9年级英语第12课时《阅读微技能猜词类题目突破》课时作业

**要求：**

1. **完成配套练习，标注使用的方法**
2. **结合所给文本进行词汇积累（重点积累一词多义和熟词生义）**

**Passage 1 (2018-2019年度朝阳区第一学期期末)**

Studies have shown that a good night’s rest helps us stay healthy, both mentally（精神上）and physically. Dr. Michael Twery, an expert（专家）on the science of sleep and sleep disorders, says, “Getting a good night’s sleep is important for learning because it stores the training and learning exercises into our long-term memory while we're sleeping 7 to 8 hours. And then the next morning, our mind is better prepared to perform.”

But what about getting some rest during the middle of the day? Does napping （sleeping for a short time） also help our brain work better? If it is really helpful, then how long can a proper nap last?

Napping can help babies and young children learn better. Also, it can stop older people suffering（遭受）from memory loss. Some people have sleep problems at night, so they nap during the day as a way of **paying off a sleep debt .** They hope napping may make them feel less tired and sleepy during the day.

In America, it is a shame for people to admit（承认）that they do take a nap. They suppose napping shows they are weak or short of energy. That only children, the very old, sick or lazy people nap is a widely-accepted opinion. However, that may be changing. Many offices now offer napping rooms, and napping cafes are appearing in many U. S. cities.

Unlike America, napping is part of a normal, everyday life in other parts of the world. For example, China is generally considered as a land of nappers. Researchers found nearly 60 percent of old Chinese people took a nap after lunch and most of them napped for about an hour. The study found that people who took an hour-long nap did much better on mental tests than those who did not nap or who napped for longer periods. It seems that the most helpful nap lasted for about an hour.

But Dr. Michael Twery mentions that an hour-long nap may be too long for young, healthy adults. “We're suggesting that we try to nap for about 30 minutes or less. And 30 minutes is enough to help us feel more awake. " He also found that someone who naps because of bad sleep at previous night may not experience the same improvements from napping as a healthy, well-rested person would. So, the right thing to do is to get enough sleep at night and take a proper nap for about 30 minutes. But remember not to take a nap later than 3:00 in the afternoon, which may cause a sleep problem.

1.The words “**paying off a sleep debt**” probably mean “\_\_\_\_\_\_\_\_”.**（方法：\_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

A. having some sleep during the work

B. making up for shortness of sleep

C. trying to sleep for longer hours

D. improving the sleep quality

**词汇积累**

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**词汇积累**

**Passage 2 （2017-2018学年度东城区第一学期期末）**

Students in western Ohio(俄亥俄州) have to say “bye-bye” to snow days. Snow may fall, but students won’t be able to spend the days sledding(滑雪橇). Classes will continue online. Officials say that holding electronic workdays(e-days) will help students keep up with their studies. It will also prevent requiring students to make up schooldays later in June.

Which would you prefer：spending a cold day on a computer, or sitting in school in June when you should be on vacation? Jordan Dewar, a student reporter, holds the opinion that having online work on a snow day is the better choice. “You would be working on a day that you already planned on having schoolwork.”

“Having extra days of school in summer can interfere with(妨碍) families’ vacation plans. Besides, what if your school does not have air-conditioning? Imagine sweating through seven hours at school on a hot June day when you could have been relaxing by a pool with your family. Doesn’t an e-day sound better than that?”Jordan Dewar said.

For some students, it would be easier to concentrate(专注) on e-days than on makeup days. “You can do a little work online, go play, and then come back later,”says Rachel Meyers, 12. “But on June days you would just have to sit there for seven hours, thinking about how you could be outside, so you lose focus.”

There are some students arguing that it’s not fair to **ditch** snow days, however, they say that snow days give them a much-needed break. They also note that missing a day here and there is not enough to put them behind. Most students in Silver Valley School think one problem of e-days is that sometimes siblings(兄弟姐妹们) have to share computers at home. In addition, it punishes the students who don’t have computers at home. When school starts again after e-days, these students will be left behind and have to work double-time to catch up with others.

“School budget cuts(预算削减) across the country are expected to continue into the 2017-2018 school year.” the American Association of School Administrators(AASA) Web site states. “The school wouldn’t be able to afford both online classes and taking care of the school,” Austin Krewson, an eighth grader, says.

Moreover, electricity is likely to be cut off during snowstorms. If kids don’t have power at home, the money and the time in running the new program would be wasted.

1. What does the word “**ditch**” in Paragraph 5 probably mean ?**（方法：\_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

A. Give up B. Put off C. Carry out D. Pay for

**词汇积累**

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**Passage 3（2017-2018 学年度西城区第一学期期末）**

The Rise of Artificial Intelligence（AI；人工智能）discusses AI technology and how it might affect humans in the future, but the future is already here. In 2011, America’s Favorite Quiz Show held a competition between two men and an IBM computer named “Watson”. IBM describes Watson as “a technology that understands all forms of data and also reasons and learns.” Both men thought they could beat Watson. Instead, the computer and its Artificial Intelligence soundly bested both of the human beings.

**ARTIFICIAL INTELLIGENCE MADE SIMPLE**

Artificial Intelligence generally refers to machines with human-like intelligence, such as problem-solving and learning. In order to be considered AI, the computer must pass the Turing test, named after Alan Turing, a British mathematician who worked with the first computer.

In the 1950s, Turing published a paper questioning whether a computer could be used to trick humans into believing they were interacting（互动） with an actual human being. He found that if 30% of humans who interacted with a “machine” believed they were actually interacting with a human being, then the computer could be considered as AI.

A simple example of AI is Apple’s Siri. Ask Siri to do anything, from calling a friend to booking a dinner table, and Siri can do them. Siri seems almost to be a human being. When you ask, “Are you a real person?” Siri answers, “That is a really personal question.”

But just because a system can behave like a human being, that does not mean it can think like humans, Or, does it?

**JOINING OF HUMAN & MACHINE**

It seems that our devices（设备）will turn into humans. Our phones already tell us to take an umbrella before we walk out the door. They volunteer traffic conditions so we know how long it will take to drive to work.

Our devices can interact with us in a way that looks like a real conversation with another human being, like with Siri. It does not seem crazy at all to think that AI may be programmed to actually think. If it has not already happened, it will likely happen in the near future.

Have we come to the time when computers and AI have caught up to human beings? Although computers have the ability to make our life better, is it possible that they may control and destroy human beings in the end?

**WHAT THE FUTURE HOLDS**

It seems pretty clear that in the future, we’re going to see **a human-machine hybrid**. Humans will be stronger, live longer and be smarter. Ray Kurzweil, a computer scientist, believes that within 50 years, the humans on Earth will be about 50 to 80% robotic. There is no question that AI will be a part of every technology that humans create. Will it turn out be more of a benefit to humankind or will it be a risk and threaten（威胁到）humanity as we know it? If AI is programmed according to Isaac Asimov’s 3 Laws of Robotics, humans won’t have a problem with machines; but for some, evil AI still stands in the way of a peaceful and safe life on Earth.

1. What does the underlined expression “**a human-machine hybrid**” in the last paragraph probably mean?

**（方法：\_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

1. A machine with a human look.
2. A human created by machines.
3. A body part robotic part human.
4. A robot that can behave like humans.

**词汇积累**

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**Passage 4 （2017-2018学年度海淀区第一学期期末）**

**Mindfulness Matters **

In recent years, some schools have begun to introduce meditation,or mindfulness training, into their classrooms. During mindfulness training, students may be asked to sit quietly and observe their own thoughts and feelings to avoid being controlled by them. Mindfulness training can help students overcome anxiety (焦虑), control their behavior, and improve their ability to pay attention in class. Students are expected to learn how to meditate in order to reduce stress and do better in their schoolwork.

Among schools that already teach meditation, the results have been positive. In one study, teachers reported that after five weeks of mindfulness practice, their students were more focused. They also participated more fully in class. A middle school in San Francisco reported that a student meditation program led to higher attendance rates and better grades. Another study suggested that meditation helped students perform better on tests by improving their working memory and reducing their anxiety.

Many supporters believe that meditation training programs can also help students overcome stress. For example, Headstand is a mindfulness education program designed to help students overcome anxiety. A study concluded that ninety-eight percent of participating students felt less stressed after they completed the Headstand program. In another study, researchers in New Haven, Connecticut, followed students who participated in meditation and yoga classes three times a week. They found that after each class, participants had lower levels of cortisol, a stress hormone (激素), in their bodies.

Despite the positive results seen so far, critics also point out that much of the current research is not rigorous(严谨的) enough. Associate Professor Tamar Mendelson agrees that research on meditation in children is still in its early stages. However, even she insists that she has seen the positive impact of meditation on children. Others express worries that meditation is not a valuable use of class time. But many disagree. Denise Pope, a professor from the Stanford University, says, “This is something teachers can do immediately. You get **a lot of bang for your buck** and anyone who is against it isn’t thinking clearly.”Indeed, additional studies will surely strengthen our understanding of the benefits of mindfulness.

Although still in its early stages, research shows that meditation can help students learn to deal with anxiety and stress. As an added bonus, students of mindfulness training also report better concentration and gains in their academic performances. Therefore, meditation should be a part of every student’s school day. Participating in “stillness”can be just as productive as other school-related activities.

1. The words “**a lot of bang for your buck**” in Paragraph 4 probably mean “\_\_\_\_\_\_”.

**（方法：\_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

A. challenges B. complaints C. advantages D. influences

**词汇积累**

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**Passage 5 （2017-2018学年度朝阳区第一学期期末）**

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Do you know some great inventors and their inventions? What factors (因素) are needed for their success?

Well, good timing for a start. You can have a great idea which the public simply doesn’t want ... yet. The Italian Giovanni Caselli invented the first fax(传真)machine in the 1860s. Although the machine was excellent, his invention quickly died a commercial(商业的) death. It was not until the 1980s that the fax became very common in every office... too late for Giovanni Caselli.

Money also helps. The Frenchman Denis Papin (1647-1712) had the idea for a steam engine (蒸汽机)almost a hundred years before the better-remembered Scotsman James Watt was even born... but he never had enough money to build one.

You also need to be patient (it took scientists nearly eighty years to develop a light bulb which actually worked)... but not too patient. In the 1870s, Elisha Gray, a professional inventor from Chicago, developed plans for a telephone. Gray saw it as no more than “a beautiful toy”. However, when he finally sent details of his invention to the Patent Office(专利局) in February, 1876, it was too late. Almost the same invention had arrived two hours earlier... and the young man who sent it, Alexander Graham Bell, will always be remembered as the inventor of the telephone.

Of course what you really need is a great idea—but if you haven’t got one, a walk in the country and careful look at nature can help. The Swiss scientist, George de Mestral, had the idea for Velcro（魔术贴）when he found his clothes covered in sticky seed pods after a walk in the country. During a similar walk in the French countryside some 250 years earlier, Rene Antoine Ferchault de Reaumur had the idea that paper could be made from wood when he found an abandoned wasps’ nest（蜂巢）.

You also need good commercial sense. Willy Higinbotham was a scientist doing nuclear（核能的） research in the Brookhaven National Laboratory in Upton, USA. In 1958, the public were invited to an exhibition in the Laboratory to see their work, but both parents and children were more interested in a tennis video game on the screen. Soon hundreds of people were **ignoring** the other exhibits to play the first ever computer game—made from a simple laboratory instrument called an “oscilloscope”. Higinbotham, however, never made money from his invention: he thought people were only interested in the game because the other exhibits were so boring!

1.The word “**ignoring**” in the last paragraph probably means “\_\_\_\_\_\_”.**（方法：\_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

A. having no idea of B. doing no good to

C. getting no chance of D. paying no attention to

**词汇积累**

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