

## 1. 阅读理解

1.

Think about all the ways phones are used today other than making calls: storing information, taking pictures, etc. (36) \_\_\_\_\_ Hand fans went from a simple tool for creating a breeze (微风) to works of art, souvenirs of historic events, and cheap paper versions used as advertisements.

(37) \_\_\_\_\_ At that time, they were regarded as an important instrument and used in religious ceremonies in Egypt. Other ancient people such as the Hebrews, Chinese, Persians, Greeks, and Romans also used hand fans in various forms. The folding hand fan is recognized as being invented in China or Japan. The device was taken to Europe in the 1500s by way of trade routes.

The original purpose of hand fans was to create a breeze. (38) \_\_\_\_\_ They were used for protection against rain and hiding bad teeth, or as a tray for offering or receiving snacks. Other popular uses of hand fans were as menus, theater programs, and dance programs: serving a double purpose as a fan and a dance card.

In the early 20th century hand fans became a way to advertise and promote restaurants, hotels, shops, shups, etc. Many of these fans were made of cheap printed paper that could be removed off and replaced from the ribs (扇骨). (39) \_\_\_\_\_

Fans aren't just for girls, although they played a much more significant role in social interaction for women than for men. (40) \_\_\_\_\_ However, it's hard to know how they differed from ladies' fans.

A. Fans differ from phones.

B. But they had many other uses.

C. There were even smaller fans designed for pockets.

D. The origin of hand fans can be dated back to 4,000 years ago.

E. It's known that gentlemen carried fans during the 17th century.

F. Similarly, hand fans have survived for long by adapting to various needs.

G. Others were a bit stronger, such as the fans that showed all of a season's fashions for sale.

答案'F', 'D', 'B', 'G', 'E'

2.七选五

2.据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

I was packing my suitcase for a trip. By the time I got to the hall closet, I couldn't remember what I came for. (1) \_\_\_\_\_ However, as a neuroscientist, I know the problem is not what it seems.

(2) \_\_\_\_\_ But age is not the major factor so commonly assumed. The 20-year-old often make short-term memory errors as well. They walk into the wrong classroom. They forget what the professor said two minutes ago. On the other hand, some aspects of memory actually get better as we age. For instance, our ability to extract patterns, regularities (规律) and to make accurate predictions improves over time.

(3) \_\_\_\_\_ If you're going to get an X-ray, you want a 70-year-old radiologist reading it, not a 30-year-old one.

So how do we account for our experience that older adults seem to have difficulty with words and name? (4) \_\_\_\_\_ As long as given a little more time, older adults perform just fine. Second, older adults have to search through more memories than do younger adults to find the fact or piece of information they're looking for. Your brain becomes crowded with memories and information. It's not that you can't remember. Actually, you can! (5) \_\_\_\_\_

So, my advice is experiencing new things. It is the best way to keep the mind young and growing-into our 80s, 90s and beyond.

- A. That's because we've had more experience.
- B. First, there is a widespread cognitive (认知的) slowing with age.
- C. This is widely understood to be a classic problem of aging.
- D. First of all, senior citizens have better long-term memories.
- E. It's just that there is so much more information to sort through.
- F. Besides, I forget names that I used to be able to think of effortlessly.
- G. Researches show that our ability of the short-term memory declines slightly after 30.

答案'C', 'G', 'A', 'B', 'E'

解析

(1) C 根据空前句子“我正在收拾旅行箱。当我到大厅壁橱的时候，我已经记不起我来这里是为了什么。”和空后句子“然而，作为一名神经科学家，我知道问题并不是表面上看起来的那样。”及下文实际上随着年龄的增长，记忆的某些方面会变得更好的内容可知，该处说的是人们普遍认为记不住事情是衰老的标志，因此选项C“人们普遍认为这是一个典型的衰老问题。”符合语境。故选C。

(2) G 根据空后句子But age is not the major factor so commonly assumed. The 20-year-old often make short-term memory errors as well. 但是年龄并不是通常认为的主要

因素。20岁的孩子也经常犯短期记忆错误。因此可知，该处说的是关于short-term memory（短期记忆）方面的内容，因此选项G“研究表明，30岁以后，我们的短期记忆能力略有下降。”符合语境。故选G。

(3) A 上文说的是：随着年龄的增长，记忆的某些方面实际上会变得更好。例如，我们提取模式、规律和作出准确预测的能力随着时间的推移而提高。下句列举了需要一个有经验的70岁的放射科医生来检查X光的例子，由此可知，随着年龄的增长，记忆的某些方面实际上会变得更好，是因为年龄大的人，有更多的经验。因此选项A“那是因为我们有更多的经验。”符合语境。故选A。

(4) B 根据下文Second, older adults have to search through more memories than do younger adults to find the fact or piece of information they're looking for. 其次，与年轻人相比，老年人必须搜索更多的记忆，才能找到他们正在寻找的事实或信息。可知，设空处也是回答So how do we account for our experience that older adults seem to have difficulty with words and names?这个问题的，First和Second相对应，因此选项B“首先，随着年龄的增长，人们的认知能力普遍下降。”符合语境。故选B。

(5) E 上文第二条原因说的是：与年轻人相比，老年人必须搜索更多的记忆；空前句子Your brain becomes crowded with memories and information. It's not that you can't remember. Actually, you can!说的是：你的大脑里充满了记忆和信息。不是你不记得了。实际上，你可以！由此可知，老年人大脑里充满了太多的记忆和信息，需要花费时间整理，因此选项E“只是有太多的信息需要整理。”符合语境。故选E。

3.

### **How to make your class fun?**

As a teacher, it is often a challenge to make learning appear fun to your students.

(1) \_\_\_\_\_

#### **Incorporate your students' specific interests.**

When you appeal to your students' interests, it is easier to engage them in the lesson and get them excited about the concepts. (2) \_\_\_\_\_ If possible, find a way to incorporate these interests into your lesson plans. Also, allow your students to suggest topics and/or bring in materials, such as books, games, or apps that they enjoy and want to share with the class.

#### **Structure your students' learning time to meet their needs.**

(3) \_\_\_\_\_ As teachers, evaluate the specific needs of each child. Determine if they have trouble sitting still. Examine how they learn best—are they auditory learners, visual learners, or physical learners? Use this knowledge to structure your lesson plans.

#### **Provide your students with opportunities to teach each other.**

When children are placed in charge of their own learning or the learning of others, they are encouraged to learn the material as thoroughly as possible. As a teacher, provide your students with opportunities to teach each other. Have students work in pairs or small groups. (4) \_\_\_\_\_ Assign them group projects, which allow them to engage one another and make learning more fun.

(5) \_\_\_\_\_

When your students are studying, join in. If you become an active participant in their education, you will model study habits, problem-solving skills, and the feelings of joy one feels when learning something new.

- A. Get involved in your student's learning.
- B. Creative methods of learning must engage them.
- C. Here are several measures that may help you.
- D. Capture their attention with traditional methods of learning.
- E. Encourage them to rely on each other to solve any problems they encounter.
- F. As a teacher, take time to ask your students about their hobbies and interests.
- G. It is irresponsible to assume that all kids learn in the same way and at the same rate.

答案'C', 'F', 'G', 'E', 'A'

解析

(1) C 根据上文As a teacher, it is often a challenge to make learning appear fun to your students.作为一名教师,对于学生让学习显得有趣常常是一种挑战。以及后文提到了一些关于如何让课堂变得有趣的建议,可知C项:这里有几个可能对你有帮助的方法。符合语境,故选C。

(2) F 根据上文When you appeal to your students' interests, it is easier to engage them in the lesson and get them excited about the concepts.当你吸引你学生的兴趣时,让他们参与到课堂中并让他们对概念感到兴奋是更容易的。以及下文If possible, find a way to incorporate these interests into your lesson plans.如果可能的话,想一个办法把这些兴趣融入到你的教学计划中。可知,本句为过渡句,上文提到了吸引学生兴趣的重要性,后文说明了把学生兴趣融入教学的计划,可知本句是在说明要花时间询问学生的爱好和兴趣,并融入到教学计划中。F项:作为一名老师,花时间询问你学生关于爱好和兴趣的事情。符合语境。后文中these interests可与选项中hobbies and interests相对应。

(3) G 根据后文As teachers, evaluate the specific needs of each child. Determine if they have trouble sitting still. Examine how they learn best—are they auditory learners, visual learners, or physical learners? Use this knowledge to structure your lesson plans.作为教师,要评估每个孩子的特殊需求。确定他们是否有静坐的困难。检查他们如何最佳学习——他们是听觉型学习者、视觉型学习者还是身体型学习者?利用这些知识来组织你的课程计划。可知,这里提到了要根据学生自身学习的特点来组织课程计划,即换言之,也就是不能要求学生全部以同样的方式和速度学习。G项:认为所有的孩子都以同样的方式和速度学习是不负责任的。符合语境。

(4) E 根据小标题Provide your students with opportunities to teach each other.为你的学生提供互相教导的机会。以及上文When children are placed in charge of their own learning or the learning of others, they are encouraged to learn the material as thoroughly as possible. As a teacher, provide your students with opportunities to teach each other.当孩子们被安排负责它们自己的学习或他人的学习时,他们就会受到鼓励来尽可能彻底地学习材料。作为一名老师,给你的学生提供互相教导的机会。由此可知,本段主要是在说明要在学生之间相互教导学习,依靠彼此来解决遇到的问题。E项:鼓励他们依靠彼此解决遇到的任何问题。符合语境。上文中they are encouraged to...可对应到选项中的Encourage them to...。

(5) A 本空为本段小标题,根据本段内容:当你的学生在学习时,加入他们。如

果你成为他们教育的一名积极参与者，你将塑造学习习惯、解决问题的能力，以及在学习任何新事物时的愉悦感。可知，本段主要是在说明参与到学生的学习之中。A项：参与学生的学习。符合语境。后文中join in可对应到选项中的Get involved in。

4.根据短文内容，从短文后选项选出填入空白处的最佳选项。选项中有两项为多余选项。

Does the topic of saving money make you feel a little guilty? You have good intentions when it comes to saving money, but something always comes up.

(1) \_\_\_\_\_ But in reality, you'll only start saving money when you learn healthy money habits. There are plenty of practical ways to save money and breathe some fresh air into your budget.

- **Say goodbye to debt.**

Debt robs you of your pocket money! So, it's about time you get rid of that debt.

(2) \_\_\_\_\_ This is where you pay off your debts in order from smallest to largest. Once your income is freed up, you can finally use it to make progress toward your savings goals.

- **Ask about discounts.**

You never know until you ask—and you should always ask. Next time you're getting tickets at a movie theater, museum or sporting event, check to see if they have any special discounts for students.

- **DIY...everything!**

(3) \_\_\_\_\_ Usually, the cost of materials and a simple search will save you a ton of money on your latest home project. When you need to do some DIY work, borrow what you need from your friends instead of going out and buying it.

- (4) \_\_\_\_\_

Ouch. This one is painful—we get it! But instead of spending 5 on your daily latte, you can save money by just making your coffee at home. Listen, we're not saying you should only drink instant coffee. But even purchasing a bag of local coffee beans from your neighborhood coffee shop and making it at home will save you a lot of money in the long run.

Remember: It really doesn't matter how much money you make. (5) \_\_\_\_\_

- A. Skip the coffee shop.
- B. Make your drinks at home.
- C. Why not save time by buying new things, instead of DIY one?
- D. What matters is how you spend and save the money you make.

- E. Before you pay for a new thing, think about doing it yourself!  
F. The fastest way to pay off debt is with the debt snowball method.  
G. The school requires new textbooks, or your friend's birthday is coming.

### 【长难句分析】

When you need to do some DIY work, borrow what you need from your friends instead of going out and buying it.

翻译：当你需要做一些DIY作品时，向你的朋友借你需要的东西，而不是出去买。

句子分析

句子主干：borrow...instead of going out and buying it

其他成分：

- 1) When you need to do some DIY work为When引导的时间状语从句；
- 2) what you need为what引导的宾语从句；
- 3) from your friends为介词短语作状语。

答案'G', 'F', 'E', 'A', 'D'

解析

(1) G 根据上句You have good intentions when it comes to saving money, but something always comes up. (说到省钱，你的用意是好的，但总会有事情发生。)可知，空处应列举需要用钱的事情。G项：学校需要新课本，或者你朋友的生日就要到了。承接上文，符合语境。

(2) F 根据上句So, it's about time you get rid of that debt. (所以，是时候还清债务了。)及下句This is where you pay off your debts in order from smallest to largest. (这是你偿还债务从小到大的顺序。)可知，空处为一种还清债务的方法。F项：还清债务最快的方法是债务滚雪球法。承上启下，符合语境。

(3) E 根据本段标题● **DIY...everything!**及下句Usually, the cost of materials and a simple search will save you a ton of money on your latest home project. (通常，材料的成本和简单的搜索会为你的最新家庭项目节省一大笔钱。)可知，空处表示在买东西之前想想能不能自己DIY一件。E项：在你花钱买新东西之前，考虑一下自己动手做。承上启下，符合语境。

(4) A 根据下文中Ouch. This one is painful—we get it! But instead of spending 5 on your daily latte, you can save money by just making your coffee at home. (哎哟。这个很痛苦——我们明白了！但是你不用每天花5美元买拿铁，只要在家煮咖啡就可以省钱。)可知，本段主要说明买咖啡不要去咖啡店。A项：不去咖啡店。为本段的最佳小标题。

(5) D 结合上文并根据上句Remember: It really doesn't matter how much money you make. (记住：你赚多少钱真的无关紧要。)可知，空处表示如何花钱和节约钱最重要。D项：重要的是你怎么花钱，怎么存钱。承接上文，符合语境。

5.根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

For the past two years I have been traveling and living abroad. Home has become more of a feeling than a place. (1) \_\_\_\_\_ but I also feel at home in Italy with my friends. Home is no longer a picture of a house with a front door and some windows.

(2) \_\_\_\_\_

This is one of the reasons that celebrating the New Year has become very important for me. Living abroad has made me constantly reconsider how I will live my life, so I don't

feel the need to plan for change: I live for change.

New Year's Eve has become my time to reconnect with the friends that make me feel at home. Every year we try to reunite, no matter where we are. It is a moment to reconnect and get to know each other again. (3) \_\_\_\_\_ In the middle of the countryside, away from our constantly changing lives, we were able to become like a little family again.

(4) \_\_\_\_\_ It was a very big change. We were surrounded by culture and life and joy. There were bars and parties. It was different, but one thing stayed very much the same—I felt at home again and we felt like a family again.

Twenty minutes into 2019, I was trying to walk through a crowded square.

(5) \_\_\_\_\_ On the way home, I realized that I was lucky enough to be with people who wanted to spend the first day of the New Year with me!

- A. This year, we went to Barcelona.
- B. It is more complicated than that.
- C. I feel at home when I am with my family in London.
- D. Many people prefer to have their unique houses.
- E. The square was so crowded that I couldn't feel myself for a while.
- F. Our big party had come to an end in twenty minutes, and we had to go home.
- G. Last year, we traveled to a cottage in Ireland where we had no internet and no neighbors.

答案'C', 'B', 'G', 'A', 'F'

解析

(1) C 根据后文but I also feel at home in Italy with my friends. (但我和朋友们在意大利也有家的感觉。)可知设空处描述的是对家的感觉相关的内容。C项:当我和家人在伦敦时,我觉得像在家里一样。符合上下文语境。

(2) B 根据前文Home is no longer a picture of a house with a front door and some windows. (家不再是一幅有前门和一些窗户的房子的图画。)可知设空处承接上文对家的评价。B项:实际情况要比这复杂得多。符合上下文语境。

(3) G 根据前文It is a moment to reconnect and get to know each other again. (这是一个重新认识彼此的时刻。)可知设空处是与如何相互认识彼此相关的内容。G项:去年,我们去了爱尔兰的一间小屋,那里没有互联网,也没有邻居。符合上下文语境。

(4) A 根据后文but one thing stayed very much the same—I felt at home again and we felt like a family again. (但有一件事始终没有改变——我又有了家的感觉,我们感觉又像一家人。)可知设空处描述的是一个让作者又有了家的感觉的地方。A项:今年,我们去了巴塞罗那。符合上下文语境。

(5) F 根据后文On the way home, I realized that I was lucky enough to be with people who wanted to spend the first day of the New Year with me! (在回家的路上,我意识到我足够幸运以至于能和那些想和我一起度过新年第一天的人在一起!)可知设空处描述的是回家之前的相关内容。F项:我们的大聚会二十分钟后就结束了,我们得回家了。符合上下文语境。

6.根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Many quick-service restaurateurs are looking ahead to a future where automation (自动化) will play an important role. It's the key to increasing their profits.

(1) \_\_\_\_\_

Robots in the workplace are unloved—most people aren't trying to get replaced by them. But the smartest and most innovative robotic companies aren't designing teams of robots to replace human workers. (2) \_\_\_\_\_ In this way, efficiency and the quality of customer service can be improved greatly. Take the arm-like robotic kitchen assistant Flippy for example. As its name implies, the robot flips hamburgers, cooking them to perfection. It can also clean up itself after doing dirty and time-consuming jobs.

(3) \_\_\_\_\_ Actually, they free workers to do something more valuable.

(4) \_\_\_\_\_ They will never get bored or burn the chicken tenders after getting distracted (使分心) by a co-worker. But they also can't greet regulars by name or calm unhappy guests. This gives human workers a chance to show their value. They know exactly how to answer your detailed questions or joke with your children.

Automation in restaurants will become increasingly important since introducing such robots into a kitchen can greatly reduce the stress human workers feel. (5) \_\_\_\_\_ But with Flippy working hard in the kitchen, they'll know they won't have to worry about burnt burgers on top of confused customers.

- A. Restaurants are in need of a helping hand.
- B. Dining out will look pretty different soon.
- C. Robots are great at efficiency and mindless tasks.
- D. However, such robots aren't taking people's jobs away.
- E. Meanwhile, it allows workers to shine in the tasks no machine can do.
- F. Interacting with unsatisfied guests may not be an easy job for human workers.
- G. Instead, they're creating intelligent machines that work alongside human workers.

答案'E', 'G', 'D', 'C', 'F'

解析

(1) E 根据空前句“Many quick-service restaurateurs are looking ahead to a future where automation (自动化) will play an important role. It's the key to increasing their profits.”许多快速服务的餐馆老板正在展望未来，在未来，自动化将发挥重要作用。这是增加他们利润的关键。“这(It)”指的是(automation)自动化，下文提到了机器人，所以E项：与此同时，它让工人们在机器无法完成的任务中大放异彩。符合语境。E项中的“Meanwhile, it”与空前句中的“It”相呼应。故选E。

(2) G 根据空前句“Robots in the workplace are unloved—most people aren't trying to get replaced by them. But the smartest and most innovative robotic companies aren't designing teams of robots to replace human workers.”工作场所的机器人是不受欢迎的——大多数人并不想被它们取代。但是最聪明和最具创新精神的机器人公司，并没有设计机器人团队来取代人类工人。及空后句“In this way, efficiency and the quality of customer service can be improved greatly.”这样可以大大提高客户服务的效率和质



量。G项：相反，他们正在创造智能机器，与人类工人一起工作。符合语境。故选G项。

(3) D 根据空前句“*As its name implies, the robot flips hamburgers, cooking them to perfection. It can also clean up itself after doing dirty and time-consuming jobs.*”顾名思义，这个机器人会翻转汉堡，把它们做得完美无缺。它也可以在做完肮脏耗时的工作后自我清理。空后句“*Actually, they free workers to do something more valuable.*”事实上，他们解放工人，让他们做更有价值的事。空句与前文为转折关系。D项：然而，这些机器人并没有抢走人们的工作。符合语境。故选D项。

(4) C 空句位于段首，为该段的主旨句。根据空后句“*They will never get bored or burn the chicken tenders after getting distracted (使分心) by a co-worker. But they also can't greet regulars by name or calm unhappy guests. This gives human workers a chance to show their value. They know exactly how to answer your detailed questions or joke with your children.*”他们永远不会因为被同事分心而感到无聊，或者把鸡翅烧焦。但是他们也不能叫出常客的名字，或者安抚不开心的客人。这给了人类工作者一个展示自身价值的机会。他们知道如何回答你详细的问题，或者和你的孩子开玩笑。可知，本段介绍了机器人的擅长工作。C项：机器人擅长高效和无意义的任务。符合语境。故选C。

(5) F 根据空前句“*Automation in restaurants will become increasingly important since introducing such robots into a kitchen can greatly reduce the stress human workers feel.*”餐厅的自动化将变得越来越重要，因为将这种机器人引入厨房可以大大减轻人类工作者的压力。及空后句“*But with Flippy working hard in the kitchen, they'll know they won't have to worry about burnt burgers on top of confused customers.*”但是有了Flippy在厨房辛勤工作，他们就不用担心被困惑的顾客烤焦的汉堡了。F项：与不满意的客人打交道对人类工人来说可能不是一件容易的工作。承上启下。故选F。

7.根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

### **Learning to Love Locally-Grown Foods**

Cooking shows on TV are usually all about foreign foods. Thanks to globalization, people everywhere are introducing their taste buds to dishes from every corner of the world. (1) \_\_\_\_\_ In the past few years, the number of people purchasing local foods has been rising because it offers a lot of benefits.

For starters, local food is often tastier because it is fresher. Imported goods must be flown or shipped in from far away, so they naturally lose some of their freshness during the journey. (2) \_\_\_\_\_ These materials may cause the nutritional value of these goods to decline during the shipping process. Food safety is another reason why people are choosing local produce. Today's laws regarding foods vary from country to country.

(3) \_\_\_\_\_ But when you know the local farmer who grows your food, the chances of it being polluted are greatly reduced.

Buying local foods can also have a beneficial impact on the environment. Buying local, consumers can maintain green space and farmland in their communities. Besides, if farmers can sell directly to consumers, they will earn more money for their families. Additional profits also enable farmers to better care for their soil and keep quality

standards high. (4) \_\_\_\_\_

(5) \_\_\_\_\_ This is an open area where farmers sell fruits, vegetables, and meat directly to the public. Once you experience the freshness of local foods for yourself, it might be tough to go back to the supermarket.

- A. In the end, it's a win-win situation for both parties.
- B. However, some disagree with the idea of importing foreign foods.
- C. To conclude, the farmers can make money and improve their life.
- D. This causes confusion and makes it difficult to check if any harmful chemicals were used.
- E. At the same time, other people are discovering that food from their area is the best.
- F. If you're interested in having more local foods, you can even attend a farmers' market.
- G. Imported goods must also be packaged in plastic or other containers to survive the journey.

### 【长难句分析】

Once you experience the freshness of local foods for yourself, it might be tough to go back to the supermarket.

翻译：一旦你亲身体会了当地食物的新鲜，就很难再去超市了。

句子分析

句子主干：...it might be tough...

其他成分：

(1) Once you experience the freshness of local foods for yourself为once引导的状语从句；

(2) of local foods为介词短语作定语，修饰freshness；

(3) it might be tough to go back to the supermarket为固定句型it+be+形容词+to do sth，表示做某事是怎么样的，其中it为形式主语，真正的主语为动词不定式短语to go back to the supermarket。

答案'E', 'G', 'D', 'A', 'F'

解析

(1) E 根据空前句“Thanks to globalization, people everywhere are introducing their taste buds to dishes from every corner of the world.”由于全球化的发展，世界各地的人们都把他们的味蕾介绍给世界各地的菜肴。及空后句“In the past few years, the number of people purchasing local foods has been rising because it offers a lot of benefits.”在过去的几年里，购买本地食品的人数一直在上升，因为它提供了许多好处。可知，E项中的“**At the same time,**”承接空前句。且E项中的“**that food from their area**”与空后句中的“**local foods**”相一致。E项：与此同时，其他人发现他们所在地区的食物是最好的。符合上下文。故选E。

(2) G 根据空前句“**Imported goods must be flown or shipped in from far away, so they naturally lose some of their freshness during the journey.**”进口货物必须从很远的地方空运或运进来，所以在运输途中自然会失去一些新鲜度。可知，此处与G项：进口货物还必须用塑料或其他容器包装，才能在旅途中幸存下来。句式一致。符合上下文。故选G。

(3) D 根据空前句“**Today's laws regarding foods vary from country to country.**”今天的食品法因国而异。可知，D项：这会造成混乱，并且很难检查是否使用了有害的化学物质。符合上下文。D项中的代词“**This**”指代空前句。故选D。

(4) A 空句位于段末，总结该段内容。根据该段介绍的购买当地食物对消费者及农民的好处可知，A项：最后，这对双方都是双赢的局面。符合上下文。故选A。

(5) F 根据空后句“This is an open area where farmers sell fruits, vegetables, and meat directly to the public. Once you experience the freshness of local foods for yourself, it might be tough to go back to the supermarket.”这是一个农民直接向公众出售水果，蔬菜和肉类的开放区域。一旦你亲身体会了当地食物的新鲜，就很难再去超市了。可知，此处的代词“This”指代F项中的“a farmers' market”。F项：如果你想吃更多的本地食物，你甚至可以去农贸市场。符合上下文，故选F。

8.根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Over the last few years, there's been a trend to focus on gratitude. We can buy different kinds of gratitude journals, or download apps that remind us to write down our blessings. (1) \_\_\_\_\_ "But it's also important to remember that gratitude is free." says Laurie Santos, who teaches a course on the science of well-being and happiness at Yale University.

Noting down gratitude seems to pay off. Studies have found that giving thanks can help people sleep better, lower stress and improve interpersonal relationships. Keeping a gratitude journal can decrease materialism and enhance generosity among adolescents.

(2) \_\_\_\_\_ "It's one of the practices that really wins out from the field of positive psychology." she says. Her students, in addition to keeping gratitude journals, are asked to write a thank-you letter and then read it out loud to the recipient (收信人). "They show measurable improvements in well-being even a month after they've done this." she says.

(3) \_\_\_\_\_ One study found that counting blessings once a week boosted happiness, but doing so three times a week didn't. There's also a lack of research on how gratitude exercises help people with clinical depression or anxiety. Indeed, for all the research on the broad benefits of expressing gratitude, it isn't for everyone.

(4) \_\_\_\_\_ It can't make injustice, loss or pain disappear.

During really tough times, like when she suffers from poor health, Santos feels like she is reaching for reasons to be grateful. But she still tries to find some. "I'm grateful for the sun that's shining or being able to wake up," she says. (5) \_\_\_\_\_

- A. And it isn't a cure-all.
- B. So it doesn't feel pleasant.
- C. Those products remind us to take time to be grateful.
- D. What works for some people may not work for others.
- E. Gratitude allows her to remember what is going well.
- F. Practicing too much gratitude may have undesired effects.
- G. That's why gratitude features heavily in Santos' happiness class.

答案'C', 'G', 'D', 'A', 'E'

解析

(1) C 根据上句We can buy different kinds of gratitude journals, or download apps that

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/188074121132006122>