做中学生最好用的教辅书

TRYING TO COMPILE THE BEST LEARNING ASSISTANT BOOKS FOR MIDDLE SCHOOL STUDENTS

完形填空与阅读理解



(高考版)

总主编: 周贞雄 本册主编: 唐 博 何素秀



Americans use the term "college students" to mean students either in colleges or universities.

Not only that, Americans almost never say

"going off to university" or "when I was in university".

That sounds British. Instead, they say "going off to college" and "when I was in college".



Both offer undergraduate degrees in the arts and sciences, for example. And both can help prepare young people to earn a living.

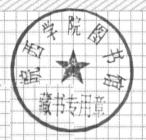
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高伸舞海

完形填空与阅读理解

750篇高考版



湖南大学出版社



内容简介

本书以《普通高中英语课程标准(实验)》及最新考纲为依据,采用完形填空加阅读理解的组合训练模式编写而成。本书题目全部为原创,阅读材料全部来自英语国家的各大英文报纸、杂志和网站(高考完形填空与阅读理解的材料也主要来自这些地方)。

本书共计 25 个单元,每个单元由 1 篇完形填空和 5 篇阅读理解组成,符合高考命题模式,可帮助同学们提前适应高考。本书既适合学生课后自习训练,也适用于教师随堂配套使用,能全面训练和提升同学们解答完形填空及阅读理解题型的能力。

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老祖宗说过,"读书破万卷,下笔如有神";"熟读唐诗三百首,不会作诗也会吟"。

看来,阅读在语言学习中占据相当重要的地位。其实,学生也有这样的体会:英语文章读多了,语感提高了,单词记住了,成绩自然就好了。因此,在教育部最新颁布的《普通高中英语课程标准(实验)》中,阅读能力的培养被列为最重要的教学目标之一。

阅读能力测试也是考试的重中之重,考生阅读水平的高低直接决定其考试成绩的好坏。对阅读能力的考查,涉及的题型主要有"完形填空"和"阅读理解"。

"完形填空"是考查考生英语综合应用能力的题型之一,主要考查考生连续理解语篇意义和准确运用语言的能力,属于一种障碍阅读理解,难度较高。它要求考生既有在一定英语基础上的逻辑推理、分析判断能力以及词语意义和用法的辨析能力,又有在特定语言环境中综合运用所学知识的实践能力。

"阅读理解"通过阅读材料后所设置的考题来考查考生对所读文章的"理解"程度,是考查考生英语综合能力的题型,考查内容包括对英语文章中词汇的理解力,对句子的解析力和对篇章的把握力。阅读理解也是高考英语的测试重点,所占分值比重最大。

虽然阅读理解与完形填空这两大阅读类题型在高考英语中占很大的比重,但是这两种题型往往是学生失分最多的项目。造成学生阅读能力欠缺的原因一般有以下几种:

- 一、英语阅读量少,词汇量不够,语言基本功不扎实,除了阅读课本,很少阅读其他英语材料。
- 二、阅读方法不正确,阅读水平、阅读技能差,遇到生词不知怎么处理,易看错题,不能全面理解题意,综合运用语言能力差。
- 三、不遵循循序渐进的原则。阅读难度过高的材料,容易让学生失去自信心;难度过低的阅读材料,又会让人觉得味同嚼蜡。这样,久而久之,学生就会失去阅读兴趣,难以持之以恒坚持阅读。

四、某些教师忽视对阅读模式的研究,阅读选材狭窄、内容陈旧,学生厌倦过于单调的阅读教学模式。

为了帮助学生增加阅读量,提高其阅读能力和英语成绩,我们特邀了一批多年工作在教学第一线且具有 丰富教育教学及备考指导经验的知名教师和高考命题研究专家编写了这本《高中英语完形填空与阅读理解 150篇(高考版)》。

本书具有以下特点:

- 一、本书阅读材料全部来自英语国家的各大英文报纸、杂志和网站(高考完形填空与阅读理解的材料也主要来自这些地方),题目全部为原创。
- 二、本书选材充分考虑内容的知识性和趣味性,其中涉及时事新闻、人物故事、日常生活、文化教育、政治 经济、科普知识、背景习俗、幽默笑话等,话题丰富,涵盖面广,符合学生的兴趣爱好,融知识性与趣味性于一

体,能有效激发学生的阅读兴趣,培养学生的主动学习习惯。

三、本书内容充分兼顾现行各版本的英语教材,适用性广,适合使用人教版、外研版、北师大版、冀教版、译林版、湘教版及牛津版等多种版本英语教材的高中学生学习使用。

四、本书综合训练部分共分为25个单元,每个单元包含1篇完形填空与5篇阅读理解,与各地高考英语试卷中完形填空与阅读理解的试题量大致相同。

五、本书既适合学生在老师的指导下集体使用,也适合学生课外自主学习。

编者

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第一部分

完形填空与阅读理解答题指导

完形填空答题指导

一、题型特点

从题材上看,用于完形填空的题材比较广泛,常涉及日常生活、文化教育、文史知识、科技、政治、经济、人物、社会、小故事等。文章内容大多与人们的生活直接相关,基本上都是同学们所熟悉的材料。

从所填词的词性上看,完形填空的命题以实词为主,如名词、动词、形容词、副词等,即使考查虚词,也主要从语境方面进行考查,如完形填空对连词的考查主要涉及连词的逻辑关系(如并列关系、转折关系、因果关系、让步关系等)。

从所填词的词形上看,命题者所给的四个选项通常都属于同一词形,即要么四个选项都是名词,要么四个选项都是动词,要么四个选项都是形容词,等等。如果四个选项都是动词,则要么同为过去式,要么同为现在分词或过去分词等。如果四个选项都是形容词,则要么同为原级,要么同为比较级或最高级。

从设空间隔来看,用于完形填空的短文长度一般在300个单词左右。平均每两空间隔12个词左右。当然,由于各个自主命题省市的考纲要求不一样,用于测试的短文长度也有所不同,比如上海卷,用于完形填空的材料就比较长,设空间隔也比较长,但文章本身的难度也比较大。

二、答题步骤

1. 通览全文,把握大意

由于完形填空主要考查考生对文章语境的理解,所以考生在答题前应先花几分钟时间快速把全文通读一遍(跳过空格,不看选项),以便把握文章的大意,搞清作者的思路及上下文的逻辑关系。

2. 顺其语境,初选答案

在了解文章的大意后,第二步就可以结合文章内容,逐题选出答案。在具体填空时,一定要注意在语境理解方面下功夫,要抓住上下文的内容联系和逻辑关系,同时也要注意一些改变语境的关键词,如 but, however, while, though, otherwise 等表示转折关系; besides, what's more, to make the matter worse, what's worse 等表示递进关系; first, second, then, finally, at last, soon 等表示时间或顺序关系; as long as, so long as, on condition that, if, unless 等表示条件关系;等等。

3. 跳读短文,推敲难题

对于较难的题目,要认真阅读其前后的句子或跳读文章,寻找关键信息词。在完形填空中,句子中的空格除了由该句的信息词提供信息外,往往还由另一个句子提供信息。因此,考生要仔细琢磨句与句之间的关系,领会信息词的暗示,选出最合乎语境的答案。

4. 重读原文,核实答案

题目做完后,考牛应从头至尾再通读全文,其目的是通过"语感"来核实自己的答案。在通读中,若发现



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明显不对的答案应予以改正,对于可改可不改的没有把握的答案,则不宜随便更改,要相信第一感觉。

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三、答题技巧

1. 巧用首句信息

由于文章第一句一般是说明故事背景的,而且一般不设空,所以这一句一定要认真阅读,把握文章背景。有时若能认真读懂第一句的含义,便可借此对文章主旨进行预测,如有一年的天津市高考英语完形填空的第一句话是: As I held my father's hands one night, I couldn't help but notice their calluses (老茧) and roughness. 考生若能认真读懂这句话,便可推知这篇文章可能讲的是父亲一辈子的艰辛和坎坷。这样的初步预测对后面的答题会很有帮助。

2. 巧用逻辑推理

做完形填空的过程从本质上说是一个阅读推理的过程。为了能够准确、快速地理解文章内容,考生必须把握作者的思路,使自己的思维模式与作者的思维模式相吻合,同时考生还必须不断地从各个角度进行合乎逻辑的推理,并不断地验证推理的正确性,从而达到理解全文、解决问题的目的。

3. 巧用语境因素

文章是一个具有内在联系的整体,而上下文则是营造语境的基础,也是逻辑推理的依据。通读全文,理顺大意,根据上下文找出信息词是做好完形填空题的关键。近年来,高考英语中的完形填空题在命题设计上的趋势是朝着深层化及语境化的方面挖掘,基本摈弃了单纯的语言分析考查,而越来越侧重语境理解和推理判断。因此,只有借助上下文乃至全文语境的启示才能够准确作出判断。

4. 巧用背景常识

完形填空所用材料通常都是独立的语篇,它以自身的内容提供完整的语篇信息,其间无不交织、渗透着各类常识与知识,从文化、科学常识到历史、地理知识等。高中生已掌握了一定量的文化背景知识和生活常识,具备一定的价值判断能力。同学们做题时,若能积极地调动自己的文化背景知识和生活常识,注意中西方文化方面存在的差异,将会大大简化复杂的分析与判断过程,节省宝贵的时间,顺理成章地选出正确的答案。

5. 巧用语法分析

尽管近几年的高考英语完形填空题主要考查考生对语境的理解,很少考查纯语法知识的运用,但是借助语法分析来帮助理解句子、推测语境、判断搭配等,这却是必不可少的。

6. 巧用语篇标志

语篇一般指比单个句子长的语言单位,如句群、段落、篇章等。语篇与语篇之间往往有表明其内在联系的词语,这些词语可称为语篇标志。如:表示结构层次的语篇标志语有 firstly, secondly, thirdly, finally 等;表示因果关系的有 thus, therefore, so 等;表示改变话题的有 by the way 等;表示时间关系的有 before, so far, yet, now, later 等。在做完形填空题时,如果能充分利用这些语篇标志语,就可以迅速理清文章的脉络,弄清上下文的关系。

7. 巧用前后暗示

完形填空除了注重考查考生对语境的理解外,还经常在完形填空的短文中设置前后互相暗示的考题。 这里要注意的是:若是前面的内容暗示后面的内容,这相对来说比较容易。但从对历届高考英语的考题情况来看,这种暗示多为后面的内容暗示前面的内容,也就是说前面的某些填空从当时的情况来看,或是线索不清,或是语境不明,无法填出,但考生只要继续往后看,就会发现此空在后面的某个地方设有暗示。所以,考生在做题时一定要充分利用这一特点,以提高做题的准确率。

8. 巧用阅读技巧

从某种意义上说,完形填空也是一种阅读理解,它要求考生具有快速阅读文章的能力,尤其是跳读的能力,要有整体意识和全文意识。如果考生读不懂缺字少词的短文,就无法进行准确的答题。考生对文章内容理解越全面,那么他的理解就越深刻;考生的英语语感越好,答题的准确率也就越高,而这种能力的培养是靠平时的大量阅读训练出来的。





阅读理解答题指导 (2)

一、命题特点

1. 题型特点

- (1)体裁多样,题材各异。从近几年的高考英语阅读理解考题情况来看,涉及的文章体裁多,题材广,选材更趋现代化、生活化、知识化,突出实用性与时代性,涉及科普、社会、文化、地理、历史、政治、经济、人文、日常生活等题材。
- (2) 兼顾考查多种理解能力。既考查字面意思的理解,也考查深层含义的理解;既考查细节理解,也考查推理理解;既考查具体事实的理解,也考查抽象概念的理解。
- (3)阅读量大,对阅读速度要求高。近年来的高考试题表明:就篇数来说,高考英语阅读理解一般为 5 篇,而阅读量(短文词量与试题词量)一般不会低于 2000 个单词。也就是说,高考英语的阅读理解不仅阅读量大,而且要求阅读速度也较高,一般要求达到每分种 60 个词左右。
- (4)生词增加,难度加大。近几年高考英语阅读理解的难度一直较大,除文章本身具有较大难度外,许 多生词不夹注中文也是导致难度增加的一个重要原因。
 - 2. 命题特点

近年来的高考英语阅读理解的命题具有以下特点:

- (1) 考查考生是否掌握了所读材料的主旨大意和说明主旨大意的事实细节。
- (2) 考查考生是否既理解具体事实又理解抽象的概念。
- (3) 考查考生是否既理解字面意思又理解深层含义,包括作者的态度和意图等。
- (4) 考查考生是否既能理解某句、某段的意义,又能把握全篇的文脉,即句与句、段与段之间的关系,并能据此进行推断。
 - (5) 考查考生是否能根据材料所提供的信息,结合自己已有的经验常识,正确判断生词或短语的含义。
 - 3. 干扰项特点

干扰项是被设计出来干扰考生的注意力,使考生做出错误选择的选项。因此,掌握干扰项中一些常见的干扰方式对我们准确排除干扰项,确定正确的选项具有不可忽视的作用。干扰项的特点主要有:

- (1) 干扰项的信息与文段的内容完全无关。
- (2) 干扰项的信息与文段的内容相关但不完全一致。
- (3) 干扰项的信息与文段的信息互相矛盾。
- (4) 干扰项信息的范围大于或小于文段中信息的范围。
- (5) 同一干扰项既含有与文段信息一致的正确信息,也含有与文段信息不一致的错误信息。
- (6) 同一词汇在干扰项中的意思与在文段中的意思不一致(偷换概念)。
- (7) 干扰项的信息过于绝对,不符合科学规律或生活常识。

凡是符合上述情况之一的选项都是错误选项,应该排除。

二、答题方法

1. 择优法与排除法

所谓择优法,就是指根据所读材料内容从正面比较所给选项,从而确定最佳答案。但在有些情况下从 正面选择答案会有困难,考生则可以考虑用排除法来试试,即排除四个选项中的三个错误选项,那么剩下的 选项即为正确答案。排除法是做阅读理解题的常用方法,对于那些不合情理或荒谬的选项、与短文内容相



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反的选项、与短文内容不沾边的选项、或虽在短文中出现过但与所提问题属答非所问或不是问题的主要因素的选项,等等,都可将其排除。

C #98.4 X #98.

2. 定位法与跳读法

定位法,即指根据题干和选项所提供的信息从原文中找到相应的句子(即定位),然后进行比较、分析、转换(同义转换),从而确定最佳答案。跳读法与定位法相似,即指根据题干和选项所提供的信息跳读原文并找到相关的句子(有时可能是几个句子)或段落,然后进行分析、比较等,从而确定最佳答案。

3. 列表法与画图法

比如有这样一篇短文,它讲的是一场球赛,其中涉及双方队员十余人。短文中一下说 A 把球传给 B,一下又说 C 把球抢来传给 D,看得你眼花缭乱。假若命题者在这里出一道题要你区分哪些球员是同一队的,你一定不知道如何是好,但此时你只要画一个图表,将所有球员按照短文叙述的顺序以及他们彼此的传球关系一一分开,其答案就会一目了然。另外有些关于地理方面的文章可能涉及的地名比较多,此时若能妥善地运用"画图法",也会使问题化难为易。

4. 概括法与推理法

概括法即指根据所读材料概括文章主题、要点、标题、中心等;推理法则指根据所读材料的字面意思,通过语篇的逻辑关系以及各个细节的信息和暗示,推敲作者的态度,理解文章的寓义,悟出作者的弦外之音。考生在运用推理法时首先要吃透文章的字面意思,从字里行间捕捉有用的提示和线索,然后对文字的表面信息进行挖掘加工,由表入里,由具体到抽象,由特殊到一般,通过分析、综合、判断等,进行深层处理以及合乎逻辑的推理,注意此时千万不能断章取义、以偏概全,更不能主观臆想、随意揣测、以自己的观点代替作者的观点。

5. 常识法与背景法

常识法,即根据考生自己作为一名中学生所具备的常识对试题进行识别和判断。如做史地题时,考生可运用"面对地图,左西右东,上北下南"这样的方位知识(这点在地理识图题方面经常能用得着),另外还要运用时区与气候、大陆与海洋、世界上主要国家的国名及首都、说英语国家(尤其是美国)的主要城市,一些主要的历史事件(比如第一、二次世界大战、美国内战等),主要的历史年代等等。背景法与常识法相似,即指考生充分运用所读材料的背景进行分析答题。

6. 记号法与反证法

记号法,即指一边阅读文章一边对一些关键词或重要信息画上记号,尤其是当考生采用"先题后文"的方式做题时,记号法尤其重要。所谓反证法,就是指当一个错误选项无法排除时,可以假定它是正确的,然后按此思路推出一个明显错误或荒唐的结论。

7. 先文后题法与先题后文法

先文后题法指先读文章后做题目,先题后文法则指先看题目后读文章。这两种方法各有其优缺点,考生应根据情况灵活选用。如果一篇文章不长,但题目较多,则宜采用先文后题法,因为既然文章不长,先读它也不会用太多时间,再说若试题较多,则其信息也会较多,显然,要先记住较多的试题信息再去读一篇不长的文章不是太恰当。但是,如果遇上文章较长,但设题不多的场合,则宜采用先题后文法,这样只要先把试题看了,再去读一篇长文章,可以加强阅读的针对性,减少处理无关信息的时间,此时若能结合记号法,将文章中与试题有关的词句作上记号,就更会提高做题效率。



第二部分

完形填空与阅读理解综合训练



1. 完形填空

1. A. immediate

2. A. whose

Trying To Stay Alive For My Daughters

"I'm not going to lie, it's scary. It's a very scary thing," Scott told USA TODAY Sports on Tuesday about a

recurrence(再现) of cancer. "The1_ thought is I'm going to die."
Scott,2 did a Sports Center on Monday, learned last month the cancer had3
"My immediate thought was my two 4. I've got to be around for them," he says. "There have been a lot
of people who've said I'm courageous. I'm not. I'm 5 I've got to be around for them."
At least those daughters—Taelor, 17, and Sydni, 13—can be6_ sure of this: Their dad is motivated.
He already has had three rounds of chemotherapy(化疗), which he has every other _7
Scott does do something specific: He does a workout right after 8.
"That's my9_ and physical way of standing up to10_ ," says Scott, adding he has done mixed-martial
arts the past three years "more for my mind than my body. It makes me feel like I can11 with something that
gets in my way".
The only ESPN(体育电视网) work days Scott12 are the chemotherapy Mondays.
Although, he says, "I don't want to sound 13 a company man, but I swear on my daughters that I've
never seen or heard of a 14 that's as kind as ESPN when it comes to something like this," Scott says. "I've
had high-level executives want to bring over food. I've had bosses say, 'Dude, stay home.' It's always about me
getting 15."
In this respect, Scott is a 16 man. He says, sounding truly sincere: "It blows my mind how 17 my
company is. "
But that's a little event to his bigger picture— 18 cancer.
When Scott goes for his chemotherapy treatment and19_ on to his workout, he says he has extra motivation
from the other cancer 20 he sees being treated; "I can take this, deal with it easier than some people I see. So
I think for the ones who can't take a heavy bag, can't spar(不剧烈的打斗), who can't do any of that. I'll do it for
"

C. crazy

C. which

D. true

D. what

B. final

B. who

高中英语完形填空 与阅读理解 [750篇(高考版)

	CO. C. MICH MARCHAE ACT NUMBER AND ACT OF		
3. A. appeared	B. lost	C. found	D. returned
4. A. daughters	B. wives	C. pets	D. sons
5. A. sad	B. scared	C. happy	D. excited
6. A. uncertainly	B. slowly	C. absolutely	D. unwillingly
7. A. day	B. week	C. Monday	D. Sunday
8. A. medicine	B. arguments	C. holidays	D. treatments
9. A. athletic	B. mental	C. biological	D. chemical
10. A. cancer	B. illness	C. family	D. media
11. A. cooperate	B. battle	C. communicate	D. take
12. A. chooses	B. misses	C. gets	D. abandons
13. A. with	B. of	C. like	D. for
14. A. person	B. hospital	C. community	D. company
15. A. worse	B. smarter	C. wider	D. better
16. A. clever	B. thoughtful	C. unlucky	D. luck
17. A. interesting	B. boring	C. amazing	D. puzzling
18. A. coping with	B. starting with	C. talking with	D. living with
19. A. so	B. meanwhile	C. then	D. before
20. A. doctors	B. visitors	C. patients	D. watchers
Ⅱ.阅读理解			

A

Swedish experts who tracked (跟踪) a million teenage boys for 24 years found those with low muscle strength were at increased risk of early death.

The team behind the BMJ study believe muscle strength reflects general fitness, which would explain the link.

Experts stress the findings do not mean muscle building makes you live longer. The effect of poor muscular fitness in those tracked was similar to well established risk factors for early death, such as obesity and high blood pressure.

When the researchers took into account these better known risk factors, they found the link between early death and muscle power remained.

Thin and fat men alike fared(遭遇) worse in terms of life expectancy(预期) if they had weaker than average muscles, while more <u>burly</u> men had better survival odds(几率) even if they were overweight.

Over the course of the study, 26,145 (2.3%) of the men died. The leading single cause of death was accidental injury, followed by suicide, cancer, heart disease and stroke.

A third of the deaths were due to other causes and the researchers grouped these together for their calculations.

The teenagers who scored above average on muscular strength at the start of the study had a $20\% \sim 35\%$ lower risk of early death from any cause and also from cardiovascular diseases.

They also had a 20% ~30% lower risk of early death from suicide and were up to 65% less likely to have any psychiatric(精神病的) diagnosis(诊断), such as schizophrenia(精神分裂症) or depression.

In comparison, the 16- to 19-year-olds with the lowest level of muscular strength had the highest risk of dying before they reached their mid-50s.

A spokeswoman for the British Heart Foundation said: "The benefits of being physically active at any age are well established with studies showing it can prevent children from developing diseases later on in life, as well as improving their concentration at school, their overall mental health and well-being."



第二部分 完形填空与阅读理解综合训练



- 1. How many teenage boys did Swedish experts track?
- A. 24 million.
- B. 1 million.

DEN KILANGEN KILANGEN

- C. 26,145.
- D. 261,450.
- 2. Which of the following is True according to the passage?
- A. Physical activity can not prevent children from developing diseases later on in life.
- B. Burly men had better survival odds even if they were overweight.
- C. Over the course of the study, 2.3% of the men died of heart disease and stroke.
- D. Experts stress the findings mean muscle building makes you live longer.
- 3. In the Paragraph 5, the word "burly" probably means "_____".
- A. weak

- B. clever
- C. muscular
- D. crude
- 4. Which of the following is the best title for the passage?
- A. Muscle Young Men May Live for Longer
- B. The Team Behind the BMJ

C. Life Expectancy

D. The Reasons of Death

B

Food prices have risen sharply over the past few years. The good news is that the rate of increase has slowed. The bad news is that prices will not go down anytime soon.

Also, the rate of global agricultural production is slowing. Yet it needs to increase sixty percent over the next forty years to feed a growing world population.

These are among the findings from the OECD-FAO Agricultural Outlook 2012 to 2021. The OECD is the Organization for Economic Cooperation and Development. The FAO is the Food and Agriculture Organization, a United Nations agency.

FAO Director-General Jose Graziano da Silva spoke at a news conference in Rome last week when the report was released. Mr. Da Silva said that, not surprisingly, the world's poorest people will feel the greatest effects of higher prices.

In middle-income countries, people are gaining weight as they eat fewer fruits and vegetables and more of the cheaper but less nutritious foods.

The report also shows that farmers in poorer countries will be leading efforts to feed an expected nine billion people by twenty-fifty. The outlook predicts that farmers in Latin America, the Caribbean and sub-Saharan Africa will drive agricultural production in the future. Angel Gurria is chief of the OECD.

But there are plenty of challenges. One-fourth of all agricultural land is damaged. Many countries face water shortages. And experts believe climate change is driving increasingly unusual weather patterns.

The report says farmers need to use more environmentally sustainable growing methods. At the same time, it says governments should end economically harmful supports and invest more in agricultural production. Mr. Gurria says rich and poor nations need to treat agriculture more like a business.

It also means reducing waste. The FAO and the OECD estimate that about one-third of world food production is lost—either because of poor growing and harvesting methods or because people are throwing away good food.

- 1. According to the passage, why will the food prices not go down anytime soon?
- A. Because the world needs to feed a growing world population.
- B. Because the rate of global agricultural production is fasting.
- C. Because all kinds of food are precious.
- D. Because the developed countries need more and more food.
- 2. Who is Angel Gurria?
- A. Angel Gurria is chief of the FAO.
- B. Angel Gurria is a farmer in Latin America.



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- C. Angel Gurria is chief of the OECD.
- D. Angel Gurria is a reporter.
- 3. Which of the following is Not true according to the passage?
- A. The rate of global agricultural production needs to decrease over the next forty years.
- B. Farmers need to use more environmentally sustainable growing methods.
- C. The world's poorest people will feel the greatest effects of higher prices.
- D. Governments should invest more in agricultural production.
- 4. What does this passage mainly concern?
- A. Food prices have risen sharply over the past few years.
- B. One-fourth of all agricultural land is damaged.
- C. There are some good news and bad news on food prices and production.
- D. Experts believe the climate change is driving increasingly unusual weather patterns.

C

For years, we've been hearing about the dangers of obesity (肥胖). Obese people are more likely to have heart attacks, stroke, and diabetes, and they should try to lose weight, experts say.

But now a new study finds that it's possible to be obese and healthy.

Doctors use a measure called Body Mass Index (BMI) to measure obesity. It's an easy calculation based on height and weight, and if your BMI is over 30, you're considered obese.

A couple of years ago, Canadian researchers developed a more complex measure, called the Edmonton Obesity Staging System (EOSS). It classifies obese people in five categories, or stages, based on risk factors such as blood pressure, chest pain, and fatigue.

To evaluate the EOSS, Jennifer L. Kuk, PhD, of Toronto's York University, and colleagues examined thousands of patient records from a clinic in Texas. Each patient was assigned to risk groups in the Edmonton system based on an average of 16 years of medical history.

"When we did that we saw that the obese individuals who were categorized in the low risk of the Edmonton Staging System, they were at a similar risk of dying as compared to the normal weight people in that sample. And they're in fact at lower risk for dying of cardiovascular(心血管) disease," Kuk says.

Many of these obese-but-healthy people had struggled to lose weight, but Kuk says that may not be the best approach for someone who eats well and is physically active, despite carrying some extra kilos.

"There are healthy obese individuals, and these healthy obese individuals may not actually benefit from losing weight. Instead, we should focus on a healthy lifestyle that includes exercise and a good diet, and maybe these healthy individuals should stop focusing so much on losing weight and just focus on not gaining any more."

- 1. Why should the obese people lose weight according to some experts?
 - A. Because most of them look ugly.
- B. Because they are more likely to have stroke.

C. Because they cannot work.

- D. Because they need more food.
- 2. Which of the following is Not true according to the passage?
- A. A new study finds that it's possible to be obese and healthy.
- B. EOSS classifies obese people in five categories.
- C. Many obese-but-healthy people have struggled to lose weight.
- D. Healthy obese individuals may actually benefit from losing weight.
- The text is most probably a ______.
- A. science news report

B. book review

C. newspaper ad.

D. science fiction story



第二部分 完形填空与阅读理解综合训练



4. Which of the following is the best title for the passage?

943 X 5943 X 594

- A. The Edmonton Obesity Staging System
- B. The Body Mass Index
- C. Obese People Aren't Necessarily Unhealthy
- D. The Dangers of Obesity

D

Was Google in a hurry to get 2012 over with? Probably not. But that didn't stop the impolite headlines after it was discovered that a buggy app(应用程序) in the new version of Google's mobile operating system canceled the month of December.

The People app let users bookmark friends' birthdays and other important dates on a calendar. But some users of Android 4.2(安卓系统 4.2 版本), the system's newest update, were complaining they can't note December dates in the app because its calendar skips from November to January. December simply did not exist.

Google results can go completely wrong "Is Google the new Grinch who stole Christmas?" posed CNET, a tech-news site. "Sure, the month of December can be expensive and stressful, but Google apparently has an app for avoiding it." Added Business Insider, "The new version of Android thinks there are only 11 months in a year." And Engadget said the Android bug "makes end-of-year birthdays even less bearable".

Google posted a statement Tuesday on the Android page of Google+, its social network, vowing(郑重宣告) to fix the problem. It said: "We discovered a bug in the Android 4.2 update, which makes it impossible to enter December events in optional fields of the People app (this bug did not affect Calendar). Rest assured, this will be fixed soon so that those of you with December birthdays and anniversaries won't be forgotten by your friends and family."

Android 4.2 was found on a handful of devices, including Google's Galaxy Nexus phone and Nexus 7 tablet. The bug did not affect the Calendar app in Android 4.2—nicknamed Jelly Bean—where December was still alive and well. So maybe Google wasn't worried about that Mayan apocalypse(玛雅天启——世界末日说) after all.

- 1. Why did Google's mobile operating system cancel the month of December?
- A. Because there was a bug in the Android 4.2 update.
- B. Because Google was worried about that Mayan apocalypse.
- C. Because Google in a hurry to get 2012 over with.
- D. Because Google had an app for avoiding the expensive December.
- 2. Jelly Bean is
- A. a nickname of Google
- B. a nickname of Android 4.2
- C. a nickname of Business Insider
- D. a nickname of the month of December
- 3. Which of the following is True according to the passage?
- A. Google wanted to steal Christmas.
- B. The month of December can be expensive and stressful.
- C. The new version of Android thinks there are only 11 months in a year.
- D. Some users of Android 4.2 can't note December dates in the app.
- 4. What does this passage mainly concern?
- A. Mayan apocalypse.
- B. Google made a new mobile operating system.



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- C. Google error canceled Christmas and all of December.
- D. Android 4.2 was found on a handful of devices.

E

TOPEN NOTES NO

The "State of World Population" report says greater access to family planning methods would save developing countries more than eleven billion dollars a year. The United Nations Population Fund says the savings would come from reduced costs of care for mothers and newborn babies.

The report says increased access to family planning is a good economic investment. Population Fund spokeswoman Diane Stewart says one-third of the growth of Asia's "tiger" economies is the result of increased use of family planning services.

"To be able to choose the number of children and when you start having children, so that has dramatically changed the way people live in many countries. They're able to live longer and healthier lives because of family planning, and it also has a positive multiplier effect on development because of the increased savings that are possible within the family and the investment in economic growth that brings about."

Sub-Saharan Africa has some of the biggest unmet(未满足的) needs for family planning services. The report says modern contraceptives(避孕药) are not widely available in countries such as Chad and Niger. But Ms. Stewart says providing contraceptives in developing countries is not enough. There are social, political and legal barriers that prevent access to birth control. In many cultures, women are encouraged to have large families and to avoid or limit the use of contraceptives.

The Population Fund says family planning helps countries reduce poverty. A recent study said Nigeria's economy would grow by at least thirty billion dollars if the fertility(生育) rate fell by just one child per woman in the next twenty years.

Ms. Stewart says studies show that abortion rates fall in countries where people have access to modern methods of family planning.

- 1. According to the passage, which of the following reasons promoted the Asia's "tiger" economic growth?
- A. Increase in population.

B. Efficient administrations.

C. Family planning services.

- D. Adequate levels of capital.
- 2. Family planning couldn't _____
- A. save developing countries' money
- B. bring down abortion rates
- C. help countries reduce poverty
- D. lead to a large family
- 3. Why are contraceptives not widely available in some countries?
- A. Because contraceptives are very expensive.
- B. Because in some countries, people don't know contraceptives.
- C. Because the countries cannot produce contraceptives.
- D. Because in many countries, women are encouraged to have large families.
- 4. What is the passage mainly talking about?
- A. The growth of Asia's "tiger" economies.
- B. Family planning helps countries reduce poverty.
- C. Family planning pays big for developing countries.
- D. How to make contraceptives.







1. A. raising	B. reducing	C. balancing	D. removing
2. A. million	B. billion	C. trillion	D. thousand
3. A. predicts	B. calculates	C. compares	D. reviews
4. A. counted	B. returned	C. fallen	D. risen
5. A. never	B. also	C. then	D. only
6. A. companies	B. people	C. countries	D. agencies
7. A. one	B. two	C. three	D. four
8. A. seldom	B. many	C. all	D. most
9. A. opportunities	B. changes	C. challenges	D. progress
10. A. adult	B. child	C. animal	D. woman
11. A. directions	B. factories	C. countries	D. organization

