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最新版



中学英语

活页题选

完形填空每日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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何国涛



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伊犁人民出版社 柯文出版社出版发行
(奎屯市北京西路 28 号 邮编:833200)

全 国 各 地 书 店 经 销
保定市满城文斋印刷厂印刷

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787×1092 毫米 16 开本 50 印张 780 千字
2004 年 7 月第二版 2004 年 7 月第 1 次印刷

ISBN - 5374 - 0331 - 7/G·256
总定价:64.80 元

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第 1 日

共 60 日

阅读下面短文,掌握其大意,然后从各题所给的四个选项中选出最佳答案。

Everyone is talking about bird flu. Yes, it is very 1 disease that could make people very sick. It will be a few months still 2 we have good medicine for bird flu.

But that doesn't mean you can't do 3 to prevent (预防) it now. So far, all the people who have caught 4 have been those who touched sick chickens or 5 droppings. So it is a good idea for people to 6 from live chickens.

"People used to go to the markets to buy live chickens to eat, 7 now they have to change that 8," said Peter Cordingley, a WHO expert.

But if you do 9 an ill bird, remember to wash your hands 10 with soap right away.

Experts also say 11 good habits and a healthy body will help keep you 12 from bird flu.

For example, do not buy or eat birds that have not been 13. Do not eat anything that has touched raw (生的) meat. 14, don't forget to open your windows often and 15 regularly (有规律地). Getting enough sleep is also very important for 16 illness. 17 you feel sick, see a doctor right away. At present, no one in China has bird flu. But WHO says 18 under 12 years old could 19 get sick with bird flu.

Try to stay away from people who have the flu, and always 20 your mouth and nose when you cough or sneeze (打喷嚏).

- | | | | |
|-------------------|---------------|--------------|--------------|
| 1. A. interesting | B. dangerous | C. important | D. deadly |
| 2. A. before | B. after | C. since | D. until |
| 3. A. something | B. everything | C. nothing | D. anything |
| 4. A. cold | B. disease | C. bird flu | D. sickness |
| 5. A. their | B. its | C. our | D. theirs |
| 6. A. get off | B. stay away | C. run away | D. keep out |
| 7. A. and | B. so | C. then | D. but |
| 8. A. habit | B. way | C. life | D. chicken |
| 9. A. buy | B. eat | C. touch | D. feed |
| 10. A. easily | B. hurriedly | C. slowly | D. carefully |
| 11. A. having | B. have | C. has | D. have got |
| 12. A. nice | B. safe | C. far | D. free |
| 13. A. made | B. sold | C. fried | D. checked |
| 14. A. However | B. Therefore | C. Also | D. So |

学习札记

- | | | | |
|-----------------|-------------|-------------|-------------|
| 15. A. exercise | B. walk | C. laugh | D. run |
| 16. A. treating | B. fighting | C. stopping | D. breaking |
| 17. A. Because | B. Why | C. If | D. Since |
| 18. A. boys | B. girls | C. students | D. children |
| 19. A. easily | B. hardly | C. quickly | D. well |
| 20. A. open | B. wash | C. cover | D. close |

• 读后回马枪 •

【单词必背】

- | | |
|---------------------------|--------------------------|
| 1. bird flu <i>n.</i> 禽流感 | 2. dropping <i>n.</i> 粪便 |
| 3. live <i>adj.</i> 活的 | 4. expert <i>n.</i> 专家 |
| 5. check <i>v.</i> 检查 | |

【短语归纳】

- | | |
|-----------------------|----------------------|
| 1. so far 到目前为止 | 2. stay away from 远离 |
| 3. right away 马上, 立刻 | 4. at present 现在 |
| 5. get sick with 得……病 | |

【经典句式】

- It will be a few months still before we have good medicine for bird flu. 仍然需要几个月我们才会有治疗禽流感的药。
- So it is a good idea for people to stay away from live chickens. 因此对于人们来说, 远离活禽是个好主意。



第2日

共60日

阅读下面短文,掌握其大意,然后从各题所给的四个选项中选出最佳答案。

In Spain there once lived a king and he was very fond of jokes. "Here's a bag of 1," he said, "and I will give it to the person who can tell me the best 2. There is only one rule: it must be a story which I cannot 3. If I can believe it, then I won't give 4 the bag of gold."

People came to the 5 palace from all parts of the country. They brought strangers and 6 stories. The king sat in his palace and 7 all the stories. He enjoyed them very much, 8 to each person he always said, "I can believe that story. It could happen and it may be 9. So I won't give you the bag of gold."

At last a poor 10 came to the palace. He was carrying a huge (very large) stone 11. The old man went into the king's room and said, "Oh, king! Your good 12 was once a poor man and my father was 13. They were very good friends. My father gave your father a 14 jar, like this one, and it was full of gold. Your father 15 to give back the gold when he became rich. But he didn't give it back. 16 I'm poor and you are rich. And I want the gold."

The king said, "I 17 believe that story. The jar is very big. There isn't enough gold in all my country to fill that jar. 18 father didn't tell me anything about a large jar full of gold."

"All right," the old man said. "Never mind. 19 you don't believe the story, give me the bag of gold, please." The king remembered the 20 and had to give the old man the bag of gold.

- | | | | |
|-----------------|---------------|----------------|----------------|
| 1. A. gold | B. cakes | C. food | D. clothes |
| 2. A. lie | B. story | C. time | D. way |
| 3. A. tell | B. read | C. believe | D. write |
| 4. A. back | B. in | C. off | D. away |
| 5. A. visitor's | B. stranger's | C. farmer's | D. king's |
| 6. A. short | B. long | C. wonderful | D. sad |
| 7. A. put down | B. heard from | C. listened to | D. asked for |
| 8. A. and | B. but | C. or | D. so |
| 9. A. true | B. false | C. wrong | D. strange |
| 10. A. old man | B. old woman | C. young man | D. young woman |
| 11. A. bottle | B. bowl | C. box | D. jar (坛子) |
| 12. A. father | B. mother | C. uncle | D. aunt |
| 13. A. poor | B. rich | C. strong | D. healthy |
| 14. A. little | B. nice | C. large | D. small |

学习札记

- | | | | |
|-----------------|---------------|------------|-------------|
| 15. A. forgot | B. remembered | C. refused | D. promised |
| 16. A. Now | B. Then | C. Both | D. Neither |
| 17. A. do | B. don't | C. must | D. mustn't |
| 18. A. Your | B. My | C. His | D. her |
| 19. A. Though | B. Unless | C. If | D. While |
| 20. A. sentence | B. word | C. answer | D. rule |

• 读后回马枪 •

【单词必背】

- | | |
|---------------------------|----------------------------|
| 1. Spain <i>n.</i> 西班牙 | 2. palace <i>n.</i> 宫殿 |
| 3. stranger <i>n.</i> 陌生人 | 4. happen <i>v.</i> 发生, 碰巧 |

【短语归纳】

- | | |
|---------------------|---------------------|
| 1. tell a story 讲故事 | 2. be fond of... 喜欢 |
| 3. be full of 充满 | 4. give back 还会 |
| 5. never mind 不介意 | |

【经典句式】

- I will give it to the person who can tell me the best story. 我将把它送给一个能为我讲最好故事的人。
- There isn't enough gold in all my country to fill that jar. 全国的金子也不足以填满这个坛子。

第3日

共60日

阅读下面短文,掌握其大意,然后从各题所给的四个选项中选出最佳答案。

Have you ever heard of the saying, "If you want a friend, be 1 !" What does it 2 ? There are many different things that you can do to 3 friends. You may find out what they are if you 4 someone make friends.

Here is 5 one new teacher made friends with the 6 in her class on the first day of the school. When the bell 7, the teacher smiled at all the students. Then she said, "Good morning. How nice it is to have all of you 8 my class this year! I want to 9 each of you very much. I am sure we will enjoy working together."

The teacher smiled, used a pleasant 10 and acted 11 a friendly way. She told the students her 12 and wrote it on the blackboard. Then she told them something she liked to 13 and hoped to do with them during the year. The students knew that she liked many of the same things they liked. Everyone felt that she 14 what she said. Each of them wanted to know her 15 and be her friend. Then she let the students tell something about 16. So they felt that the teacher knew them. Could you make friends as the teacher 17?

How do you know and like your classmates? One 18 is to find out more about them. During the 19 you can talk to them. You may ask them their names and the names of the schools they went to last year. They want to know about you, too. You may tell them about your interests or your holiday experience. It is often easy to be friends with people who have 20 interests and play the same games. As you talk, the others may be thinking, "I like to do. It should be fun to be friends with you."

Remember! Just talking together in a friendly way is one good way to make friends.

- | | | | |
|----------------|-------------|--------------|------------|
| 1. A. it | B. one | C. that | D. which |
| 2. A. mean | B. want | C. have | D. show |
| 3. A. make | B. meet | C. have | D. get |
| 4. A. look | B. hear | C. listen | D. watch |
| 5. A. what | B. how | C. why | D. when |
| 6. A. teachers | B. students | C. workmates | D. parents |
| 7. A. rang | B. got | C. sang | D. spoke |
| 8. A. on | B. in | C. with | D. about |
| 9. A. teach | B. know | C. learn | D. like |
| 10. A. voice | B. sentence | C. phrase | D. sound |

学习札记

- | | | | |
|-------------------|------------------|----------------|---------------|
| 11. A. on | B. by | C. in | D. to |
| 12. A. family | B. father | C. work | D. name |
| 13. A. do | B. eat | C. get | D. play |
| 14. A. meant | B. liked | C. was | D. forgot |
| 15. A. much | B. better | C. enough | D. still |
| 16. A. themselves | B. their parents | C. the teacher | D. the school |
| 17. A. was | B. did | C. got | D. saw |
| 18. A. way | B. day | C. teacher | D. class |
| 19. A. break | B. class | C. teaching | D. day |
| 20. A. no | B. different | C. many | D. the same |

读后回马枪

【单词必背】

- | | |
|-------------------------------|----------------------------|
| 1. pleasant <i>adj.</i> 令人愉快的 | 2. act <i>v.</i> 行动 |
| 3. interest <i>n.</i> 兴趣 | 4. experience <i>n.</i> 经历 |

【短语归纳】

- | | |
|---|-----------------------------|
| 1. make friends 交朋友 | |
| 2. on the first day of the school 开学第一天 | |
| 3. smile at 朝……微笑 | 4. in a friendly way 以友好的方式 |
| 5. know about 了解, 知道 | |

【经典句式】

- Everyone felt that she meant what she said. 大家都感觉到她一言九鼎。
- Just talking together in a friendly way is one good way to make friends. 以友好的方式交谈是交朋友的一个好方式。



第 4 日

共 60 日

阅读下面短文,掌握其大意,然后从各题所给的四个选项中选出最佳答案。

John works at the London Home for Lost Dogs. When dogs 1 in London, policemen or other people bring them to John; when 2 loses his dog, he comes to the Dog Home, and 3 the dog is there waiting for him.

There're a lot of dogs in the Dog Home, 4 now John is talking to a man and his wife. "We've lost our dog," the man says, "Is he here?" the wife adds.

"5 a minute, please," John explains. "There're thousands of dogs here. All of them are 6 dogs. Is yours a big dog or a little dog? What 7 is it?" "Ours is a little white dog," the wife says.

8 now a little boy is standing behind the man and his wife. "I 9 know if my dog is here. Mine is a little white dog, too," he says.

"10," thinks John, "theirs is white and his is white; theirs is small and his is small. 11 of their dogs are white and small."

"Tell me 12 more about your dogs," John adds. The man says, "Ours has black ears, a long tail and short hair." "Mine 13, too," says the boy. "Please come with me." John says, "All of you, come and 14 all the dogs we have."

Outside there is a yard 15 lost dogs. There are three small white ones with black ears. 16 two of small, white dogs see their masters, both of them become 17. One runs towards the boy and 18 runs towards the man and his wife. The two dogs look so much the same that 19 of the masters is able to tell them from each other. But the dogs themselves 20.

- | | | | |
|------------------|---------------|----------------|------------------|
| 1. A. are losing | B. are missed | C. were lost | D. get lost |
| 2. A. a man | B. the man | C. someone | D. anyone |
| 3. A. seldom | B. always | C. usually | D. some times |
| 4. A. and | B. and yet | C. but | D. thus |
| 5. A. Sit | B. Listen | C. Wait for | D. Wait |
| 6. A. gone | B. lost | C. losing | D. disappointing |
| 7. A. size | B. kind | C. color | D. type |
| 8. A. Just | B. But | C. And | D. Soon |
| 9. A. like to | B. had better | C. should like | D. would like to |
| 10. A. Oh, dear | B. OK | C. All right | D. Well |
| 11. A. Either | B. Both | C. All | D. Every one |
| 12. A. anything | B. everything | C. something | D. lots |
| 13. A. same | B. have | C. has | D. is |

学习札记

- | | | | |
|---------------------|---------------|--------------|-------------------|
| 14. A. search for | B. observe | C. watch | D. have a look at |
| 15. A. covered with | B. full of | C. filled by | D. to fill with |
| 16. A. Before | B. As soon as | C. Till | D. Once |
| 17. A. happy | B. afraid | C. sad | D. worried |
| 18. A. the second | B. other one | C. another | D. the other |
| 19. A. neither | B. none | C. no one | D. not both |
| 20. A. do | B. can | C. are | D. tell |

• 读后回马枪 •

【单词必背】

1. add *v.* 补充说

2. master *n.* 主人

【短语归纳】

1. get lost 失踪

2. have a look at 看一看

3. would like to do 想做某事

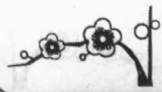
4. look so much the same 看上去完全一样

5. tell...from 区分, 辨别

【经典句式】

1. Outside there is a yard full of lost dogs. 外面的院子里全是狗。

2. The two dogs look so much the same that neither of the masters is able to tell them from each other. 这两条狗看上去完全一样, 以至于两个主人无法区分得开。



第5日

共60日

阅读下面短文,掌握其大意,然后从各题所给的四个选项中选出最佳答案。

People from Great Britain brought the English language to North America in the 16th and 17th centuries. And in the past 300 1, there were so many 2 in both places that now people can easily 3 an English person from an American in the 4 he or she talks.

Many old words 5 in England but were kept in America. For example, 300 years ago people in Great Britain got their water from something they 6 either a "faucet", "spigot", or a "tap". All these words are 7 heard in different parts of America, but only "tap" is still 8 in England. Americans often make 9 new words or change old ones. "Corn" is one kind of plant in America and 10 in England.

Also, over the last three centuries the English language has 11 thousands of new words for things that weren't 12 before. And often, American and English people used two 13 names for them. A tin can is called "tin" for short in England, but a "can" in America. The word "radio" is 14 all over the world, including America. But many English people call it a "wireless". And almost anything 15 something to do with cars, railroads, etc, has different 16 in British and American English.

But now American and British English may be 17 closer together. One thing is that 18 people can hear a large amount of American speech daily in 19, on television, or from travelers. Because of this, Americans 20 to be influencing the British more and more. So some day, English may even be the same on both sides of the Atlantic.

- | | | | |
|-------------------|---------------|---------------|---------------|
| 1. A. years | B. days | C. centuries | D. countries |
| 2. A. citizens | B. inventions | C. changes | D. advances |
| 3. A. pick | B. tell | C. take | D. judge |
| 4. A. voice | B. place | C. language | D. way |
| 5. A. disappeared | B. stayed | C. returned | D. formed |
| 6. A. said | B. talked | C. spoke | D. called |
| 7. A. then | B. hardly | C. clearly | D. still |
| 8. A. necessary | B. native | C. common | D. lively |
| 9. A. of | B. into | C. up | D. out |
| 10. A. another | B. the other | C. none | D. something |
| 11. A. discovered | B. added | C. improved | D. learned |
| 12. A. accepted | B. known | C. introduced | D. understood |

学习札记

- | | | | |
|-----------------|-------------|--------------|---------------|
| 13. A. new | B. short | C. different | D. surprising |
| 14. A. produced | B. made | C. developed | D. used |
| 15. A. having | B. bringing | C. getting | D. making |
| 16. A. types | B. names | C. degrees | D. parts |
| 17. A. putting | B. staying | C. living | D. growing |
| 18. A. British | B. American | C. educated | D. ordinary |
| 19. A. families | B. buses | C. movies | D. newspaper |
| 20. A. need | B. expect | C. seem | D. happen |

• 读后回马枪 •

【单词必背】

1. include *v.* 包括
3. railroad *n.* 铁路
5. traveler *n.* 游客

2. wireless *adj.* 无线的
4. daily *adv.* 每日地
6. influence *v.* 影响

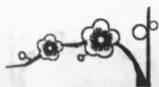
【短语归纳】

1. for short 简称
3. on television 电视
5. some day 将来有一天

2. a large amount of 大量的
4. because of 因为

【经典句式】

1. Over the last three centuries the English language has added thousands of new words for things that weren't known before. 过去的三个世纪里,英语中增加了数以千计的不曾被人所知的词汇。
2. Because of this, Americans seem to be influencing the British more and more. 因此,美国人对英国人的影响似乎是越来越大。



第 6 日

共 60 日

阅读下面短文,掌握其大意,然后从各题所给的四个选项中选出最佳答案。

You have asked me for suggestions on how to get along in the USA. It is 1 to give advice, but I have found the following “dos” and “don’ts” helpful.

As a 2, it isn’t easy to find anyone to 3 in a big city. However, here are some suggestions. First, get to borrow 4. Walk him several times a day. Americans love dogs and usually stop to talk anyone with a dog. 5, try to eat in a cafeteria(食堂). People usually share tables and will sometimes talk to you 6 they see that you are a stranger. Next, take your dirty clothes to a laundry. It takes about an hour to wash and dry, and many people 7 there. They often pass the 8 talking to others. 9 ask for information from a woman, if you are a 10 and from a man, if you are a woman. It seems to get 11 results for a reason I can’t understand. Learn the 12, “Please”, “Thank you”, and “You’re welcome” before you come and use them all the time! They usually work like magic(魔术).

There are some things you 13. Don’t tell people the truth when people 14 “How are you?” They only 15 the answer to be “Fine”. Never ask people their ages, especially women! Everyone wants to be young. Don’t tell heavy people they are 16. Tell them they’re losing weight. Everyone wants to be 17. Don’t be late for appointments(约会). When someone says six o’clock, 18 be there by six. American respect 19 and expect everyone to be “on time”.

Above all, don’t worry! Just follow my advice and bring a lot of money and you will get along. I hope I have been of some 20 to you.

- | | | | |
|------------------|------------------|--------------|---------------------|
| 1. A. easy | B. important | C. necessary | D. difficult |
| 2. A. result | B. law | C. beginning | D. rule |
| 3. A. smile | B. talk | C. talk to | D. run |
| 4. A. a dog | B. much money | C. a map | D. a bike |
| 5. A. After it | B. Then | C. Later | D. At the same time |
| 6. A. although | B. before | C. since | D. if |
| 7. A. wait | B. say nothing | C. work | D. become kind |
| 8. A. cards | B. time | C. clothes | D. discussion |
| 9. A. Never | B. Seldom | C. Always | D. Sometimes |
| 10. A. policeman | B. girl | C. man | D. customer |
| 11. A. worse | B. better | C. fewer | D. no |
| 12. A. English | B. pronunciation | C. spelling | D. expressions |

学习札记

- | | | | |
|------------------|---------------------|--------------|---------------|
| 13. A. shouldn't | B. can do sometimes | C. should do | D. forget |
| 14. A. say | B. talk | C. tell | D. ask |
| 15. A. expect | B. find | C. reply | D. hope |
| 16. A. strong | B. young | C. fat | D. slim |
| 17. A. rich | B. thin | C. fat | D. heavy |
| 18. A. don't | B. be sure to | C. never | D. have to |
| 19. A. elders | B. knowledge | C. time | D. women |
| 20. A. use | B. help | C. value | D. importance |

• 读后回马枪 •

【单词必背】

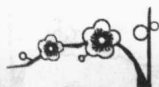
- | | |
|----------------------------|----------------------------------|
| 1. suggestion <i>n.</i> 建议 | 2. helpful <i>adj.</i> 起作用的 |
| 3. laundry <i>n.</i> 洗衣店 | 4. especially <i>adv.</i> 尤其, 特别 |
| 5. respect <i>v.</i> 尊敬 | |

【短语归纳】

- | | |
|--------------------------------|------------------------|
| 1. get along 进行, 进展 | 2. give advice 提建议 |
| 3. ask for information 询问信息 | 4. for a reason 因为某种原因 |
| 5. lose weight 减肥 | |
| 6. follow one's advice 遵照某人的建议 | |

【经典句式】

1. It seems to get better results for a reason I can't understand. 因为一种我也不太理解的原因, 这样做似乎可以得到更好的结果。
2. Never ask people their ages, especially women! 千万不要问别人的年龄, 尤其是女士。



第7日

共60日

阅读下面短文,掌握其大意,然后从各题所给的四个选项中选出最佳答案。

In the forest or in the fields you can often see small hills of earth and busy little ants. Ants 1 in different places. An ant has two strong jaws to 2 soil, to cut up food, to 3 the eggs or the young.

The head of an ant is triangular (三角形), with two 4 eyes and sometimes three more very small 5, which are made up of many parts, 6 the ant can see 7 that moves around it. Some of these eyes see things near it; others can see things 8 in the distance.

The ant has six legs. Its feelers have twelve joints (接合点), 9 which the ant finds its 10 in its underground home. Some ants do not 11 nests, but make use of hollows under stones or logs. Other ants build their little hills with 12, bits of wood, sand and earth.

The life of ants is not only 13 and play. They must have rest too. But they don't 14 long. When waking up, they begin to 15 themselves. They use their tongues just 16 a cat uses theirs.

Ants have a good 17. When an ant, which has been away for a long time, returns to its nest, the others 18 it and show their greatest joy at its return. But if a strange ant 19 their nest, the ants will 20 the stranger killed at once.

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|-------------------|---------------|---------------|--------------|
| 1. A. keep | B. eat | C. live | D. grow |
| 2. A. water | B. find | C. eat | D. dig |
| 3. A. carry | B. lay | C. turn | D. pick up |
| 4. A. different | B. small | C. large | D. tiny |
| 5. A. eyes | B. noses | C. mouths | D. feelers |
| 6. A. yet | B. or | C. also | D. so |
| 7. A. itself | B. everything | C. nothing | D. something |
| 8. A. far | B. around | C. close | D. near |
| 9. A. without | B. with | C. for | D. in |
| 10. A. food | B. bed | C. way | D. friend |
| 11. A. stay in | B. find | C. build | D. look for |
| 12. A. trunks | B. roots | C. branches | D. leaves |
| 13. A. study | B. work | C. search | D. walk |
| 14. A. grow up | B. wander | C. stay up | D. sleep |
| 15. A. look after | B. clean | C. look about | D. clear |
| 16. A. if | B. and | C. while | D. as |

学习札记

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|------------------|---------------|-----------|-------------|
| 17. A. eyesight | B. virtue(美德) | C. memory | D. strength |
| 18. A. recognize | B. realize | C. know | D. see |
| 19. A. breaks | B. enters | C. finds | D. leaves |
| 20. A. force | B. enjoy | C. have | D. show |

• 读后回马枪 •

【单词必背】

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|--------------------------|--------------------------------|
| 1. distance <i>n.</i> 距离 | 2. underground <i>adj.</i> 地下的 |
| 3. hollow <i>n.</i> 洞 | 4. tongue <i>n.</i> 舌头 |

【短语归纳】

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|-------------------|------------------------|
| 1. cut up 切碎 | 2. be made up of 由……构成 |
| 3. make use of 利用 | 4. bits of 一点 |
| 5. wake up 醒来 | |

【经典句式】

1. When waking up, they begin to clean themselves. 醒来时,它们开始自我清洁。
2. But if a strange ant enters their nest, the ants will have the stranger killed at once. 但是,如果陌生蚂蚁进入它们的巢穴,他们会立刻把陌生蚂蚁杀死。