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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  
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## 八年级 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



八年级(B版)

策划 / 总主编	蔡章兵			
分册主编	蔡章兵	周荣耀		
编委	蔡章兵	刘亚妮	刘晓雷	周荣耀
	韩高雄	穆建敏	顾明连	杨丽花
	丁士勇	杨红		



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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哦！

## 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哦！

### 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 and 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 八年级（B版）》，在要输入书号的位置输入验证码：978-7-5534-2507-8，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生活息息相关的卫生和健康问题。

### 方法指导

1. 涉及看病类的短文，一般多为趣味性的故事，主要以患者与医生之间的事件展开，故阅读时应注意病因、看病过程及结果。
2. 有关饮食与健康的文章多是议论文。关注什么样的食物，什么样的饮食习惯对人体的弊与利。特别注意医嘱的要点。
3. 有很多文章涉及健康与运动的关系，因此把握如何运动才能保持健康的要点很关键。

### 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	树枝牙刷	181	5'32"		5	

### Passage 1

People there are used to brushing their teeth with sticks.

Africans think the sticks work better than toothbrushes. The sticks come from nature, and it is said that there is something special about them. The special thing may stop many kinds of tooth problems. "If you have a bad tooth, it is a medicine," said Diop, a seller in Africa.

The sticks are also much cheaper than toothbrushes.

In Senegal, the chewing stick is called "sothiou". It means "to clean" in their language. In east Africa, the stick is called "mswaki". It's their word for "toothbrush".

Even the dentists agree that the sticks seem to clean teeth better. Some nice health stores in the United States started to sell chewing sticks. They think that the stick is a natural kind of tooth care.





根据短文内容，选择正确答案。

- \_\_\_\_\_ brush teeth with sticks.  
A. The Africans      B. The Americans      C. The Chinese      D. The dentists
- When do the people brush teeth with sticks?  
A. In the morning.      B. In the evening.      C. In the afternoon.      D. All day.
- Africans think toothbrushes \_\_\_\_\_ the sticks.  
A. work worse than      B. work better than      C. look better than      D. look worse than
- You can buy \_\_\_\_\_ in the nice health stores in the USA.  
A. brushes      B. toothbrushes      C. sticks      D. chewing sticks
- What is the best title of the passage?  
A. Brush Your Teeth Every Day      B. Brush Your Teeth All Day Long  
C. Brush Your Teeth with Sticks      D. Sell Chewing Sticks

### 生词注释

stick	n.	树枝
chew	v.	咀嚼
toothbrush	n.	牙刷
Senegal	n.	塞内加尔(西非国家名)

### 难句点睛

- People there are used to brushing their teeth with sticks. 那里的人们都习惯用这种小树枝来刷牙。be used to doing sth 意为“习惯做某事”，后接动词时，用动名词形式。如：I am used to brushing teeth before going to bed. 我习惯了睡前刷牙。
- The sticks are also much cheaper than toothbrushes. 这种树枝也比牙刷便宜得多。much在此处用来修饰比较级cheaper。表示“……得多”。如：Yao Ming is much taller than me. 姚明比我要高得多。

## 限时篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
记叙文	饮食习惯	237	6'33"		5	

## Passage 2

One of the worst eating habits I had is eating only one large meal a day. At lunch, I would eat a large amount (数量) of food and then nothing else for the rest of the day. I became known as a big eater even though I really didn't eat that much over a whole day. There were times when I would eat a large pizza all by myself and then order another. I still thought I was being healthy because I wasn't eating all that much.

When I started changing things and trying to be a bit healthier, I talked to a doctor who explained how my eating habit was wrong. For example, I would have a problem in the morning time. My body was trying to recover

from a famine(饥饿) of 8 hours during which I slept. It's looking for food but it's not getting it. So my body would slow down at the same time that it was sending signals(信号) to my head "FOOD! EAT NOW!" This would make me work slowly and have a large lunch.

So after listening to my doctor I decided to change. I am having four meals a day: breakfast, lunch, afternoon snack, dinner. I feel much better than before. Try to take the same amount of food at several meals not at each and every meal!

根据短文内容，选择正确答案。

- Why did the writer become known as a big eater?
  - Because she ate too much food a day.
  - Because she ate too much food at lunch.
  - Because she ate only one meal a day.
  - Because she ate four meals a day.
- What meals does the writer have a day now?
  - Breakfast, lunch, supper.
  - Breakfast, morning snack, lunch, dinner.
  - Breakfast, lunch, afternoon snack, supper.
  - Breakfast, lunch, dinner.
- What's the meaning of the underlined word "rest" in the sentence?
  - 休息
  - 支撑物
  - 保持
  - 剩余部分
- What will your body do if you don't have breakfast?
  - It will try to recover from a famine.
  - It will be the same as having breakfast.
  - It will slow down and send signals to the head.
  - It will be a bit healthier than before.
- What's the best title of this passage?
  - A Bad Eating Habit
  - A Large Meal a Day
  - Small Meals Are Better Than a Big One
  - Food, Eat Now

### 生词注释

- order v.  
预定；点（菜）
- explain v.  
解释；说明
- recover v.  
恢复

### 难句点睛

So my body would slow down at the same time that it was sending signals to my head "FOOD! EAT NOW!". 在向大脑发出“食物，现在就吃！”信号的同时，我的身体运作将会缓慢下来。slow down意为“放慢速度”，如：Before turning, you should slow down your car. 转弯前，你得先减速。at the same time 意为“在……的同时”，如：It will cost a lot of money. At the same time, I think we shall need it and it will certainly be useful. 这将花费好多钱，但同时我认为我们需要它，而且它一定会对我们有所帮助。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
记叙文	手术与妙方	181	6'2"		10	

### Passage 3



We all know every one needs a certain number of hours to sleep every day. It is sure that 1 too little is bad for our learning and health. Studies show that people who sleep 2 6.5 hours and 7.5 hours a 3 live the longest. And people who sleep 8 hours or more, or less than 6.5 hours don't 4 quite so long. Sleeping too 5 is even a little worse than sleeping too short.

But a new study has 6 that athletes can do better by having more time to sleep. The study by experts(专家) at Stanford University looked into what would 7 if college basketball players were asked to sleep for longer.

For the first few weeks of the study, the players slept for their normal time, which was between six to nine hours. For the 8 six weeks, they were asked to sleep for ten hours each day.

By the end of the 9 six weeks, the players could run faster. The hit rate of their free throw and three-point throw had been improved.

Which one is right? We still have no 10. More studies are needed to help us know more about sleeping.

根据短文内容，选择正确答案。

- |                |               |             |            |
|----------------|---------------|-------------|------------|
| 1. A. eating   | B. exercising | C. sleeping | D. writing |
| 2. A. during   | B. between    | C. from     | D. among   |
| 3. A. night    | B. time       | C. week     | D. month   |
| 4. A. have     | B. keep       | C. stay     | D. live    |
| 5. A. late     | B. long       | C. early    | D. little  |
| 6. A. shown    | B. drawn      | C. felt     | D. taught  |
| 7. A. have     | B. take       | C. find     | D. happen  |
| 8. A. next     | B. first      | C. best     | D. worst   |
| 9. A. first    | B. second     | C. third    | D. fourth  |
| 10. A. problem | B. matter     | C. news     | D. idea    |

## 生词注释

certain *adj.*

特定的

normal *adj.*

正常的

improve *v.*

提高

## 难句点睛

The study by experts at Stanford University looked into what would happen if college basketball players were asked to sleep for longer. 斯坦福大学的专家开展这项研究，即观察如果让大学的篮球运动员睡得会更久会发生什么。by意为“被，由”，look into意为“调查，研究”；如：But he decided to look into it further. 但是他决定深入调查。were asked是被动，意为“被要求”。

## 拓展篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
应用文	健康生活方式	228	6'33"		5	

## Passage 4

The way to live a healthy lifestyle is making small changes—taking more walk, eating more fruit, having an extra glass of water—these are just a few ways you can start living healthy without big changes.

## Simple Ways to Move Your Body

You can start a healthy lifestyle by adding a little more activity to your life. If you're not ready for a big change, start from small shifts. Every little bit counts.

- Turn off the TV. Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the couch.
- Do some chores. Working in the garden, cleaning leaves, sweeping the floor...these kinds of activities may not be hard exercise, but they can keep you moving while getting your house in order.

## Eating Well

Eating a healthy diet is another part of the healthy lifestyle. If you're looking for smaller changes, you can use these tips for simple ways to change how you eat:

- Eat more fruit. Add it to your bread, your salads or even your dinners.
- Drink more water. We all know that water is the best drink. But most of people, especially children enjoy all kinds of drinks such as Cola, Sprite and so on. Having an extra glass of water can make us healthier.

根据短文内容，选择正确答案。

1. In a healthy diet, we should eat more \_\_\_\_\_. .

A. bread

B. salad

C. drinks

D. fruit

2. Which is NOT the way to healthy living?
  - A. Playing basketball every day.
  - B. Taking more walk.
  - C. Eating more fruit.
  - D. Having more water.
3. What does the underlined word “chores” mean in the passage?
  - A. Homework.
  - B. Housework.
  - C. Exercises.
  - D. Reading.
4. Why should we turn off the TV for a healthy lifestyle?
  - A. Because turning off the TV is a little physical activity.
  - B. Because the TV program is bad for our health.
  - C. Because any little physical activity is more active than watching TV.
  - D. Because healthy people don't like TV.
5. What's the best title of this passage?
  - A. What's the Healthy Lifestyle?
  - B. How to Start a Healthy Lifestyle?
  - C. Little Changes in Our Life
  - D. Move Your Body

### 生词注释

extra <i>adj.</i>	额外的
physical <i>adj.</i>	身体的
especially <i>adv.</i>	尤其地

### 难句点睛

You can start a healthy lifestyle by adding a little more activity to your life. 你可以通过给你的生活增加一点身体活动的办法来开始一种健康生活方式。by doing sth意为“通过做某事”。如：We usually practice English by having conversations with friends. 我们通常通过与朋友对话练习英语。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
说明文	锻炼时间	218	6'10"		5	

## Passage 5

Exercise not only keeps you in good shape, but it can also improve your health. So how much exercise do you need to do to get all of these great health effects(效果)? Experts say it is easier than you think.

To get the most from your exercise plan, experts suggest adults should get at least two and a half hours of exercise each week. More intense activities make the suggested amount of time less to one hour and fifteen minutes. Some examples are playing basketball, swimming and long running.

Earlier advice from the CDC said people need to exercise thirty minutes each day for at least five days to get the health effects of exercise. More recent study suggested that those results are the same whether you exercise for the short time over five days or the long time over two or three days.



In addition(另外), the newer suggestions say any exercise plan should include at least two days of muscle training. Each exercise time should be at least ten minutes long. The amount of activity should be over at least two days during a week. Most importantly, experts say people should choose activities that they find fun. This helps to make sure that they stay with the program.

阅读短文，完成下列各题。

1. What does exercise help us do?

\_\_\_\_\_.

2. How long should an adult exercise each week if he plays basketball?

\_\_\_\_\_.

3. Which is better, exercising thirty minutes each day for five days or two and a half hours in two or three days during a week?

\_\_\_\_\_.

4. What is the most important about exercising?

\_\_\_\_\_.

5. How long should each exercise time be?

\_\_\_\_\_.

### 生词注释

expert *n.*

专家

intense *adj.*

剧烈的

suggest *v.*

建议

### 难句点睛

More recent study suggested that those results are the same whether you exercise for the short time over five days or the long time over two or three days. 最新的研究表明，在五天内每天运动时间短一点与在两天内每天运动时间长一点的效果完全一样。whether...or...意为“不管……还是……”。如：Now in our town, every child, whether a boy or a girl, can go to school. 现在我们城镇的每个孩子无论男女都可以上学了。

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
记叙文	饮食变化	236	6'55"		10	

## Passage 6

I'm an exchange student from Europe. I have been living in the USA 1 August and I'm going back in May. Unluckily, ever since I came here, I've started to have problems with my 2 habits. Friends predicted that I would get fat here because the US has no eating culture at all. So I was very careful about that in the 3. But because I'm very homesick and having 4 with my host father, I started to eat like an animal. I do not have a lot of friends and I'm all by myself. 5 gives me many chances to binge(大吃大喝).



I'm not sure if I'm really suffering from an eating disorder because I'm not eating as 6 as I read in other's stories. But what I do know is that I use food as a comfort. I always want to find something good after eating lots of chocolate, 7 I never feel better.

I wrote about this to my mum and she said she would help me as soon as I 8 home. I usually thought that people with eating disorders were superficial(肤浅的) because they want to 9 beautiful. But it is not about that. I just miss being loved and I hope 10 will be all right once I'm back with my mum again.

根据短文内容，选择正确答案。

- |                  |             |             |                |
|------------------|-------------|-------------|----------------|
| 1. A. since      | B. for      | C. in       | D. from        |
| 2. A. drinking   | B. sleeping | C. eating   | D. learning    |
| 3. A. end        | B. morning  | C. moment   | D. beginning   |
| 4. A. matter     | B. headache | C. problems | D. differences |
| 5. A. It         | B. That     | C. What     | D. Which       |
| 6. A. few        | B. little   | C. many     | D. much        |
| 7. A. and        | B. so       | C. but      | D. however     |
| 8. A. get away   | B. get to   | C. get off  | D. get back    |
| 9. A. look       | B. have     | C. make     | D. grow        |
| 10. A. something | B. anything | C. nothing  | D. everything  |

### 生词注释

homesick *adj.*

想家的

suffer *v.*

受折磨

disorder *n.*

紊乱

### 难句点睛

But because I'm very homesick and having problems with my host father, I started to eat like an animal. 但是因为我想家，又与男房东相处得不好，我就开始像动物一样吃东西。have problems with意为“与(在)……有问题”，如：Okay, you did have some problems with physical pendulums, and I want to talk a little bit more about physical pendulums. 你们有关于物理摆的问题，我也想再讲讲。host father意为“寄宿家庭的男主人”。

# Topic 14

## Safety and First Aid

## 安全与救护

### 话题探究

安全急救教育是培养中学生全面素质，提高学生综合能力的重要内容。安全急救知识对于学生而言既是一个学生应有的素质，又是学生学会如何保护自己与他人的重要一课。安全急救教育的内容是极其广泛的，包括疾病、自然灾害、室内隐患、日常安全教育、消防安全教育、网络安全教育、交通安全教育。

### 方法指导

1. 安全与救护的文章多为说明文，要注意事实和规则的排列顺序。
2. 安全与救护的内容与我们的生活密切联系，做这样的阅读时要注意与已掌握的安全知识相联系。

### 导入篇

体裁	题材	字数	标准时间	个人阅读时间	题数	正确率
应用文	校车安全	192	5'55"		5	

### Passage 1

On Dec. 13, twelve students were killed and 11 others injured after a school bus overturned and fell into a pool on Monday afternoon in east China's Jiangsu province. The accident happened in the city of Xuzhou at about 5:40 p.m. Of the injured students, three were in serious situation.

The bus belongs to a primary school in a town. The bus can hold 52, it had 47 students on board (在车上), when it left school. When the bus got nearby Zhanghoutun village at about 5:40 p.m., it still had 29 students on board. The accident happened when the bus was trying to make room for a pedicab (三轮). The exact reason of the accident is under investigation (调查). Many people from educational institution, police station and health offices have hurried to go to the place.

A month ago, on Nov. 16, 21 people, including 19 children and two adults, died, and 43 others were injured when a nine-seat school bus carrying 64 people knocked into a truck in Gansu province. These accidents made more people care about the safety of the school bus.

根据短文内容，选择正确答案。

- How many students died in the accident in Jiangsu Province?  
A. 11. B. 12. C. 13. D. 29.
- On Dec. 13, the accident happened \_\_\_\_\_.  
A. in Gansu province B. in the city of Xuzhou  
C. at about 5:20 p.m. D. at about 5:40 a.m.
- There were \_\_\_\_\_ students on the bus when the accident happened on Dec.13.  
A. 52 B. 47 C. 29 D. 43
- How did the accident in Gansu happen?  
A. The bus overturned. B. The bus fell into a pool.  
C. The bus knocked into a pedicab. D. The bus knocked into a truck.
- What can we learn from the passage?  
A. Some students go to school by bus.  
B. Some traffic accidents happened in China.  
C. The safety of the school bus is very important.  
D. We should take the school bus to school.

### 生词注释

overturn v.	翻车
belong v.	属于
exact adj.	准确的
include v.	包括

### 难句点睛

The bus belongs to a primary school in a town. 这辆公交车属于一个镇上的小学。belong to意为属于。如：This red schoolbag must belong to a girl. 这个红色的书包一定属于一个女孩。

## 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	养宠物的安全问题	237	6'33"		5	

## Passage 2

Pets are popular. As many as 6 in 10 families in the United States have some type of pets. And lots of studies show keeping pets is good for us.

But it is important to keep in mind that pets can carry diseases that can make you sick. Washing your hands often — especially after feed or clean up a pet — is the best way to keep yourself healthy. You also can keep your health even further by wearing gloves while cleaning animal cages or cat litter boxes.

It's not a good idea to share your food with your pet. Human food (like chocolate) can make animals sick.