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最新版



中学英语

# 活页题选

阅读理解每日5分钟精练

主编 / 赵 临 赵文娟

## 高一英语(上)

伊犁人民出版社



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编 者 / 赵 临 赵文娟

何国涛

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**高一英语(上)**

赵 临 赵文娟 主编

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第1日

共60日

Too many people want others to be their friends, but they don't give friendship back. That is why some friendships don't last very long. To have a friend, you must learn to be one. You must learn to treat your friend the way you want your friend to treat you. Learning to be a good friend means learning three rules: be honest; be generous (慷慨的); be understanding.

Honesty is where a good friendship starts. Friends must be able to trust one another. If you don't tell the truth, people usually find out. If a friend finds out that you haven't been honest you may lose your friend's trust. Good friends always count on one another to speak and act honestly.

Generosity means sharing and sharing makes a friendship grow. You don't have to give your lunch money or your clothes, of course. Instead you have to learn how to share things you enjoy, like your hobbies and your interests. Naturally you will want to share your ideas and feelings. These can be very valuable to a friend. They tell your friend what is important to you. By sharing them you help your friend know you better.

Sooner or later everyone needs understanding and helping with a problem. Talking about the problem can make it easier to solve. Turning to a friend can be a first step in solving the problem. So to be a friend you must listen and understand. You must try to put yourself in your friends' place so you can understand the problem better.

No two friendships are exactly alike. But all true friendships have three things in common. If you plan to keep your friends, you must practise honesty, generosity and understanding.

阅读训练:根据短文内容,选择正确答案。

- Some friendships don't last very long because \_\_\_\_\_.  
A. there are too many people who want to take friends  
B. those who never give others friendships receive no friendship from others  
C. those who give others friendship receive friendship from others  
D. they don't know friendship is something serious
- According to the passage honesty is \_\_\_\_\_.  
A. something countable  
B. the base of friendship  
C. as important as money  
D. more important than anything else
- The underlined word Generosity "means in Chinese \_\_\_\_\_.  
A. 大方      B. 节约      C. 吝啬      D. 和气
- Which of the following isn't mentioned in the passage?



学习札记

- A. Always tell your friend the truth.
  - B. Sharing your mind with your friend is of great value.
  - C. Discussing your problems with your friend often helps to solve the problem.
  - D. A friend who gives you his lunch money is a true friend.
5. The best title of this passage is \_\_\_\_\_.
- A. Honesty is the best policy
  - B. A friend in need is a friend indeed
  - C. How to be a friend
  - D. Three important points in life

• 读后回马枪 •

【单词必背】

- |                               |                           |
|-------------------------------|---------------------------|
| 1. friendship <i>n.</i> 友谊    | 2. treat <i>v.</i> 对待     |
| 3. alike <i>adj.</i> 相似的, 同样的 | 4. trust <i>v.</i> 信任, 相信 |
| 5. share <i>v.</i> 分享, 共有     |                           |

【短语归纳】

- |                       |                           |
|-----------------------|---------------------------|
| 1. count on 指望, 以来    | 2. sooner or later 迟早, 早晚 |
| 3. in common 共有的, 共同的 |                           |

【经典句式】

1. Honesty is where a good friendship starts. 诚实是友谊的起点。
2. Generosity means sharing and sharing makes a friendship grow. 慷慨意味着分享, 而分享使友谊得到发展。



第2日

共60日

### Hobbies for Fun and Profit

Many people have discovered that hobbies can be profitable as well as fun. Some people have such fine collections of bottles, flags, buttons or shells that others are willing to pay to see them or they offer to buy their collections for large sums of money.

Some of the best collections are owned by people who started their hobbies as young boys or girls. Some of the things that American children like to collect are stamps and dolls. Other people also save stamps, but they collect coins and things made of glass more often than dolls.

Painting, writing and taking photographs are the best examples of hobbies that may become occupations. Every writer, artist and photographer probably started as a hobbyist before becoming a professional. Other hobbies that could be profitable include cooking, sewing and making things out of wood.

Many doctors believe that hobbies help to make our lives more enjoyable. They believe that people who raise fish or collect recorders are too busy to spend their time worrying. Doctors also think that an active person, such as a baseball player, should have a restful hobby such as reading, while a person who sits at a desk all day should have lively hobbies such as tennis, golf or swimming. Most people in the United States agree with the doctor. It is difficult to find an American who does not have a favourite hobby.

阅读训练:根据短文内容,选择正确答案。

- In the passage, "hobby" means \_\_\_\_\_.  
 A. favorite occupation for one's spare time  
 B. interesting things after work  
 C. all sorts of collections in one's life  
 D. the best collections owned by people
- Hobbies can bring people not only \_\_\_\_\_ but also \_\_\_\_\_.  
 A. interest; worrying  
 B. happiness; a larger sum of money  
 C. profit; a happy life  
 D. materials gains; great fun
- Which of the following is true?  
 A. Old people only collect stamps and coins.  
 B. American children like to collect such things as stamps and dolls  
 C. Adults (成年人) collect nothing but coins

学习札记

- D. Artists collect any of fine collections
4. Doctors believe that people who have hobbies \_\_\_\_\_.  
A. worry too much about them  
B. are very busy in their lives  
C. don't have time to worry  
D. work busily in their business
5. Almost everyone in the United States \_\_\_\_\_.  
A. starts his hobby during his childhood  
B. follows the doctor's advice to have a hobby  
C. spends a lot of money on their lively hobby  
D. gets pleasure from his favourite hobby

• 读后回马枪 •

【单词必背】

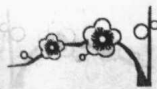
1. discover *v.* 发现      2. collection *n.* 收集  
3. hobbyist *n.* 爱好者      4. include *v.* 包括  
5. enjoyable *adj.* 令人愉快的

【短语归纳】

1. as well as 也, 不但……而且      2. be willing to do 愿意做某事  
3. large sums of 大量的      4. such as 比如  
5. agree with 同意, 赞同(多接人或某人说的话)

【经典句式】

1. Many people have discovered that hobbies can be profitable as well as fun. 许多人发现爱好不仅有趣而且还有回报。  
2. It is difficult to find an American who does not have a favourite hobby. 很难找到一个没有爱好的美国人。



第3日

共60日

The Winter Olympics

The Winter Olympics is also called White Olympics. At that time, many colourful stamps are published to mark the great Games. The first Olympics was issued on January 25th, 1932 in the United States to celebrate (庆祝) the 3rd White Olympics. From then on, issuing stamps during the White Olympics became a tradition.

To observe the 4th Winter Olympic Games, a group of stamps were published in Germany in November, 1935. The five rings of the Olympics were printed on the front of the sportswear.

It was the first time that the symbol (象征) appeared (出现) on stamps of the Winter Olympics. In the 1950s, the stamps of this kind became more colourful. When the White Olympics came, the host countries as well as the non-host countries.

China also published four stamps in February, 1980, when the Chinese sportsmen began to march into the area of the Winter Olympics.

Japan is the only Asian country that has ever held the White Olympics. Altogether 14, 500 millions stamps were sold to raise funds for the sports meet.

Different kinds of sports were represented on these small stamps. People can enjoy the beauty of the wonderful movements of the athletes.

阅读训练:根据短文内容,选择正确答案。

- The White Olympics and the Winter Olympics are \_\_\_\_\_.  
A. the same meaning                      B. of different in meaning  
C. two different sports                      D. two same sports
- From \_\_\_\_\_ issuing stamps during the White Olympics became a tradition.  
A. that time      B. 1935                      C. 1932                      D. 1950
- In 1935, on the front of the sportswear \_\_\_\_\_ of the Olympics were printed.  
A. the five stars                      B. the five marks  
C. the five circles                      D. the five stamps
- Which of the following is NOT true?  
A. not only the host countries but also the non-host countries published stamps to mark those Games  
B. all the host countries but the non-host countries published stamps to mark those Games



学习札记

C. all the countries that took part in the Games published stamps to mark those Games

D. all the host countries and the non-host countries published stamps to mark those Games

5. The Winter Olympics has not been held in \_\_\_\_\_.

A. China

B. Japan

C. the United States

D. Germany

• 读后回马枪 •

【单词必背】

1. colourful *adj.* 丰富多彩的, 五颜六色的

2. publish *v.* 出版, 发行

3. sportswear *n.* 运动装

4. mark *v.* 纪念

5. fund *n.* 资金

【短语归纳】

1. at that time 那时

2. from then on 从那时起

3. in the 1950s 20世纪50年代

4. march into 向……进军

【经典句式】

1. From then on, issuing stamps during the White Olympics became a tradition. 从那时起, 冬运会期间发行邮票成为传统。

2. The host countries as well as the non-host countries published stamps to mark those Games. 主办国和非主办国都发行邮票来纪念这一运动会。



第4日

共60日

### The Origin of Words

About three hundred words in the English language come from the names of people. Many of these words are technical words. When there is a new invention or discovery, a new word may be coined (杜撰) after the inventor or scientist.

It is interesting to observe how many common words have found their way into the language from the names of people. Lord Sandwich who lived from 1718-1792 used to sit at the gambling (赌博) table eating bread with meat in between. As the Lord was the only one among his friends who ate bread in that way, his friend began to call the bread "sandwich" for fun. Later on the word became part of the English language.

The word "boycott" means to refuse to have anything to do with somebody or something. It comes from a man called Captain Boycott. He was a land agent in 1880 and he collected rents and taxes for an English landowner in Ireland. But the Captain was a very harsh (苛刻的) man. He treated his poor tenants (佃户) very badly. His tenants decided not to speak to him at all. Eventually word got back to the landowner and the Captain was removed. The word boycott became popular and was used by everyone to mean the kind of treatment that was received by Captain Boycott.

阅读训练:根据短文内容,选择正确答案。

1. A few hundred \_\_\_\_\_ come from the names of people.  
A. new invention                      B. languages  
C. English words                      D. new discoveries
2. Lord Sandwich died at the age of \_\_\_\_\_.  
A. 96                      B. 90                      C. 92                      D. 74
3. "Sandwich" is a word coined by \_\_\_\_\_.  
A. Lord Sandwich                      B. the friends of Lord Sandwich  
C. inventors                      D. scientists
4. Captain Boycott lived in the \_\_\_\_\_.  
A. seventeenth century                      B. eighteenth century  
C. nineteenth century                      D. twentieth century
5. The tenants did not like \_\_\_\_\_.  
A. to collect rents and taxes                      B. the English landowner  
C. the harsh land agent                      D. to speak

• 读后回马枪 •

【单词必背】

1. technical *adj.* 技术的
2. invention *n.* 发明
3. discovery *n.* 发现
4. remove *v.* 解雇, 开除
5. treatment *n.* 对待, 待遇

【短语归纳】

1. find one's way into 进入……
2. used to do 曾经做过
3. in that way 以那种方式
4. for fun 娱乐, 玩
5. later on 后来, 以后

【经典句式】

1. The Lord was the only one among his friends who ate bread in that way. 这位公爵是朋友中唯一那样吃面包的人。
2. The word "boycott" means to refuse to have anything to do with somebody. "boycott" 这个单词的意思是拒绝和某人有关系。



第 5 日

共 60 日

### A Trip to Mars (火星)

By now, a rocket will have set off on its 35 million mile trip to Mars and scientists must be waiting for the results. The rocket will be traveling for six months before it reaches the planet. It has a number of scientific instruments (仪器), including a television camera. Any pictures that are taken will have to travel for three minutes before they reach the earth. If the pictures are successful, they may solve a number of problems about Mars and provide information about the markings (条纹) on its surface which, nearly 100 years ago, the astronomer (天文学家), Schiaparelli, thought to be canals.

It will be a long time before any landing on Mars can be tried. This will only be possible when scientists have learned a lot more about the atmosphere that surrounds (包围) the planet. If a satellite can one day be put into orbit (轨道) round Mars, scientists will be able to find out a great deal. An interesting suggestion for measuring the atmosphere around Mars has been raised. A rubber ball having a radio transmitter (无线电发报机) could be dropped from a satellite so that it would fall towards the surface of the planet. The radio would tell the rate (速度) at which the ball was slowed down and scientists would be able to calculate how dense (稠密) the atmosphere is. It may even be possible to drop scientific instruments on to the planet's surface. Only when a great deal more information has been got, will it be possible to plan a manned trip to Mars.

阅读训练:根据短文内容,选择正确答案

- The first paragraph tells us \_\_\_\_\_.  
 A. Mars is too far away for people to land on  
 B. it will take a rocket about half a year to reach Mars  
 C. Mars is 35 million kilometers away from the earth  
 D. scientists have well known about the surface of Mars
- The picture taken by a television camera \_\_\_\_\_.  
 A. will have to be put into the scientific instruments  
 B. will prove what Schiaparelli thought about is true  
 C. will be received by the earth in three minutes' time  
 D. can help people do much less research work
- It seems that \_\_\_\_\_ might stop scientists from landing on Mars.  
 A. that atmosphere round the planet  
 B. the orbit round the planet  
 C. having no enough information

学习札记

- D. the markings on the plane's surface
4. Having successfully dropped the rubber ball, scientists would calculate how dense that atmosphere is by \_\_\_\_\_.
- A. slowing the ball down at a speed which could be measured  
B. dropping another ball with scientific instruments on to the surface  
C. putting down the ball towards the planet's surface  
D. measuring the speed at which the ball was falling
5. It is not until \_\_\_\_\_ that people can think of a plan to make a trip to Mars.
- A. they have got enough scientific instruments  
B. they have a lot more information  
C. dense enough atmosphere is found around the planet  
D. a reasonable suggestion has been raised

• 读后回马枪 •

【单词必背】

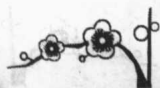
- |                           |                               |
|---------------------------|-------------------------------|
| 1. rocket <i>n.</i> 火箭    | 2. successful <i>adj.</i> 成功的 |
| 3. solve <i>v.</i> 解决     | 4. measure <i>v.</i> 测量       |
| 5. manned <i>adj.</i> 载人的 |                               |

【短语归纳】

- |                     |                            |
|---------------------|----------------------------|
| 1. set off 出发, 动身   | 2. a number of 大量(接可数名词)   |
| 3. put into 放入, 使进入 | 4. a great deal 大量(接不可数名词) |
| 5. slow down 减速, 使慢 |                            |

【经典句式】

- It will be a long time before any landing on Mars can be tried. 要过很久才有可能登上火星。
- Only when a great deal more information has been got, will it be possible to plan a manned trip to Mars. 只有掌握了足够的信息后, 才有可能进行载人登陆火星。





第6日

共60日

When many people are worried that there are no more heroes in the modern times, two university students who lost their lives to rescue drowning children have shown that heroes still exists.

According to the Inner Mongolia Morning Post, the tragedy (悲剧) occurred on the afternoon of December 14, 2002 when three school students skating on a frozen lake in Qingcheng Park in Hohhot fell through the ice into the freezing water.

More than 20 university students who happened to be near the spot immediately went to the rescue of the children.

Two children were quickly rescued, but the third died. The child's body was not found for three hours. Two of the rescuers, Liu Ye and Hao Long biao, also died of cold and exhaustion (筋疲力尽).

The body of Hao, who took the lead in jumping into the lake, was not found until the next day.

A student who was unwilling to tell his name said he and his classmates from the local college were taking photos at the lake. When they heard the children's cries for help, they went to the ice hole hand in hand to rescue the children. But the ice kept breaking, causing most of them to fall into the icy water.

Local residents held mourning ceremonies (祭奠仪式) at the lake.

Eight of the students were seriously affected by the freezing water and were being kept in hospital for further observation, but their lives were no longer in danger.

阅读训练:根据短文内容,选择正确答案

- The underlined word "occurred" here means \_\_\_\_\_.  
A. employed      B. mixed      C. guided      D. happened
- When the three students fell into water, the university students were \_\_\_\_\_.  
A. skating on the ice      B. taking photos at the lake  
C. having a picnic      D. walking along the lake
- Which of the following is TRUE according to the passage?  
A. Three students died on the same day in all.  
B. Hao Longbia's body was found on December 14, 20002.  
C. The university students didn't think it dangerous to save the drowning children in the lake.  
D. Local residents were not brave in face of danger.
- It can be inferred that \_\_\_\_\_.

学习札记

- A. people think little of the two university students' death  
B. the ice on the lake wasn't strong enough to skate on  
C. some students regretted for what they had done  
D. heroes don't agree with the steps of modern times
5. The author wrote the passage to \_\_\_\_\_.

- A. warn people of the danger of skating on ice  
B. call on people to learn from the brave university students  
C. tell us a tragedy  
D. advise university students to cherish (珍惜) their lives

• 读后回马枪 •

【单词必背】

1. exist *v.* 存在                      2. rescue *n.* 救援  
3. freezing *adj.* 冰冷的, 极凉的      4. unwilling *adj.* 不愿意的

【短语归纳】

1. according to 根据                      2. happen to do 碰巧做……  
3. die of... 死于……                      4. take the lead 带头, 领先  
5. hand in hand 手拉手

【经典句式】

1. The body of Hao, who took the lead in jumping into the lake, was not found until the next day. 郝带头跳入湖中, 他的尸体直到第二天才找到。
2. The ice kept breaking, causing most of them to fall into the icy water. 冰不断地破碎, 致使他们大部分人都掉入水中。

第7日

共60日

No one is very glad to hear that his body has to be cut open by a surgeon and part of it taken out. Today, however, we need not worry about feeling pain during the operation. The sick person falls into a kind of sleep, and when he wakes up, the operation has been finished. But these happy conditions are really new. It's not many years since a man who had to have an operation felt all its pain.

Long ago, an operation had usually to be done while the sick man could feel everything. The sick man had to be held down on a table by force while the doctors did their best for him. He could feel all the pain if his leg or arm was being cut off, and his cries filled the room and the hearts of those who watched.

Soon after 1770, Joseph Priestley discovered a gas which is now called "laughing gas". Laughing gas became known in America when young men and women went to parties to try it. Most of them spent their time laughing, but one man at a party, Horace Wells, found that people didn't seem to feel pain when they were using the gas. He decided to make an experiment on himself—he asked a friend to help him.

Wells took some of the gas, and his friend pulled out one of Well's teeth. Wells felt no pain at all.

As he didn't know enough about laughing gas, he gave a man less gas than he should have. The man cried out with pain when his tooth was being pulled out. Wells tried again, but this time he gave too much of the gas, and the man died. Wells never forgot this terrible event.

阅读训练:根据短文内容,选择正确答案

- It's \_\_\_\_\_ since a man being operated felt all the pain.  
A. a few more years                      B. not long  
C. every few years                      D. two thousand years
- Long ago, operations had to be done while the sick man \_\_\_\_\_.  
A. could feel nothing                      B. could not want anything  
C. could feel everything                      D. could do anything
- Using the laughing gas, the people didn't seem to \_\_\_\_\_.  
A. be afraid of anything                      B. feel pain  
C. want to go to the parties                      D. be ill
- If a man took less laughing gas than he should have, when an operation went on, he \_\_\_\_\_.  
A. felt nothing                      B. felt very comfortable  
C. still felt pain                      D. would die

学习札记

5. One who took too much of the gas \_\_\_\_\_.

- A. would laugh all the time      B. would die  
C. would never feel pain      D. would be very calm

• 读后回马枪 •

【单词必背】

1. surgeon *n.* 外科医生      2. condition *n.* 条件, 状况  
3. event *n.* 事件

【短语归纳】

1. cut open 切开      2. by force 用武力  
3. cut off 割掉      4. soon after 在……之后不久  
5. make an experiment 做实验

【经典句式】

1. It's not many years since a man who had to have an operation felt all its pain. 一个人做手术感觉不到疼痛, 这并不是许多年前的事情。  
2. As he didn't know enough about laughing gas, he gave a man less gas than he should have. 由于对这种使人发笑的气体了解得不多, 他给一个人使用的太少了。

