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百题帮你过高考大关*百题助你创人生辉煌

高考英语



李 忠〇主编

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高考英语

阅读百题

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丛书前言

图书市场上有关小升初及中、高考的复习用书不胜其多,不少书的训练题或失之偏少,或庞杂无度。同时选择几种作参考,往往重复不少,空白依旧甚多,费时费钱还未必能完全过关。怎样在有限的时间里得到充分而有效的训练?怎样使训练达到量与质的最完美匹配?依据对小学毕业班、初三和高三优秀教师的调研,总结出"百题过关"的复习理念。为此,我们邀请经验丰富的教师担任作者,每本书或每个考点精心设计一百道互不重复且具有一定梯度的训练题,以求用最快的速度,帮助学生完全过关。

丛书共 26 种,涵盖小升初及中、高考语文、数学、英语的全部题型。 丛书具有四大特点:

- 一、丰富性。丛书涉及的内容囊括了小升初及中、高考所有知识点,覆盖面广,内容丰富。
- 二、层次性。题目排列杜绝杂乱无章和随意性,一般分为三个层次:第一,精选历年来的相关考题;第二,难度稍小的训练题;第三,难度稍大的训练题。这样编排既能让读者了解近年来小升初及中、高考的命题特点及其走向,又能得到渐次加深的足够量的训练。
- 三、指导性。为了方便使用本丛书的老师和同学,对有一定难度的题目,丛书不仅提供参考答案,还力求作最为详尽的解说,目的在于让读者知其然,更知其所以然。同学们有了这套书,就等于请回了随时可以请教的老师。

四、权威性。丛书的编写者都是国内名校骨干教师,有些还是参加国家教育部"名师工程"的著名特级教师,在各地享有盛名。他们丰富的教学实践经验和深厚的理论修养,为本丛书在同类书中胜人一筹打下扎实基础。

愿这套高质量的丛书能帮助考生顺利闯过小升初及中、高考大关,也愿考生以小升初及中、高考为新起点,步入美好的未来。

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阅读的过程是对语言的认知过程,阅读有助于巩固和扩大词汇储备、丰富语言知识、提高运用语言的能力。高中生英语水平的提高,在很大程度上是由阅读来决定的。广泛的阅读,不仅有利于扩大词汇量、丰富语言、开阔视野、开拓思路,还有利于了解英美民族的文化背景、生活习俗、思维习惯及英语特有的语言表达方式,从而提高阅读理解能力和英语运用能力。

高考英语阅读理解要求考生在 30—35 分钟的时间内完成对三至五篇不同题材、体裁的短文的理解,是整个高考英语试题中难度最大、区分度最高的题型。它不仅考查考生对语篇的整体把握能力,而且考查考生快速捕捉信息、准确理解特定细节以及复杂句子的能力。考生不仅要理解文章的表层意思,更重要的是通过表层意思去合理推断、挖掘文章的隐含意思、延伸意思。阅读理解是对考生能力、智力、心理的综合考验。

随着近几年新课改的实施和高考分省自主命题的展开,高考阅读理解在命题思路、题型设置和整体难度方面也呈现出一定的地域性差异,但还是保持了很多共性的特点:

一、选材新颖,原汁原味

几乎所有的阅读材料都直接摘自国外的各种报刊,或在语言上稍作加工,但都保持了原文语言地道、原汁原味的特点。这就要求考生在备考阅读理解时,一定要多做些内容新颖、语言地道、有难度有深度的阅读,尤其是高考真题,以减少复习的盲目性。

二、体裁多样,话题广泛

从体裁方面看,高考阅读理解尽量追求体裁的多样化,总的说来,一般分为以下四种:记叙文、说明文、应用文和议论文。完型填空近些年来多采用一些夹叙夹议的文章。在选材方面也非常注重与时代精神的结合,特别是关于国外新科技、新发明的说明文,一直是高考考查的热点。

三、材料不同,考点一致

阅读理解虽然题材不一,通常为科普知识、地理风貌、名人轶事、风土人情、幽默笑话及寓言故事等;体裁多样,包括记叙文、说明文、应用文、时文阅读、新闻报道、图表等等,但考查的内容大致有以下几方面:

- (1) 考查对文章主旨和大意的理解,大多数题目针对段落或短文的主题思想或目的;
- (2) 考查对文章的事实和细节的了解;
- (3) 根据上下文猜测词义;
- (4) 分析并理解阅读内容间的逻辑关系;
- (5) 依据短文内容和考生应有的常识进行推理和判断的能力。此类题目文章中没有明确的答案,需要考生在理解全文的基础上进行推理判断。

本书针对以上内容给同学们准备了五个专题,即说明文、应用文、记叙文、议论文及完形填空五个部分。在阅读的一般题型中,我们还融入了信息匹配等新的阅读题型,让同学们博采众长。完形填空让同学们超越填空的境界,感受阅读的变迁,在综合填空中摸索阅读技巧,积累阅读经验,在实践中提高自己的阅读水准。

英语阅读就是把自己浸泡到英语世界去熏陶感染,在英语阅读中培养英语学习的毅力,深化对英语语言和文化的认知和理解,这是本书的编辑宗旨。在阅读中,我们建议同学们从以

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下方面着手:

- 1. 处理好阅读速度和阅读准确性的关系。在正确把握文章的整体、细节内容以及严密的逻辑推理基础上,尽量提高阅读的速度,以获得大量的阅读熏陶。在这个基础上,高中英语的学习过程才是一个愉快的过程。
- 2. 处理好关键信息和细节的关系。一篇 300 来词的文章一般设计 4 个或 5 个题目,抓住文章的主旨是很重要的,但也不要忽视了细节。
- 3. 处理好文章的难与易的关系。遇到容易的文章要细心,因为文章越简单,设计的题目往往很难;遇到阅读困难的文章不要泄气,因为文章越难,设计的题目往往简单。

当然,阅读不纯粹为考试服务,但读高中的主要目的还是为了到更高层次的学府学习。愿本书能与各位老师和莘莘学子共同体会"阅读改变人生"的理念,"Better English, better life"将给各位高中学子编织未来美丽的风景线。

编者

目录

第一章 说明文阅读 / 1

一、人文 / 3

二、历史 / 11

三、社会 / 22

四、科技 / 34

五、经济 / 44

六、教育 / 52

第二章 应用文阅读 / 55

一、广告 / 56

二、便条 / 63

三、通知 / 67

四、新闻 / 70

五、信件 / 87

六、表格 / 91

七、图表 / 100

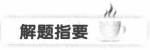
第三章 记叙文阅读 / 110

第四章 议论文阅读 / 136

第五章 完形填空 / 163

参考答案 / 215

第一章 说明文阅读



说明文用平实的语言客观地解释或探讨各种问题,如自然科学、社会科学领域的最新成果、自然或社会现象产生的原因、工程项目的规划或问题的解决方案等。说明事物可采用多种方法,例如举例法、分解法、分类法、类比法、对比法、给事物下定义,或分析事物产生的原因以及结果等。这些方法的作用分别为:举例法使用例子说明事物阐明观点;分解展开法着重于事物的区别、差异,分类展开法则强调事物的相似之处;类比说明事物如何相似;对比说明事物如何不同;下定义是给说明对象一个明确概念,科学而严密;因果说明表明事物发生的原因及结果等。除了用文字说明以外,说明文中还常常使用数据、图片等资料。

无论采用什么说明方法,作者都是为了说明事物的本质特征,清晰地展现所说明的事物。因此,阅读说明文的关键是抓住事物的特点,即抓住说明对象的本质特征。

下面具体看看两篇说明文。

Reading is very important to help you learn English. To learn as much as you can from reading, you need to read different kinds of English. This book provides not only different kinds of English but also a good way to check your reading ability.

There are four parts in the book:

Part 1 is Messages. In this part somebody wants to send information in writing to somebody else.

There is a test on timetables and a test on text messages.

Part 2 is People: In this part all the tests are about people. For example, there is an informal letter between friends. There is formal (正式的) English in biography (传记). There is a job application as a model to help with your writing, as well as testing your reading.

Part 3 is Places: In this part, too, many different kinds of English are shown, some informal and some formal. There is the informal English of a holiday postcard. There is also the formal English in a letter of complaint.

Part 4 is Things: You will find some descriptive writing in this part. There are descriptions of clothes and of a computer.

You can do these tests in any order you like, or you can do all the tests with a formal or informal text.

I enjoyed writing this book and I hope you enjoy using it.

这篇文章使用浅显平实的语言详细介绍了一本书的 4 个部分的内容。说明的重点在书的内容,这本书的特征体现在它的内容。抓住了这一特点,也就读懂了这篇文章,再来做理解题,就容易多了。看看相关的理解题:

1.	we ca	an ring t	the introduction to a product in	<u> </u>			
	A. Pa	art 1	B. Part 2	C. P	Part 3	the features. D	Part 4

2.	Which of	the	following	is	most	probably	written	in	informal	English?
----	----------	-----	-----------	----	------	----------	---------	----	----------	----------

A. A letter of complaint.

B. A computer handbook.

C. A letter to a friend.

- D. A story of a president.
- 3. The passage is most probably written for
 - A. test designers
- B. students
- C. test-takers
- D. teachers

- **4.** What is the best title of the book?
 - A. Test Your Reading.

- B. Help with Your Writing.
- C. Learn Different Kinds of English.
- D. Practise English in Different Ways.

(参考答案:DCBA)

A device that stops drivers from falling asleep at the wheel is about to undergo testing at Department of Transport laboratories and could go on sale within 12 months.

The system, called Driver Alert, aims to reduce deadly road accidents by 20%-40% that are caused by tiredness. Airline pilots can also use it to reduce the 30% of all pilot-error accidents that are related to fatigue.

Driver Alert is based on a computerized wristband. The device, worn by drivers or pilots, gives out a sound about every four minutes during a car journey. After each sound the driver must respond by squeezing the steering wheel (方向盘). A sensor in the wristband detects this pressing action and measures the time between the sound and the driver's response.

Tiredness is directly related to a driver's response time. Usually, a watchful driver would take about 400 milliseconds to respond, but once that falls to more than 500 milliseconds, it suggests that the driver is getting sleepy.

In such cases the device gives out more regular and louder sounds, showing that the driver should open a window or stop for a rest. If the driver's response continues to slow down, the sounds become more frequent until a nonstop alarm warns that the driver must stop as soon as possible.

The device has been delivered to the department's laboratories for testing. If these tests, scheduled for six months' time, are successful, the markets will bring the product to market within about a year.

这篇文章说明 Driver Alert 这一驾驶员警报装置。抓住了它的工作原理、功能作用就抓住了它的本质特点。3、4、5 自然段是理解的重点: 开车时驾驶员腕带上的警报会每隔 4 分钟发出声音, 驾驶员听到声音按压方向盘作出反应。传感器会探测到警报响到驾驶员作出反应之间的时间差, 如果这个时间差大于 500 毫秒, 说明驾驶员疲劳打瞌睡。了解了这个装置的特点, 就读懂了这篇文章。看看理解题:

- 1. According to the text, Driver Alert _____.
 - A. aims to reduce tiredness-related accidents
 - B. has gone through testing at laboratories
 - C. aims to prevent drivers from falling asleep
 - D. has been on sale for 12 months
- 2. How should a driver respond to the sounds from Driver Alert?
 - A. By sounding a warning.

B. By touching the wristband.

	C. By checking the driving time.	D. By pressing the steering wheel.	
3.	We can learn from the text that the driver n	eeds to stop for a break when his response tim	ne
	is		
	A. about 400 milliseconds	B. below 500 milliseconds	
	C. over 500 milliseconds	D. about 4 minutes floor by the and a	
4.	When the driver gets sleepy while driving,	Driver Alert Handing, and Jones at Land	
	A. moves more regularly	B. stops working properly	
	C. opens the window for the driver	D. sounds more frequently and loudly	
(参	参考答案:ADCD)	om and peaks by associated and man	
	and the second s		
THE RES	过关演练		
	、人文		
0	01		
	There is a new kind of addiction called I	nternet addiction. According to researchers	
Int	ernet addicts spend at least thirty to forty hor	ars online every week. The use of the Interne	9
car	be an addiction like alcoholism or drug use.	People lose control of the time they spend or	
the	Internet.	of the time they spend of	1
	For example, one college student was missing	ng for several days. His friends were worried,	
anc	I they called the police. The police found the	e student in the computer lab: he was surfing	,
the	net — for seven days straight.	stadent in the computer lab: he was surring	5
		cent of Internet users become addicted. And	1
son	ne researchers worry particularly about vour	ng people because the Internet is taking the	1
	, , , , , , , , , , , , , , , , , , , ,	b re-Fre country the internet is taking the	2

place of the mall or the playing field for some of them. They spend more time in cyberspace (网络空间) than in the real world of friends and family.

What is the cure? Here is advice to help Internet addicts — even online. Some experts

What is the cure? Here is advice to help Internet addicts — even online. Some experts recommend that people set strict limits on their time for Internet use. You have to control it. The Internet shouldn't control you.

- 1. What is an Internet addict?
 - A. A person who loses control of the time spent on the Internet.
 - B. A person who lives in an Internet café.
 - C. A person who loses control of himself or herself.
 - D. A person who sleeps in an Internet café.

	i intermet cure.	
2.	Internet addicts spend online every	week.
	A. at least ten to twenty hours	B. at least twenty to thirty hours
	C. at least thirty to forty hours	D. at least forty to fifty hours
3.	Some researchers worry particularly about yo	oung people because .
	A. they only sleep in the Internet café	
	B. they send emails to their friends instead of	of writing letters

C. they spend too much time in cyberspace

- D. Internet does harm to young people

 4. We can infer from the passage that _____.
 - A. we had better ask young people to keep off the Internet
 - B. people must set strict limits on their time online to cure Internet addiction
 - C. we can get nothing useful from the Internet
 - D. the Internet has not much to do with the life today

002

Before the Nobel Prize in literature was awarded to John Steinbeck in 1962, only five Americans had been previously thus honored, the most recent being Ernest Hemingway in 1954 and William Faulkner in 1949. Steinbeck had been considered on those occasions and also in 1945. As the honor is by far the greatest any writer can receive, Steinbeck was elated (高兴的).

The feeling of elation was tempered (减弱) slightly, however, by the observation (言论) expressed by Steinbeck in 1956, that recipients of the Nobel Prize seldom write anything of value afterward.

He cited Hemingway and Faulkner as examples, minimizing the point that by the time of their selection most writers had already written their best work. At the age of sixty, when he received the award himself, Steinbeck wrote to a friend that he would not have accepted the award had he not believed that he would continue to write well, that he could "beat the rap (打节拍)." Like his contemporaries, and others as well, however, he did not.

There was no expectation or need that the writer should do so, for Steinbeck had long before made his mark in modern American literature.

00	1016	made mo mark m	1100	orn runericu	II IIICI U	Luic	•						
1.	Ac	cording to the passag	ge,	how many A	merican	s ha	ad rece	ived tl	ne Not	el P	rize b	efore	1949?
	A.	Three.	В.	Four.		C.	Five.			D.	Six.		
2.	In	which year was Stein	nbe	ck sixty year	s old?								
	A.	1949.	В.	1954.		C.	1956.			D.	1962	Э.	
3.	Ac	cording to the passag	ge,	Steinbeck ob	served t	hat	author	s who	receiv	e th	e Nob	el Pri	ze for
	lite	erature											
	A.	have already finished	ed v	writing popul	ar work	S							*
	В.	should follow the ex	xan	ples of Hem	ingway	and	l Faulk	ner					
	C.	rarely write signific	ant	works after	wards								
	D.	are among the grea	test	contempora	ry write	ers							
4.	In	the last paragraph th	ne p	hrase "do so	" refers	to							
	A.	feeling elated at red	eiv	ing the Nobe	el Prize								
	В.	accepting the Nobel	l Pr	ize if nomina	ated								
	C.	writing well after re	ecei	iving the Nol	oel Prize	e ea	rlier						
	D.	honoring Nobel Priz	ze v	vinners of th	e past								
0	03												

I came to live here where I am now between Wounded Knee Greek and Grass Greek. Others came too, and we made these little grey houses of logs that you see, and they are square. It is a bad way to live, for there can be no power in a square.

You have noticed that everything an Indian does is in a circle, and that is because the Power of the World always works in circles, and everything tries to be round. In the old days when we were a strong and happy people, all our power came to us from the respectful circle of the nation, and so long as the circle was unbroken, the people were getting rich. The flowering tree was the living center of the circle, and the circle of the four quarters nursed it. The east gave peace and light, the south gave warmth, the west gave rain, and the north with its cold and strong wind gave strength and continuous power. This knowledge came to us from the outer world with our belief. Everything the Power of the World does is done in a circle. The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. Birds make their nests in a circle, for theirs are the same as ours. The sun comes forth and goes down again in a circle. The moon does the same, and both are round. Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a man is a circle from childhood to childhood, and so it is in everything where power moves. Our places were like the nests of birds, and these were always set in a circle, the nation's circle, a nest of many nests, where the Great Spirit meant for us to nurse our children.

But the Wasichus (Indian word for "white people") have put us in these square boxes. Our power is gone and we are dying, for the power is not in us any more. You can look at our boys and see how it is with us. Where we were living by the power of the circle in the way we should, boys were men at twelve or thirteen years of age. But now it takes them very much longer to be full-grown.

. A	according to the passage, the Indians
A	don't have modern instruments in their homes
	. refused to move from round places
	. lived in round places, but were forced to live in square houses
D	. lived in round places, but then decided to move into square houses
T	wo things being compared in the passage are
A	the Indians' past and present living conditions
	. the Indians' past and modern beliefs
	the Indians' old and new power
	people and nature
In	the second paragraph "the four quarters" refers to
A.	the four rooms of the Indian's houses
В.	the four kinds of natural power
	the four seasons
D.	the four directions
Ac	cording to the author, once the Indians moved into square houses,
A.	they had to move to other houses
	boys took more time to grow into men
	they forgot the old way of life
	A B C D T A B C D In A B C A B B

D. everyone was not happy

You don't have to look very far to find out why the official reactions are blind to medical findings about smoking. The answer is simply money. Tobacco is a wonderful commodity to tax. It's almost like a tax on our daily bread. In tax revenue alone, the government of Britain collects enough from smokers to pay for its entire educational facilities. So while the authorities point out ever so discreetly that smoking may, conceivable, be harmful. They don't shout too loudly about it.

This is surely the most short-sighted policy you could imagine. While money is eagerly collected in vast sums with one hand, it is paid out in increasingly vaster sums with the other. Enormous amounts are spent on cancer research and on efforts to cure people suffering from the disease. Countless valuable lives are lost. In the long run, there is no doubt that everybody would be much better-off if smoking was banned altogether.

If the governments of the world were honestly concerned about the welfare of their peoples, you'd think they'd conduct aggressive anti-smoking campaigns. Far from it! The tobacco industry is allowed to spend staggering sums on advertising. Its advertising is as insidious as it is dishonest. We are never shown pictures of real smokers coughing up their lungs early in the morning. That would never do. The advertisement suggests it is manly to smoke, even positively healthy! Smoking is associated with the great open-air life, with beautiful girls, true love and togetherness. What utter nonsense!

For a start, governments could begin by banning all cigarette and tobacco advertising and should then conduct anti-smoking advertising campaigns of their own. Smoking should be banned in all public places like theatres, cinemas and restaurants. Great efforts should be made to inform young people especially of the dire consequences of taking up the habit. A horrific warning — say, a picture of a death's head — should be included in every packet of cigarettes that is sold. As individuals, we are certainly weak, but if governments acted honestly and courageously, they could protect us from ourselves.

- 1. Which of the following is right according to the passage?
 - A. Few governments take measures toward smoking because they are afraid of people.
 - B. Few governments take measures toward smoking because diseases cost a lot.
 - C. Few governments take measures toward smoking because they are afraid of the cutting down of their revenue (财政收入).
- D. Few governments take measures toward smoking because they are afraid of manufacturers.
- 2. The writer's tone throughout the passage is

A. critical B. ironical

C. dishonest

D. amusing

- 3. What is the main idea of this passage?
 - A. World Governments should conduct serious campaigns against smoking.
 - B. World governments take measures against smoking.
 - C. Smoking is the most important source of income to many countries.
 - D. Tobacco industry spends a large sum of money on medical research. 005

In your life, maybe, one day, you, especially young people, suddenly found your

growing pains and you could not live with your parents in harmony. Whether young or old, they all experience growing pains. Young people are eager to be old to do what they want. Old people want to be young to be energetic in the fast-growing world. Young people are taken care of by their mothers and fathers, even their grandmothers and grandfathers, without worrying about food, clothes and shelter. Old people rest their hopes on their sons and grandsons. With their helps, their sons grow in a better way. Young and old are two stages in life. We should find pleasure rather than pains in life.

Stephen Hawking is the most outstanding example of finding growing pleasures instead of growing pains. On August 19, 2003, Chinese Pre-president Jiang Zemin met with Stephen Hawking. Jiang spoke highly of Hawking's great contribution to scientific development and his optimistic (乐观的) attitude to life. Hawking is believed to be one of the greatest scientists alive. He made remarkable achievements in the study of black holes and the universe by using quantum theory (量子论) and general relativity (广义相对论).



He was born on 8 January 1942 (300 years after the death of Galileo) in Oxford, England. He took his doctor's degree in physics and did research at Cambridge University. By the age of 21 he had already begun to notice that it was difficult to move around without falling over. Although he had a disease of the brain which was getting worse, he decided to continue with his research and writing. He had to find ways to speak, read and write, even though he could later only move the fingers of one hand. He is famous for two best-sellers "A Brief History of Time (时间简史)" and "From the Big Bang to Black Holes (从大爆炸到黑洞)".

Professor Hawking has twelve honorary degrees, was awarded the CBE in 1982, and was made a Companion of Honor in 1989. He is the recipient of many awards, medals and prizes and is a Fellow of the Royal Society and a Member of the US National Academy of Sciences.

Stephen Hawking continues to combine family life (he has three children and one grandchild), and his research into theoretical physics together with an extensive program of travel and public lectures.

- 1. In the writer's eyes, children are always happy because _____
 - A. they wish they were grown-ups
 - B. they are responsible for what they have done
 - C. they are too young to do anything for themselves
 - D. they are in their parents' loving arms
- 2. The old can have the joy of .
 - A. avoiding seeing their sons in their lives
 - B. living alone
 - C. making progress every day
 - D. watching their grandchildren growing up with their help

8

- 3. On August 19, 2003, Chinese President Jiang Zemin spoke highly of Hawking for
 - A. his visit to China
 - B. his strong will in his work
 - C. his contribution to scientific development and his optimistic attitude to life
 - D. his book "A Brief History of Time (时间简史)"
- 4. Which of the follow is true?
 - A. Stephen Hawking and Galileo were born in Oxford, England.
 - B. Stephen Hawking finds lots of growing pains in his life.
 - C. Stephen Hawking combines his family life with his physics research.
 - D. "A Brief History of Space" is one of his books.

006

Chinese music is loved all over the world, especially ten of folk music from it.

"Golden Snake Dance" is a Cantonese music. It was composed by Nie Er, one of China's most renowned musicians. The music is happy and exciting. The music will never be forgotten, especially during festivals, when the snake dance is performed to celebrate.

"Farewell at the Yangguan Pass" is based on a poem by famous Tang Dynasty poet Wang Wei. It was composed to express two friends' feeling for each other. And in the form of roundelay, it was repeated three times to show their reluctance to say good-bye.

The famous blind erhu player Hua Yanjun, or better known as Ah Bing, had suffered a lot during his lifetime, but people will never forget him. His most outstanding composition "Moon Reflected on the Second Spring" became one of the representative music pieces of China.

The music "Zhaojun Married away Beyond the Great Wall" was based on a historic story of the Han Dynasty some 2,000 years ago, when princess Zhao Jun traveled to the far northwest to marry the leader of a Han regime.

Pipa music "Ambush on all sides" tells of a historic war some 2,200 years ago, when the two rival sides of Chu and Han fought for the leadership of the country. During the final battle, the Chu soldiers were surrounded by the Han army, and finally they were defeated. The music depicts this great war scene.

And the other five traditional music pieces are "Moon-lit Night by the Spring River",

"7	The Butterfly Lovers" "Three Starrenger By		oj tilo	opring Kiv	CI	9
	The Butterfly Lovers", "Three Stanzas of Plum-blossoms",	"Flying	Chinese	Francolin"	'an	d
"I	n the Quiet of the Night."	, ,		- runcomm	an	·
1.	How many pieces of traditional Chinese music and					

- 1. How many pieces of traditional Chinese music are mentioned in the passage? A. Five. B. Eight. C. Fifteen. D. Ten.
- 2. Which piece of music tells us about a war in Chinese history?
 - A. Moon-lit Night by the Spring River.
 - B. Golden Snake Dance.
 - C. Ambush on All Sides.
 - D. Zhaojun Married away Beyond the Great Wall.
- 3. "Farewell at the Yangguan Pass" was always repeated three times to show
 - A. two friends' unwillingness to say good-bye

B. two friends' love for each other	
C. the bad weather the same transfers and decided	
D. that the two friends were in great danger	
4. Wang Zhaojun went to the far northwest to marr	y the leader of a Han regime
A. twenty centuries ago	
C. two hundred years ago	
5. How many pieces of music are not explained by t	
	Twenty. D. Two.
	13. How do you get along this your
Food is a mixture of useful substances — carboh	
vitamins, and water. A balanced diet is one which gi	ves you the right amounts of all of them.
Carbohydrates supply about half of your energy. The	e body may also change them into fats
Fats are rich in energy. The body can store them to	use later. Proteins are for bodybuilding
You need them for growth and for replacing dead co	ells. Your body needs small amounts of
minerals. For example, calcium is important for make	ing bones and teeth and it is from cheese
and milk you eat. Your body also needs small amoun	nts of vitamins. You can see nothing at
night if you lack vitamin. Fibre can't be digested, but	t it is good for your body because it helps
food pass through your gut (肠) more easily. You ne	eed about a litre of water every day and
more if it is hot or you are very active. Drinks, fruits	and other foods contain water in them
All living things need food. It gives them energ	y and the substances they need to build
their bodies. If poisonous chemicals get into a food,	they can kill living things.
1. Minerals are of importance for you to keep fit. If yo	u lack calcium, vou won't feel
A. weak B. sick C.	strong D. happy
2. Which can be inferred from the text?	South a property of the state o
A. If fishes in rivers are poisoned by chemicals, i	t will do harm to people
B. Not all living things need food.	The of the south of the community of the
C. Many animals only eat one type of food.	
D. Animals which kill and eat other animals are c	alled predators
3. If you lead an active life, your body needs	the production and the production of
A. more water B. less water C.	no water D a cup of wine
	The same is a same to a
Love, success, happiness, family and freedom —	how important are these values to you?
Here is one interview which explores the fundamental	questions in life.
Question: Could you introduce yourself first?	questions in inc.
Answer: My name is Misbah, 27 years old. I was	born in a war-torn area. Bight now I'm
a web designer.	82 10 modes began
Q: What are your great memories?	
A: My parents used to take us to hunt birds, clim	b trees, and play in the fields Ec-
it was like a holiday because we were going to have	fun all day long. Those are my
memories.	and day long. Those are my great

Q: Does your childhood mean a lot to you? A grand lie with binning a school was a number of

- A: Yes. As life was very hard, I used to work to help bring money in for the family. I spent my childhood working, with responsibilities beyond my age. However, it taught me to deal with problems all alone. I learnt to be independent.
 - Q: What changes would you like to make in your life?
- A: If I could change something in my life, I'd change it so that my childhood could have taken place in another area. I would have loved to live with my family in freedom. Who cares whether we have much money, or whether we have a beautiful house? It doesn't matter as long as I can live with my family and we are safe.
 - Q: How do you get along with your parents?
- A: My parents supported me until I came of age. I want to give back what I've got. That's our way. But I am working in another city. My only contact with my parents now is through the phone, but I hate using it. It filters (过滤) out your emotion and leaves your voice only. My deepest feelings should be passed through sight, hearing and touch.
- 1. In Misbah's childhood, _____
 - A. he was free from worry
 - B. he liked living in the countryside
 - C. he was fond of getting close to nature
 - D. he often spent holidays with his family
- 2. What did Misbah desire most in his childhood?
 - A. A colorful life.

B. A beautiful house.

C. Peace and freedom.

- D. Money for his family.
- 3. How would Misbah prefer to communicate with his parents?
 - A. By chatting on the Internet.
- B. By calling them sometimes.

C. By paying weekly visits.

- D. By writing them letters.
- 4. If there were only one question left, what would it most probably be?
 - A. What was your childhood dream?
 - B. What is your biggest achievement?
 - C. What is your parents' view of you?
 - D. What was your hardest experience in the war?

009

My family and I lived across the street from Southway Park since I was four years old. Then just last year the city put a chain link fence around the park and started bulldozing (用推 土机推平) the trees and grass to make way for a new apartment complex. When I saw the fence and bulldozers, I asked myself, "Why don't they just leave it alone?"

Looking back, I think what sentenced the part to oblivion (被遗忘) was the drought (旱灾) we had about four years ago. Up until then, Southway Park was a nice green park with plenty of trees and a public swimming pool. My friends and I rollerskated on the sidewalks, climbed the trees, and swam in the pool all the years I was growing up. The park was almost like my own yard. Then the summer I was fifteen the drought came and things changed.

There had been almost no rain at all that year. The city stopped watering the park grass. Within a few weeks I found myself living across the street from a huge brown desert. Leaves