

中学英语成功策略

SUCCESSFUL ENGLISH STUDY STRATEGIES
FOR MIDDLE SCHOOL STUDENTS

陈怀良 主编

English Reading Skills For Junior High School Students

周桂良 编写

初中英语阅读技巧



上海教育出版社

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前 言

(FOREWORD)

当今, 中学英语教育已成为社会各界广泛关注的焦点。教育部的中学英语新课程标准已经颁布, 全国各地英语课程教材改革也都取得了突破性的进展。在我国专家自编教材不断创新和完善的同时, 各种版本的国外引进教材也纷纷进入课堂, 以适应中学英语课程教材改革的要求。为了适应各地中学英语教与学的需要, 上海教育出版社邀请了北京、上海、重庆、江苏等地的优秀英语教师, 精心编撰了“中学英语成功策略”丛书, 旨在反映二期课改对学生英语运用能力的要求, 帮助中学生学好英语, 全面提高英语运用能力。

各地的优秀英语教师, 历来十分注重对学生学习方法的指导, 有效地帮助学生养成良好的学习习惯, 培养了大批英语成绩优秀的学生和优秀英语人才。本丛书就是诚聘了这部分对教学很在研究的优秀教师(主要是特级教师)撰稿的, 他们按照新的英语课程标准, 结合国情和本土英语教材的现状, 参考和借鉴国内外新教材和有关资料, 以有效地指导和帮助中学生寻找“中学英语成功策略”。因此, 相信这套丛书会广泛地受到全国各地中学生的欢迎。本丛书的作者均以各自英语教学特长和科研方向来认定自己的选题的。“中学英语成功策略”每册书, 不仅凸现了中学英语课程标准和新教材的变化, 注重培养中学生的英语素养, 也注意到适应中考、高考命题的发展趋向。丛书融会了作者丰富的教学经验和科研成果, 展现了他们独特的教学方法和教学风格。强调内容和语言的科学性、时代性、趣味性和实用性, 也是“中学英语成功策略”刻意追求的。

培养学生的阅读能力是中学英语教学的主要目标之一。然而, 分析历年上海及全国各地英语中考试卷, 不难发现阅读测试题成为学生失分最多的部分之一。《初中英语阅读技巧》正是为有助于提高学生阅读理解能力和阅读速度而撰写的。怎样才能进行有效阅读呢? 书中的“阅读技巧指要”部分阐述了多种阅读技巧, “阅读技能训练”则指导学生如何强化训练阅读技能。书后还附有训练题的答案。《初中英语阅读技巧》作者周桂良老师系江苏省英语特级教师、常州



教育局教研员，长期从事中学英语教学和研究，尤其注重中学英语阅读教学研究。蒋顺国、周春欣、吴曼丽、赵卫勇、朱国卫、马爱武、萧晓丽等高级教师参与了本书部分章节的编写工作。

上海大学外语学院副院长徐钟教授审读了全书稿，并对书稿提出许多宝贵的意见，在此一并致以诚挚的感谢。

书中若有不当之处，期望专家和广大师生提出宝贵意见，以便进一步修订，使“中学英语成功策略”丛书能成为指导中学生学好英语的良师益友。

陈怀良

2003年6月于华东师范大学



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培养良好的阅读习惯

阅读技巧指要

提高阅读能力是中学生学习英语的主要目标之一。阅读能力的大小由阅读速度和对所读材料的正确理解度决定的。在阅读训练中既要积极提高阅读速度，又要大力提高阅读理解的正确度，只有这样，才能真正提高阅读的有效度。

要提高阅读速度，必须改正不良的阅读方法，养成良好的阅读习惯。

一、视读

阅读应该是“看”的过程，出声阅读和无声默读都会影响速度。以英语为母语的人的“朗读”速度一般为每分钟120—140词，而视读则可达400—600词，所以养成视读的习惯对提高阅读速度非常重要。

二、扩展视距

阅读时人的目光不是平滑地连续不断地活动，而是每隔一段距离，就有一个短暂的停顿，以便眼睛休息和脑子对获取信息进行加工。为了加快阅读速度必须扩大视距，即增加两次停顿之间目光所见的词数。例如读下面的句子，视距不同，速度也就不同。

We have no time to lose if we are to reach our goal.

We have no time to lose if we are to reach our goal.

显然，第二种读法视幅宽，停顿少，阅读速度也就加快了。

三、抓住关键词

阅读时可跳过不重要的词汇，把注意力放在含有重要信息的词汇上。例如：She said that she would leave a message on his desk. 我们只要看懂She said...leave...message...his desk 全句意思就掌握了。

四、尽量不查词典



阅读时不时地查词典一是费时间；二会中断思维。构词法可有助于猜测词义，只有在实在无法猜出词义，而该词对文章的理解又十分重要时才查词典。

五、不回视

回视是指阅读时，回过头去重新阅读已读过的句子。回视影响阅读速度，是一个坏习惯。我们要立足于看一遍就理解，即使有疑问，也可留在脑子里，在下文的阅读中加深理解。若读者有回视的习惯，可用一张纸或一本书遮盖已读文字，使回视不再可能。

六、不作翻译和不必要的语法分析

我们要直接理解原文，用英语跟随作者思维。翻译会影响思路，千万要摒弃。语法分析是为了理解句子意思，若我们已理解了句子意思，就没有必要反其道再作语法分析了。

七、要养成计时阅读的习惯

每次阅读一篇短文并做理解测试题时，可统计一下阅读速度（阅读速度 = 所读材料词数 ÷ 阅读时间，单位为“词/分”）和理解正确率（阅读理解度 = 答对试题数 ÷ 总试题数 × 100%）。长期坚持这种训练，能收到明显的效果。

阅读技巧训练

1. 按视幅符号(/)快速阅读下文

Read My Mind/ and Took the Words/ Right Out of My Mouth./
Sometimes/ when I am just about/ to say something,/ another
person says it for me./ Well, have you ever wondered/ what to say to
that?/ Today I shall tell you./

The saying to this/ can be many things./ One is / “You read my
mind”!/ This means that the person,/ who said/ what I was going to
say,/ actually read my mind!/ Then, after reading my mind,/ they
said exactly/ what I was going to say.

Another way to say this is/ “You took the words/ right out of my
mouth”!/ This means/ that the person,/ who said/ what I was going to
say,/ actually got inside my mouth/ and took out the words/ I was
going to say./ Then they put the words,/ into their own mouths/ and
said the words/ themselves.



I **personally**(个人) think/ that these two phrases/ are very funny indeed./ They explain/ as well as **humors**(幽默)./ I wonder/ if there are sayings/ like these in Chinese?

II. 快速阅读下文, 理解全文意思, 留意关键词(下面划线的词), 并回答下面问题

One day Mrs. Green took Tom and Ben shopping. They went to the supermarket in the new shopping center.

"Why do you buy things here?" Tom wanted to know.

"Because they are cheaper here than at the corner shop," Mrs. Green said, "Help me check the prices."

The Green family were not rich and Mrs. Green was always careful with her money. She looked carefully at the prices of things.

She bought a cartful of groceries in the supermarket.

When they got home, the children said, "We don't think you saved money by going to the supermarket."

"Of course I did," Mrs. Green said, "Everything was cheaper there."

"We know," the children said, "but we came home by taxi because we had too much to carry. The cost of the taxi was more than the money that you saved!"

Mrs. Green added everything up. Her children were right.

"Well done," she said, "Next time we'll do our shopping nearer home."

Questions:

1. Did Mrs. Green take her children to the new supermarket?
2. Do the green family have a lot of money?
3. Did Mrs. Green buy a lot of groceries at the supermarket?
4. Did Mrs. Green save any money by shopping at the supermarket?
5. Did the children give Mrs. Green good advice?

III. 计时阅读下面文章, 计算出阅读速度和理解度

(A)

The City Mouse and the Country Mouse

One day a city mouse met a country mouse in the field. The country mouse was eating **grains**(谷粒).

"Hello, friend!" the city mouse said.



"Hello!" answered the country mouse.

"Why do you eat such bad food?" asked the city mouse, "I eat only good food."

"Do you work hard to get your food?"

"No, I don't work at all."

The country mouse was surprised.

"Is that so?" she asked.

"Surely. Come with me and see. You will like everything in the city. You will never think of this field again and you will never want to come back."

The country mouse wanted very much to visit the city mouse's place. She went together with the city mouse. They walked and walked. At last they came to a city. There were many big and small houses in the city and the two friends went into one of them.

"There is a room in the house," said the city mouse, "People keep bread and other food there, Let's come in."

There was a lot of food in the room. The country mouse was very glad. "So much food! So nice here! What shall we begin with?" she asked.

"Come on! Let's have dinner. You may take what you like." the city mouse said.

They started to eat. At this moment they heard the sound of people's voices.

"Run! Run away quickly!" the city mouse cried in **fear**(恐惧).

They both ran as fast as they could. When they stopped at last, the country mouse turned to her friend.

"Oh, my heart was in my mouth!" she said, "I have never been so much afraid. I am going back to the field to eat bad food without fear. I think it is better to be poor and happy than to be rich and live in fear."

(B) 1. The country mouse and the city mouse met _____ .

A. in a house of the city

B. in a grain field

C. in a field of the city

D. at the foot of a hill



- (A) 2. Why was the country mouse surprised?
 A. Because the city mouse always ate good food.
 B. Because he ate bad food.
 C. Because he worked very hard to get such bad food.
 D. Because he ate good food and he didn't work at all.
- (B) 3. Which of the following statements is true?
 A. The city mouse worked very hard in order to get good food.
 B. At first the country mouse didn't think the city mouse ate good food without work at all.
 C. At first the country mouse was afraid to go to the city with the city mouse.
 D. In the end the country mouse didn't visit the city.
- (B) 4. Which of the following statements is not true?
 A. There was a lot of good food in the house.
 B. They came to a kitchen.
 C. The country mouse was happy to see so much good food.
 D. The country mouse ate a lot of good food.
- (D) 5. "My heart was in my mouth" means _____.
 A. he was excited. B. he had heart trouble.
 C. the city mouse was afraid. D. the country mouse was afraid.

阅读速度			理解度		
词数	分钟数	w/m	答对题数	总题数	%
308				5	

(B)

Mr Harris worked in London last year, but then he changed his **job**(工作), and he and his wife moved to another town. They didn't have many friends there, but soon met a lot of interesting people and after a few weeks they often went to dinner or parties at other people's house.

Then Mrs Harris said to her husband, "We've been to a lot of other people's house, and now we must **invite**(邀请) them to our house."



"Yes, certainly." said her husband, "first let's invite people to dinner in a small number next week." But Mrs Harris said, "No, I'll invite all our friends here to a big party next Saturday."

Mrs Harris was beginning to write the **invitations**(请贴) when her husband saw that she was writing, "Party: 7:00 to 9:00 p.m." "That isn't very nice. Our **guests**(客人) may think that they must leave at 9:00." So Mrs Harris wrote, "Party: 7:00 p.m."

A lot of guests came, and they all had a good time, so they did not go home at 9:00. In fact, they were still there at 12:00 when the doorbell rang and a policeman arrived. He said, "You must stop making a noise, because someone had made a telephone call to **complain**(抱怨) about it."

The guests were sorry to go. When Mr and Mrs Harris were alone again, she said to him, "That was strange. We did not make so much noise. But who made the telephone call?" "I did." Mr Harris answered in a tired voice.

- (D) 6. It was not long before _____.
A. Mr Harris worked in London
B. Mr Harris changed his job
C. Mr Harris and his wife found a new house
D. Mr Harris and his wife made quite a few new friends
- (C) 7. How many people did Mrs Harris want to invite to the party?
A. Many of their friends.
B. A small number of their friends.
C. All of their friends.
D. Some of their friends.
- (A) 8. How long did Mrs Harris hope their guests would stay?
A. Two hours. B. Three hours.
C. Four hours. D. Five hours.
- (D) 9. How long did their guests stay in their house in fact?
A. Two hours. B. Three hours.
C. Four hours. D. Five hours.
- (B) 10. Who telephoned the police to come?



- A. Mrs Harris. B. Mr Harris.
C. Their friends. D. Their **neighbors**(邻居).

阅读速度			理解度		
词 数	分钟数	w/m	答对题数	总题数	%
255				5	



2

采用正确的阅读方法

阅读技巧指要

人们总是为了一定的目的而阅读,或是为了娱乐消遣,或是为了获取信息。娱乐消遣往往阅读小说、剧本等。获取信息往往需要阅读报纸、杂志,看信件、通知、通告、说明书等。当然,我们读课本,看教学参考资料,做习题,看问题,也都是阅读。

阅读的目的不同,采用的方法也随之改变。阅读方法一般有三种。

一、略读

大略地阅读一篇文章,往往是在时间很少,急于读完内容,不要求了解细节时采用的阅读方法。略读有以下一些特点:

1. 阅读速度极快。

2. 与一般的快读不同,快读是几乎每句之中的词儿都看,而略读则是有选择地进行阅读,许多文字是不阅读的。

3. 对文章的理解度不高,一般不会超过50%。要求理解的只是文章的主要内容,对细节不要求弄明白。

略读的方法是尽快先看一下文章的大、小标题,然后以快读的速度阅读文章每段的第一句或最后一句句,因为段落的主题句往往是该段的第一句或最后一句。若主题句在段落的中间,我们就顺着该段往下看,找到主题句之后,下面的文字材料可以跳过去不看。

一篇文章的第一段或最后一段可能特别重要,因为作者可能在第一段论述文章的主题或叙述内容概要;也可能在最后一段总结全文论述的内容。所以阅读第一段或最后一段是略读的关键技巧。

English writers stand high in world literature(文学). Shakespeare,



Swift, Byron, Dickens and many others are dear to all those who love literature. Have you ever heard of a boy who hasn't travelled together with **Gulliver**(格列佛) or lived on a small island in the sea with **Robinson Crusoe**(鲁滨逊)? Both young and old enjoy works by English writers which tell us about life and man. They teach the reader to love man, to **struggle**(斗争) for all that is good and great, and to fight against all that is bad and low. We can say that the best works of English writers are, and will always be, a great school of life for those who read them.



William Shakespeare

['wɪljəm 'ʃeɪkspiə]

(1564-1616)

威廉·莎士比亚



Daniel Defoe

['dænjəl drɪ'fəʊ]

(1660?-1731)

丹尼尔·笛福



Henry Fielding

['henrɪ 'fi:ldɪŋ]

(1707-1754)

亨利·菲尔丁



Walter Scott

['wɔ:lɔ:skɒt]

(1771-1832)

沃尔特·司各特



Shakespeare was one of the greatest writers that ever put pen to paper. People in all countries enjoy his plays. We can say this, too, about the works of Byron and Shelley, two great English **poets**(诗人). They loved **freedom**(自由) and they tell their readers how people have fought for it. In their works we read and enjoy there are many English **novels**(小说). One of the first novels in the history of literature was written in England in 1719, it was *Robinson Crusoe* by Defoe. Some years passed, and Swift wrote his famous *Gulliver's Travels*. In the middle of the century, Fielding became one of the greatest English writers.

At the beginning of the 19th century, the world heard about Walter Scott, who wrote historical novels. Today people often call Walter Scott the father of the historical novel.

Among the 19th century authors Dickens and Thackeray were, perhaps, the greatest. In their novels, Dickens and Thackeray described English life in those days, and told people the truth about it.

Next to these great names stand the names of the three English women writers, Jane Austen and the two sisters — Charlotte and Emily Bronte.

As you see, England has had many great writers. Poems and novels by English writers are **translated**(翻译) into Chinese, Russian, French, German and other languages.

我们只要阅读文章第一段及每段的第一句话(第3段例外,要读第2句话),就能了解到这篇文章谈的是英国文学及其伟大作者以及这些文学巨人在文学上的重要地位。

二、查读

查读是在所阅读的材料中,寻找自己所需要的特定信息。查读和略读不同,略读在于了解文章大意,而查读的的目的是找到特定的信息,如:人名、地名、时间、数字、事例等。查读要求读者记住自己所需要的信息,与信息无关的部分应略去不看。如果所查材料是按顺序排列(时间顺序,字母顺序,数字顺序等),眼睛应作“扫描式”移动,直到捕捉所需信息。

下面是一篇有关星座的文章,假如你想知道星座之说是否有道理,你可查读你的生日所在星座,看一下说明。



Star signs(星座)

A year is **divided**(划分) into 12 different star signs. They **are based on**(以……为基础) the **positions**(位置) of the sun, moon, **planets**(行星) and stars in the sky. The time of year in which you were born decides which star sign you are. Many people believe that people born under the same star sign have similar **characteristics**(性格).

21st Mar-20th Apr

You are **energetic**(精力充沛的) and active, but sometimes too **impatient**(不耐烦). You like to be the **leader**(领导人).



Aries

22nd Jun-20th Jul

You are very **loyal**(忠实的) to your friends. You have lots of feelings and like saving money.



Cancer

21st Apr-22nd May

You are **stubborn**(固执的) and do not like change. You are a **hard-working** person who does not give up easily.



Taurus

21st Jul-19th Aug

You are a strong and **confident**(自信的) person. You love to spend money and buy expensive **gifts**(礼品).



Leo

23rd May-21st Jun

You are an active and **intelligent**(聪明的) person. You are always **outgoing**(外向的) and love travelling.



Gemini

20th Aug-22nd Sep

You are a **creative**(创造性的) but **modest**(谦虚的) person. You worry too much at times. You like to save lots of money.



Virgo