

Book 1 Unit 3

I. Fill in the blanks with proper words

1. fit

They're doing exercises to improve their _____. 他们为增强体质而做体操。

I hired a _____ coach, and I began to eat small and healthy meals.(2017天津)

我雇了一个健身教练，开始了量少而健康的饮食。

Embryonic learning(胎教) helps mother birds to identify the baby birds which _____ the environment better.(2017江苏) 胎教帮助母鸟们鉴别出更好地适应环境的幼鸟。

Working out in the morning provides additional benefits beyond being physically _____.(2018全国I)
晨练提供了除了身体健康以外额外的好处。

Thus, these well-equipped people survived because they were the _____.(2016北京卷)
这些准备充分的人们胜出因为他们是适应的。

She and her family bicycle to work, which helps them keep _____.(2018北京卷)
她和家人们骑自行车去上班，这有助于他们保持健康。

This coat _____ me very well.这件外套我穿起来很合身。

These shoes don't _____ me. Have you got a larger size?这鞋我穿不合适。你们有大点的吗?

That haircut _____ you.那种发型很适合你。

It's a small house but it _____ our needs.这是一栋小房子，但它符合我们的需要。

The carpets should _____ the curtains.地毯应该和窗帘相配。

Do these shoes _____ my dress?这鞋子与我的衣服配吗?

Keys: fitness, fitness, fit, fit, fittest, fit, fits, fit, suits, suits, match, match

2. honor

We won the game and brought _____ to our school. 我们赢得了比赛，为学校赢得了荣誉。

We compete against each other just for the _____ of winning. 我们为了赢得荣誉而彼此竞争。

It was _____ honour to be invited here today. 今天承蒙邀请到此，深感荣幸。

India _____ him as the Father of the Nation and his birth anniversary is a national holiday.

印度人将他敬为国父，并以他的生日为国庆日。

Virginia Hamilton is America's most _____ writer of children's literature.

弗吉尼亚·汉密尔顿是美国最受尊敬的儿童文学作家。

We celebrate Mother's Day _____ our mothers. 我们庆祝母亲节是对母亲表示敬意。

They held a party _____ the foreign visitors. 他们为国外来访者举办了晚会。

Keys: honor, honor, an, honors, honored, in honor of, in honor of

3. determine

They _____ to start early. 他们决定早点出发。

A date for the meeting has not been _____. 会议日期尚待确定。

Shall we _____ what we are going to do next? 我们来确定一下下一步该做什么吧?

When the Chinese team was preparing for the 2015 World Cup, her _____ was tested.

当中国队正在备战2015年世界杯时，她的决心受到了考验。

He fought the illness with courage and _____. 他勇敢顽强地与疾病作斗争。

A _____ person always tries to finish the job, no matter how hard it is.

无论工作有多困难，一个有决心的人总是会设法完成它。

She was _____ to become a doctor and her hard work paid off.

她决心成为医生，她的努力取得了成功。

Keys: determined, determined, determine, determination, determination, determined, determined

4. apart

We're living _____ now. 我们现在不住在一起。

I can't _____ the twins apart. 我分不出这一对双胞胎中谁是谁。

I needed to _____ apart my computer. 我得把我的电脑拆开。

The team that Lang Ping had built was _____ apart. 郎平组建的队伍正在分崩离析。

The house is so old and it's _____ apart. 那座房子太破旧，都开始坍塌了。

Keys: apart, tell, take, falling, falling

5. injure

He _____ his left foot playing football. 他踢足球时伤到了左脚。

Three people were killed and five _____ in the crash.

撞车事故中有三人死亡，五人受伤。

One of the best players had _____. 最好的球员之一受伤了。

Luckily, she isn't _____. 幸运的是，她没受伤。

Many of them died because they were so badly _____. 他们中很多人因伤势过重而死亡。

Two players are out of the team because of _____. 两名队员因伤退出了比赛。

A racing _____ made him in hospital for two weeks. 一次比赛中的受伤使他住院两周。

Keys: injured, were injured, been injured, injured, injured, injury, injury

6. graceful

You need to _____ achieve the _____ to _____, and be _____ to hold your _____ to live a _____ life.

The player who became known as "Air Jordan" changed basketball with his _____ moves and jump. 这个被称为“飞人乔丹”的球员以他优雅的动作和跳跃改变了篮球。

The ballet dancers were all tall and _____. 这些芭蕾舞演员都个子高高的，动作十分优雅。

His handwriting is flowing and _____. 他的字写得流畅优美。

Courage is _____ under pressure. 勇气就是压力下的优雅。

She lived a life of activism, but also a life of dignity and _____. 她的一生积极向上，充满尊严与优雅。

Keys: gradually, grade, graduate, grateful, grace, graceful, graceful, graceful, graceful, grace, grace

7. strength /streŋθ / n. 力量；体力；强项

Jordan's skills were impressive, but the mental _____ that he showed made him unique.

乔丹的技能令人印象深刻，但他表现出来的精神力量使他与众不同。

Take into account your own _____ and weaknesses. 考虑一下你自己的长处和弱点。

I think you have to find an inner _____ in order to feel good about yourself.

我觉得只有找到内心的力量才能有自信。

The exercises are designed to _____ your stomach muscles.

这些活动目的在于增强你的腹部肌肉。

Our bodies are _____ by taking exercise. 参加锻炼可以增强我们的体质。

Repairs are necessary to _____ the bridge. 这座桥需要加固。

The wind _____ overnight. 夜里，风更大了。

Courage is like a muscle. We _____ it with use. —Ruth Gordon

勇气像肌肉，我们经由使用来加强它。 —露丝·戈登

To avoid knee pain, you can run on soft surfaces, do exercises to _____ (strength) your leg muscles (肌肉). (2018 全国卷I) 为了避免膝盖疼痛，你可以在柔软的表面跑步，做运动来增强腿部肌肉。

He's _____ enough to lift a car! 他力气大得能抬起一辆汽车！

We should be _____ enough to deal with any difficulty.

我们应该足够坚强，能够处理任何困难。

Keys: strength, strengths, strength, strengthen, strengthened, strengthen, strengthened, strengthen, strengthen, strong, strong

8. failure

Jordan says that the secret to his success is learning from his _____.

乔丹说他成功的秘诀是从失败中吸取教训。

The success or _____ of the plan depends on your determination.

这项计划的成败取决于你的决心。

I can accept _____, but I can't accept not trying. 我可以接受失败，但我不能接受从不去尝试。(迈克·乔丹)

Success is the ability to go from one _____ to another with no loss of enthusiasm.

成功是，你一次又一次失败，却仍没有失去热情。(Winston Churchill)

Winners are not those who never _____ but those who never quit. 成功者不是从不失败，而是从不放弃。

Happiness will never come to those who _____ to appreciate what they already have.

幸福不会降临那些不懂欣赏自己拥有的人。

Keys: failure, failure, failure, failure, fail, fail

9. compete /kəm'pi:t/ vi. 竞争；对抗

An athlete should think about honour and his/her fan if he/she is _____ for his/her country.

如果为国家参赛，运动员应该考虑荣誉和他的球迷。

How many countries competed _____ the ancient Olympic Games? 有多少个国家参加古代奥林匹克运动会？

He's hoping to compete _____ the London marathon. 他期盼着参加伦敦马拉松比赛。

Our Greek cities used to compete _____ each other just for the honour of winning.

我们希腊各个城市之间曾经为了赢得荣誉而彼此竞争。

They competed _____ each other to attract more customers. 他们互相竞争以吸引更多的顾客。

Instead there are _____ like skiing and ice skating which need snow and ice.

但是却有像滑冰和滑雪这类需要冰雪的比赛项目。

We are in competition _____ four other companies for the contract.

我们在与其他四家公司竞争这项合同。

When they were free from work, they invited us to local events and let us know of an interesting _____(compete) to watch, together with the story behind it. (2019 全国卷III)

More than 10,000 _____ from different countries came to Beijing to compete with each other in the Olympic Games for medals.

来自不同国家的一万多名参赛选手来到北京参加奥运会为了奖牌而相互竞争。

We need to work harder to remain _____ with other companies.

我们必须更加努力工作以保持对其他公司具有竞争力。

Keys: competing, in, in, with/against, with/against, competitions, with, competition, competitors, competitive

10. sense

That doesn't make any _____! 这个行不通/没有意义。

It doesn't make sense _____(argue) with him. 和他争论没有任何意义。

Her advice doesn't make sense _____ me. 她的建议对我来说没有意义。

John wasn't _____ much sense on the phone. 约翰在电话上说得不大清楚。

I can't make sense _____ this poem. 我弄不懂这首诗的意义。

There is no sense _____ doing nothing but complaining. 不做事只抱怨没有任何意义。

Keys: sense, to argue, to, making, of, in

11. pretend

Do you sing karaoke and _____ you are a famous singer like Song Zuying or Liu Huan?
你是否唱卡拉OK, 并假装自己是像宋祖英或刘欢一样著名的歌唱家?

He pretended to his family _____ everything was fine. 他对家人佯称一切都好。

A soccer player should not pretend _____(fall) down even if it helps his/her team.
足球运动员即使是帮助自己的球队也不能假摔。

If you pretend _____(know) what you don't know, you'll only make a fool of yourself.
不懂装懂就会闹笑话。

The boy pretended to _____(do) his homework when his mother came in.
当他妈妈进来的时候, 这个男孩假装正在做作业。

He pretended to _____(forget) his promise. 他假装忘记了他的承诺。

Keys: pretend, that, to fall, to know, be doing, have forgotten

12. cheat

You should never _____ in an exam. 你永远不应该在考试中作弊。

John _____ in the exam, and the teacher kicked him out of the class.
约翰考试作弊, 结果被老师赶出了教室。

Although people may _____ you, be honest anyway.
虽然人们可能会欺骗你, 但不管怎样, 你都要诚实。

He looks honest, but actually he is _____ cheat.
他看上去挺厚道, 可实际上他是个骗子。

He cheated the old lady _____ her money. 他骗取了老太太的钱。

Keys: cheat, cheated, cheat, a, of

13. diet

I worried about my weight and tried every new _____ I read about online.

我担心我的体重，尝试了我在网上看到的每一种新的饮食。

Everybody has to eat, but do you eat _____ healthy diet? 人人都得吃饭，但是你有健康的饮食吗？

I decided to go _____ a diet before my holiday. 我决定在休假前节食。

She's always _____ but she never seems to lose any weight.

她总是在节食，但体重好像并未减少。

Keys: diet, a, on, dieting

14. compare

Finally, I stopped _____ myself with actresses and models and looking for things that were wrong with my face or body. 最后，我不再拿自己跟女演员和模特比较，也不再挑剔我的脸上或身体上的毛病了。

Please compare your answer with _____ on the blackboard. 请把你们的答案和黑板上的比较。

Don't compare your life _____ others'. You have no idea what their journeys are all about.

不要把你的生活跟别人比较。你不知道其他人走过什么样的路。

Enjoy your own life without comparing it with _____ of another. 享受自己的生活，不要和别人比较。

We often compare a teacher _____ a candle. 我们常把老师比喻成蜡烛。

Books can _____ to friends. 书可以比喻为朋友。

_____ to/with our parents, we have greater opportunities to have a good time.

和我们的父母比起来，我们有更多机会享受生活。

Keys: comparing, that, with, that, to, be compared, Compared

II. Fill in the blanks with proper forms of the given phrases.

rather than, lost one's heart to, now and then, go skiing, lose heart, give up, set a good example for, work out, come along, make it, in honour of, make sense of, even if/though

1. The students often _____ during winter vacation. 学生们在寒假期间经常去滑雪。
2. Losing two important players was a big challenge, but Lang Ping did not _____.
失去两名重要球员是一个巨大的挑战，但郎平没有灰心。
3. Parents should _____ their children. 父母亲应该为孩子树立好榜样。
4. WeChat Pay(微信支付) makes our life convenient. We can buy things _____ we don't take any money. 微信支付使我们的生活很便利。即使我们没带钱也可以买东西。
5. Losing games taught him to practise harder and never _____.
输掉比赛教会了他更努力训练，永不放弃。
6. When the right opportunity _____, you must take it. 适当的机会来临时，你要抓住它。
7. I believe anyone can _____ if he tries hard. 我相信只要努力任何人都能成功的。

8. I _____ at a gym twice a week. 我一周去健身房锻炼两次。
9. The Duanwu Festival is held _____ the famous ancient poet, Qu Yuan .
端午节是为了纪念古代著名的诗人——屈原。
10. _____ cutting out the foods I enjoyed, I added healthy foods to my meal.
没有停止吃我喜欢的食物，我在饮食上加了健康的食物。
11. When he was a child, he _____ poems. 他是个孩子时就喜欢上了诗歌。
12. We haven't seen each other for years, but we chat online _____.
我们已有很多年没见过面了，但是我们会在网上聊一聊。
13. Can you _____ what I say? 你能领会我说的意思吗？

Keys: go skiing, lose heart, set a good example for, even if/though, give up, comes along, make it, work out, in honour of, Rather than, lost his heart to, now and then, make sense of