

■ 根据最新《英语课程标准》编写  
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

七年级 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



七年级(B版)

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吉林出版集团有限责任公司

## 图书在版编目(CIP)数据

英语话题导与练. 阅读+完形. 七年级: B 版 / 蔡章兵主编. -- 3 版. -- 长春: 吉林出版集团有限责任公司, 2013.8

ISBN 978-7-5534-2505-4

I. ①英… II. ①蔡… III. ①英语课-初中-教学参考资料 IV. ①G634.413

中国版本图书馆 CIP 数据核字(2013)第 171012 号

## 英语话题导与练 阅读 + 完形 七年级(B 版)

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主 编: 蔡章兵

责任编辑: 于 鑫

封面设计: 李立嗣

开 本: 889mm×1194mm 1/16

字 数: 263 千字

印 张: 8.5

版 次: 2014 年 1 月第 3 版

印 次: 2014 年 1 月第 1 次印刷

---

出 版: 吉林出版集团有限责任公司

发 行: 吉林出版集团外语教育有限公司

地 址: 长春市泰来街 1825 号

邮编: 130011

电 话: 总编办: 0431-86012683

发行部: 0431-86012675 0431-86012826(Fax)

网 址: [www.360hours.com](http://www.360hours.com)

印 刷: 吉林省金昇印务有限公司

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ISBN 978-7-5534-2505-4 定价: 16.80 元

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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》系列为你提供了解答案。

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！

### 最实用的编写范例，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 七年级（B版）》，在要输入书号的位置输入验证码：978-7-5534-2505-4，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）。



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# 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. 注意西方人看病就医时的日常交际用语；特别注意有关健康，如身体健康和心理健康的科技术语和医疗常识。
2. 健康始终与科学联系在一起，通过有关健康短文的学习，也是一次健康知识的普及。同时牢记：珍惜生命，保持健康，好好学习，报效社会。

### 导入篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
说明文	睡眠时间	214	6'		5	

### Passage 1

On weekday mornings, Jielun Liao, 10, gets up at 7:40 a.m.. He brushes his teeth and gets dressed. Then he heads to school. Jielun gets between 8 and 10 hours of sleep a night. On most nights, he has a hard time falling asleep. Getting up in the morning isn't easy for this fourth grader.

Jielun is not alone. Experts say children aged between 5 and 12 should get 10 to 11 hours of sleep each night. But in fact, kids are only sleeping about 9.5 hours a night.

The amount of sleep you get can affect how well you learn. Students who are well rested perform better on math and writing tests. Kids who don't get enough sleep have a harder time paying attention in class. This can affect future test performance. Also, you're more likely to be annoyed if you don't sleep well.





What is keeping kids up at night? More kids are using computers, playing video games, and watching TV at bedtime. These activities cause your eyes to receive a lot of bright light at a time when your body needs soft light to help you feel sleepy.

It's never too late to change your sleep habits. Go to sleep early for a week. You will be surprised at the difference.

根据短文内容，选择正确答案。

- What does the underlined sentence in Paragraph 2 mean?
  - Jielun's parents never leave him alone.
  - Jielun likes to stay at his friends' houses.
  - There are many people in Jielun's family.
  - Jielun is not the only kid who needs more sleep.
- If kids don't get enough sleep, they will \_\_\_\_\_.
  - do better in math
  - get angry easily
  - do better in writing stories
  - have no trouble in falling asleep
- According to the writer, why can't kids have enough sleep?
  - They have a lot of homework to do.
  - They are afraid of being late for school.
  - They are too worried about their tests.
  - Light makes it difficult to fall asleep.
- From the passage we know \_\_\_\_\_.
  - the longer a kid sleeps, the better he behaves
  - it needs a long time to change one's sleep habit
  - the writer is an expert on children's sleeping
  - Jielun Liao suffers a lot from playing computer games
- What is the passage mainly about?
  - American kids' sleeping habits.
  - Jielun, an American fourth grader.
  - The importance of enough sleep for kids.
  - The amount of sleeping time a kid needs.

### 生词注释

expert *n.*  
affect *v.*

专家  
影响

### 难句点睛

Kids who don't get enough sleep have a harder time paying attention in class. 睡眠不足的孩子更难在课堂上集中精力。

## 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	运动与健康	173	5'		5	

## Passage 2

You need exercise to keep you healthy. But what happens when you ignore it and spend most of the summer playing computer games with your friends?

Chances are, you gain weight. When you try on your jeans for school, you can hardly pull up the zipper.

Maybe you turn to your older brother for advice, saying, “I was a couch potato all summer — and now I look like one! What can I do?”

Your brother replies, “It’s simple! You have to move around more and get your body in condition. Turn off the computer and go for a walk. Go swimming. Ride your bike.”

Exercise includes physical activity that increases your heart rate and keeps it higher for a certain period of time. It increases the amount of oxygen delivered to your heart and muscles so they use oxygen more efficiently, and stay healthier.

Exercise keeps you healthy. It helps you gain a normal weight, and makes you less stressed. Exercise! Regular exercise also reduces the risk of some types of cancers.

根据短文内容，选择正确答案。

- The underlined word “ignore” in the first paragraph probably means \_\_\_\_\_.  
A. 忽视                      B. 错过                      C. 缺乏                      D. 厌恶
- Which of the following statements is NOT mentioned in the passage?  
A. Swimming in the water.                      B. Going out by bike.  
C. Going for a walk.                      D. Having a good eating habit.
- From the passage 3, we can learn that the “a couch potato” means a person who \_\_\_\_\_.  
A. spends much time on TV                      B. likes to eat many potatoes  
C. sits on the sofa the whole day                      D. is good at computer games
- What’s the purpose of the passage?  
A. To explain the importance of losing weight.  
B. To ask people not to play the computer games.  
C. To ask people to keep healthy by exercising.  
D. To explain the influence of the computer games.
- The best title for the passage is \_\_\_\_\_.  
A. How to Exercise                      B. Computer Games and Health  
C. Care Our Health                      D. Exercise Keeps Healthy

### 生词注释

gain v.	增加
condition n.	情况
increase v.	提高
deliver v.	传送
efficiently adv.	有效地

### 难句点睛

Exercise includes physical activity that increases your heart rate and keeps it higher for a certain period of time. 锻炼包括可以提高你的心率并使之保持一定时间的体育活动。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
议论文	健康的孩子	255	7'		10	

## Passage 3

There's a lot of discussion about healthy kids. Parents want to know how to help kids 1 healthy.

Being healthy is a way of saying a person eats well, 2 a lot of exercise, and has a healthy weight. If you're healthy, your body works well, feels 3, and can do all the things you want to do, like running round with your friends.

Here are five rules to live 4, if you're a kid who wants to be healthy.

1. Eat 5 foods, fruits and vegetables. If you eat different foods, you're more likely to get the nutrients your body needs.

2. Drink water and milk most often. You probably will want something other than milk or water once in a while, so it's OK to 6 100% juice, too.

3. Don't eat too much. 7 does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop 8. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

4. Don't watch TV or DVDs or play computer games too much.

5. Do sports. You can do sports when your mom or dad says it's 9 to stop watching TV or playing computer games!

Tell your parents about these 10. If you're a healthy kid, why shouldn't you have a healthy mom and a healthy dad?

根据短文内容，选择正确答案。

- |             |          |              |          |
|-------------|----------|--------------|----------|
| 1. A. am    | B. is    | C. are       | D. be    |
| 2. A. makes | B. gets  | C. do        | D. gives |
| 3. A. good  | B. well  | C. bad       | D. badly |
| 4. A. in    | B. on    | C. by        | D. with  |
| 5. A. good  | B. bad   | C. different | D. same  |
| 6. A. see   | B. smell | C. have      | D. sell  |

- |               |              |           |          |
|---------------|--------------|-----------|----------|
| 7. A. What    | B. Which     | C. How    | D. Why   |
| 8. A. eat     | B. eating    | C. to eat | D. ate   |
| 9. A. time    | B. plan      | C. use    | D. duty  |
| 10. A. health | B. exercises | C. rule   | D. rules |

**生词注释**

discussion *n.* 讨论  
 nutrient *n.* 营养品; 营养物  
 lead *v.* 通向; 导致  
 gain *n.* 增加; 增进

**难句点睛**

When you're eating, notice how your body feels and when your stomach feels comfortably full. 当你吃饭的时候, 要注意你的身体感觉如何和什么时候你的胃感觉舒适的饱。

**拓展篇**

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	158	5'		10	

**Passage 4**

短文填空: 用方框中所给单词的适当形式填空, 使短文完整正确。(每个单词限用一次。每空只填一个单词, 有两项多余。)

grow, when, health, some, take, how, if, because, much, friend, and, study

It's important for us to keep healthy during our life time. But many people don't care about it at all, 1 they don't think they have any health problems. As we 2 older, we experience a number of great life changes. 3 we handle and grow from these changes is the key to staying healthy. There are 4 important things we should remember forever. First, we must keep away from smoking 5 drinking. Second, we should do exercise as 6 as possible. We can walk to school instead of 7 a bus or a car. Third, we shouldn't eat too much fast food. We should eat more fruit and vegetables, and drink a lot of water. Many 8 show that people feel better when they're with friends. We must try to make some 9, because they can make us feel better when we are alone. The most important thing is that they can help us 10 we meet difficulties in our life.

## 生词注释

experience v.

经历

handle v.

处理

## 难句点睛

We must try to make some friends, because they can make us feel better when we are alone. 所以, 我们必须努力去交一些朋友, 因为在我们孤独的时候他们能够让我们感觉好一些。本句是一个由because引导的原因状语从句。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
说明文	个人卫生	206	6'		5	

## Passage 5

Personal hygiene is important in our life. Practicing good personal hygiene can help your body to prevent illnesses by decreasing the amount of germs you carry.

### Hand Washing

①\_\_\_\_\_ (prevent) the spread of germs and disease, make sure to wash your hands after using the bathroom, touching raw food or getting your skin dirty.

### Bathing

Bathing or showering daily is necessary to get rid of germs on the skin. Instead of sharing a bath towel, it's suggested to use your own towel. ② People who work out should shower more than once a day.

Practice oral hygiene by brushing your teeth at least twice a day — in the morning after waking and ③\_\_\_\_\_ going to bed. Make sure to get a new toothbrush every two months. You should also visit a dentist every six months for a routine cleaning.

### Nails

Fingernails and toenails should be clipped regularly. While men often clip all of their nails, woman may want to grow out their fingernails for beauty purposes. If this is the case, nails don't necessarily have to be clipped, ④\_\_\_\_\_ they should be clean.

### Clothing

⑤ Washing clothing regularly is necessary, especially underwear and bathing suits, it helps to prevent bad smells and germs from forming.

阅读短文, 完成下列各题。

1. 用①处所给单词的适当形式填空。\_\_\_\_\_
2. 把划线的②处译成汉语。\_\_\_\_\_
3. 在划线的③处填入一个恰当的介词。\_\_\_\_\_
4. 在划线的④处填入一个恰当的连词。\_\_\_\_\_
5. 把划线的⑤处改成同义句。\_\_\_\_\_



## 生词注释

personal hygiene	个人卫生
decrease v.	减少
germ n.	细菌
raw adj.	生的
routine adj.	常规的
fingernail n.	手指甲
toenail n.	脚指甲

## 难句点睛

1. Practicing good personal hygiene can help your body to prevent illnesses by decreasing the amount of germs you carry. 养成良好的个人卫生能帮助你身体通过减少自身携带的细菌来预防疾病。
2. You should also visit a dentist every six months for a routine cleaning. 你还应当每六个月去看一次牙医，做牙齿的常规性清洗。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
记叙文	保持健康	244	7'		10	

## Passage 6

It is very important to stay healthy. I have a neighbor. She is an old lady. She can do all the housework, 1 newspapers, watch TV and search on the Internet to learn something new. I often see 2 do taijiquan in the morning and dance in the evening. She looks young and beautiful 3 she is over seventy. Last week a reporter from a magazine interviewed her and asked 4 she kept so young and healthy. She replied with a smile:

I have a secret of staying young and healthy. It is quite 5 to keep your mind active, take an interest in the world 6 you, and learn at least one new thing every day. Try to do different kinds of housework and do sports as 7 as you can. Don't think you are too old to go back to 8. I know a man who entered a medical college when he was 70 years old. He studied there for 6 years and now he is a doctor. Another man went to a tennis school at the age of 71 and now he is good at 9 tennis. Some people may say staying young is easy only for those who live in the future. In fact, no matter how old you are, you can make it.

Please tell the story to your family. It would be a good start to 10 the Lady's example. I hope all people will stay young and healthy.

根据短文内容，选择正确答案。

- |             |           |           |            |
|-------------|-----------|-----------|------------|
| 1. A. look  | B. read   | C. see    | D. watch   |
| 2. A. her   | B. him    | C. other  | D. others  |
| 3. A. than  | B. since  | C. though | D. because |
| 4. A. what  | B. why    | C. who    | D. how     |
| 5. A. early | B. dear   | C. easy   | D. late    |
| 6. A. under | B. around | C. above  | D. between |
| 7. A. soon  | B. busily | C. hardly | D. often   |
| 8. A. place | B. song   | C. school | D. dance   |

9. A. buying

B. losing

C. sending

D. playing

10. A. follow

B. give

C. make

D. bring

### 生词注释

search v.

搜寻

interview v.

采访

### 难句点睛

Some people may say staying young is easy only for those who live in the future. 一些人或许会说, 保持年轻只是那些生活在未来的人的事情。

# 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
说明文	冬天开车	217	6'		5	

### Passage 1

Winter is dangerous because it's so difficult to know what is going to happen and accidents take place so easily. Fog can be waiting to meet you over the top of a hill. Ice might be hiding under the melting snow, waiting ahead to send you off the road. The car coming to you may suddenly slip across the road.

Rule Number One for driving on icy roads is to drive smoothly. Sudden movements can make a car very difficult to control. So every time you start or stop your car, increase or reduce your speed, you must be as gentle and slow as possible. Suppose you are driving with a full cup of hot coffee on the seat next to you. Drive so that you wouldn't spill it.

Rule Number Two is to pay attention to what might happen. The more ice there is, the further down the road you have to look. Test how long it takes to gently stop your car. Remember that you may be driving more quickly than you think. Generally, allow twice of your usual stopping distance when the road is wet, three times this distance on snow, and even more on ice. Try to stay in control of your car at all time and you will not get into trouble.

根据短文内容，选择正确答案。

- The passage is mainly about \_\_\_\_\_.  
A. bad winter weather  
B. accidents in winter  
C. driving rules  
D. safe driving in winter
- People can \_\_\_\_\_ after reading this passage.  
A. find out about the weather  
B. drive more carefully  
C. learn about better driving  
D. improve their driving skills
- According to the passage, the writer thinks that \_\_\_\_\_.  
A. people should not drive in the snow  
B. drivers should be more careful in winter driving  
C. people usually drive too fast in winter  
D. drivers should stop driving their cars in winter
- In the passage the writer talks about a cup of coffee \_\_\_\_\_.  
A. to show the importance of smooth movements  
B. to ask drivers to bring some drinks with them  
C. to tell drivers to be more relaxed  
D. to show how the tea is spilled
- Which of the following is NOT true according to the passage?  
A. Traffic accidents take place easily in winter.  
B. Fog and melting snow often cause car accidents.  
C. The stopping distance on ice is as long as the usual one.  
D. In winter you should drive your car with great care.

### 生词注释

melting	adj.	融化的
slip	v.	滑
smoothly	adv.	平稳地
control	v.	控制
spill	v.	溢出
distance	n.	距离

### 难句点睛

- Try to stay in control of your car at all time and you will not get into trouble. 努力随时控制着你的车，那么你就不会遇到麻烦。
- Generally, allow twice of your usual stopping distance when the road is wet, three times this distance on snow, and even more on ice. 通常来说，当道路湿滑时，车距要保持在平时车距的两倍，下雪要保持三倍，有冰时要更多。

## 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	自救措施	217	6'		5	