

■ 根据最新《英语课程标准》编写
全国通用的英语专项辅导书，配套各种教材版本

◎ 总策划/主 编：蔡章兵



中学英语

第一 实用阅读

Topic Reading 精选 120 篇



YZLI0890141464

一网打尽

话题解读 + 话题锦囊 + 话题演练
生词注释 + 难句点睛 + 答案详解

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- ▲ 丰富新颖的题型设置

高二

● *Topic Reading*

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阅读精选 120 篇

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前言

《中学英语第一实用阅读 阅读精选120篇》系列是由全国近百位中学英语特高级教师倾力打造的,以方便中学考生学习使用和切实提高英语阅读理解能力为原则,以契合新课程标准的要求为准则,以适用于任何教材版本为方向,以24个话题功能为主线进行策划编写,是中国第一套实用阅读专项辅导书。

本书以遵循历年中高考阅读理解题的特点,提倡从话题的信息点入手全面提升阅读理解能力,提倡循序渐进、步步提升、重点突破的学习方法。本书的编写充分体现了以下优势:

◎最实用的编写体例,最高效的练习模式

本书涵盖了“话题解读”、“话题锦囊”、“典题示例”、“话题演练”、“生词注释”、“难句点睛”、“答案详解”等板块,内容丰富全面,它将帮助你将阅读与英语各方面能力的提高充分结合起来,培养由此及彼、融会贯通的能力,达到事半功倍的效果。

每个话题涵盖五篇文章,主要体现了英语阅读练习的三个阶段,即基础能力的巩固,考试能力的培养,拓展能力的提升,这是在英语学习中必须遵循的规律和学习方法!

◎最前沿的阅读材料,最全面的考试题型

精选国内外最新时文,全面跟踪时代热点、英语考点和难点,保证了时新性和典型性,力争使每一篇文章都适合精读,真正突出“精选”的概念。大量的阅读让你更加关注和熟悉目前阅读文章的类型和趋势,比如日本地震、环保、网络购物等话题的文章。同时文章的详细解析,帮助考生把握练习重点,做到有的放矢。

◎最强大的编写队伍，最专业的仿真试题

本书的编写者涵盖了全国多位具有丰富经验的一线特级老师，充分考虑您在英语阅读中经常遇到的问题和当前主要的考试题材和题型，以话题为线索编写了这套具有真题水平和特色的《中学英语第一实用阅读 阅读精选120篇》系列。这样的练习针对性强，一语中的，你的备考也会更有成效。

“时文选材，名师命题，循序渐进，导练结合”是本书最大特色和亮点。

《中学英语第一实用阅读 阅读精选120篇》一定是您英语学习中不可多得的宝典，我们相信，这本书对您学习方法的完善一定会有所裨益；我们也坚信，用完此书一定会让您迅速有效地提高阅读能力，更重要的是助你轻松地实现考试阅读高分！

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Topic 1

Personal Information

(个人情况)

话题解读

个人情况类文章内容主要涉及人物故事,如人生经历、个人发展过程、成功故事等。这类文章多介绍生活故事、成长痕迹。由于故事性强,说明或论述方面的因素减少,这类话题的文章难度较小。这类题目以记叙文为主,题目设置偏重于细节理解题、推理判断题。

话题锦囊

个人情况类文章的应对策略:

1. 个人情况类文章中经常介绍人物的生活点滴、生活故事,阅读时,对于文章中出现的名字和与之相关的信息要准确连接。要注意把握时间发展线索。细节理解题中多以信息对比,正误辨别为突出。

2. 在叙述个人心理历程时,复杂句式及抽象名词较多,需要认真把握,要抓住句子的核心,去粗取精,去伪存真。

3. 个人情况类文章设题偏细节理解题和推断题,做题时要认真理解文章语境,理解作者的意图以及态度,理清头绪,选出正确答案。

典题示例

All through grade school, and on into high school, Jenny suffered, yet never complained. She wore a smile on her face, a song on her lips, and a love and acceptance of others. She could not even take part in a Gym Class, though she took the same health class four years in a row.

() What kind of girl is Jenny?

- A. A girl who is optimistic and with great courage.
- B. A girl who won many games.
- C. A girl who is very humorous.
- D. A girl who is the top player in her team.

【思路点拨】该题为推理判断题。推断题要求考生要善于从文字叙述中推理出言外之意。Jenny suffered, yet never complained. She wore a smile on her face, a song on her lips, and a love and acceptance of others. 这些句子表明Jenny遭受病魔的折磨但从无怨言,脸上总是带着微笑,对别人有爱心等,于是我们不难看出她是一个乐观而勇敢的人。所以选A。

Part A

Passage 1

题材	体裁	难度系数	字数	题数	阅读时间	正确率
人物故事	新闻报道	★★	227	5	4'	

A 25-year-old Texas worker has undergone the first full face transplant done in the United States in March, 2011. Dallas Wiens, horribly injured in an accident, received a new nose, lips, skin, muscle and nerves from a dead person.

A team of more than 30 doctors, nurses and other people worked for more than 15 hours to finish the operation at Brigham and Women's Hospital in Boston.

Wiens was listed in good condition at the Boston hospital. He has been able to talk to his family on the phone. Wiens will not be like "either what he used to be or the donor (捐赠者)," but something in between, said Dr. Bohdan Pomahac. "The tissues(组织) are really molded on a new person."

The transplant was not able to restore his sight, and some nerves were so badly damaged from his injury that he will probably have only partial sensation on his left cheek and left forehead.

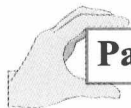
Wiens said that his faith and his daughter, Scarlett, who was 4 years old had kept him motivated for the operation, adding that he wanted to smile again and feel kisses from his daughter.

The world's first successful partial face transplant was performed in France in 2005, according to government health records. The first full face transplant was done in Spain in 2010.

根据短文内容, 选择正确答案。

- () 1. Who caused Wiens to receive the surgery according to the passage?
A. His boss. B. His wife. C. His son. D. His daughter.
- () 2. What will Wiens look like after the surgery?
A. What he used to be.
B. The donor.
C. Completely different from what he used to be.
D. Neither what he used to be nor the donor but something in between.
- () 3. What about his sight after the transplant?
A. It is not as good as before. B. It is better than before.

- C. It is the same as before. D. It was restored.
- () 4. Where was the first full face transplant done?
A. In the US. B. In France. C. In Europe. D. In Japan.
- () 5. What would be the title of this passage?
A. A Worker's Face Transplant B. The First Full Face Transplant in the US
C. A Face Transplant in the US D. A Successful Face Transplant in the US



Passage 2

题材	体裁	难度系数	字数	题数	阅读时间	正确率
人们对待生活的态度	议论文	★★★	286	5	5'30"	

Most people struggle with life without even knowing it. Human beings must live their life no matter how difficult and unexpected it is. The only difference is how you choose to live it. If you choose to accept what is happening to you and try to find the best solution from particular situation, you will be the winner no matter what the result is. If you refuse to deal with it, you will lose anyway.

Many things can be done in order to live happier life. People should take a good look at almost everything that they do in life and try to find out what makes them unhappy.

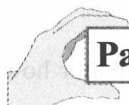
Your job is one of the most important points. Your job is something that you will do every day, for years. That is why if you dislike your job and you are waking up every morning with bad feeling in your stomach, you can hardly be happy. The same thing is with love. Being in love is something different from loving, respecting and understanding someone. If you both feel the same way about each other, your life will be easier because you two will be a support to each other rather than someone you need to face every day.

Recognize your weaknesses and fears, face them and you will be much stronger. Avoid negative people because they can take you with them on the wrong side of the road. Find what you love to do as a hobby. If you like sports, do it; if you don't, then do the walking because exercise is good for healthy spirit. Spend time in the nature. Do everything you can and you will not struggle with life, but live the life.

根据短文内容, 选择正确答案。

- () 1. In the author's opinion, when you meet difficulty, you had better _____.
A. refuse to deal with it B. find a best way to solve it
C. take a good look at it D. turn to a good friend
- () 2. We can know from the text that a positive life attitude _____.
A. comes from a healthy body and spirit

- B. helps people recognize the cruel reality
C. determines whether one could live a happy life
D. is an important thing that people must struggle for
- () 3. Which of the following is TRUE about jobs according to the passage?
A. It is your most important thing. B. It can make you wake up early.
C. It satisfies your basic needs. D. It can have an effect on your feelings.
- () 4. What can be inferred from the last sentence in the text?
A. Life is a struggle. B. Every coin has two sides.
C. A happy life is in your hands. D. Everything in life is meaningful.
- () 5. Who will be most probably interested in this text?
A. People who live a difficult life. B. People who have many weaknesses.
C. People who should take more exercise. D. People who are satisfied with their jobs.



Passage 3

题材	体裁	难度系数	字数	题数	阅读时间	正确率
人物故事	记叙文	★★★★	325	5	6'30"	

Joe, 31, has spent nearly three years in a prison in Douglas, South Africa, counting the days in prison for housebreaking.

"I want to be a bright, bright star. I want people, when they hear me, to see the darkness a little less."

The first seven months in prison he thought about "everything": what he'd done, how things had gone so wrong. Then he started to write songs. "I started to put my feelings in words," said Joe.

Aron Turest-Swartz, Freshly Ground's founder, noticed Joe's music. "I was really shocked because I hadn't heard a voice like that before," he said. Turest-Swartz visited Joe and listened to some of the 40 songs he had written in prison, and came up with the idea of recording an album(唱片) there. He worked with Joe all through the freezing winter in a prison recording studio.

When Joe was 13, his family was very poor: his sister would tell him that she had a headache for bread, but there was nothing to give her. Joe made bad friends, who were always talking about stealing. Later, Joe did bad to help reduce the burden of family. Finally, he was put behind bars.

Prison could have broken him: he couldn't even see his family members buried. His father died when he was in prison. So did Joe's 18-month-old daughter. Before prison, he'd seen her in the hospital. Joe felt broken when she died. But he marked the time of his rebirth—his decision to be a better man—from that moment. "I decided to be myself. So I started behaving like a gentleman," he said.

On December 13, 2010, the album he recorded in prison was timed for release(发行). He was paroled for

good behavior after two years and ten months. That afternoon, Joe gave a concert at the prison to celebrate his freedom and his CD, *Crazy Life*. Joe got into a crowd favorite.

根据短文内容, 选择正确答案。

- () 1. Why was Joe put into prison?
A. For killing someone. B. For singing. C. For stealing. D. For fighting.
- () 2. How old was Joe when put into prison?
A. 13 years old. B. 31 years old. C. In his twenties. D. 30 years old.
- () 3. What does the underlined sentence “he was put behind bars” (in Paragraph 5) mean?
A. He failed in helping his family. B. He was hidden behind the bars.
C. He was put into prison. D. He was among his bad friends.
- () 4. What caused Joe to change himself into a good man?
A. His love for the songs. B. The prison life.
C. His father’s death. D. His daughter’s death.
- () 5. Why were Joe’s songs so attractive?
A. Because they were written by himself.
B. Because he has a special voice and put his feelings into words.
C. Because the songs are heartbreaking and beautiful.
D. Because the songs are about his true life.



Passage 4

题材	体裁	难度系数	字数	题数	阅读时间	正确率
关于人的身体活动	说明文	★★★	265	10	4'30"	

Perhaps the most famous theory (理论), the study of body movement, was suggested by Professor Ray Birdwhistell. He believes that physical appearance is often culturally programmed. In other words, we learn our looks — we are not born with them.

A baby has generally informed face features. A baby, according to Birdwhistell, learns where to set the eyebrows (眉毛) by looking at those around — family and friends. This helps explain why the people of some areas of the US look much alike.

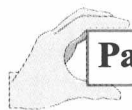
New Englanders or Southerners have certain common face features that can not be explained by genetics. The exact shape of the mouth is not set at birth, but it is learned after. In fact, the final mouth shape is not formed until well after new teeth are set. For many, this can be well into grown-ups. A husband and wife together for a

long time often come to look somewhat alike. We learn our looks from those around us.

This is perhaps why in a single country there are areas where people smile more than those in other areas. In the US, for example, the south is the part of the country where the people smile most frequently. In New England they smile less, and in the western part of New York States still less. Many southerners find cities such as New York cold and unfriendly, partly because people in Madison Avenue smile less than people on Peachtree Street in Atlanta, Georgia. People in largely populated areas also smile and greet each other in public less than people in small towns do.

根据短文内容, 填写正确答案。

Title: 1. _____ Study	
A baby	Learning to set the eyebrows from 2. _____
Final shape of the mouth	3. _____ until well after new teeth are set, some even 4. _____
A husband and wife	often 5. _____
People from southern part of the US	6. _____
People in New England	7. _____
People in areas with 8. _____	Smiling and 9. _____ each other 10. _____ people in small towns



Passage 5

题材	体裁	难度系数	字数	题数	阅读时间	正确率
人物故事	记叙文	★★★★	288	5	6'30"	

We found out that Jenny, when she was seven, had a pain in her feet, and she could not put pressure on the heels of her feet, so she walked on tiptoe (脚尖), and when she couldn't stand the pain, I carried her.

All through grade school, and on into high school, Jenny suffered, yet never complained. She wore a smile on her face, a song on her lips, and a love and acceptance of others. She could not even take part in a Gym Class, though she took the same health class four years in a row.

She was totally popular, and funny, attending every football game, carrying her pillow (枕头) everywhere she went, so that she could cushion the pain, when she sat down. Then came her senior year. She would be considered for scholarships (奖学金); school activities, especially sports, could often mean the difference between receiving an award or losing out. The coach said, "If you miss ONE game, you're out!" So, Jenny became Manager of the Garrett High School Football Team.

She carried big buckets of water to her teammates. She bandaged (绑) knees and ankles (踝关节) before every game. Often Jenny could be seen carrying a bucket of water in each hand, nearly dragging them, along with

her pillow tucked under her arm.

When asked why he thought that the team was winning all their games, one player explained, "Well, when you've been knocked down, and you can't seem to move, you look up and see Jenny Lewis, limping (跛行) across the field, dragging her buckets and carrying her pillow. It makes anything the rest of us may suffer seem pretty unimportant."

At the Senior Awards ceremony, Jenny received a number of scholarships to College of Charleston.

根据短文内容, 选择正确答案。

- () 1. What kind of girl is Jenny?
- A. A girl who is optimistic and with great courage.
B. A girl who won many games.
C. A girl who is very humorous.
D. A girl who is the top player in her team.
- () 2. From the passage we can see if you want to receive a scholarship, you should _____.
A. be kind to others
B. take school activities
C. be a leader of a football team
D. get a high score in study
- () 3. Why was Jenny's team winning all their games?
A. They were all top players.
B. They never got injury.
C. They were inspired by Jenny.
D. Jenny helped them whenever necessary.
- () 4. What will Jenny do after graduating from high school?
A. She will become a manager of a football team.
B. She will enter College of Charleston.
C. She will continue to serve her team.
D. She will join Charleston Women's Club.
- () 5. What can be the title of this passage?
A. Another Kind of Athlet
B. A Hardworking Girl
C. A Football Team Manager
D. A Girl with a Serious Illness

Part B

【生词注释】

Passage 1 transplant n. 移植

mold v. 塑造, 使……成型

Passage 2 struggle v. 挣扎

Passage 3 parole v. 有条件释放, 假释

Passage 4 genetics n. 遗传学

Passage 5 cushion v. 缓冲

【难句点睛】

Passage 1

Wiens said that his faith and his daughter, Scarlett, who was 4 years old had kept him motivated for the surgery, adding that he wanted to smile again and feel kisses from his daughter. 威尔斯说他的信念和他四岁大的女儿斯卡洛特是他接受手术的动力。他补充道,他想要再次微笑,感觉女儿的吻。

Passage 3

But he marked the time of his rebirth—his decision to be a better man—from that moment. 但是他把这作为他重生的时间,从那时起,他决定成为一个更好的人。

Passage 4

A baby, according to Birdwhistell, learns where to set the eyebrows by looking at those around—family and friends. 根据伯德斯特尔的观点,婴儿通过看周围的家人和朋友来学会让眉毛置于何处。

Passage 5

School activities, especially sports, could often mean the difference between receiving an award or losing out. 学校的活动,尤其是运动,通常意味着赢得奖励还是失败。

【答案详解】

Passage 1

【文章大意】本文为新闻报道。文章讲述了美国一名年轻工人受伤后成功接受全脸移植的事情。

1. D 细节理解题。从Wiens said that his faith and his daughter, Scarlett, who was 4 years old had kept him motivated for the surgery. 一句可得出:女儿是他接受手术的动力。
2. D 细节理解题。从Dr. Bohdan Pomahac所说的话either what he used to be or the donor, 可得出答案:手术后他的外表既不像捐赠者也不像他过去的样子。
3. A 推理判断题。从第四段The transplant was not able to restore his sight. 可推出他的视力没有得到恢复。
4. C 细节理解题。从文章的最后一句可得出答案。
5. B 主旨大意题。通篇文章都是在介绍发生在美国的第一例全脸移植手术, 故选B。

Passage 2

【文章大意】有的人觉得生活很有意义,有的人觉得生活没意思,为什么呢?就是人们对待生活的态度不同。

1. B 细节理解题。根据文章的一段的try to find the best solution from particular situation可知答案B项正确。
2. C 推理判断题。根据文章第一段最后两句可知答案C项正确。
3. D 细节理解题。根据文章第三段前面三句可知答案D项正确。
4. C 推理判断题。最后一句话的意思是:对生活要充满激情,只有这样才能过着幸福的生活。
5. A 推理判断题。此文是一篇激发人们积极向上的文章,告诉人们要有积极的心态,因此此文最适合生

活中遇到困难的人。

Passage 3

【文章大意】本文为记叙文。讲述了黑人歌手Joe的成长过程。Joe出身贫苦家庭，年轻时犯罪入狱，但由于他对音乐的热爱与执着，最终获得了成功。

1. C 细节理解题。从第一段和第五段可知他是由于盗窃罪而被判入狱的。
2. C 推理判断题。从第一段得知Joe 31岁，已经在监狱度过将近三年，可推出他入狱时是二十几岁。
3. C 词句理解题。从该句所在段落可知，Joe交了坏朋友，他们总是谈论偷盗，Joe陷入犯罪，最终“被关进监狱”。
4. D 细节理解题。从文章倒数第二段可知：女儿的死，使他下决心重做好人。
5. B 细节理解题。从文章的第三段I started to put my feelings in words. 及第四段I was really shocked because I hadn't heard a voice like that before. 可得出答案。

Passage 4

【文章大意】本文为说明文，主要介绍人的身体的活动。

1. Body Movement's
2. those around / family and friends
3. Not formed
4. into grown-ups
5. looking somewhat alike
6. Smiling most frequently
7. Smiling less
8. a large population
9. greeting
10. less than

Passage 5

【文章大意】本文为记叙文。讲述了一位女孩勇敢地克服自身困难，奋勇拼搏，从而实现自我的故事。

1. A 推理判断题。从第二段对Jenny的描述以及后文描述她在足球场上的努力，我们不难看出她是一个乐观而勇敢的人。
2. B 细节理解题。从第三段中间部分的文字描写可知要获得奖学金得参加学校活动，尤其是运动。
3. C 推理判断题。从倒数第二段引号内的文字可以得出：他们队一直赢比赛一个重要原因是Jenny在场上的艰难与勇敢鼓舞了队员们。故选C。
4. B 细节理解题。从文章最后一段的第一句话可以得出答案。
5. A 主旨大意题。文章主要描述了Jenny作为另类的运动员所克服的困难及所表现的勇敢，故选A。

Topic 2

Family, Friends and People Around (家庭、朋友与周围的人)

话题解读

描述家庭、朋友与周围的人的文章内容主要涉及与家人、朋友、周围的人的关系及情感。这类文章多介绍生活故事。目的在于通过读文章使学生了解家人、朋友和周围的人，并学会去体会和感受来自他们的爱。文章往往带有一定的情节性。这类题目以记叙文为主，题目设置偏重于细节理解题、推理判断题和主旨大意题。由于文章贴近现实生活，学生会带着兴趣阅读。

话题锦囊

描述家庭、朋友与周围的人的文章的应对策略：

1. 此类文章经常介绍发生在人与人之间的生活点滴及生活故事，一般以记叙和夹叙夹议为主，偶尔也以说明文的形式出现。阅读时，对于文章中出现的名字和与之相关的信息要准确连接。要注意把握时间发展线索。细节理解题中多以信息对比，正误辨别为突出。主旨大意题既要高度概括又要全面体现文章内容。

2. 做题时注意文章中的时间、地点、人物和事情，从故事的情节、人物之间的关系、作者的态度及其意图、故事的前因或结局的推测等方面入手，要注意分析和揣摩作者的语气和写作意图。

典题示例

Every morning after that Charlie always brought a flower. The summer went by, when one morning Charlie wasn't waiting at his usual stop. When he wasn't there the next day and the day after that, we started wondering if he was sick or—hopefully—on holiday somewhere. When we came nearer to the centre for senior citizens, one of the passengers asked the driver to wait. We all held our breaths when she went to the door. Yes, the staff said, they knew who we were talking about. The elderly gentleman was fine, but he hadn't been coming to the centre that week. One of his very close friends had died at the weekend. They expected him back on Monday. How silent we were the rest of the way to work!

- () Why wasn't Charlie waiting at his usual stop that week?
- A. Because he was ill.
- B. Because he departed with his girlfriend.
- C. Because one of his old friends died.
- D. Because he died.

【思路点拨】这是细节理解题。做细节理解题一定要准确理解文章句意，注意文章中的时间、地点、人物和事情，理清故事的情节、人物之间的关系。从本段的后面文字The elderly gentleman was fine, but he hadn't been coming to the centre that week. One of his very close friends had died at the weekend. 可得知：老人的一个朋友去世了，所以他没有像往常那样在车站等车了，于是我们可得出老人没有来乘车的原因是去参加好朋友去世的悼念活动了。故答案选C。