

高中 英语阅读达标必备

中学英语 阅读能力训练

主编：《高中英语阅读》编写组

（高一年级）



新 大纲要求

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Short Storys

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主编：《高中英语阅读》编写组

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教你用好这本书

《中学英语阅读能力训练》是系列英语读物,全套共三册,分别与高中一至三年级水平相匹配。

本书是遵照中华人民共和国教育部2001年6月修订的《全日制普通高级中学英语教学大纲(试验修订版)》的要求编写的。《大纲》要求高中三年级毕业时,“除教材外,课外阅读量应不低于20万字”。并要求达到二级目标中对阅读的6点要求。

1. 能以每分钟70~80个词的速度,读懂生词率不超过3%的有关人物传记、故事、记叙文、科普小品和有关社会文化、文史知识等不同题材的材料。
2. 能读懂简单的应用文,如信件、请柬、通知、便条和常见标志等。
3. 能运用一般的阅读技巧,基本把握所读材料的中心思想、主要事实、主要逻辑线索、时间和空间的顺序。
4. 能根据上下文理解作者的态度和观点。
5. 能根据已知的事实推断语篇未直接写出的意思。
6. 除教材内容外,课外阅读量应达到20万字左右。

为了尽快落实新修订大纲的精神,我们特地聘请英语特级教师梁丽冰策划了这套英语阅读丛书。

本套书充分体现了新修订大纲的特点,从满足高中学生的需要为出发点,以训练有用的技能为突破点。本书题材广泛,体裁丰富,信息量大,有时代感。文章内容在知识性、趣味性、复杂性及时尚性等方面都力图与高中学生认知规律相符;测试题的设计在思维技巧和思维力度等方面都针对各年级的教学目标和学生特点,各自侧重,旨在帮助高中学生养成良好的阅读习惯,尽快帮助学生提高阅读理解的正确率。本书高一分册、高二分册在习题中体现了新特色,将调研成果运用在出题思路中,即要求学生在答题时标出行号,目的是培养学生从原文中查找有关信息的习惯,避免猜蒙答案。本书一改以往单纯的四选一模式,设计了一定比例的需要写答案的问题,把读和写有机地结合起来,确实有效地帮助学生提高英语的综合能力。

本书的主编和作者均为经验丰富的中学高级教师,这些教师多年从事高中教学和高考辅导工作,颇有成效。

本书以教育部制订的《英语课程标准》的话题为纲,所选读物基本覆盖24个话题项目。与现行课本水平配套,各有侧重,第一册重点培养准确获取信息的基本技巧,同时有意识地复现初中词汇,第二册突出基本思维技巧和解决问题的策略训练,第三册体现与高考水平接轨,突出深刻性、综合性和灵活性。本书特

聘首都师范大学英语系和大学英语教研部副教授刘北丽、孙小芬、刘宝芬审订书稿;刘锐老师为高三分册选编了“Reading For Fun”。

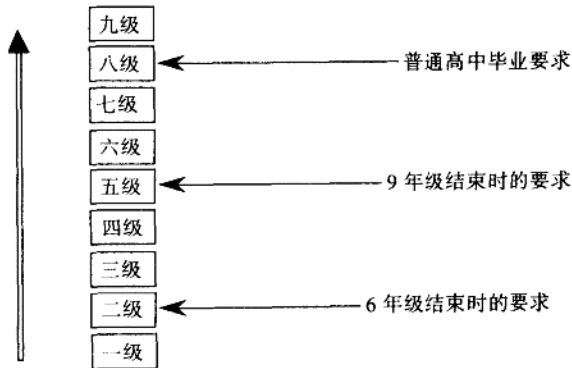
英语课程标准设计思路

本书读物的难易度根据教育部制订的《英语课程标准》，现引用如下，以便读者明确级别目标。

《标准》采用国际通用的分级方式，将英语课程目标按照能力水平设为九个级别。该设计遵循了语言学习的规律和不同年龄段学生生理和心理发展的需求和特点，也考虑到我国民族众多，地域辽阔，经济和教育发展不平衡的实际，旨在体现国家英语课程标准的整体性、灵活性和开放性。

国家英语课程要求从3年级起开设英语课程。《标准》第二级为6年级结束时应达到的基本要求；第五级为9年级结束时应达到的基本要求；第八级为高中毕业的基本要求。第三、四、六、七级为第二、五、八级之间的过渡级。过渡级别的设置既有利于对各层次教学的指导，又为课程的灵活性和开放性提供了依据。

英语课程分级目标结构如图所示。



课程目标的级别不完全等同于基础教育阶段的各个年级。但是，分级目标对3~6年级、7~9年级和高中各学段或年级的教学和评价以及教材编写提供了循序渐进、稳步上升的指导性要求，有利于课程的整体实施。从3年级开设英语课程的学校，3、4年级应完成一级目标，5、6年级完成二级目标；7~9年级分别完成三、四、五级目标；高中阶段完成六、七、八级目标。第九级为外国语学校 and 外语特色学校高中毕业课程目标的指导级，该级别也可以作为部分学校少数英语特长生基础教育阶段的培养方向。

各地区可以根据国家课程三级管理的有关政策规定，根据当地的条件和需要，适当调整相应学段英语课程的目标。教育基础和师资条件暂不具备的地区或学校，以及把英语作为第二外语开设的学校，可以适当降低相应学段

英语课程目标的要求。英语教育基础和条件较好的（如从1年级起就开设英语课程的地区或学校），在不加重学生负担的前提下，

可以适当提高相应学段级别的要求。



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Passage 1



1 Prince William is the first son of Prince Charles and Princess Diana of the 1
United Kingdom. His full title the is His Royal Highness Prince William of
Wales. He was born in London on June 21, 1982. This year he celebrated his
18th birthday. This is a big **occasion** because this marks he has grown up, and is
5 ready for university! People in the United Kingdom give him a lot of atten- 5
tion. He was on every newspaper's front page in June!

Prince William is quite handsome. He is tall, his hair color is blond, and
his eyes are blue. He is also left-handed. He **takes after** his beautiful mother,
Princess Diana. But his younger brother, Harry, takes after their father,
10 Prince Charles. 10

Prince William loves shooting. He also enjoys skiing, tennis, soccer, rug-
by, **hockey**, **rafting**, rowing on **the Thames River**, and swimming. He is an im-
portant member of water **polo** team at Eton College. He likes **casual** clothes,
he enjoys dancing and driving his car. He spends his spare time with friends,
15 watching films or football matches. His favorite hobby is painting. He is ex- 15
cellent at painting.

Prince William is willing to take part in anything a normal young man
would do. This includes breaking the rules to have fun. He is very **loyal** to his
own friends. Some people say that Prince William has some bad friends. But
20 which schoolchild does not? 20

Prince William is shy in public, especially before the **media**. But he can do

better now. Some newspaper reported that Prince William is romantically linked with the famous American pop singer Britney Spears, but he says that it is not true. And when asked if he has a girlfriend he says, "I'd like to keep my private life private."

Prince William is a very good student at school. He studies history, geography, art, chemistry, physics, maths, English, Literature, Spanish, French, music and PE. He has been doing so well that his marks are all As and Bs.

This summer Prince William is going to graduate from Eton College. This is a school for Britain's elite young people. It is said that any boy leaving Eton today wants to be a leader tomorrow and be successful. The days at Eton is one of the happiest time in Prince William's life. However, his mother Diana, Princess of Wales, died during this period. When Princess Diana was alive, she always tried to give her son as normal a life as possible. It seems that her effort is paid off. Now William has a very balanced life. He was able to hold himself, together through his parents divorce and the death of his mother. He is considered a positive role model for the UK and family.

(约 400 字)

生词:

occasion 场合,特殊事件

the Thames River 泰晤士河

elite 精锐分子,杰出人物

take after: 像

casual 便服的

divorce 离婚

hockey 曲棍球

loyal 忠实的

positive 积极的

raft 木筏

media 媒体

polo 水球

一、阅读短文,从下面所给的 A、B、C、D 四个选项中选出最佳答案。

()1. Which of the following is NOT mentioned in the passage?

A. Prince William has wide interest and is good at study.

B. Prince William is shy before the media.

C. Prince William is very handsome and left-handed.

D. Prince William is quite different from his younger brother Harry.

()2. What is the author's attitude to Prince William?

A. The author thinks it is wrong of him to make some bad friends.

B. Prince William attracts too much attention.

C. Prince William is a good example for the UK.

D. Prince William's life is ruined by the divorce of his parents.

二、阅读短文,根据所提问题找出答案所在的行,并将其序号写在问题的后面。

例:What is the full title of William? (2,3)

1. Why is Prince William's 18th birthday is very important to him? ()
2. Who made it possible for william to live a balanuced life? ()
3. What's the author's attitude towards william's making bad friends?
()

三、阅读短文,回答下列问题,并将问题的答案写下来。

1. What is Prince William like?

2. Which school is he going to graduate from? What kind of school is it?

3. Why is he considered a positive role model for the UK and family?

四、根据文章中提供的有关“**Prince William is considered a positive role model for the UK and family**”的信息,写出 50 - 70 字的描述。

Passage 2



“BANG!” the door caused a **reverbera- 1**
tion. It was just standing there, with father
standing on one side, and I on the other side.

We were both angry. “Never set foot in
this house again!” stormed father. With tears 5
welling up in my eyes, I rushed out of the flat
and ran along the street.

The street lights were shining. I wan-
dered aimlessly.

A young father who held a child in his 10
arms walked passed me. I felt as if I saw my
childhood from another space: happy and **har-**
monious.

But now... I don't know whether it is be-
cause I have grown up or because dad is get- 15
ting old. We differ in our ways of thinking.
Whenever I do something he points out that I
am wrong. But when he himself is doing
something wrong, he never **confesses** it. We are just like two people coming
20 from two different worlds. It feels like there is an iron door between us that 20
can never be opened.

I wandered the streets, without a **destination** in mind. My heart was
frozen on this hot summer night. As I walked on there were fewer and fewer
people on the streets, until I had only the street lights. When I finally reached
25 the high-rise apartment block in which I lived, I saw that the light was still on. 25

I thought to myself: “Is father waiting for me, or is he still angry with
me?”

In fact, it was nothing. Perhaps, dad was throwing away some of his old
stamps. Perhaps he thought they were useless. I never had the courage to tell
30 him that I liked collecting stamps. I can't stand his words: “I can't throw you 30

away, **let alone** these old papers?"

All the lights were off except father's.

Dad was always like this. Maybe he didn't know how to express himself. After shouting at me, he never showed any regret. After an argument he has
35 the habit of creeping up in my sleep and then **tucking** me underneath the cov- 35
ers.

This was how he always was. He has been a leader for so long that telling everyone else what to do has become his second nature.

The light was still on. "Am I wrong?" I whispered, maybe... With the key
40 in hand, I was as nervous as I had ever been. At last, I decided to open the 40
door. As soon as I opened the door tears ran down my cheeks. I suddenly realized that the iron door that I had **imagined** between us did not **exist** at all. Love
- it's second to none.

(约 430 字)

生词:

reverberation 回声

harmonious 和睦的

confess 承认

destination 目的地

tuck 塞

imagine 想象

exist 存在

let alone 更何况

一、阅读短文,从下面所给的 A、B、C、D 四个选项中选出最佳答案。

() 1. Which of the following statements is true?

A. The writer liked collecting stamps.

B. The writer disliked his father.

C. The writer and his father came from two different worlds.

D. The writer and his father were afraid of arguments.

() 2. What is the best TITLE of this text?

A. Rush Out

B. My Childhood.

C. Love is Second to None.

D. A Fight between Father and I.

二、阅读短文,根据所提问题找出答案所在的行,并将其序号写在问题的后面。

例: Where did the writer go when he was angry? (6-7)

1. How many times did the writer cry? When did he cry? ()

2. What did the writer see when he wandered the street? ()

3. What does the writer think of his father's character? ()

三、阅读短文,回答下列问题,并将问题的答案写下来。

1. What's the difference between the writer and his father?

2. What did the writer's father do after an argument?

四、根据主题图从文章中搜索信息,写出 50-70 字的说明或描述。

Passage 3



1 New York—The city that never sleeps is still sleeping peacefully when 1
John Kubacki walks out his front door for a sunrise run in Central Park.

Across town, Patricia Brawer is already lifting weights with her personal
trainer.

5 There's a name for these two people. Dr James Hill, an **obesity expert** at 5
the University of Colorado Health Sciences Centre in Denver, calls them "suc-
cessful losers."

They are people who lost a lot of weight a long time ago and have man-
aged to **avoid regaining** it. Hill says they have a lot to teach people about
10 **achieving** and **maintaining** a healthy weight. 10

Obesity has become so common in the United States that it threatens to
overtake smoking as public health enemy No 1. One in four American adults is
obese, an increase of 50 per cent over 20 years ago.

"Obesity is a bomb waiting to **explode**," warns George Bray, an obesity ex-
15 pert at Louisiana State University. 15

Seven years ago, Hill and a few colleagues began to study people who had
resolved their weight problems.

They founded the National Weight Control Registry, and had 3,000 people who had lost at least 13.5 kilograms and kept it off for a year or more.

20 The idea is to find out what successful losers do to maintain their weight. 20

Successful losers tend to have four things in common. Most weight themselves **frequently** and eat breakfast everyday. But more importantly, they consume a low-fat diet and exercise often.

Brawer, a New Yorker who works at Wall Street, had been on and off diets for her whole life when she walked into a gym for the first time nine years ago. She was 47 years old and weighed almost 81 kilograms. 25

Within a few weeks her opinion of exercise had changed for good and so had her body. Now she lifts weights three times a week. Her weight stays around 61 kilograms.

30 Almost every successful loser agrees that it took a complete personal change to keep the weight off, and that exercise had to be part of it. 30

Hill's **analysis** of all 3,000 "successful losers" shows that they spend about an hour a day in **moderate** physical activity. Over the course of a week, that burns off about 2,700 calories.

35 But then, "successful losers" don't eat Big Macs or fried chicken. 35

Weight loss experts say things like belief and **confidence** have a lot to do with it.

"You have to take a change of attitude where you assume responsibility for your weight," says Donald Williamson, a psychologist at Louisiana State University. 40

After three to five years at a lower weight, Hill says, very few people regain the kilograms they lost.

(约 444 字)

生词:

obesity expert 肥胖症专家

avoid 避免

achieve 实现

maintain 保持

regain 重新获得

explode 爆炸

frequently 经常的

analysis 分析

moderate 适度的

confidence 自信

一、阅读短文,从下面所给的 A、B、C、D 四个选项中选出最佳答案。

() 1. How many people are obese in American?

A. 3,000 people.

- B. 2,700 people.
C. 25 per cent adults.
D. 50 per cent adults.
- () 2. Which of the following statements is true according to the passage?
A. James Hill studied obesity earlier than George Bray.
B. John Kubacki walks out to see the sunrise in the park.
C. Successful losers must exercise three to five years.
D. Obesity may become No 1. health problem in the United States.

二、阅读短文,根据所提问题找出答案所在的行,并将其序号写在问题的后面。

例: Who is Donald Williamson? (39)

1. What is the result of Dr. Hill's study? ()
2. What do obesity experts think of heavy problems? ()
3. How many examples of weight loss does the writer tell us? What are they? ()

三、阅读短文,回答下列问题,并将问题的答案写下来。

1. What do successful losers do to maintain their weight?

2. What did Brawer do to lose her weight?

3. Why did obesity experts found the National Weight Control Registry?

四、根据文章中提供的有关 Hill 教授的信息,写一个 50 - 70 字的文段。

Passage 4

1 Antonio Samaranch, Spanish sports administrator, politician, ambassador, and economist, was elected president of the International Olympic Committee (IOC) in 1980.

5 Considered a strong and forceful leader, Samaranch helped **initiate** a period of worldwide growth in the Olympic movement and of **innovation** to the Olympic Games.

Born in Barcelona, Samaranch was educated at the Higher Institute of Business Studies there. He then became a businessman. In the 1950s and 1960s he held important offices for athletic associations such as the Spanish

Olympic Committee and the International Committee for the **Mediterranean**

15 Games. He also rose through the ranks of Spanish politics, moving from **municipal** positions in Barcelona in the 1950s to a post as the Spanish **ambassador** to the Union of Soviet Socialist Republics (USSR) in the late 1970s. Samaranch became a **representative** of the IOC in 1966. Selected to the **executive board** in 1970, he served as vice president from 1974 to 1978. In 1980 he was

20 elected president of the organization. Samaranch **assumed** the presidency at a difficult time for the IOC, as the athletic **achievements** of the **previous** few Olympiads had been **accompanied** by political **controversies**, **violence**, and **boycotts**. The 1984 Olympics in Los Angeles were affected by a boycott by the USSR and several of its **allies**, but they were generally considered a success, in

25 part because of increased corporate **sponsorship** of the games. These sponsorships, **nurtured** by Samaranch during his **tenure**, led over the next few Olympiads to impressive growth in the **scope** and **popularity** of the games.

Samaranch also presided over an innovation in the **scheduling** of the Olympics. Until 1994, the Summer and Winter Olympics were held during the

30 same year, at four-year **intervals**. Beginning in 1994, however, the Summer

