficult for me to remember so many names.

A B C D

2. China lies in the west of Japan.

A B C D

3. Anyone is allowed being away today.

A B C D

4. Would you please not to make any noise? The baby has just fallen asleep.

A B C D

5. Neither I nor he are in favor of her marriage.

A B C D

1. ( ) 改为 \_\_\_\_\_

2. ( ) 改为 \_\_\_\_\_

3. ( ) 改为 \_\_\_\_\_

4. ( ) 改为 \_\_\_\_\_

5. ( ) 改为 \_\_\_\_\_

三、完型填空(阅读下面的短文,从所给的每组 A、B、C、D 四个选项中选出正确答案。)

Many animals use some kinds of "language". They use signals and the signals have meanings. For example, when a bee has found some food, it goes 1 to its home.

2 is difficult for a bee to tell other bees where the food is by speaking to them, but it can do a little 3. This tells the bees where the food is and now how far away it is.

Some animals show how they 4 by making sounds. It is not difficult to tell if a dog is angry because it 5. Birds make several different 6 and every has its meaning. We humans 7 languages. We have words. These words have meaning of things, actions,

feelings or ideas. We are able to give each other 8, to tell other people what we think or how we feel. By writing down 9, we can remember what has happened or 10 messages to people far away.

- |                       |            |               |                 |
|-----------------------|------------|---------------|-----------------|
| ( ) 1. A. back        | B. turn    | C. ahead      | D. along        |
| ( ) 2. A. That        | B. This    | C. It         | D. They         |
| ( ) 3. A. speaking    | B. singing | C. dancing    | D. working      |
| ( ) 4. A. feel        | B. see     | C. eat        | D. sleep        |
| ( ) 5. A. runs        | B. barks   | C. speaks     | D. cries        |
| ( ) 6. A. language    | B. actions | C. sounds     | D. noise        |
| ( ) 7. A. has         | B. have    | C. don't have | D. doesn't have |
| ( ) 8. A. information | B. way     | C. method     | D. knowledge    |
| ( ) 9. A. sentences   | B. letters | C. words      | D. songs        |
| ( ) 10. A. set out    | B. send    | C. receive    | D. give         |

四、阅读理解(阅读下面的短文,从所给的每组 A、B、C、D 四个选项中选出正确答案。)

#### A

Traveling around the world is a dream for many people, but a young couple from China has made this dream come true. They drove along the ancient Silk Road, from China to the UK. Luo Chang and Ding Jie, a young couple from China's Guizhou Province, spent two months driving from their home in Shanghai all the way to London. The journey covered about 20,000 kilometers, and they crossed 14 countries and regions.

Ding Jie said, "People were excited to see two travelers driving a foreign license car, appearing on their streets. We were stopped many times to take photos with them. Sometimes, when we couldn't understand each other's language, they would express their ideas with gestures."

During their driving trip, they also spent many nights in local people's homes. Luo Chang said, "This is an amazing experience. We were driving on a highway or a country road to someone's home. Someone you've never met was already preparing dinner for you. We feel like we have friends all over the world."

During the trip, Luo and Ding took nearly 10,000 photos and kept diaries to record the beautiful scenery, the friendly people and the different customs on the way.

- ( ) 1. The young couple's dream was \_\_\_\_\_.  
 A. to travel around the world                      B. to travel around the UK  
 C. to travel around China                          D. to travel around the USA
- ( ) 2. During the trip, the couple recorded the following except \_\_\_\_\_.  
 A. beautiful scenery                                  B. friendly people  
 C. different customs                                  D. foreign licenses
- ( ) 3. From the passage, we can learn that \_\_\_\_\_.  
 A. the couple knew 14 languages  
 B. the couple spent all the nights in hotels  
 C. the couple was welcomed during the trip  
 D. the couple drove along the Silk Road, from China to Brazil
- ( ) 4. The young couple covered about \_\_\_\_\_ kilometers and crossed \_\_\_\_\_ countries and regions.  
 A. 10,000; 15    B. 2,000; 14  
 C. 20,000; 14    D. 20,000; 16
- ( ) 5. How did the young couple travel?  
 A. By plane    B. By car  
 C. By train     D. By ship

## B

Most scientists agree the Great Sphinx of Giza( 吉萨狮身人面像 ) was built around 2,500 B.C. But John Anthony West says that it's much older. If he is right, "everything that anybody has learned about ancient civilization would have to be completely revised," he told a magazine.

West, a writer and film-maker, first got interested in ancient history after studying the work of a French researcher. The researcher said Egyptian civilization could have developed as early as 30,000 years ago, rather than 4,500 years ago, as most experts believe.

West joined a scientist to do research together. Their research suggested that the Sphinx had been worn down( 磨损 ) over the years by water, rather than by sand and wind.

Wait a minute, Water? How could that be? The Sphinx is in the Sahara Desert, which has been dry for 12,000 years! However, before that time, it was very green. If it's true that water wore down the Sphinx, West thinks that it must have been built centuries earlier.



Whether West is right or wrong, it's important to challenge accepted ideas, That's how science progress.

West gave some advice for kids: If you are interested in a topic, read everything you can get on it. Do your own research. Don't always believe everything your teachers tell you. Ask lots of questions, and find your own answers.

- ( ) 1. What does the underlined word “revised” in Paragraph 1 mean?
- A. Connected. B. Created.  
C. Changed. D. Controlled.
- ( ) 2. Most scientists believed Egyptian civilization developed \_\_\_\_\_.  
A. 4,500 years ago B. 6,000 years ago  
C. 12,000 years ago D. 30,000 years ago
- ( ) 3. From West's research, we can know the Sphinx was worn down by \_\_\_\_\_.  
A. sand B. water  
C. wind D. heat
- ( ) 4. What does Paragraph 4 mainly talk about?  
A. The place where West did his research.  
B. The period when the Sphinx was built.  
C. The reason why West holds his opinion.  
D. The technology which was used to build the Sphinx.
- ( ) 5. Which of the following may the writer agree with?  
A. Science progresses by examining different opinions.  
B. Egyptian civilization should be earlier than we thought.  
C. One should do some research before giving their opinions.  
D. Kids should ask lots of questions and believe what their teachers say.

## 五、书面表达

假如你是李华,听说你的笔友 Tom 计划来中国旅游,请你写一封信,向他推荐一个城市。内容包括:

- (1) 推荐的城市并简述理由;
- (2) 简述所推荐城市的旅游景点;
- (3) 向 Tom 发出邀请。

注意:

(1) 词数 80 左右;

(2) 开头和结尾已给出,不计入总词数。

Dear Tom,

I know you are planning to travel in China. I think \_\_\_\_\_

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Yours,  
Li Hua

# Unit 2

## Health and Fitness

### 单元目标和考点梳理

#### 单元目标

##### 具体要求与掌握的项目

1. 能够在实际情景中就健康问题进行交流 and 就医;
2. 能通过阅读文章,快速提炼文章关键信息;
3. 能通过学习,锻炼语言运用能力。

语言点	I. 重点单词	
	名词	
	1. appointment 预约 2. cancer 癌症 3. cough 咳嗽 4. cure 药物;疗法 5. quality 质量 6. energy 精力	7. fitness 健康 8. illness 疾病 9. self-respect 自尊(心) 10. stress 压力 11. technician 技术人员 12. temperature 体温;温度
	动词	
	1. promote 促进 2. develop 患(病);发展 3. handle 处理,应付	4. ignore 忽视;不理睬 5. reduce 使变小

(续表)

具体要求与掌握的项目	
语言点	形容词 1. active 好动的;活跃的 2. physical 肉体的;身体的 3. terrible 可怕的;糟糕的
	II. 重点短语
	1. as a result                      7. public transport 2. burn off                         8. recover from 3. have a good rest                9. suffer from 4. look well                        10. washing machine 5. lose one's temper              11. what is more 6. move around
	III. 重点句型
	1. Here is my appointment number. 2. What's wrong with you? 3. How long have you been like this? 4. I'm afraid you have a bad cold. 5. Is there anything I can do about it? 6. What else should I pay attention to? 7. When will I recover from it? 8. It will take about one week.

### 考点梳理

1. What's wrong with you? 你怎么啦?

这个句子常用于询问对方的身体状况,常见的同义表达还有:

What's the matter with you? /What's the trouble with you?

2. How long have you been like this? 你这样的情况已经多久了?

(1) how long 用于对时间长度进行提问,用一段时间来回答。

E.g. —How long does it take us to finish this work? 完成这份工作要花费我们多长时间?

—About two days. 大概两天。

(2) have been 是现在完成时态, 其中 been 是 be 的过去分词, 表示过去的动作持续到现在。

E.g. There have been many changes in my hometown in recent years. 近几年我的家乡发生了许多变化。

3. I'm afraid you have a bad cold. 恐怕你得了重感冒。

afraid *adj.* 害怕的; 担心的

(1) I'm afraid... 我怕/恐怕/很遗憾/对不起……(礼貌地说出令人不快、失望或感到遗憾的事)

E.g. I'm afraid I can't go with you. 很遗憾, 我不能和你一起去。

(2) be afraid of doing sth 害怕、担心做某事, 侧重“担心做某事的后果”

E.g. She was afraid of waking up her baby. 她担心会吵醒她的孩子。

(3) be afraid to do sth 害怕做某事, 侧重“不敢去做某事”

E.g. The little girl was afraid to stay at home alone. 那个小女孩不敢一个人待在家里。

4. Take this medicine one tablet three times a day, drink more water and do have a good rest. 这个药每天吃三次, 每次一粒, 多喝水, 并且一定好好休息。

(1) 此句为祈使句, 以动词原形开头, 祈使句可表示建议、请求和命令

E.g. Go this way, please. 请这边走。

(2) three times a day 一天三次, 表示频率。对频率进行提问, 要用 how often

E.g. —How often do you water these flowers? 你多久给这些花浇一次水?

—Once a week. 一周一次。

5. 句型“It takes sb some time to do sth.”意为“做某事花费某人多长时间”。

辨析: spend、cost、pay 与 take

(1) spend 花费(时间、金钱等), 主语是人, 常用结构为: sb spend time/money on sth 或者 sb spend time/money (in) doing sth

E.g. They spent the whole summer holiday (in) making the model plan. 完成这架飞机模型花了他们整个暑假的时间。

(2) cost 花费(钱), 主语是物, 常用结构为: sth cost sb some money

E.g. The English-Chinese dictionary costs me 150 yuan. 这本英汉词典花了我 150 元。

(3) pay 付款, 付钱, 主语是人, 常用结构为: sb pay money for sth

E.g. He paid 200 yuan for the coat. 他买这件外套花了 200 元。

(4) take 花费时间, 常用结构为: It takes sb some time to do sth

E.g. It took us almost an hour to decorate the tree yesterday. 昨天我们花了将近一个小时装点这棵树。

6. What else should I pay attention to? 我还应该注意什么?

(1) else *adv.* 其他; 另外。通常用在疑问副词、疑问代词和不定代词后

E.g. What else do you want to say? 你还想说什么?

(2) pay attention to 注意这里的 to 为介词, 其后接名词或动名词

E.g. Please pay attention to your pronunciation. 请注意你的发音。

7. When will I recover from it? 我什么时候能恢复?

recover *v.* 恢复; 康复; 复原。其后接介词 from, 表示“从……中恢复”。

E.g. He's still recovering from his operation. 手术后, 他仍在恢复之中。

8. Fewer people are doing manual work, and most of us have jobs that involve little physical effort. 从事体力劳动的人越来越少, 我们多数人的工作很少需要体力劳动。

本句中的 that involve little physical effort 是由 that 引导的定语从句, 修饰前面的名词 jobs, that 在从句中作主语时不能省略。

E.g. I prefer the red car that is made in China. 我喜欢那辆中国制造的红色车。

但 that 引导定语从句, 在从句中作宾语时可以省略。

E.g. Exercise is a great cure (that) we have always had. 运动是我们一直拥有的好疗法。

9. People who exercise often do have fewer chances to develop many long-term illnesses. 经常锻炼的人确实很少患上各种长期疾病。

本句包含了 who 引导的定语从句, 修饰前面的名词 People。who 引导定语从句, 在从句中作主语时, 不可以省略。

E.g. The person who was here yesterday is a musician. 昨天来这儿的那个人是一位音乐家。

10. What is more, physical activity can also promote self-respect, mood, sleep quality and energy, as well as reduce your risk of suffering from stress. 更重要的是, 体育运动还可以增强自尊、改善情绪、提高睡眠质量和体能, 并能减少你遭受压力的风险。

(1) what is more 此外; 而且

E.g. The shirt costs too much. What is more, it is much too large for me. 这件衬衫太贵了, 而且, 对我来说, 它太大了。

(2) as well as “而且”,其后一般接动名词,但当主句谓语中含有情态动词或助动词时, as well as 后的动词通常要与情态动词或助动词后的动词形式保持一致

E.g. He can sing as well as play the piano. 他不但会弹钢琴,而且会唱歌。

I have to look after the children as well as feed the animals. 我不但要照顾孩子们,而且还要喂那些动物。

(3) suffer from 忍受;遭受

E.g. It is said that she suffers from heart disease. 听说她患有心脏病。

11. there be 句型表示“某地(存在)有某人(某物)”,其主谓一致采用“就近原则”,即 be 动词的单复数形式由靠近它的名词来决定。

E.g. There is a pen and several books on the desk. 桌子上有一支钢笔和几本书。

There are several books and a pen on the desk. 桌子上有几本书和一支钢笔。

## 基础练习

### 词汇篇

一、语音知识(从 A、B、C、D 四个选项中选出其画线部分与所给单词画线部分读音相同的选项。)

- |                        |                   |                    |                        |                     |
|------------------------|-------------------|--------------------|------------------------|---------------------|
| ( ) 1. <u>a</u> ctive  | A. <u>n</u> ature | B. <u>ch</u> ange  | C. <u>a</u> ppointment | D. <u>c</u> ancer   |
| ( ) 2. <u>m</u> anual  | A. <u>s</u> uffer | B. <u>c</u> ure    | C. <u>p</u> ublic      | D. <u>b</u> urn     |
| ( ) 3. <u>b</u> oost   | A. <u>r</u> oom   | B. <u>b</u> edroom | C. <u>l</u> ook        | D. <u>w</u> ood     |
| ( ) 4. <u>c</u> ough   | A. <u>l</u> ight  | B. <u>n</u> ight   | C. <u>l</u> augh       | D. <u>g</u> host    |
| ( ) 5. <u>r</u> ecover | A. <u>i</u> gnore | B. <u>a</u> void   | C. <u>l</u> ocal       | D. <u>d</u> iscover |

二、词义搭配(从 B 栏中选出 A 栏单词的正确解释。)

- | A                  | B                                |
|--------------------|----------------------------------|
| ( ) 1. active      | A. fail to notice                |
| ( ) 2. temperature | B. make smaller                  |
| ( ) 3. fitness     | C. lively and full of ideas      |
| ( ) 4. ignore      | D. a meeting arranged in advance |
| ( ) 5. reduce      | E. deal with                     |

- ( ) 6. suffer F. the measurement of how hot sb's body is  
 ( ) 7. manual G. health  
 ( ) 8. handle H. relating to the hands  
 ( ) 9. stress I. put up with something or somebody unpleasant  
 ( ) 10. appointment J. a state of mental or emotional strain

三、单选题(从 A、B、C、D 四个选项中选出可以填入画线处的最佳选项。)

- ( ) 1. The children are seen \_\_\_\_\_ on the sports ground every afternoon.  
 A. to play B. play  
 C. played D. to be played
- ( ) 2. I will have a \_\_\_\_\_ holiday to relax myself after this exam.  
 A. seven days B. seven-days  
 C. seven-day D. sevens-day
- ( ) 3. When you travel abroad, you can hardly avoid \_\_\_\_\_ products \_\_\_\_\_ in China.  
 A. to buy; made B. buying; made  
 C. to buy; making D. buying; making
- ( ) 4. To this day, all the generators which supply our modern world \_\_\_\_\_ electricity are based \_\_\_\_\_ Faraday's discovery.  
 A. by; on B. with; by C. with; on D. on; with
- ( ) 5. The first thing \_\_\_\_\_ I will do is to make a card for my father.  
 A. that B. which C. that D. where
- ( ) 6. Mr John is so busy that he can't afford enough time with his daughter \_\_\_\_\_ he wants to.  
 A. even if B. because C. as if D. before
- ( ) 7. That is \_\_\_\_\_ I want to say.  
 A. when B. where C. that D. what
- ( ) 8. Those \_\_\_\_\_ learn not only from books but also through practice will succeed.  
 A. which B. whom C. whose D. who
- ( ) 9. \_\_\_\_\_ my homework, I went home.  
 A. Having finished B. Finished  
 C. Being finished D. Finish



( ) 10. It was in \_\_\_\_\_ when he was in \_\_\_\_\_ that he went to Beijing.

- A. the 1990s; forties                      B. the 1990s; his forties  
C. 1990s; his forties                      D. 1990's; the his forties

四、单词拼写(根据下列句子及所给汉语注释,写出该单词。)

- \_\_\_\_\_ (身体的) activity promotes good health.
- She was suffering from a \_\_\_\_\_ (咳嗽).
- They have lost not only their jobs, but their homes and their \_\_\_\_\_ (自尊).
- She is always full of \_\_\_\_\_ (精力).
- We should face the \_\_\_\_\_ (压力) bravely.

五、词性变换(用括号内单词的适当形式填空。)

- She is \_\_\_\_\_ (act) in helping the poor in the city.
- She shook her head \_\_\_\_\_ (sad).
- This is a magazine on health and \_\_\_\_\_ (fit).
- This war has caused widespread human \_\_\_\_\_ (suffer).
- The \_\_\_\_\_ (technic) is busy repairing the machine.

## 语法篇

单选题(从 A、B、C、D 四个选项中选出可以填入画线处的最佳选项。)

- ( ) 1. There will be a big party in my classroom next week, \_\_\_\_\_?  
A. will it                      B. won't it  
C. will there                      D. won't there
- ( ) 2. There \_\_\_\_\_ a pair of glasses and two boxes on the table.  
A. are                      B. is                      C. am                      D. be
- ( ) 3. Listen! Who \_\_\_\_\_ at the next door?  
A. cries                      B. will cry  
C. is crying                      D. was crying
- ( ) 4. Twenty dollars \_\_\_\_\_ too expensive for the book.  
A. is                      B. are                      C. am                      D. were
- ( ) 5. The teacher as well as her students \_\_\_\_\_ morning reading every day.  
A. do                      B. does                      C. doing                      D. to do



## 拓展提高

一、补全对话(从方框中所给的七个选项中选出可以填入空白处的最佳选项,其中有两项为多余的选项。)

A: Hey, what did you eat for lunch today?

B: 1

A: Again? Don't you know those foods are not very good for your health?

B: Really?

A: Yes. 2 If you eat them every day, you will become overweight and might have a heart attack someday.

B: 3 Tomorrow I will have salad for lunch.

A: 4 They contain lots of vitamins and fibers. 5

B: One step at a time, my friend.

- A. They are high in fat.
- B. What kind of food is healthier?
- C. By the way, I think you also drink too much coffee.
- D. I had hamburgers and fries.
- E. Smoking is bad for your health.
- F. Probably you are right.
- G. Yeah, vegetables are much healthier.

二、改错(从A、B、C、D四个画线处找出一处错误的选项填入括号内,并写出正确答案。)

1. There has a lot of sugar in the jar.

A      B      C      D

2. Birds flew back because the fine environment.

A      B      C      D

3. The teacher told that the sun rose in the east.

A      B      C      D

4. This is all what I want to say.

A      B      C      D

5. China is one of the biggest country in the world.

A B C D

1. ( ) 改为 \_\_\_\_\_

2. ( ) 改为 \_\_\_\_\_

3. ( ) 改为 \_\_\_\_\_

4. ( ) 改为 \_\_\_\_\_

5. ( ) 改为 \_\_\_\_\_

三、完型填空(阅读下面的短文,从所给的每组 A、B、C、D 四个选项中选出正确答案。)

All of us want to be 1. Here are a few helpful 2 to make you happy.

Firstly, enjoy life's simple pleasures, 3 reading a good book, listening to your favorite music, or spending time 4 close friends. People who have several close friends often live happier and 5 lives.

Secondly, have 6 that can make you forget your problems and time. Many people go dancing, or play sports. You can forget your troubles, and only 7 the activity that makes you happy.

Finally, find happiness in 8 others. Studies show that people feel 9 when they spend their time helping others. You can help a friend with his or her studies, buy food for old people, or 10 help out around the house by doing the dishes.

- |                       |                |                |                |
|-----------------------|----------------|----------------|----------------|
| ( ) 1. A. healthy     | B. rich        | C. free        | D. happy       |
| ( ) 2. A. advice      | B. suggestions | C. information | D. situations  |
| ( ) 3. A. for example | B. such as     | C. was well    | D. so that     |
| ( ) 4. A. with        | B. beside      | C. in front of | D. behind      |
| ( ) 5. A. longer      | B. richer      | C. healthier   | D. luckier     |
| ( ) 6. A. hobbies     | B. work        | C. jobs        | D. tasks       |
| ( ) 7. A. remember    | B. think of    | C. remembering | D. thinking of |
| ( ) 8. A. serving     | B. reminding   | C. offering    | D. helping     |
| ( ) 9. A. proud       | B. lucky       | C. good        | D. busy        |
| ( ) 10. A. simply     | B. seriously   | C. widely      | D. wisely      |

四、阅读理解(阅读下面的短文,从所给的每组 A、B、C、D 四个选项中选出正确答案。)

A

Fish and apple soup? Yes, and you won't believe how delicious it is. This first came out

of a restaurant in Singapore, but it is now very popular as the soup du jour in Chinese restaurants.

Ingredients( serves 4) :

1 whole fish

2 apples, quartered

4~6 ginger slices( 姜片)

1 bunch of spring onions, cut into pieces

1 red tomato, cut into 8 pieces

Oil, salt and pepper

Methods :

(1) Remove the bones from the fish.

(2) Pour oil into a pan. Fry the ginger slices and the spring onions. Add the fish bones and fry.

(3) Add enough water and boil it for about 15 to 20 minutes.

(4) Add the apples, the fish and the tomato. When the apples go soft, add salt and pepper.

( ) 1. This passage is probably \_\_\_\_\_.

A. a poem

B. a piece of news

C. a story

D. a recipe

( ) 2. The name of the soup in Chinese restaurants is \_\_\_\_\_.

A. soup du jour

B. tomato soup

C. onion soup

D. ginger soup

( ) 3. The underlined word “quartered” means “\_\_\_\_\_” in Chinese.

A. 榨汁

B. 切成四份

C. 洗净

D. 切碎

( ) 4. If you want to cook the soup for 8 people, you will need \_\_\_\_\_ red tomato(es).

A. 1

B. 2

C. 3

D. 4

( ) 5. In what order should you add the ingredients while cooking the soup?

A. Apples, fish and tomato→ginger slices and spring onions→oil→fish bones.

B. Oil→fish bones→ginger slices and spring onions→apples, fish and tomato.

C. Oil→ginger slices and spring onions→fish bones→apples, fish and tomato.

D. Ginger slices and spring onions→fish bones→apples, fish and tomato→oil.

## B

Researchers have long known that daily insufficient ( 不足的 ) sleep can cause weight increase and increase other health risks, including diabetes ( 糖尿病 ). So some people sleep in as late as they want on the weekend. They hope they can pay back the weekly sleep debt and avoid its bad influence on health in this way. However, the bad influence of the lack of sleep during the week on health can't be changed by sleeping more on weekends, according to a new study.

Volunteers in a sleep laboratory who only slept five hours on weekdays put on nearly three pounds over two weeks. What was worse, they experienced metabolic disruption ( 代谢紊乱 ), which would increase their risk of diabetes. The catch-up sleep on the weekend did have some benefits, but those benefits disappeared when they returned to their weekday sleep style the next Monday.

“You can never make up the lack, but people don't know, because its results never happen at once,” said Kenneth Wright, who led the research. “It's kind of like smoking—smokers wouldn't see a bad influence on their health at once. However, we all know that smoking is bad for health, So is sleeping less.”

Wright said that the study suggests people should treat sleep as more important than other things, such as spending time watching television shows and holding smart phones to look through WeChat Moments or Facebook.

- ( ) 1. According to the passage, why do some people sleep in on the weekend?
- A. They know it is the best way to keep healthy.
  - B. They develop a weekly habit of getting up late.
  - C. They are too tired to get up as early as on weekdays.
  - D. They want to make up for their weekday's lack of sleep.
- ( ) 2. According to the research, the catch-up sleep on the weekend will \_\_\_\_\_.
- A. make the person feel sleepier
  - B. work but its benefits won't last long
  - C. have even worse influence on health
  - D. result in nothing good and nothing bad

- ( ) 3. Wright mentioned smoking in order to \_\_\_\_\_.  
A. explain the bad influence of the lack of sleep  
B. call on smokers to completely give up smoking  
C. advise people to smoke when they feel too sleepy  
D. Show people that smoking can lead to a lack of sleep
- ( ) 4. What advice did Wright give people?  
A. Shut off the alarm on weekends.  
B. Sleep longer to control body weight.  
C. Always consider sleeping enough first.  
D. Develop a good habit of getting up early.
- ( ) 5. What can be the best title for the passage?  
A. Weekend catch-up sleep is a lie.  
B. Bad sleep habits are bad for health.  
C. A new study has a strange discovery.  
D. Smoking is not the worst thing to health.

### 五、书面表达

健康一直是人们关注的话题。保持健康对于我们每个人来说都很重要。请以“**How to Stay Healthy**”为题,从健康饮食、体育锻炼和生活习惯等方面入手,写一篇英语短文。注意:

- (1) 词数 80 左右;  
(2) 包含所有提示信息,可适当发挥;  
(3) 标题已给出,不计入总词数。

#### **How to Stay Healthy**

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中等职业学校职教高考公共基础课配套用书

# 英语同步学习辅导

## 基础模块 2

## 参考答案



## Unit 1 Travel

### 基础练习

#### 词汇篇

##### 一、语音知识

1—5 DCACD

##### 二、词义搭配

1—5 FJAEH 6—10 BCIGD

##### 三、单选题

1—5 BBCCB 6—10 ACCAB

##### 四、单词拼写

1. effort 2. daily 3. covered 4. experiences 5. Dynasty

##### 五、词性变换

1. comfortable 2. Dynasties 3. national 4. experienced 5. product

#### 语法篇

##### 单选题

1—5 BBADB 6—10 DACAD 11—15 DCABA

### 拓展提高

##### 一、补全对话

1—5 BEGFC

##### 二、改错

1. A 改为 It 2. C 改为 to 3. C 改为 to be 4. B 改为 not make 5. C 改为 is

##### 三、完型填空

1—5 ACCAB 6—10 CBACB

##### 四、阅读理解

A1—5ADCCB B1—5 CABBA

##### 五、书面表达

Dear Tom,

I know you are planning to travel in China. I think it's a wise choice.

I strongly recommend you to visit Beijing, the capital of China. The city enjoys a high

reputation for its abundance of ancient architecture, which represents the traditional local lifestyles. Besides, there are also plenty of museums where precious historical relics are waiting for you to explore. Additionally, the exceptional Peking Opera performances there are also what you shouldn't miss.

I wish you a happy and meaningful time in China. I'm looking forward to seeing you soon.

Yours,

Li Hua

## Unit 2 Health and Fitness

### 基础练习

#### 词汇篇

##### 一、语音知识

1—5 DBACD

##### 二、词义搭配

1—5 CFGAB 6—10 IHEJD

##### 三、单选题

1—5 ACBCC 6—10 ADDAB

##### 四、单词拼写

1. physical 2. cough 3. self-respect 4. energy 5. stress

##### 五、词性变换

1. active 2. sadly 3. fitness 4. suffering 5. technician

#### 语法篇

##### 单选题

1—5 DBCAB 6—10 CBCDB 11—15 CCDBB

### 拓展提高

##### 一、补全对话

1—5 DAFGC

##### 二、改错

1. B 改为 is 2. C 改为 because of 3. C 改为 rises 4. C 改为 that 5. D 改为 countries

三、完型填空

1—5DBBAC 6—10 ABDCA

四、阅读理解

A1—5DABBC B1—5 DBACB

五、书面表达

**How to Stay Healthy**

Health is very important to us. How can we stay healthy? There are many ways to keep healthy. Firstly, we should eat healthy food, such as vegetables and fruit. Secondly, don't eat too much fast food. It's bad for our health. What's more, we also need to take exercise for half an hour every day. Furthermore, we should go to bed early. Last but not least, remember to wash hands before meals and brush teeth twice a day.

## Unit 3 Internship

### 基础练习

词汇篇

一、语音知识

1—5 DCCAB

二、词义搭配

1—5 FHGJD 6—10 CAEIB

三、单选题

1—5 ADBBC 6—10 CADCD

四、单词拼写

1. insurance 2. career 3. organization 4. colleagues 5. received

五、词性变换

1. agreement 2. internship 3. insurance 4. arrangements 5. performance

语法篇

单选题

1—5 ADDCB 6—10 BCADB 11—15 BBABA

### 拓展提高

一、补全对话

1—5 GADFB