



聚焦英语

The Cream of *English Weekly*

《英语周报》精粹 高中版

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高中阅读每日5分钟(高一)

主编：席玉虎

聚天下名师
淬火沥血之巨编
焦四海学子
释疑解难之鸿篇



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总 序

21 世纪是充满着机遇和挑战的世纪,时代在发展,社会在前进,知识经济的浪潮在兴起。随着北京申奥成功和中国加入 WTO,英语在国际交流中的重要地位日益突出。学好、用好外语成了当代每位有志青年的共同目标。然而不少中学生乃至大学生在学习不得要领,往往事倍功半。为此,我们组织了具有丰富教学经验的教师,在深入研究高考题型、命题思路及命题趋势的基础上,精心组编了供即将参加高考的学生进行全方位备战及供高一、高二、大一、大二年级的学生平时学习英语的辅导丛书。该丛书按照教学大纲及现行教材编写,分词汇、阅读、语法、写作、听力五个方面共 6 种(10 册),分别介绍如下:

1.《最新高考 2000 词全方位突破》以词为点,以用法为线,一词多用或多词一用,点、线、面结合,并将词汇知识题目化,直接服务于考试;

2.《最新高考配图阅读 120 篇》、《最新高考科普阅读 200 篇》(上、下册)是高中生迎战高考和大一、大二学生准备四、六级英语考试的必读书目;

3.《高中阅读每日 5 分钟》(高一、高二、高三)为广大英语学习者提供了一种全新的思维学习方式,一、二、三册由易到难,步步攀升,天文地理应有尽有;

4.《最新高考语法考点与真题配备》全面研究、分析高考考题及考题趋向,为考生迎战高考做了最充分的准备;

5.《最新高中写作导练》贯穿“导”的宗旨,并提供了大量

供摹写和背诵的范文佳作；

6.《最新高考听力突破》的所讲所练均以高考为目标，是突破听力的首选之书。

使用这套(丛)书，你将再也不会举“题”不定，而是成竹在胸，下笔如神，应答自如。

《英语周报》是全国最知名的一份英语教辅类报纸。由山西师大主办，薄一波同志曾亲题词“学好外语，报效祖国”。《英语周报》实现了“求高、求准、求实、求新，为中小学英语教学服务”的办报宗旨，赢得了广大师生的信赖。丛书的编写得到了全国各地教学一线老师的热情参与和大力支持，在此表示衷心的感谢。

受编者能力所限，书中难免有疏漏和不妥之处，敬请专家和学者提出批评和建议，以使本书不断完善！

第五卷

编者的话

高中英语教学大纲指出:高级中学英语教学目的,是在义务教育初中英语教学的基础上,巩固、扩大学生的基础知识,发展听、说、读、写的基本技能,培养中学生在口头上和书面上初步用英语进行交际的能力;侧重培养学生的阅读能力和自学能力;除课文外,一级要求补充 10 万字的阅读材料,二级要求补充 20 万字的阅读材料;阅读速度每分钟 50~60 个单词,理解正确率达 70%。因此,提高英语阅读能力是十分重要和必要的,更何况,现行的高考阅读量由原来的 1 篇增至 5 篇。如果再加上完形填空 30 分,那就占了高考 150 分的将近一半的分数。笔者认为,强化阅读训练势在必行,一天一篇,“蚕食”阅读,持之以恒,功在不舍。

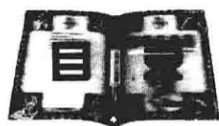
阅读训练需要让学生获得一定的阅读量。达不到一定的阅读量,所谓阅读技巧、速度都只能是纸上谈兵。笔者经过多年的探索,认为学生“蚕嚼桑叶”式的进行 one passage a day 阅读,就是每天上晚自习抽 5 分钟左右读一篇,然后利用每节课堂教学时间前 5 分钟讨论异解,统一答案。每天的阅读量不多,易于完成,久而久之,学生就养成了每天想读一点的习惯,日积月累,三年的“蚕食”阅读,到最后的高考冲刺一定是功效颇见的。

该书分为高中一、二、三年级,每年级一册,每周编排 6 篇阅读理解和 1 篇完形填空。另外,寒假编 6 组(共 30 篇);暑假编 12 组(共 60 篇),主要目的是保证学生每天基本有一篇阅读材料。同时,根据高考要求,编排 5 篇,检查学生的阅读情况如何。编排体系由浅入深、由易到难、循序渐近。内容涉及天文地理、科普知识、风土人情、人物传记、文学艺术等。文章涵盖了社会、文化、教育和经济等各领域的知识。选材均与新教材配套,目的是让学生

巩固课本知识,并用已学知识灵活解决问题,达到熟能生巧,学以致用最佳境界。

由于编者水平有限,书中肯定会出现错误和问题,敬请广大读者、专家和同仁批评指正。

编者

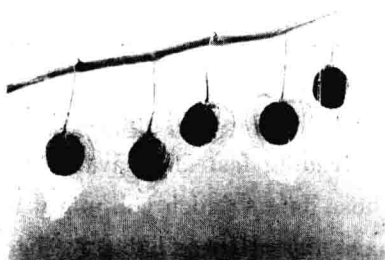


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高中阅读每日**5**分钟



秋季
学期



第一周

[. 阅读理解

星期一



7:30—7:35



Perhaps you have been told about some habits(习惯) which keep a person from reading fast and have been strongly asked to break away from those habits which you might have.

Do you still have any of these habits? Check yourself by answering "yes" or "no" to these questions!

1. Do you move your lips when reading silently?
2. Do you point to words with your finger as you read?
3. Do you move your head from side to side as you read?
4. Do you read a word at a time?

If you answer "yes" to any of these questions, start at once to break the habit.

If you move your lips, hold your fingers over them, or hold a piece of paper between your lips while you are reading. Then if your lips move, you will know it and can stop them.

If you point to words, hold the two sides of your book, one side with your left hand, the other side with your right hand. Then you will not have a free finger to use in pointing while reading. If you



move your head, place your chin(下巴) in one hand, and hold your head still.

If you read no more than one or two or three words at a time, you need to work very hard in learning to take in more words at each glance as your eyes travel across the lines of words.

❧ QUESTIONS ❧

1. You _____ those habits that we are talking about in this passage.
 A. must remember B. must stop
 C. must have D. must keep
2. You may hold your fingers over your lips while reading so as to _____.
 A. hold a piece of paper between them
 B. keep yourself from talking to others
 C. tell others to be silent
 D. feel whether your lips move or not
3. When your eyes travel across the lines of words you need to _____.
 A. read the words out
 B. look at every word carefully
 C. read several words at a time
 D. remember every word
4. When you read, don't _____.
 A. use your finger to point to words
 B. hold your books with your hands
 C. keep your head still
 D. do any of the things above
5. This passage mainly talks about _____.
 A. the importance of fast reading



- B. the bad habits in reading
- C. the way to read fast
- D. both A and B

星期二



7:30—7:35



To master a language one must be able to speak and understand the spoken language as well as to read and write. Lenin and his wife Krupskaya translated a long English book into Russian. But when they went to England in 1902, English people couldn't understand a word they said and they couldn't understand what was said to them. These days more and more foreigners are coming to China and more Chinese are going out to foreign countries to work or study. So the spoken language is becoming more and more important.

Speaking, of course, can't go without listening. If you want to pronounce a word correctly, first you must hear it correctly. The sounds of the Chinese and English language are not exactly the same. If you don't listen carefully, you'll find it difficult or even impossible to understand the native speakers.

Well, what about writing? Like speaking, it's to exchange ideas. People generally use shorter words and shorter sentences in their writing. The important thing is to make your idea clear in your head and then to write it in clear lively language.

Chinese students read far too slowly. If you read fast, you understand better. If you read too slowly, by the time you have



reached the end of a page you have forgotten what the beginning is about. When you meet with new words, don't look them up in the dictionary. Guess the meaning from the context. You may not guess quite correctly the first time, but as new words come up again and again in different context, their meaning will become clearer and clearer. If you look up every word, you'll never finish a book.

Students of a foreign language need a particular knowledge, the knowledge of the life, history and geography of the people whose language they're studying. They should study these subjects in the foreign language, like "To kill two birds with one stone", the "stone" is not a stone; learn a foreign language and get some knowledge of the foreign country at the same time.

❧ QUESTIONS ❧

- How many points are there in the passage?
A. Two. B. Three. C. Four. D. Five.
- In his first point the writer told us _____.
A. how to speak English
B. how to read and write
C. why spoken English is important
D. why English people couldn't understand Lenin
- In his last point the writer advised us _____.
A. to kill two birds with one stone
B. to learn two languages at a time
C. to study all the subjects in a foreign language
D. to get some knowledge of the foreign country which language you are studying
- In the fourth paragraph the writer gave some advice on _____.
A. how to read faster



- B. how to guess the meaning from the context
 C. how to look up new words in the dictionary
 D. how to grasp the general meaning of a passage
5. "To kill two birds with one stone" means _____.
 A. to get some particular knowledge
 B. to get more than what one pays
 C. the stone is too big
 D. the birds are blind enough



星期三

7 : 30 — 7 : 33



Today the children of the country have returned to work. After two months' holiday, pupils have started a new term. How many adults get such a long holiday? Two or four weeks in the summer and public holidays—that's all the working men get. As for the most women, they are lucky to have a holiday at all. Children don't need such a long holiday. In term time they start work later and finish earlier than anyone else. In the holiday most of them get bored, and some get into trouble. What a waste! If their parents were given more free time instead, everyone would be happier. This isn't just a national problem either—it is worldwide. Dates may be different from country to country, but the pattern is the same. Why should children do half as much work and get twice as much holiday as their parents?

❧ **QUESTIONS** ❧

1. According to the passage, children _____ today.



- A. start their holiday
B. start their new term
C. work with their parents
D. get bored of their holiday
2. From the passage we know that _____.
A. Most men don't have holidays
B. Most women have holidays
C. No woman gets holidays
D. It's not easy for a woman to get a holiday
3. The writer thinks children _____.
A. must have such a long holiday
B. should have a long holiday
C. should get into trouble in holidays
D. don't need such a long holiday
4. How long do children have for their holidays?
A. Two weeks.
B. Two days.
C. Half of their parents' holiday.
D. Twice of their parents' holiday.
5. Children in _____ have long holidays.
A. few countries
B. many countries
C. just this country
D. a few countries

星期四



7:30—7:33



Strange things happen to time when you travel, because the