**P1 The Journey of Your Cup of Tea**

1.to be processed

2. are separated

3. that/which

4. used

5.by

6.It

7. determines

8. changing

9. how

10. until

**I.**

1.打包

2.同样大小

3.经历；经受

4.铺开；摊开

5.晾干

6.把……分成小块；分解

**II.**

1.reduction(s)

2. protecting

3. arrival

4.reacting

5.protection

6. indications

7. difference

8. indicating

**III.**

1. We should protect the tea leaves from damage during transportation as far as possible.

2. The tea leaves are ready to be packed after the oxidation process.

3.When the tea leaves arrive at the factory, they will go through the withering process to reduce moisture.

**P2Will Digital Platforms Change Our Musical Memories?**

1. why

2. would

3. more complicated

4. something

5. without

6. recorded

7. to say

8. dancing

9. that/which

10. as/when

**I.**

1.开始（谈话）

2.勉强同意；让步

3.闲逛

4.不再

5.认为……是理所当然的

6.后视镜

**II.**

1.helpful

2. memorize

3. deletion

4.deleting

5.discovery

6. musician

7. availability

8. musical

**III.**

1. As soon as/The second I got into the car, my son begged me to play his favorite songs.

2. My son no longer listens to the playlist he used to enjoy.

3. I knew I would love the new song when I heard the prelude.

**P3 When Stuck in the Middle, How Do You Reclaim the Armrests?**

1.that

2.why

3.to take

4.by

5.taking

6.if

7.had stepped off

8.may/might

9.everything

10.to avoid

**I.**

1. 占用整个扶手

2. 潜规则

3. 以……告终

4. 无济于事

5. 情绪激动

6. 奠定基础

7. 使减弱；缓解紧张的气氛

8. 获得成功；达到预期效果

**II.**

1.recommend

2.established

3.engage

4.approaching

5.recommendation

6.respond

7. approach

8.equally

**III.**

1.When your neighbor takes their seat, try engaging in small talk to show you are friendly.

2.In case of an elbow battle, the best thing you can do is politely ask others to move over a bit.

3. There’s no guarantee how other people will respond, so if they appear annoyed, so be it.

**P4 I Sort the Post in Antarctica**

1. mine

2. was established

3. could

4. As well as

5. Maintaining

6. who/that

7. to wash

8. called

9. Even though

10. how

**I.**

1. 与某物不同

2.几个小时

3. 密切注意……的动向

4.作演讲

5.在休假日

6.在……的中央

**II.**

1. process

2.observe

3. observations

4. currently

5. facilities

6. current

7. particularly

8. slightly

**III.**

1.Sometimes I get very emotional just watching the sunset.

2.He can spend ages just admiring the beauty of nature in the park.

3.As museum manager, I’m in charge of ensuring a positive visitor experience.

**P5 My Wild Week on Svalbard**

1.to see

2. why

3.us

4.between

5.an

6.attached

7. Although/Though/While

8. pulling

9. who

10.marks

**I.**

1. 某人渐渐明白……

2. 一种疏离感

3. 落至地平线以下

4. （某地）居住着……

5.难以被超越

6.集体的参与

**II.**

1. highlighted

2. solved

3. dramatically

4. sense

5. solution

6. extremely

7. extreme

8. appeal

**III.**

1.For safety reasons, the authorities insist that visitors stay on marked paths while sightseeing.

2.Exploring the frozen tundra is fascinating, while the sunset over the horizon is a highlight.

3.Although it is tempting to take cool pictures, traveling is ultimately about experiencing the world through your own senses.

**P6 The Journey of Your Cup of Tea**

1. what

2. nothing

3. to reveal

4. a

5. having explored

6. Without

7. form

8. Trapped

9. which

10. as/when

**I.**

1.剥落；剥去

2.拆开；拆卸

3.组成部分；构成要素

4.让我的思想自由漫游

5.依赖；依靠

6.相应地；转而

**II.**

1.decisions

2. inspiring

3.communicated

4.complexity

5.disappointments

6.curiosity

7. Disappointing

8. inspiration(s)

**III.**

1. Exploring the innards of everyday objects can inspire kids’ interest in engineering.

2. My childhood curiosity about crayons and pens formed the basis of my interest in engineering.

3. The seven core elements discussed in the book have had a big impact on various aspects of society.

**P7 How to Save and Spend Wisely on Books**

1. published

2. will disappear

3. before

4. to approve

5. who/that

6. contacting

7. have closed

8. that

9. sold

10. whether/if

**I.**

1. 免费下载

2. 免费

3. 以各种格式

4. （在规定的时间内）归还

5. 担心滞纳金

6. 提供免费的……

7. 由……决定

8. 免费

**II.**

1. regular

2. discounts

3. access

4. options

5. access

6. advanced

7. requested

8. request

**III.**

1. Another option is to download ebooks and audiobooks from websites for free.

2. One of the greatest pleasures of a book reviewer is that you can request books from publishers in advance.

3. If you want to save on books, visit local libraries which offer free access to a wide range of books.

**P8 The Beauty of a Silent Walk**

1. as

2. to improve

3. has also been shown

4. left

5. nothing

6. more pleasant

7. having

8. which

9. because

10. so that

**I.**

1. 让位给；让步给

2. 在她的脑海中浮现

3. 沉湎于消极的想法

4. 抵御抑郁

5. 在途中

6. 占用你大量的脑力

7. 将注意力从一项任务转移到另一项任务

**II.**

1. perform

2. improve

3. demand

4. describe

5. depression

6. demanding

7. performance

8. reduce

**III.**

1.She describes walking as an effective way to improve health and reduce depression.

2.Research has shown that taking a silent walk can help reduce the amount of time that we dwell on negative thoughts.

3. Many peopleprefer to do something rather than nothing, even if that something is demanding.

**P9 Five Health Benefits of Houseplants**

1. it

2. watching

3. were exposed

4. to concentrate

5. where

6. from

7. reduced

8. that

9. even if/even though

10. because

**I.**

1.兴起；流行

2.越来越多的研究

3. 提升注意力

4. 增进幸福感

5.有抑郁症的症状

6. 激发身在他处的感觉

**II.**

1. measuring

2. satisfaction

3. measures

4. indication

5. unique

6. restore

7. satisfying

8. relief

**III.**

1.Outdoor activities like gardening are linked with lower levels of stress.

2.Gardening communities blossom on social media, uniting plant enthusiasts.

3.There’s a unique thrill to planting your own vegetables and enjoying the fruits of your gardening efforts.

**P10 Advice on How to Achieve Great Things**

1-5 GKDHJ

6-10 BIACF

**I.**

1.与众不同

2.对……产生深远影响

3.组成部分；构成材料

4.拆毁；拆除

5.未达到要求

6.牢记……

**II.**

1.significantly

2. completed

3. significant

4.distractions

5. entire

6. completely/entirely

7. consumers

8. majority

**III.**

1. Despite various distractions, I stick to my daily writing routine.

2. Rather than worrying about the future, focus on what you need to do today.

3. By following the three rules, you can make progress in achieving your goals effectively.

**P11 Sports Are Great Because They’re Pointless**

1-5BJFDA

6-10CIKEH

**I.**

1.喜欢某人或某物

2.说到……；当谈到……

3.在我看来；我认为

4.在世俗意义上

5.暂时

6.不再

**II.**

1.points

2. satisfied

3. solve

4. pointless

5. simple

6. satisfaction

7. precise

8. descriptions

**III.**

1. I no longer watch baseball games because they remind me of my late father.

2. I am always busy doing/with my work, but I will make time to watch Chicago Cubs’ games.

3. Even though I enjoy various sports, I find it hard to stay engaged, except for baseball.

**P12 How Pablo Picasso Changed Art Forever**

1-5 KCEGB

6-10 IDAFH

**I.**

1. 浮现在脑海；想到……

2. 勇于尝试

3. 尝试做某事

4. 一直；始终

5. 改变了这两种艺术形式的进程

6. 重拾他们对艺术的热情

**II.**

1.step

2.creative

3.inspired

4.design

5.step

6.generation

7.designed

8.explored

**III.**

1.It’s a story of an artist who inspired an entire generation to rediscover their passion for art.

2.Picasso loved and valued art, and perhaps that’s why he influenced an entire generation.

3.When you step inside an art museum, the first name that comes to mind may be “Picasso.”

**P13 The Power of Exercising While on Vacation**

1-5 ICGHK

6-10EDJBA

**I.**

1. 上榜；入围

2.一个决定性的特征

3. 频繁出差

4. 长途飞行

5. 与某人建立联系

6. 减轻一些负担

**II.**

1. Scheduling

2. challenge

3. stretches

4. options

5. schedule

6. relief

7. significant

**III.**

1.Instead of sitting at your desk all day, you can carve out an hour to hit the gym.

2.The idea of living a healthy lifestyle was planted for me at an early age by my parents.

3.I enjoy working out with people from different countries, language barrier or not.

**P14 Ordinary Hobby, Extraordinary Career**

1-5 EJIFC

6-10 KGABD

**I.**

1. 与……无关

2. 开始；起初

3. 由……组成

4. 利用

5. 除了……之外

6. 从……中溢出

**II.**

1.decisions

2.decided

3.entirely

4.entire

5.exhibiting

6.removed

7.classics

8.required

**III.**

1. He wasrequired to create sculptures that were entirely made of Legos.

2.My hope is that the use of Lego bricks as a medium of art can help remove the limitation of art.

3. My colleagues thought that I was making a wrong decision because I was leaving a well-paid job.

**P15 The Tree Da Vinci Code**

1-5 FJIBH

6-10 KGDAC

**I.**

1. 对……进行测试

2. 经得起检验；能够成立

3. 加起来是……

4. 分成……

5. 适用；有效

**II.**

1.observing

2.observations

3.application

4.confirms

5.constantly

6.measure

7.implying

8.apply

**III.**

1.The leaves on a tree are not necessarily of equal size.

2. At the heart of da Vinci’s theory lies a deep understanding of growth patterns of trees.

3. The designs in da Vinci’s notebooks find practical applications today in engineering and architecture.

**P16 The Fruit Aisle Is Getting Trippy**

1-5 FKIEA

6-10 GBJDH

**I.**

1. 在其他情况下

2. 毫无意义

3. 使心生疑惑

4. 假以时日

5. 大量的

6. 更接近自然

**II.**

1. expected

2. novel

3. variety

4. trend

5. consume

6. consumers

7. admitting

8. various

9. expectations

**III.**

1. On a recent visit to the supermarket, I found myself terribly disturbed by the weird-colored fruit.

2. Yes, white strawberries are weird. So is the fact that we expect all strawberries to have the same color.

3. Even though unusual fruit colors challenge our traditional expectations, I have to admit that they offer us more variety.

**P17 Why Social Media Makes People Unhappy**

1-5 BDKHG

6-10 CAIJF

**I.**

1. 厌恶感；反感

2. 与……脱节

3. 失去时间概念

4. 与某事相冲突

5. 跟上……的进度

**II.**

1. participate

2. addiction

3. participants

4. specialized

5. edit

6. process

7. process

8. expect

**III.**

1.Many people perceive social media as a source of stress and anxiety.

2. Users can choose to be alerted to new videos from the channels they follow.

3.Interacting with diverse content on social media exposes users to different perspectives and ideas.

**P18 How Sneaker Culture Took Over the World**

1-5 KHGEI

6-10 CDJFB

**I.**

1.取得很大的进展

2.踏上球场

3.取得成功；得到好结果

4.有史以来

5.突然开始成功；开始走红

6.与……合作

**II.**

1.requires

2. manage

3. promotion

4. entirely

5. profession

6. cooperate

7. management

8. professionals

**III.**

1. Employees are allowed to wear sneakers on Casual Fridays in some workplaces.

2. Michael Jordan had yet to participate in a professional basketball game, but Nike recognized his potential.

3. Sneakers have gained popularity among fashion enthusiasts due to their diversity and cultural significance.

**P19 Life Really Is Better Without the Internet**

1-5ADACD

6-10 DABAD

11-15 BDCBC

**I.**

1.（有同样问题的）大有人在

2. 把手机放在触手可及的地方

3. 忍无可忍

4. 回到正轨

5.有妥协；让步

6. 对……大有好处

**II.**

1.impact

2.constantly

3.access

4.company

5.access

6.escaping

7.impact

8.interacting

**III.**

1. It has been years since I allowed my mind to wander without any specific direction.

2. I always remind people that we can live without smartphones.

3.We saw parents sitting in silence, glued to their phones while their children pawed at them, desperate to interact.

**P20 Minimalism Is Neat, but Clutter Makes a Home**

1-5 BCBCC

6-10 CBDDB

11-15 ABDDA

**I.**

1.让我措手不及；猝不及防

2. 阻止我们向前看

3. 在某些情况下

4. 不愿放弃；坚持

5. 从某种意义上来说

6. 过着特别精彩的人生

7. 少量的

**II.**

1.carved

2.losses

3.reminder

4.personal

5.suffering

6.sight

7.remind

8.personality

**III.**

1. The notebook belongs to a friend (who/that) Ihaven’t seen for ten years.

2.Sometimes the sight of the clutter makes me feel sad as it reminds me of the people I’ve lost.

3.I wonder whether keeping old belongings is helping us remember our loved ones or keeping us from moving on.

**P21 Gummy Vitamins Are Just Candy**

1-5 CCABB

6-10 BBBCB

11-15 ADCBA

**I.**

1. 黄金时代；鼎盛时期

2. 吃药片

3. 好得令人难以置信

4. 过量

5. 达到适当的平衡

6. 行不通的；不可取的

7. 对药品的严格监管要求

**II.**

1. failure

2. balance

3. failed

4. contains

5. demanded

6. preserving

7. essential

8. demand

**III.**

1. It’s important to strike a balance between sugar and nutrients in dietary supplements.

2. The reason why gummy supplements taste as good as candy is that they can contain just as much sugar as candy does.

3. The idea that gummy supplements that taste like candy can boost your immune system sounds too good to be true.

**P22 Your Cell Phone Is Dirtier Than a Toilet Seat**

1-5DACDA

6-10DAADB

11-15BCBCB

**I.**

1.三思；再三考虑

2.说到……；当谈到……

3.传递给

4.更深层的清洁

5.喷雾清洁剂

6.远离……；与……保持距离

**II.**

1.agreements

2. collections

3. healthy

4.differences

5.naturally

6. differently

7. nature

8. seriously

**III.**

1. It’s easy to get bacteria on your hands unless you wash your hands frequently.

2. I always wipe my phone with alcohol to prevent it from ending up with too many germs.

3. The cleanliness of your phone has more to do with your hygiene habits than its usage environment.

**P23 The Pros and Cons of Prepackaged Meals**

1-5CBBAC

6-10BADDA

11-15BCCCD

**I.**

1.预制菜

2.交通高峰

3.仔细看；端详

4.取得很大进展

5.填饱你的肚子；充饥

6.蛋白质和脂肪含量过高

7.更有甚者

**II.**

1.increasingly

2. popularity

3. warmth

4. preparation

5. satisfying

6. satisfaction

7. corrected

8. increasing

**III.**

1. The convenience of ready-made meals often leads to unhealthy eating habits.

2. The majority of ready-made meals are far too high in protein and fat, lacking nutritional balance.

3. There are various kinds of ready-made meals, ranging from gourmet cultural cuisine to healthy organic options.

**P24 High-School English Needed a Makeover Before ChatGPT**

1-5 DBBBC

6-10 ADCCA

11-15 AAADA

**I.**

1. 构思论点

2. 随着截止日期临近

3. 人工智能技术驱动的个人助手

4. 重新调整我们的定位

5. 颠覆

6. 毕竟

**II.**

1. financially

2. approaching

3. witnessed

4. engage

5. financial

6. formal

7. approaches

8. opportunity

**III.**

1. What English teachers have been teaching is no longer limited to how to read and write.

2. Human memory just can’t compete with the storage capacity of AI systems.

3. Nowadays, AI-driven assistants can accomplish much of what traditional office tasks demanded in seconds.

**P25 A Crucial Character Trait for Happiness**

1-5ABABA

6-10BCCCA

11-15CDDDD

**I.**

1.事实上

2.可追溯到几千年前

3.建立在这一历史基础上

4. 充分叙述；详细阐明

5.指的是

6.创建；建立

**II.**

1.possibly

2. possibilities

3. similarly

4.predictions

5.personal

6. powerful

7. definition

**III.**

1. His enthusiasm is associated with his remarkable ability to spread happiness effortlessly.

2. Given that enthusiasm is a key factor in happiness, we should cultivate it in our lives.

3. My friend appears to possess the ideal traits for happiness, especially enthusiasm.

**P26 Can Chatbots Encourage People to Be Nicer to Each Other?**

1-5 DCBDB

6-10ABBCC

11-15 DDCDB

**I.**

1.解释

2.实际上

3. 与……一致

4. 与某人互动、交往

5.进行艰难的谈话

6. 认为某事针对自己

**II.**

1. remind

2. responds

3. specific

4. address

5.Advances

6. address

7. responses

8. root

**III.**

1.AI assistants’ primary goal is to act in a way that enhances user experience and simplifies tasks.

2.A chatbot looks similar to a messaging app in that it allows for real-time communication.

3. If a chatbot receives regular user feedback and adapts accordingly, then there’s a chance that it will continuously improve its performance.

**P27 How to Apologize Like a Pro**

1-5DABAD

6-10CDBCA

11-15ACBBA

**I.**

1.设身处地

2.与……相对比

3.首先

4.导致

5.愿意做某事

6.寻找

**II.**

1.acceptable

2. difficulty

3. beneficial

4.responsible

5.guilty

6. acceptance

7. tricked

8. benefits

**III.**

1. Be sure to take full responsibility when apologizing, not just showing sympathy.

2. The likelihood of success in an apology is influenced greatly by how you deliver it.

3. Armed with proper apology techniques, he approached his friend to repair their relationship.

**P28 High-School English Needed a Makeover Before ChatGPT**

1-5 ADDAC

6-10 DCDAC

11-15 CABBC

**I.**

1. 因某事而获得荣誉

2. 遭受抨击

3.内心渴望做某事

4. 在困难的时期

5. 逐步脱离某事物

6.与……搭配

**II.**

1. particular

2. Acknowledging

3. forms

4. required

5. particularly

6. tough

7. demonstrates

8. forming

**III.**

1.What really makes youth active in competition is the passion for the sport.

2.The lesson of learning from failure remains crucial throughout a person’s life.

3.Encouraging group activities as a form of social interaction can help children develop teamwork skills.