**2024年新课标I卷七选五**

Not all great writers are great spellers. If you want to be published, it’s vital to submit a perfect, professionally presented manuscript (原稿). 36 No editor is likely to tolerate a writer who does not take the trouble to spell words correctly.

I keep two reference books close-by on my desk: dictionary and thesaurus (同义词词典). I don’t trust my laptop’s spellchecker. 37 Of course, these days there are plenty of online dictionaries and thesauruses, but I’m old-fashioned enough to prefer a hard cover and pages I can leaf through with my fingers. I use the *Concise Oxford Dictionary* and the *Collins*

*Thesaurus*.

 38 It should give you a precise definition of each word, thus differentiating it from other words whose meanings are similar, but not identical. It will also usually show how the word is pronounced.

In addition, I have an old two-volume copy of the *Shorter Oxford Dictionary*, picked up a few years ago in a bookshop sale for just 99 pence. Of course, with its 2,672 pages, it’s not exactly short. It contains around 163,000 words, plus word combinations and idiomatic phrases. 39 However, if I need to check the origin of a word or to look up examples of its usage, there’s nothing better.

For well over a hundred years the most influential English dictionary was Samuel Johnson’s *Dictionary of the English Language* published in 1755. “To make dictionaries is dull (乏味) work,” wrote Johnson, illustrating one definition of “dull”. 40 A few minutes spent casting your eye over a page or two can be a rewarding experience.

A. I don’t often use this dictionary.

B. It takes no account of the context.

C. But I still don’t want to replace them.

D. But a dictionary can be a pleasure to read.

E. Of course, a dictionary is not only for spelling.

F. That means good grammar and no spelling mistakes.

G. Dictionaries don’t always give you enough information.

**2024年新课标II卷七选五**

Overtourism Is For Real: How Can You Help?

Travel promotes understanding, expands our minds, makes us better people, and boosts local economies and communities, but the rapid growth of travel has led to overtourism in certain regions and destinations. 36 Certainly not. The loss of what travel offers would be unacceptable in today's world. Here are some tips on making wise decisions to minimize pressure on the places we visit and improve our experience.

●Choose mindfully. Overvisited destinations are that way for a reason: they're special. With so many online posts featuring the same places, it's easy to feel like you're missing out. Go somewhere only when the landscape, culture or food deeply draws you. 37

●Get creative. The best way to ease pressure on over-touristed destinations is to go somewhere else. Though overtourism is described as a problem affecting the entire world, it's actually concentrated to a small number of extremely popular spots. That means you have tons of less-visited options to choose from. 38 Why not try a regional alternative or check out a popular destination's lesser-known sights?

● 39 Minimize impact and maximize experience by skipping major holidays or rush hour. You'll compete with fewer tourists, save money, experience a different side of a popular place, and boost the economy when tourism is traditionally slower.

Visiting a place that others call home is a privilege(荣幸). Do your part to preserve what makes a destination special in the first place. 40 You may be amazed how much closer you'll feel to the people there.

A. Visit during off-peak times.

B. So, should we stop traveling?

C. Travel for you and no one else.

D. Can overtourism be avoided then?

E. You can still find relatively undiscovered places.

F. You'll find yourself virtually alone, or close to it.

G. Consider giving back to the communities you're visiting.

**2024年甲卷七选五**

What is moderation(适度)? Basically，it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not too full. \_\_\_\_\_\_36\_\_\_\_\_\_ But it doesn't mean saying goodbye to the foods you love.

Take your time. It's important to slow down and think about food as something nutritious rather than just something to eat in between meetings.\_\_\_\_\_37\_\_\_\_\_It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly and stop eating before you feel full.

Eat with others whenever possible. Eating alone, specially in front of the TV or computer, often leads to mindless overeating. And be careful about the foods you keep at hand. It's more challenging to eat in moderation if you have unhealthy snacks at the ready, like cookies.\_\_\_\_\_38\_\_\_\_\_\_

Control emotional(情绪的)eating.\_\_\_\_\_39\_\_\_\_\_\_Many of us also turn to food to deal with unpleasant emotions such as sadness, loneliness, or boredom. But by learning healthier ways to manage emotions, you can regain control over the food you eat and your feelings.

\_\_\_\_\_\_40\_\_\_\_\_\_ A healthy breakfast can start your metabolism (新陈代谢)，while eating small， healthy meals keeps your energy up all day. Avoid eating late at night. Try to eat dinner earlier and fast for 14 -16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.

A. Eat properly throughout the day.

B. We don't always eat just to satisfy hunger.

C. Don't swallow a meal on the way to work.

D. Most of us need to double the amount we eat.

E. Instead, surround yourself with healthy choices.

F. For many of us,moderation means eating less than we do now.

G. That won't lead to cheating or giving up on your new eating plan.