

英语学科寒假作业（复习） Day 3 （练习时长：40 分钟）

姓名：

完成评价：

核心知识的归纳总结和梳理模块（选修 Book1 Unit 1-2 综合）

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二、练习模块

Passage A

A wolf unleashing (释放出) a loud aarooo at the glowing Moon? It's cool. It's spooky. It's also, well, a myth. Wolves don't actually do this.

Instead, they mostly howl to “talk” with one another. Wolves usually live in packs, often made up of a father, a mother, and their young. Packs may also include aunts, uncles, and cousins. Each pack claims a territory—an area where members live and hunt. Whether lounging around or on the move, the wolves often need to communicate. To connect over short distances, they may yip, growl, and whine. But to “keep in touch” over longer distances, they howl.

Different howls send different messages. Some rally the pack before a hunt or meal. Others are used to warn the pack of a threat. A wolf that gets separated from the group may howl to communicate that it's lost. Once the pack responds, the wolf will howl back to reveal its location. Sometimes, wolves may even howl just for fun! Scientists believe that group howls—when one wolf starts, and the others join in—help the group bond. Think of it like a sing-along! But wait—if wolves mostly howl to connect with one another, what made people start thinking that they howl at the Moon?

The idea may have sprung from folktales. Also, wolves often hunt at night and lift their snouts toward the sky when howling. This may have led some people to believe that the creatures were directing their calls to the Moon. In reality, wolves raise their snouts because it helps the sound of their howls travel farther.

The Moon may not cause a wolf to howl. But wolf calls are still jaw-dropping. They allow packs to stick together, help make wolves safer, and may even boost a pack's quality time together. Now that's something to howl about!

1. Why do wolves mostly howl ?

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|---------------------------------|------------------------------------|
| A. To attract a soul mate.      | B. To show off their strength.     |
| C. To scare away other animals. | D. To communicate with each other. |

2. According to scientists, what is one benefit of group howling among wolves?

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|---|--|
| A. It strengthens the pack's bond.        | B. It helps them find food.                  |
| C. It keeps them warm during cold nights. | D. It stops larger predators from attacking. |

3. Why do people think wolves howl at the Moon?

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|---|
| A. Because they believe the Moon gives wolves special power and they howl to absorb it. |
| B. Because wolves often hunt at night and lift their snouts skyward while howling.      |
| C. Because the Moon is very bright and mysterious and appeals to wolves greatly.        |
| D. Because folktales say that wolves like the Moon and regard it as a spiritual guide . |

4. Why do wolves often raise their snouts when howling?

- |                                       |   |
|---------------------------------------|---|
| A. To direct their calls to the Moon. | B. To make their howls sound more intimidating. |
| C. To help the sound travel farther.  | D. To show off to other wolves.                 |

Passage B

Long holidays often mean the chance to sleep in. For many parents, it's time to let kids stay up late and allow them to catch up on sleep the next morning. A few late nights and sleep-ins won't hurt, but it's best not fall completely off the bedtime routine during the holidays. It can be very hard to get back on track once school starts. It's fine to be more flexible about bedtime in the holidays than during school time. But parents must factor in the negative effects once out of control.

Even relatively minor differences in wake time can upset your circadian rhythms（昼夜节律）. Sleep science research supports the need for bed and wake times to be consistent across the week and weekend. That's not just because it ensures young people get enough sleep; even more importantly, it helps because our circadian clock needs regularity. Sleepiness and circadian rhythms need to be regular so they can work together. When they do, it is best for our quality of sleep but also for our general health.

Irregular rhythms-which happen when bed times and wake times are significantly different between school weeks and weekends - can negatively affect mood, psychological and physical health, social engagement and school performance. The risk with letting kids go to bed late a few nights in a row is that they'll sleep progressively later each day. If this happens over the entire school holidays, not only could the bedtime get later and later but the circadian rhythm will become accustomed to being later and later. If so, resetting the circadian clock to a school-friendly, manageable time is certainly possible. But it requires some considerable readjustments and sometimes professional help.

If wake times do get out of control, try making them progressively earlier and earlier gradually over a few weeks before school starts until the required wake time is achieved. A better solution might be to make sure circadian rhythms don't get out of control in the first place.

5. What does the underlined part in the first paragraph mean?

- A. take no notice of                      B. take account of                      C. take on                      D. take off

6. Why should kids sleep on time during weekends?

- A. To ensure enough sleep.                      B. To improve sleep quality only.  
C. To make routines more flexible.                      D. To keep circadian regularity.

7. What's a potential consequence of irregular rhythms during holidays?

- A. There is no significant impact.                      B. It negatively affects many aspects.  
C. It improves children's overall health.                      D. It helps kids adapt to school schedule.

8. What can we do if children's wake times get out of control before school?

- A. Let kids sleep in until the last day.                      B. Ignore the issue and hope for the best.  
C. Adjust wake times earlier gradually.                      D. Let kids wake up as they please.

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余项。

The traditional Chinese solar calendar divides the year into 24 solar terms. Start of Winter is the first solar term of winter, which means winter is coming and crops harvested in autumn should be stored up. \_\_\_\_\_ 36 \_\_\_\_\_

**Beginning of winter or not**

\_\_\_\_\_ 37 \_\_\_\_\_ However, the Start of Winter is not the beginning of winter in terms of meteorology. The climate every year is different, so the beginning of winter could be quite different.

**Welcoming the winter in ancient times**

The four beginnings of the seasons were important festivals in ancient times. Before the Start of Winter, the ancient emperor would take a shower and have no more meat. \_\_\_\_\_ 38 \_\_\_\_\_

**Eating dumplings**

A legend has it that at the end of the Eastern Han Dynasty (AD25-220), “Medical Saint” Zhang Zhongjing wrapped mutton, hot peppers and herbs into a dough skin and made them into an ear shape. \_\_\_\_\_39\_\_\_\_\_ Today there is still a saying that goes “Eat dumplings on Start of Winter Day, or your ears will be frostbitten”.

\_\_\_\_\_40\_\_\_\_\_

On the first day of Start of Winter, there is a custom, “nourishing the winter”, in Southeast China in places such as Fujian and Guangdong provinces. To prepare for the oncoming cold winter, people there like to eat high-calorie food such as chicken, beef and mutton, which are usually stewed with the four Chinese medicines to enhance the effectiveness of the nourishment.

- A. NA. Nourishing the winter.
- B. Offering sacrifices to ancestors.
- C. Here are four things you should know about Start of Winter.
- D. Since then, people have learned to make the food which became known as “dumpling”.
- E. During the Beginning of Winter, there are various customs and traditions observed in China.
- F. In ancient times, the Chinese people took the Start of Winter to be the beginning of the winter.
- G. On that day, the emperor would lead his officials to the suburbs and perform the ceremony of “welcoming the winter.”

阅读下面短文，从短文后各题所给的 A、B、C 和 D 四个选项中，选出可以填入空白处的最佳选项。

In his university time, Mark was nominated to campaign for the chairman of the Student Union. Though very confident, he lost the chance for his \_\_\_\_\_41\_\_\_\_\_ when answering questions. This had a bad influence on him when he graduated and \_\_\_\_\_42\_\_\_\_\_ his job.

Still disappointed, \_\_\_\_\_43\_\_\_\_\_ he was appointed by the big company with excellent ability. He considered for a long time and then came to a \_\_\_\_\_44\_\_\_\_\_ --he was confused by the so-called modesty. Later, for his \_\_\_\_\_45\_\_\_\_\_ ability, he became the CEO.

The other day, the board called him to represent the board meeting. Mark felt the \_\_\_\_\_46\_\_\_\_\_ scene as ever. The reason that the board let Mark be the CEO was that there were some \_\_\_\_\_47\_\_\_\_\_ in publicity and sale.

Here came the same question: Are you confident to do better job for the company? Then Mark gave the \_\_\_\_\_48\_\_\_\_\_ reply. He said: “It is undoubted that I can \_\_\_\_\_49\_\_\_\_\_ - At least better than now.”

In fact, after trials of tests, Mark did an excellent job. Ever since his nomination, the company produced \_\_\_\_\_50\_\_\_\_\_ styles of product. Through selecting mediums, \_\_\_\_\_51\_\_\_\_\_ cost, paying attention to publicity, the company’s sales grew \_\_\_\_\_52\_\_\_\_\_.

When being interviewed, the holder asked: “Someone think you are gentle, wise and modest. We’d like to know your opinion.”

He said that to be really modest, keep three points in mind: Firstly, modesty is not to \_\_\_\_\_53\_\_\_\_\_ yourself, for it let you lose the chance and feel regret. Secondly, modesty is to \_\_\_\_\_54\_\_\_\_\_ yourself below your ability number. For instance, if you can get A, then be sure you can get B+. Lastly, modesty is not to say I couldn’t do that, but to say “actually, everyone can do that with hard work” to answer others’ \_\_\_\_\_55\_\_\_\_\_ when you succeed.

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|--------------------|---------------|-----------------|------------------|
| 41. A. pride       | B. honesty    | C. identity     | D. over-modesty  |
| 42. A. missed      | B. Dreamed    | C. sought       | D. wished        |
| 43. A. though      | B. since      | C. but          | D. for           |
| 44. A. decision    | B. conclusion | C. satisfaction | D. determination |
| 45. A. outstanding | B. common     | C. ordinary     | D. humble        |
| 46. A. different   | B. equal      | C. similar      | D. same          |
| 47. A. advantages  | B. benefits   | C. questions    | D. problems      |

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|-------------------|-----------------|---------------|----------------|
| 48. A. direct     | B. opposite     | C. mysterious | D. private     |
| 49. A. promise    | B. propose      | C. request    | D. wish        |
| 50. A. kind of    | B. varieties of | C. sort of    | D. most of     |
| 51. A. increasing | B. improving    | C. decreasing | D. adding      |
| 52. A. seriously  | B. strictly     | C. steadily   | D. simply      |
| 53. A. believe    | B. accept       | C. refuse     | D. deny        |
| 54. A. explore    | B. evaluate     | C. enjoy      | D. expand      |
| 55. A. praise     | B. prize        | C. price      | D. Preparation |