





高中生一定要做的英语阅读理解

(高一)

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答案详解(关键提示+标准答案+答题思路)





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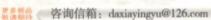
















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高中生一定要做的茁运阅读理解(高一)

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图书在版编目 (CIP) 数据

高中生一定要做的英语阅读理解. 高一/孝文豪主编.

一上海: 华东师范大学出版社, 2009

ISBN 978 -7 -5617 -7094 -8

Ⅰ. 高... Ⅱ. 孝... Ⅲ. 英语—阅读教学—高中—习题

IV. G634. 415

中国版本图书馆 CIP 数据核字 (2009) 第 088215 号

大夏英语・中学阅读

高中生一定要做的英语阅读理解(高一)

主 编 孝文豪

策划编辑 金洪芹

文字编辑 王莹

封面设计 视界创意

责任印制 殷艳红

出版发行 华东师范大学出版社

社 址 上海市中山北路 3663 号 邮编 200062

电话总机 021-62450163 行政传真 021-62572105

网 址 www.ecnupress.com.cn

印刷者 北京密兴印刷厂

开 本 700×1000 16 开

印 张 15.5

字 数 280 千字

版 次 2009年8月第一版

印 次 2009年9月第二次

书 号 ISBN 978-7-5617-7094-8/G・4023

定 价 26.80元

出版人 朱杰人

(如发现本版图书有印订质量问题,请寄回本社市场部调换或电话 021-62865537 联系)

Term 1 上学期

	Jone I	
A	健康生活/说明文	3
В	救治小动物/记叙文	5
C	经济问题/夹叙夹议	6
D	造假、欺骗/记叙文	7
E	商业创意/记叙文	9
周	末盘点	10

	Unit 4	25
A	太空知识/说明文	25
В	交友/说明文	26
C	社会问题/说明文	28
D	公共管理/应用文(书信)	29
E	生命与健康/记叙文	30
周	末盘点	31

		Umit 2	11
	A	寻根/记叙文	11
	В	孩子与狗/记叙文	13
	C	Chucks 的发展/记叙文	14
4 1 1 1 1 1	D	保护野生动物/说明文	15
	E	搬家的影响/议论文	16
	周	末盘点	17

	Unit 5	32
A	史地知识/说明文	32
В	人际交流/记叙文	33
C	科学调查/应用文	35
D	脑科学/议论文	36
E	成长/童话故事	37
周	末盘点	38

	Unit 3	18
A	人际关系/记叙文	18
В	生活教育/议论文	19
C	环境保护/记叙文	21
D	人物故事/记叙文	22
E	印度节日/应用文	23
周	末盘点	24

	Unii 6	39
A	名人逸事/记叙文	39
В	友谊与爱心/记叙文	40
C	电影介绍/说明文	42
D	社会心理/记叙文	43
E	人物/记叙文	44
周	末盘点	45

	Carl 7	
A	住房问题/议论文	46
В	追求幸福/议论文	47
C	人物故事/记叙文	49
D	调查报告/应用文	50
E	珍惜/记叙文	51
周	末盘点	52

A	数码相机/说明文		53
В	生态环境/说明文		54
C	体育人物介绍/说明文		56
D	医疗/说明文		57
E	人际关系/记叙文	•	58
周	末盘点		59

		50
A	自然灾害/说明文	60
В	人物故事/记叙文	62
С	文化娱乐/说明文	63
D	交通事故/记叙文	64
E	风俗习惯/说明文	65
周	末盘点	66

	0.600	67
A	人物故事/记叙文	67
В	人生经历/记叙文	69
C	环境保护/说明文	70
D	热点话题/记叙文	71
E	旅游和交通/记叙文	72
周	末盘点	73

A	电影/说明文	74
В	文化与语言/说明文	75
C	文学的教育意义/说明文	76
D	未来生活/说明文	77
E	个人奋斗/记叙文	78
国	本 舟 占	70

A	儿童心理/议论文	80
В	股市介绍/说明文	81
C	卫星发射/说明文	81
D	医学研究/新闻报道	83
E	个人经历/记叙文	83
周	末盘点	84

A	图书介绍 / 说明文	85
B	交流 / 说明文	86
C	历险故事/记叙文	87
D	人际关系/记叙文	88
E	人生故事/记叙文	89
周	末盘点	90

A	保护自然/说明文	91
В	励志故事/记叙文	92
C	网络/应用文(广告)	93
D	科幻/小说	94
E	人文地理/说明文	95
周	末盘点	96

Term 2 (下学期

	(27.11.11.E	0.0
A	天文俱乐部/说明文(广告)	99
В	社会生活/记叙文	100
C	疾病防控/说明文	102
D	人生故事/记叙文	103
E	网络生活/议论文	104
周	末盘点	105

		1278
A	健康教育/说明文	120
В	心脏病急救/说明文	121
C	慈善/新闻报道	123
D	医疗保健/说明文	124
E	旅行/应用文	125
周	末盘点	126

		117.
A	文化/说明文	106
В	亲子关系/记叙文	107
C	学校教育改革/说明文	109
D	寓言故事/记叙文	110
Е	科学发现/说明文	111
周	末盘点	112

	C111 10	127
A	经济/说明文	127
В	个人经历/记叙文	128
C	克隆/说明文	130
D	音乐/说明文	131
E	图书推荐/应用文	132
周	末盘点	133

	77	
A	人物传记/记叙文	113
В	人物故事/记叙文	114
C	动物与人/记叙文	116
D	语言文化/说明文	117
E	如何逃生/说明文	118
周	末盘点	119

A	动物/说明文	134
В	人际关系/记叙文	135
C	科技/新闻报道	137
D	文化/说明文	138
E	组织、活动介绍/应用文	139
周	末盘点	140

	Unit 21			
A	网购/说明文	141	A 创业故事/记叙文	167
В	人物故事/记叙文	142	B 人际关系/记叙文	168
С	员工招聘/应用文(广告)	143	C 活动介绍/应用文	169
D	人与自然/说明文	144	D 人物/记叙文	170
E	人生际遇/记叙文	145	E 饮食/说明文	171
周月	末盘点	146	周末盘点	172
	Unit 22	248		
A	人物传记/记叙文	147	A 体育/新闻报道	173
В	社区生活/说明文	148	B 历史文化/说明文	174
C	商店店庆/新闻报道	149	C 母女/议论文	175
D	节日/说明文	150	D 打猎/应用文(书信)	176
E	自然灾害/记叙文	151	E 家庭/记叙文	177
周月	末盘点	152	周末盘点	178
	Unit 23			
A	人生感悟/夹叙夹议	153	A 明星做慈善/新闻报道	179
В	帮助他人/记叙文	154	B 人物故事/记叙文	180
C	风俗习惯/议论文	156	C 人际关系/记叙文	181
D	涉险逃生/记叙文	157	D 科技/新闻报道	182
E	身势语/说明文	158	E 城市/说明文	183
周月	末盘点	159	周末盘点	184
	Finit 24	1.50		
Α	成为总统条件/说明文	160	A 友谊/记叙文	185
	人际关系/记叙文	161	B 人生经历/记叙文	186
	活动介绍/应用文	163	C 助人故事/记叙文	187
	植树/说明文	164	D 如何变魔术/应用文	188
E	吸烟的危害/新闻报道	165	E 文化/应用文(广告)	189
周月	末盘点	166	周末盘点	189
		附	录 <i>)</i>	
付录1	答案详解			191
寸录 2	常用阅读技巧			225
付录3	阅读理解新题型专练			227



《英语课程标准》对高一阅读的要求是

能从一般文字资料中获取主要信息和观点;能利用上下文和句子结构猜测词义;能根据上下文线索推理、预测故事情节的发展;能根据阅读目的确定不同的阅读策略;能通过不同信息渠道查找所需信息;课外阅读量应累计达到20万词以上。

本学期,我们的目标是

在英语阅读量、阅读理解能力上,实现由初中向高中的顺利过渡,逐步达到高一年级应该具备的水平。

怎样借助本书,实现我们的目标?

本学期我们安排了14个单元,共70篇文章。每单元前两篇文章为精读,题目设置分三个层面:首先是词汇障碍突破,包括生词与释义搭配题、短语解释题;其次是对文章的理解,包括细节理解题与深层理解题,其中细节理解题的题型有判断正误、回答问题等,深层理解题主要是选择;最后是根据本文进行的写作练习(部分练习给出了参考答案)。后三篇文章设选择题,旨在训练阅读理解答题能力。文章前点明阅读时间,便于训练阅读速度;后设"长难句理解",帮助大家更好地理解文章,并积累语言知识。每单元设"周末盘点",对各篇文章里面的重要词汇、短语进行归纳,帮助大家积累各种话题的常用词语。(最后4个单元是测试单元,文章数量、长度、题型与阶段性测试一致,帮助大家自我检测)



/ A ////////

话题:健康生活

体裁:说明文

字数:629

建议阅读时间:8.9%

Most people want to get healthier, fitter and look younger yet they can't seem to find the time for it. In fact, healthy living doesn't have to be hard, and it was never created to be. But it does require a small amount of commitment and a big love for being refreshed. Here are eight tips for healthy living, which are sure of great value and help for everyone who wants to join in.

1. Enjoy a pint of water—first thing in the morning.

If you haven't got time for anything else in the morning, make time to drink a big glass of water. We lose a lot of oxygen through the night and to keep our cells young, we need to supply them with water and oxygen. Drink a glass of water and within a week you'll begin to feel less tired. I like the taste of water, but I know some people do not, so if you're one of them, squeeze some fresh orange into your water to give it taste and drink up.

2. Grab a few fresh fruits on your way out.

Wherever you're going—whether it's a walk or drive to the supermarket or on your way to a meeting—pick up one or two fruits and eat them. If you leave for work in the morning and don't return until evening, take a few fruits and eat them throughout the day. Fruits are great for their nutrients, vitamins and sugars that are required in our body.

3. Avoid going to junk food shops with your workmates.

If your workmates are going and you want to go along, go ahead but don't order the burger or French fries. Go for a nice salad instead, or any other healthy meal that takes your fancy. Junk food is full of "empty calories" that do nothing for your body but put on extra unneeded and unhealthy fat.

4. Exercise on the go.

If you work in an office, get up every 30 minutes and go for a walk. If you have an office with stairs, run up and down the stairs every couple of hours. Get your blood flowing and your muscles moving by such short-time and easy exercise.

- 5. Drink herbal teas. When at work or home, many people love to get a cup of tea or coffee. Decide that you'll be healthier and get a warm cup of herbal tea. The selection available today is absolutely massive, so you're guaranteed to find one you enjoy. I like mandarin and ginseng tea as well as fennel seed tea.
 - 6. Eat a handful of nuts.

Get your favorite selection of nuts (almonds, cashew nuts, pecans, walnuts, etc.) and raisins and have a big handful of them at around 3pm. This has been shown to increase afternoon energy and productivity.

7. Say yes to freshly squeezed juice.

One of the biggest and most exciting changes I made in my health about 7 months ago was when I said "yes" to having my own freshly squeezed juice every morning. Since then, my energy, body health and vitality has increased ten-fold. I create the time to squeeze my own carrot-apple-ginger juice; however if you don't have the time, ask someone if they can make it for you in exchange for something you can help

them with, or get yourself to a local juice bar and get your share of the juice!

8. Deep breathing.

When you've got time—at your desk, driving the car, cooking food—do some deep breathing inhale and count up to 5 seconds, hold it for a few seconds, and release slowly. Exchange of oxygen and carbon dioxide is one of the best things we can do for our blood and cells.

I. Vocabulary	
For each word in List A find the corresponding	meaning according to the text in List D
A	B
refresh (Para 1) 1. n	nake certain of
	preathe in the air
	nake someone or oneself feel fresh
	eady for use or service
	he remains of something
	press with violence
1. Reading Comprehension	
Decide whether the following statements are	true or folco
. Most people can't have a healthy life because	
. In order to keep our cells young, we must d	
The burger or French fries are always considered as a supplied of the supplies	
. Some short-time and easy exercise in office	
It's useful for our blood and cells to breathe Choose the best answer.	deep when having time. ()
What is the best title for this passage?	D. D. W. W. II.
A. Doing Exercise While Working	B. Tips For Your Healthy Living
C. Eating Fruits And Drinking Water	D. Ways For You To Keep Younger
All these activities can be carried out	according to the tips.
A. while having a rest on holidays	B. when doing other activities
C. in our spare time out of office	D. when feeling tired after work
What's the first thing of a day to refresh you	
A. To eat a fruit.	B. To drink some water.
C. To go for a walk.	D. To take a deep breath.
We can by taking deep breaths w	hen we get time.
A. supply our body with water and oxygen	B. get more nutrients, vitamins and sugars
C. provide blood and cells with oxygen	D. get our blood flowing and muscles moving
I. Reading and Writing	
ummarize the passage in no more than 80 word	ls.

It was one of the hottest days of the dry season. We had not seen rain in almost a month. The crops were dying. Cows had stopped giving milk. The streams were long gone back into the earth. Every day, my husband and his brothers would go about the arduous process of trying to get water to the fields. Lately they began taking a truck to the local water plant and filling it up with water. But severe rationing(定量配给)had cut everyone off. If we didn't see some rain soon, we would lose everything.

It was on this day that I learned the true lesson of sharing and witnessed the only miracle I have seen with my own eyes. I was in the kitchen making lunch for my husband and his brothers when I saw my six-year-old son, Billy, walking toward the woods. He wasn't walking in the usual carefree way of a youth but with a serious purpose. I could only see his back. He was obviously walking with a great effort—trying to be as still as possible. Minutes after he disappeared into the woods, he came running out again, toward the house. I went back to make sandwiches, thinking that the task he had been doing was completed.

Moments later, however, he was once again walking in that slow purposeful stride toward the woods. This activity went on for an hour: walk carefully to the woods, run back to the house. Finally I couldn't take it any longer and I crept out of the house and followed him on his journey.

He was cupping both hands in front of him as he walked; being very careful not to spill the water he held in them—maybe two or three spoons were held in his tiny hands. I sneaked close as he went into the woods. Sharp branches hit his little face but he did not try to avoid them. He had a much higher purpose. As I tried to see him, I saw the most amazing sight.

Several large deer appeared in front of him. Billy walked right up to them. I almost screamed for him to get away. A huge buck with big antlers(鹿角) was dangerously close. But the buck did not threaten him—he didn't even move as Billy knelt down. And I saw a tiny deer lying on the ground, obviously suffering from dehydration(脱水) and heat exhaustion, lifting head with great effort to lap up the water cupped in my beautiful boy's hands.

I stood on the edge of the woods watching the most beautiful heart I have ever known working so hard to save another life. As the tears that rolled down my face began to hit the ground, they were suddenly joined by other drops. When I looked up, I found that the sky was weeping with pride.

I. Vocabulary

Explain the underlined words or phrases.

- But severe rationing(定量配給) had <u>cut everyone off.</u>
 ...I <u>crept out of</u> the house and followed him on his journey.
 ...he didn't even move as Billy <u>knelt down.</u>
- 4. ...lift its head with great effort to <a>lap up the water cupped in my beautiful boy's hand.
- 5. As the tears that rolled down my face began to hit the ground...

	. Reading Comprehension		
	Answer the following questions according to	-	
1.	Why was Billy walking toward the woods with	a g	great effort?
2.	What was the mother doing while the boy was	ma	king his effort?
3.	How long did the boy's activity last before he	was	followed by his mother?
4.	How did the boy give water to the animals?		
5.	What happened at the end of the passage?		
В)	Choose the best answer.		
1.	Why was the mother very careful not to be se	en w	while following him?
	A. She was too curious to find the secret.	В.	She would find an excuse to punish him.
	C. She didn't want to scare the deer away.	D.	She wanted to catch the deer secretly.
2.	Why didn't Billy avoid the branches and thorn		
	A. He didn't feel any pain at all.		He had a much higher purpose.
	C. He was too short to do that.	D.	His hands were not free for that.
3.	What did the boy take the water for?		
	A. To water the plants in the woods.		To save a little sick deer.
4	C. To exchange pleasure with deer.	D.	To play with water for fun.
4.	The mother is telling the story to show that		 :
	A. weather is also terrible for animals		her boy is shy and ignorant
	C. Billy is friendly and innocent	D.	water is very precious then
Ш.	Reading and Writing		
		ı hu	mans and the nature? Please answer this question in
	fewer than 50 words.		, reaso disnot the question in
/ (C		

话题:经济问题 体裁:夹叙夹议 字数:298 题数:5 建议阅读时间:4.3'

Devon, 17, is used to paying her own cell phone and car expenses. But lately it's been harder. The family she babysits for hasn't been calling as much, and she couldn't find a job over the summer. Devon's dad says it's a sign of the tough economy. He told her he was feeling the pinch too, and that he had to dip into her college fund to pay the loan (贷款).

This kind of money troubles isn't strange to common families these days. In fact, it's hard to avoid

news about the economy on the screen of the TV or the computers recently. It can seem a bit worry—and some families are hit really hard.

For most people, the big problem is that things cost more at a time when they have less money to spend. But higher prices aren't the only problem. Many people are having a tough time making payments on some types of home loans.

Therefore, some families are cutting back on what they spend. For example, eating out less or staying home instead of going on vacation, moving to a less expensive house, and so on.

However, as discouraging as things may seem now, the good news is that the economy always gets back on track after a while. Jobs may be hard to find, but the slow economy can open up new opportunities. The couple Devon babysat for might cut back on evening outs, but they could be interested in hiring her for after-school care. Perhaps it's time to hold a yard sale to get rid of her old toys and baby gear in the basement—or help others sell these items online if she is good at it. She could charge them a fee to sell their old stuff.

1.	What does the underlined phrase in the 1st pa	ragraph refer to?
	A. Be getting hurt.	B. Be in short of money.
	C. Be out of work.	D. Receiving less calls.
2.	According to the passage, what constantly app	ears on the screen nowadays?
	A. News on the tough economy.	B. Devon's family troubles.
	C. Advertisements for babysitters.	D. Information on yard sales.
3.	We can learn from the passage that	led directly to people's tough time.
	A. lower payments than before	B. higher prices than before
	C. families being out of work	D. people's scary about news
4.	What do people do to overcome the tough econ	nomy?
	A. To strike for high pay.	B. To open a new store to sell toys.
	C. To cut down their expenses.	D. To move to other places for vocations.
5.	The passage is mainly about	
	A. Devon's own family money troubles	B. family troubles made by tough economy
	C wave of solving the slow economy	D the increasing prices and expenses

长难句理解

Perhaps it's time to hold a yard sale to get rid of her old toys and baby gear in the basement—or help others sell these items online if she is good at it.

结构:本句是 it's time to...结构, it 是形式主语,真正的主语是 or 连接的两个动词不定式短语: to get rid of...和(to)help others...。第一个主语中又含目的状语 to get rid of...,第二个主语含条件状语从句 if she is good at it。

句意:或许,她该在院里摆个旧货摊了,把旧玩具、地下室里的婴儿车摆出来卖——如果她擅长网购,也可以帮别人在网上卖。

话题:造假、欺骗 体裁:记叙文 字数:293 题数:5 建议阅读时间:4.2

The incident took place in a small neighborhood grocery store when a middle-aged man, Emanuel Nenger, gave the assistant a \$20 note to pay for the green vegetables he was choosing. When the assistant placed the note in the cash drawer she noticed that some of the ink from the \$20 came off on her hands

which were wet from wrapping the green vegetables.

She'd known Mr. Nenger for years and was shocked. She thought, "Is this man giving me a counterfeit (伪造的) \$20 note?" She dismissed the thought immediately and gave him his change. But \$20 was a lot of money in those days so she reported it to the police who, after doing some careful researches, went to Emanuel Nenger's home, where they found in his attic (阁楼) the tools he was using to reproduce the counterfeit \$20 notes. They found some paint brushes and paints which Nenger was using to make the counterfeit money. He was a master artist.

The police also found three portraits that Nenger had painted, paintings that sold at public auction (拍卖) for a little over \$16,000! It took him almost as much time to paint a \$20 note as it did to paint those portraits which sold for more than \$5,000 each.

The man who robbed Emanuel Nenger was himself. We do the same whenever we cheat or break the law. And while most of us wouldn't rob another person of his or her material possessions, it is very easy to rob a person's reputation (名声) through gossip. We also rob and cheat ourselves when we don't give to others in need, whether it is of our time, talents, resources, or love.

- 1. How did the assistant find the counterfeit \$20 note?
 - A. The cash drawer helped her recognize the money.
 - B. The green vegetables got marked by the money.
 - C. Her wet hands got marked by the money.
 - D. Emanuel Nenger told her about it.
- 2. What's the assistant attitude towards Emanuel Nenger's crime?
 - A. Think it unbelievable.

B. Negative.

C. Certain.

- D. Pitiful.
- 3. What will be the result of Emanuel Nenger's crime?
 - A. He was fined.

- B. He ruined himself.
- C. He escaped from being punished.
- D. He stopped drawing.
- 4. What lessons should we learn from the story?
 - A. Don't try cheating the police.
- B. Think before you take actions.
- C. Don't rob and cheat ourselves.
- D. To see is to believe.
- 5. Why did Mr. Emanuel Nenger produce counterfeit notes?
 - A. He wanted to play a joke on the police.
 - B. He was out of work and short of money.
 - C. He wanted to be more famous and wealthy.
 - D. The passage doesn't mention that to us.

长难句理解

But \$ 20 was a lot of money in those days so she reported it to the police who, after doing some careful researches, went to Emanuel Nenger's home, where they found in his attic (阁楼) the tools he was using to reproduce the counterfeit \$ 20 notes.

结构:本句是含结果状语从句(so 引导)的主从复合句。从句中含 who 引导的定语从句(修饰police),此从句中又含 after 引导的时间状语和 where 引导的定语从句(修饰 home),此定语从句中又包含一个定语从句 he was using to reproduce the counterfeit \$ 20 notes(修饰 tools)。

句意:不过在当时 20 美元不是小数,她便报了警。警方认真调查后,来到 Emanuel Nenger 家,在他家的阁楼上发现了翻印 20 美元假币的工具。

话题:商业创意 体裁:记叙文

字数:277 题数:5

建议阅读时间:4.0′

Every night Johnny's father entered "Thought for the Day" in the computer and then printed fifty pages. Johnny cut out each quote(号)语) and signed his name on every one of them. Then he put them in a paper bag he kept beside him at work. When he finished bagging someone's food, he put his "Thought for the Day" in their bag.

It touched me to think that this young man with an unimportant job had made it important by making good memories for all his customers.

A month later the store manager called me. He said, "Barbara, you won't believe what happened today. When I was making my rounds, I found Johnny's line was three times longer than anyone else's! So I got more cashiers(收银员) out here and get more lanes(通道) open, all the while trying to get people to change lanes. But no one would move. They want Johnny's 'Thought for the Day'."

He continued, "I got <u>a lump in the throat</u> when one woman came up to me and said, 'I used to shop at your store only once a week, but now I come in every time I go by for Johnny's 'Thought for the Day'."

A few months later, the store manager called me again. "Barbara," he said, "Johnny has changed our store. Now when there's a broken flower, there'll be an elderly woman or a little girl to repair it. All of our cashiers now have their own personal signature(签名). Our customers are talking about us...in a good way, coming back, and bringing their friends."

1.	Johnny cut out those quotes to		
	A.	encourage himself to work hard	
	B.	make good memories for his custome	ers

- b. make good memories for his customers
- C. get his manager's praise
- D. have his father working for him2. How did Johnny deal with these quotes?
- A. He handed them to customers before they leave.
 - B. He let others hand quotes to these customers.
 - C. He put them in customers' shopping-bags.
 - D. He used them to celebrate customers' birthdays.
- 3. What did the store manager see a month later?
 - A. Customers didn't buy anything but ask for "Thought for the Day".
 - B. Many customers pay for their food in Johnny's line.
 - C. The store was once out of order because of many customers.
 - D. All of the cashiers have their own personal signature.
- 4. The underlined words "a lump in the throat" in Paragraph 4 mean

 A. sorry

 B. sad

 C. excited

 D. moved
- 5. What can we learn from the text?
 - A. A small job also makes a difference.
 - B. All cashiers should have their thought for their customers.
 - C. Johnny changed customers more than his store.
 - D. Johnny had become a hero in that city.

长难句理解

It touched me to think that this young man with an unimportant job had made it important by making good memories for all his customers.