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全国通用的英语专项辅导书 配套各种教材版本

◎ 总策划 主 编：蔡章兵



Topic Reading

英语话题导与练

# 阅读+完形

全国首创 **1 + 2 + 3** 阅读新模式

策划体例科学实用  
编写师资专业权威  
题型设置科学新颖

全面覆盖最新考纲  
文章囊括热点考点  
答案点拨详尽到位

中考 **B版**

吉林出版集团有限责任公司

Topic Reading

英语话题导与练

# 阅读+完形



中 考(B 版)

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# 前言

还在纠结于选择什么样的阅读完形辅导书吗？还在摸索着寻找最系统的阅读文章的方法吗？还在痛苦于如何快速合理地提升阅读能力吗？这里，《英语话题导与练 阅读+完形》系列为你提供了答案。

以新课标24个话题功能为主线进行策划编写，彻底摆脱教材版本和地区差异限制的《英语话题导与练 阅读+完形》系列，全国首创了“1+2+3阅读新模式”，提倡循序渐进、步步提升、重点突破的学习方法。本书的编写充分体现了以下优势：

## 最时尚高效的“1+2+3”阅读新模式

“1”代表一篇导入篇文章。本篇既是对单元话题的引导，也是对教材常见的话题形式的模拟，让你在轻松有趣的文章中感受到阅读的乐趣。

“2”代表两篇限时阅读文章。一篇阅读，一篇完形，难度适中，充分贴近考试的要求。你必须要在规定的时间内读完这两篇，更好地掌握阅读的节奏是实战准备的第一步。同时这个阶段也有利于巩固你学习到的知识，达到一举多得的效果。

“3”代表三篇拓展阅读，也可理解为泛读或快速阅读。两篇阅读理解，一篇完形填空均选取最新材料原创而成，可以作为你家庭作业或课外阅读使用，以达到集中强化阅读的目的，要想拔高难度，超越他人，就要过好这一关。

“1+2+3”代表了英语阅读练习的三个阶段，即基础能力的巩固，考试能力的培养，拓展能力的提升，这也是你在英语学习中最需要坚持的方法！

## 最前沿的阅读材料，最全面的考试题型

精选国内外最新时文，全面跟踪时代热点、英语考点和难点，大量的阅读让你更加关注和熟悉

目前阅读文章的类型和趋势，比如环保、网络购物等话题的文章，这些都可能成为你考试中的重点！

### 最实用的编写体例，最高效的练习模式

本书涵盖了“话题探究”“方法指导”“集中练习”“生词注释”“难句点睛”等板块，从词汇的学习到句型的积累，到常见的写作类型的练习，无所不包。它将帮助你将阅读、完形与英语各方面能力的提高充分结合起来，培养由此及彼、融会贯通的能力，达到事半功倍的效果。

### 最强大的编写队伍，最专业的仿真试题

本书的编写者涵盖了全国多位具有丰富经验的一线特级老师，充分考虑你在英语阅读中经常遇到的问题和当前主要的考试题材和题型，以话题为线索编写了这套具有真题水平和特色的《英语话题导与练 阅读+完形》系列。这样的练习针对性强，一语中的，你的备考也会更有成效。

《英语话题导与练 阅读+完形》是英语学习中不可多得的宝典，让你迅速有效地提高阅读能力，花一本书的钱，可以买几本书的知识，更重要的是助你轻松地实现考试阅读完形高分！

欲参见本书答案详解者，请登录官方网站：[www.360hours.com](http://www.360hours.com)，在“产品中心”下的“资源下载”找到《英语话题导与练 阅读+完形 中考（B版）》，在要输入书号的位置输入验证码：978-7-5534-2509-2，即可免费下载。

本书作为《英语话题导与练 满分作文》的姊妹篇。配合《英语话题导与练 满分作文》使用，效果更佳。为了感谢您对我们《奇速英语》品牌图书的大力支持，购买本书的读者将额外获得由20位特级教师主编的《奇速英语高效学习法》一套（详情请参看图书封底的二维码）。



# 目录

## Topic 13 Hygiene and Health

话题导入篇

Passage 1 ..... 1

限时阅读篇

Passage 2 ..... 2

Passage 3 ..... 4

拓展阅读篇

Passage 4 ..... 5

Passage 5 ..... 6

Passage 6 ..... 7

## Topic 16 Recreation and Sports

话题导入篇

Passage 1 ..... 25

限时阅读篇

Passage 2 ..... 27

Passage 3 ..... 28

拓展阅读篇

Passage 4 ..... 29

Passage 5 ..... 30

Passage 6 ..... 31

## Topic 14 Safety and First Aid

话题导入篇

Passage 1 ..... 9

限时阅读篇

Passage 2 ..... 10

Passage 3 ..... 12

拓展阅读篇

Passage 4 ..... 13

Passage 5 ..... 14

Passage 6 ..... 15

## Topic 17 Travel and Transport

话题导入篇

Passage 1 ..... 33

限时阅读篇

Passage 2 ..... 34

Passage 3 ..... 36

拓展阅读篇

Passage 4 ..... 37

Passage 5 ..... 38

Passage 6 ..... 39

## Topic 15 Weather

话题导入篇

Passage 1 ..... 17

限时阅读篇

Passage 2 ..... 19

Passage 3 ..... 20

拓展阅读篇

Passage 4 ..... 21

Passage 5 ..... 22

Passage 6 ..... 23

## Topic 18 Communication

话题导入篇

Passage 1 ..... 41

限时阅读篇

Passage 2 ..... 42

Passage 3 ..... 44

拓展阅读篇

Passage 4 ..... 45

Passage 5 ..... 46

Passage 6 ..... 47

## Topic 19 Language Learning

### 话题导入篇

Passage 1 ..... 49

### 限时阅读篇

Passage 2 ..... 51

Passage 3 ..... 52

### 拓展阅读篇

Passage 4 ..... 53

Passage 5 ..... 54

Passage 6 ..... 55

## Topic 20 Nature

### 话题导入篇

Passage 1 ..... 57

### 限时阅读篇

Passage 2 ..... 58

Passage 3 ..... 60

### 拓展阅读篇

Passage 4 ..... 61

Passage 5 ..... 62

Passage 6 ..... 63

## Topic 21 The World and the Environment

### 话题导入篇

Passage 1 ..... 65

### 限时阅读篇

Passage 2 ..... 67

Passage 3 ..... 68

### 拓展阅读篇

Passage 4 ..... 69

Passage 5 ..... 70

Passage 6 ..... 71

## Topic 22 Popular Science and Modern Technology

### 话题导入篇

Passage 1 ..... 73

### 限时阅读篇

Passage 2 ..... 75

Passage 3 ..... 76

### 拓展阅读篇

Passage 4 ..... 77

Passage 5 ..... 78

Passage 6 ..... 79

## Topic 23 History and Society

### 话题导入篇

Passage 1 ..... 81

### 限时阅读篇

Passage 2 ..... 83

Passage 3 ..... 84

### 拓展阅读篇

Passage 4 ..... 85

Passage 5 ..... 86

Passage 6 ..... 87

## Topic 24 Stories and Poems

### 话题导入篇

Passage 1 ..... 89

### 限时阅读篇

Passage 2 ..... 91

Passage 3 ..... 92

### 拓展阅读篇

Passage 4 ..... 93

Passage 5 ..... 94

Passage 6 ..... 95

## Test

Test 1 ..... 97

Test 2 ..... 103

Test 3 ..... 109

Test 4 ..... 114

Test 5 ..... 120

Test 6 ..... 126

Keys ..... 132

# Topic 13

## Hygiene and Health

## 卫生与健康

### 话题探究

卫生与健康是紧密联系在一起的一个话题的两个方面，只有保持好个人卫生和养成良好的生活习惯，才能有一个健康的身体，保持身体的健康不仅要合理饮食，多吃蔬菜和水果，少吃垃圾食品，还要进行适当的体育锻炼。本话题关注的就是与我们的生活息息相关的卫生和健康问题。

### 方法指导

1. 关于健康的短文，一般与饮食、运动、兴趣关系密切，主要探讨他们与人体健康之间的关系，多以故事形式展开，应注意病因及结果。
2. 有关饮食与健康的文章，多是说明文。关注食物、饮食习惯与人的健康的利弊关系，需要注意医嘱的要点。

### 导入篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
新闻	健康食谱	256	8'		5	

### Passage 1

Are you a kid who enjoys cooking? Would you like to visit the White House? There's a contest just for you!

For the second year in a row, First Lady Michelle Obama is hosting the Healthy Lunchtime Contest. The contest asks kids ages 8 to 12 and their parents to hand in proper lunch recipes. One winner from each of the 50 states will be invited to attend the Kids' State Dinner at the White House, where winning recipes will be served.

Last year, more than 1,200 kids entered the contest. The 54 finalists enjoyed a meal in the White House's East Room. Winning dishes included a fiesta casserole from Idaho, a kind of salad from Colorado and a summer soup from Alabama.

The goal of the Healthy Lunchtime Contest is to put together a collection of healthy recipes written by kids, for kids. The contest is held by the White House, the departments of Education and the recipe website Epicurious.

Contest judges will look for lunches that are healthy, tasty and not too expensive. Meals should have items from each of the food groups, including fruit, vegetables and low-fat dairy products. The foods can be combined into one



recipe or used to create a meal that includes a main dish and side dishes.

Tanya Steel is the Editor-in-Chief of Epicurious. Last year, she helped choose the winning recipes. Her advice for kids? “Be creative and think seasonally!” she told TFK. “You don’t need to think it difficult. The most important thing is to have fun!”

阅读短文，选择最佳答案。

- How many winners will take part in the contest this year?  
A. 50. B. 54. C. 1,200. D. 8 to 10.
- What is a fiesta casserole?  
A. A kind of job. B. A kind of dish. C. A kind of book. D. A kind of contest.
- How many units hold the contest?  
A. One. B. Two. C. Three. D. Four.
- What kind of foods will the judges look for?  
A. Cheap, healthy and delicious. B. Expensive, healthy and sweet.  
C. Healthy, salty and not too expensive. D. Delicious, healthy and not too expensive.
- What does Tanya think of the contest?  
A. Boring. B. Difficult. C. Interesting. D. Serious.

### 生词注释

judge <i>n.</i>	裁判
finalist <i>n.</i>	决赛选手
side dish	配菜
item <i>n.</i>	项目；目录
Editor-in-Chief	主编

### 难句点睛

The contest is held by the White House, the departments of Education and the recipe website Epicurious. 比赛是由白宫、教育部门和食谱网站 Epicurious联合组织的。这个句子的主干是The contest is held; by引起的介词短语表示动作执行者。

## 限时篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
说明文	保持健康	258	8'		5	

## Passage 2

For kids, it’s very important to stay healthy. You should pay more attention to your kid’s life style and help them have healthy life habits. Here are some tips on staying healthy for kids.

Kids hardly care about basic hygiene. They’ll share everything from drink to snacks. So it is important to let your children know the basic hygiene such as washing hands before eating, brushing teeth at least twice a day etc.

Similarly, teach them how to protect themselves from other children with different kinds of infections.

Healthy eating helps to live a healthy life. As a parent, you should pay attention to the eating habits of your child. Encourage your kids to eat healthy foods such as fresh fruits and vegetables. Let your kids eat different kinds of food at different ages. Proper nutrition is the only way to stay healthy at different ages. Let your kids know junk food is bad for health and ask them to try to eat less junk food.

You can plan different activities to teach kids the importance of staying healthy. Some simple reading material can let the kids know about their body. Also, playing games about brushing teeth, having meals etc. can prove to be very useful as kids find them funny. Certain group games and activities or even funny street plays can also help the kids understand the importance of staying healthy.

It is very important for kids to stay healthy. Healthy childhood often leads to healthy adulthood. So, we must pay special attention to our kid's health.

阅读短文，选择最佳答案。

- Which of the following is a hygiene habit?
  - Sharing drinks with others.
  - Sharing foods with others.
  - Brushing teeth before going to bed.
  - Brushing teeth once a day.
- What does the underlined word “nutrition” mean in Chinese?
  - 锻炼
  - 营养
  - 脂肪
  - 节约
- The third paragraph mainly talks about \_\_\_\_\_.
  - teaching kids necessary hygiene
  - how to have healthy eating habits
  - activities for kids to stay healthy
  - the importance of staying healthy
- We can make kids know the importance of staying healthy by \_\_\_\_\_.
  - taking a class
  - having a party
  - planning activities
  - watching a movie
- What's the best title of the passage?
  - Don't Eat Junk Food
  - Keep Away From Infection
  - Watch Funny Street Plays
  - Staying Healthy for Kids

### 生词注释

hygiene *n.*

卫生

infection *n.*

传染；感染

### 难句点睛

Also, playing games about brushing teeth, having meals etc. can prove to be very useful as kids find them funny. 事实证明，做一些关于刷牙、吃饭等方面的游戏也是非常有用的，因为孩子们觉得有趣。Also 置于句首，表示强调进一层的意思；这个句子的主干是...playing games...can prove to be very useful...；about引导的介词短语做定语，修饰games；as表示原因，引导原因状语从句。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
说明文	肢体语言	243	10'		10	

### Passage 3

Since we have realized that our eyes, face, hands and feet speak a lot about our personality, there has been a growing interest in knowing how to read 1 language.

What's in the face? Our face is like a window to our emotions. Face is a kind of communication. Look at your friend's 2 and you will know what he is feeling about. Narrowing eyes with mouth turned 3 means sadness. Eyes wide open with an open mouth are signs of 4.

Eyes are windows to your 5? You cannot but help notice the bright in one's eyes if he is very 6. You may look at someone with a pleasant expression while you are talking to him. Well done! This surely means that you 7 his attention. If a person looks away too often from you, it could either mean that he isn't interested in you or that he is not confident of himself. So look into his eyes, and he will feel 8 and get encouraged.

We may not pay attention to hands or legs while talking of emotions. However, the way we use our hands while talking, the placement of our legs while sitting, all 9 our emotions and personality. If someone is always shaking his leg while sitting, then there is 10 that's troubling him. Shaking hands firmly with another means someone is confident.

Reading body language, communicating with others may be more moving and interesting.

根据短文内容，选择正确答案。

- |                  |            |               |              |
|------------------|------------|---------------|--------------|
| 1. A. sound      | B. body    | C. English    | D. foreign   |
| 2. A. eyes       | B. legs    | C. hands      | D. face      |
| 3. A. down       | B. up      | C. off        | D. on        |
| 4. A. happiness  | B. sadness | C. surprise   | D. exciting  |
| 5. A. mouth      | B. heart   | C. stomach    | D. ears      |
| 6. A. angry      | B. sorry   | C. happy      | D. proud     |
| 7. A. draw       | B. put     | C. pay        | D. do        |
| 8. A. bored      | B. tired   | C. surprised  | D. confident |
| 9. A. say        | B. show    | C. write      | D. read      |
| 10. A. something | B. nothing | C. everything | D. anything  |

## 生词注释

personality *n.*

个性

narrow *v.*

变窄

placement *n.*

布置

firmly *adv.*

坚定地

## 难句点睛

If a person looks away too often from you, it could either mean that he isn't interested in you or that he is not confident of himself. 如果一个人经常把目光从你身上移开, 这意味着他对你不是很感兴趣, 或意味着他对自己不是很有信心。if 引导条件状语从句, look away from sb 意思是“把眼光从某人身上移开”; it means that 是固定句式, 意思是“这意味着……”; either...or 意思是“不是, 就是”, 连接两个选择关系的宾语从句; be confident of 意思是“确信的”。

## 拓展篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
记叙文	社会行为	232	9'		10	

## Passage 4

根据短文内容, 用方框中所给词的适当形式完成短文。(有两个选项是多余的)

alarm, what, wrong, help, right, scared, it, saw, read, shaking, easy, opened

As I was doing something in my room, I heard a knock on the door. It was 10:30pm, and I wasn't sure who it could be. I went downstairs and looked through, and 1 that it was our next-door neighbor, an 90-year-old woman.

I quickly 2 the door, and she seemed really scared and kept repeating, "Please help me, I need your help. There is something 3 with the fire alarm. Please help me." I said OK and followed her to her house to see 4 was wrong with the fire alarm.

She said that the 5 had been going on and off for the past two hours, and that she couldn't ask anybody for 6 but me. So I took a chair from her dining room table, climbed it, looked at the fire alarm, and got the fire alarm off.

It was dirty. I blew into the fire alarm and cleared 7. She still seemed kind of scared. So I gave her a hug. I felt her 8 in my arms, and held her for a few minutes until she stopped shaking and get relaxed.

It was a very special experience, and something that I felt very 9, but someone who thought it was difficult and felt 10. We then sat down and talked for ten minutes, until I felt that she was okay, and safe to sleep.

### 生词注释

look through	从……中看
give sb. a hug	给某人一个拥抱
fire alarm	火警报警器

### 难句点睛

It was a very special experience, and something that I felt very easy, but someone who thought it was difficult and felt scared. 这是一次非常特殊的经历，我觉得很简单的东西，但有人却认为困难并因此感到害怕。这个句子的主干是It was a very special experience，其后的that引导定语从句，修饰something；定语从句里有两个由but连接的表示转折的主谓结构；who也是定语从句，修饰someone。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
新闻	降低肥胖率	208	6'		5	

## Passage 5

For many years, childhood obesity rates have been on the rise. Now some U.S. cities are succeeding in fighting against fat. The falling down of childhood obesity rates have also been reported in Mississippi, the state with the highest obesity rate in the country.

The first drops in the number of heavy children came in a September report from a hospital. The hospital works to improve health for Americans. New York City showed a 5.5% drop in the number of heavy children from 2007 to 2011. Philadelphia showed a 4.7% drop, and Los Angeles a 3% drop.

From 1980 to 2000, the percentage of fat U.S. kids aged 6 to 19 increased three times. About 9 million children were too fat. Being too fat can cause serious health problems, including heart trouble and cancer.

In 2011, the government began a project to fight against childhood obesity. The project's goal is to find ways to make healthy changes in schools, food stores, parks and other places.

Schools are doing their part. Junk food has disappeared from many school meals. Drinks like water and milk have taken the place of junk drinks. More and more kids know that a well-balanced diet and daily activity allows them to live healthy lives.

阅读短文，完成句子。

1. For many years, more and \_\_\_\_\_ people become too \_\_\_\_\_.
2. New York City has done \_\_\_\_\_ in fighting against \_\_\_\_\_.
3. Only about \_\_\_\_\_ children were too fat in 1980.
4. The government tries to find ways to make \_\_\_\_\_ in some places.
5. Schools try to keep kids \_\_\_\_\_ from \_\_\_\_\_ food and drink.

## 生词注释

obesity <i>n.</i>	肥胖
rate <i>n.</i>	比率
percentage <i>n.</i>	百分比
take the place of	代替

## 难句点睛

The falling down of childhood obesity rates have also been reported in Mississippi, the state with the highest obesity rate in the country. 据报道，在密西西比——美国肥胖率最高的州，儿童肥胖率已经下降。The falling down of childhood obesity rates意思是“儿童肥胖率的下降”；have been reported是现在完成时被动语态；the state with the highest obesity rate in the country与Mississippi是同位语。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
说明文	克服不良饮食习惯	236	10'		10	

## Passage 6

Unhealthy eating habits can cause many health problems. The following are two of the most common eating habits that are especially 1.

Not having breakfast. It can be hard to have breakfast in the morning, especially if you get up late, and really aren't hungry. But 2 is the most important meal of the day. There is a saying "Eat breakfast like a king, lunch like the rich and dinner like the 3". It means it's good to have big breakfast and lunch, but eat less for supper. Eating healthy 4 makes sure your body keeps receiving the nutrients it needs.

Having convenient foods. Fast foods are convenient. No need to cook at the end of a long day, just get it out of the freezer, open it, and heat it up for a few minutes, and dinner's 5. But many nutrients in the fast food are lost. Eating fast foods is a bad habit 6 they make life so much easier. Eating fast food is one of the main unhealthy 7 habits in college students. When making a choice, always 8 fresh ingredients. They can make food both delicious and healthy.

The results of bad eating habits are kind of 9. They can cause many health problems. Making small but gradual changes in your unhealthy eating habits will 10 your health. Healthy eating is the best way to stay healthy!

根据短文内容，选择正确答案。

- |                 |              |                |              |
|-----------------|--------------|----------------|--------------|
| 1. A. unhealthy | B. healthy   | C. interesting | D. boring    |
| 2. A. supper    | B. dinner    | C. lunch       | D. breakfast |
| 3. A. young     | B. old       | C. poor        | D. rich      |
| 4. A. meals     | B. supper    | C. breakfast   | D. lunch     |
| 5. A. cheap     | B. expensive | C. delicious   | D. ready     |
| 6. A. if        | B. although  | C. but         | D. and       |
| 7. A. drinking  | B. eating    | C. working     | D. studying  |
| 8. A. buy       | B. do        | C. choose      | D. make      |



9. A. exciting

B. interesting

C. terrible

D. important

10. A. make

B. improve

C. stop

D. keep

### 生词注释

nutrient *n.*  
gradual *adj.*  
ingredient *n.*

营养  
逐渐的  
原料

### 难句点睛

Eating healthy meals makes sure your body keeps receiving the nutrients it needs. 吃健康的食物能确保你的身体不断摄入所需的营养。这个句子的主句是Eating healthy meals makes sure; 其后为省略that的宾语从句; it needs是定语从句, 修饰nutrients。

# Topic 14

## Safety and First Aid

## 安全与救护

### 话题探究

安全是家庭幸福、社会稳定的前提。重视安全防护，加强安全教育，可防患于未然；在紧急情况下，运用适当的救护措施，能把灾害降到最低程度。本单元安全与救护话题主要涉及居家安全、交通安全与紧急救护等。

### 方法指导

1. 关于安全与救护的短文，一般与交通、运动、居家生活、自然灾害等内容相关，多用说明文，说明保持安全的措施，告之开展救护的方法。
2. 安全救护方面的文章，设题时通常会涉及常识性问题；借助已经掌握或了解的安全救护方面的常识，有助于阅读理解，解答问题。

### 导入篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
记叙文	水灾救援	269	8'		5	

### Passage 1

A small boy lived with his grandmother. One night their house caught a fire. The grandmother, trying to save the little boy asleep upstairs, died in the smoke and fire. A crowd gathered around the burning house, but no one seemed to know what to do in front of the terrible fire.

Suddenly a stranger rushed from the crowd and circled to the back of the house where he found an iron pipe that reached an upstairs window. He disappeared for a minute, then appeared again with the boy in his arms. Among the cheers of the crowd, he climbed down the especially hot pipe as the boy hung around his neck.

Weeks later a meeting was held in the town hall to decide who could care for the boy. Each person who wanted the boy was allowed to say a few words. The first man said, "I have a big farm. Everybody needs the out-of-doors." The second man said he was a teacher and he could give the child the best education. Finally the richest man in the society said, "I'm rich. I could give the boy everything he wanted. I'd like him in my home."

In the end, the stranger came and stood in front of the little boy. Slowly he took out his hands from his pockets. The little boy who had been looking to the floor until now looked up. The man's hands were terribly scarred. Suddenly the boy cried. Here was the man who had saved his life. With a rush the boy threw himself around the stranger's neck and held on for life.

根据短文内容，选择正确答案。

- How many persons lived in the house?  
A. One. B. Two. C. Three. D. Four.
- How did the man get to the small boy?  
A. He walked upstairs. B. He took a ladder. C. He climbed up a pipe. D. He climbed up a tree.
- From the third paragraph we know \_\_\_\_\_.  
A. many people wanted to care for the boy B. a farmer wanted to care for the boy  
C. a teacher wanted to care for the boy D. a rich person wanted to care for the boy
- The underlined word "scarred" means " \_\_\_\_\_ " in Chinese.  
A. 痊愈 B. 枪伤 C. 刀伤 D. 创伤
- With whom would the boy like to live?  
A. The stranger. B. The teacher. C. The farmer. D. The rich man.

### 生词注释

catch a fire 着火  
iron pipe 铁管  
directly *adv.* 直接地

### 难句点睛

The little boy who had been looking to the floor until now looked up. 小孩一直看着地面，直到现在才抬起头。这个句子的主干是The little boy...looked up; who引导定语从句，修饰boy; until now意思是“直到现在”，修饰had been looking。

## 限时篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
说明文	紧急救援	253	7'		5	

## Passage 2

Would you know what to do if you see a kid on a bicycle is hit by a car? You make the choice of helping or not. The followings are what you should do in the first few minutes.

The first thing that needs to be done is thinking about what you should do in a few seconds by just looking around. Is the accident safe for you to walk into? Are there any dangers that could hurt you? If there is anything that could be dangerous then you stay back and call for help. If the situation is safe for you then you need to make sure