

主编：胡壮麟

7日英语

高分突破

权威专家

领衔编写 特级教师

3

7日训练 英语专项

考试高分 轻松突破

倾力打造



完形填空
阅读理解
书面表达

• PRICE •
高一
¥28.00

光明金榜图书
GUANGMING JINTANG
• BOOKS •

光明日报出版社

本书适用于中学阶段各版本英语教材

新课标英语



日英语

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③

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图书在版编目(CIP)数据

7日英语高分突破. 3 / 胡壮麟主编. — 北京: 光明日报出版社, 2007. 6

ISBN 978-7-80206-448-5

I. 7… II. 胡… III. 英语课 — 中学 — 教学参考资料 IV. G634.413

中国版本图书馆CIP数据核字(2007)第056191号

7日英语高分突破 ③

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策划: 曹体成

封面设计: 子时设计

版式设计: 王东

责任校对: 徐为正

责任印制: 胡骑

出版发行: 光明日报出版社

地址: 北京市崇文区珠市口东大街5号, 100062

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法律顾问: 北京盈科律师事务所郝惠珍律师

印刷: 北京楠萍印刷有限公司

装订: 北京楠萍印刷有限公司

本书如有破损、缺页、装订错误, 请与本社联系调换

开本: 787×1092mm 1/16

字数: 1600千字 印张: 84.75

版次: 2007年6月第1版 印次: 2007年6月第1次印刷

书号: ISBN 978-7-80206-448-5

总定价: 112.00元 (全4册)

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致读者

伴随着《全日制义务教育 普通高级中学英语课程标准》的颁布和新一轮课程改革的启动,广大师生正迫切需要一套能真正体现新课程标准理念、促进学生全面发展的教辅图书。新课程标准大体包含这样几个理念:一是课程要面向全体学生,二是学生是学习的主体,三是学习要以探究为核心,四是要面向社会,五是要具有开放性。这些教学理念的变化必然会带来教辅读物的变化,教辅读物应肩负辅导教师、学生教与学的使命,以新课程标准为依据的新生代教辅还要具备让学生更准确、更全面、更系统、更高效学习的品质。为此我们特调动全国范围内的特、高级英语教师,经过长期的探讨与研发,出版了光明金榜英语系列丛书。

光明金榜英语系列丛书是众多教育工作者集体智慧与辛勤付出的结晶,是一套真正具有实践性、探索性的学习辅导资料。本丛书力求引导学生由被动学习转变为主动学习,培养学生搜集和处理信息的能力、获取新知识的能力、分析解决问题的能力。本丛书主要具有如下特色:

一、有强烈的时代感,具有国际性、跨文化交际性。书中所选材料密切关注社会热点,题材覆盖面广,涉及天文地理、风土人情、中外历史、现代科技、社会时尚等各个方面;且大部分文章来源于国外最新的报刊,其内容新颖生动,提供了大量跨文化差异的信息,既能激发学生的学习兴趣又能拓展课外知识。

二、注重内容趣味性,强调具体方法的引导。新课程标准所倡导的新的学习方式,是自主学习、合作学习与探究学习,实现这种学习方式的转变,首先要培养学生学习的兴趣与动力,因此趣味性与新颖性是丛书选材及题目设计的重要标准;学习的捷径来源于科学的学习方法,无论是教学还是学习用书的编写,引导学习方法比传授知识更为重要,这一理念在本套丛书中得以最极致的体现。

三、应试教育与素质教育完美结合。目前我国正处于从应试教育向素质教育的转轨时期,在这个过程中,好的学习辅导材料不能放弃前者,也不能脱离后者,需将二者有机地结合起来。本丛书一方面注重培养学生身心的全面发展,良好的思想道德品质,实际的知识运用能力,另一方面注重书中难点考点的把握,应试技巧的点拨,以求学生在各项英语测试中立于不败之地。

经过众多教育专家与骨干教师的不懈努力,光明金榜英语系列丛书终于与读者见面了。通过这套丛书,我们将全新的教育理念与科学的学习模式奉献给广大师生,并祝愿大家在英语学习的道路上留下最美好的回忆!

胡壮麟

专项突破，稳拿高分！

特色点击

计划性强 本书根据实际教学，以周为完整单位，细致安排每日的专项训练。全书共设15周，全面、合理地制定英语学习计划。

主题阅读 全书15周按主题划分，每周一个主题。主题完全依据最新英语课程标准，每篇短文均选取最新的英文阅读材料，贴近主题、贴近生活、选材广泛、题材多样，拓展了学生的阅读空间。

设计周全 每周篇章页都设置有与本周主题相关的精美诗文，并配精美图片；每篇短文设置了词数、难度、标准用时等详细的参考信息；“词语一点通”释义难点词；“知识小甜点”拓展短文相关知识；“本周小结”随时进行总结、分析，并加以自测。自己的进步，每周都能看得见。

美文赏析 每周末精选一篇英文美文，采取左右栏英汉对照，并配精美图片，从生活感悟、人文关怀等方面加强思想道德教育，滋润心灵，启迪人生。

结合文章相关内容，从多元文化的视角进行知识链接。开阔视野，拓展知识。

周六设书面表达练习，侧重写作技能训练。

提炼写作要求，点拨写作思路，快速掌握写作技巧。

周日心灵氧吧。精选美文，品读赏析。

Week Three 小道理，大智慧

3

Results and roses

The man who wants a garden fair,
Or small or very big,
With flowers growing here and there,
Must bend his back and dig.

The things are mighty few on earth,
That wishes can attain,
Whatever we want of any worth,
We've got to work to gain.

It matters not what goal you seek,
Its secret here reposes:
You've got to dig from week to week,
To get results or roses.



C. can all be turned into good land before long D. Both A and B.

1. Small green plants are very important to dry places because _____.
A. they don't let the sun make the earth even drier
B. they don't let the wind blow the earth away
C. they hold the water D. all of the above

BACKGROUND KNOWLEDGE 知识小甜点

沙漠形成气候特点
沙漠是干燥气候的产物，干燥少雨是沙漠形成的必要条件。从整个地球来看，干燥气候区域（干旱区）的面积，与湿润程度、大气压力等因素有关。在南北纬10°-30°之间，是副热带高压带（又称回归高压带）控制的范围，该地为低纬度的区域，在副热带内的空气具有下沉作用，空气下沉时形成低层增温，使相对湿度减小，空气非常干燥。

B

The sea

难度：中 词数：251

标准用时：6 mins

SATURDAY

A

假设上周末你参加了朋友的生日聚会，请用英语写一篇80词以上的短文。要求包括以下内容：
1. 聚会的时间、地点和参加人员；2. 生日礼物和聚会过程。

NOTES 贴心提示

1. 附赠：一般过去时
2. 重点：① 审题：看清记叙文，应以第一人称为主。② 时间：Last Sunday
3. 好词：like 喜欢 have a good time 玩得开心

B

SUNDAY

READING BAR
心灵氧吧

the wholeness in life 完整的人生

Once a circle missed a wedge (楔子). The circle wanted to be whole, so it went around looking for its missing piece. But because it was incomplete and it could roll only very

从有一个圆圈缺了一块楔子，圆圈想保持完整，便四处寻找失去的那块楔子。由于它不完整，所以只能慢慢滚动。

MONDAY

A

Tree rings

Do you know something about tree rings? Do you know they can tell us what the weather was 1, something even hundreds of years 2?

A tree will grow 3 in a climate "7" with lots of sunshine and rainfall. And little or rainfall will limit the growth of a tree. We can see the change of climate by studying the tree rings.

1. A. look B. like C. look like D. liked
2. A. late B. later C. ago D. then
3. A. good B. nice C. fine D. well



BACKGROUND KNOWLEDGE 背景知识

树轮的宽度 由形成树轮的快慢决定。厚度平均为10厘米。在温带地区，把它放在水中也不会浮于水面。
最轻的木 美国和中国云南、广西等地的巴沙木，每立方厘米只有0.14克重。
最高的树 澳洲的杏仁桉，普遍高达百多米，最高达156米，相当于50层的高楼，要北230°“上海南京线”在垂直上。
最细的树 细柳的高度仅3~5厘米。

难度：易 词数：228
标准用时：5.5 mins

WORDS 词语一点通

- ① ring [rɪŋ] n.
② climate ['klaɪmə] n.
③ limit ['lɪmɪt] n.

B

Post offices in America

.....

TUESDAY

A

Deserts

Scientists are trying to make the deserts "7" into good land again. They want to bring water to the deserts, so people can live and grow food. They are learning a lot about the deserts. But more and more of the earth is becoming deserts all the time. Scientists may not change the desert in time. Why is more and more land becoming deserts? Scientists think that people make deserts. People are doing bad things to the earth.⁸

- () 1. Deserts
A. get very little rain B. never have any plants or animals in them

难度：易 词数：228
标准用时：5.5 mins

WORDS 词语一点通

- ① desert ['dezət] n. 沙漠
② earth [ɜ:θ] n. 地球

周一设定完形填空练习。设题完全依据现行高考试题，符合《全日制义务教育普通高级中学英语课程标准》要求。

给出短文的难度、词数、标准用时。每周、每学期难度梯度升级；词数符合《全日制义务教育普通高级中学英语课程标准》要求；标准用时则有效提高阅读速度，同时方便学生自测。

周二至周五设阅读理解练习。题量适合高考试卷中阅读理解所占比重，体验实战感觉。

盘点重要词汇，注重积累与运用，有效提高阅读能力。

023

slowly. It admired the flowers along the way. It chatted with worms. It enjoyed the sunshine. It found lots of different pieces, but none of them fit. So it left them all by the side of the road and kept on searching. Then one day the circle found a piece that fit perfectly. It was so happy. Now it could be whole, with nothing missing. It incorporated (包含) the missing piece into itself and began to roll. Now that it was a perfect circle, it could roll very fast, too fast to notice the flowers, to talk to the worms. When it realized how different the world seemed when it rolled so quickly, it stopped, left its found piece by the side of the road and rolled slowly away.

一路上，它欣赏着沿途的美景，它与虫子聊天说话。它也享受着阳光的温暖。它找到了许多许多不同的配件，但是没有一件能完美地与它匹配。所以，它将它们统统摆置路旁，继续寻觅。终于有一天，它找到了一个完美的配件。它高兴极了，现在它可以说是完美无缺了。它装好配件，然后滚动起来。因为它已成了一个完整的圆，所以，滚动得飞快，快得以至于无暇观赏花儿，也无暇与虫子谈心。它圆转急驰，发现眼中的世界变得如此不同。于是，它停了下来，将找到的那个配件留在路旁，又开始缓慢慢行。

英汉分栏对照，在阅读中感受语言的魅力。

总结一周成绩，分析差错原因，提高自我认识。

WEEK SUMMARY 本周小结

星期	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
篇数序号	A B	A B	A B	A B	A B	A B
实际用时						
正确率						
满意程度						
我来打分： (正确率90%以上的为Excellent, 80%以上的为Good, 60%以上的为Not bad, 不足60%的为Work harder)						
我的进步						
失分原因：A. 阅读速度慢 B. 词汇量不足 C. 长难句的困扰 D. 文章主旨理解的偏差						
E.						
改进措施：						

KEY 答案详解

Week Three 小道理，大智慧

MONDAY

A

1. B What is / was the weather like? 这是问天气的固定问句。
2. C 根据上下文，应该是根据早期推测数百年前的天气状况。

025

答案解析详尽，对每道题都进行了细致、深入的分析 and 讲解，对考试命题中的规律进行了归纳和总结。

Preface 前言

目前,全国各地高考英语试卷中完形填空、阅读理解、书面表达所占的分值比重越来越大,同时《全日制义务教育 普通高级中学英语课程标准》也明确指出,考试除了考查考生对基础知识和基本技能的掌握外,更注重考查考生在语言融会贯通、实际应用方面的能力。

为了更好地适应《全日制义务教育 普通高级中学英语课程标准》及各地高考的要求,满足广大师生的迫切需求,我们特邀请北京大学资深教授、博士生导师胡壮麟担任丛书主编,由数十位全国特、高级教师编写,倾力推出《七日英语高分突破》系列丛书。

丛书特点如下:

一、**全新设计**。图书以周为单位,将完形填空、阅读理解、书面表达三大题型按考试比例合理分配,有针对性和计划性地进行英语专项训练:周一为完形填空训练,周二至周五为阅读理解训练,周六为书面表达训练。

二、**高分突破**。集中训练三大题型,在难度、词数、命题等方面直击高考,帮助学生稳步快速地获取考试高分。每周后设置的互动栏目,更是让学生学会总结和分析的方法,真实感受每一次进步。

三、**轻松实用**。文章选取大量实效性信息,既增加了语言学习的趣味性,又体现了语言学习的实用性;每篇短文后的知识拓展既开阔了视野,又储备了深入学习的资源;周末的经典美文既消除了一周学习的疲劳,又陶冶了情操。

正是以上这些特点使得《七日英语高分突破》成为最贴近学生心灵的丛书,它不仅可以帮助你度过日常的学习生活,也能在考试中使你成为一名冲锋陷阵的坚强勇士。

只要《七日英语高分突破》这把利剑在手,你就一定能够突破英语高分!

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018 SUNDAY

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209 Week Twelve 科技时代，人文关怀

210 MONDAY A Cheques / B The biggest safety threat

213 TUESDAY A The hot seat / B Net library

215 WEDNESDAY A Computer and telephone / B Explore the space

219 THURSDAY A Tomorrow's cars—clean and clever / B New economy online

222 FRIDAY A Mobile robots / B A new type of "electronic paper"

225 SATURDAY Writing

227 SUNDAY Food for thought 精神食粮

13

229 Week Thirteen 缤纷节日秀

- 230 MONDAY A Homecoming Day / B The U.S. Constitution
- 233 TUESDAY A Festival of storytelling / B The Buzzard Festival
- 236 WEDNESDAY A Mother's Day and Father's Day / B Thanksgiving Day
- 239 THURSDAY A St. Lucia Day / B November 5th
- 242 FRIDAY A The Open House in the U.S.A. / B The origin of Mother's Day
- 245 SATURDAY Writing
- 246 SUNDAY A Valentine for a plain girl 灰姑娘的情人节

14

249 Week Fourteen 引领健康人生

- 250 MONDAY A Dancing's lots of fun / B Don't take the fun out of youth sports!
- 253 TUESDAY A Sub-health / B Eating lower blood pressure.
- 256 WEDNESDAY A Keep healthy / B Smoking and health
- 259 THURSDAY A Lose weight / B Eye care
- 262 FRIDAY A Catching a cold / B Should doctors ever lie to benefit their patient?
- 265 SATURDAY Writing
- 266 SUNDAY Carrot, egg or coffee 胡萝卜, 鸡蛋, 还是咖啡

15

269 Week Fifteen 旖旎风光

- 270 MONDAY A A heavenly island: Mauritius / B The adventure in Nepal's jungle
- 273 TUESDAY A The River Rhine / B Pyramids
- 276 WEDNESDAY A The Hoover Dam / B Tristan da Cunha
- 278 THURSDAY A Angel Falls / B Sambhar
- 281 FRIDAY A Angkor / B Canada
- 284 SATURDAY Writing
- 286 SUNDAY April showers bring May flowers 四月雨带来五月花

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Week One

多姿多彩的生活

1

► Life

Life is a song,
You make up words as you along.
Life is a story,
Of mysteries and glory.
Life is a gentle breeze,
Brushing against my knees.
Life is a light,
That reveals itself at night.
Life is a zealous child,
Nice but wild.

MONDAY

A

All Christmas trees are perfect.

When my first wartime^① Christmas came, I was in basic training in New Jersey^② and not sure if I could make it home for the holidays. Only on the afternoon of December 23 was the list men who would have three-day passed 1. I was one of the 2 soldiers.

It was Christmas Eve. When I 3, a light snow had fallen. Mother opened the front door. I could see 4 her, into the living room where the tree had always 5; there were lights, all colours, 6 against the green of a pine.

"Where did it come from?" I 7.

"I asked the gate boy to 8 it," my mother said. "I wouldn't have had one just for myself, but when I called him, such a 9! He just brought it in this afternoon..."

The pine 10 to the proper height, almost to the 11, and the tree top crystal^③ star was in its place. A few green branches reached about a little 12 at the side, I thought, and there was a bit of bare^④ trunk 13 in the middle. But the tree filled the room with 14 light and the whole house with the 15 smell of Christmas. "It's not like the one you used to find," my mother went on. "Yours were 16 in good shape. I suppose the gate boy didn't know 17 to look. But he could not be 18."

"Don't worry," I told her, "It's perfect." It wasn't, of course, but at the moment I realized 19 for the first time: all Christmas 20 are perfect^⑤.

- () 1. A. posted B. designed C. punished D. comforted
() 2. A. brave B. active C. proud D. lucky
() 3. A. complained B. arrived C. cheered D. regretted
() 4. A. to B. with C. beyond D. around
() 5. A. stood B. grown C. lain D. waved
() 6. A. smiling B. fighting C. leaning D. shining
() 7. A. objected B. asked C. shouted D. laughed
() 8. A. buy B. cut C. find D. order
() 9. A. tree B. boy C. rush D. place
() 10. A. reached B. led C. got D. connected
() 11. A. wall B. window C. ceiling D. floor

难度: 中 词数: 271

标准用时: 6 mins

» WORDS 词语一点通

- ① wartime [wɔ:təɪm] *n.*
战时
② New Jersey 新泽西 (美国州名)
③ crystal ['kɪstl] *a.* 清澈透明的, 晶体的; *n.* 水晶
④ bare [beə] *a.* 赤裸的, 极少的; *v.* 使赤裸, 露出
⑤ perfect ['pɜ:fɪkt] *a.* 完美的, 全然的, 理想的

- () 12. A. perfectly B. attractively C. disorderly D. successfully
 () 13. A. rotting B. showing C. linking D. breaking
 () 14. A. strong B. funny C. warm D. special
 () 15. A. pleasant B. obvious C. suitable D. endless
 () 16. A. often B. hardly C. never D. always
 () 17. A. how B. when C. where D. whether
 () 18. A. nervous B. patient C. weak D. critical
 () 19. A. nothing B. something C. everything D. anything
 () 20. A. trees B. gifts C. greetings D. lights



BACKGROUND KNOWLEDGE

知识小甜点

圣诞树的来历

相传有一位农夫在一个风雪交加的圣诞夜里接待了一个饥寒交迫的小孩,让他吃了一顿丰盛的圣诞晚餐,这个孩子告别时折了一根杉树枝插在地上并祝福说:“年年此日,礼物满枝,留此美丽的杉树,报答你的好意。”小孩走后,农民发现那树枝竟变成了一棵小树,他才明白自己接待的原来是一位上帝的使者。这个故事就成为圣诞树的来源。在西方,过圣诞节时要准备一棵圣诞树,以增加节日的欢乐气氛。圣诞树一般是用杉柏之类的常绿树做成,象征生命长存。树上装饰着各种灯烛、彩花、玩具、星星,挂上各种圣诞礼物。圣诞之夜,人们围着圣诞树唱歌跳舞,尽情欢乐。

B

Nature lover

难度: 中

词数: 446

标准用时: 9 mins

Sally had lived abroad most of her life, but at last she came back to England to live. She had always loved trees and flowers, and now she aimed^① to buy a small house in the country with a 1. She had 2 to save quite a lot of money while working in hospitals in foreign countries, so she hoped to be able to buy something 3.

“You know,” she said to her sister Alice, “it was very 4 indeed to have an English garden in any of the countries I worked in, 5 the heat and the dryness.”

Alice, who was not at all interested in gardens and 6 life indoors, pretended to be sympathetic^②, but she was secretly thinking that it would be nice to 7 in a country where one had none of the troubles she had with her garden.

But Sally continued to be keen, and soon she had found a 8 place in a nice row of houses at the edge of a quite big garden. “I very much wanted a place near a small village shop,” she said to Alice, “chiefly for when I’m too old to 9 my car any more.”

Sally moved into her new house, and began to work on the garden. It

» WORDS 词语一点通

- ① aim [eɪm; ɛm] v. 对准目标, 打算; n. 目标, 对准
 ② sympathetic [ˌsɪmpəˈθetɪk] a. 同情的, 共鸣的
 ③ weed [wi:d; wɪd] n. 野草
 ④ hedge [hedʒ] n. 树篱, 障碍
 ⑤ certain [ˈsɜ:tn] a. 一定的; pron. 某几个, 某些

had not been very well looked 10 by the last owners, so that the grass on lawn was 11 and in need of a lot of 12, and the whole garden was full of weeds^③. It was a big job to make everything look as neat as Sally wanted it to be, 13 as she could not afford to employ a 14, and she was very much against 15 to kill weeds, as they also killed some of the birds and butterflies she loved to see.

At last she had got rid of most of the weeds, 16 in one corner of her garden, where she allowed them to grow freely behind a hedge^④ because some kinds of butterflies liked them very much.

"Do you know," she said to Alice, "there are so 17 suitable weeds for certain^⑤ butterflies in any of the gardens in this part of the country that they have almost disappeared here?"

"And I read in a magazine," answered Alice, "that some people believe that, if you think 18 thoughts about your plants and really love them, they will grow much better, but if you think bad thoughts about them, they will never get big and strong. 19, people who believe this never explain why most of the weeds grow so 20 when people hate them so much."

- () 1. A. garage B. swimming pool C. bath D. garden
() 2. A. tried B. wanted C. managed D. hoped
() 3. A. nice B. cheap C. ordinary D. high
() 4. A. easy B. difficult C. comfortable D. common
() 5. A. in spite of B. because of C. thank to D. as to
() 6. A. preferred B. hated C. lived D. led
() 7. A. work B. study C. travel D. live
() 8. A. suitable B. expensive C. noisy D. spacious
() 9. A. repair B. drive C. sell D. take
() 10. A. for B. into C. after D. on
() 11. A. neat B. nice C. green D. rough
() 12. A. job B. water C. poison D. work
() 13. A. specially B. especially C. hardly D. carefully
() 14. A. gardener B. driver C. nurse D. cleaner
() 15. A. machines B. hands C. chemicals D. planes
() 16. A. besides B. beside C. within D. except
() 17. A. many B. few C. nice D. little
() 18. A. nice B. bad C. well D. badly
() 19. A. Fortunately B. Happily C. Unfortunately D. Luckily
() 20. A. bad B. ugly C. fast D. well