

A+ 英语阅读

A+ ENGLISH READING

主编 杨芳



有效提高阅读水平，
迅速提升整体实力！
“读”出英语力!!!

湖北教育出版社
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前言



优+英语阅读

ENGLISH READING



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目前,我国许多地区的英语教育已经向下延伸至小学阶段。但是,虽然我们投入了相当多的人力和物力,效果却并不理想。根据相关调查显示,虽然我国中小学生的英语听力水平较过去有所提高,但读写能力却在下滑,甚至有每况愈下的趋势。有识之士疾呼,拯救孩子们的英语能力,一定要从大量有计划的阅读入手,因为一个人的英语能力是“读”出来的!

提高阅读理解能力的确是英语学习的关键,也一直是各类考试的重点。“阅读理解”的题量和分值在中、高考试卷中所占的比重最大,所以对中学生来说,阅读能力对考试成绩和升学有着举足轻重的影响!

遗憾的是,虽然现在市面上为中学生编的英语阅读书籍很多,但真正管用的却很少。因为这类书必须同时满足下面几个条件,缺一不可。

一是语言要地道,因为“蹩脚英语”对学生的负面影响是难以估量的;二是难度要适当,太难或太容易都达不到提高的目的;三是选材要与学生的学习、生活密切相关,这样他们才会感兴趣;四是内容要与教材“若即若离”,游离太远解决不了升学的实际问题,联系紧密又无法与课堂教学形成互补,甚至引起读者的反感。

我们的《优+英语阅读》就是具备上述所有条件的中小学优秀英语读物!它以分级阅读的形式,在中学阶段一共分为6册,分别适合初一到高三年级的学生使用。

该书语言地道、题材广泛、内容符合中学生的兴趣特点,而且难能可贵的是,这套书与各年级教材所涉及的语法重点、词汇及话题基本一致,所以既是生动有趣的课外泛读材料,又可作为巩固课堂所学的单元同步教辅。

中学生阅读理解能力的培养固然离不开阅读理解训练,但扩大词汇量、有效克服阅读过程中的词汇障碍也非常重要。因此,我们在每篇阅读训练后面都精心编写了一个“词汇拓展”单元,以帮助读者横向扩大词汇量和纵向深入理解词汇的用法。

我们真心希望这套书能伴随大家度过难忘的中学时代,在“悦”读中提高自己的阅读理解水平,进而提升英语的整体实力!

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A

The aim of students who came to school is to study. But to study requires(需要) a right way, or you will waste either the time or the money. The followings are the ways of studying.

The best time for reading is in the morning, because in the morning, the air is fresh and the mind is clear. For that reason, we can get good result.

In studying we must have patience. If we haven't known a text well, we must read it a gain. We should not read the next one till we have learned the first one.

When we are studying, we must put our hearts into the books, or we can get nothing from the books we are reading.

We must always ask "whys". If anything is not well understood, write it down and ask our teachers or our parents, or friends. In any possible way, we must know it completely and what we've learned can be used well and made better.

Though there are many ways for studying, yet the above mentioned(提到的) will be quite enough if we keep them in heart and do so.

- () 1. The passage tells us _____.
- A. the importance of studying
B. to read in the morning
C. to pay attention to the ways of studying
D. to have patience in studying
- () 2. The passage has taught us _____ ways for studying.
- A. three B. four C. five D. many
- () 3. We'd better read in the morning, because _____.
- A. it's easy to remember what we have learned
B. the air is fresh and the mind is clear
C. it's difficult to get good grades
D. both A and B
- () 4. If we can't put our hearts into the book when we read, it is _____.
- A. easy to understand it well
B. good for getting something from it
C. impossible for us to get something from it
D. possible to learn something from it
- () 5. In studying we must always ask "whys" in order to _____.
- A. understand the book well



- B. write down the questions
- C. do with the new words
- D. get some questions to ask our teachers

词汇拓展

1. require

1) 动词, “需要(某种行动或某物)”

It's a matter that requires very careful handling.

这件事需要谨慎处理。

These plants require moist soil at all times.

这些植物需要随时保持潮湿的土壤。

2) 动词, “法律要求、规定(常用于被动语态)”

You are required by law to wear seat belts.

法律规定你要系安全带。



2. patience

1) 名词, “耐心, 忍耐力”

You'll need patience if you want to be served in this shop.

如果你想得到这家商店的服务, 你需要有耐心。

2) 名词, “坚韧, 韧性, 意志力”

I wouldn't have the patience to sit sewing all day.

我可没有整天坐着做针线活的毅力。

B

Here is the contents(目录) of a book.

Unit	Readings	Skills	Words
Unit 1 Music	* Music & feelings * Sad movies	* Understanding main ideas * Predicting by title	* Kinds of music * Music stars
Unit 2 Sports	* National sports * The ancient Olympic Games	* Understanding main ideas * Guessing meaning of new words	* Action verbs * Names of sports * Sports tools
Unit 3 Weather	* Weather service * Weather and nature	* Understanding main ideas * Guessing meaning of new words	* Weather conditions * Weather information
Unit 4 Culture	* Traveling in India * Body language in the USA	* Understanding main ideas * Predicting by title * Making inferences	* Cultural studies * Culture and art
Unit 5 Space	* Living in space * The planets	* Understanding main ideas * Understanding attitude	* Space news * Space terms

() 6. If you are interested in music, you can read “_____”.



fill oil lamps in classrooms, clean the school, and bring water to school every day.

Teachers also had to follow strict rules out of class. In many schools, women teachers were not permitted to get married. Teachers were expected to spend their free time reading the Bible and other “good” books.

Teachers were expected to stick closely to all of these rules. If they did, after five years they could expect a raise of 0.75 dollar a week.

- () 11. One hundred years ago, teachers _____.
- A. didn't teach their students at all
 B. couldn't teach their students anything useful
 C. didn't do the same job as what teachers are doing today
 D. didn't get any training
- () 12. In the 1880's almost anyone could become a teacher because _____.
- A. very little money was needed to train anyone as a teacher
 B. it was not necessary for him to learn a lot
 C. he only needed the old teachers' experience
 D. he didn't have to know anything about teaching
- () 13. The teachers in the 1880's didn't have to _____.
- A. try to go to college themselves
 B. teacher their students how to read and write
 C. learn from the old teachers
 D. read any books in their free time
- () 14. Which of the following NEVER happened then?
- A. Teachers had to keep the classroom clean.
 B. Headmasters cut the teachers' pay.
 C. Headmasters thought married women were better teachers.
 D. Good teachers were given a better pay.
- () 15. Most probably the writer thinks that _____.
- A. in the 1880's nobody wanted to be a teacher
 B. the teachers in the 1880's are better than today's teachers
 C. in the 1880's teachers were badly treated
 D. today's teachers shouldn't ask for more

词汇拓展

1. train

1) 名词, “火车”

He went to Shanghai by train yesterday. 他昨天坐火车去了上海。

2) 动词, “训练”

He trained as a singer under a famous music professor.

他曾在一名著名音乐教授的指导下接受训练以成为歌手。

2. raise

1) 动词, “举起, 抬起; 提高”



If you have any questions, please raise your hands.

如果你们有问题请举手。

Don't raise your voice to me, young man!

别对我大声嚷嚷,年轻人!

2) 动词,“筹募,征集”

We are raising money to pay for a new hospital ward.

我们正在筹集资金建一个新的病房。

3) 名词,“加薪”

He worked so hard that he got a raise quickly.

他工作非常努力,因而很快得到了加薪。



能力训练

2

A

When people become good at doing things they like to do, they have found themselves.

Many young people are good at doing things they don't like; many other young people would like to do something that they are not good at. Also many don't think they are good at anything and don't know what they would like to do. None of them are happy.

It's impossible to decide whether one likes something until he has tried it. Trying something new is important.

Give each idea a fair chance. If you have decided to try out something new, also decide how long you will stick to(坚持) it, so you can make a fair decision.

The best thing to judge(判断) is not the final goal(目标), but the work it takes you to reach the goal. Almost everybody would like to be highly skilled(熟练的) in something, but becoming highly skilled at anything calls for a great deal of time and work.

Finding oneself means not only discovering what one is good at and what one likes, but it also means discovering what one is not good at and what one doesn't like.

So trying something and failing can have its good side. It tells you that you are not fit for that particular area(领域) and shouldn't consider it as your goal.

- () 1. None of the young people are happy because _____.
- A. they are good at things they don't like
B. they would like to do something they are not good at
C. they think they are good at nothing and do not know what they would like to do
D. all of the above
- () 2. You can't decide whether you like something _____.
- A. even if you have tried it B. though you have tried it
C. before you try it D. after it has been tried
- () 3. To become good at something needs _____.
- A. time and money B. a lot of time and work
C. a lot of work and rest D. practice and money
- () 4. From this passage we know that to find oneself is _____.
- A. important B. natural C. useless D. quite easy
- () 5. To find oneself, one has to know _____.
- A. his strong points
B. his weak points
C. both his strong points and weak points

D. what he likes and what he is good at

词汇拓展

* goal

1) 名词, “目标, 目的”

We've achieved our goal of building houses for homeless people.

我们已实现了为无家可归者建房的目标。

2) 名词, “进球, 得分”

Baggio scored the first goal for Italy.

巴乔为意大利队射进了第一个球。

3) 名词, “球门”

The center forward headed the ball into goal.

那名中锋用头把球顶入球门。



B

In the UK, children start primary school at the age of five and stay there until they are eleven. Then they go to secondary school. At sixteen, students take their GCSE (General Certificate of Secondary Education) exams in about five to ten subjects. When they are sixteen, students can leave school if they want. Many stay in school until eighteen to study for A Level (Advanced Level).

The British school year starts in early September and finishes in late July. School students have two weeks' holiday at Christmas and at Easter, and six weeks' holiday in summer.

Students in primary school sometimes wear uniforms. Most students wear uniforms in secondary school.

Here is Robin Craig's timetable. Robin is fourteen years old.

North Walton Secondary School							
Name: Robin Craig				Year: 9			
	Lesson 1 9:00—10:00	Lesson 2 10:00—11:00		Lesson 3 11:30—12:30		Lesson 4 13:30—14:30	Lesson 5 14:30—15:30
Mon.	GERMAN	GEOGRAPHY	B R E A K	IT	L U N C H	IT	HISTORY
Tue.	PE	MUSIC		ENGLISH		MATH	GERMAN
Wed.	DRAMA	SCIENCE		FRENCH		ART	ENGLISH
Thur.	ENGLISH	MATH		PE		SCIENCE	IT
Fri.	HISTORY	SCIENCE		MATH		FRENCH	GEOGRAPHY
Optional after-school activities: Dance / Chess / Singing							

() 6. British students have to stay at school until they are _____.

- A. eighteen B. sixteen C. seventeen D. eleven



- () 7. How long is the British school year?
 A. 8 months. B. 11 months. C. 12 months. D. 9 months.
- () 8. When does Robin's school day finish?
 A. At 15:30. B. At 11:00. C. At 14:30. D. At 12:30.
- () 9. What kind of school does Robin go to?
 A. A primary school. B. A secondary school.
 C. A senior high school. D. A university.
- () 10. What subject doesn't Robin have to study?
 A. English. B. Science. C. Geography. D. Chess.

词汇拓展

1. secondary

1) 形容词, “中等教育的(指 11 至 18 岁孩子的教育)”

Jim is a secondary school student now. 吉姆现在是一个中学生。

2) 形容词, “次要的”

Getting there is the main thing; how we get there is a secondary consideration.

要去那儿是主要的,至于怎样去,那是第二位要考虑的。

2. primary school “小学(指 6 至 11 岁孩子的教育)”,在美国又称 elementary school.

secondary school “中学(指 11 至 18 岁孩子的教育)”

middle school “初中(指 11 至 14 岁孩子的教育)”

high school “高中(指 15 至 18 岁孩子的教育)”



Some people believe that schools will no longer be necessary in the near future. They say that because of the Internet and other new technologies there is no longer any need for school buildings, classes or teachers. Perhaps this will be true one day, but if the world has no schools, I can't imagine how our society will be. In fact, we should learn how to use new technologies to make schools better. We should invent a new kind of school that is linked(链接) to libraries, museums, science centers, labs and even companies. Technological companies should create learning programs for schools. Scientists could give talks through the Internet. TV networks and local(本地的) stations could develop programs about things students are studying in school. Labs could set up websites to show new technologies so students could see it on the Internet.

Is this a dream? No. There are already many cities where this is beginning to happen. Here the whole city is linked to the Internet, and learning can take place at home, at school, and in the office. Businesses provide programs for the schools and the society. The schools provide computer labs for people who don't have their own computers at home. Because everyone can go on the Internet, older people use it as much as younger ones, and everyone can visit faraway libraries and museums as easily as nearby ones. How will this new kind of school change the usual way of learning? It is too early to be sure, but it is very exciting to

think about it. Technology will change the way we learn, schools will change as well, and we will all learn something from the Internet.

- () 11. Who thinks that students don't have to learn at school?
A. Everyone. B. The writer. C. Some people. D. The teachers.
- () 12. What does "a new kind of school" mean in this passage?
A. A school with many new computers.
B. A school with many new students.
C. A school with many new teachers.
D. A school which is linked to the Internet.
- () 13. Older people will _____ in the future.
A. never go on the Internet
B. go on the Internet more often than younger ones
C. go on the Internet as often as younger ones
D. go on the Internet less often than younger ones
- () 14. What the writer thinks is that _____.
A. schools are still necessary
B. more schools should be built
C. there should be fewer schools
D. more computers are needed in schools
- () 15. Which of the following sentences is NOT true?
A. Technology will change our way of learning.
B. If you are a student, you can set up websites to show new technologies.
C. The schools provide computer labs for those who have no personal computers.
D. On the Internet, you can visit another city's library as easily as the people there.

词汇拓展

1. technology

1) 名词, "科技, 工艺"

Information Technology is very popular around the world today.

信息技术是当今很受欢迎的科技。

2) 名词, "技术设备"

The factory uses the very latest technology. 工厂使用了最新的技术设备。

2. technological 形容词, "技术的, 科技的"

The steam machine was the greatest technological advance of the 19th century.

蒸汽机是 19 世纪最伟大的科技进步。



能力训练

3

A

One morning, Wu Liang discovered that her classroom had changed. She found that the desks were no longer in rows, but pushed together to make eight bigger desks. She was too excited about it for the first two days and she couldn't listen to the teachers carefully. But soon she and her classmates got used to this new classroom arrangement. "Now our class is quieter," said Wu. "What's more, we can come up with our own ideas and learn more through discussion. It's a better way to study."

Li Yu liked it, too. He said, "Group members first discuss, and then show ourselves in front of the whole class. It makes us believe in ourselves." It was part of a reform(改革) at Li's school. The school made this reform because they wanted to provide students with easier ways to study and more chances to discuss. "Our school hopes it can improve students' abilities(能力) to study by themselves and work in groups," said Zhang Ming, an English teacher.

However, the reform has demanded(要求) more from teachers. Now they have only 15 minutes to give the lesson which was taught in 45 minutes before. It is difficult to teach in such a short time. The teachers have to find better ways to teach more effectively.

"The reform demands more, but I'm sure it's helpful," added Zhang Ming.

- () 1. After the new classroom arrangement it was easier for Wu Liang and her classmates to _____ in class.
- A. discuss with each other B. sit in the classroom
C. push desks together D. teach a lesson
- () 2. The school made the reform in order to provide students with _____.
- A. noisier classes B. easier ways to study
C. more seats D. fewer chances
- () 3. The Chinese meaning of the word "effectively" in this passage is _____.
- A. 简单地 B. 明确地 C. 有效地 D. 认真地
- () 4. This new way demands teachers more; they can spend _____ giving students lessons.
- A. at most 15 minutes B. at least 15 minutes
C. at most 45 minutes D. at least 45 minutes
- () 5. The best title of this passage may be _____.
- A. Students' Friendship B. Teachers' Hope
C. Discussion in Class D. New Look in Class

词汇拓展

1. demand

1) 动词, “强烈要求”

I demand to know what's going on. 我要求了解正在发生的事情。

2) 动词, “询问, 质问”

“Who the hell are you?” he demanded angrily. “你到底是谁?”他气势汹汹地查问道。

3) 名词, “要求”

The government refused to give in to the demands of the terrorists.

政府拒绝对恐怖分子提出的要求作出让步。

2. ability

1) 名词, “能力”

Our ability to think and speak separates us from other mammals.

思维和说话的能力使我们有别于其他哺乳动物。

2) 名词, “智能, 智力”

There are children of all abilities in our class.

我们班上孩子们的智力水平各有不同。



B

Have you ever rubbed your hands together when they get cold? Why do we do that? We do that for friction. Friction happens when two things that aren't very smooth rub together to make heat energy. The faster you rub two things together, the more friction and heat you can make. Let's discover friction!

WHAT YOU'LL NEED:

- Soap
- Water
- Your hands!

WHAT TO DO:

1. Make sure your hands are dry.
2. Rub your hands together until you feel the heat of your hands.
3. Now, use soap and water to get your hands very slippery(滑的).
4. Try to make friction happen while your hands are slippery.
5. Please write down what has happened.

LET'S TALK!

Friction is an energy that happens when two things rub together. When friction happens, it makes heat! When your hands are slippery, they won't make much friction and your hands won't get so hot.

DID YOU KNOW?

1. Friction happens when you stop your running bike.
2. Ancient people made fire by rubbing two pieces of wood together. Friction happened though they didn't know it.

