



英语阅读

A+ ENGLISH READING

主编 陈光学



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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FOREWORD



优+英语阅读

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《英语》《英语》《英语》

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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!

湖北省《优+英语阅读》课题组

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A

In choosing a friend, one should be very careful. A good friend can help you study. You can have fun together and make each other happy. Sometimes you will meet fair-weather friends. They will be with you as long as you have money or luck, but when you are down, they will run away. How do I know when I have found a good friend? I look for a certain qualities of character, especially understanding, honesty and reliability.

Above all else, I look for understanding in a friend. A good friend tried to understand how another person is feeling. He is not quick to judge. Instead, he tries to learn from others. He puts himself in the other person's place, and he tries to think of ways to be helpful. He is also a good listener.

At the same time, however, a good friend is honest. He does not look for faults in others. He notices their good points. In short, a friend will try to understand me and accept me.

Another quality of a friend is reliability. I can always depend on a good friend. If he tells me he will meet me somewhere at a certain time, I can be sure that he will be there. If I need a favor, he will do his best to help me. If I am in trouble, he will not run away from me.

There is a fourth quality that makes a friend special. A special friend is someone with whom we can have fun. We would enjoy our lives, and we would enjoy our friendship. That is why I specially like friends who are fun to be with. A good friend likes the same things I like. We share experience and learn from each other. A good friend has a good sense of humor, too. He likes to laugh with me. That is how we share in the joy of being friends. And I know that he is looking for the same quality in me.

When I meet someone who is reliable, honest and understanding, I know I've found a friend!

() 1. Which of the following qualities the writer thinks is the most important in choosing a friend?

- A. Understanding B. Honesty
C. Reliability D. A sense of humor

() 2. If you have fair-weather friends, _____.

- A. they will give you all that they have when you need help
B. you will be refused when you get into trouble and ask for help
C. you will become rich
D. you can be sure that you get real friends

() 3. Good friends need to _____.



- A. always point out each other's mistakes
- B. help each other with money
- C. understand each other's feeling
- D. have money or luck

() 4. This passage mainly discuss _____.

- A. the qualities of a good friend
- B. where to choose friends
- C. how to get along with friends
- D. the importance of having a friend

词汇拓展

1. as long as 只要

- 用法举例: Your English will be improved as long as you practise it every day.

只要你每天练习,你的英语会得到提高的。

- 相似短语: as well as 也; 还; 而且

as far as 直到……为止

as soon as 一……就

2. put oneself in the other person's place 设身处地为别人着想

- 用法举例: In order to solve the problem, we sometimes need to put ourselves in the other person's place. 为了解决问题,我们有时候需要设身处地为别人着想。

- 同义短语: put oneself in the other person's shoes

3. a good sense of humor 很有幽默感

- 相似短语: a sense of direction 方向感

a sense of responsibility/duty 责任感

a sense of belonging 归属感

B

Robert had just moved into the street and he felt strange that he was not wanted. He knew that perhaps the other boys were trying to get an idea of what kind of boy he was. This did not help to make him less lonely. He was new and he had to be tested. Still, proving himself would not be all that easy. He did not want to run with bad boys or get into something against the law to prove that he was strong. No! He must show what he was made of in a more helpful way. That was when he got the idea. The next day was Saturday. He knew most of the boys would be down on the playground and choose up the sides for Saturday game. Robert knew he could play well and that just might be enough to prove that he was strong—and to make friends with them.

He arrived early and did his step exercise. He shot the ball several times and did some other exercise—the most difficult and most wonderful in basketball. Then the boys came. Robert went through what he had done before game and showed what he could do.

No one said a word. The boys just looked at each other and thought about it. In the end, when it was all over, the biggest boy of the group just smiled and shook his head. Robert



knew he had made it.

() 5. What does the underlined sentence mean?

A. Robert felt more lonely because the other boys wanted to test him.

B. Robert did not want himself to be less lonely.

C. Robert felt as lonely as before when the other boys tried to find out what kind of boy he was.

D. The other boys did not want to make Robert feel less lonely.

() 6. Why would it not be easy for Robert to prove himself?

A. Because he was not sure if he was really strong.

B. Because he was new and was not wanted in the street.

C. Because the other boys had found out what kind of boy he was.

D. Because he must choose the best one among different ways.

() 7. When did Robert decide to prove himself by playing basketball?

A. After he had thought about the two wrong ways.

B. Long before he moved into the street.

C. When the other boys came down to the playground.

D. As soon as he showed what he was made of in front of the other boys.

() 8. What did the biggest boy of the group mean by shaking his head?

A. He did not want to say anything about what Robert had done.

B. He had not thought Robert could play so wonderfully.

C. He did want to make friends with Robert.

D. He did not think Robert played basketball well.

() 9. The best title of the story should be .

A. Three Ways to Prove Oneself

B. Robert Is Lonely

C. Just One of the Boys

D. A Saturday Basketball Game

词汇拓展

1. prove vt. 证明 link v. 被证明是

• 用法举例: You should prove that you are innocent. 你应该证明你是无辜的。

You prove to be innocent. 你被证明是无辜的。

2. make it 成功

• 用法举例: If you work hard, you will make it in the end. 如果你努力的话, 最终会成功的。

• 同/近义词: succeed vi. 成功



Believing overweight among school children is the result of bake sales, the Education Department of New York declared that bake sales will be banned all through the states, as a part of their new "wellness" policy.

The ban gives a harder time to schools trying to earn money, because of budget difficulties. Bake sales have proven to be highly profitable toward schools with young people because the start-up costs are very small. Allie, a Roslyn High School freshman, agrees that bake sales are needed for school supplies. "I think it's wrong for schools to ban bake sales because a lot of schools need the money to be raised. Our school could really use the money for new uniforms." Allie also commented on the bake sales apparent cause of child overweight. "I feel that it is the student's choice to eat the baked goods. If they want it, let them have it." Jessica, another Roslyn High School freshman, had a different opinion. "I feel that children cannot always stay away from items such as cupcakes. It might be better if the amount of bake sales were limited, and only allowed students to buy one item."

New York Education advisors are having trouble coming up with substitute product for students to sell. A plan of advertising healthier foods has come into play. However the department needs to consider if students will go for items like vegetables. Allie and Jessica don't think so. "Students might not like the healthier foods. This way, the schools are gaining less money," said Jessica. Allie shares. Another plan to think about is the idea of not selling food products altogether. Alternate programs are being conducted throughout New York schools, such as walk-a-thons, as a healthy way for students to earn money for their schools.

- () 10. The new "wellness" policy* is declared in order to .
- A. help schools out of budget difficulties
B. reduce child overweight caused by baked food
C. help students save money spent on food
D. reduce the price of baked food sold in schools
- () 11. Which of the following statements about Allie is TRUE?
- A. He is rich in experience about the bake sales at school.
B. He agrees to carry out the bake sales ban at schools.
C. He attaches great importance to (重视) the school's income.
D. He attaches too much importance to students' health.
- () 12. According to Jessica, the cupcakes .
- A. don't belong to the bake sales
B. shouldn't be banned at school
C. mustn't be sold at school
D. can be fully replaced by vegetables
- () 13. Which is both healthy and profitable way for schools to earn money?
- A. The bake sales.
B. The vegetables sales.



- C. The walk-a-thons. D. The food product sales.
14. We can infer from the passage that schools in New York always _____.
- sell baked food to students
 - permit students to choose food
 - find ways to earn money
 - offer chances to earn money

词汇拓展

1. raise vt. 举起, 抬起; 增加, 提高; 提及, 提起; 筹(款); 招(兵); 养育, 种植, 饲养

- 用法举例: He raised his glass and said: "To your health, Carl."

他举起了杯子说道: "祝你健康, 卡尔。"

They are going to raise funds for the school buildings.

他们将为盖校舍筹集资金。

The baby was raised on soya-bean milk.

这孩子是用豆浆喂养大的。

None of them raised any objection.

他们谁也没提出反对意见。

2. come up with 提出, 想出

- 用法举例: Linda came up with a good idea at the meeting. 琳达在会上提出了一个好主意。

- 相似短语: come up 被提出

A good idea came up at the meeting. (主动形式表被动意义)

D

Greg Woodburn, a student at the University of Southern California, spends a lot of time cleaning sneakers once belonging to others. Soon the shoes will have new owners; underprivileged children in the United States and 20 other countries, thanks to Woodburn's Share Our Soles (SOS) charity.

A high school track star in the beach town of Ventura, Woodburn was once sidelined for months with foot injuries.

"I started thinking about all the things I got from running—the health benefits, the friendships, the confidence," he says. "And I realized there are children who don't even have shoes." Woodburn gathered up his own slightly worn sneakers, then put out a call to teammates. His goal was to have 100 pairs by Christmas 2006. When the count climbed to more than 500 pairs, ("everything snowballed," he says) he decided to turn the shoe drive into a year-round effort.

Back then, the sneakers came from donation boxes and the local sporting goods store and from door-to-door pickups. Woodburn has now set up collection boxes at two high schools and area races. To date, SOS has collected and donated more than 3,000 pairs. In just under three years, Woodburn has started three chapters of Share Our Soles: the original in Ventura, another at USC, and one at the College of the Holy Cross in Massachu-



setts last January, when a student there wrote asking to get involved. The organization's website, shareoursoles. org, keeps and distributes sneakers and sells wrist bands and socks (the money earned from that goes toward new shoes and socks for children).

- () 15. The text is mainly about _____.
 A. Woodburn and his Share Our Soles
 B. the school track star, Woodburn
 C. the attempts to collect sneakers
 D. the recycling of the worn sneakers
- () 16. Why does Woodburn collect so many worn shoes?
 A. To prepare for his shoe exhibition.
 B. To remember his teammates.
 C. To help the unlucky poor children.
 D. To sell on shareoursoles. org.
- () 17. We can infer from the text that Woodburn set up the charity to _____.
 A. get fun
 B. earn money
 C. gain fame
 D. show thankfulness

词汇拓展

1. belong to 属于

• 用法举例: The house over there belongs to my uncle. 那边的房子属于我叔叔。

• 用法讲解: belong to 无被动, 无进行时

This house is belonged to my uncle. (×)

This house is belonging to my uncle. (×)

2. to date 迄今为止 (常用完成时)

• 用法举例: To date, I have memorised over 1,000 words. 迄今为止, 我已经记住了一千多个单词。

• 同义短语: up to now, up till now

3. involve vt. 使参与, 使涉及; 使专注, 使忙于 [(+in)]

• 用法举例: Don't involve me in your quarrel! 不要把我牵扯进你们的争吵中!

He was involved in writing his doctoral dissertation.

他在聚精会神地写他的博士论文。

E

(Natural News) Many parents have tried to give their children a head start on education with get-smart videos and enrichment activities as early as infancy (婴儿期), but free play is often sacrificed, so the American Academy of Pediatrics says that the best medicine for busy children is an increase in traditional "playtime".

A number of studies suggest that unstructured (无条理的) play can help children become creative, discover their own interests, develop problem-solving abilities, and relate to others socially, according to a report prepared by two academy committees for release Monday at the group's annual meeting. On the contrary, a lack of such playing can create stress for both

children and parents, and it also cause obesity(肥胖) when children spend too much time sitting in front of educational videos. The report notes lack of playing could even lead to depression in many children.

The reports thinks the lack of playtime lies in the fact that parents want to have super-smart children and safe places for children to play is decreasing. A balance between free playing and education activities should be struck, the report sates.

"In the current environment, where so many parents feel pressure to be super parents, I believe this message is an important one," said Dr. Kenneth Ginsburg, the report's lead author and a pediatrician(小儿科医师) at the Children's Hospital of Philadelphia.

Noted pediatrician, author, and presenter of cable TV's "What Every Baby Knows", Dr. T. Betty Brazelton agreed, "Children with structured activities are missing the chance to dream, to make their own world work the way they want it. That to me is a very important part of childhood."

18. From the passage we can see that today's children really need more _____.

- A. enrichment activities B. conventional(传统的) playtime
C. structured activities D. educational activities

19. Which of the following is a proper word to describe today's children?

- A. Dull. B. Busy. C. Happy. D. Free.

20. According to the report, the balance between _____ is important for a child.

- A. structured activities and unstructured activities
B. educational videos and recess(休息) time
C. free playtime and traditional playtime
D. enrichment activities and social activities

词汇拓展

1. a number of 一些(接可数名词,谓语动词为复数)

- 用法举例: A number of people have left. 一些人已经走了。
- 用法比较: a number of & the number of

The number of people that have left is 20. 已经走了的人数是 20。

2. relate to 理解

- 用法举例: Do you relate to what I just said? 我刚才说的你听懂了没?
- 易混短语: relate... to 将(两事物)联系起来

be related to 涉及,与……有关

3. lead to 通向;导致

- 用法举例: All roads lead to Rome. 条条大道通罗马。

His carelessness led to the car accident. 他的粗心导致了这起车祸。

- 同/近义词: cause; result in; make for; contribute to; give rise to



能力训练

2

A

Many people have tried to simplify the spelling of English words. Unlike other languages, English spells the same sounds in very different ways. For example, there is “light” but “white”, “loan” but “phone”, and there are at least seven different ways of pronouncing the sound “ough”! Each of the following words is pronounced differently: “though”, “through”, “bough”, “cough”, “enough”, “ought”, and “thorough”.

The great Irish writer, George Bernard Shaw, was very interested in making English spelling more logical. The American president Theodore Roosevelt almost succeeded in doing this.

In 1906 one of the richest men in America, Andrew Carnegie, started the Simplified Spelling Board. This Board was a group of people whose plan was to make the spelling of words nearer to the way they sounded. For example, the word “though” would be spelt “tho”, “through” would become “thru” (which it did, but much later), “enough” would become “enuf”, and so on. Other people on the Board were Melvin Dewey, the head of the New York libraries, and Professor Brander Matthews of Columbia University.

They took the idea to President Roosevelt who thought it was a very good one. He immediately told the government printer to use the simplified spelling on all government letters.

But people do not like change—even change that makes life easier—and many people disliked the new, simpler spelling. The British—who probably thought they owned the English language—were particularly angry.

More importantly, when American politicians discussed the plan, they did not like it, either. Because Roosevelt did not want to have a problem with the politicians, he changed his mind and told the printer to go back to the old way of spelling.

Since then no one in any government has dared to try to simplify English spelling. However, people do simplify many words, mainly in advertisements. We often see “tonite” instead of “tonight”, for example, and “thru” instead of “through”.

- () 1. The passage is mainly about _____.
 - A. President Roosevelt
 - B. the attempts to simplify English spelling
 - C. the way that advertisements simplify English spelling
 - D. how to pronounce English properly
- () 2. People wanted to simplify the spelling of English so that _____.
 - A. words could have several different pronunciations



- B. words could be spelt as they were pronounced
 C. it was more difficult to read government letters
 D. they could establish the Simplified Spelling Board
3. Simplified spelling failed because _____
 A. it was not easy to understand
 B. the government didn't like the idea
 C. there were too many new words to learn
 D. people did not want to change

词汇拓展

1. simplify vt. 使简化

- 用法举例: Simplify the instructions so that children can understand them.

简化指示以便于儿童理解。

- 派生词: simple *adj.* 简单的; simplified *adj.* 简化了的; simplification *n.* 简化

2. succeed in doing sth. 成功做成某事

- 用法举例: She is determined to succeed in achieving her dream.

她决心要实现她的梦想。

- 反义短语: fail to do sth. 没能够做成某事

Because of his carelessness, he failed to pass the driving test.

因为粗心,他没能通过驾驶考试。

3. change one's mind 改变主意

- 用法举例: She is stubborn, so it's hard to advise her to change her mind.

她很固执,因此要说服她改变主意很难。

- 相似短语: make up one's mind 下定决心

B

Iceland has the highest birth rate in Europe, the highest divorce rate, and the highest percentage of women working outside the home. Such statistics are often evidence of a miserable, chaotic(混乱的) society, with loads of children, broken homes and absent mothers. But Iceland is the exception—its citizens are the happiest in the world.

Perhaps the country's geographic location contributes to Icelanders' happiness. Located in the middle of the North Atlantic, with Greenland as its nearest neighbor, Iceland is free from the taboos(禁忌) that cause so much trouble elsewhere. For instance, people who divorce are not looked down upon by society.

Icelanders are offsprings(后代) of the Vikings, a north European people who invaded European coasts from the 8th through the 10th century. This tradition of getting out into the world lives on in modern-day Iceland. Practically almost all Icelanders have studied or worked abroad, and most speak English.

Perhaps as a result, Iceland's economic policies blend the best of those from Europe with the US to create its own welfare system.

"Many of us have lived in the US, and studied there," said the Icelandic Prime Minister



Geir Haarde. “We have both taken from them and found that naturally we share the can-do attitude—that if you work hard, anything can be done.”

Indeed, the country is rich in writers, painters, film makers and musicians. There’s Sigur Ros, a post-rock band, and also a national symphony orchestra that plays to the highest standards all over the world. Half the population appears to have written a book.

“Iceland has harsh(恶劣的) nature, with its bitter ever-changing weather,” said Haraldur Jonsson, a painter, sculptor and video and performance artist. “We cannot escape it. So we find ways _____. We have to have a rich internal(内在的) life to fill the empty spaces.”

() 4. It is commonly believed that high birth rate and divorce rate will bring about _____.

- A. social problems B. happiness
C. a unique welfare system D. modern way of life

() 5. The underlined word “blend” in the fourth paragraph means _____.

- A. combine B. correct C. compare D. compete

() 6. Which of the following is NOT mentioned as the reason for Icelanders’ happiness?

- A. Geographic location. B. A rich internal life.
C. National pride. D. Freedom from taboos.

() 7. The most suitable phrase to fill in the blank in the last paragraph is _____.

- A. to get rid of it B. to have it changed
C. to get away from it D. to live with it

词汇拓展

1. exception n. 例外

- 用法举例: All students without exception must take the English examination.

所有的学生毫无例外,都必须参加英语考试。

- 常用搭配: without exception 毫无例外

2. contribute to 导致,是……的原因之一

- 用法举例: Taking exercise regularly contributes to a strong body.

定期锻炼有助于强健体魄。

Smoking heavily will contribute to lung cancer.

过度吸烟将会导致肺癌。

- 相似短语: make a contribution to 为……作出贡献

3. look down on/upon 看不起

- 用法举例: It’s wrong to look down on those beggars.

歧视乞丐是不对的。

- 相似短语: look up to 尊敬,尊重

look down at 向下看着……

How can you create a great science fair project? You can start by asking yourself some questions.

What is interesting to me?

You can connect almost any topic to science. Your topic could be plants, worms, dogs, the sky, or something else. If you cannot think of a topic, search books or the Internet for ideas. Seek help from your teacher or a librarian. Your parents may have some good thoughts too.

What question do I have about this topic?

A great science project always includes an experiment. Make sure that your question can be answered through an experiment. Here are some examples of questions: Does the amount of light have an effect on how fast plants grow? How much salt is in different kinds of cookies sold at the store? Why does the sky change colors at different times of the day?

How much time do I have before the science fair?

A science fair to be held in two weeks will not give you time for some experiments, such as growing plants. Carefully plan your project so that you have enough time to perform your experiment accurately.

What do I think is the answer to my question?

Why do I think this? The answer you choose is your hypothesis. You will prove it right or wrong by performing an experiment. If you were to think about the sky question, your hypothesis might be that the color of the sky is related to the position of the sun.

How can I prove my hypothesis?

This is where the experiment comes in. You have to test your hypothesis. If you wanted to find out how light affects plant growth, you could plant seeds in a number of containers. Then you could expose the plants to different amounts of light and compare the growth rates.

How can I present my results?

You might display your question and hypothesis on poster boards. You might then add pictures and graphs. A great science project also states a conclusion. A conclusion of the plant experiment might be: "The plants that got the most light grew the fastest."

When you have finished your project, you may have more questions. A great science project makes you want to learn even more.

8. A great science project always includes _____.

- A. plants in pots B. an experiment
C. plant seeds D. poster boards

9. A hypothesis is a(n) _____.

- A. question B. performance C. idea D. proof

10. We can learn from the passage that _____.

- A. all science projects take about the same amount of time

