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→ 答案人性化	解析全面详尽, 点拨精练到位, 注重方法及技巧的渗透。

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Just go!

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TO FIGHT, TO WIN

——代前言

马克思曾经说过:"外语是人生斗争的武器。"

飞人刘翔:"学好英语真的是太重要了!"

小巨人姚明:"英语就是一门工具,掌握了也没什么了不起!"

同你一样,你的偶像也要学习英语,他们也经历了曲折的学习之路。英语考试就是人生中一场持续的战斗!身处其中,除了勇敢面对,你别无选择!你现在所想的和所做的,将会决定你未来的命运。

一个English hero应该具备哪些素质?

新《英语课程标准》中有这样的阐述: "明确自己的学习需要和目标"、"积极探索适合自己的学习方法"、"能尝试使用不同的教育资源"、"能对自己的学习进行评价"。针对上述要求,开心英语研发中心组织教育专家、一线教师及资深编辑共同编写了本书,它就是你作战的秘密武器。拥有它,并正确使用它,将帮助你赢得这场战斗。You can make it!

四书特色

体例系统化 科学的"评估→训练→检测"的三维学习模式,真正实现高效备考

本书以"水平测试"开篇,让你先进行自我评估,了解自己的真实水平;接着深入分析历年试题中各种 题型及命题特点,解读阅读理解与完形填空的解题策略和解题步骤,让你从战略上赢定阅读。然后,本书安 排了各种题型、题材的试题,让你集中训练,从而实现双项突破;最后我们淘金式地精选了若干综合性试题, 以全方位检视你前期的学习成果。

题材全面化 多角度的语言素材,多题型的题目设置,彻底告别单一与重复

本书题材广泛,涵盖了历年高考的常考话题,内容翔实,融趣味性、知识性、科学性于一体,并结合教学 要求编写成独立的单元,每一个单元选取题材、体裁丰富的文章进行阶梯训练;题型丰富,覆盖了全国高考的 所有题型,由编者结合阅读理解与完形填空的命题特点和考试趋势后精心编排,经典的试题全面有效地检测你 在不同实际生活环境下对所学语言的感悟和接受能力。

训练梯度化 题目编排专项分类,由易到难、循序渐进,学习过程更加科学化

试题以"基础的单元训练+综合的模拟训练"的经典组合,难度循序渐进,阅读能力层层推进,让你的英语水平实现螺旋式的提高。

答案人性化 解析详尽全面,点拨精练到位,注重方法技巧的渗透

答案解析部分不只让你知其然和所以然,其中还渗透了我们人性化的栏目设计,告别了简单的答案罗列 或者机械的文字讲解。精辟简练的"篇章导读"为你迅时抓住文章要领。详尽到位的解析文字为你剖析每一 个难点和知识点,帮助你举一反三,触类旁通。"小贴士"发散式地全面拓展,生词、短语、背景知识让你 在做完题后补充更多的英语知识食粮。"障碍语句"翻译为你扫除阅读的绊脚石,让阅读变成"悦读"。

总之,本套丛书通过权威编审来把握考试信息、考试重点和命题趋势;通过学习层次的划分 来体现科学递进的原则;通过人文学习理念来挖掘每个学生的无限潜能;通过浓缩英语世界之精 华来有效提高英语;通过田园般愉悦的学习氛围来营造快速学习英语的好心情。希望每个学生都 能够成为一个English hero!

编者 2009年5月

91 第一部分 水平	区测试式			
水平测试二	•••••••••••••••••••••••••••••••••••••••		•••••	
2 第二部分 解題	须策略			
0 第三部分 阶桥	弟训练			
Unit 1	001.005			
Unit 2	021-025	Unit 11		066-07
	026-030	Unit 12		071-07
Unit 3	031-035	Unit 13		076-08
Unit 4	036-039	Unit 14		081-08
Unit 5	040-044	Unit 15		086-090
Unit 6	045-048	Unit 16		091-094
Unit,7	049-052	Unit 17		095-099
Unit 8	053-056	Unit 18		Π.
Unit 9	057-060	Unit 19		100-104
Unit 10				105-109

模拟—	116	模拟五	 135
模拟二	120	模拟六	 140
模拟三	125	模拟七	 145
模拟四			

155

全解全析

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水平测试是由全国各地精选的最新高考真题、模 拟题、竞赛试题组成的测试卷,其目的在于使每一位 学习者在最短的时间内对自身的阅读水平有整体的了 解和认知。学习者可以根据自身阅读水平选取其中一 套试卷进行测试,然后对照答案进行自我评估。通过 测试成绩结合自己的实际情况和指导教师的意见,正 确使用本书。

>>> 水平测试 ->>>

Learning to Accept

I learned how to accept life as it is from my father. ____, he did not teach me acceptance when he was strong and healthy, but rather when he was _2__ and ill.

My father was <u>3</u> a strong man who loved being active, but a terrible illness <u>4</u> all that away. Now he can no longer walk, and he must sit quietly in a chair all day. Even talking is <u>5</u>. One night, I went to visit him with my sisters. We started <u>6</u> about life, and I told them about one of my <u>7</u>. I said that we must very often give things up <u>8</u> we grow — our youth, our beauty, our friends — but it always <u>9</u> that after we give something up, we gain something new in its place. Then suddenly my father <u>10</u> up. He said, "But, Peter, I gave up <u>11</u>! What did I gain?" I thought and thought, but I couldn't think of anything to say. <u>12</u>, he answered his own question: "I <u>13</u> the love of my family." I looked at my sisters and saw tears in their eyes, along with hope and thankfulness.

I was also <u>14</u> by his words. After that, when I began to feel irritated (愤怒的) at someone, I <u>15</u> remember his words and become <u>16</u>. If he could replace his great pain with a feeling of love for others, then I should be <u>17</u> to give up my small irritations. In this <u>18</u>, I learned the power of acceptance from my father.

Sometimes I <u>19</u> what other things I could have learned from him if I had listened more carefully when I was a boy. For now, though, I am grateful for this one 20 . (2006 年北京)

was a boy. For now, mough, 1 a	and grateful for this one 20	•	(2000 1 10 11
1. A. Afterwards	B. Therefore	C. However	D. Meanwhile
2. A. tired	B. weak	C. poor	D. slow
3. A. already	B. still	C. only	D. once
4. A. took	B. threw	C. sent	D. put
5. A. impossible	B. difficult	C. stressful	D. hopeless
6. A. worrying	B. caring	C. talking	D. asking
7. A. decisions	B. experiences	C. ambitions	D. beliefs
8. A. as	B. since	C. before	D. till
9. A. suggests	B. promises	C. seems	D. requires
10. A. spoke	B. turned	C. summed	D. opened
11. A. something	B. anything	C. nothing	D. everything
12. A. Surprisingly	B. Immediately	C. Naturally	D. Certainly
13. A. had	B. accepted	C. gained	D. enjoyed
14. A. touched	B. astonished	C. attracted	D. warned
15. A. should	B. could	C. would	D. might
16. A. quiet	B. calm	C. relaxed	D. happy
17. A. ready	B. likely	C. free	D. able

A. case A. doubt A. award

B. formB. wonderB. gift

С.	method
С.	know
С.	lesson

D. way D. guess D. word

There is a wonderful story about a young girl who had no family and no one to love her. One day, feeling very sad and lonely, she was walking through a grassland when she noticed a small butterfly caught in a thorn (荆棘) bush. The young girl carefully released the Butterfly. Instead of flying away, the little butterfly changed into a beautiful fairy. The young girl rubbed her eyes in disbelief.

В

"For your wonderful kindness," the good fairy said to the girl, "I will give you any wish you would like." The little girl thought for a moment and then replied, "I want to be happy."

The fairy leaned toward her and whispered in her ear. Then the fairy disappeared.

As the little girl grew up, there was no one in the land as happy as she. Everyone asked her secret of happiness. She would only smile and answer, "The secret of my happiness is that I listened to a good fairy when I was a little girl."

When she was very old and on her deathbed, the neighbors all gathered around her, that her unbelievable secret of happiness would die with her. "Tell us, please," they begged, "Tell us what the good fairy said." The lovely old woman simply smiled and said, "She told me that everyone, no matter how secure they seemed, no matter how old or young, how rich or poor, had need of me."

1. the girl felt sad and lonely.

- A. There were many friends but B. There was nobody to love her so
- C. There was nothing to do

D. Seeing the butterfly was caught

2. Noticing the butterfly was caught by the thorn, the orphan girl _____.

- A. helped the butterfly escaped from the thorn
- B. felt sorrow, but she didn't go up to help it

C. fell down on it too

- D. failed to help it release from the thorn
- 3. The butterfly ______ after was saved by the little girl.
 - A. flied away

C. changed into a fairy

B. still died

D. happiness

D. was more beautiful than before

B. to have her own parents

4. The only thing that the little girl wanted was ______. A. to be rich

C. to have a lot of friends

5. The neighbors all gathered around the old happy woman when she was dying, because

A. they loved this woman deeply and they didn't wanted her to die

B. the woman had lots of money to be shared as soon as she died

C. they wanted to know the secret of her lifetime happiness

D. they wanted to pray for her after her death



Skin-diving

Skin-diving (潜泳) is a new sport today. This sport takes you into a wonderful new world. It is like a visit to the moon. When you are under water, it is easy for you to climb big rocks because you are no longer heavy.

Here, under water, everything is blue and green. During the day, there is plenty of light. When fish swim nearby, you can catch them with your hands.

When you have tanks (罐) of air on your back, you can stay in deep water for a long time. But you must be careful when you dive in deep water.

To catch fish is one of the most interesting parts of this sport. Besides, there are more uses for skin-diving. You can clean ships without taking them out of water. You can get many things from the deep sea.

Now you see that skin-diving is both useful and interesting.

1. Skin- diving is a new sport. It can take you to _____

A. the moon

C. the mountains

- 2. In deep water
 - A. there is plenty of light
 - C. you can find a lot of blue fish

 You can climb big rocks under water easily because A. you are very heavy

C. you are not as heavy as on the land

- With tanks of air on your back, you can _____.
 A. catch fish very easily
 - C. climb big rocks
- 5. Which of the following is NOT true?
 - A. Skin-diving is a new sport.
 - C. The only use of skin-diving is to have more fun.

B. a new world of landD. deep water

B. there is no light at all

D. everything looks blue and green

B. you are as heavy as on the landD. you have no weight at all

B. stay under water for a long time D. have more fun

B. Skin-diving is like visiting the moon.

D. Skin-diving is not only interesting but useful.



Education is not an end, but a means to an end. In other Words, we do not educate children only for the purpose of educating them. Our purpose is to fit them for life.

In some modern countries it has for some time been fashionable to think that by free education for all — whether rich or poor, clever or stupid — one can solve all the problems of society and build a perfect nation. But we can already see that free education for all is not enough; we find in such countries a far larger number of people with university degrees; they refuse to do what they think "low" work; and in fact, work with hands is thought to be dirty and shameful in such countries. But we have only to think a moment to understand that the work of a completely uneducated farmer is far more important than that of a professor; we can live without education, but we die if we have no food.

If no one cleaned our streets and took the rubbish away from our houses, we should get terrible diseases in our towns. In fact, when we say that all of us must be educated to fit us for life, it means that we must be educated in such a way that, firstly, each of us can do whatever work suited to his brains and ability, and secondly, we can realize that all jobs are necessary to society, and that is very bad to be ashamed of one's work. Only such a type of education can be considered valuable to society.

- 1. The writer of the passage thinks that _____.
 - A. education can settle most of the world's problems
 - B. free education for all probably leads to a perfect world
 - C. free education won't help to solve social problems
 - D. all the social problems can't be solved by education
- 2. The writer wants prove that _____.
 - A. our society needs all kinds of jobs
 - B. our society needs free education for all
 - C. a farmer is more important than a professor
 - D. people with university degree refuse to do what they think "low" work
- 3. According to the passage, which statement is TRUE?
 - A. Work with hands is dirty and shameful.
 - C. Work with hands is the most important work.
- 4. The purpose of education is _____.
 - A. to choose a system of education
 - C. to let everyone receive education fit for him
- B. Work with hands is low work.
- D. We can't regard work with hands as low work.

B. to prepare children mainly for their future workD. to build a perfect world

阅读下面六个标题(选项A、B、C、D、E和F),选出与1-5题描述相符的最佳选项,选项中有一项是 多余选项。

_____1. It's always good to know what you're aiming (瞄准目标) at, so that you know if and when you can get there. Having an aim for each week, or even each day will help you check your progress and show if you need to change your plans.

2. Instead of having to work through lots of notes every time you go over something, try writting down what you want to remember on a piece of paper. It doesn't seem as much to learn that way, but it makes sure you don't miss anything important. Once you've learnt the main points, rewrite them on another piece of paper without looking at your notes.

3. "If you don't know it by now, you'll never learn it tomorrow." Everyone says it, but it's probably true. Don't stay up all night studying. You'd better go to bed at a reasonable time, so that you can wake up fresh on exam day.

_____4. There's nothing worse than being disorganized. If you have a plan and keep to it, you won't end up cramming (死记硬背) into the last few hours! List what you need to learn beforehand and then make a timetable covering all the topics. You can know what to do for a week and when to do it.

_____5. When you reach each of your targets (目标), give yourself a treat (款待). It could be drink, a short break to watch a favourite TV programme or a phone call to a friend — anything to enjoy.

A. Be organized (组织起来)

C. Reward (奖励) yourself

E. Write down the main points

- B. Get some sleep
- D. Set yourself a target
- F. Remember the difficulties

英语阅读理解与完形填空150篇 > 高一年级 >>> ENGLISH READING COMPREHENSION & CLOZE

文章	正确题数	建议用时	层级评价	失分原因总结
А		40 ~ 45	正确率90%以上:要继续保持,成功离你很近!	〇生词
В		分钟	正确率80%以上:提高命中率,再创佳绩!	〇语法
С		实际用时	正确率70%以上:斟酌一下你的解题方法,仍有提高的空间!	○固定搭配
D			正确率 60% 以上:再接再厉,你会比想象的更强!	○速度
Е			正确率不足 60%:吃透这本书,惊喜等着你!	○其他原因
指	导意见			

>>> 水 平 测 试 二 >>>



You are being given an opportunity that a lot of others would be dying for, but that doesn't mean it is the best path for you to take. Since you have already been to <u>1</u>, you know what to expect. <u>2</u> I think you have pretty good grounds to decide for <u>3</u> which you would prefer to do — go or stay. All I would like to do is to <u>4</u> you of some of the <u>5</u> and disadvantages of going to live abroad. Some of these come from my own personal experience of living in China. The benefits of going to America would include things like better living <u>6</u>; access to the most up-to-date technologies in the workplace and for entertainment; the opportunity to learn about a different <u>7</u>; and you could see new places and <u>8</u> your English. If you were to return to China after several years, I'm sure all of these skills would <u>9</u> you in a position to be very successful <u>10</u> whatever career you choose to pursue. You have some <u>11</u> and friends in America already, so you have someone to turn <u>12</u> when you need help or are feeling <u>13</u>.

Here are some of the <u>14</u> of living in a foreign country. The most obvious one for you is the language barrier, and the number of jobs you can apply for will be <u>15</u>. Food. You won't be able to eat the food you are used to, <u>16</u> your relatives cook authentic Chinese dishes every day. Racial prejudice. This you could meet with at work in the <u>17</u> of lower wages for example, and in many social situations.

By <u>18</u> advantages and disadvantages in this way, it becomes clearer which choice would be better for you. Just remember, both outcomes will have their advantages and once you make the decision don't look <u>19</u>.

Put all your positive energy into the <u>20</u> you choose. You are a bright young person, so I'm sure you will do well no matter what you choose.

1. A. China	B. England	C. America	D. abroad
2. A. So	B. But	C. And	D. Still
3. A. myself	B. oneself	C. himself	D. yourself
4. A. warn	B. remind	C. ask	D. inform
5. A. conditions	B. advantages	C. chances	D. benefits
6. A. things	B. room	C. places	D. conditions
7. A. culture	B. places	C. countries	D. language
8. A. learn	B. increase	C. perfect	D. succeed
9. A. take	B. send	C. put	D. give
10. A. to	B. from	C. in	D. with
11. A. classmates	B. relatives	C. family	D. teachers
12. A. on	B. up	C. down	D. to
13. A. tired	B. happy	C. pleased	D. homesick
14. A. disadvantages	B. advantages	C. suggestions	D. advice
15. A. enough	B. given	C. limited	D. offered
16. A. unless	B. until	C. if	D. now that

英语阅读理解与完形填空150篇 > 高一年级 >>> ENGLISH READING COMPREHENSION & CLOZE

17. A. charge	B. form	C. honor	D. front
18. A. explaining	B. listing	C. talking	D. discussing
19. A. up	B. for	C. down	D. back
20. A. work	B. country	C. path	D. place



Will it matter if you don't take your breakfast? Recently a test was given in the United States. Those tested included people of different ages, from 12 to 83. During the experiment, these people were given all kinds of breakfasts, and sometimes they got no breakfast at all. Special tests were set up to see how well their bodies worked when they had eaten a certain kind of breakfast. The results show that if a person eats a proper breakfast, he or she will work with better effect than if he or she has no breakfast. This fact appears to be especially true if a person works with his brains. If a student eats fruit, eggs, bread and milk before going to school, he will learn more quickly and listen with more attention to class.

Opposite to what many people believe, if you don't eat breakfast, you will not lose weight. This is because people become so hungry at noon that they eat too much for lunch, and end up gaining weight instead of losing. You will probably lose more weight if you reduce your other meals.

- 1. During the test, those who were tested were given _____.
- A. no breakfast at all B. very rich breakfast
 - C. little food for breakfast D. different breakfast or none

2. The results of the test show that

A. he will fall ill

- A. breakfast has great effect on work and studies
- B. breakfast has little to do with a person s work
- C. a person will work better if he has a simple breakfast
- D. those working with brains should have much for breakfast

3. The passage mentions that many people believe that if you don't eat breakfast, you will

- A. be healthier B. work better
- C. lose weight D. fail the test

4. According to the passage, if a student does not eat breakfast,

B. he will fail to listen to his teacher

- C. he will not make progress in his study
- D. his mind will work more slowly

Name Name

Since her husband died, Mrs. Jackson has lived alone in their big old suburban (郊区的) house. The house was bought by her husband almost fifty years ago.

For the sake of safety (为安全起见), her son has tried hard to ask her to sell the house and buy a new and small one in the town. But Mrs. Jackson doesn't like the idea. She says that she has to look after her husband's old house. But recently she often hears stories about unknown people stealing things around here.

That was a cold day before Christmas Eve. Around four o'clock in the afternoon, Mrs. Jackson was enjoying the Christmas music when someone knocked at the door. She heard the sound but didn't move. Another knock. Who could it be? Mrs. Jackson was a bit afraid. She decided not to answer the door but keep waiting.

One minute another minute and yet another minute. Nothing happened and no more knocks. She walked quietly to the door, and listened. She heard nothing but the wind outside. She slowly unfastened the door and peeped (窥视) through the crack (小缝). She then gave a surprised cry and threw the door wide open! At the door she saw a tall, beautiful Christmas tree! In the tree stood a Christmas card with these words:

Merry Christmas!

Your new neighbor

1.	The house bought by Mr. Jack	son is		
	A. in the town	B. small but new	C. outside the town	D. fifty years old
2.	Mrs. Jackson doesn't want to s	sell the house because	• at part more to p	
	A. it is almost fifty years old		B. it is big and old	
	C. she likes to live alone in it		D. her husband left it to her	
3.	Why didn't she move when she	e heard the knock at the door	? Because	
	A. she was enjoying the Christi	mas music	B. she thought it might be a	n unknown person
	C. it was not her son		D. she hadn't decided to ans	swer the door
4.	She slowly unfastened the door	because		
	A. she was too frightened to op	oen the door	B. she wanted to peed through	gh the crack
	C. she was afraid of the cold w	vind	D. there was something wrom	ng with the door
5.	When she found it was a Chris	stmas tree, she		
	A. cried in surprise and pushe	d the door wide open	B. was very surprised to cry	
	C. threw the door away		D. went out to stand in the t	tree



The word "sport" first meant something that people did in their free time. Later it often meant hunting wild animals and birds. About a hundred years ago the word was first used for organized games. This is the usual meaning of the word today. People spend a lot of their spare time playing football, basketball, tennis and many other sports. Such people play because they want to. A few people are paid for the sport they play. These people are called professional sportsmen. They may be sportsmen for only a few years, but during that time the best ones can make a lot of money. For example, a professional footballer in England makes more than \pounds 3000 a year. The stars make a lot more. International golf and tennis champions (冠军) can make more than \pounds 50000 in a year. Of course, only a few sportsmen can make as much money as that. It is only possible in sports for individuals (个 人), like golf, tennis and motor-racing. Perhaps the most surprising thing about sportsmen and money is this: the stars can make more money from advertising (广告) than from sport. An advertisement for sports equipment does not simply say "Buy our things". It says "Buy the same shirt and shoes as …" Famous sportsmen can even advertise things like watches and food. They allow the companies to use their names or a photo of them and they are paid for this. Sport is no longer just something for people's spare time.

- 1. A "professional" sportsman is someone who
 - A. likes sports very much
 - C. makes a lot of money
- The word "sport" now usually means ______
 A. organized games
- B. makes money by playing a sport

- D. plays a sport for a number of years
- B. professional games

D. games played during people's spare time

3. "Organized" games are games

C. hunting wild animals and birds

- A. played at special times
- B. which help people to get good exercise
- C. play by organizations
- D. in which the players know what they can and can not do
- 4. An international golf champion can make _____ in a year.
 - A. more than $\pounds 50000$
 - C. £50000

B. more than £3000

D. £3000

5. "Sport is no longer just something for people's spare time." This sentence suggests that _____.

- A. some people have sports as means (手段) of making money
- B. sport of today isn't so interesting as that of the past
- C. sport has become advertisement
- D. people no longer play a sport in their spare time

Karl Landsteiner first thought of naming blood types in 1900. He put blood into four types. These four types were named A, B, AB, and O.

Blood type O is the most common around the world. Blood type A is the second most common, and type AB is the least common.

Doctor try to give blood to a person according to the person's blood type. Blood type O can be given to a person with any other blood type, but doctors prefer to match a patient's blood type if they can. Doctors also need to make sure that the "Rh factor" in patients' blood matches the blood they are given. If people have one kind of protein in their blood, they are Rh positive (Rh +). If the people do not have the protein, they are Rh negative (Rh-). Most people are Rh +.

If a mother has an Rh- blood type, she may have trouble when she has a baby. If her baby is Rh +, the baby's blood may mix with the mother's blood before the baby is born. The mother's blood will change. If the mother has another Rh + baby, the mother's blood will attack the baby's blood. The baby may die or become sick. Doctors have to watch the mother and baby carefully in these cases.

根据短文内容,回答下列问题。

1. How many kinds of blood types are there and what are they?

2. Which type of blood can be given to any person and which type is the least common?

3. Explain the "Rh factor" in English.

4. What will happen if a mother with an Rh- blood type has a second Rh + baby?

文章	正确题数	建议用时	层级评价	失分原因总结
Α		40 ~ 45	正确率90%以上:要继续保持,成功离你很近!	〇生词
В		分钟	正确率80%以上:提高命中率,再创佳绩!	〇语法
С		实际用时	正确率70%以上:斟酌一下你的解题方法,仍有提高的空间!	○固定搭配
D			正确率 60% 以上:再接再厉,你会比想象的更强!	○速度
Е			正确率不足 60%:吃透这本书,惊喜等着你!	〇其他原因
指	导意见			



阅读是一种重要的学习技能,在高考中所占的比 重最大,语言难度也最大。从命题的角度讲,阅读同 高考英语成绩是成正比的。因此,只有掌握正确的解 题方法,才能轻松面对考试。本部分让你了解阅读理 解与完形填空的命题特点、解题技巧,增强语感,提 高阅读速度和对文章的理解力,增强解决问题的能力, 在实践中斩获阅读高分。

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