

# 锦囊妙解

中学生 英语 系列

龚为标 主编

## 阅读理解与 完形填空 强化训练



高一

适合各种教材版本



机械工业出版社  
CHINA MACHINE PRESS

# 锦囊妙解

中学生英语系列

第4版

## 阅读理解与完形填空

### 强化训练



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本书是“锦囊妙解中学生英语系列”的《阅读理解与完形填空 强化训练 高一》分册。全书共分为 25 个单元,每个单元有 4 篇阅读理解文章和 2 篇完形填空文章,供学生进行强化训练使用。书后参考答案中配有文章大意介绍及详细的解析。本书注重对高一年级学生英语阅读理解能力的培养,在学中练,在练中发现问题,力求从根本上提高学生的阅读理解能力。

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# 丛书序

随着社会生活的信息化和经济的全球化,英语的重要性已日益突出。英语作为最重要的信息载体之一,已成为人类生活各个领域中使用最广泛的语言。学习和掌握英语,开展对外交流已是对 21 世纪国民素质的基本要求。

为了激发和培养学生学习英语的兴趣,帮助学生养成良好的学习习惯和形成有效的学习策略,使学生掌握一定的英语基础知识和听、说、读、写技能,形成一定的综合语言运用能力,我们组织教学一线的特、高级英语教师编写了“锦囊妙解中学生英语系列”丛书。其中的强化训练套系包括初、高中的《词汇与语法 强化训练》《单项选择与写作 强化训练》《阅读理解与完形填空 强化训练》以及《听力 强化训练》共计 24 种。本丛书遵循教育部制定的英语课程标准,从语言技能、语言知识、学习策略、情感态度、文化意识等方面着手,让学生们在学习过程中磨砺意志、陶冶情操、拓展视野、丰富生活经历、开发思维能力、发展个性和提高人文素养。本丛书不仅能帮助学生更好地理解教材、提升英语语言能力,而且充分体现了“教材”与“教辅”、“知识”与“能力”的完美互动。

**本丛书具有以下鲜明的特色:**

## 一、同步性

本丛书完全与英语课程标准同步,不但词汇、语法、话题同步,而且题型也与中、高考完全吻合,并以最新的课改精神为理念,以现行的初、高中课改教材为蓝本,设题紧扣教材、逐层深入。其所有素材源于教材,但又不拘泥于教材;既讲求课内知识的巩固与拓展,又注重知识“点”与“面”的完美结合。

## 二、全面性

本丛书的知识分布全面,涵盖所有的中、高考考点。一方面从各小点突破,另一方面做到点、线、面的完美结合。同时进行了语言技能、语言知识、学习策略、情感态度、文化意识等内容的全面融合。

## 三、新颖性

本丛书不但题目原创、题型新颖,而且编写理念超前,有耳目一新之感。全部题目都精心编写,覆盖考点;所有题型都精心设计,仿真中、高考。各学段或年级的题目、题型的设置都充分体现了循序渐进、稳步上升的指导性原则。

## 四、示范性

本丛书的所有习题均给出了参考答案,并附有详细的解析,且阅读文章还附有语篇解读,讲解精练,极具权威性,旨在培养学生的发散思维能力与创新精神。

愿这套内容厚重、形式简约的丛书能伴您走向成功!

本丛书从策划、编写到出版,都精心设计,细致操作,可谓尽心尽力,但不免有疏漏之处,敬请广大读者不吝指正。

丛书编委会

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# 教你阅读与完形

## 阅读理解

### 一、阅读理解考查特点透视

随着近几年各省市高考自主命题的展开,高考阅读理解在命题思路、题型设置和整体难度等方面也呈现出一定的地域性差异,从而适应不同地区英语教学的需要。但分析全国及各省市的英语高考试题,我们不难看出阅读理解部分还是具有很多共同的特点:

1. 话题广泛,体裁多样,内容贴近生活实际。
2. 选材新颖,语言地道,原汁原味。
3. 题型分布合理,难度在稳定中求发展。

### 二、阅读理解常考题型分析

阅读理解的题型大致分为四类:主旨大意题、细节理解题、推理判断题和词义推测题。以下是对四大常考题型的简要分析:

- |          |   |
|----------|---|
| 1. 主旨大意题 | 考查内容: <ul style="list-style-type: none"> <li>① 文章的主题、中心思想、文章的结构层次等。</li> <li>② 根据文章的结构寻找主题句,以确定主题。</li> </ul> 解题要诀: <ul style="list-style-type: none"> <li>① 领会全文大意,运用概念、判断、归纳等逻辑方法得出结论。</li> <li>② 根据文章的结构寻找主题句,以确定主题。</li> </ul>  |
| 2. 细节理解题 | 考查内容: <ul style="list-style-type: none"> <li>① 所涉及的人物、时间、地点、方式、事件。</li> <li>② 简单的数字计算、事件发生的顺序、图表内容的识别。</li> </ul> 解题要诀: <ul style="list-style-type: none"> <li>① 速读全文,领悟大意,细读题干,查找信息。</li> <li>② 对比选项,排除干扰,再查文章,准确定位。</li> </ul>  |
| 3. 推理判断题 | 考查内容: <ul style="list-style-type: none"> <li>① 对作者的意图、倾向、语气等进行推断。</li> <li>② 对人物的心理、情感、倾向等进行推断。</li> <li>③ 对事物的原因、结果或事故的结局进行推断。</li> </ul> 解题要诀: <ul style="list-style-type: none"> <li>① 抓住主题和细节,挖掘文章的深层含义。</li> <li>② 运用常识及合乎逻辑的方法进行推理、判断。</li> </ul>   |
| 4. 词义推测题 | 考查内容: <ul style="list-style-type: none"> <li>① 某些生僻词汇或熟词生义在具体语境中的意义。</li> <li>② 某些短语或短句在上下文中的深层意义。</li> </ul> 解题要诀: <ul style="list-style-type: none"> <li>① 运用一定的构词法知识,如前缀、后缀等帮助推测。</li> <li>② 根据 that is, namely, similarly, in other words 或破折号、冒号等后面的内容进行推测。</li> <li>③ 根据 but, however, yet 等连词后面的内容进行推测。</li> </ul> |

### 三、阅读理解应试策略指导

目前,许多高一学生阅读面过窄,阅读兴趣不高,达不到课程标准的要求。在此提出几条关于英语阅读理解的建议,希望同学们对照自己的个人情况,进行合理的借鉴和使用:

1. 培养广泛阅读的习惯。平时应多选语言生动质朴、内容引人入胜的文章来逐步培养对英语阅读的兴趣。同时,阅读的范围要涉及多种主题和体裁。

2. 以阅读为载体,加强英语语言积累。阅读时,把文章中出现的有用的知识点整理到笔记本上,对于一些精彩的段落可以熟读或背诵。这样不断积累,阅读能力和语言知识会在潜移默化中提高。

3. 处理好阅读速度和理解准确性的关系。在平时做题时,学习和总结一些实用的解题技巧。另外,要有意识地进行定时、定量的阅读,培养快速阅读的能力。

4. 从注重语言形式提高到领悟语篇信息。阅读时要把主要注意力放在跟上作者的思路、把握作者通过语言所要传达的信息上,即达到通常所说的“得意忘形”的境界。

## 完形填空

### 一、完形填空考查特点透视

完形填空是在语篇中测试学生英语基础知识、阅读能力、思维能力及判断能力的综合性试题,是一类要求高、难度大、区分度高的题型。从近年来高考完形填空题来看,该题已经淡化了语法知识,而侧重篇章和语境,注重内容与情节的内在逻辑联系及语言运用能力。其主要考查特点如下:

1. 文章难度与高中教材难度相当;内容贴近生活,易于理解。
2. 以记叙文为主,首句不设空。
3. 文章中生词量有增无减;实词为主,虚词为辅。
4. 强调对上下文语境的理解。
5. 长句增多,句式灵活,结构复杂。

### 二、完形填空应试策略及解题技巧

#### 1. 略读全文,掌握大意

略读(skimming)即快速地读,以了解文章大意、结构为目的。完形填空首先是测试理解能力,只有在比较准确地理解短文意思、了解其文章结构后,才能有把握去做题。很多考生在考试时为了节省时间,边读边选,但这样做容易出错。因为边读边选会一再打断阅读理解的整体连贯性,不利于统览全文,理清文章的脉络。边读边选还很有可能造成断章取义,一空填错,步步皆错。较稳妥的办法还是先花2~3分钟把文章略读一下。

#### 2. 字斟句酌,初选答案

通读全文,了解文章大意之后,就可以细读全文,边读边分析。完形填空设置的问题大致可分为三类:词语搭配、结构搭配和逻辑搭配。针对这些题型,同学们可采用以下解题技巧:

- ① 利用语篇标志和首句来解题。
- ② 根据重复观察和逻辑推理来解题。
- ③ 根据常识和文化背景来解题。
- ④ 根据语法规则、词义辨析和固定搭配来解题。
- ⑤ 根据上下文语境,合理推断来解题。

#### 3. 复读全文,验证答案

完成选择后,同学们最好再花一两分钟将短文从头到尾读一遍,检查文章语意和结构的整体性,并从语法、惯用法和固定搭配等方面进一步验证所选答案,修改不合理的选择。

### 三、练习方法和提高途径

良好的完形填空成绩主要源于良好的阅读习惯和良好的语法功底。在平时的做题中要善于总结。另外,培养自己良好的阅读习惯应采用以下练习方法:

1. 要从头至尾一气呵成,不要频繁回读。
2. 要以意群、语义为单位,不要逐词逐句地读。
3. 要借助视觉扫读,不要用手指划读或出声读。
4. 利用上下文和语法猜测生词,不要频繁查词典。

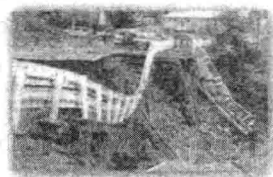
## 基础训练

## Unit 1

## A

建议用时:6分钟 实际用时:\_\_\_\_\_ 难度:★

Here some people are enjoying an afternoon snooze (睡午觉, 小睡); others are having a cup of tea in the yard. Suddenly, the light is swaying(摇摆); the building is shaking. The entire shelf falls down like shattering<sup>①</sup> plates and cups; the painting on the wall falls to the ground.



A woman with a baby in her arms is trying to open the door, but fails. Finding no way, she rushes into the bathroom and there they survive the earthquake.

In a factory building, as the workshop floor swings under the terrible shaking, workers run for safety. Some hide under machines and survive, but others who try to run outside are killed by the failing ceilings.

These scenes, played by actors and actresses, are from a film of science education *Making a Split-second Decision* shown this year to mark the 4th anniversary of the Wenchuan Earthquake on May 12.<sup>②</sup>

By studying actual cases in the earthquake areas and scientific experiments, experts found that a building remains untouched for the first 3 seconds of an earthquake.

In this short time, one has the best chance of surviving an earthquake by staying near inside walls, in bathrooms and under beds, experts concluded in the film.

"Earthquakes seem to catch the lives of those who run," said many survivors in the earthquake areas, describing how their friends were killed on the doorways or along the stair steps as they tried to get out of the building.

Their advice was proved in the film: "Take a hiding place where you are rather than run, unless you are sure you can reach a safe open place within ten seconds."<sup>③</sup>

( ) 1. This passage is mainly about \_\_\_\_\_.

A. an earthquake which happened in Wenchuan

B. a film which tells people how to survive an earthquake

C. what workers do in factories when an earthquake happens

D. the 4th anniversary of the Wenchuan Earthquake

( ) 2. Which is the best way to survive an earthquake?

A. You must open the door quickly and run out down the stairs as soon as you can.

B. You'd better not move and lie on the floor immediately

C. You should find a place and hide in it within ten seconds where something is strong enough to hold against the failing ceilings.

D. You should cry for help and wait for somebody to save you.

( ) 3. What is the best title for the passage?

A. A Wonderful Film.

B. When an Earthquake Happens, Many People Die.

C. The Experts Did Some Experiments in an Earthquake.

D. To Run or not in an Earthquake, Which Is the Right Way?

( ) 4. What does the underlined sentence in Paragraph 7 mean?

A. If you run, you can have the chance to survive.

B. Those who run usually lose their lives.

C. Better stay inside the house during an earthquake.

D. If you don't run, you will be killed.

正确率: ( ) / 4

## B

建议用时:5分钟 实际用时:\_\_\_\_\_ 难度:★★

## The Touchstone

When the great library of Alexandria burned, the story goes, one book was saved. But it was not a valuable book; and so a poor man, who could read a little, bought

it for very little money.

The book wasn't very interesting, but between its pages there was something very interesting indeed. It was a thin strip of animal skin on which was written the secret of the "Touchstone"! The touchstone was a small pebble that could turn any common metal into pure gold.<sup>①</sup>

The writing explained that it was lying among thousands and thousands of other pebbles that looked exactly like it. But the secret was this: The real touchstone would feel warm, while ordinary pebbles were cold.<sup>②</sup>

So the man sold his few belongings, bought some simple supplies, camped on the seashore, and began testing pebbles. He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick up the same pebble hundreds of times. So, when he felt one that was cold, he threw it into the sea. He spent a whole day doing this but none of them was the touchstone. Yet he went on and on this way. Pick up a pebble. Cold—throw it into the sea. Pick up another. Throw it into the sea. The days continued over a long period of time.

One day, however, about mid-afternoon, he picked up a pebble and it was warm. He threw it into the sea before he realized what he had done. He had formed such a strong habit of throwing each pebble into the sea that when the one he wanted came along, he still threw it away.

So it is with opportunity. Unless we are cautious, it's easy to fail to recognize an opportunity when it is in hand and it's just as easy to throw it away.

( ) 1. The man bought the book because \_\_\_\_\_.

- A. he wanted to read it
- B. it was very interesting
- C. there was a secret in the book
- D. he wanted to find the touchstone

( ) 2. We can learn from the passage that the touchstone is \_\_\_\_\_.

- A. pure    B. cold    C. magic    D. big

( ) 3. Why did the man throw the pebbles into the sea?

- A. Because he didn't want to get the same pebbles.

- B. Because he didn't want others to pick them up.

- C. Because he didn't like their ordinary looks.

- D. Because he didn't like the cold feelings.

( ) 4. What does the author want to tell us in the passage?

- A. We should create opportunities in our life.
- B. We should seek for opportunities in the world.
- C. We may seize opportunities when we are watchful.
- D. We may discover opportunities when forming habits.

正确率: (    ) / 4

## C

建议用时: 6 分钟    实际用时: \_\_\_\_\_    难度: ★★

Ask someone what they have done to help the environment recently and they will almost certainly mention recycling. Recycling in the home is very important of course. However, being forced to recycle often means we already have more material than we need. We are dealing with the results of that over-consumption in the greenest way possible, but it would be far better if we did not need to bring so much material home in the first place.

The total amount of packaging increased by 12% between 1999 and 2005. It now makes up a third of a typical household's waste in the UK. In many supermarkets nowadays food items are packaged twice with plastic and cardboard.

Too much packaging is doing serious damage to the environment. The UK, for example, is running out of areas for burying this unnecessary waste. If such packaging is burnt, it gives off greenhouse gases which go on to cause the greenhouse effect. Recycling helps, but the process itself uses energy. The solution is not to produce such items in the first place. Food waste is a serious problem, too. Too many supermarkets encourage customers to buy more than they need. However, a few of them are coming round to the idea that this cannot continue, encouraging customers to reuse their plastic bags, for example.

But this is not just about supermarkets. It is about all of us. We have learned to associate packaging with quality. We have learned to think that something unpackaged is of poor quality. This is especially true of food. But it also applies to a wide range of consumer products, which often have far more packaging than necessary.

There are signs of hope. As more of us recycle, we are beginning to realize just how much unnecessary material we are collecting. We need to face the wastefulness of our consumer culture, but we have a mountain to climb.

- ( ) 1. What does the underlined phrase “that over-consumption” refer to?
- A. Using too much packaging.  
B. Recycling too many wastes.  
C. Making more products than necessary.  
D. Having more material than is needed.
- ( ) 2. The author uses figures in Paragraph 2 to show \_\_\_\_\_.
- A. the tendency of cutting household waste  
B. the increase of packaging recycling  
C. the rapid growth of supermarkets  
D. the fact of packaging overuse
- ( ) 3. According to the text, recycling \_\_\_\_\_.
- A. helps control the greenhouse effect  
B. means burning packaging for energy  
C. is the solution to gas shortage  
D. leads to a waste of land
- ( ) 4. What can be inferred from Paragraph 4?
- A. Unpackaged products are of bad quality.  
B. Supermarkets care more about packaging.  
C. It is improper to judge quality by packaging.  
D. Other products are better packaged than food.
- ( ) 5. What can we learn from the last paragraph?
- A. Fighting wastefulness is difficult.  
B. Needless material is mostly recycled.  
C. People like collecting recyclable wastes.  
D. The author is proud of their consumer culture.

正确率: ( ) / 5

## D

建议用时: 4 分钟 实际用时: \_\_\_\_\_ 难度: ★

根据对话内容, 从对话后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

—Excuse me. Have you been waiting long?

—About ten minutes.

— 1

—Not while I've been standing here. I'm waiting for the number seven myself.

—Good. Hot today, isn't it?

—Yes, it is. 2

—Me too. This is unusual for March. I don't remember it ever being so hot and dry in March before.

—You're from Florida then.

—Not really. 3

—My mother and I have just moved here from Indiana.

—Pretty cold in Indiana, isn't it?

—Yes. That's why we moved. But we didn't know that it would be so hot here. We should have gone to California. 4

—No. It's always a little late. Do you have the time? My watch has stopped working.

— 5

—Don't worry. It never comes exactly on the half hour like it should.

A. I wish that it would rain and cool off.

B. Do you think that we've missed the bus?

C. No, it is always quite cool here in summer.

D. It is twenty to one by my watch, but it is a little fast.

E. Did you notice whether the number seven bus has gone by?

F. I was born in New York, but I've lived here for ten years now.

G. I have been waiting here for half an hour and still haven't seen the bus.

正确率: ( ) / 5

## E

建议用时: 10 分钟 实际用时: \_\_\_\_\_ 难度: ★★

This is a true story about something that happened between a customer of General Motors and its Customer-Care Executive(客服主管). The following complaint was received by General Motors. “... It may sound crazy, but it's a fact that every time I buy a 1 ice cream, and come back from the store, my car won't start. If I get any other kind of ice cream, the car starts 2 fine. Why?” The executive was 3 about the letter, but sent an engineer to check it out anyway.

The 4 made three visits to the store with the customer. The first time, he got chocolate ice cream. The car started. The second time, he ordered strawberry. The car started. The third time he got vanilla. The car failed to start. The engineer 5 to believe that the man's car was allergic(过敏的) to vanilla ice cream. He 6 his visits, and noted all sorts of data: the types of gas used and the time it took to drive back and forth.

Soon he found a clue: it took the man less 7 to buy vanilla than any other flavor(味道). Why? The answer was in the layout(布局) of the store. Vanilla, as

the most 8 flavor, was in the front of the store for quick pickup. All the other flavors were kept further back, where it took longer to buy them.

Time was now the 9, not the vanilla ice cream! The engineer quickly put forward an answer: "Engine trouble." The extra time taken to get any other flavor 10 the engine to cool down longer. When the man got vanilla, the engine was still too hot to start.

Even crazy-looking problems can be real. What really 11 is your attitude to the problem.

Don't just say something is "IMPOSSIBLE" without putting a sincere effort into 12 it out. If you look closer, you may discover that it's possible after all.

- ( ) 1. A. chocolate                      B. strawberry  
C. vanilla                                D. banana
- ( ) 2. A. just                                B. only  
C. still                                    D. ever
- ( ) 3. A. worried                          B. crazy  
C. doubtful                              D. cheerful
- ( ) 4. A. customer                        B. engineer  
C. executive                              D. shopkeeper
- ( ) 5. A. pretended                        B. decided  
C. struggled                              D. refused
- ( ) 6. A. stopped                            B. continued  
C. valued                                 D. repeated
- ( ) 7. A. time                                B. effort  
C. cost                                    D. speed
- ( ) 8. A. strange                            B. familiar  
C. terrible                                D. popular
- ( ) 9. A. effect                              B. reason  
C. problem                               D. solution
- ( ) 10. A. prevented                        B. encouraged  
C. let                                       D. allowed
- ( ) 11. A. matters                            B. impresses  
C. bothers                                D. concerns
- ( ) 12. A. looking                            B. figuring  
C. trying                                  D. testing

正确率: (     )/12

# F

建议用时: 15 分钟 实际用时: \_\_\_\_\_ 难度: ★

When I was in Germany, one day at Christmas time I went to a post office to send a letter. To my 1 I found people queuing some paces away from the person at the savings deposit window. 2 so? Each did his business 3 but the line never moved a step 4. I

was very 5, so I walked to the window to find out the cause. There was a notice on which was written "Thank you for your 6 for others' privacy."—a polite 7 to keep people away from nosing into others' 8 (money matters are regarded as privacy in Western countries). I was deeply impressed by the 9 and stayed a while to watch: they were waiting so 10 at a distance that they seemed quite 11 to the practice. The 12 thing happened at a public telephone box. 13 waiting for their turns always kept their distance—enough to be out of 14. It's another typical example!

From then on, I 15 to watch their ways of doing things, manners, treatment 16 towards others. I found the Germans always mindful of other's privacy. They avoided putting others in an embarrassing (窘迫) situation. For instance, they never 17 about age, incomes or the place to buy such a coat, 18 will they comment on the others or jewelry others wear. Their laws 19 reading diaries or opening letters without permission. That shows 20 matters are not allowed to be disturbed.

- ( ) 1. A. sorrow                            B. anger  
C. delight                                D. surprise
- ( ) 2. A. Why                                B. How  
C. What                                    D. Where
- ( ) 3. A. in secret                          B. with care  
C. in turn                                 D. by turns
- ( ) 4. A. slower                              B. nearer  
C. farther                                 D. longer
- ( ) 5. A. curious                            B. angry  
C. interested                              D. impatient
- ( ) 6. A. care                                B. respect  
C. help                                      D. search
- ( ) 7. A. voice                                B. phrase  
C. warning                                D. sentence
- ( ) 8. A. pockets                            B. savings  
C. needs                                    D. affairs
- ( ) 9. A. word                                B. sight  
C. people                                  D. matters
- ( ) 10. A. honestly                        B. anxiously  
C. nervously                               D. calmly
- ( ) 11. A. used                                B. familiar  
C. uncomfortable                        D. polite
- ( ) 12. A. interesting                      B. strange  
C. same                                    D. different

- ( )13. A. They                      B. These  
   C. Those                      D. That
- ( )14. A. sight                      B. hearing  
   C. touch                      D. question
- ( )15. A. went on  
   B. took care  
   C. paid attention  
   D. took charge
- ( )16. A. moving                      B. shown  
   C. facing                      D. offered
- ( )17. A. ask                      B. hear  
   C. worry                      D. learn
- ( )18. A. so                      B. nor  
   C. not only                      D. if
- ( )19. A. appreciate                      B. stop  
   C. hate                      D. forbid
- ( )20. A. public                      B. personal  
   C. small                      D. important

正确率:( )/20

## 单元篇章重点、难点解析

<b>A</b> ①shattering 为形容词,意为“打碎的,破碎的”,在句中作定语,修饰 plates and cups。	<b>译文</b> 整个架子像打碎的盘子和杯子一样倒塌下来。
②played by actors and actresses 是过去分词短语作后置定语,修饰 these scenes;shown this year 也是过去分词短语作后置定语,修饰 a film;to mark...the Wenchuan Earthquake on May 12 是不定式短语作目的状语。	<b>译文</b> 这些由男、女演员们表演出来的场面,来自于今年放映的科教片电影《瞬间的决定》(Making a Split-second Decision),其目的是纪念“5·12”汶川地震4周年。
③unless 在此引导条件状语从句;rather than“而不是”,在句中连接相同的成分。	<b>译文</b> 如果你无法在10秒钟内到达安全的地方,那就应该就地寻找掩护,而不要乱跑。
<b>B</b> ①that 引导定语从句,修饰先行词 pebble,并且在定语从句中作主语。	<b>译文</b> 点金石是一种能把任何普通的金属变成纯金的小卵石。
②while“然而”,在此表示转折关系,引导并列句。	<b>译文</b> 真正的点金石摸起来感觉暖手,而普通的鹅卵石却是冰凉的。

## Unit 2

### A

建议用时: 6 分钟 实际用时: \_\_\_\_\_ 难度: ★

Vans, Keds, Dollies—they sound like the names of rock bands, but if you have teenagers, you'll know they're actually the latest in teenage footwear.

But experts are now warning that the current shoe fashions will be causing teenagers discomfort in the short term and storing up years of foot, knee and back pain in the future.

Here, the experts identify the problems caused by teenagers' shoe choice.

#### KEDS/VANS

Slip-on shoes with elastic (弹性的) sides are particularly popular among teenage boys—with Keds and Vans the most sought-after brands.



The main problem is that they are just too flat—so flat that the heel, which strikes the ground first, also becomes damaged and painful.

#### BALLET PUMPS

The worst shoes of all are such light and thin dolly shoes. The problem is partly their flatness, as with Keds and Vans. However ballet pumps, which have no string or heel, have other specific problems.



“As the shoe has no fastening device, it relies on the toes to keep the shoe on, causing an awkward gait (步法), this leads to short and long-term problems such as calluses (茧子), heel and knee pain.”

#### WEDGES AND STILETTOS

These shoes can also cause problems with gait. They may look good, but the heels on these are so high they can force the wearer's body weight forward, making them very unstable. ①



Teens who wear these shoes regularly are also in danger of joining those millions of women with constant back pain.

### SCHOOL SHOES

So what do podiatrists (足科医生) have on their wish list, especially for everyday wear?

Something in a natural, breathable fabric, with a string to hold it on, with a small heel and a deep toe-box that does not press the toes, such as Clark's, Marks & Spencer or Rhino.

If your teen insists on wearing “bad” shoes, get them some simple foot orthotics (矫形器) in the shoes. ② These support and correct the movement of the foot and, properly fitted by a podiatrist, can often transform their walk and halt the damage.

( ) 1. Of all the shoes mentioned in the passage, which can cause the worst problems?

- A. Marks & Spencer. B. Wedges & Stilettos.  
C. Keds and Vans. D. Ballet Pumps.

( ) 2. Which pair of shoes may not be found on the podiatrists' wish list?



A



B



C



D

( ) 3. The underlined word “halt” in the last paragraph probably means \_\_\_\_\_.

- A. increase B. worsen C. stop D. cure

( ) 4. From this passage we can infer \_\_\_\_\_.

- A. trendy shoes may ruin teenagers' health  
B. fashionable shoes all have orthotics in them  
C. experts are strongly against wearing popular shoes  
D. podiatrists are expert at producing branded shoes

( ) 5. In which column of Mail Online can you find this passage?

- A. Spots B. Science  
C. Health D. Shopping

正确率: ( ) / 5

## B

建议用时:6分钟 实际用时:\_\_\_\_\_ 难度:★★

## How I Turned to Be Optimistic

I began to grow up that winter night when my parents and I were returning from my aunt's house, and my mother said that we might soon be leaving for America. We were on the bus then. I was crying, and some people on the bus were turning around to look at me. I remember that I could not bear the thought of never hearing again the radio program for school children to which I listened every morning.

I do not remember myself crying for this reason again. In fact, I think I cried very little when I was saying goodbye to my friends and relatives. When we were leaving I thought about all the places I was going to see—the strange and magical places I had known only from books and pictures. The country I was leaving never to come back was hardly in my head then.

The four years that followed taught me the importance of optimism, but the idea did not come to me at once. For the first two years in New York I was really lost—having to study in three schools as a result of family moves. I did not quite know what I was or what I should be. Mother remarried, and things became even more complex for me. Some time passed before my stepfather and I got used to each other. I was often sad, and saw no end to “the hard times”.

My responsibilities in the family increased a lot since I knew English better than everyone else at home. I wrote letters, filled out forms, translated at interviews with immigration officers, took my grandparents to the doctor and translated there, and even discussed telephone bills with company representatives.

From my experiences I have learned one important rule: almost all common troubles eventually go away! Something good is certain to happen in the end when you do not give up, and just wait a little! I believe that my life will turn out all right, even though it will not be that easy.

( ) 1. How did the author get to know America?

- A. From her relatives.
- B. From her mother.
- C. From books and pictures.
- D. From radio programs.

( ) 2. Upon leaving for America the author felt \_\_\_\_\_.

- A. confused
- B. excited
- C. worried
- D. amazed

( ) 3. For the first two years in New York, the author \_\_\_\_\_.

- A. often lost her way
- B. did not think about her future
- C. studied in three different schools
- D. got on well with her stepfather

( ) 4. What can we learn about the author from Paragraph 4?

- A. She worked as a translator.
- B. She attended a lot of job interviews.
- C. She paid telephone bills for her family.
- D. She helped her family with her English.

( ) 5. The author believes that \_\_\_\_\_.

- A. her future will be free from troubles
- B. it is difficult to learn to become patient
- C. there are more good things than bad things
- D. good things will happen if one keeps trying

正确率: ( ) / 5

## C

建议用时:6分钟 实际用时:\_\_\_\_\_ 难度:★★

Does the thought of failure send a cold tremble down your back? Failure is the thing most of us spend the greatest amount of energy trying to avoid. What is failure?

In reality, when you strip away all the emotions attached to the word, failure is only feedback(反馈). Failure means that we tried a way and it did not work. So what should we do? It's simple. We should try something else.

Human beings learn from failure, by understanding what does not work, and by continuing to change their ways until they find out what does work. ① As young children, we were very familiar with “failure” when we were trying to learn how to walk.

It is true that when we struggle to do something that is new for us, we might fail. As a matter of fact, we might fail many times, but only by risking failure will we ever be able to grow. ② People might also remind us of our failures and tell us they knew it would not work. These people never fail because they never try to achieve anything in their lives. If you are failing, at least you are doing something.

A powerful way to deal with failure is to ask yourself: “What is or could be positive in this situation?” This allows you to benefit from the experience and then to move on. Very often, we achieve our greatest success right after we have experienced our worst defeat.

The bottom line is that we should accept "failure". Because if we are failing, we are learning, and if we are learning, we are growing. And growing is really what life is all about.

- ( ) 1. According to the writer, failure \_\_\_\_\_.  
 A. makes people feel trembling  
 B. costs us a lot of energy in life  
 C. is a kind of suffering  
 D. proves we find an unsuitable method
- ( ) 2. What should you do with failure?  
 A. To find excuses for failure.  
 B. To learn something valuable from failure.  
 C. To go on paying no attention to it.  
 D. To give up further efforts.
- ( ) 3. Why do we need to accept failure?  
 A. Because life is all about failure.  
 B. Because we can't finish anything without failure.  
 C. Because failure can help us grow.  
 D. Because failure can teach us how to face it.
- ( ) 4. The best title for the passage is "\_\_\_\_\_".  
 A. Failure Is Only Feedback  
 B. Failure Is Mother of Success  
 C. Failure Is Unavoidable in Life  
 D. Failure Is a Pay for Your Effort

正确率: ( ) / 4

## D

建议用时: 8 分钟 实际用时: \_\_\_\_\_ 难度: ★★

阅读下面短文, 根据所读内容在表格中的空白处填入恰当的单词。注意: 每个空格只填一个单词。

Step one:  
 Plant yourself deep in a bed of faith, and pack it down solid and tight. Water daily with positive thinking. Much often with forgiveness, for this will help you grow. Quickly take off any seed of worry and keep out the weed of despair. Cover disappointment with hope whenever it is needed and always stay cool when you feel heated. Be far away from feeling guilty and sad for they create death, and live with happy memories as often as every day.

Step two:

Harvest the lessons of the past, just dig, and pick. And care the roots of the present when you grow. Start planting for the future; set your goals in a row. Make the bed well for all your dreams to grow.

Step three:

Remember that damages are natural killers, so learn to tolerate some damages. Protect your garden with daily prayers, for this will help you manage. Bury the bad words and complaints, for they are dangerous pests. Plant the seed of love wherever you may go—for joy, love, and laughter are surely going together to grow. Although the difficulties of life may stay, just give a smile along the way... and be thankful for what you have today!

These are the ways to grow happiness. If you do as I tell you, you will definitely live a happy life.

Title	How to 1. _____ happiness
Step one	Be positive thinking and 2. _____ others much often to help you grow.
	Be hopeful when disappointed and live with happy memories.
Step two	Enjoy a rich 3. _____ of the past lessons.
	Care the roots of the present.
Step three: Learn how to 4. _____ some wrongs.	Stop saying bad words and never 5. _____.
	Plant the seed of love.

正确率: ( ) / 5

## E

建议用时: 15 分钟 实际用时: \_\_\_\_\_ 难度: ★

### The True Story of *Treasure Island*

It was always thought that *Treasure Island* was the product of Robert Louis Stevenson's imagination. 1, recent research has found the true story of this exciting work.

Stevenson, a Scotsman, had lived 2 for many years. In 1881 he returned to Scotland for a 3. With him were his American wife Fanny and his son 4.

Each morning Stevenson would take them out for a long 5 over the hills. They had been 6 this for several days before the weather suddenly took a turn for the worse. Kept indoors by the heavy rain, Lloyd felt the days 7. To keep the boy happy, Robert asked the boy to do some 8.

One morning, the boy came to Robert with a beautiful map of an island. Robert 9 that the boy had drawn a large cross in the middle of 10. "What's

that?" he asked. "That's the 11 treasure," said the boy. Robert suddenly 12 something of an adventure story in the boy's 13. While the rain was pouring, Robert sat down by the fire to write a story. He would make the 14 a twelve-year-old boy, just like Lloyd. But who would be the pirate(海盗)?

Robert had a good friend named Henley, who walked around with the 15 of a wooden leg. Robert had always wanted to 16 such a man in a story. 17 Long John Silver, the pirate with a wooden leg, was 18.

So, thanks to a 19 September in Scotland, a friend with a wooden leg, and the imagination of a twelve-year-old boy, we have one of the greatest 20 stories in the English language.

- ( ) 1. A. However B. Besides  
C. Therefore D. Finally
- ( ) 2. A. alone B. next door  
C. at home D. abroad
- ( ) 3. A. meeting B. story  
C. holiday D. job
- ( ) 4. A. Lloyd B. Robert  
C. Henley D. John
- ( ) 5. A. talk B. walk  
C. rest D. game
- ( ) 6. A. attempting B. missing  
C. planning D. enjoying
- ( ) 7. A. quiet B. dull  
C. busy D. cold
- ( ) 8. A. cleaning B. writing  
C. drawing D. exercising
- ( ) 9. A. doubted B. noticed  
C. decided D. recognized
- ( ) 10. A. the sea B. Scotland  
C. the house D. the island
- ( ) 11. A. forgotten B. discovered  
C. buried D. unexpected
- ( ) 12. A. saw B. drew  
C. made D. learned
- ( ) 13. A. book B. reply  
C. picture D. mind
- ( ) 14. A. star B. hero  
C. writer D. child
- ( ) 15. A. help B. use  
C. problem D. bottom
- ( ) 16. A. praise B. produce  
C. include D. accept
- ( ) 17. A. Yet B. Also

C. But D. Thus

( ) 18. A. read B. born

C. hired D. written

( ) 19. A. rainy B. sunny

C. cool D. windy

( ) 20. A. news B. real-life

C. love D. adventure

正确率: ( ) / 20

## F

建议用时: 17 分钟 实际用时: \_\_\_\_\_ 难度: ★

Alan Tong was the worst driver in town. He had an accident of some kind almost every week.



Alan lived with his mother. His mother was always 1 about him. Every day she worried that the police would 2 up to arrest him. This wasn't a foolish worry 3 they called on the Tong household about once a week to deliver a speeding ticket or to serve him notice to appear in court. ①

Most of his accidents were 4 by his carelessness. He drove through red lights. He turned right 5 signaling. He drove at night without proper 6.

In short, there wasn't a traffic regulation (规则) Alan had not 7, and he had had so many accidents that it was a miracle he was still 8. But luckily for Alan, he had never 9 anyone in his accidents or even gone to the hospital.

Although Alan wasn't popular 10 the police, he was very popular with his lawyer. Alan's lawyer, Mr Green, had earned a lot of money from Alan's 11 and was always happy when he saw Alan coming into his 12.

One day Alan was working in the garage painting his car 13 his mother walked in.

"What are you doing?" his mother asked.

"14 my car," Alan replied.

"I can see that," his mother said, "but 15 are you painting one side of the car red and 16 side blue?"

"Because every time I have to go to court for a traffic accident, there are always two witnesses. ② '17 was the car?' Mr Green always asks, and the two witnesses always give the same 18. Well, in the future, one witness will say it was red and the other will say it was 19. Mr Green will then say to the judge,

'Your honor, the witnesses cannot even agree 20 the color of the car in the accident.' And the judge will have to dismiss the case against me."

- ( ) 1. A. worried B. excited  
C. satisfied D. puzzled
- ( ) 2. A. throw B. bring  
C. turn D. go
- ( ) 3. A. if B. so  
C. because D. but
- ( ) 4. A. done B. made  
C. received D. caused
- ( ) 5. A. with B. without  
C. by D. in
- ( ) 6. A. ear B. driver  
C. speed D. lights
- ( ) 7. A. obeyed B. broken  
C. listened D. followed
- ( ) 8. A. lively B. alive  
C. rich D. poor
- ( ) 9. A. met B. seen  
C. hurt D. helped
- ( ) 10. A. to B. with  
C. for D. by

- ( ) 11. A. businesses B. cases  
C. situations D. directions
- ( ) 12. A. office B. building  
C. factory D. home
- ( ) 13. A. when B. unless  
C. while D. though
- ( ) 14. A. Repairing B. Painting  
C. Mending D. Getting
- ( ) 15. A. how B. when  
C. what D. why
- ( ) 16. A. anther B. other  
C. the other D. others
- ( ) 17. A. How B. Whose  
C. What color D. Where
- ( ) 18. A. car B. answer  
C. money D. man
- ( ) 19. A. red B. yellow  
C. black D. blue
- ( ) 20. A. to B. on  
C. with D. by

正确率: ( ) / 20

### 单元篇章重点、难点解析

<p><b>A</b></p> <p>①but 连接两个并列句。making them very unstable 现在分词短语,在此处作结果状语。unstable 为形容词,意为“不稳定的”,作宾语 them 的补足语。</p>	<p><b>译文</b> 虽然这些鞋看起来漂亮,但它们的跟很高,这会迫使穿这种鞋子的人的身体重心向前倾,而使她们站不太稳。</p>
<p>②if 引导条件状语从句,主句是祈使句。insist on doing sth.“坚持做某事”。</p>	<p><b>译文</b> 如果你的十几岁的孩子坚持要穿这种“糟糕的”鞋子,那么就在鞋里放上简单的脚部矫正器吧。</p>
<p><b>C</b></p> <p>① by understanding what does not work 和 by continuing to change their ways... 为两个方式状语。第一个状语中包含一个 what 引导的宾语从句,作 understanding 的宾语;第二个状语中包含一个 until 引导的时间状语从句和一个 what 引导的宾语从句,what 引导的宾语从句作 find out 的宾语。</p>	<p><b>译文</b> 通过理解什么东西无效以及不断改换方式方法,直到找到有效的办法,人们就能以失败为师,学有所成。</p>
<p>②连词 but 连接两个并列分句。在第二个分句中,因为副词 only 位于句首,故句子部分倒装,正常的语序为:we will ever be able to grow only by risking failure.</p>	<p><b>译文</b> 事实上,我们可能会失败很多次,但是只有通过经历失败,我们才能够成长。</p>
<p><b>F</b></p> <p>① because 引导原因状语从句; or 连接两个作目的状语的不定式。</p>	<p><b>译文</b> 这并不是无谓的担忧,因为警察通常每周都会到 Tong 的家来一次,要么是给他送超速罚单,要么就是通知他出庭。</p>
<p>②every time 在此引导时间状语从句。witness 为可数名词,意为“目击者,见证人”。</p>	<p><b>译文</b> 因为每次当我因交通事故出庭时,总会有两个目击证人。</p>