

【高中英语语法填空题训练】

# Stress: Good or Bad ?

Stress used to be an almost unknown word, but now that we are used to talking about it, I have found that people are beginning to get stressed about being stressed.

In recent years, stress(1) \_\_\_\_\_(regard) as a cause of a whole range of medical problems, from high blood pressure to mental illness. But like so many other things, it is only too much stress(2)\_\_\_\_\_does you harm. It is time you considered that if there were no stress in your life, you would achieve a little. If you are stuck at home with no stress, then your level of performance will be low. Up to a certain point, the more stress you are under, the (3)\_\_\_\_\_(good) your performance will be. Beyond a certain point, though, further stress will only lead to exhaustion, illness and finally a breakdown. You can tell when you are over the top and on the downward slope, by asking yourself (4)\_\_\_\_\_ number of questions. Do you, for instance, feel that too much is being expected of (5), and yet find it impossible to say no? Do you find yourself getting impatient or(6) \_\_\_\_\_(annoy) with people over unimportant things?... If the answer to all those questions is yes, you had better(7)\_\_\_\_\_(control) your stress, as you probably are under more stress than is good for you.

To some extent you can control the amount of stress in your life. Doctors have worked out a chart showing how much stress is involved in various events. Getting married is 50, pregnancy 40, moving house 20, Christmas 12, etc. If the total stress in your life is over 150, you are twice as likely (8)\_\_\_\_\_(get) ill.

【答案】

1. has been regarded
2. that            3. better
4. a                5. you
6. annoyed    7. control    8. to get

【部分解析】

3. 考查固定句式“The+比较级……, the+比较级”意为“越……就越……”。本句句意: 你承受的压力越大, 你的表现就会越好。所以本空使用good的比较级形式 better。

5. 考查上下文串联。句意: 例如, 你是否感觉到对你期待太多了? 本句的主语是 you, 所以仍然使用宾格you作为介词of的宾语。

6. 考查形容词。形容词annoyed恼怒的, 该词是由过去分词转换而来的形容词, 通常修饰人。本句中该词和impatient构成并列关系一起和系动词get构成系表结构。

7. 考查固定搭配。动词短语had better do sth最好做某事; “had better”是情态动词, 后面要接动词原形。

8. 考查形容词短语。形容词短语be likely to do sth可能做某事; 句意: 如果你生活中的压力超过150, 你就非常有可能生病了。

【名言】



## 知足是人生在世最大的幸事

1、A contented mind is the greatest blessing a man can enjoy in this world.

知足是人生在世最大的幸事。

——Joseph Addison(美国作家艾迪生)

2、If you would know the value of money, go and try to borrow some.

要想知道钱的价值, 就想办法去借钱试试。

——Benjamin Franklin(美国总统富兰克林)

3、If you wish to succeed, you should use persistence as your good friend, experience as your reference, prudence as your brother and hope as your sentry.

如果你希望成功, 当以恒心为良友, 以经验为参谋, 以谨慎为兄弟, 以希望为哨兵。

——Thomas Edison(美国发明家爱迪生)

4、Health is certainly more valuable than money, because it is by health that money is procured.

健康当然比金钱更为重要, 因为我们所赖以获得金钱的就是健康。

——Samuel Johnson(英国作家约翰逊)

5、That man is the richest whose pleasure are the cheapest.

能处处寻求快乐的人才是最富有的人。

——Henry David Thoreau(美国作家梭罗)

6、Sometimes one pays most for the things one gets for nothing.

有时候一个人不花钱得到的东西付出的代价最高。

——Albert Einstein(美国科学家爱因斯坦)

7、Will, work and wait are the pyramidal cornerstones for success.

意志、工作和等待是成功的金字塔的基石。

——Louis Pasteur(法国化学家巴斯勒)

8、To travel hopefully is a better thing than to arrive, and the true success is to labor.

怀着希望去旅行比抵达目的地更愉快; 而真正的成功在于工作。

——Robert Louis Stevenson(英国作家史蒂文森)

(来源: 沪江网)

【英语作文】

## 英语训练营

题目: 某海外学校举办英语训练营, 开设了以下课程: 园艺(gardening), 烹饪(cooking), 防身术(self-defense), 护理(nursing)。假设你是王跃华, 写封申请信, 报名参加其中一门课程的学习。信中包含以下内容: 1. 你感兴趣的课程 2. 你期望从中学到什么 3. 为什么想学这些内容。

范文:

Dear sir /madam ,

I am very glad that your school will hold the English summer camp which contains many courses , such as gardening ,cooking ,self-defense ,nursing and so on .

I want to register to attend a course about gardening because I have liked flowers ,grasses etc since I was a little child. I especially like playing in the garden where I can enjoy the beauty of nature . For one thing , I want to gain a bit more knowledge of gardening so that it can help me to major in the gardening after attending college. For another , I can realize the bitterness of the gardeners and treasure plants much more consequently. What 's more , after graduation , I plan to devote my life to cultivate flowers and grasses to turn our country into a more beautiful state , attracting more foreigners to come to visit it .

Yours ,

Wang yue hua

