

周周有安排 日日有进步



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

刘弢 吕春昕 / 编译

周计划

英语阅读理解

契合中考命题

时间计划

题型多样

题型全面覆盖

7 年级

附 全文翻译，彻底解决读不懂、读不透

超值赠送《中考英语词汇》有声电子书

五年累积数十万读者支持，专注打造阅读与完形品牌



华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS



周计划 英语阅读理解

7 年级

编译: 刘 弢 吕春昕
编委: 武秀梅 胡艳梅 丁 溧
吕豪亮 范引梅 彭 娟
刘长鼎 陈秀华 丁妙媛



华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

· 上海 ·

图书在版编目(CIP)数据

英语阅读理解. 7 年级. 附全文翻译. 五年经典版 / 刘弢, 吕春昕编译.
—3 版. —上海: 华东理工大学出版社, 2015.5
(周计划)
ISBN 978-7-5628-4210-1
I. ①英… II. ①刘… ②吕… III. ①英语—阅读教学—初中—
教学参考资料 IV. ① G634.413
中国版本图书馆 CIP 数据核字(2015)第 059686 号

周计划

英语阅读理解(7 年级)(附全文翻译)五年经典版

编 译 / 刘 弢 吕春昕
策划编辑 / 戎 炜
责任编辑 / 王 芳
责任校对 / 金慧娟
封面设计 / 视界创意+杜静静
出版发行 / 华东理工大学出版社有限公司
地 址: 上海市梅陇路 130 号, 200237
电 话: (021)64250306(营销部)
(021)64252750(编辑室)
传 真: (021)64252707
网 址: press.ecust.edu.cn
印 刷 / 南通印刷总厂有限公司
开 本 / 787 mm×1092 mm 1/16
印 张 / 11
字 数 / 335 千字
版 次 / 2015 年 5 月第 3 版
印 次 / 2015 年 5 月第 1 次
书 号 / ISBN 978-7-5628-4210-1
定 价 / 22.50 元

联系我们: 电子邮箱 press@ecust.edu.cn

官方微博 e.weibo.com/ecustpress

天猫旗舰店 <http://hdlgdxcb.tmall.com>

华东理工大学出版社



Printed in China

前言

看着市场上浩如烟海、质量参差不齐的中学英语教辅图书,有一个想法在我们心中由来已久,那就是编写一套真正内容扎实、效果明显、让同学和家长们的每一分钱都不虚掷的中学英语阅读理解和完形填空丛书。经过精心选编和翻译、经过无数次推敲和取舍,现在,这套丛书终于完稿了,以下是它们的五个主要特点,希望对您有所帮助。

一、内容经典,所有篇目均选自历年中、高考真题。我们尤其注重英文的地道和原汁原味,剔除了某些由中国人撰写的、带有明显汉语思维痕迹的中、高考文章。

二、循序渐进,按内容的难度进行分级。整套丛书从初一至高中难度逐渐抬升,让阅读者的英语水平在不知不觉中得到提高。

三、疑难词、关键词注释,力求重点突出。特别是给出了相应的例句,便于阅读者彻底掌握这些词汇。

四、全文翻译,彻底解决读不懂、读不透、练习做了很多但水平提升缓慢的问题。您可能早已注意到,超过99%的中学英语教辅书籍是没有翻译的,为什么?因为翻译的难度最大、对编者的挑战最高。所以我们查阅了大量资料,尽力提供最为准确、流畅的译文,力求使同学们读一篇就彻底消化一篇。

五、采用五篇阅读理解的周计划模式,并在周末补充生词强化及幽默故事。全书共24周,一周之内每天读一篇,题量不大便于坚持,以达到循序渐进的目的。

本书出版后受到了读者欢迎。为进一步提高质量,修订时删减了部分过难的篇目,题型更加多样化,以期更适合学生使用。

此外,为了将“全文翻译,彻底解决读不懂、读不透”的理念贯彻到底,从“帮助读者最大化提升阅读能力”的角度出发,我们还随书赠送《中考英语词汇》有声电子书,扫描二维码即刻下载!英语阅读能力的提升犹如筑建一座高楼大厦,里面的一砖一瓦就是你平时读书、练习时所积累的单词、词组、句型,词汇量的拓展才是浇筑好阅读这座大厦的根基!相信在周计划全文翻译的练习巩固下,辅之以中考词汇的完全掌握,阅读不丢分,学霸就是你!

丛书自2010年第一版面市以来,五年间历经数次修订改版,只为将内容加以完善。不足之处敬请读者指正。

Term 1 上学期

003	第 1 周
010	第 2 周
016	第 3 周
022	第 4 周
029	第 5 周
035	第 6 周
041	第 7 周
047	第 8 周
054	第 9 周
060	第 10 周
067	第 11 周
073	第 12 周

Term 2 下学期

081	第 13 周
088	第 14 周
095	第 15 周
102	第 16 周
109	第 17 周
116	第 18 周
122	第 19 周
129	第 20 周
136	第 21 周
143	第 22 周
150	第 23 周
157	第 24 周
165	参考答案



Term 1

上学期

第 1 周

Monday

题材: 社会习俗

词数: 101

建议阅读时间: 2.5 分钟

In the front of many American homes you can see a mat. People call it a “welcome mat”, because many of these mats have the word “Welcome” on them. Some welcome mats have the family name on them.

Because Americans do not take off their shoes before they come into the house, they need a welcome mat to clean their shoes. If their children do not clean their shoes on the mat, their parents may scold them. If you go to an American home, please remember to clean your shoes on the mat. If you do not clean your shoes on it, someone may tell you to do so. Remember, “Different country, different customs.”

mat *n.* 垫子;小地毯: You can leave the key under the mat. 你可以把钥匙放在垫子下面。

scold *v.* 责骂,斥责: June scolded the boys for taking the candy without asking first. 琼责骂那些男孩没有先征得同意便擅自拿糖果吃。

custom *n.* 风俗,习惯: It is Asia's custom to greet the New Year with firecrackers. 放爆竹迎新年是亚洲人的风俗。

阅读上面的短文,选择正确答案。

- There is a word on many of these mats. It is _____.
A. Welcome B. The family name
C. Mr. Black D. The second name
- They use the welcome mats to _____.
A. welcome all guests B. make the room clean
C. hold all shoes D. make the house beautiful
- Before they go into the house, Americans _____.
A. have to clean the mat B. must say “Hello” to the mat
C. have to take off their shoes D. must clean their shoes
- If you visit a friend in America, you'd better _____.
A. go into the house without shoes B. stand on the mat
C. clean your shoes on the mat D. have on your new shoes

参考译文

在许多美国人的家门前,你能看到一个垫子。人们把它叫作“迎宾垫”,因为这些垫子上面大多有“欢迎”的字样。有些迎宾垫上还有主人的姓氏。

因为美国人进屋之前不脱鞋子,所以他们需要一个迎宾垫来蹭鞋。如果孩子们不在垫子上蹭鞋,他们的父母就可能责骂他们。如果你去一个美国家庭,请记住在垫子上蹭鞋。如果你没有在上面蹭你的鞋,有人可能会告诉你这样做。记住,“不同的国家,不同的风俗。”

Tuesday

题材: 医疗技术哪家强

词数: 111

建议阅读时间: 3 分钟

A professor from New York University once went to a remote area to do some science research. One day, he ate something wrong and became sick, but it was too far to go back to the city. “I have to see a doctor,” he said to a local. “How can I be sure of getting a good one?”

“It’s easy,” was the reply. “Every time a doctor loses a patient, it’s our law that he must fly a balloon above his office.”

So he began his search. One doctor flew 20 balloons, another 30. Then the professor found an office that was flying only five, and went in.

“You’ll have to wait. I’ve been very busy,” the young doctor told him. “I started my business only yesterday.”

local *n.* 本地人,当地居民:I asked one of the locals which way to go. 我问一个当地居民走哪条路。

reply *n.* 回答:Her reply to his bad behaviour was simply to walk away. 他对他的不良行为的反应是一走了之。

lose *v.* 失去:She’s just lost her husband. 她刚失去了丈夫。

fly *v.* 悬挂;飘扬:The national flag was flying on top of the building. 国旗在屋顶迎风飘扬。

阅读上面的短文,选择正确答案。

- The professor was from _____.
A. Australia B. Britain C. Japan D. America
- The underlined word “**remote**” means _____.
A. 遥远的 B. 繁华的 C. 附近的 D. 城市的
- He wanted to find a doctor because _____.
A. he wanted to do science research B. he wanted to fly a balloon
C. he wanted to speak to a local D. he became sick
- The young doctor was the _____ doctor the professor found.
A. first B. second C. third D. fourth
- Which of the following statements is true according to the passage?
A. The professor went to the remote area to see a doctor.
B. The doctor who had five balloons was the best one.
C. The doctor had five balloons because he had lost five patients.
D. The local told the professor to see the doctor with five balloons.

参考译文

纽约大学的一位教授来到一处偏远地区从事科学研究。一天,他吃坏了东西,生病了,但去城里太远。“我必须看医生,”他对一位当地人说,“我怎样才能保证找到高水平的医生?”

“很简单,”当地人回答,“每次医生治死病人,我们的法律就会要求他在办公室外高高悬起一个气球。”

于是他开始寻找。有一个医生在外面挂了 20 个气球,另一个医生挂了 30 个。后来,教授找到了一家只挂 5 个气球的办公室,走了进去。

“你还得等等。我很忙,”一位年轻的医生对他说,“我昨天才开业。”

Wednesday

题材: 旅游胜地

词数: 88

建议阅读时间: 2 分钟

Sydney Tower

Address: 100 Market St, Sydney

Phone: 02 9333 9222

Fax: 02 9333 9203

Open time: 9:00 a.m. to 10:30 p.m. (Saturdays to 11:30 p.m.)

Ticket: \$ 60 (for an adult) \$ 30 (for a child)

Website: www.sydneytower.com.au

How to get there: train to Town Hall Station and a short walk along Market Street

How to book tickets: by phone/fax or through the web

Attraction: Sydney's best views are just the beginning! Sydney Tower takes you to the highest point above Sydney for exciting 360° views of our beautiful city.

阅读上面的短文,选择正确答案。

- Sydney Tower is _____ in Sydney, Australia.
A. the busiest street
B. the biggest station
C. the most beautiful park
D. the highest point
- If you want to book a ticket to Sydney Tower, you can't _____.
A. email sydneytower@hotmail.com
B. fax 02 9333 9203
C. search www.sydneytower.com.au
D. dial 02 9333 9222
- Frank wants to go to Sydney Tower with his two children, he will pay _____.
A. \$ 60
B. \$ 90
C. \$ 120
D. \$ 150
- Last Saturday, Johnson went to visit Sydney Tower. He had to get down the tower _____.
A. after 11:30 p.m.
B. before 11:30 p.m.
C. at 10:30 p.m.
D. by 10:30 p.m.
- The passage above is probably _____.
A. a piece of news
B. a conversation
C. a story
D. an advertisement

参考译文

悉尼塔

地址: 悉尼市市场街 100 号

电话: 02 9333 9222

传真: 02 9333 9203

开放时间: 上午 9 点至晚上 10 点半 (周六延长至晚上 11 点半)

票价: 60 美元 (成人) 30 美元 (儿童)

网址: www.sydneytower.com.au

交通方式: 乘火车至市政厅站, 沿市场街步行一小段距离即到

订票方式: 电话、传真或网络

亮点: 悉尼最美的风景就从这里开始! 悉尼塔带你来到悉尼的最高点, 让你 360 度享受这座美丽城市令人兴奋的景观。

Thursday

题材: 留学生活

词数: 75

建议阅读时间: 2 分钟

Dear Wang Ting,

Congratulations! You've won a free five-week study in another country. Now please decide where to go and what you want to do.

Please read the information on the right carefully and tick "✓". After the study, you must write a report about it.

Yours sincerely,

Li Gang

Director

CCTV10

Information

You may choose

● a country:

Canada ✓ Japan Australia

● your stay:

In a hotel With a family ✓

● one subject:

Science Geography History ✓

● some sports:

football ✓ skating climbing

horse-riding ✓ basketball badminton

Your name: Wang Ting

tick v. 对……标上记号以示正确: Tick the sentence that best describes your feelings. 给最能表达你感觉的句子打钩。

sincerely adv. 衷心地, 真诚地: I am very proud of this scheme and I sincerely hope it will succeed. 我对这个计划感到很自豪, 也衷心希望它会成功。 || **Yours sincerely** 您真诚的, 敬上, 谨启 (写在信函末尾的客套语)

阅读上面的短文, 选择正确答案。

1. How long will Wang Ting's study last?

A. Five weeks.

B. Two months.

C. About a year.

D. We don't know.

2. Which country does Wang Ting want to go?

A. Japan.

B. Britain.

C. Australia.

D. Canada.

3. Wang Ting _____.
 A. is going to learn Japanese during the study B. must write a report after the study
 C. should have some sports before the study D. will pay for the study
4. From the letter, we know that Li Gang _____.
 A. is a traveler B. likes writing letters
 C. is the head of CCTV 10 D. is Wang Ting's teacher
5. What're Wang Ting's favourite sports?
 A. Basketball and football. B. Football and horse-riding.
 C. Climbing and skating. D. Basketball and badminton.

参考译文

亲爱的王婷:

恭喜你! 你已经获得了为期五周到国外免费学习的机会。现在, 请决定去哪个国家, 想做什么。

请仔细阅读右边的信息栏, 并打√。学习期满, 你必须写一份报告。

你诚挚的,
 李刚
 导演
 CCTV10

信息栏

你可以选择

●国家:

加拿大 √ 日本 澳大利亚

●你住在:

旅馆里 房东家 √

●一门课程:

科学 地理 历史 √

●体育运动(多选):

足球 √ 溜冰 登山
 骑马 √ 篮球 羽毛球

你的名字: 王婷

Friday

题材: 奇闻趣事

词数: 139

建议阅读时间: 3.5 分钟

Henry had an old shed. It had no windows, so it was very dark, and it was full of old things.

One day Henry went into this shed to get a ladder, but slipped on something and fell against a big garden fork. The fork hit him on the head and knocked him down. Then it fell on top of him and hit him hard on the left leg. The ends of the fork then went into his long beard. He fought with the fork fiercely, and at last threw it off him, jumped up and ran out of the shed.

He was very angry. He had an old sword under his bed, and he now ran and got this. Then he ran back to the shed, opened the door suddenly and shouted in a terrible voice, "All right, come out and fight, you and all the other forks in the world! I'm not afraid of you!"

shed *n.* 棚, 小屋: a tool shed 工具棚/a cattle shed 牛棚/a bicycle shed 自行车棚

slip *v.* 滑倒, 跌跤: He slipped on the ice. 他在冰上滑倒了。

生词 **fork** *n.* (农具)叉: a hay fork 干草叉

beard *n.* (人下巴上的)胡须, 络腮胡子: He wears a beard. 他留胡子。

fierce *adj.* 凶猛的, 激烈的: a fierce struggle 激烈的斗争 || **fiercely** *adv.* 凶猛地, 激烈地

sword *n.* 剑: defend oneself with a sword 以剑自卫

周计划: 英语阅读理解(7年级)

阅读上面的短文,回答问题。

1. What did Henry have?

2. What was it like inside?

3. Why was it dark?

4. Why did Henry go into the shed?

5. What did the fork do?

6. What did the ends of the fork do?

7. What did he have under his bed?

8. What did he do then?

参考译文

亨利有一间旧棚屋。棚屋没有窗户,所以里面黑乎乎的,还堆满了旧东西。

一天,亨利进棚屋去拿梯子,可不知踩到了什么东西,滑倒了,正好倒在一把大农用叉上。叉子击中他的头部,把他打翻在地。然后又倒在他身上,硬生生地打到了他的左腿。叉子的尖叉进了他的长胡子里。亨利与叉子激烈地搏斗一番,终于摆脱了叉子,跳着跑出棚屋。

他十分生气。他有一把长剑,平时放在床下,现在他跑去拿了出来,又杀回棚屋,猛地打开门,气势汹汹地喊道:“好吧,出来打呀!你和世上所有的叉子都来吧,我才不怕你们呢!”

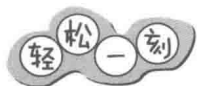
Saturday

生词巩固

方框内的单词均为本单元生词,请将其与下面的释义一一对应。

scol	reply	shed	tick	beard	fierce
------	-------	------	------	-------	--------

- () 1. make a mark like this “√” by something
- () 2. a small building, often made of wood, used especially for storing things
- () 3. an answer
- () 4. to speak angrily to somebody because he/she has done something bad or wrong
- () 5. angry and wild
- () 6. the hair which grows on a man's cheeks and chin



幽默故事

A little boy asked his father, "Daddy, how much does it cost to get married?"

The father replied, "I don't know, Son. I'm still paying!"

参考译文

小男孩问爸爸：“结婚要花多少钱？”

爸爸答道：“我不知道，儿子。我现在还在付账！”

第2周

Monday

题材: 年龄的禁忌

词数: 157

建议阅读时间: 4 分钟

A young man was in love with a beautiful girl. One day the girl said to the young man, "It is my birthday tomorrow." "Oh," said the young man, "I'll send you roses, one rose for each year of your life."

The same evening he went to the flower shop. As he knew the girl would be twenty-two years old the next day, he paid for twenty-two roses and asked the shop assistant to send them to the girl the next day.

The assistant of the flower shop knew the young man very well as he often bought flowers in his shop before. When the young man left the shop, the assistant thought, "The young man is very kind to me. He often comes to buy my flowers. In return I'll send ten more roses."

He did so. The next morning thirty-two roses were sent to the girl. When the young man came to see her, she didn't want to speak to him. And he never knew why she was so angry with him.

in return 作为……的报答: I wish I could do something for you in return. 我希望能做点什么来报答你。

生
词

in love with 与……恋爱着: She has been in love with him for years. 她与他已恋爱多年。/ He is in love with his profession. 他热爱自己的职业。

pay v. (paid) 付钱(买东西): I've paid a high enough price for it. 我付了很高的价钱买下了它。

阅读上面的短文, 选择正确答案。

- The young man wanted to send his girl friend _____ roses for her birthday.
A. 10 B. 22 C. 32 D. 20
- _____ sent the roses to the girl.
A. The young man B. The assistant
C. Another young man D. His friend
- The young girl received the roses _____.
A. the same evening B. a day before her birthday
C. on her birthday D. the day before yesterday
- The assistant meant to _____.
A. make the girl angry B. get more money
C. make the young man glad D. make the girl glad
- From the story we know that _____.
A. one may do something wrong even out of kindness
B. some girls don't like roses
C. young people are often angry with each other
D. both A and B

参考译文

一位年轻人爱上了一个美丽的姑娘。有一天,姑娘对年轻人说:“明天是我的生日。”“噢,”年轻人说,“我要送你玫瑰花,每一朵玫瑰代表你过了一岁。”

这天晚上,他来到花店。因为他知道明天姑娘就要 22 岁了,所以他付了 22 朵玫瑰的钱,请店员第二天把玫瑰送给那位姑娘。

花店的店员知道年轻人人很好,因为他经常来店里买花。当年轻人离开花店后,店员想:“这年轻人对我很好。他经常来买花。为了报答他,我要多送他 10 朵玫瑰。”

店员就这样做了。第二天早上,32 朵玫瑰被送到了姑娘那里。当年轻人来看她时,姑娘不想理他。而他永远也搞不懂她为什么如此生气。

Tuesday

题材: 朋友与周围的人

词数: 162

建议阅读时间: 4 分钟

My friend is a taxi driver. He has been a taxi driver for ten years. It's a nice job most of time. He can meet a lot of people. He always works at night, because there is too much traffic during the day. He usually goes home between 1:00 and 3:00 in the morning.

One day my friend was taking a woman home from a party at 3:00 in the morning. She had her little dog with her. When they got to her house, she found that she had lost her key, so my friend waited in the car with the dog while she climbed in through the window.

My friend waited and waited. After half an hour of ringing the bell, he decided to find out what was going on. He tied the dog to a tree and started to climb in through the window.

At that moment some policemen came. They thought my friend was a thief. Luckily the woman came downstairs. She must have gone to sleep and forgotten about my friend and the dog.

生词

tie v. (tying 或 tying) (用带、绳、线等)系,拴,扎: The dog was tied up in the back garden. 那只狗被拴在后花园。

downstairs adv. 在楼下,到楼下: He went downstairs and into the kitchen. 他下楼到厨房去。

阅读上面的短文,判断正(T)误(F)。

1. The story happened early in the morning.
2. The woman climbed in through the window because she didn't find her key.
3. The driver usually works between 1:00 and 3:00 in the morning.
4. The woman had no money to pay the driver.
5. The woman had forgotten about the driver and the dog.
6. The driver climbed in through the window to see what happened in the house.

参考译文

我的朋友是一位出租车司机。他从事这个行业已经 10 年了。这份工作总的来说还不错。他能遇见很多人。他总是在晚上工作,因为白天的道路过于拥挤。他通常在每天凌晨 1 点到 3 点回家。

一天,凌晨 3 点的时候,我的朋友送一位参加完晚宴的女士回家。她还带着一条小狗。当他们到家后,她发现钥匙丢了,于是我的朋友和这条狗一起在车里等着,而这位女士爬窗进了家。

我的朋友等啊等，按铃后半小时都没有反应。于是他决定看看到底发生了什么事。他把狗拴在树上，开始从窗户往里爬。

正在这时，过来几个警察。他们以为我的朋友是个贼。幸运的是，这位女士下楼了。她肯定去睡觉了，忘了外面还有我的朋友和那条狗。

Wednesday

题材：名人生平

词数：159

建议阅读时间：4 分钟

O. Henry, a famous American writer of short stories, was born in North Carolina in 1862. O. Henry was a pen name. His real name was William Sydney Porter. When he was a young boy, he did not go to school for long because of being born in a poor family, but he tried to teach himself everything he needed to know.

When he was about 20 years old, O. Henry went to Texas. There he tried different jobs. He first worked on a newspaper, and then had a job in a bank. But he got himself into some trouble. Some money went missing from the bank. O. Henry was believed to have stolen it, so he was sent to prison. During the three years in prison, he learned to write short stories. After he got out of prison, he went to New York and went on writing.

He wrote mostly about New York and the life of the poor there. People liked his stories, because almost all of them finished with a sudden change. This made the readers surprised.

missing *adj.* 丢失的，下落不明的：She noticed one of the diamond was missing. 她发现一颗钻石不见了。

生 **mostly** *adv.* 几乎全部地，主要地：She is mostly out on Sundays. 星期天她多半不在家。

词 **prison** *n.* 监狱：The thief was sent to prison for a year. 小偷被判一年监禁。

sudden *adj.* 突然的：The sudden arrival of guests forced her to change her plans. 客人的突然到来使她不得不改变计划。

阅读上面的短文，选择正确答案。

- _____ was the real name of the famous American writer.
A. O. Henry
B. William Sydney Porter
C. Carolina
D. Texas
- O. Henry was sent to prison because _____.
A. people thought he had stolen money from the newspaper
B. people thought he had stolen money from the bank
C. he wanted to write stories about prisoners
D. he broke the law by not using his own name
- Which of the following is true?
A. O. Henry was from a rich family.
B. O. Henry was in school for a long time.
C. O. Henry learned everything he needed by himself.
D. O. Henry liked writing stories when he was a little boy.
- O. Henry got most materials for his stories from _____.
A. his happy life as a boy
B. New York and the poor of the city