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东北师范大学出版社

初中英语专项训练

# 阅读理解

## 八年级

◆适用于各种版本教材 ◆

主编/王长红 精选阅读素材 题型丰富全面 拓宽知识视野 提升阅读能力

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#### 阅读是一种体验,一种感悟, 一种超越,更应该成为一种习惯

英语阅读理解必须在掌握充足的词汇量的基础上才能进行,它是检查英语学习水平高低的重要标志。要根据高阅读理解水平,可以从以下几个方面入车.

#### 1.要扩大阅读量。

除了学好课本知识外,必須有意识地扩大阅读量,提高阅读速度,掌握阅读技巧,养成阅读英文读物的习惯。刚开始时,由于词汇量的限制,可以阅读一些较浅显的文章,尽量读那些没有生词的简易读物。随着词汇量的扩大,要多读原汁原味的文章,这样不仅开阔了眼界,还学到了不少知识。一段时间下来,你的词汇量会丰富不少,理解能力也会有长足的进步。

#### 2.要注重阅读素材的选择。

要选择不同題材和体裁的文章进行阅读训练,丰富的阅读素材不仅能够提升同学们的阅读能力,而且能够拓展同学们的知识视野。

#### 3.要注重阅读方法的选择。

阅读理解题既考查文章的字面意思,也考查文章的深层含意,包括作者的态度、意图等。做阅读理解题时,对不同的题型通常要采用不同的方法。例如解答判斯推理题时要注意两个方面:一是要依据事物的本质,而不是现象进行推断;二是要依据作者的思路和文章本身提供的事实,而不是依据自身的经验和见解进行推断。

本书选取了 150 篇适宜初中生阅读的文章,题材涉及人物传记、寓言故事、社会文化、文史知识、科普小品等,内容寓有时代感和人文气息。文章针对性强,语言和内容难易适度,符合初中生的认知特点和英语阅读水平。

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## (Unit 1



The following chart (表) shows some information about the students' after-school activities in a middle school. 100% means all the students, 51%-99% means most students, 1%-50% means some students and 0% means no students.

Frequency (頻率) of Activity	Every day	Once or twice a week	Three or four times a week
Do housework	5%	75%	20%
Exercise	25%	10%	65%
Surf the Internet	5%	85 %	10%

1.	This chart is about the	of the stude	ents in a middle scho	ool.
	A, numbers B. lesson	ıs C.	hobbies D	. after-school activities
2.	20% of the students	three or four t	imes a week.	•
	A. exercise	B.	do housework	
	C. surf the Internet	D.	watch TV	
3.	of the students can t	ake enough ex	ercise during the we	ek.
	A. 65% B. 20%	C.	10% D	. 75%
4.	Only $5\%$ of them can surf the	Internet	•	
	A. every day	В.	once a week	
	C, three or four times a week	D.	twice a week	
5.	If there're fifty students doir	ng housework	every day, there w	rill be students
	surfing the Internet every day.			
	A. 100 B. 50	C.	150 D	. 250
-	<b>L</b>			
ii,	Passage 2			
•	"Hurry up, Dad! Jane and I	are ready," H	arry called out.	
	"I will be late if I drive you t	o school," Mr	Smith said. "Can"	t you go to school on foot

"I will be late if I drive you to school," Mr Smith said. "Can't you go to school on foot this morning?"

"But the school is far away from our house!" Jane said.

"Walking is a good way to keep healthy, children. Now get your schoolbags and go!"

So Jane and Harry had to walk five blocks (街区) to school finally.

In the evening, the children told their grandpa that they walked to school in the morning.

Grandpa said, "That was good for you. When I was young, I walked five kilometers to school every day."

Jane said, "But I hate walking,"

Grandpa said, "Children should walk and run every day. If you do so, you will find yourself very healthy. You won't get sick so often."

"From now on I'll start walking to school every day." Harry said. "I'd like to be healthy and strong."

	"I will join you, Harry," Jane said.							
1.	Ha	rry and Jane usua	lly	go to school				
	A.	on foot	В.	by bike	C.	by car	D.	by bus
2.	The	e children walked	_	to school	that	day.		
	A,	five blocks	В.	five kilometers	c.	three blocks	D.	three kilometers
3.	Wh	o hated walking?						
	A.	Harry.	В.	Jane.	C.	Their father.	D.	Their grandfather.
4.	Ho	w did their grand	fath	er usually go to s	cho	ol?		
	A.	By bus.	В.	By car.	C.	By train.	Đ.	On foot.
5.	5. Walking is a good way to							
	A.	get to school	В.	get to work	C.	have fun	D.	keep healthy
4	۱,							
0	ńχ	Dassage 3						

Everyone knows that exercise is important (重要的). We all need to exercise. Doctors say it is good for us. It makes our heart and body strong (强壮的). Children who often exercise are more alert (灵活的). This means they do better in tests and schoolwork than those who don't exercise.

There are many ways to exercise. You can walk, run, swim, skate, or play ball games. Make sure you exercise in the following (下列的) ways: you have to like what you're doing. Exercise enough (足够的)—but not too much. It's best to exercise twice each week. Thirty minutes each time is enough. Try all kinds of things until (直到) you find one, two or even three sports that feel right for you.

You can exercise at fitness centers. They have a lot of equipment (设备) there. The equipment will help exercise your arms, legs and other parts of your body to make you fit. Some people buy equipment for their homes. But it is very expensive.

Exercising can be fun. Friends can exercise together at a fitness center, or they can play sports together. How do you exercise?

1.	In the text,	the writer	tells us that	t we all need to	·
	A 1-1-1-	D	.1	C	

A. drink

B. slee

C. exercise

D. work



2. Which of the following sports is not mentioned in the text?

A. Fishing.

B. Running.

C. Swimming.

D. Walking.

The words "fitness centers" in the text mean A. 商务中心

B. 健身中心

D. 医疗中心

4. Why do we all need to exercise?

A. Because it makes our heart and body strong.

B. Because it's expensive.

C. Because it's fun.

D. Because we can sleep well.

5. Which of the following is not true according to the passage?

A. It's best to exercise twice each week. One hour or more each time is enough.

B. Try all kinds of things until you find one, two or even three sports that feel right for you.

C. Children who often exercise do better in tests and schoolwork than those who don't exercise.

D. Some people buy equipment for their homes.



Many children love junk food. It's bad for their health. Their parents don't want them to eat too much junk food. Although they know it's not a good habit, they still eat it. Some of them eat this kind of food every day. Some only eat once or twice a week. As a result, they don't have a healthy life-style.

Paul is kind of unhealthy. He hardly ever exercises. He eats lots of junk food because he loves it. He doesn't eat fruit and vegetables and he never drinks milk. When he has money, he'll buy junk food. His parents worry about him. They don't want to give him some pocket money any more. But he says, "Maybe I'm not very healthy, but I enjoy myself."

根据短文内容, 判断下列句子正(T)误(F)。

- Few children love junk food.
- Many parents want their children to eat junk food.
- Children know it's a bad habit to eat junk food.
- 4. Paul is very healthy.
- Paul often buys junk food, but he doesn't mind it.



Louis always had headaches and stomachaches. First, Louis's doctor gave him some medicine, but it didn't work. Then his doctor asked him about his favourite food. Louis said he ate a lot of fish. His doctor said, "Stop eating fish." When Louis stopped eating fish, he felt much better.

Sharon often had a very sore throat after eating. First, she stopped drinking milk and eating cheese, but this made no difference. Then, in the summer, the problem became worse, and it was difficult for her to eat. Her doctor asked about her diet. She said she ate about ten tomatoes a day. The doctor asked her not to eat tomatoes. When she stopped eating tomatoes, her throat got better.

Fred worked in a car factory. There was something wrong with his hands and he could not hold his tools (工具). First, he went to his doctor, and she asked him to have a good rest. It didn't work. After that, his doctor asked him about his diet. Fred said he ate a lot of bread. She told him not to eat bread. Ten days later, Fred could hold his tools again.

#### 根据短文内容,完成表格。

Name	Problem	What didn't work	What worked
Louis	1	Taking medicine	Stopping eating fish
Sharon	2	4	Stopping eating tomatoes
Fred	3	Having a good rest	5





Look at the instructions on the bottle of the medicine and then choose the right answers.

John is twelve years old. He had a bad cold and coughed day and night. He went to see a doctor. The doctor gave him some cough medicine.

Cough Medicine

Shake (搖动) it well before use. Take it three times each day before meals.

Dose (剂量); Age: over 14 2 teaspoonfuls

8—13 1 teaspoonful

4-7 1/2 teaspoonful

Not right for children below the age of three. Put it in a cold place. Use it before December 1st, 2009.

John should take \_\_\_\_\_ a day.

A. 2 teaspoonfuls B. 3 teaspoonfuls C. 4 teaspoonfuls D. 1 teaspoonful



	III L			いた。こをマモ 田中
2.	The medicine should be kept in			
	A. a fridge B. hot water		any place	D. the sun
3.	John should before he takes it,			
	A. shake the medicine well		eat nothing	•
	C. do some exercise		drink a cup of to	22
4	When children are years old, t			
٦.			two	
-				
5.	John will the medicine when it			
	A. throw away B. stop to take	C.	take once	D. take six times more
	<u>ح</u>			
13	Passage 2			
	Americans with small families own a	sma	all car or a larg	e one. If both parents ar
wo	orking, they usually have two cars. When	a th	e family is large,	one of the cars is sold an
the	ey will buy a van (住房汽车).			
	A small car can hold (容纳) four perse	ons	and a large car o	an hold six persons but it i
ve	ry crowded. A van holds seven persons ea			
	andparents to travel together.			
6	Mr King and his wife had a third child la	et v	ear. This made t	hem sell a second car and hu
91	van. There are seven seats in the van, as			
	nily of five must carry many suitcases (衣			
	andparents' home, the suitcases are broug			
-	eir grandparents.			,
	Americans call vans motor homes. A r	note	r home is always	s used for holidays. When
far	nily are traveling to the mountains or to th			
	w days or weeks. All the members of a l			
	veling together. That is why motor home			
	any parks for motor homes.			
1.	From the passage we can learn that a big	An	nerican family usu	ally
	A. travels together by van	B.	lives together	
	C. lives in a van	D.	has three cars	
2.	After Mr King and his wife had a third c	hild	, first they	
	A. bought a van	B.	sold one of their	old cars
	C. moved to their grandparents' house	D,	got many suitcas	ses
3.	A motor home is usually owned by a big	fam	ily with	<u>.</u>
	A. much money	B.	interest in travel	ling
	C. two cars	D.	a big house	
4.	The last sentence "In America there are n	any	parks for motor	homes" in this passage mean
	" "			

A. American families like to visit parks

- B. There are many beautiful parks in America
- C. Vans can be parked in many places in America
- D. Motor homes can be bought in many places in America
- Americans usually drive motor homes to
  - A. visit their grandparents at weekends
  - B. take their children to school every day
  - C. travel with their family members for a holiday
  - D. do some shopping with their family members



Every country has its own way of cooking. American people have their way of cooking, don't they?

Most people in the United States like fast food. But if you think that American people don't like cooking, you are not right. It's true that most Americans take fast food as their breakfast and lunch. But they also think cooking is interesting. Parents see the importance of teaching their daughters how to cook. And most Americans say that home cooked meal is the best,

Americans have their own way of cooking. For example, baking is the most popular way of cooking in America. We can see ovens in most American families. American cooks pay attention to (注意) the balance of food. In planning a big meal, they try to cook meat, a few vegetables, some bread and often some sweet food. They also like to make the meal look beautiful. There are many kinds of food in different colours on the plate, so the meal is healthy and looks beautiful, too.

- Most Americans
  - A. don't like cooking

A. Baking

B. cook food in the morning

D. Boiling

- C. like home cooked meal
- D. like having a picnic
- 2. Which is similar to the sentence "It's true that most Americans take fast food as their breakfast and lunch"?
  - A. Most Americans don't eat fast food for their breakfast or lunch.
  - B. Most Americans have fast food for their breakfast or lunch.
  - C. Most Americans like to eat fast food for dinner.
  - D. Most Americans don't have breakfast or lunch.
- is the most popular way of cooking in the USA. B. Cutting
- 4 How does a cook make the balance of food?
  - A. He tries to cook a lot of meat.
  - B. He tries to cook meat, vegetables, bread and sweet food for a big meal.
  - C. He tries to make the food delicious.

C. Frying



- D. He tries to cook a lot of vegetables.
- 5. Which is right according to the passage?
  - A. The meal looks beautiful because the food on the plate is in different colours.
  - B. American people do not like to cook food at home.
  - C. American parents do not like to teach their children to cook.
  - D. Most people in the United States don't like fast food.



Dear Jack

I'm sorry to hear about your accident (事故). Your classmate told me you broke your arm in the skateboarding competition (比賽). I hope your arm doesn't hurt too much. I'm sending some computer games to cheer you up. I think you will enjoy these new games.

I broke my arm, too, you know. So I know you are feeling now. It was an accident last year. I rode my bike home. Suddenly, a monkey appeared (出現) in front of me. I got such a fright (惊吓) that I fell off my bike. Luckily, some people were riding bikes behind me when the accident happened. It was very kind of them to take me to hospital.

Anyway, I'll come and see you at the weekend. I hope you will get better soon.

All the best,

#### 根据信件内容,判断下列句子正(T)误(F)。

- 1. Jack had a traffic accident.
- 2. Jack broke his arm in the accident.
- 3. Mike will take some computer games to see Jack.
- 4. Mike broke his arm in an accident last year.
- 5. Mike went to hospital by himself after the accident,



上星期, John 和他的同事在 Hope Junior School 调查了该校学生收看电视的情况。以下 是他们所做的两份调查表。

	Total number (总人数)	Number of interviewees (调查人数)
Grade 7	182	150
Grade 8	176	147
Grade 9	173	123
Boys	312	266
Girls	219	154

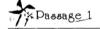


	Every day	Once a week	Twice or three times a week
How often	23%	8%	57%
	Less than 1 hour	Between 1 and 2 hours	Over 2 hours
How long	24%	52%	24%
	Morning	Evening	Night
When	4 %	83%	2%

根据调查表内容、补全John的调查报告。

Last Monday, we made a student television viewing habit survey in Hope Junior School.
There are 1 boys and 2 girls in the school. We asked 3
students about their television viewing habits, 4 are boys and 5 are
girls. When we asked how often they watched TV, 6 of the students said they
watched TV every day and 57% of the students said they watched TV 7 When we
asked how many hours they watched TV each time, 8 of the students said they
watched TV over two hours. When we asked when they often watched TV 83% of the
students said they watched TV 9, and 10 of the students said they
watched TV in the morning or at night.





#### Visit Forest Zoo

Come and see the Indian elephants and the new tigers from Northeast of China. The beautiful birds from England are ready to sing songs for you, and the monkeys from Mount Emei will be happy to talk to you. The lovely dogs from Australia want to laugh at you. Sichuan pandas will play balls for you. The giraffes from Africa are waiting to look down on you.

Tickets

#### Opening time

Grown-ups (成人): ¥3

9: 00 am~4: 00 pm

Children: Over 1.4 m: ¥2

Except Friday

Under 1.4 m: Free

10: 00 am~3: 00 pm

Keep the zoo clean!

Do not touch, give food or go near to the animals.

1. Why does the writer introduce (介绍) so many animals from different places to us?

A. To frighten us in the zoo.

B. To make us lovely in the zoo.



-		
	C. To attract us to the zoo.	D. To show animals can do everything.
2.	How much does Mr Smith have to pay if	f he visits the zoo with his son of three?
	A. ¥3. B. ¥4.	C. ¥5. D. ¥6.
3.	At which of the following time can we vi	visit the zoo?
	A. 8: 30 am Wednesday.	B. 9: 30 am Friday.
	C. 3: 00 pm Sunday.	D. 5: 00 pm Tuesday.
4.	What should we do in the zoo?	
	A. To spit everywhere.	B. To throw things everywhere,
	C. To keep the zoo clean.	D. To keep the zoo full.
5.	Which of the following can we do in the	200?
	A. To touch the monkeys.	B. To give some food to the animals.
	C. To go near to the tigers.	D. To watch the animals carefully,
	۱۵	
_		

Passage 2

1.

2.

What must you do when you receive a present for your birthday? You have to say "thank you". The words "thank you" are very important. We can use them in so many situations. We say them when someone gives us a drink, helps us to pick up things, hands us a letter, lends us a book or gives us a gift.

Another important word is "please". Many people forget to use it. It is rude to ask someone to do something without saying "please". We have to use it when we ask for something, too. It may be a book or a pencil, more rice or more sauce, help or advice. It may be in the classroom, at home, at the bus stop, etc. We have to use "please" to make our request sound pleasant.

We have to learn to say "sorry" too. When we have hurt someone's feelings, we'll have to say "sorry". When we have told a lie and feel sorry, we will have to use the same word. When we have forgotten something or broken a promise, we will have to explain with this word, too. "Sorry" is a wonderful word. We can make people forget our wrongdoings by saying it sincerely.

These words are simple but important. People started to use them long ago. We still have to use them now. Our children will have to use them, too. They are sincere words that should be used in any language.

used in any language.	
When we get a birthday present from a	friend, we have to
A. return it	B. keep it
C. buy one for him or her	D. say "thank you"
Sometimes we have to use "please" to	make our request sound
A. reasonable B. pleasant	C. bad D. uncomfortable

3	B. When we break a promise, we should say	
٥.	A. "hello" B. "yes" C. "no" D. "sorry"	
4.	4. We have to use the word "please" when we	
	A. hurt somebody's feelings B. ask for something	
	C. receive a present D. have told a lie	
5.	. The important words in any language are	
	A. thank you, hello and goodbye B. yes, no and really	
	C. thank you, please and sorry D. well, please and pardon	
	4.	
;	7 Passage_3	
	It's eight in the morning. Mr Robert is free from work. He is now looking through	h a list
of	of TV programs with his little son Tony.	
C	Channel 2	- 1
7	7: 30 Morning News	1
1	14: 40 Olympic Games: women's tennis single final	
1	15: 30 Arts and Cultures	1
1	16: 50 Cartoon: Crayon Shinchan	
1	18: 20 Olympic Games: men's table tennis double final	}
<u></u>	Channel 8	
₹.	9: 55 Olympic Games: men's 100-metre race final	
	11: 40 Olympic Games: the Olympic Rings (环)	
1	20: 40 TV Serial: Sunrise	
	22: 09 Film: Spiderman	- (
1	23: 57 Olympic Games: men's high jump final	
<u>-</u>	Channel 9	$\neg \neg$
1	9: 00 Chinese History	
1	10: 30 Cartoon: King Lion	1
1	21: 15 Traveling in China	
- [	22: 30 Olympic Games: special report	
	1. Mr Robert plans to watch TV in the morning and he doesn't show much interest in	sports
	and games. Which channel would he like to choose?	
	A. Channel 2. B. Channel 8. C. Channel 9. D. Channel 2 and Chann	el 9.
2	2. At night, Mr Robert wants to know the result of the Olympic Games of the day,	he may
	choose	
	A. Channel 2, women's tennis single final	

- B. Channel 2, men's table tennis double final
- C. Channel 8, men's high jump final
- D. Channel 9, special report
- 3. Tony likes cartoons very much. But he isn't allowed to watch them in the morning. He has to finish his homework. So which program can he choose?
  - A. Cravon Shinchan.

B. Sunrise,

C. Spiderman.

- D. King Lion.
- 4. Tony is a basketball fan. What will he feel after reading through the list?
  - A. Surprised, B. disappointed.
- C. Interested.
- D. Excited.
- 5. By watching TV today, how many results of the Olympic Games finals can Mr Robert at least get to know if he would like to?
  - A. Two.
- B. Three.
- C. Four.
- D. Five.

Passage 4

The summer vacation is the best part of the year for most American children. The weather is usually good, so they can have a good time outdoors. If one lives in the countryside, he or she may have fun playing in the woods or fields. If one lives in a big city, he or she likes to go to a park to play.

Tom, an American boy, enjoys travelling very much. He always travels in his country. This summer he wants to do something different. He is interested in Chinese history. So he is going to Beijing and Xi'an by plane. He is leaving on the 15th of July and getting back to New York on the last day of the month. He plans to have a fantastic vacation. During the day, he is visiting places of interest and going shopping. At night, he is taking walks to enjoy night views. He's sure he'll have a wonderful vacation.

根据短文内容,完成下列表格。

Which city does Tom live in?		1		
Where is Tom going?		2		
When is Tom going?		3		
A sale tar	during the day	4		
Activities	at night	5		



Mr Smith was ill and he went to see a doctor. The doctor asked him to put out his tongue (舌头), and then he said, "OK. You can put your tongue back now. There's nothing wrong with you, but I'm afraid you have a problem: you seldom take exercise."



"But, doctor," Mr Smith said, "I don't think so."

"Don't tell me what you think," the doctor said. "I know what you need. I see a lot of people like you. None (没有一个) of them get any exercise. They sit in offices all day and in front of the television in the evening. You must walk quickly for at least (至少) 20 minutes a day."

"Doctor, you don't understand (明白)," Mr Smith said. "I take enough exercise every day."

"I don't want to hear any excuse (借口)," the doctor said. "You must find time for exercise. If (如果) you don't, you will get fat and have health problems."

"But I walk every day," Mr Smith said,

"Oh, yes, and I know what kind of walking that is. You walk a few metres to the bus stop from your house, a few more metres from the bus stop to your office, and a few more metres from your office to your dining room for lunch and back. That's not a real walk. I'm talking about a walk in the park or by the lake for twenty minutes every day."

"Would you please listen to me, doctor?" Mr Smith said, getting a little angry with his doctor.

"I'm a postman," Mr Smith went on, "and I walk for nearly (几乎) seven hours every day,"

For a moment the doctor was silent (无言的), then he said quietly, "Put out your tongue again, will you?"

根据短文内容,回答下列问题。

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. Ho	ow did the doctor look over Mr Smith?
w	hat did the doctor ask Mr Smith to do?
Die	d Mr Smith take enough exercise every day?
. w	hat do you think of the doctor?

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