

★★★北京市海淀区特高级教师组编★★★

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

高三英语(上)

伊犁人民出版社

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培优补差

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活页题选

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赵 临 赵文娟 主编

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第 1 日

共 60 日

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Sincerely,
Mary Hayes
Brighter Vision

阅读训练:根据短文内容,选择正确答案

1. The passage above is intended for _____.
 - A. the children who are ready to school
 - B. the parents whose children will go to school
 - C. early childhood educators
 - D. all readers who might read it
2. According to the passage, the children's educational program has the following advantages EXCEPT that _____.

学习札记

- A. it's full of fun
- B. it can develop your children's early skills
- C. it's free of charge
- D. it is created and designed by early child educators

3. This passage is likely on _____.

- A. a newspaper
- B. a magazine
- C. notice
- D. internet

• 读后回马枪 •

【单词必背】

- 1. educational *adj.* 教育的
- 2. leading *adj.* 主要的, 领导的
- 3. provider *n.* 提供者
- 4. introductory *adj.* 入门的
- 5. monthly *adj.* 每月的

【短语归纳】

- 1. at no cost 不花钱
- 2. be impressed with... 对... 有印象
- 3. be satisfied 满意
- 4. continue with 继续.....
- 5. lie in 在于.....

【经典句式】

- 1. You will discover how perfect it is for your child. 你会发现这对你的孩子来说是非常完美的。
- 2. If you're not 100% satisfied, there is no obligation to continue with the program. 如果你不能 100% 的满意, 决不会强迫你继续使用这一软件。

第2日

共61日

Living in Two Worlds

When Christopher Columbus arrived in America 500 years ago, he found people who had been living here for centuries. Among the Native Americans eventually affected by his “discovery” were the Pueblo Indians of New Mexico. Recently, we spoke with five Pueblo teens. Here’s what they had to say about their lives today:

What qualities do you think are special to Native Americans?

Robin Atencio, 15: Our people are proud and have a strong sense of community. We **look out for one another**. No one is homeless.

Katrina Humetewa, 16: We have many strong old beliefs and traditions. One is that nature is sacred(神圣的). The earth gives us food and life. We don’t dump a lot of poisons into the ground and rivers.

How do you learn about your history and culture?

Fabiola Lovato, 17: We learn from our elders. They tell us about the natural world, medicines, and other things. Our traditions are passed down from generation to generation by word of mouth.

Is your daily life like that of others?

Justin McHorse, 17: In many ways, yes. I listen to rap and rock’n’roll. I dress in jeans, T-shirts, and sneakers. I go to a regular school. In my pueblo (village), I live in an adobe (house made of mud and plaster). We have electricity and plumbing (管钳工).

Jonathan Teba, 15: I go to movies with my friends and just hang out and talk. I also love sports. I watch the Lakers and the Bulls on TV.

How is your life different?

Justin: I listen to traditional Native American music. At powwows, different tribes get together to perform their dances. I’ll hear round-dance songs, war-party songs, and things like that.

Jonathan: Mostly it’s a matter of religion (信仰). We have many traditional beliefs and ceremonies. But we can’t talk about them. They’re private.

What’s the biggest problem you face as a Native American living in today’s world?

Justin: There’s a lot of prejudice (偏见). Many people have stereotypes (固定看法) about Native Americans. They think we all live in tepees (圆锥形帐篷) and hunt buffalo, like the Native Americans they see in TV Westerns.

Fabiola: Some history books talk about us as if we were all savages and uncivilized. They’re wrong. We’re good, hard-working people who live in harmony (和谐) with nature.

What other concerns (关心之事) do you have?

Robin: For me, seeing Columbus being celebrated for discovering America is difficult. Our people lost their lives, their culture, their land. We’re wondering, “What about us?”

Jonathan: I worry about losing our traditions. I’m trying to learn my language-Tewa. But it seems many elders have forgotten a lot. Elders used to stay home and

学习札记

teach the children. Today, many have to work. There's less time for the old ways nowadays. (Words: 465; Minutes: 7)

阅读训练: 根据短文内容, 选择正确答案

1. What does the boldfaced phrase "look out for" mean in the second paragraph?
A. in search of B. look for
C. take care of D. are careful with
2. The purpose of this article is to _____.
A. explain why stereotypes are harmful
B. help people learn more about Native Americans
C. give information about the history of Native Americans
D. help to know about American teens
3. It can be inferred from this article that in Pueblo culture, the elders _____.
A. are important people B. don't work very hard
C. don't go to movies D. just stay at home
4. We can infer from the article that these teenagers _____.
A. do not like traditional Native American music
B. speak many languages
C. are proud of their heritage
D. are worried about America's history
5. What does the title "Living in Two Worlds" mean?
A. America and European countries
B. Today's world and Traditional world
C. Native Americans and other Americans
D. Elders and teens

• 读后回马枪 •

【单词必背】

- | | |
|---------------------------------|---------------------------------------|
| 1. tradition <i>n.</i> 传统 | 2. belief <i>n.</i> 信念, 信仰 |
| 3. religion <i>n.</i> 宗教 | 4. uncivilized <i>adj.</i> 未开化的, 不文明的 |
| 5. hard-working <i>adj.</i> 勤奋的 | |

【短语归纳】

- | | |
|-------------------------|--------------------------|
| 1. be affected by 受……影响 | 2. look out for 照顾 |
| 3. pass down 传下去 | 4. by word of mouth 通过口头 |
| 5. hang out 游荡, 徘徊 | |

【经典句式】

1. Our people are proud and have a strong sense of community. 我们的人民非常自豪, 而且有很强的集体意识。
2. Some history books talk about us as if we were all savages and uncivilized. 有些历史书谈论起我们, 就好像我们都是野人, 不文明。

第3日

共60日

Languages Spoken at Home

Not since World War II have so many Americans spoken a foreign language at home. Today, one in seven U.S. people speaks a language other than English. Spanish is the leading tongue, spoken by 17 million Americans. All told, 31.8 million Americans speak 329 foreign languages in their households. This represents an increase of 34% in foreign language usage since 1980.

Asian languages account for (占……的比重) 14% of foreign language speakers, showing the new wave of immigration. European languages have reduced the most, as the descendants of the old immigrants **abandon** such languages as German, Yiddish, Polish, and Italian.

This list represents the 20 most common foreign languages in use in the homes and the states with the highest percentage of speakers.

Spanish	7,339,172	New Mexico
French	1,702,176	Maine
German	1,547,099	North Dakota
Italian	1,308,648	New York
Chinese	1,249,213	Hawaii
Tagalog	843,251	Hawaii
Polish	723,483	Illinois
Korean	626,478	Hawaii
Vietnamese	507,069	California
Portuguese	429,860	Rhode Island
Japanese	427,657	Hawaii
Greek	388,260	Massachusetts
Arabic	355,150	Michigan
Hindi	331,484	New Jersey
Russian	241,798	New York
Yiddish	213,064	New York
Thai/Lao	206,266	California
Persian (Farsi)	201,865	California
Creole	187,658	Florida
Armenian	149,694	California

Other languages spoken by more than 100,000 American people and the states in which they are chiefly used are: Navajio (New Mexico), Hungarian (New Jersey), Hebrew (New York), Dutch (Utah), Mon-khmer (Rhode Island), and Gujarathi (New Jersey).

On the next page are the five states that have the most and the fewest foreign language speakers in the home.

Most Foreign Speakers

New Mexico	35.5%
California	31.5%
Texas	25.4%
Hawaii	24.8%
New York	23.3%

学习札记

Fewest Foreign Speakers

Kentucky	2.5%
West Virginia	2.6%
Arkansas	2.8%
Alabama	2.9%
Tennessee	2.9%

阅读训练:根据短文内容,选择正确答案

- What does the boldfaced word "abandon" mean in the second paragraph?
A. dislike to learn B. stop using C. like to use D. learn to use
- How many Americans speak Spanish?
A. 7,339,172 B. 17 million C. 31.8 million D. 14%
- This article is mainly about _____.
A. speaking English
B. the languages spoken in the United States
C. why so many Americans speak foreign languages
D. Where do the immigrants come from nowadays
- Which statement is true based on the information in this article?
A. In the United States, more people speak Spanish at home than French.
B. Spanish is the most common language in the United States.
C. Most people in New Mexico speak Spanish at home.
D. Most people in Hawaii are Chinese descendants.
- Which question is answered in this passage?
A. How many people in Hawaii speak Vietnamese?
B. Which state has the most foreign language speakers in the home?
C. How many people in California speak English only?
D. How many foreign languages are spoken in the world today?

• 读后回马枪 •

【单词必背】

- | | |
|----------------------------|-----------------------------|
| 1.households <i>n.</i> 家庭 | 2.represent <i>v.</i> 表示,说明 |
| 3.usage <i>n.</i> 使用 | 4.immigration <i>n.</i> 移民 |
| 5.percentage <i>n.</i> 百分率 | |

【短语归纳】

- | | |
|------------------------|--------------------|
| 1.one in seven 七个中有一个 | 2.other than 除……以外 |
| 3.account for 占……的比重 | 4.in use 使用 |
| 5.an increase of... 增加 | |

【经典句式】

- Today, one in seven US people speaks a language other than English. 今天在家庭中,七分之一的美国人除了说英语以外还说另外一种语言。
- Spanish is the leading tongue, spoken by 17 million Americans. 西班牙语是主要的一种语言,共有1千7百万美国人说这种语言。

第4日

共60日

Everyday Expressions

If you say, "The cat's out of the bag" instead of "The secret is given away", you are using an idiom. The meaning of an idiom is different from the actual meaning of the words used. "An apple a day keeps the doctor away" is a proverb. Proverbs are old but familiar sayings that usually give advice. Both idioms and proverbs are part of our daily speech. Many are very old and have interesting histories. See how many of these sayings you know.

"An apple a day keeps the doctor away."

This proverb comes from the ancient Romans, who believed the apple had strong powers to cure illness. In fact, apples are filled with vitamin C, protein, pectin, natural sugars, copper, and iron. They do **promote** health.

"Saved by the bell."

In 17th century England, a guard at Windsor Castle was charged of falling asleep at his post. He insisted he was wrongly charged and could prove it; he had heard the church bell ring thirteen times at midnight. Townspeople supported him and he was not sentenced to death. Today we think of the bell that ends a round in boxing, often saving the boxer from injury, or the bell at the end of a class period, saving you from more work. Therefore, this idiom means rescue from a situation at the last possible moment.

"Bury the hatchet (斧头)."

Native Americans used to bury weapons to show that fighting had ended and enemies were now at peace. Today, the idiom means to make up with a friend after an argument or fight.

"A close shave."

In the past, student barbers learned to shave on customers. If they shaved too close, their customers might be cut or even hardly escape serious injury. Today, we use the idiom if a person narrowly escapes disaster.

"He who pays the piper (吹管乐器的人) calls the tune (曲目)."

In Medieval (中世纪的) times, people were entertained(使娱乐) by strolling (周游的) musicians. Whoever paid the price could choose the music. The proverb means that whoever pays is in charge.

"The pen is mightier than the sword."

In seventeenth century England, a free press was banned (禁止) by the government. This meant that people who disagreed with the government and printed their views were punished. In spite of this, people published their ideas and opinions in illegal (非法的) pamphlets (小册子) that were delivered to the public. The proverb means that the written expression of ideas cannot be stopped by physical force.

"The pot calling the kettle (壶) black."

In 17th century, both pots and kettles turned black because they were used over open fires. Today, this idiom means criticizing someone else for a fault of one's own.

"Raining cats and dogs."

In Norse mythology (神话) the dog is connected with wind and the cat with storms. This expression means it's raining very heavily.

学习札记

"To shed (流下) crocodile tears."

Crocodiles have a reflect (反射) that causes their eyes to tear when they open their mouths. That makes it look as though they are crying while eating their hunted animals. In fact, neither crocodiles nor people who shed "crocodile" tears feel sorry for their actions.

阅读训练:根据短文内容,选择正确答案

1. What does the boldfaced word "promote" mean in the second paragraph?

- A. break down B. lead to C. make poor D. grow up

2. The purpose of this article is to _____.

- A. compare idioms and proverbs
B. explain the meanings of some interesting everyday expressions
C. show the importance of using proverbs and idioms in your writing
D. give the histories of some idioms

3. It can be inferred from the article that _____.

- A. it is difficult to guess the meaning of idioms
B. you shouldn't use idioms in your writing
C. proverbs are more common than idioms
D. idioms are all old and interesting

4. What does the idiom "bury the hatchet" mean?

- A. Bury the weapons.
B. Stop fighting.
C. Make peace with a friend after a fight
D. Keep secret.

5. Which of the following statements is an example of "a close shave"?

- A. My brother bought a new bicycle to ride to school.
B. A car nearly hit me on my way to school.
C. No one in my school has ever been to Canada.
D. I was really late for school.

• 读后回马枪 •

【单词必背】

1. idiom *n.* 成语
2. disaster *n.* 灾难
3. entertain *v.* 使娱乐, 使高兴
4. criticize *v.* 批评
5. reflect *v.* 反射

【短语归纳】

1. give away 泄露(秘密)
2. be charged with 被指控
3. be sentenced to death 被判死刑
4. save sb. from... 使某人免于.....
5. make up with 和..... 讲和

【经典句式】

1. Today, the idiom means to make up with a friend after an argument or fight. 今天, 这个成语意思是在争吵和辩论后讲和。
2. That makes it look as though they are crying while eating their hunted animals. 这看上去似乎是她们一边吃被捕获的猎物, 一边哭泣。

第5日

共60日

Laurence Yep

I was born in 1948 in San Francisco, where I lived in a black ghetto (单一人种或种族居住区) but traveled every day to a school in Chinatown. As a result, I was always something of an **outsider**. In my neighborhood, I could serve as the all-purpose Asian in war games—being cast either as the Japanese or the Korean Communist who got killed depending on what war we were fighting.

Even in Chinatown, I felt like an outsider. Since I went to a Catholic school, my Chinese-American friends would tell jokes in Chinese so that the nuns (修女) would not understand. However, since I couldn't speak Chinese, neither did I.

When I was a child, there weren't any books about Chinese-American children; but when I went to the library, I could never get interested in books about Homer Price (一个美国儿童读物中虚构的男孩) or other such children. Every child had a bicycle and no one seemed to worry about locking their front doors. As a result, these and such details (情节) seemed like fantasy (非现实的事物) to me.

Ironically, what seemed like "truer" to me were science fiction (科幻小说) and fantasy because in those books children were taken to other lands and other worlds where they had to learn strange customs and languages—and that was something I did every time I got on and off the bus.

Actually, I never intended to be a writer but a chemist. In high school, the chemistry teacher let me work on different sorts of explosives so that I was more inclined (倾向于) toward the sciences. But my English teacher told me if I wanted an A in his course, I would have to get something accepted by a national magazine. He later gave up the request, but I had gotten bitten by the submission bug (开始答应为杂志写故事), so I kept on sending in stories.

When I was eighteen, I finally sold my first story to a science fiction magazine for a penny a word—which is the rate Dickens used to get, but pennies went further (具有更高价值) in his day.

From the very beginning, I thought I was dealing with that childhood feeling of being an outsider. That first published story was about a nonhuman told from his viewpoint in the first person; and all the rest of my stories have dealt with being an outsider, from science fiction like *Sweetwater* and *Monster Makers, Inc.*, or my fantasy books, like *Dragon of the Lost Sea* and *Dragon Steel*, to the books about *Mark Twain*, *The Mark Twain Murders* and *The Tom Sawyer Fires*. Even my latest books, *Kind Hearts and Gentle Monsters* and *Liar, Liar*, are about teenagers who place themselves outside of the society.

Any writer is something of an outsider. Only the discontented have reason to daydream, and perhaps that makes us fulltime daydreamers who get paid to write down our dreams.

阅读训练:根据短文内容,选择正确答案

学习札记

1. What does the boldfaced word "outsider" mean in the passage?

- A. 外国人 B. 外地人 C. 局外人 D. 陌生人

2. Why did Yep like science fiction books?

- A. They are really interesting.
B. Children in the books were taken to other places.
C. The children in these books seemed real to him.
D. They were about strange customs.

3. Which of these points does Yep make in this passage?

- A. It's important to speak several languages.
B. Children should read science fiction stories.
C. Most writers are outsiders.
D. Teenagers are usually daydreamers.

4. Which question is Not answered in the passage?

- A. What was his first published story about?
B. Why did he decide to become a writer instead of a chemist?
C. Why didn't he learn to speak Chinese?
D. When did he sell his first story to a science fiction magazine?

5. You can infer that Laurence Yep _____.

- A. didn't like to read when he was a child
B. didn't live with his parents
C. Didn't get married all his life
D. Didn't like Homer Price

• 读后回马枪 •

【单词必背】

1. outsider *n.* 局外人 2. detail *n.* 细节
3. course *n.* 课程 4. viewpoint *n.* 观点
5. discontented *adj.* 不满足的

【短语归纳】

1. something of 有点 2. serve as 当, 担任
3. intend to do 打算做 4. in the first person 以第一人称
5. deal with 涉及, 讲的是

【经典句式】

1. Since I couldn't speak Chinese, neither did I. 因为我不懂汉语, 我也不能做这件事情。
2. Actually, I never intended to be a writer but a chemist. 事实上我从来没有打算当作家, 而是当个化学家。



第6日

共60日

There are warm tropical regions all over the globe, but only the Indians of the South American rain forests have formed the habit of sleeping in the open air. Long before they made painful acquaintance(相识) with Europeans, they had invented something that was unique on earth: the hammock.

Nobody really knows who first had bright idea of making sleeping in the air the symbol of untroubled rest. The Indians see the hammock as a "gift of heaven (上天)", something given to them a very long time ago.

In it the Indians pass away hot noon hours, napping or chatting. Swinging it to and fro(来回摆动) creates a cooling breath of air and keeps away insects. They work and play in hammocks, are born and die there.

Hung like a suspension bridge between heaven and earth, a hammock is dry while the soil is damp and is safe from most wild animals.

Hammocks have the advantage over beds in that they are easy to transport and take up very little space when they have been rolled up(卷起). Indians never go on a journey without their hammocks, not even to their plantations.

阅读训练:根据短文内容,选择正确答案

1. The word "hammock" in this passage means _____.
 - A. a suspension cage which can be swung to and fro in the air
 - B. a seat hanging by two ropes from the branch of a tree
 - C. a suspension bridge in the South American rain forests
 - D. a net hung between two supports and used as a bed
2. Indians swing the hammock to _____.
 - A. pray to heaven for a gift
 - B. keep away flies, mosquitoes and other insects
 - C. keep away wild animals
 - D. fall asleep quickly
3. According to the passage, hammocks _____.
 - A. cannot be rolled up
 - B. are difficult to transport
 - C. are never brought to the plantations
 - D. can be kept dry while the ground is wet
4. The passage is about _____.
 - A. the Indian way of living

学习札记

B. tropical regions

C. Indians' gift for the Europeans

D. a portable bed

• 读后回马枪 •

【单词必背】

1. region *n.* 地区

2. painful *adj.* 痛苦的

3. untroubled *adj.* 不被打扰的

4. create *v.* 带来, 产生

5. transport *v.* 运输

【短语归纳】

1. form the habit of doing sth. 形成做某事的习惯

2. in the open air 在野外

3. pass away 打发(时间)

4. it to and fro 来回

5. keep away 使……离开

6. have the advantage over 比……有优点

【经典句式】

1. Only the Indians of the South American rain forests have formed the habit of sleeping in the open air! 只有南美雨林里的印第安人养成了这种在野外睡觉的习惯。

2. It has the advantage over beds in that they are easy to transport and take up very little space. 它比床有优点, 即容易携带, 占空间少。

第7日

共60日

History protected along Yangtze

As the man-made diversion canal (导流明渠) finally closed at the Three Gorges Project on November 6, hundreds of archaeologists (考古学家) were working hard to protect cultural relics (文物) in the dam area.

Among the protected relics are four "State treasures" in Sichuan Province and Chongqing. They are a 1,700-year-old temple, the ancient Dachang Town famous for its well protected Ming Dynasty style residential architecture (民居), Baiheliang, the world's oldest hydrologic inscriptions (水文), and an ancient village with exquisite (精美的) wooden structures.

Chinese experts have worked out specific and proper protection methods for each of the archaeological treasures.

The Zhang Fei Temple, built to honour General Zhang Fei of the Three Kingdom Period (AD 220—280), will be displaced and rebuilt brick-by-brick. Its new location will be 32 kilometers west of its existing site. This high-cost relic protection project, including the moving and rebuilding of all the relics, as well as 126 ancient trees, is the largest relic relocation in China's history. The temple will be taken apart by the end of this year.

The ancient Dachang Town will be rescued by using a similar method. Its architecture will be rebuilt as a new site 5 kilometers away. The new town will imitate (模仿) the original geographic features (特色) and cultural flavours (韵味). The rebuilding will begin next February.

The protection of Baiheliang is special and unique (独特的). It will be turned into an underwater museum. Architects will make use of two low-water seasons to finish the construction of the museum. An underwater passage will lead tourists to the museum by 2005.

The Shibao Village is considered the world's most complex (复杂的) set of wooden structures. It will be protected by a dyke (堤坝) that will surround the village.

The Three Gorges Dam has received a total of 339 million yuan of State funds for the whole relic protection programme.

Up until now, 86.7 percent of the excavation (挖掘) work in the dam area of Hubei Province has been completed. However, the work in Chongqing has been delayed. The present progress will only guarantee (保证) the completion of half of the planned relic protection work in Chongqing by the end of next year.

Experts say the unique cultural beauty in the Three Gorges dam area will not change too much when the Three Gorges reservoir (水库) begins to fill up and goes into operation next June.

阅读训练:根据短文内容,选择正确答案

1. The underlined word in the 4th paragraph "displace" here means _____.
A. 移植 B. 代替 C. 拆毁 D. 不动
2. After reading the passage, we know _____.