

全国特级教师专家组 审定  
陈荣光 主编

PK 高考

## 专项冲击波

# 英语阅读理解100篇

精选最新传媒资讯

荟萃广泛阅读题材

容纳各类写作文体

集趣味、前瞻、预测于一体

Han Geng

By Mary

韩庚是中国第一位登上美国  
《时代》杂志封面，也是首位在好莱坞  
发行专辑的亚洲艺人。2009年，他  
凭借在《大内密探之零零七》中的  
出色表现，一举成名。

Super Junior is a 12-member  
Korean pop boy band. Twelve of  
the members go to China. They are a  
Chinese boy band that came to

Han Geng was born on February 9, 1984. He began to study  
dancing at the age of twelve. In  
2001, he was chosen as a member  
to hold a show by SM Entertainment  
in China. He was the first Chinese  
to get famous in singing,  
dancing and acting. "Every day I  
keep practicing for more than 10  
hours. It's hard. I have many  
injuries, but that time, I missed my  
chance to go to America, but when I

中国青年出版社

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备战高考，英语无疑是重头戏，而阅读理解，更是重中之重。平时进行大量阅读模拟训练是必要的，但是切不可陷入题海。高三学生如何真正减负，在练习中取得举一反三的效果？这正是本书的着眼点。

本书选材新颖、独特，精心挑选最新时文、报刊精美文章，并做了适于备考阅读的大量改编工作。所选材料题材丰富——传奇故事、人物传记、历史事件、科技知识、地理常识、自然景观、环境保护异彩纷呈；体裁广泛——记叙文、议论文、叙议结合文、说明文、书信、广告一应俱全。全书共20单元，每单元5篇文章，共20道试题。选择材料和编写习题时均遵照高考题的各项要求，具有“科学性、前瞻性、预测性”的特点。每单元后附有详尽的答案与解析，供考生自测时参考。

本书的读者群广泛，以高三学生为主，兼顾其他年级学生，以及具有相当于高中生英语鉴赏水平的英语爱好者。各项指标在使用时特做以下说明：

**难度系数：**针对阅读材料的内容，参考教学大纲的要求，标明每一篇文章的难易程度，同一单元中难易穿插。此举与高考题吻合。

**字数统计：**科学地统计每一篇文章的字数，以便为其他项指标作参照。

**参考用时：**根据文章字数及难易程度，结合教学大纲对阅读速度的要求，给出科学的限时答题。

**实际用时：**根据个人阅读的实际使用时间填写，并与参考用时对照。

**习题检测：**针对文章内容，按照高考题涉及的题型设计习题，以检验阅读的效果。

**答案与解析：**每单元后均附本单元习题详尽的答案与解析，并概括每篇文章的大意。这样，既可以在考生自测时作为答案参考，也可以帮助没有真正理解文章者彻底弄懂文意和后面的习题。照此反复练习，便可悟得英语阅读理解之精髓。

**单元升华：**每单元后都对本单元文章中的重点、难点词汇进行点拨、讲解。

**快乐驿站：**每单元后都附有校园幽默、笑话、智力问答等积极健康的内容，不仅增加趣味性，还能提高学习效率。

好书如挚友。选择本书，必将大大节约您宝贵的复习时间，并取得意想不到的好成绩。

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## Unit 1

## 1

## A

难度系数 易 字数统计 290 参考用时 4.5 mins 实际用时 mins

One of the most important meals of the day is breakfast. In order for children to build strong bodies and for adults to **keep fit**, they should always eat a good breakfast. Eating the right food is necessary for good health. You should eat different kinds of food in order to keep good health.

It is understood that a good breakfast may contain eggs, bread, milk, and so on. By eating breakfast every morning, you can feel alive and active in the morning's work. After a good breakfast you can step out into the morning air and feel wonderful. Anybody can feel better by eating a good breakfast.

Many fathers and mothers are unable to get their children to eat breakfast. There are many reasons for children not to eat breakfast. One reason could be that they do not have a good example. It could be that the father and mother do not eat breakfast. Whatever the reasons are for children not to eat breakfast, it can be bad for their health.

Without breakfast children may not grow as fast as they should and may not study and play as well in school in the morning as they could. They can have more illnesses, and, when they are ill, it may take them longer to be in good health again than it takes children with good eating habits.

Food is the source of power for the body. Unless the body gets food, it cannot keep operating at top speed. Without food the body will **slow down**. Nobody will live without food. It is necessary to start the day full of power. So you must eat breakfast so that you can keep in good health and do your best each morning.

- What should adults do in order to keep good health?
  - Eat less and take more exercise.
  - Have less for lunch.
  - Have more for supper.
  - Have a good breakfast.
- Many fathers and mothers are unable to get their children to eat breakfast because they \_\_\_\_\_.
  - always eat a big breakfast
  - eat a little for breakfast
  - eat more for breakfast
  - don't have breakfast at all



3. What will happen to the children without breakfast?

- A. They may not grow as fast as children with breakfast.
- B. They may grow faster and better than children with breakfast.
- C. They may grow as fast and well as children with breakfast.
- D. They may study as well as or even better than children with breakfast.

## B

难度系数 中 字数统计 314 参考用时 5.5 mins 实际用时 \_\_\_\_\_ mins

Early one morning, Mayoral and his partner Santos Luis Perez set out to fish in Laguna San Ignacio. Hundreds of gray whales were swimming in the three-mile long, one-mile-wide inlet (小湾). This was usual between December and April, for the whales breed (繁殖) in the protected inlets of Baja, the final destination of their annual 6,000-mile migration from the Arctic. Mayoral and Perez stayed as far as possible from the creatures, because the whales were said to destroy boats with their powerful flukes (鲸尾突叶).

As Mayoral rowed to catch the outgoing tide, he saw, straight ahead, a whale approaching. Heart beating, the 31-year-old turned the little wooden boat and pulled hard for shore. Try as he might, however, he couldn't row over the huge beast. In moments, it overtook them. Expecting the worst, the fishermen dropped to their knees and made the sign of the cross. The whale raised its nine-foot head out of the water and looked at them. Then, remarkably, it began to rub gently against the boat.

Sinking and resurfacing on opposite sides of the boat, the whale continued its gentle rubbing for almost an hour. At first the men prayed, frozen in fear. But gradually Mayoral's terror gave way to curiosity. He was **tempted** to reach out and touch this strangely unthreatening creature, but a lifetime of caution kept him still.

At last, having finished with whatever its purpose had been, the whale disappeared below the surface. Some time passed before either man spoke. Then they headed home. To his wife, Mayoral said only, "No fish today".

But word spread through the group of small wooden houses near the salt-water lake. A strange thing had happened: one of the whales had tried to touch the men, and the men had returned unharmed. Why? Nobody knew.

4. The whales traveled 6,000 miles from the Arctic to the inlets of Baja in order to \_\_\_\_\_.

- A. have a change in environment
- B. give birth to baby whales in winter
- C. escape from the cold water for a while
- D. find a warm place to settle down

5. When a whale approached them, the fishermen \_\_\_\_\_.

- A. did nothing but kneel down and pray



- B. rowed quickly to the shore  
 C. threw a cross to the whales  
 D. prepared to fight against the whale
6. On seeing the whale didn't attack them, Mayoral forgot his fear and became curious, \_\_\_\_\_.
- A. then he touched the whale  
 B. then he played with the whale  
 C. yet he was still motionless  
 D. yet he continued his praying
7. The best title for the passage should be "\_\_\_\_\_".
- A. A Fisherman Full Of Experience At Sea  
 B. An Interesting Experience In An Inlet  
 C. The Habits Of Whales Of Laguna San Ignacio  
 D. The Friendly Whales Of Laguna San Ignacio

## C

难度系数 中 字数统计 243 参考用时 4 mins 实际用时 \_\_\_\_\_ mins

Marlene Dietrich is finally to be honored by her home city, Berlin.

For more than half a century, the famous film star won huge fame in Hollywood, but **remained** a highly controversial figure in Germany.

When the city's new Film Museum is opened on September 26, three of its 15 rooms will show the star's possessions collected over a lifetime.

In addition to various collections of Marlene, visitors will be able to see all Marlene Dietrich's movies. There will also be key excerpts from a vast range of German-made films.

Dietrich became a world star after her wonderful performance in a movie. After that, she turned her back on Germany, horrified by the sudden movement of Nazi in her hometown.

A few years after the war, the star was persuaded to pay a short visit to Berlin. But the trip proved a disaster. At a city hall gathering in West Berlin, crowds turned out to see her, but not all friendly.

She was attacked at times. She found herself being blamed for wearing an American uniform during the war to please US troops in Europe. She was also scolded for "turning her back on the country."

Dietrich, deeply hurt, decided she would never return to Berlin again. But she softened her judgment.

When she died in Paris in 1972, it was at her express wish that her body should be sent back to Berlin for burial alongside her mother in a local cemetery.

8. From the second paragraph, we can learn that \_\_\_\_\_.  
 A. Germans were narrow-minded      B. Germans were difficult to get along with  
 C. all Germans admired Dietrich      D. some Germans disliked Dietrich
9. The underlined sentence "she turned her back on Germany" (in Para. 5) means \_\_\_\_\_.  
 A. Dietrich looked down upon her country  
 B. Dietrich turned away from her country  
 C. Dietrich gave up performance in her country  
 D. Dietrich lost her job in her country
10. Dietrich paid a short visit to her country \_\_\_\_\_.  
 A. in 1930      B. before 1940      C. in 1945      D. after 1945
11. The famous film star, as a whole, \_\_\_\_\_.  
 A. loved her mother all her life      B. enjoyed her life in France  
 C. loved her country from her heart      D. felt satisfied with her performance

## D

难度系数 难 字数统计 315 参考用时 6.5 mins 实际用时 \_\_\_\_\_ mins

Anger is good for you, as long as you control it, according to new psychological research. A new study from Carnegie Mellon University shows anger may help people reduce the negative impacts of stress and help you become healthier.

"Here getting emotional is not bad for you if you look at the case of anger," said Jennifer Lerner of Carnegie Mellon, "The more people display anger, the lower their stress responses."

Lerner studied 92 UCLA students by asking them to count back from 6,200. They must say out loud every thirteenth number. Researchers disturbed them by asking them to count faster or asking them other questions. If they made any mistakes, they had to restart from the very beginning. Many students felt depressed about making so many mistakes or got angry.

Lerner used a hidden video camera and recorded all their facial expressions during the test. The researchers describe their reactions as fear, anger and disgust.

Other researchers recorded the students' blood pressure, pulse and production of a high-stress hormone(荷尔蒙) called cortisol. People whose faces showed more fear during the experiment had higher blood pressure and higher levels of the hormone. Both can have lasting effects such as diabetes(糖尿病), heart disease, depression and extra weight gain.

When people feel fear, negative impacts increase; but when they get anger, those negatives go down, according to the study.

“Having that sense of anger leads people to actually feel some power in what otherwise is a maddening situation.” Lerner said.

Lerner previously studied Americans' emotional response to the 9/11 terrorist attacks two months after the incident. She found people who reacted with anger were more optimistic. These people are healthier compared with those who were frightened during the events. So in maddening situations, anger is not a bad thing to have. It's a healthier response than fear.

12. What is the story mainly about?
  - A. Anger may bring benefits to you.
  - B. How do you control anger?
  - C. Different effects produced by anger and fear.
  - D. Healthier responses in maddening situations.
13. Which statement doesn't Jennifer Lerner agree with according to the text?
  - A. It's better to be depressed than to be frightened.
  - B. Different reactions reflect different outlooks on life.
  - C. Don't control your anger and it gives you power.
  - D. Angry people are generally healthier than frightened people in maddening situations.
14. What does the underlined word “both” refer to according to the passage?
  - A. Fear and anger.
  - B. Blood pressure and pulse.
  - C. Blood pressure and cortisol.
  - D. Higher blood pressure and higher levels of the hormone.
15. In what ways can anger be beneficial to people?
  - A. By showing their optimistic side.
  - B. By reducing their stress.
  - C. By reducing high blood pressure.
  - D. By taking place of fear.
16. The researchers made some of the students angry by \_\_\_\_\_.
  - A. recording their performance secretly
  - B. asking them to count to 6,200 again and again
  - C. disturbing them and making them start all over again
  - D. criticizing them when they made mistakes

## E

难度系数 难 字数统计 242 参考用时 5 mins 实际用时 mins

Your new blender has been designed to give you years of enjoyment, with a small amount of care.

To make sure that your blender always operates at peak performance, you should clean the container after each and every use. Please do not use the container to store foods or drinks.

We recommend that you treat your blender container with the same care that you give to your good glassware.

If you have been blending solid food, you may want to clean the container first with a long-handled brush and warm water to get rid of any remains that stick to the inside.

After blending ANYTHING—liquid or solid—you should ALWAYS follow this procedure:

① Put about one cup of warm water and a bit detergent (洗涤剂) into your blender container; cover and blend, at a low speed, for about 30 seconds.

② Wash up and dry the container. (Here's a quick tip. To make sure it is really dry, put it back on your blender base; cover and run the blender, empty, at a low speed, for about 2 to 5 seconds, so that any remaining water drops may disappear.)

③ To clean your blender base, unplug and use a soft cloth or sponge (海绵), warm water and a bit mild detergent. Do not put blender into water, and do not use any harsh (粗糙的) or hard detergent.

17. Which of the following is NOT mentioned in the passage?

- A. Clean the container every time you use it.
- B. Don't use container to store food or drinks.
- C. The steps of how to use a blender.
- D. The blender can not be put into water.

18. What should you do first after blending solid foods?

- A. Clean the container with a brush and warm water.
- B. Clean the outside of the container first.
- C. Put the long-handled brush into the container.
- D. Run the blender again at a low speed.

19. The following are the steps of cleaning the blender, which is the correct order?

- a. Wash up and dry the blender container.
- b. Put a cup of warm water with detergent into the blender.
- c. Put the blender on its base and run the blender at a low speed for 2 to 5 seconds.
- d. Unplug the blender base and clean it with a soft cloth, warm water and detergent.
- f. Blend detergent and water at a low speed for about 30 seconds.

A. a—c—f—b—d

B. d—b—f—c—a

C. b—f—a—c—d

D. b—f—d—c—a

20. What might be the best title for the passage?

- A. How to Use Your Blender?      B. How to Clean Your Blender?  
C. Why to Clean Your Blender?      D. When to Clean Your Blender?

## ◎答案与解析

### A

【文章大意】俗话说：“早饭要吃好，午饭要吃饱，晚饭要吃少。”早餐真的可有可无吗？经常不吃早餐会给人带来很多危害吗？本文就说明了早餐的重要性。

1. D 【解析】推理判断题。根据文章第一段第二句可知答案：成年人为了健康，应该吃好早饭。所以答案选 D 项。  
2. D 【解析】细节理解题。根据文章第三段可知：父母不能让孩子吃好早餐的原因之一就是他们自己根本不吃早餐。所以答案为 D 项。  
3. A 【解析】细节理解题。根据文章第四段第一句“Without breakfast children may not grow as fast as they should”便可知答案为 A 项：不吃早饭的孩子可能没有那些吃饭的孩子长得快。

### B

【文章大意】文章讲述了一位渔夫遇到鲸鱼不伤人、有惊无险的故事。

4. B 【解析】细节理解题。根据第一段“This was usual between December and April, for the whales breed (繁殖) in the protected inlets of Baja, the final destination of their annual 6,000-mile migration from the Arctic.”可判断正确答案选 B 项。  
5. A 【解析】细节理解题。根据第二段“Expecting the worst, the fishermen dropped to their knees and made the sign of the cross.”判断正确答案选 A 项。B 项有一定的干扰性，文中第二段第二句“... and pulled hard for shore.”但是由下句“Try as he might, ... couldn't row over the huge beast.”可排除 B 项。  
6. C 【解析】细节理解题。根据第三段“He was tempted (引诱) to reach out and touch this strangely unthreatening creature, but a lifetime of caution kept him still.”判断正确答案选 C 项。  
7. D 【解析】主旨大意题。文章主要描写两位渔夫遇到鲸鱼不伤人、有惊无险的经历，全文围绕“鲸鱼”展开描述，故正确答案选 D 项。文章重心在鲸鱼而不在人，故排除 A 项；B 项错在 interesting；文章只写了鲸鱼不伤人而未写其习性，故不选 C 项。

### C

【文章大意】本文介绍了德国著名影星 Marlene Dietrich，她在她的黄金时期离开了德国，没有得到任何奖励和公正的评价。即便如此，Marlene 仍然是一个伟大的演员，一个成功的女人。

8. D 【解析】主旨大意题。从第二段“but remained a highly controversial(有争议的) figure”可以知道,既然是有争议的人物,肯定是有人喜欢,有人不喜欢。所以答案选 D 项。
9. B 【解析】句意理解题。由于 Dietrich 对德国的纳粹党运动感到震惊和恐惧,所以她被迫离开德国。但后来的德国人认为是她“背弃”了德国。“turn one's back on...”意为“背弃、抛弃”。“turn away from...”意为“厌烦”。
10. D 【解析】细节理解题。从第六段“A few years after the war, the star was persuaded to pay a short visit to Berlin.”中可知“the war”指的是第二次世界大战,二战于 1945 年结束,既然是战后,所以答案应该是 D 项。
11. C 【解析】推理判断题。从倒数第二段“But she softened her judgment.”以及最后一段中“她要求死后将她的尸体运回 Berlin 和她母亲葬在一起”,可以看出:Dietrich 从心里来说,还是热爱她的祖国的。因此, C 项为最佳答案。

#### D

【文章大意】下次再遇到让你抓狂的事情,你可以生气,但是要适度。适当的发怒可以使人体更健康。人不能过分压抑自己的情绪。

12. A 【解析】主旨大意题。通读全文可知,生气能给人类带来好处,尤其是在有些“maddening situations”的时候,所以答案选 A 项。
13. A 【解析】推理判断题。根据文章第二段和最后两段知 B、C、D 三项均是 Jennifer Lerner 赞同的观点:不同的反映可以折射出对人生的态度;不要控制你的愤怒,因为它可以给你力量;在抓狂的情况下,愤怒的人总体来说比恐惧的人更健康。此题用排除法可知答案为 A 项。
14. D 【解析】词义猜测题。从第五段中第二、三句可知这里指“高血压和高荷尔蒙”,所以答案为 D 项。
15. B 【解析】细节理解题。第一段中提到“... reduce the negative impacts of stress...”可知,愤怒可以通过减轻人们的压力从而使他们受益。故 B 项为最佳答案。
16. C 【解析】细节理解题。第三段有提到“Researchers disturbed them by asking them to count faster or asking them other questions.”可知研究人员通过打扰他们并且当他们出错时不断地重新数数来使学生们愤怒。所以 C 项为最佳答案。

#### E

【文章大意】本篇为应用文,介绍了清洗搅拌机的三道主要程序及具体操作时的注意事项。

17. C 【解析】细节理解题。根据二三段可知,主要介绍的是使用搅拌机之后如何清洗、甩干的问题,未涉及如何使用搅拌机的步骤。所以答案为 C 项。
18. A 【解析】推理判断题。注意题干中的 first 的限制作用。根据最后三段标注的序号可以判断 A 项才是清洗搅拌机的第一步,故答案选 A 项。

19. C 【解析】逻辑排序题。根据上一题的提示, b 是第一项, 据此排除 A、B 两项; 再根据最后一段 d 是最后一道程序, 因此答案选 C 项。
20. B 【解析】主旨大意题。综合全文可以看出本文介绍如何清洗搅拌机, 因此 B 项为最佳答案。

## 单元升华

- tempt *vt.* 诱惑, 引诱, 吸引; 使感兴趣; 考验, 试探  
如: He tempts his brother to steal. 他引诱他弟弟偷窃。
- keep fit 保持健康, 保持身材  
如: If you want to keep fit, you should eat less meat. 如果你要想保持身材, 你就要少吃肉。
- slow down *v.* (使)慢下来  
如: Slow down, or you will be hurt by the running cars. 慢点, 否则你会被行驶的车辆伤害着。
- remain *vi.* 保持; 逗留; 剩余, 残存  
如: You should remain modest and prudent. 你应该保持谦虚谨慎的态度。



### Did You Say Treatment, or Cure? 治疗还是治愈

Two farmers met with each other, and the first one said, "Didn't your horse have that disease that was going around?" The friend replied, "Yes, he did! He had it bad." "So, what did you do for him?" asked the first farmer. "Well, I dosed (给……服药) him good with a half pint (品脱) of linseed (亚麻子) oil, a tablespoon of turpentine (松脂), and three tablespoons of castor oil (蓖麻油)."

A few days later, the two farmers met again. The first farmer asked his friend, "Didn't you tell me you gave your horse a half pint of linseed oil, a tablespoon of turpentine, and three tablespoons of castor oil?" The second said, "Yes, I sure did!" The first farmer exclaimed, "I thought that's what you said, but when I gave it to my horse, he died!" And the friend said, "Of course! Mine did, too!"



## Unit 2

### A

难度系数 易 字数统计 314 参考用时 4 mins 实际用时 mins

Making an advertisement for television often costs more than a movie. For example, a two-hour movie costs \$ 6 million to make. A TV commercial can cost more than \$ 6,000 a second. And that does not include the cost of paying for air time(电视节目开始的时间). Which is more valuable, the program or the ad? In terms of money—and making money is what television is all about, the commercial is by far the more important.

Research, market testing, talent, time and money—all come together to make us want to buy a product. No matter how bad we think a commercial is, it works. The sales chart went up once the ads began. TV commercials actually buy their way into our head. We, in turn, buy the product.

And the ads work because so much time an attention is given to them. Here are some rules of commercial ad making. If you want to get the low middle-class buyer, make sure the announcer has a tough, manly voice. Put some people in the ad who work with their hands. If you want to sell to upper-class audience, make sure that the house, the furniture, and the hair style are the types that the group **identifies** with. If you want the buyer feel superior to the character selling the product, then make that person so stupid or silly that everyone will feel great about himself or herself.

We laugh at commercials. We don't think we pay that much attention to them. But evidence shows we are kidding ourselves. The making of a commercial that costs so much money is not kid stuff. It's big, big business. And it's telling us what to think, what to need, and what to buy. To put simply, the TV commercial is a form of brainwashing.

1. TV commercials are more important than other programs to television because \_\_\_\_\_.
  - A. they bring in great profits(利润)
  - B. they require a lot of money to make
  - C. they are not difficult to produce
  - D. they attract more viewers than other programs
2. The purpose of all the efforts made in turning out TV commercials is \_\_\_\_\_.
  - A. to persuade people to buy the product
  - B. to show how valuable the product is
  - C. to test the market value of the product

- D. to make them as interesting as TV movies
3. From the rules set for making commercial ads, we can see that \_\_\_\_\_.  
 A. the lower-middle-class buyer likes to work with his hand  
 B. the more stupid the characters, the more buyers of the product  
 C. ad designers attract different people with different skills  
 D. an upper-class buyer is more interested in houses and furniture than a lower-middle-class buyer
4. The underlined word “kidding” (Para. 4) most probably means \_\_\_\_\_.  
 A. behaving as a child  
 B. laughing at  
 C. making fun of  
 D. not telling the truth to
5. It is believed by the writer that \_\_\_\_\_.  
 A. few people like to watch TV commercials  
 B. TV commercials are a good guide to buyers  
 C. TV commercials often make people laugh  
 D. people do not think highly of TV commercials

## B

难度系数 易 字数统计 356 参考用时 4 mins 实际用时 \_\_\_\_ mins

The smart job seeker needs to get rid of several standard myths about interviewing before starting to look for a job. What follows is a list of some of these untruths and some tips to help you do your best at your interview.

Myth 1: The aim of interviewing is to obtain a job offer.

Only half true. The real aim of an interview is to obtain the job you want. That often means rejecting job offers you don't want! Incompetent job-seekers, however, become so used to accommodating to employers' expectations that they often easily qualify for jobs they don't want. So, before you do back-flips for an employer, be sure you want the job.

Myth 2: Try to control the interview.

Nobody “controls” an interview—neither you nor the interviewer—although one or both parties often try. Then it becomes a phony exchange between two human beings; no business is likely to be transacted. Remember, you can't control what employers think of you, just as they can't control what you think of them. So **hang loose** when interviewing. Never dominate the interview.

Myth 3: Never interrupt the interviewer.

Study the effective **conversationalists**. They interrupt and are interrupted! An exciting conversation always makes us feel free—free to interrupt, to disagree, to agree enthusiastically.