

征服

征服英语工作室



中考英语

Conquer English

阅读理解与补全对话

总主编：何舟
主 编：蒋国补

拥有“征服”
成功在握



中国少年儿童出版社

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编者寄语

初中学生在中考复习阶段的主要任务是：根据学科考试说明的要求，复习原有知识，检查知识上的缺漏，发展运用知识的能力，熟悉中考题型，掌握答题技巧，提高应试能力。

然而，没有一本高质量的、适合应考复习使用的教辅读物相配套，以上任务是难以完成的。反之，有了这样一本教辅书相配合，不仅可以提高应考复习效率，避免陷入题海，达到事半功倍的效果，还可帮助学生和教师减轻“负担”，免受四处搜集练习题之苦。

正是从初中学生和教师的实际需要出发，我们组织了各省市中考命题人、教研员和一线名教师，根据《九年义务教育全日制初级中学英语教学大纲》的要求和近几年全国各地中考英语常考题型，编写了《征服中考英语》丛书，供即将参加中考的学生和指导中考复习的教师使用。

该丛书包括《听力测试与改写句子》《单项填空与单词拼写》《完形填空与看图写话》《阅读理解与补全对话》《初中英语语法精讲精练》等5个分册。

该丛书有以下几个特点：

一、各册均有对题型的命题特点及应试对策、典型例题的分析，且有对策的应用、中考题型冲刺训练等，具有较强的**指导性**。

二、各册例题均从近年来全国各省市中考英语试卷中精选而出；各册练习题均系百题选一，质量高、题型全，与中考试题联系紧密。使用该书既可巩固原有知识，熟悉中考名题，又能发展综合运用知识的能力，提高答题技巧和应试水平，具有较强的**资料性和实用性**。

三、各册练习题难易比例适当，适合各层次的学生使用，便于学生和教师进行复习、检测与评估，具有较强的**层次感**。

四、各册练习题重点突出，使学生在复习中便于根据个人的实际情况进行选择，具有较强的**针对性**。

使用本丛书时，学生和老师们可灵活选择其中的习题做针对性训练，以期实现中考英语突破。

由于编写时间仓促，书中错误难免，欢迎读者提出批评和建议。



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Part One

第一部分



Reading Comprehension
Reading Comprehension

阅读理解题的命题特点及应试对策

阅读是中学生学习英语必须掌握的重要技能。阅读理解也是中学英语测试的一项重要内容。阅读理解题考查学生综合运用英语知识,进行阅读分析及推理的能力。阅读理解的核心是理解。同学们要读懂文章说明的事实,作者的观点和意见。测试的目标是理解文章的含义、判断观点的正误。它只有在掌握文章的词汇、词法、句法、惯用法以及某些文化知识的基础上,才能正确理解整篇文章,抓住中心思想,做出正确的判断。

阅读理解题的命题特点

阅读理解题题量大,涉及的语言知识多,并要求一定的解题速度和准确度。

阅读理解题主要考查学生以下两方面的能力:

一、测试学生对客观事实的理解,要求他们读懂文章中叙述的具体事实和抽象概念。这类题在初中阶段占大多数。

二、测试学生主观判断能力。要求学生通过阅读文章的片断,理解深一层意思,去体会它与整篇文章的逻辑关系,进行合理的推理和判断。

测试题常有以下3种形式:

1. 给一篇文章或对话,然后做出文章后面的题目。题目大体有“回答问题”“选择正确答案完成句子”等。

2. 在理解文章内容的基础上,进行是非判断。

3. 在文章后给一篇经改写或缩写后与文章意思相同的短文,文中留有若干个空格,供填写用,填写完整的短文要与所给文章意思一致。

阅读理解题的应试对策

答题时要抓住以下几点:

一、抓要点,有针对性地进行阅读。拿到阅读理解题时,可先读一遍文章后面的题目,理解要点,再去阅读文章,可节省答题的时间。

二、注意内容,不要过分推敲语言点,要捕捉每段乃至整篇文章的纲目。对于文章中出现的生词或看不懂的句子,大多可以根据上下文意思猜测。

三、重视背景,留心文章要点、人名、地点以及重要结论。围绕文章,根据文章段落内容进行选择。选择的4个答案都要看完,切忌读一个题,看一点文章,这有碍对整篇文章的理解。

四、注意主题句,抓关键句。一般来说文章的开头或结尾往往是文章的中心意思所在,要仔细阅读,特别注意,彻底理解。对于文章中出现的与日常生活有关的知识,答题时可利用已学过的自然、社会科学等知识加以理解。

阅读理解典型例题分析及对策的应用

以下举例说明。

例 1 When you want to go shopping, decide how much money you can spend for new clothes. Think about the kind of clothes you really need. Then look for those clothes on sale(销售).

There are labels(标签) inside all new clothes. The labels tell you how to take care of your clothes. The label for a shirt may tell you to wash it in warm water. A sweater label may tell you to wash by washing in cold water. The label on a coat may say "dry clean only." Washing may ruin(损坏) this coat. If you do as the directions(说明) say on the label, you can keep your clothes looking their best.

Many clothes today must be dry cleaned. Dry cleaning is expensive. When buying new clothes, check(核实) to see if they will need to be dry cleaned. You will save money if you buy clothes that can be washed.

You can save money if you buy clothes that are well made. Well-made clothes last longer. They look good even after they have been washed many times. Clothes that cost more money are not always better made. They do not always fit (合身) better. Sometimes less expensive clothes look and fit better than more expensive clothes.

(2000 年江苏南京题)

本文讲述如何买合适的衣服。告诫人们买衣服时首先决定花多少钱,然后再选款式。提醒人们注意衣服的标签。标签告诉人们如何洗涤衣服,如何保存衣服。

许多衣服必须干洗。干洗较贵。因此在买衣服时要看是否要干洗。如果想省钱的话,那么就买可以洗涤的衣服。买质量好的衣服比较省钱,因为质量好的衣服耐穿,洗过多次仍然好看。有些衣服贵并不等于质量好,也并非都合身,有时,便宜的衣服则更好看更合身。

理解文章大意后,我们来做以下题目:

1. If you want to save money, you can buy clothes that _____.

- A. don't fit you B. don't last long
C. need to be dry cleaned D. can be washed

精析: 答案为 D, 从文中第 3 段中 "You will save money if you buy clothes that can be washed." 可以确定。

2. The labels inside the clothes tell you _____.

- A. how to keep them looking their best B. how to save money
C. whether they fit you or not D. where to get them dry cleaned

精析: 答案为 A。从文中第二段 "If you do as the directions say on the label, you can keep your clothes looking their best." 可以确定答案为 A。

3. The first thing for you to do before you buy clothes is _____.



- A. to look for well-made clothes B. to see how much money you can pay
C. to know how to wash them D. to read the labels inside them

精析: 答案为 B。从文章的提示中我们可以看出: When you want to go shopping, decide how much money you can spend for new clothes. 答案为 B。

4. We learn from the reading that cheaper clothes _____.
A. are always worse made B. must be dry cleaned,
C. can not be washed D. can sometimes fit you better

精析: 答案为 D。文章最后一句话已告诉读者: "Sometimes less expensive clothes look and fit better than more expensive clothes." 正确的答案应是 D。

5. The best title (标题) for the reading should be _____.
A. Buying Less Expensive Clothes B. Taking Enough Money When Shopping
C. Being a Clever Clothes Shopper D. Choosing the Labels inside New Clothes

精析: 答案为 C。从全文的讲述中我们可以推断出作者想告诉读者如何成为一个聪明的买者, 故文章最佳的标题应是: "Being a Clever Clothes Shopper."

例 2 Bob always took the newspaper to Grandpa White's home last before going home. Grandpa White's was at the end of the road. Bob liked Grandpa White. He was often waiting for him near the front gate with sweets or a nice cake. Besides, he often asked Bob about things he was doing—about what he was going to do for the summer and what he liked to do.

The thing that Bob didn't like about Grandpa was his never-ending stories about his boyhood (童年) in California. Bob never asked to hear about Grandpa's boyhood, but he couldn't get away.

After Grandpa's wife died in October, Bob could see that Grandpa was lonelier than ever. He would often join Bob halfway along the road and walk along with him as he gave out the papers. Grandpa seemed to have all day, and Bob often was late getting his papers to his customers (订报者), Bob didn't want to complain (抱怨), but the customers were unhappy.

(2000 年江苏南京题)

上文讲的是: Bob 常在回家前给 "Grandpa White" 送报纸。"Grandpa White" 的家在路的尽头。Grandpa White 常常手拿甜食或蛋糕在门口等他, 还问他做什么, 喜欢做什么。

惟一一件令 Bob 不高兴的事是 Grandpa White 总是没完没了地讲述他自己在加利福尼亚的童年。Bob 不想听但又脱不了身。

自从 Grandpa White 的妻子 10 月份去世后, Bob 发现他更加孤独了, 他会常常陪 Bob 沿着路走, 并会随他一同去送报纸。常常好像总想与 Bob 待在一起。因此, Bob 常会把报纸迟送给订报者。Bob 并不抱怨这些, 可订报者却不高兴了。

了解上述文章的大意后, 我们来做题后的题目:

6. When he took the newspaper to Grandpa White, Bob would often receive _____.
A. old newspapers B. sweets or a cake
C. some money D. a paper with questions for him to answer

精析: 答案为 B。文章中已点明: "He was often waiting for him... with sweets or a nice cake."

7. Which do you think is true?



- A. Bob lived with Grandpa.
- B. Grandpa had many stories about his boyhood.
- C. Grandpa didn't like to read newspapers.
- D. Bob took the newspaper to Grandpa first.

精析: 答案为 B。从文章的第二段第一句话中, 可以推断出答案为 B。

8. Bob could do nothing when _____ .
- A. the customers got their newspapers late
 - B. Grandpa began to tell him about his boyhood
 - C. he saw Grandpa feeling lonely
 - D. Grandpa asked him about the things he was doing

精析: 答案为 B。从文中提示“Bob never asked to hear about Grandpa's boyhood, but he couldn't get away”我们可以推出答案为 B。

9. The reading mainly (主要) tells us that _____ .
- A. Bob was still a child
 - B. Grandpa liked to tell stories
 - C. the customers sometimes got angry
 - D. lonely people need other people

精析: 答案为 D。从文章最后一段所表达的意思我们可以分析推断出 D“lonely people need other people”为正确答案。

10. The sentence “Grandpa seemed to have all day” means “_____”.
- A. Grandpa always seemed to like daytime
 - B. Grandpa liked telling stories to Bob all day
 - C. Grandpa liked to stay with Bob all the time
 - D. Grandpa seemed to be lonely all day

精析: 答案为 C。通过上下文中所表达的意思 “... often join Bob halfway along the road and walk along with him as. ...” 可以判定 “Grandpa seemed to have all day” 意为 “Grandpa liked to stay with Bob all the time.”

例 3 Until a few years ago, only boys could become students at the University of Ruritania (鲁里坦尼亚大学). Later the university decided to take girls in. But one of the teachers, Mr Goller, was not pleased at all. He had not wanted to let girl students in.

Mr Goller always began his lessons with the word “Gentlemen” (先生们). What could he do now? Well, when the girl students came to his lessons for the first time, he still began with the word. For him the girl students were just not there. Then one day there was only one boy in the class among a lot of girls. For a moment, Mr Goller did not know what to do. Then he began “Sir!”

At last a terrible day came when there were no boys in his class. He came into the room, looked at the girls and said, “Oh, nobody's here today!” He quickly went out without giving his lessons.

(1999 年江西南昌题)

上文说的是鲁里坦尼亚大学以前只收男生不收女生。后来学校决定招收女生, 但有一个教师——Mr Goller, 不乐意学校收女生。Mr Goller 上课总是以“先生们”开始。当女生第一次来听他的课时, 他仍然用 “Gentlemen” 这个词开始, 好像女生不在那儿。有一天, 只有一个男



生夹在女生中间上课, Mr Goller 就以“Sir”开始教课。最后有一天,他班上没有男生上课, Mr Goller 来到教室看着女生说“噢,今天没有人在这儿。”然后走出教室没有上课。

理解了文章的大意后,做文章后面的题目。

11. Several years ago _____ .

- A. there was no girl studying in the University of Ruritania
- B. Mr Goller didn't teach in the university
- C. the university let girl students in
- D. most of the students in the university were boys

精析: 答案为 A。从文章第一句看出, the University of Ruritania 只收男生, 不收女生。

12. Mr Goller usually said“ _____ ”when he began his lessons.

- A. Sir
- B. Good morning
- C. Gentlemen
- D. Hello

精析: 答案为 C。文章第二小段首句中已点明 Mr Goller 总是以“Gentlemen”开始他的课。

13. When the girls came to his lessons, Mr Goller was _____ .

- A. surprise
- B. afraid
- C. glad
- D. unhappy

精析: 答案为 D。文章第一段末尾点明了 Mr Goller was not pleased at all.

14. The writer wanted us to know Mr Goller _____ .

- A. didn't like his teaching
- B. agreed to let the girls in
- C. always didn't know what to do with the girls
- D. only liked to teach boy students

精析: 答案为 D。从文章中我们可以推理判断出 Mr Goller 不喜欢女生, 只喜欢男生。

15. We can know from the passage that _____ .

- A. the boy students didn't enjoy Mr Goller's lessons
- B. we will not see girl students in Mr Goller's class
- C. Mr Goller was loved by his students
- D. Mr Goller will not work in the university

精析: 答案为 A。从文中可以判断, 有一天, 只有一个男生来上课, 后来从 There were no boys in his class. (没有一个男生来上课) 推断出是男生不喜欢上 Mr Goller 的课。

例 4 When we think of Hollywood, we think of films and famous film stars. They are part of Hollywood's history. Today people make films in other places too. Not all famous film stars live in Hollywood. But Hollywood is still a very *special* city in Los Angeles, California.

You can easily see where Hollywood is in Los Angeles. There is a big sign on the hills. It says “HOLLYWOOD”. The white letters are fifty feet tall. You can see the sign from far away. The Hollywood sign is a famous Hollywood landmark(标记) in Los Angeles. Many postcards show this famous Hollywood landmark.

In the hills of Hollywood, there is also the Hollywood Bowl. This is an open-air theater. It is one of the largest open-air theaters in the world. It has seventeen thousand seats and a very different stage (演奏台). The design (设计) of the stage was by a great American named Frank

Lloyd Wright. You can listen to all kinds of concerts (音乐会) at the Hollywood Bowl.

(2001 年湖北武汉题)

文章的大意是:我们一想到好莱坞,就会想到电影和电影明星。然而这已经是好莱坞的历史了。今天人们在别的地方也拍摄电影,电影明星也并不都住在好莱坞。但是好莱坞仍然是加利福尼亚州,洛杉矶城中不寻常的地方。

老远就可以看到好莱坞的所在地,因为在山上有一个非常巨大的标记“HOLLYWOOD”。

在好莱坞山上,还有一个巨大的露天剧院,在那里可以欣赏各种各样的音乐会。

理解文章的大意后,做文章后面的题目。

16. The best title (标题) for the reading should be _____.

- A. Hollywood
- B. Famous Films and Film Stars
- C. The History of Hollywood
- D. Famous Hollywood Sign

精析:答案为 A。文章总体介绍了好莱坞的情况,而不是局部。故可以排除 B、C、D。

17. We learn from reading that _____.

- A. “HOLLYWOOD” can just be seen from far away
- B. Hollywood is now a place only for travellers
- C. all the films are made in Hollywood
- D. Hollywood is one part of Los Angeles

精析:答案为 D。可从“You can see where Hollywood in Los Angeles.”或“The Hollywood sign is a famous Hollywood landmark in Los Angeles.”等句子中看出。答案 A 因为有“just”(译为:仅仅;只是),故不符题意。

18. The word *special* in the reading means _____.

- A. new
- B. rich
- C. famous
- D. unusual

精析:答案为 D。按照上文及词意可得出答案。

19. At the Hollywood Bowl _____.

- A. all postcards are made
- B. only 7000 people can get together
- C. music can be enjoyed
- D. you can hardly listen to different kinds of concerts

精析:答案为 C。由句子“You can listen to all kinds of concerts at the Hollywood Bowl.”可得出答案。

20. It seems that _____.

- A. some famous film stars don't choose to live in Hollywood
- B. film stars don't think Hollywood a good place to make films
- C. the Hollywood Bowl is larger than any other open-air theater in the world
- D. the Hollywood Bowl is a hill in Hollywood

精析:答案为 A。由句子“Not all famous film stars live in Hollywood”可得出答案。

例 5 根据短文内容判断正误,正确的写“T”,不正确的写“F”。

In the U. S. Mother's Day is a holiday on the second Sunday in May. It is a day when children give their mothers cards, presents and flowers.



One of the best ways to celebrate (庆祝) Mother's Day is to give your mother the day off. Let her have a good Mother's Day with breakfast in bed. Usually Dad and the children will let Mom sleep late as they go into the kitchen (厨房) and get ready for her favourite meal. A Mother's Day breakfast can be made of anything your Mom likes.

After the food is cooked, keep everything nicely on a plate. Don't forget to put the bottle with only one flower. With spring here, the children can pick up the nicest flower from the garden outside. When everything is ready, carefully carry the plate and Mom's favourite books or newspapers up to her bedroom. Cards and small presents from the children can be put on the plate before it is given to Mom in bed.

Many families take Mom out to her favourite restaurant (饭店) for a meal. It is a good day to let your Mom rest and let her see what a wonderful family she has.

(2001 年吉林省题)

21. It is the best way to let Mom have a good rest on Mother's Day.
22. Other members of the family go into the kitchen to cook a nice meal for Mom.
23. After the nice breakfast is cooked, keep everything nicely for Mom in a basket.
24. Children put all kinds of flowers into a bottle for Mom.
25. They let Mom have her favourite breakfast in bed.
26. It's a wonderful day to let Mom see what a good family she has.

文章讲述了在“母亲节”这一天,美国的一些家庭是如何来庆祝“母亲节”以表示对母亲的热爱。

精析: 21. 答案为 T。文章第二段已清楚表明“One of the best ways... is to give your mother the day off. Let her have a good rest...”, 故该小题正确。

22. 答案为 T。由句子“Usually Dad and the children will let Mom sleep late as they go into the kitchen and get ready for her favourite meal.”可知。

23. 答案为 F。文章第四段第一句话清楚表明:“... keep everything nicely on a plate.”而不是“keep everything nicely for Mom in a basket”, 故此小题不符合文章的意义。

24. 答案为 F。由文中可知“... put the bottle with only one flower.”, 而不是“... put all kinds of flowers into a bottle...”, 故该小题错误。

25. 答案为 T。根据短文中“Many families begin Mother's Day with breakfast in bed.”和“... carefully carry the plate and Mom's favourite books or newspapers up to her bedroom.”等句子可以推断出该小题正确。

26. 答案为 T。文章最后一句已经清楚表明, 故该小题正确。

阅读理解题冲刺训练

1

On Children's Day in 1944, Hong Kong held a special activity (别开生面的活动). In this activity, children and their parents acted as the poor. At dinner, the rich would have delicious food while the poor could only have bread with porridge.

Parents all hoped to have the dinner for the poor with their children. They hoped that their children could be taught a lesson from the dinner.

Now, many people on earth don't have enough food or clothing. Every day only half of the world can enjoy enough food.

This activity aimed to (目的在于) make the families understand the difference between the poor and the rich and tell them that too rich a material (物质的) life won't always do good to the children.

1. Which of the following is **true**?
 - A. Half of the world's population can't have enough to eat.
 - B. Children shouldn't be given rich meals.
 - C. Parents acted as the rich and children as the poor.
 - D. Some of the children and their parents acted as the poor.
2. In the activity, the parents hoped to _____.
 - A. give their children delicious food
 - B. give the poor delicious food
 - C. give the delicious food
 - D. have the bread and porridge with their children
3. Today, half of the people in the world _____.
 - A. are poor
 - B. have good clothes to wear
 - C. have houses to live in
 - D. need neither food nor clothing
4. The parents know _____.
 - A. the poor wanted to be poorer
 - B. the dinner for the poor might serve well as a lesson
 - C. the rich wanted to be poor
 - D. the richer the parents were, the poorer the children would be
5. From this story, we know that _____.
 - A. too rich a material life may be bad for the children
 - B. children won't change their minds easily



- C. the poor children want to stay at home
D. both children and their parents were not interested in the activity

2

Mr Smith lived to the age of 76. His favourite(喜爱的) game was baseball and every one of us liked to play with him and learned his skill. Mr Smith's summer programme was playing baseball. Almost every boy in our small town played baseball with him. We came to the playground if we were free. We put our bikes behind the shop and played. Mr Smith was always there, seven hours a day, five days a week, 12 weeks a summer, for 30 years. He was never sick, never late. We were just like his boys. We came and went. We grew up, went away to school, and moved out of the town. New boys came along to take our places. I knew there wasn't anyone around who wanted to do what he did.

One day shortly before Mr Smith died, I met him on the road. "Hello, Mr Smith," I said, "I always played ball with you in the summers when I was a boy." He stopped and took a look at me, but did not answer. "I wanted to thank you. You made me love baseball. Baseball has become important to me." A little smile came to his lips and he put his hand on my arm. "I knew all that. Thank you, boy."

1. We enjoyed playing baseball because _____.
 - A. Mr Smith was an old man
 - B. Mr Smith liked us and taught us how to play it
 - C. We were free
 - D. We could put our bikes near the shop
2. How long had Mr Smith taught us baseball?
 - A. About five days.
 - B. For a summer.
 - C. For twelve weeks.
 - D. For thirty years.
3. We left the town _____.
 - A. because we had learned how to play baseball
 - B. when we grew up
 - C. because there was only one who could teach us
 - D. when we found baseball was very hard work
4. Mr Smith died _____.
 - A. at the age of 76
 - B. because no one wanted to do what he did
 - C. because all of us went away to school
 - D. because no one took care of him
5. Mr Smith knew _____.
 - A. I could meet him before he died
 - B. I would come back home and thank him



- C. I was a stranger
D. my love for him and for baseball

3

My friend is a taxi(出租车)driver. He has been a taxi driver for ten years. It's a nice job(工作) most of the time. He can meet a lot of people. He always works at night because there is too much traffic during the day. He usually goes home between 1 and 3 o'clock in the morning. There were some very strange things, which happened at night. One day my friend was taking a woman home from a party at 3 in the morning. She had her little dog with her. When they got to her house, she found that she had lost her key. So my friend waited in the car with the dog while she climbed in through the window.

My friend waited and waited. After half an hour of ringing the bell, he decided to find out what was going on. He tied the dog to a tree and started to climb in through the window.

At that moment some policemen came. They thought my friend was a thief(小偷). Luckily the woman came downstairs. She must have gone to sleep(肯定是睡着了) and forgotten about my friend and the dog.

1. The driver always works at night because it is easier to _____.
A. drive B. climb in through window
C. make money D. meet a lot of people
2. The woman climbed in through the window because _____.
A. she wanted to have a sleep
B. her husband didn't open the door for her
C. she didn't want to pay the money
D. she couldn't find her key
3. The story happened _____.
A. early in the morning B. late at night
C. outside the city D. near the bus station
4. Which of the following is **Not true**?
A. The driver worked until between 2 and 3 o'clock in the morning.
B. The policemen made a mistake.
C. The woman had no money to pay.
D. The woman had forgotten about the driver and the dog.
5. The driver climbed in through the window to _____.
A. get money from the woman
B. phone the police
C. return the dog to the woman
D. see what happened in the house



4

Can we live without salt? No. Salt is very important to us. We need salt in our food. Animals need it, too.

Most of the salt in our country comes from the sea. People dig great pools and let sea water in. When the sun dries up the water, people can get salt from the ground. The salt is white, clean and beautiful.

There are a lot of salt wells in Sichuan. A salt well is much like a water well. People bring the well water up to the ground and then dry it in big jars over fire. In this way, they get salt. We can also get salt mines(矿). Some years ago, people in Jiangxi found they no longer needed salt from other places.

In the northwest of our country, there are many salt lakes. Some of these lakes are very big. The salt in a big lake can even meet the needs of our people for many years.

1. We need salt because _____.
A. we can't live without it
B. animals need it, too
C. it is important to animals
D. there is no salt in the air
2. We get most of the salt from _____.
A. salt lakes B. salt wells
C. salt mines D. sea water
3. People in Sichuan get part of their salt from _____.
A. jars B. fire C. salt wells D. salt mines
4. Not many years ago, people found and opened a big salt mine _____.
A. in Sichuan B. in Jiangxi
C. in the northwest D. near the sea

5

Will it matter if you don't take your breakfast? A short time ago, a test(试验) was given in the United States. People of different ages, from 12 to 83, were asked to have a test. During the test, these people were given all kinds of breakfast, and sometimes they got no breakfast at all. Scientists(科学家) wanted to see how well their bodies worked when they had eaten different kinds of breakfast.

The results show that if a person eats a good breakfast, he or she will work better than if he or she has no breakfast. If a student has fruit, eggs, bread and milk before going to school, he or she will learn more quickly and listen more carefully in class.

The result is opposite to that people thought they can lose weight without eating breakfast. This is because people become so hungry at noon that they eat too much for lunch. They will gain weight

