



丛书主编 / 蔡章兵 分册主编 / 段永华 张 峰

活页

英语时文

DEVELOP
READING
SKILLS

高考

阅读理解

“神七”升天
中国圆梦太空行走

抗“艾”到底
第十七届世界艾滋病大会召开

为爱出征
施泰纳金牌告慰亡妻

海盗猖獗
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最新美国富豪榜
比尔·盖茨重夺首富桂冠

气候变暖 北极熊性命堪忧

美国政坛新星
“多面娇娃”佩林

CENTURY
ORIENTAL 世纪东方



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No.1
DEVELOP READING SKILLS

活页英语时文阅读理解

(高考①)

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编者的话

① 这套丛书是由哪些分册构成的？

编者：丛书分初一（七年级）、初二（八年级）、中考、高一、高二和高考分册，每个年级每个学期出版2本，全年6个年级共推出24本。

② 这套丛书最主要的特色是什么？

编者：这套丛书最主要的特色是选材和设题。几乎所有的老师和学生都期望练习使用的阅读材料是最新的、以前没有使用过的，因为新的阅读材料有利于大大提高学生们的阅读兴趣。本套书的阅读材料多来自当前国内外的重点、热点话题和事件，选材更新，时效性更强，在国内各类考试中几乎未使用过，可以很好地保证训练效果。这也是我们计划每个年级每个学期出版2本的原因之一：快速搜集国内外最新信息，有效保证阅读素材的时效性。值得注意的是，“时文”并不等同于“新闻”，新闻类的题材只是其中的一个部分。本套书选材紧扣课标话题，题材广泛，涵盖新闻时事、科普知识、人物故事、文化风俗、体育休闲等。

全书设题紧密契合中、高考要求，题型丰富多样，既有阅读选择题型，又有完形填空和任务型阅读等创新题型，旨在从多方面、多角度提高学生的阅读技能。

③ 这套丛书适合于哪个版本的教材？

编者：本套丛书以新课标及最新考纲为依据，可适用与人教版、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的初、高中教材。各册图书针对性强、适用性广。

④ 这套丛书是怎样保证编写质量的？

编者：这套丛书坚持名师主笔、专家审稿的原则。丛书由来自国家级示范高中和省级示范高中的一批特高级教师及优秀骨干教师联合编写，并由中外教育专家审稿，充分体现考试动态，紧密追踪命题趋势。

⑤ 学生怎样才能保证文章的阅读量呢？

编者：要坚持每天做一定量的题目。这一点，在这套丛书中体现得很突出。编者根据实际教学课时，在各册书中设置了8周的阅读内容，符合学生半学期的学习时间。对每周的周一到周五都做了恰当的内容安排，保证学生每天都能得到充分的练习。此外，本书以练为主，讲练结合，在每周一设置专题辅导（阅读技巧点拨），介绍各种阅读技巧并辅予以之相应的中、高考真题。

我们诚挚邀请全国各地使用本套丛书的教师对书中的内容提出您的宝贵意见和建议，您的意见和建议一经采纳，您将获得出版社提供的赠书。如果您有成熟的稿件或近期有编写计划，欢迎投稿。请发送邮件至 wang_huijuan@cepp.com.cn。

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Week One 新闻与时事时文阅读

Monday	1
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● 阅读技巧点拨——细节理解	
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参考答案

— A —

Widespread evidence links global warming to a series of environmental effects. Starving polar bears are eating one another in the Arctic. Flowers are blooming (盛开) too soon and die. The ice caps are melting so fast that rising water levels will threaten coastal towns along Florida within several decades. These are just a few examples of the terrible consequences of climate change discovered by a new research in *Nature* that paints a dark portrait of what a warming world will look like in the years to come.

The researchers analyzed 829 abnormal phenomena—including melting glaciers (冰河)—along with nearly 30,000 changes in plants and animals, and found that about 90% of them are in sync (同步) with scientists' predictions about how global warming will change the planet.

In the past three decades, average global temperatures have risen about 0.6°C and are projected to jump by about 1.7°C by the end of the century, says Cynthia Rosenzweig, who leads the Climate Impacts Group at NASA's Goddard Institute for Space Studies at Columbia University in New York. "We've already seen that a relatively low amount of warming," she says, "can result in a broad range of changes."

The unnatural warming caused by man-made greenhouse gases, especially carbon dioxide produced by cars and coal-powered plants, brings trouble for entire ecosystems. In North America alone, scientists have identified 89 species of plants, such as the American holly, that have flowered earlier in the spring. In Spain, apple trees bloom 35 days ahead of schedule in response to the higher temperatures. Other wildlife, like the insects that use certain plants for food and the birds that feed on the insects, must then move forward their seasonal stirrings and mating patterns to survive.

To try to follow this time shift, some birds such as robins, the classic symbol of winter's thaw, are returning to Colorado from their migrations some two weeks earlier than in years past. All these changes can throw a food chain in disorder. Some bird species that arrive before the insects reappear may starve to death.

"Around the world, plants and animals are waking up to an earlier alarm clock than they used to," says Terry Root, a biologist from Stanford University.

体裁: 说明文

题材: 全球变暖

字数: 379

阅读时间: _____ 分钟

题数: 5

正确率: _____

1. The author describes some unnatural phenomena in Paragraph 1 to _____.

- A. portrait a picture of the present world
- B. present the results of a recent research
- C. indicate the earth is now in great danger
- D. call readers' attention to the new research

2. The analysis of geologic phenomena on earth shows that _____.

- A. most changes agree with scientists' previous predictions
- B. global warming have changed all the plants and animals
- C. melting glaciers have caused the worst ever side effect
- D. scientists made wrong predictions about the future of earth

3. Why must some birds move about earlier than usual?

- A. Because the warm weather wakes them up earlier.
- B. Because certain trees bloom a month ahead of time.
- C. Because they need to follow some insects for food.
- D. Because the plants they use to hunt food bloom late.

4. What do we know about robins?

- A. Farmers depend on them to tell the time.
- B. They used to come back when spring came.
- C. They used to predict the change of weather.
- D. They usually migrate when seasons change.

5. Which of the following would be the best title of the passage?

- A. Man Is to Blame for Global Warming
- B. Humans Are Causing the World to Heat up
- C. The Terrible Consequences of Climate Change
- D. Global Warming Are Changing Nature's Clock

— B —

体裁: 说明文

题材: 成功之道

字数: 388

阅读时间: _____ 分钟

题数: 4

正确率: _____

1. The author seems to believe that _____.

- A. challenges we come across are rewarding
- B. "sweet success" comes along with obstacles
- C. the more obstacles we have, the better we feel
- D. we will reach our goal by challenging ourselves

2. The reason why persistent people are successful is that _____.

- A. they experience a lot of failures
- B. they are born to be very stubborn
- C. they have great ambitions in mind
- D. they don't give up in face of failure

3. Why did Colonel Sanders spend two years driving across the United States?

- A. To count the number of restaurants in America.
- B. To taste different foods and find special recipes.
- C. To find restaurants and buy recipes for fried chicken.
- D. To open more Kentucky Fried Chicken chain stores.

4. What does the author advise us to do in Paragraph 4?

- A. To confirm whether our goal is practical.
- B. To modify our approach from time to time.
- C. To change our circumstances constantly.
- D. To learn from our past mistakes.

One of the keys to being successful in what you do is persistence (坚持). Once you have determined exactly what you want to achieve, you must take massive action on a constant basis in order to succeed.

One of the things you'll notice on your journey towards your goal are roadblocks. That is, you will come across obstacles that seem to jump out of nowhere in an attempt to discourage your progress. Actually, they are a part of life. Everyone would have every success they ever wanted if there were no obstacles. Your job is to be persistent and work through those obstacles. If you find little or no obstacles along the way, chances are you are not really challenging yourself. And when you do reach your goal, you won't experience the feeling of "sweet success". Make your goal a challenging one!

If you take the time to study any successful person, you will learn that the vast majority of them have had more "failures" than they have had "successes". This is because successful people are persistent; the more they stumble (绊倒) and fall, the more they get right back up and get going again. On the other hand, people that don't get back up and try again, never reach success. For example, Walt Disney was turned down 302 times before he got financing for his dream of creating the "Happiest Place on Earth". Today, due to his persistence, millions of people have shared "the joy of Disney". Colonel Sanders spent two years driving across the United States looking for restaurants to buy his chicken recipe. He was turned down 1,009 times! How successful is Kentucky Fried Chicken today?

Having known these facts, keep in mind that you must constantly reevaluate (再评估) your circumstances and the approach you are using to reach your goal. There is no sense in being persistent at something that you are doing incorrectly! Sometimes you have to modify (修改) your approach along the way. Every time you do something you learn from it, and therefore find a better way to do it the next time.

Today is the day to begin your journey, using consistency and persistency, towards tomorrow's successes!

细节理解

阅读技巧点拨

设题方式

在高考英语阅读理解考查中,细节理解一直占较大的比例,而考生在细节理解方面的丢分较多。

做细节理解题时,应该针对试题内容,锁定文章相应的段落,找到具体句子,然后力求把该句读懂理解透。一般来说,细节理解题有可能是直接理解题,如事物的起因、过程、结果及发生的时间、地点等,但大部分情况下所涉及的文章句子都是比较难以理解的语句,有时甚至要求我们在理解的基础上,通过自己的思维将理解的内容系统化、条理化,比如计算题、排序题、选图题等。选项的表述通常不用原话,而是使用含义相同或相近的词语来表达。

解题方法

1. 描写类及事实类细节题。有些文章主要是讲解事物、问题的发展或特点,或者介绍人物的身体特征、家庭背景、成长过程、个人爱好等,文章的数据、特点、时间、地点等就是这类试题的主要细节。

在解答此类细节理解题时,我们不妨用“带着问题找答案”的方法,用略读或查读的技巧快速在文章中找到相关的段落及句子,仔细品味、对照比较、确定答案。除了运用扫读法之外,还可以兼用排除法,将文章没有涉及的选项排除。

2. 数据计算题。此类试题要求考生能根据阅读材料中给出的有关数据,通过计算得出正确的结论。

这类计算一般来说比较简单,关键是要弄清各数据之间的逻辑关系,选准比较的数据,确定计算办法。通常有“列表法”和“推算法”两种。

3. 排序题。这类试题要求考生根据文章叙述的动作发生的先后顺序和句子之间的逻辑关系,找出事件发生的正确顺序。

解答这种试题时可采用首尾定位法,即先找出第一个动作和最后一个动作,迅速缩小选择范围,从而快速找出正确答案。

典型例题一

(2008北京卷B篇)

Thousands of years ago, people killed the wild horses that lived around them for food. Over time, people began to catch the animals and raise them. This was the first step in domestication.

59. Before domestication horses were _____.

- A. caught for sports
- B. hunted for food
- C. made to pull ploughs
- D. used to carry people

【解析】B。由第一句知,几千年前人们猎杀周围的马匹是为了食其肉。故选B。

典型例题二

(2008全国卷II E篇)

Swiss Historical Village

612 Seventh Ave., New Glarus

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60. We learn from the text that _____.

- A. Swiss Historical Village is open for half a year
- B. Christopher Columbus Museum overlooks a river
- C. tickets are needed for Wisconsin Historical Museum
- D. Artisan Gallery & Creamery Café are open daily for 4 hours

【解析】A。在所给信息介绍中,提到星期二到星期五,五月一日到十月三十一日,因此 Swiss Historical Village 的开放时间为半年。

典型例题三

(2008福建卷A篇)

After the Summer Olympics are over, when all the athletes and viewers have gone home and the television audience has switched off, another group of athletes and fans will arrive at the host city, and another competition will begin. These are the Paralympics, the games for athletes with a disability. But in Beijing in 2008, for the first time, one of the greatest paralympians will not be taking part.

She is a British athlete by the name of Tanni Grey-Thompson. Born with spinal bifida (脊椎裂) which left her paralysed from the waist down, Tanni used a wheelchair from the age of 7. At first, she was not keen on sport, apart from horse-riding, which gave her a sense of freedom. But in her teens, she started taking sports more seriously. She tried swimming, basketball and tennis. Eventually she found athletics, and never looked back.

Indeed, Tanni's athletic career took off. In 1984, when she was 15, she pulled off a surprise victory in the 100 metres at the Junior National Wheelchair Games.

In 1988, Tanni went to her first Paralympic Games in Seoul. She won bronze in the 400 metres. Even greater success followed at the 1992 Barcelona Paralympics. Tanni won gold in the 100, 200, 400 and 800 metres relay, setting two world records in the process. In the same year she achieved the first of her six London Wheelchair Marathon victories.

Tanni's enduring success has been part motivation (动机), part preparation. "The training I do that enables me to be a good sprinter (短跑运动员), enables me to be good at a marathon too. I train 50 weeks of the year and that keeps me prepared for whatever distance I want to race... I am still competing at a very high level, but as I get older things get harder and I want to retire before I fall apart."

Indeed Tanni retired finally after the Visa Paralympic World Cup in 2007. Her wish is to coach young athletes for Beijing 2008 Olympic Games.

In spite of ups and downs, she never takes her fate lying down. In her splendid life, she has won an amazing eleven gold medals, four silvers and one bronze in a series of Paralympics—a top level athletic career covering two decades. She has won the London Wheelchair Marathon six times, more than any other competitor, and she has set over thirty world records.

What advice does she have for young athletes? "Work hard at your studies, and then train, train again."

59. What's the right order of the events related to Tanni?

- a. She works as a coach.
 - b. She took up athletics.
 - c. She won four gold medals in Barcelona.
 - d. She competed in her first Paralympic Games.
 - e. She achieved a victory in her first London Wheelchair Marathon.
- A. a, d, c, e, a B. a, d, b, c, e
C. a, d, c, e, b D. b, d, a, e, c

【解析】A。从文章介绍的 Tanni Grey-Thompson 的生平所发生的事看,首先是她开始从事体育运动(b),最后她退役当了教练(a)……由此判断选A。

体裁: 说明文

题材: 母乳储备库

字数: 380

阅读时间: _____ 分钟

题数: 5

正确率: _____

Money, jewels and important documents are not the only valuables placed in banks these days. Some mothers store their breast milk in banks.

There're ten breast milk banks set up across the United States, where mothers can donate (捐赠) their extra milk for other women's babies.

Experts say breast milk is the best food for babies. The World Health Organization says it is the only food babies should get during the first six months of life, in most cases. Breast milk is especially important for babies born too early. Sometimes these premature babies must stay in the hospital for many weeks.

James Cameron is a doctor who treats newborns at Lutheran Children's Hospital in Fort Wayne, Indiana. He says breast milk is almost like medicine.

Doctor James Cameron: "The fact is that there are so many different proteins and specialized sugars in the breast milk that the mom's able to make that help provide immunity (免疫力). It's very important for the health of the newborn."

There are several reasons some mothers may not be able to breastfeed. Some are not able to produce enough milk. Others might be taking medicines or have medical problems that prevent the process.

Lucy Baur, lives near Fort Wayne. She breastfed both her children and always had more milk than they needed. She wanted to donate to the Indiana Mothers Milk Bank in Indianapolis. But freezing and shipping milk can be costly. Then, a donor station opened near her home.

Milk donations in the United States work like this. Donors (捐赠人) must be willing to provide almost three liters (升) of breast milk. They freeze the milk and take it to the station. There, employees warm the milk and mix it with other mothers' milk. Then, the milk is heated to kill bacteria. After that, the technicians test samples of all the milk to make sure it is safe and healthful. The milk is re-frozen and sent to the main milk bank. The milk bank transports the milk to hospitals to feed premature or sick babies.

Donors are tested for diseases before any milk is accepted. They are not permitted to smoke tobacco, use illegal drugs or drink too much alcohol.

1. The purpose of setting up breast milk banks is to _____.

- A. store extra fresh milk for school children
- B. provide milk to children who go hungry
- C. help mothers donate milk to other babies
- D. offer free breast milk to premature babies

2. The underlined phrase "premature babies" refers to _____.

- A. babies who are born in poor health
- B. babies needing special care after birth
- C. babies whose mother can't produce enough milk
- D. babies that are born before the usual time of birth

3. The breast milk is important for newborns because _____.

- A. it prevents babies developing disease
- B. it contains rich nutrients babies need
- C. it is the only food suitable for babies
- D. it benefits babies as the best medicine

4. Which of the following shows the process of milk donations in the US?

- a. The breast milk is heated to kill bacteria.
- b. A mother donates three liters of her breast milk.
- c. The breast milk samples are tested to ensure its safety.
- d. The donors' breast milk is heated and mixed together.
- e. The milk is frozen again and sent to the main milk bank.

- A. b, d, a, c, e
- B. b, c, d, e, a
- C. b, a, d, e, c
- D. c, b, a, e, d

5. Which of the following women is allowed to donate her extra milk?

- A. A heavy smoker.
- B. A heavy drinker.
- C. A drug user.
- D. A fruit lover.

— B —

Green is an important color in nature. It is the color of most growing plants. Sometimes, the word green means young, fresh and growing. Sometimes, it describes something that is not yet ripe or finished.

For example, a greenhorn is someone who has no experience, who is new to a situation. In the 15th century, a greenhorn was a young cow or ox whose horns had not yet developed. Later, a greenhorn was a soldier who had not yet had any experience in battle. By 18th century, a greenhorn had the meaning it has today—a person who is new in a job.

About 100 years ago, greenhorn was a popular expression in the American west. It was used to describe a man who had just arrived from one of the big cities back east. The greenhorn lacked the skills he would need to live in the hard, rough country.

Someone who has the ability to grow plants well is said to have a green thumb. The expression comes from the early 1900s. A person with a green thumb seems to make plants grow quickly and well. You might say that the woman next door has a green thumb if her garden continues to grow long after your plants have died.

The Green Revolution refers to the development of new kinds of rice and other grains. The new plants produced much larger crops. It was the result of hard work by agricultural scientists who had green thumbs.

Green is also used to describe the unpleasant emotion, jealousy. The green-eyed monster is not a frightening creature from outer space. It is an expression used about 400 years ago by William Shakespeare in his play *Othello*. It describes the unpleasant feeling a person has when someone has something he wants. A young man may suffer from the green-eyed monster if his girlfriend begins going out with someone else. Or, that green-eyed monster may affect your friend if you get a pay raise and she does not.

In most places in the world, a green light is a signal to move ahead. A green light on a traffic signal means your car can continue on. In everyday speech, a green light means approval to continue with a project.

体裁: 说明文

题材: 关于green的习语

字数: 376

阅读时间: _____ 分钟

题数: 4

正确率: _____

1. The word green doesn't mean _____.

- A. skilled B. unfamiliar
C. developing D. youth

2. What is Paragraph 2 and Paragraph 3 mainly about?

- A. The different meanings of "green".
B. The story of a courageous soldier.
C. The origin of the idiom "a greenhorn".
D. A man coming from the east of America.

3. You can call your neighbor who is good at gardening _____.

- A. a greenhorn
B. the green-eyed monster
C. the Green Revolutionary
D. a person with a green thumb

4. In which situation may the green-eyed monster affect you?

- A. Your teachers favored you over other children.
B. All of your friends went to a party without you.
C. You helped your friend pass a challenging test.
D. You failed to make new friends in a new school.

体裁: 说明文

题材: 艾滋病大会

字数: 329

阅读时间: _____ 分钟

题数: 4

正确率: _____

The Seventeenth International AIDS Conference opened on August 3, 2008 in the Mexican capital, Mexico City. About 25,000 people are taking part in the six-day event. They include AIDS researchers, community leaders, policy experts, activists and delegations of young people from around the world.

The conference is expected to call for improvement in the prevention and treatment of HIV, the virus that causes AIDS. Delegates (代表) are also expected to praise the greater ability of patients to receive anti-retroviral drugs. Several meetings at the conference will examine efforts to discover a vaccine to prevent the disease.

Pedro Cahn is one of the leaders of the AIDS conference. He says an estimated 33 million people are living with HIV/AIDS. And about 7,000 people become infected with HIV every day. There is growing support for efforts to guarantee that all people are able to receive HIV prevention and treatment.

There is no cure for AIDS. However, a report last week from a United Nations agency says fewer people are dying because of it. UNAIDS says the number of deaths linked to AIDS dropped to about 2 million last year. This is 200,000 fewer than the number reported in 2005.

UNAIDS also notes some major gains in preventing new HIV infections. Such gains are based on changes in sexual behavior and improved government programs. The report also calls for long-term financing to fight the spread of AIDS. This is needed because people with the disease are living longer because of improved treatment.

In the first week of August, in Washington, President Bush signed legislation (法律) promising 48 billion dollars over the next five years to battle AIDS, malaria and tuberculosis. The bill greatly expands the President's Emergency Plan for AIDS Relief. Mr. Bush announced the five-year, 15 billion dollar program in 2003. He has since made it a major part of his foreign policy. Efforts have centered on 15 nations in Africa, the Caribbean and Asia.

1. We learn from Paragraph 2 that anti-retroviral drugs are used _____.

- A. to stop patients from getting worse
- B. to treat the patients infected with HIV
- C. to prevent people being infected with AIDS
- D. to help AIDS patients to recover from illness

2. Why are there fewer people dying of AIDS at present?

- A. HIV prevention and treatment are available.
- B. Cures available for AIDS have been developed.
- C. The number of people living with HIV is smaller.
- D. Fewer people become infected with HIV every day.

3. What makes long-term financing necessary in fighting AIDS?

- A. The level of living keeps increasing in recent years.
- B. Some governments spend less money fighting AIDS.
- C. AIDS patients live longer because of better treatment.
- D. The rising prices make it expensive to produce drugs.

4. The last paragraph is concerned with _____.

- A. the new challenge the UN faces in the future
- B. President Bush's attitude towards HIV/AIDS
- C. the global situation about AIDS treatment
- D. American government's efforts to fight AIDS

— B —

As kids spend more time online chatting with friends or researching homework, parents are questioning how the Internet is affecting children's lives, a recent study shows.

From 2004 to 2006, the number of parents who think the Internet beneficial for their children declined, according to the study by the Pew Internet & American Life Project. But parents don't see it as a bad influence, either.

Amanda Lenhart, a senior researcher said, "Technology is not so magic as to make your child get straight A's and improve all aspects of your life. As you grow to know it, you realize its power and disadvantages."

But as with the emergence of television in American homes in the 1950s and 1960s, the Internet continues to cause strong reactions from parents.

"There's too much garbage online for kids," said Patrick Thomas as he picked up his 15-year-old son from school. "It's like a kid walking down the street. He's got to watch out. He never knows who he might come across."

Thomas used to have Internet service at home but got rid of it a year ago because he was worried about viruses infecting his computer and strangers taking advantage of his son Zachary. He has purchased a series of educational software to help him with his schoolwork.

"It was a great place to explore, and the information you gathered was great," Thomas said. "Now it's dangerous." But Zachary Thomas still sees benefits to going online and says he can do it at the library or at school. "It can be a good thing for kids," Zachary said. But he wasn't upset when his father pulled the plug.

Zachary's attitude about the Internet is in line with the study's findings, confirming that teens, who have never known a world without online access, generally have a more positive view of the Internet than their parents.

More parents are getting online themselves, making them know about their children's online activities, Lenhart said.

But that doesn't mean they understand everything. It also doesn't mean they needn't monitor the Web sites their children visit or setting limits on the amount of time they spend online.

"I'm still trying to figure out the role of it," said John Horgan, who has daughters ages 11, 12 and 15. "If their grades were to go down, that would be it."

The majority of parents surveyed by Pew said the Internet is a positive influence in their children's lives.

体裁: 说明文

题材: 网络问题

字数: 408

阅读时间: _____ 分钟

题数: 4

正确率: _____

1. What does the underlined word "emergence" in Paragraph 4 mean?

- A. Disappearance. B. Appearance.
C. Existence. D. Interruption.

2. Why did Thomas quit Internet service at home?

- A. His son was threatened by some online stranger.
B. His computer had been attacked by some viruses.
C. He feared for the safety of his son and computer.
D. The educational software has replaced the Internet.

3. Which of the following statements would Zachary Thomas agree to?

- A. Surfing the Internet is beneficial but dangerous.
B. It is more harmful than beneficial for kids to go online.
C. Online activities help parents know more about their kids.
D. The Internet helps kids develop a positive attitude towards life.

4. What would John Horgan probably do if his daughters failed in exams?

- A. He would offer to help them with their schoolwork.
B. He would stop getting access to the Internet directly.
C. He wouldn't monitor what website his daughters visited.
D. He would limit the time his daughters spend on the Net.

体裁: 说明文

题材: 设定目标

字数: 319

阅读时间: _____ 分钟

题数: 4

正确率: _____

Goal setting is a powerful process for thinking about your ideal future, and for motivating (激发) yourself to turn this vision (梦想) of the future into reality. The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions (使人分心的事) that would otherwise keep you off your course.

More than this, properly-set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your self-confidence builds fast.

Goal setting techniques are used by top-level athletes, successful business people and achievers in all fields. They give you long-term vision and short-term motivation. They focus your learning of knowledge and help you to organize your time and your resources so that you can make the very most of your life.

By setting sharp, clearly-defined (详细说明的) goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind (苦差事). By setting goals, you will also raise your self-confidence, as you recognize your ability and competence in achieving the goals that you have set.

Goals are set on a number of different levels: First you create your "big picture" of what you want to do with your life, and decide what large-scale goals you want to achieve. Second, you break these down into the smaller and smaller targets that you must hit so that you reach your lifetime goals. Finally, once you have your plan, you start working down to the things you can do today. Start moving towards them so that you can achieve your goal step by step.

1. Goal setting is important NOT because _____.

- A. it keeps you off your due course
- B. it inspires you to follow your dream
- C. it leads you to concentrate on your goals
- D. it helps you choose what you want in life

2. The advantage of organizing your time and your

resources well is that _____.

- A. you can learn more knowledge
- B. you can make your life meaningful
- C. you can develop your potential fully
- D. you can have long-term motivation

3. In order to feel a sense of achievement, you should

- A. turn a long pointless task into what you like
- B. compare what you have done with your goal
- C. predict progress you hope to make in advance
- D. set specific goals and manage to reach them

4. What is the last paragraph mainly about?

- A. The way to create the ideal of future.
- B. The different types of personal goals.
- C. The process of setting personal goals.
- D. The different levels for lifetime goals.

— B —

I was watching Sportscenter last night when one of those “human interest” stories came on and really grabbed my attention.

The 1 was about a professional sport Bass fisherman named Clay Dyer. 2, they played it off as another guy trying to make the cut on the Bassmaster tour until they 3 a picture of him. No legs, no arms or rather, he has only 1/3 of his right arm. That's 4 that the guy has.

It was such a 5 story that I was wondering what this guy could do. 6 up, he learned to play baseball and basketball, but found 7 that was his true calling (事业). And he 8 it all on his own. He casts his fishing line by 9 his rod under his chin. He ties his lures (诱饵) with his 10 and his tongue, never really asking 11 else to help. When he scores, he reels in (收线) the line and removes the 12 with his stub (残端) arm and his teeth. Clay Dyer even 13 how to swim. Since his body can't produce enough sweat, so he has to take a 14 in the lake every few hours to keep 15. He dives in just like anyone else, then somehow 16 with his stub arm, then, with a little help, pulls himself back up into the 17 and goes on fishing.

Clay Dyer has never looked for others' pity, nor has he allowed his 18 disabilities to prevent him from becoming a professional fisherman. His 19 for life is, “If I can, you can.” He refuses to use special equipment, 20, “I want to do it with one hand the way they do it with two.”

体裁: 记叙文

题材: 残障人士

字数: 297

阅读时间: _____ 分钟

题数: 20

正确率: _____

- | | |
|------------------|-----------------|
| 1. A. picture | B. story |
| C. content | D. subject |
| 2. A. In the end | B. After all |
| C. At first | D. Above all |
| 3. A. showed | B. played |
| C. performed | D. confirmed |
| 4. A. what | B. which |
| C. none | D. all |
| 5. A. touching | B. exciting |
| C. annoying | D. embarrassing |
| 6. A. Waking | B. Growing |
| C. Picking | D. Taking |
| 7. A. reading | B. sporting |
| C. fishing | D. diving |
| 8. A. fishes | B. works |
| C. enjoys | D. does |
| 9. A. carrying | B. hiding |
| C. placing | D. catching |
| 10. A. mouth | B. teeth |
| C. ears | D. nose |
| 11. A. anyone | B. someone |
| C. none | D. nobody |
| 12. A. lures | B. fish |
| C. line | D. rod |
| 13. A. realizes | B. acquires |
| C. notices | D. knows |
| 14. A. rest | B. look |
| C. dip | D. shower |
| 15. A. cool | B. cold |
| C. warm | D. hot |
| 16. A. walks | B. swims |
| C. climbs | D. waves |
| 17. A. bank | B. car |
| C. lake | D. boat |
| 18. A. mental | B. spiritual |
| C. physical | D. facial |
| 19. A. motto | B. value |
| C. belief | D. slogan |
| 20. A. calling | B. saying |
| C. speaking | D. shouting |

体裁: 说明文

题材: 全球变暖

字数: 345

阅读时间: _____ 分钟

题数: 5

正确率: _____

Washington, D.C. (Reuters)—Two thirds of the world's polar bears could be gone by 2050 if predictions of melting ice hold true, the US Geological Survey reported on Friday.

The fate of polar bears could be even worse than that estimate, because sea ice in the Arctic might be disappearing faster than the available computer models predict, the US Geological Survey said in a report aimed

at determining whether the big white bear should be listed as a threatened species.

"There is a link between changes in the sea ice and the welfare of polar bears," said Steve Amstrup, who led the research team. He says Arctic sea ice is already at the lowest level this year and is expected to draw back farther this month. That means that polar bears—some 16,000 of them—will disappear by 2050 from parts of the Arctic where sea ice is melting most rapidly, along the north coasts of Alaska and Russia, researchers said.

"Other polar bears could survive beyond that date but many of those could be gone by 2100," Amstrup said. "By century's end, the only polar bears left might live in the Canadian Arctic islands and along the west coast of Greenland."

"It is likely to result in loss of about two thirds of the world's current polar bear population by the mid-21st century," the report summary said.

"Because the observed path of Arctic sea ice decline appears to be under-estimated by currently available models, this assessment of future polar bear status may be conservative (保守的)."

"Without enough sea ice, polar bears would be forced onto land, but they are poor hunters once they get out of the water and ice," the researchers said. "The bears' disappearance would probably take place as young cubs failed to survive to adulthood and females were unable to reproduce successfully."

The first polar bears probably first appeared about 40,000 to 50,000 years ago, and the species has not lived through a period as warm as the one predicted, the scientists said.

1. What was the intention of the US Geological Survey?

- A. To determine whether the polar bear was in danger of dying out.
- B. To measure how fast the sea ice is melting in the Arctic sea.
- C. To check if computer models work well.
- D. To make out when the polar bears first appeared.

2. Which of the following is the most probable reason why polar bears may disappear by 2050?

- A. They have lived too long on the earth for about 40,000 to 50,000 years.
- B. They cannot adapt themselves to the warm temperature.
- C. The sea ice is melting away at a great speed.
- D. There will be fewer food resources.

3. What does the underlined word "assessment" in Paragraph 6 mean?

- A. Supply.
- B. Calculation.
- C. Establishment.
- D. Evaluation.

4. Which of the following seems to be the key to preventing polar bears from dying out?

- A. To limit the number of ships going through the area.
- B. To make sure there is enough sea ice in the Arctic.
- C. To help the young polar bears survive the cold winter.
- D. To provide chances for the adult females to reproduce successfully.

5. Which of the following can serve as the title for the passage?

- A. The US Geological Survey
- B. The Sea Ice Is Melting Away Rapidly
- C. Polar Bears Have Been Gone
- D. Polar Bears Could Be Lost by 2050