

# 特色高二英语试卷

## 答案解析

### 第一部分：听力(共两节,满分 20 分)

1-5 ABACA 6-10 BCABC 11-15 ABBCA 16-20 BCABC

### 第二部分：阅读理解（共两节，满分 40 分）

A 篇 21. B 22. C 23. D

B 篇 24. D 25. B 26. A 27. C

C 篇 28. C 29. C 30. B 31. A

D 篇 32. A 33. D 34. C 35. B

七选五 36. D 37. F 38. B 39. E 40. G

### 第三部分：语言知识运用（共三节，满分 55 分）

#### 第一节：完形填空（共 20 小题，每小题 1.5 分，满分 30 分）

41. A 42. C 43. B 44. D 45. C

46. A 47. B 48. D 49. C 50. A

51. C 52. A 53. C 54. B 55. D

56. D 57. D 58. A 59. B 60. C

#### 第二节：语法填空（共 10 小题，每小题 1.5 分，满分 15 分）

61. who 62. sights 63. Entering 64. to educate 65. about

66. asked 67. are telling 68. the 69. completely 70. what

#### 第三节：单句填空（共 10 小题，每小题 1 分，满分 10 分）

71. survival 72. variety 73. possessions 74. mentally 75. particular

76. eventually 77. aimed 78. flexibility 79. strengthened 80. was injured

### 第四部分：写作（共两节，满分 35 分）

#### 第一节：短文改错（满分 10 分）

1. ask→asked

2. homeworks→homework

3. me→my

4. do→doing

5. for →with

6. have made 后加 a

7. strict→strictly

8. confusing→confused

9. that→where

10. 去掉 be come true 的 be

## 第二节：书面表达（满分 25 分）

### One possible version:

Dear Peter,

I am writing to invite you to take part in a Chinese poetry recitation contest for exchange students, which is hosted by the municipal cultural exchange center, aiming at improving the understanding of Chinese traditional culture.

The competition will be held in the City Library at 9 am on December 1. Participants are required to recite a Chinese poem. The judges will give scores based on your pronunciation, intonation as well as emotional expression.

In order to make good preparations for the contest, I suggest you find some Chinese poetry recitation videos on the Internet and learn from them. Besides, it is vital for you to practice over and over again before the contest.

Hopefully, you would like to join in the contest and do well in it. I am looking forward to your reply.

Yours,

Li Hua

### 解析

#### 阅读理解

A 篇【答案】21. B 22. C 23. D

【解析】本文是应用文。文章介绍了根据学生不同的需要设置的学习英语的五种课程。

21. 细节理解题。根据 Course 1: General English 部分的介绍中“General English is designed to develop students' basic communication skills...”可知，通用英语对培养学生基本沟通技能有帮助。故选 B。

22. 细节理解题。根据 Course 4: Night Classes 部分的介绍中“We have three night classes each week designed to meet your needs. ... \$ 60 per day.”可知，夜校课程是每周三节，每天收费 60 美元。如果上两个星期夜校课程，两周共 6 节课，收费 360 美元。故选 C。

23. 推理判断题。文章最后一句提到“Please click here to learn more about the courses.（要了解更多关于课程的信息，请点击这里）”，根据其中的“click here”可以推断，该文章出自于网站。故选 D。

B 篇【答案】24. D 25. B 26. A 27. C

【解析】本文是一篇记叙文。文章主要讲述了 Joy Mangano 这位单亲妈妈虽然生活很艰辛，但她凭借着自己的聪明和努力，发明了备受欢迎的自动拧干拖布和晾衣架。如今她已是一家拥有数百万美元资产公司的总裁。

24. 段落大意题。根据第一段 Joy Mangano was 33 and divorced. She had three kids under age 7, and was barely keeping up payments on her small two-bedroom home by working extra hours as a waitress. “--- I don't know how I'm going to pay that bill,”可知，Joy Mangano 33 岁，离婚。她有 3 个不满七岁的孩子，她靠加班当女服务生工作勉强维持两居室的小房子。第一段讲述的是 Mangano 的艰苦的生活状况。故选 D。

25. 细节理解题。根据倒数第二段中 So QVC, a multinational corporation specializing in televised home shopping, took a chance on her. “I got onstage and the phones went crazy. We sold every mop in minutes.”可知,一家专门从事家庭电视购物的跨国公司,QVC 在她身上冒了一次险。”我上了台,电话都疯了。我们很快就卖掉了拖把。可以判断出在 QVC 的帮助下,成功地卖了 mop。故选 B。

26. 细节理解题。根据最后一段最后一句 Talking about the household invention, Mangano says, “It is as natural for me as it is for a parent to talk about their child.”可知,谈论到家居用品的发明,她说,这就像一个家长在谈论他们的孩子,对于我来说很自然,她认为她的发明很正常。故选 A。

27. 推理判断题。根据第二段中“I was tired of bending down, putting my hands in dirty water, wringing (拧) out a mop,” Mangano says. “So, There s gotta be a better way.可知,我厌倦了弯腰,把手放进脏水,拧干扫把,所以一定有一个更好的方法。可以判断出 Mangano 从自己的经验中得到了自拧水拖把的想法。故选 C。

**C 篇【答案】** 28. C 29. C 30. B 31. A

**【解析】**这是一篇说明文。文章主要向我们描述了蓝光是一种能产生大量能量的短波长的电磁辐射类型。人们错误地认为蓝光会对眼睛造成伤害,所以导致了防蓝光眼镜的流行。还解释了眼睛疲劳的真正原因,以及蓝色遮光镜是无效的。

28. 细节理解题。根据第一段中 It might be mainly because as we stare at our devices we are exposing ourselves to blue light.可知这可能主要是因为当我们盯着我们的设备时,我们把自己暴露在蓝光中。由此可知,蓝光可能来自电子设备。故选 C。

29. 细节理解题。根据第二段中 2、3 两句可知虽然光线确实会在某些情况下伤害我们的眼睛,但是没有科学证据表明蓝光对我们的眼睛有害。但许多人仍然认为它是,这就是为什么防蓝光眼镜如此受欢迎的原因。由此可知,人们对蓝光的有害影响的观念导致了防蓝光眼镜的流行。故选 C。

30. 推理判断题。根据最后一段中 In fact, the sun is the largest source of blue light. Moreover, blue light is also present in LED light.可知事实上,太阳是蓝光的最大来源。此外,蓝光也存在于 LED 灯中。由此可推知,接触蓝光几乎是不可避免的。故选 B。

31. 细节理解题。根据最后一段中 So if eyestrain is the issue, blue-light-blocking glasses are probably of little use.可知因此,如果眼睛疲劳是问题所在,那么防蓝光眼镜可能用处不大。由此可知,戴上防蓝光眼镜可能没用。故选 A。

**D 篇【答案】** 32. A 33. D 34. C 35. B

**【解析】**本文是一篇说明文。文章通过一个上海年轻人靠借贷度日的事例,揭示了现在中国年轻人入不敷出,利用网络上一些平台借款的社会现象。

32. 细节理解题。根据第一段最后一句可知他试图分期偿还债务,甚至向阿里巴巴旗下的另一家信用服务公司“借呗”贷款,但最终他的父母不得不帮助他度过难关。由此可知,曾家鹏依靠他的父母来支持他偿还债务。故选 A。

33. 推理判断题。结合第一段所举的例子及第二段对年轻人现在过度消费的分析来看,可

以推断出这种现象是不合理的、失控的、疯狂的。故选 D。

34. 词句猜测题。根据划线词后文"I deliberately set the credit limit at a lower level," he say, "so that hopefully I can better match my income with spending."可知曾采用了故意降低信用额度的方式,想让自己来取得收支平衡,说明他现在正努力自己挣钱,但他还是想要节俭一点,避免浪费。故划线词意思为“节约,避免浪费”。故选 C。

35. 主旨大意题。根据第二段前两句话可知曾的故事是典型的中国 Z 一代。这些年轻消费者出生在 90 年代中期到 21 世纪初,收入很少,因此实际上没有信用记录。但他们却可以很容易地从各种银行、金融科技公司、点对点贷款机构以及其他不受监管的渠道获得信贷。结合文章通过一个上海年轻人靠借贷度日的事例,揭示了现在中国年轻人入不敷出,于是利用网络上一些平台借款的社会现象。故 B 选项“中国的‘Z’一代依赖借贷度日”最符合文章标题。故选 B。

七选五【答案】36. D 37. F 38. B 39. E 40. G

【解析】这是一篇说明文。孩子们会对他们最喜欢的食物形成一种自然的偏好,所以挑战是如何让健康的选择具有吸引力。文章主要就如何给孩子培养健康的饮食习惯提出了一些建议。

36. 根据上文“Children are good at imitating.(孩子擅长模仿)”以及后文“‘It's no good asking your child to eat fruit and vegetables while you eat potato chips and drink soda.(让你的孩子吃水果和蔬菜,而你吃薯片和喝苏打水是没有好处的)’”由此可知,本句承上启下,说明孩子擅长模仿大人,所以家长要以身作则,为孩子树立吃水果蔬菜的榜样。故 E 选项“所以你作为孩子的榜样是很重要的”符合语境,故选 D。

37. 根据后文“Knowing dinner is served at about the same time every night and that the entire family will be sitting down together is comforting and increases appetite.Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school. (知道晚餐几乎在每天晚上同一时间上桌,全家人围坐在一起进餐是一种安慰,也能增加食欲。早餐也是家庭就餐的好时间,尤其是吃早餐的孩子在学校表现更好)”可知,后文提到“晚餐几乎在每天晚上同一时间上桌”,即指家庭的就餐时间要有规律,且后文中 a family meal 可对应到 B 选项中 family meals。故 F 选项“家庭就餐时间要有规律”符合语境,故选 F。

38. 根据上文“Cook more meals at home. Eating home cooked meals is healthier.(多在家做饭。在家做饭更健康)”以及后文“Save dining out for special occasions.(把外出就餐留到特殊场合)”可知,上文提到在家做饭的好处,后文则提到外出就餐应该留到特殊场合,可知本句是在说明在外面吃饭的坏处,故 B 选项“在餐馆吃饭往往含有更多的脂肪、糖和盐”符合语境,故选 B。

39. 根据上文“Get kids involved. Children enjoy helping adults to shop for groceries and preparing dinner.(让孩子参与进来。孩子们喜欢帮助大人买食品和准备晚餐)”可知,本句为本段最后一句,应当是说明让孩子帮助家人买食物和准备晚餐这一做法的好处。上文 Children 可对应到 F 选项中 them。故 E 选项“这也是你教他们不同食物的营养价值的一个机会”符合语境,故选 E。

40. 根据上文“Make a variety of healthy snacks available instead of empty calorie snacks. (提供

各种各样的健康零食，而不是没有意义的热量零食)”以及后文“Kids will become used to reaching for healthy snacks instead of snacks like soda, chips, or cookies. (孩子们会习惯吃健康的零食，而不是像汽水、薯片或饼干这样的零食)”可知，本句应当是举例说明，给孩子提供哪些健康的零食。故 G 选项“随身携带大量的水果、蔬菜和健康饮料，如牛奶和纯果汁”符合语境，故选 G。

### 完形填空【答案】

41. A 42. C 43. B 44. D 45. C  
46. A 47. B 48. D 49. C 50. A  
51. C 52. A 53. C 54. B 55. D  
56. D 57. D 58. A 59. B 60. C

**【解析】**本文主要讲了作者得了癌症，经历八年艰难的和癌症作斗争的阶段，她一直想着能回到“以前的自我”，但是通过加入 One Walk 让她意识到没有“以前的自我”了。作者只有感激这些年美好的东西，一切向前看了。

41. 考查动词短语。根据上文“Eleven years ago I lived a normal life as everyone else.”可知，唯一不同的是我要忍受 13 岁就有的皮疹。live with 忍受，go without 没有...也行，care for 关心，give in to 屈服于，故选 A。

42. 考查副词。根据下文“worsen”可知，作者 30 几岁的时候皮疹更加严重了。naturally 自然地，slightly 轻微地，severely 严重地，secretly 秘密地，故选 C。

43. 考查形容词。根据上文“However, in my late thirties the rash began to \_\_\_ worsen”可知，作者的医生担心他。embarrassed 尴尬的，worried 担心的，disappointed 失望的，relaxed 放松的，故选 B。

44. 考查动词。根据下文“I was and am forever changed.”可知，作者的生活因为被诊断为癌症改变了。improved 改进，covered 覆盖，exposed 暴露，changed 改变，故选 D。

45. 考查名词。根据上文“Following the unbearable treatment,”可知，作者艰难的康复道路开始了。success 成功，science 科学，recovery 恢复，conclusion 结论。故选 C。

46. 考查动词。句意：我原以为第二年，我会很快回到过去的自己。returned 回到，turned 转向，talked 谈论，stuck 坚持，故选 A。

47. 考查副词。句意：我没有意识到的是一旦你得了癌症，就没有“以前的自己”了。though 尽管，once 一旦，unless 除非，until 直到...时，故选 B。

48. 考查副词。根据上文“I was and am forever changed.”可知，我一年身体没有恢复，两年也没有。regularly 有规律地，frequently 频繁地，usually 通常，physically 身体地，故选 D。

49. 考查形容词。根据上文“I didn't \_\_\_ recover in one year, nor in two.”可知，这是八年缓慢的进步。great 伟大的，rapid 迅速的，slow 慢的，sudden 突然的，故选 C。

50. 考查名词。根据上文“Eight years stretched to 10 as my hair slowly grew back”可知，作者精力恢复了。energy 精力，weakness 弱点，dream 梦想，freedom 自由，故选 A。

51. 考查动词。根据下文“in the One-Walk to Conquer Cancer benefiting the Alberta Cancer Foundation,”可知，作者的朋友让他和她一起加入这个活动。instruct 指导，remind 提醒，

join 参加, drive 开车, 故选 C。

52. 考查动词。根据下文“My willingness to participate”可知, 作者毫不犹豫地参加了。hesitate 犹豫, agree 同意, want 想要, choose 选择, 故选 A。

53. 考查动词。句意: 我想参加一开始是因为希望筹集资金, 锻炼身体和支持朋友。save 节省, make 制造, raise 筹集, pay 支付, 故选 C。

54. 考查名词。根据上文“as I started my training,”可知, 作者意识到走路不仅仅意味着这些。treatment 治疗, walk 步行, cancer 癌症, disease 疾病, 故选 B。

55. 考查名词。根据上文“My commitment to participate”可知, 作者通过参加 One Walk, 意识到自己不再能恢复到以前的自己了。guidance 指导, introduction 介绍, performance 表演, participation 参加, 故选 D。

56. 考查动词。根据上文 getting back to my “old self”可知, 作者不能再回到从前, 因为那个“她”已然不存在了。suffers 遭受, cares 关心, doubts 怀疑, exists 存在, 故选 D。

57. 考查形容词。根据上文“Now I am thankful for all I do have.”可知, 作者感激在和癌症作斗争的时候获得了很多美好的东西。responsible 负责的, ready 准备, famous 著名的, grateful 感激的, 故选 D。

58. 考查名词。根据上文“Ten years of a lot of struggle and a lot of growth.”可知, 作者在和癌症作斗争的时候获得很多美好的东西。struggle 斗争, conversation 谈话, concentration 专注, connection 连接, 故选 A。

59. 考查名词。根据上文 getting back to my “old self”可知, 加入 One Walk 让作者意识到没有“旧我”。home 家, self 自我, friend 朋友, time 时间, 故选 B。

60. 考查副词。根据上文“to go back to”可知, 只有前进。upward 向上, backward 向后, forward 向前, outward 向外, 故选 C

## 语法填空

### 【答案】

61. who    62. sights    63. Entering    64. to educate    65. about  
66. asked    67. are telling    68. the    69. completely    70. what

### 【解析】

这是一篇说明文。文章介绍了水下摄影师 David Doubilet 将技术和水下生命结合, 为人们把图像带回水面, 记录了海洋的美丽以及破坏。

#### 【61 题详解】

考查非限制性定语从句关系代词。句意: 开创性的水下摄影师 David Doubilet 是一位大师级的工匠, 他将技术和捕捉水下生命相结合, 为那些可能永远无法亲眼目睹这些景象的人将图像带回水面。分析句子可知, 逗号后为非限制性定语从句, 先行词为 a master craftsman, 关系词代替它在从句中作主语, 指代人, 应用关系代词 who。故填 who。

#### 【62 题详解】

考查名词。句意: 同 61 题。sight “景象”, 为可数名词, 空前有 those。故填 sights。

#### 【63 题详解】

考查非谓语动词。句意: 作为一名记者、艺术家和探险家, Doubilet 进入大海, 记录了海洋

的美丽和破坏。分析句子可知，该句已有谓语动词 document 记录，所以 enter the sea as a journalist, artist, and explorer 为状语，动词 enter 需要用非谓语动词形式，enter 和逻辑主语 Doubilet 之间是主动关系，应用现在分词。故填 Entering。

**【64 题详解】**

考查动词不定式。句意：他认为摄影具有教育和影响变化的力量。不定式 to educate 作后置定语，修饰名词 the power，the power to educate“教育的力量”，故填 to educate。

**【65 题详解】**

考查短语。句意：Doubilet 深深地关心着海洋的未来。be concerned about 关心。故填 about。

**【66 题详解】**

考查状语从句的省略用法。句意：当他被问到他想通过他的作品讲述什么样的有影响力的故事时，他说：“现在，我们正在讲述世界上最有趣的故事。”。分析句子可知，此处为状语从句的省略，状语从句的主语与主句主语一致，且谓语动词为 be 动词，所以可以省略 is。故填 asked。

**【67 题详解】**

考查时态。句意：同第 66 题。根据 right now 判断谓语动词用现在进行时。故填 are telling。

**【68 题详解】**

考查冠词。句意：许多气候学家认为，珊瑚可能是地球健康状况的温度计，也是最重要的指示物之一。greatest indicators 为形容词最高级修饰的名词，需要有定冠词来限定。故填 the。

**【69 题详解】**

考查副词。句意：我们看到的珊瑚礁有数千年的历史，在过去的四五年里，它们已经完全死亡。complete 作形容词意为“十分的，完全的”，分析句子可知，此处应用其副词 completely“完全地”修饰动词 have died。故填 completely。

**【70 题详解】**

考查名词性从句。句意：这就是当海水温度上升所会发生的事情。that is 后跟表语从句，从句缺乏主语，用连接代词，又根据句意。故填 what。

**单句填空**

**【答案】**

71. survival 72. variety 73. possessions 74. mentally 75. particular  
76. eventually 77. aimed 78. flexibility 79. strengthened 80. was injured

**短文改错**

**【答案】**

1. ask→asked
2. homeworks→homework
3. me→my
4. do→doing
5. for→with
6. have made 后加 a

7. strict→ strictly  
8 confusing→confused  
9. that→where  
10. 去掉 be come true 的 be

### 【解析】

【1 题详解】考查时态。根据前文 in your last letter, 可知询问这个动作发生在过去, 需要用一般过去时态, 故将 ask 改为 asked。

【2 题详解】考查不可数名词。homework 是不可数名词, 没有复数形式, 故将 homeworks 改为 homework。

【3 题详解】考查物主代词。根据后面的 study and life, 可知此处需要用形容词性物主代词做定语, 故将 me 改为 my。

【4 题详解】考查动名词。that do sports every day can build up my body 是宾语从句, 从句的主语应该是 doing sports every day, 此处需要用动名词做主语, 故将 do 改为 doing。

【5 题详解】考查介词。communicate with sb 表示与某人交流, 是固定搭配, 故将 for 改为 with。

【6 题详解】考查冠词。根据后文的名词 plan, plan 是可数名词, 所以此处需要加冠词 a 或者 an 修饰。practical 首字母的发音为辅音音素。故在 have made 后加 a。

【7 题详解】考查副词。此处需要用副词修饰单词 follow, 表示严格地遵循, 故将 strict 改为 strictly。

【8 题详解】考查形容词。make sb +adj., 此处形容词修饰的是 sb, 所以应该用 ed 结尾的形容词, 故将 confusing 改为 confused。

【9 题详解】考查关系词。I would like to major in English 是非限制性定语从句, 从句修饰先行词 my dream university, 先行词在从句中做状语, 需要用关系副词 where, 故将 that 改为 where。

【10 题详解】考查语态。my dream will come true 表示“我的梦想会实现”, come true 没有被动语态, 故去掉 be come true 的 be。

### 【听力材料及答案】

Text 1

W: Did you go to the theater last night?

M: Yes, I did.

W: What did you think of the play?

M: It was excellent.

Text 2

M: Will it take long to get to the Overseas Chinese Hotel?

W: About 30 minutes. What time is it by your watch now?

M: Well, it's a quarter past eleven.

Text 3

M: What's the result of the exam? I'm sure John has got the highest mark, because he has been



studying hard this term.

W: As a matter of fact he didn't pass the exam this time.

M: Really? I didn't expect that.

W: I didn't either.

Text 4

M: Can I help you, madam?

W: Yes, I want to report a theft that happened to my house during our absence.

M: I see. What is missing?

Text 5

W: How about going for a bike ride?

M: Sure. Where?

W: Let's call Harry and ask him. He always knows the best places to go.

M: That's a good idea. I'll get ready.

Text 6

M: Good morning, ma'am. Can I help you?

W: Oh, I've lost my Harold; I think he's left me.

M: Oh, it's a missing person case. OK, let me just fill in this form, ma'am. The name is Harold, right?

What's his last name?

W: Well, the same as mine, Harold Trot.

M: Address?

W: 15 Bernard Street, W12.

M: When did you last see him, Mrs. Trot? And was there anything unusual that would have made him leave?

W: I last saw him early this morning, in the park. Well, he'd been a very naughty boy so I hit him with a stick and he tried to bite me and I'm afraid he got very angry and just ran away. My little Harold. You are only three.

M: How tall is he?

W: Oh, I don't think he could be more than 11 inches tall.

M: Eleven...er...we are talking about a little boy, are we not, ma'am?

W: A boy? A little boy? Good heavens, no! It's my Harold, my little dog.

Text 7

M: Hey Mary, got milk?

W: Hey Jack, got milk?

M: Have you heard that phrase "got milk" before? The phrase "got milk" was first used in the early 1990s.

W: People drank more milk after hearing that?

M: Yes! In the US, June is National Dairy Month. And they usually drink milk and eat products made of milk.

W: What are they?

M: Cheese is one, so is ice cream. I think my favourite food is cheese.

W: I have to agree with you there.

M: Sometimes I like ice cream, although we shouldn't eat that as often as we drink a glass of milk.

The phrase “got milk” became better known and helped some people make a lot of money.

W: Ha... That's funny! And then it's used in other ways, right?

M: Well, yes! You might see newspapers and T—shirts that say “got guitar” “got dogs” “got fruit” . Ha...Oh, that's a lot of fun!

W: Yes. And did they all come from that phrase “got milk” ?

M: Hmm, yes. Of course.

Text 8

W: Hi, Paul, it's me.

M: Hi, Mary. How's the trip?

W: Great. I'm having a great time. The weather is perfect. Every day is warm, sunny and great. I sleep late, go to the beach. How is it there?

M: Well, it's terrible, actually. It's cold and it rained this morning. It's supposed to snow tomorrow. A big storm.

W: Too bad! You should be here with me.

M: I don't know. Maybe?

W: What do you mean, maybe?

M: Did you hear the weather report today?

W: No, why?

M: You should have. So you could get ready.

W: Ready for what?

M: Ready for the hurricane.

W: Hurricane?

M: Yeah, I saw it on TV this morning. A hurricane is coming. There will be lots of strong winds tomorrow and heavy rain. It's a big hurricane, and it's coming up the coast of Mexico.

W: Hurricane? I can't believe it. Well, today is sunny and warm. And that's all I care about. Light wind. Beautiful weather. I'm going to the beach. I'll worry about the hurricane later.

M: Okay. I'll talk to you later. But be careful.

W: I'll call you tomorrow. Bye.

Text 9

M: How long are you planning to stay here?

W: I've got three weeks altogether. What do you suggest I see?

M: What would you like to do?

W: I think I'd like to see some of the things that you can't find in other countries.

M: Well, I suggest you see some of our national parks. You've got lots of old buildings in your country. Ours is a fairly new country, so our cities and towns are modern. But I guess we've got some of the most beautiful mountains and countryside in the world. Why don't you hire a car and

drive around for a couple of weeks?

W: Is it expensive to rent a car?

M: No, not very. You need a driving license. Have you got one?

W: Yes.

M: I think you'd better fly somewhere in the west. Then you can pick up a car and travel around.

W: What about places to stay?

M: I suggest you take a tent. I can lend you one and a few pieces of equipment. Is there anything else I could do for you? Do whatever you feel like doing! Shall we go downtown this evening? We could walk around.

Text 10

Bananas, which contain a lot of vitamins and minerals needed by the body, represent one of nature's healthiest food choices. In fact, bananas have three times the amount of vitamins A and C found in apples. The tasty fruit also contains five times more protein than apples. These essential minerals and vitamins help control blood pressure and help muscle movement and digestion. Bananas provide not only physical benefits but also mental and emotional benefits. Bananas contain something that helps lift our mood.

The next time you want to polish your shoes, reach for a banana skin. Some people insist that the inside of a banana peel can produce a great shine for your shoes.

Many people believe that bananas should never be placed in the refrigerator, but it's just not true. The banana industry has been working hard to correct this myth for years. While banana skins will turn dark in the refrigerator, the fruit will spoil less quickly in the refrigerator's cool environment.