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# 高中英语

# 阅读思维训练

## 阅读理解 + 完形填空

READING COMPREHENSION AND CLOZE

**附解题点拨**

主编 / 陈俊

# 200篇

3大板块，彻底扫除所有阅读障碍

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EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

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AND CLOZE **200篇**

主编

陈 俊

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阅读理解 + 完形填空 200 篇  
(附解题点拨)

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## Preface 前言



一直以来，高考英语测试都很注重对学生阅读能力的考查，语篇阅读量在试题中所占比例高达30%—55%。要提高阅读成绩，就需要你有意识地积累英语素材、有效运用阅读策略，以及养成良好的阅读习惯。在课堂上，在考试中，考高分的学生在英语阅读思维方式上的优势已经愈发明显，主动学习、增强课外泛读训练、提升阅读思维能力才能在阅读考试中胸有成竹。而教科书中提供的阅读材料十分有限，同学们的阅读能力亟待加强。鉴于此，我们组织了一些知名教师编写出这套《英语阅读思维训练》丛书。本书主要有几大特色：

### 一、内容丰富。

全书共收入了200篇文章，其中，阅读理解160篇，完形填空40篇。所选阅读文章主要选自全国各地最近几年的高考英语试题，题材丰富，语言地道，对所学词汇、句型的复现率高，针对性强。

### 二、层层递进。

本书设置“主题阅读”和“分级模拟训练”两条主线，循序渐进练习。

“主题阅读”涉及学校生活、科普知识、情商培养等同学们感兴趣的且与同学们的健康成长密切相关的20个话题，高考必考阅读话题尽在掌握。“分级模拟训练”分为一模、二模和决胜高考三个环节，总共20套模拟训练，环环紧扣，阅读难度逐渐升级，让你做好应对高考的全面准备。

### 三、板块新颖。

板块设置有亮点，优化阅读思维方式，助你深度阅读、有效阅读。

- ◆【读后拓展】分为“微阅读”和“微技能”，从拓展背景知识、拓宽语言知识面、加强阅读策略学习的角度出发，希望能为高中生的阅读带来一抹亮色，阅读也可以因为有层次、有技巧而变得很有趣。这一板块的内容也是抛砖引玉，旨在帮助学生形成适合自己的阅读方法和技巧。
- ◆【词句积累】列出重点词汇、长难句点拨等，助你养成随手记随时积累语言素材的习惯，有助于逐步提升词汇量，阅读应用文、科技文、英文报刊游刃有余。
- ◆【解题点拨】为了帮助同学们更好地利用本书自测提高，在全书练习后提供了篇章概要及答案解析。

### 四、方便练习。

本书版面新颖，满足学生对习题版面清晰实用的需求，有助于自我检测和提高。

每套练习均按“1篇完形+4篇阅读”的规律分布。每篇短文前给出“题材、词数、建议阅读时间和实际阅读时间”文前信息，供学生在阅读中进行自我检测，提高应试能力。

本书由特级教师陈俊主编，参加编写的有：刘英祺、汪夷、闻博、李梦晨、陈莉君等同志。为了保证板块内容富有时代感，部分摘自英文报刊、网络，也在此对原作者深表感谢。由于编者水平有限，错漏在所难免，恳切希望读者朋友批评指正。

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第一章

# 主题阅读



## Topic 1 School Life ( 学校生活 )

A

题材：爱读书的好习惯

词数：285

建议阅读时间：12 分钟

Childhood curiosity can last a lifetime and I learned this from my son, Bill. When he was very young, I often took him to the 1. He loved to read and often needed to 2 the books he'd read in order to borrow more books. One unintended 3 of his nonstop reading habits was that he even 4 at the dinner table. His mother, Mary, and I did our best to 5 him that, on certain social 6, reading while dining with others was not a good thing.

Every summer the teachers at his school 7 give the students a reading list, and there was a contest to see who could read the most books. He was so 8, and he always wanted to win. And he often 9. But the main reason why he read so obsessively ( 着迷地 ) was that he was so 10. He didn't just want to learn about 11 things. He wanted to learn about everything.

We helped 12 his curiosity in every way. 13 an unfamiliar word came up in conversation, we'd turn to the 14, looking up the word, and reading the definition aloud. Thus my son came to realize that if you have a question, the 15 exists somewhere. All you have to do is 16 it.

Bill remains as much of a 17 today as when he was a child, and he seems to 18 everything he reads. He's often 19 to share what he's learned with the next person he meets. He 20 reads at the dinner table, though it is a good thing, because the books he's attracted to now are increasingly unappetizing ( 引不起食欲的 ): *The Eradication of Infectious Diseases, Mosquitoes, Malaria & Man, and Rats, Lice, and History.*

1. A. school B. library C. office D. museum
2. A. pick B. store C. talk D. return
3. A. advantage B. explanation  
C. discovery D. consequence
4. A. play B. laugh C. read D. study
5. A. advise B. promise C. warn D. convince
6. A. issues B. occasions  
C. services D. duties
7. A. could B. should C. would D. might
8. A. sincere B. crazy  
C. competitive D. positive
9. A. went B. did C. failed D. proved
10. A. confident B. curious C. diligent D. excellent

11. A. simple B. past C. some D. any
12. A. develop B. protect C. examine D. follow
13. A. If B. Until C. Though D. Because
14. A. teacher B. newspaper  
C. dictionary D. partner
15. A. person B. answer C. book D. matter
16. A. use B. find C. tell D. ask
17. A. reader B. speaker C. maker D. user
18. A. imagine B. believe  
C. remember D. create
19. A. afraid B. eager C. careful D. sure
20. A. now and again B. at all time  
C. just now D. no longer

### 词 句 积 累

#### 重点词汇

unintended 无意识的; unfamiliar 不熟悉的

#### 长难句 点拨

Because the books he's attracted to now are increasingly unappetizing. 因为他所喜欢的书籍现在越来越引不起食欲了。

B

题材：学生就业项目

词数：273

建议阅读时间：6 分钟

EDGEWOOD—Every morning at Dixie Heights High School, customers pour into a special experiment: the district's first coffee shop run mostly by students with special learning needs.

Well before classes start, students and teachers order Lattes, Cappuccinos and Hot Chocolates. Then, during the first period, teachers call in orders on their room phones, and students make deliveries. By closing time at 9:20 a.m., the shop usually sells 90 drinks.

"Whoever made the chi tea, Ms. Schatzman says it was good," Christy McKinley, a second year student, announced recently, after hanging up with the teacher.

The shop is called the Dixie PIT, which stands for Power in Transition. Although some of the students are not disabled, many are, and the PIT helps them prepare for life after high school.

They learn not only how to run a coffee shop but also how to deal with their affairs. They keep a timecard and receive paychecks, which they keep in check registers.

Special-education teachers Kim Chevalier and Sue Casey introduced the Dixie PIT from a similar program at Kennesaw Mountain High School in Georgia.

It was not that easy. Chevalier's first problem to overcome was product-related. Should schools be selling coffee? What about sugar content?

Kenton County Food Service Director Ginger Gray helped. She made sure all the drinks, which use non-fat milk, fell within nutrition (营养) guidelines.

The whole school has joined in to help. Teachers agreed to give up their lounge (休息室) in the mornings. Art students painted the name of the shop on the wall. Business students designed the paychecks. The basketball team helped pay for cups.

- What is the text mainly about?  
A. A best-selling coffee.  
B. A special educational program.  
C. Government support for schools.  
D. A new type of teacher-student relationship.
- The Dixie PIT program was introduced in order to \_\_\_\_\_.  
A. raise money for school affairs  
B. do some research on nutrition  
C. develop students' practical skills  
D. supply teachers with drinks
- How did Christy McKinley know Ms. Schatzman's opinion of the chi tea?  
A. She met her in the shop.  
B. She heard her telling others.  
C. She talked to her on the phone.  
D. She went to her office to deliver the tea.
- We know from the text that Ginger Gray \_\_\_\_\_.  
A. manages the Dixie PIT program in Kenton County  
B. sees that the drinks meet health standards  
C. teaches at Dixie Heights High School  
D. owns the school's coffee shop
- Where can we usually read this passage?  
A. In a novel.  
B. In a newspaper.  
C. In an instant message.  
D. In a school report.

## 重点词汇

stand for 代表; overcome 克服

长难句  
点拨

They learn not only how to run a coffee shop but also how to deal with their affairs. 他们不仅学会怎样经营咖啡店, 而且学会怎样处理自己的事情。

## 词句积累

C

题材：新来的转校生

词数：366

建议阅读时间：8 分钟

At first Kate thought the Romanian girl could not speak and understand English. Nadia would not reply to anything Kate said. Kate was in charge of (负责) showing Nadia around on her first day at Buck Minister Grade School. Kate could not figure out why the school had put Nadia in a class where she could not understand what people were saying.

“Why did they do this?” Kate wondered aloud. “I mean, you can’t learn if you can’t understand the teacher.”

Nadia’s voice was a whisper (speaking in a very low voice). “I understand English. I will learn.” Nadia’s English was perfect.

Kate was perplexed. She couldn’t understand why Nadia did not like to speak. Then she realized that moving to a new country probably wasn’t the easiest thing to do. There were hundreds of unfamiliar and unusual things to learn—all at the same time.

“There’re a lot of new things to learn, huh?” said Kate.

Nadia nodded rapidly. In a quiet voice she replied, “Many things people say, I do not understand. I have been speaking English and Romanian all my life, but I do not know what some children are saying. For example, yesterday a boy asked if I could help him find the USB port on a thin black box he was carrying. Isn’t a port a place for ships? It made no sense to me.”

“Don’t worry.” said Kate. “You’ll figure everything out in time. You see, that thin black box was a computer. A USB port is a place where you can connect other machines to a computer.”

Nadia and Kate were quiet after that. They took notes while the teacher gave a maths lesson. To Kate’s surprise, Nadia put up her hand and offered to answer the questions at the blackboard.

Nadia handled every question the teacher gave her. Some of the questions were really difficult, and no one understood what was going on except Nadia and the teacher. When the teacher said that Nadia answered everything correctly, the whole class clapped their hands.

Nadia was smiling when she sat back down next to Kate. “Some things,” she said in a normal voice, “are the same all over the world.”

1. At the beginning of Nadia’s first day at school, she was \_\_\_\_\_.

- A. disappointed      B. helpful  
C. lively      D. shy

2. The underlined word “perplexed” probably means \_\_\_\_\_.

- A. spellbound      B. angry  
C. shocked      D. serious

3. We can infer from the passage that \_\_\_\_\_.

- A. Nadia did not like Kate  
B. Nadia had lived by the sea before  
C. Nadia had never seen a computer before  
D. Nadia spoke in soft voice out of politeness

4. Which of the following statements is TRUE?

A. Nadia was better at maths than other students.

B. Nadia found some of the maths questions difficult.

C. Nadia was encouraged to answer questions in class.

D. Nadia understood the maths teacher better than other teachers.

5. What is the message of the story?

A. Talking about something familiar gives you confidence in communication.

B. Answering questions in class makes you better understood by classmates.

C. Language plays an important role in communication between cultures.

D. Maths helps to improve communication between cultures.

词 句 积 累

重点词汇

make no sense 没有意义

长难句  
点拨

Then she realized that moving to a new country probably wasn’t the easiest thing to do. 之后她意识到搬去一个全新的国家真不是那么容易。

D

题材：志愿者活动

词数：313

建议阅读时间：7 分钟

Aside from doing schoolwork and studying, American students must also participate in various extra-curricular activities. Many students get involved in their communities by doing volunteer work at various local organizations. In fact, the school I attend even requires students to perform a certain number of hours of volunteer work per semester. It is part of our study hall( 自修课 ) grade, as well as a graduation requirement.

There are many places to do volunteer work in the community. Some of my classmates volunteer at the local animal shelter, the community table (which provides free meals for needy families), charity( 慈善 ) stores, and many others. Finding a suitable place to volunteer usually depends on what's available, as well as personal interests. For example, a friend of mine who enjoys swimming volunteers at the recreation center to teach young children how to swim.

With all these options out there, I ended up doing most of my volunteer work at a school library and a non-profit bookstore called Friends of the Library. This bookstore sells donated books at cheap prices, and all the profits made are donated to the local library.

I thought it was very fitting that I do my volunteer work at a library and a bookstore, because reading has always been very important to me. I love working in the bookstore now, because every sale we make helps our public library expand, and gives it the funds needed to purchase new books.

I think everyone should have the opportunity to read, and that we each should do our part to help those who don't have the chance. There is a charity event, called One Book for A Window of Opportunity, in which Chinese students can donate a book to the children of the poor village Fangmaping. They don't have a lot of resources, so reading can be a challenge. To find out more about this event, please visit: <http://bbs.enfamily.cn/thread-739278-1-1.html>.

## Volunteer for us



- This passage is written by \_\_\_\_\_.  
A. a Chinese student  
B. an American student  
C. a Chinese teacher  
D. an American teacher
- This passage is supposed to write to \_\_\_\_\_.  
A. villagers in Fangmaping  
B. the writer's parents  
C. Chinese readers  
D. American readers
- The writer chose to do volunteer work at \_\_\_\_\_.  
A. a local animal shelter  
B. a charity store  
C. a recreation center  
D. a library and a bookstore
- By writing the article, the writer hopes to \_\_\_\_\_.  
A. meet the graduation requirement  
B. look for another volunteer job  
C. get more chances to read  
D. encourage people to offer help

### 词句积累

#### 重点词汇

participate 参加; end up doing 最终做某事

#### 长难句 点拨

Finding a suitable place to volunteer usually depends on what's available, as well as personal interests. 找到一个合适的地方做志愿者通常是依赖于正好有哪些机会, 同时还要考虑到个人的兴趣。

E

题材：校园犯罪

词数：259

建议阅读时间：6 分钟

When Ann, a grade two student at a well-known school, was pestered ( 纠缠 ) by her classmates to join their group to steal from shops, she was shocked. She was a quiet, well-behaved girl and she did not understand why the girls had approached her.

They showed her some of the things they had stolen and said that shop theft was great fun and very exciting. Then they threatened to beat Ann if she did not join them.

Ann was deeply troubled. She did her best to avoid the group of the girls after classes, but they often waited for her outside the school and tried to persuade her to come with them.

This problem is one which many school students in Hong Kong face. We asked the chairman ( 主席 ) of the local-fight-crime committee ( 委员会 ) what Ann should do in these cases.

“First of all, she could try to talk the other girls out of the whole thing. Being caught stealing from shops could ruin their future and it is simply not worth the risk,” he said.

“Young people may think that it is easy to get away with stealing from shops, but more and more stores now have plain clothes detectives who are dressed like customers. I would say shop thieves have a more than ninety percent possibility of being caught.”

“If they won’t listen to her, Ann should turn to someone in charge in school, who can then decide if the matter can be dealt with by her.”

1. From the first three paragraphs we can learn that \_\_\_\_\_.

- A. Ann didn’t know what to do with the case
- B. Ann faced the group bravely
- C. the group stole a lot of valuable things
- D. the group were short of money

2. The underlined part “talk the other girls out of the whole thing” in the fifth paragraph most probably means \_\_\_\_\_.

- A. discuss the possible result with them
- B. tell them about their futures
- C. persuade them to stop theft
- D. warn them not to disturb her

3. One of the suggestions to Ann is to \_\_\_\_\_.

- A. report the situation to the police
- B. ask the local-fight-crime committee for advice
- C. hire a detective to catch them
- D. turn to her teacher for



### 读后拓展

### 【微技能】如何做句子理解题？

句子理解题即从画线句子中我们能推断出什么或选出与其意义最近的表达。此类句子推断题需要一定的技巧。考生千万不能仅凭自己的理解选择答案，而是要以原文中的内容为依据，进行推断。以下是此类题的英语阅读技巧步骤：

1. 返回原文找到原句。

2. 对原句进行语法和词义的精确分析（找主干），重点抓原句的字面含义。若该句的字面含义不能确定，则依据上下文进行判断。

3. 一般来说，选项中的正确答案与原句意思完全相同，只不过用其他英语词汇换种表达而已。

看了这三项步骤，本文练习中第 2 题的正确答案应该呼之欲出了吧。联系下一句就能得出正确答案。

### 词句积累

重点词汇	approach 接近
长难句 点拨	Being caught stealing from shops could ruin their future and it is simply not worth the risk. 若被逮到在商店偷东西会毁了他们的前途，一点都不值得去冒这个险。

## Topic 2 Growing Encouragement (成长励志)

A

题材：面对逆境

词数：329

建议阅读时间：13 分钟

I told my friend Graham that I often cycle the two miles from my house to the town centre but unfortunately there is a big hill on the route. He 1, “You mean fortunately.” He explained that I should be glad of the 2 exercise that the hill provided.

My attitude to the hill has now changed. I used to 3 as I approached it but now I tell myself the following: This hill will exercise my heart and lungs. It will help me to lose weight and get fit. It will mean that I live longer. This hill is my friend. Gradually, I have a smile of 4 as I reach the top of the hill.

Problems are there to be faced and 5. We cannot achieve anything with a(n) 6 life. Helen Keller was the first deaf and blind person to 7 a university degree. She wrote, “Character cannot be 8 in ease and quiet. Only through 9 of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.”

One of the main factors of success in life is our attitude towards adversity. At times we all face hardships, problems, accidents and difficulties. 10 we cannot choose the adversity, we can choose our attitude towards it.

Douglas Bader was 21 when in 1931 he had both legs amputated (截肢) following a flying accident. He was 11 to fly again and went on to become one of the leading flying aces. He was a(n) 12 to others during the war. He said, “Don’t listen to anyone who tells you that you can’t do this or that. That’s nonsense. 13 your mind, you’ll never 14 crutches (拐杖) or a stick, then have a go at everything. Go to school, join in all the games you can. Go anywhere you want to. But never, never let them 15 you that things are too difficult or impossible.”

1. A. reacted B. replied C. criticized D. reflected
2. A. abundant B. proper C. extra D. necessary
3. A. climb B. confuse C. comment D. complain
4. A. satisfaction B. devotion  
C. decoration D. caution
5. A. understood B. clarified  
C. defeated D. overcome
6. A. tough B. difficult C. easy D. reasonable
7. A. gain B. acquire  
C. accomplish D. admire
8. A. founded B. produced  
C. constructed D. developed

9. A. happiness B. experiences  
C. difficulties D. pressures
10. A. While B. As C. Because D. If
11. A. devoted B. determined  
C. commanded D. forced
12. A. appreciation B. qualification  
C. inspiration D. destination
13. A. Open up B. Make up  
C. Come to D. Come into
14. A. reject B. deliver C. abandon D. use
15. A. advise B. attempt C. request D. persuade

词句积累

重点词汇

ease 轻松; attitude 态度

长难句  
点拨

Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. 只有通过自己经历痛苦和磨难, 才能增强信心、清晰视野、鼓舞斗志并且获得成功。



B

题材：学业深造

词数：359

建议阅读时间：8 分钟

I decided to go back to school in the fall of 2008 after not being happy with my current job and financial status. I obtained my Associate's Degree in May 2002 in Commercial Arts. After graduation, I had trouble obtaining a job in that field. For years, I was going from one job to another feeling unfilled, and I was not satisfied with the instability. I decided to go back to school for either International Business or Psychology. I weighed the pros and cons of both professions and Psychology won. I like helping my friends and family, when they go through hard situations in their life by giving them sound advice and being honest with them. Also, I was interested in "the mind". I was searching for online schools because my work schedule at my current job would not allow me to attend a regular class. I was nervous about starting online classes because I heard mixed stories from other friends who were taking online classes. I decided to do it anyway to experience something different. I wanted to find an online school that was affordable and reputable. Through my search, I discovered Walden University, which is specially for working adults who want to obtain a bachelor's degree or higher. The process of getting accepted was easy, which included writing an essay on why I wanted to attend their school, transferring my previous credits, etc. I am currently enrolled in the Bachelor's program for psychology, and I am paying for college via financial-aid loans and grants. This experience has been interesting yet trying as sometimes it was difficult to balance work, school and home life. I learned a lot about psychology and myself. For example, I like writing about current events, relationships and traveling. I thought my English composition was ordinary, but after taking a few classes at Walden University, I improved my English composition and it made me feel confident enough to start writing professionally so I became a freelance (自由撰稿) writer. Currently, I am only three classes away from obtaining my Bachelor's Degree in Psychology! It was one of the best decisions I made in my life.

- What did the author study originally when he was in college?  
A. Psychology.  
B. Commercial Arts.  
C. International Business.  
D. English Composition.
- What do we know about the author?  
A. He decided to study International Business at first.  
B. He wanted to study two majors.  
C. He liked Psychology better.  
D. He chose his major with the help of his friends.
- Why was the author nervous about starting online classes?  
A. Because he heard some negative remarks about it.  
B. Because he was worried that he didn't have enough time to study.  
C. Because he feared he would fail the entrance exam.  
D. Because he was afraid that he didn't have enough money.
- Which of the following best describes the author's learning experience?  
A. Dull and challenging.  
B. Interesting and easy.  
C. Interesting and challenging.  
D. Dull and easy.
- According to the passage, the author \_\_\_\_\_.  
A. was not able to find a full-time job  
B. is most interested in writing  
C. pays for his schooling with the help of his family  
D. is satisfied with his achievements

## 重点词汇

obtain 获得; unfilled 不充实的; enroll 注册, 登记

## 词 句 积 累

长难句  
点拨

The process of getting accepted was easy, which included writing an essay on why I wanted to attend their school, transferring my previous credits, etc. 被录取的过程很简单, 其中包括就为什么我想上他们的学校写一篇短文, 转调我先前的学分等等。



C

题材：医生之路

词数：198

建议阅读时间：5 分钟

Elizabeth Blackwell was born in England in 1821, and moved to New York City when she was ten years old. One day she decided that she wanted to become a doctor. That was nearly impossible for a woman in the middle of the nineteenth century. After writing many letters asking for admission( 录取 ) to medical schools, she was finally accepted by a doctor in Philadelphia. She was so determined that she taught school and gave music lessons to get money for the cost of schooling.

In 1849, after graduation from a medical school, she decided to further her education in Paris. She wanted to be a surgeon( 外科医师 ), but a serious eye problem forced her to give up the idea.

Upon returning to the United States, she found it difficult to start her own practice because she was a woman. By 1857 Elizabeth and her sister, also a doctor, along with another woman doctor, managed to open a new hospital, the first for women and children. Besides being the first woman physician and founding her own hospital, she also set up the first medical school for women.

- Why couldn't Elizabeth Blackwell realize her dream of becoming a surgeon?
  - She couldn't get admitted to a medical school.
  - She decided to further her education in Paris.
  - A serious eye problem stopped her.
  - It was difficult for her to start a practice in the United States.
- What main obstacle( 障碍 ) almost destroyed Elizabeth's chances for becoming a doctor?
  - She was a woman.
  - She wrote too many letters.
  - She couldn't graduate from a medical school.
  - She couldn't set up her hospital.
- How many years passed between her graduation from a medical school and the opening of her hospital?
  - Eight years.
  - Ten years.
  - Nineteen years.
  - Thirty-six years.
- According to the passage, all of the following are "firsts" in the life of Elizabeth Blackwell, except that she \_\_\_\_\_.
  - became the first woman physician
  - was the first woman doctor
  - founded the first hospital for women and children
  - set up the first medical school for women
- Elizabeth Blackwell spent most of her life in \_\_\_\_\_.
  - England
  - Paris
  - the United States
  - New York City

## 词 句 积 累

## 重点词汇

set up 创立; further one's education 深造

长难句  
点拨

Upon returning to the United States, she found it difficult to start her own practice because she was a woman. 她一回到美国, 就发现要开始自己的诊所非常困难, 原因就在于她是位女性。