

新编 21st 世纪英语
Century English



初中英语

阅 读 理 解

强 化 训 练 册

主编 郑裕美



NEW

充实而不冗余的完美，
是我们千锤百炼、
积淀十年追求的结果。
高性价比的学习精品，
呈现 ing ……



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初中英语语法手册
初中英语语法强化训练册
初中英语阅读理解
初中英语阅读理解强化训练册
初中英语完形填空
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客观题型

一、亲情与友情



1 2008 年北京

学习札记

When I was 13 years old, a boy gave me an important gift. It was a smile. It was the early autumn of my first year at a junior high school, and my old school was far away. As a result, no one knew who I was. I was very lonely, and afraid to make friends with anyone.

Every time I heard the other students talking and laughing, I felt my heart break. I couldn't talk to anyone about my problem, and I didn't want my parents to worry about me.

Then one day, my classmates talked happily with their friends, but I sat at my desk unhappily as usual. At that moment, a boy entered the classroom. I didn't know who he was. He passed me and then turned back. He looked at me and, without a word, smiled.

Suddenly, I felt the touch of something bright and friendly. It made me feel happy, lively and warm.

That smile changed my life. I started to talk with the other students and made friends. Day by day, I became closer to everyone in my class. The boy with the lucky smile has become my best friend now.

One day, I asked him why he smiled, but he couldn't remember smiling at me!

It doesn't matter because all the dark days have gone. Now I believe that the world is what you think it is. If you think you are lonely, you might always be alone. So smile at the world and it will smile back.

- Why was the smile an important gift?
 - Because the writer's old school was far away.
 - Because the writer didn't know who the boy was.
 - Because the smile didn't mean anything to the boy.
 - Because it made the writer feel happy, lively and warm.
- The writer couldn't talk to anyone in her new school about her problem because _____.
 - she was always unhappy
 - she didn't have any friends there
 - she was in the first year at a junior high school
 - she didn't want her parents to worry about her
- How did the smile change her life?
 - She started to make friends.
 - She became the best friend of the boy.
 - Her parents didn't worry about her any more.
 - She realized that she was lonely.
- Where does she now think her feeling of unhappiness came from?
 - From her old school.
 - From her parents.
 - From herself.
 - From her classmates at the new school.



Sharing(分享) Everything

A young man saw an old couple sitting down to have lunch at McDonald's. He noticed that they had ordered one meal and another empty cup. As he watched, the gentleman carefully divided the hamburger in half, and then counted out the fries, one for him, one for her, until each had half of them. Then he poured (倒) half of the soft drink into the empty cup in front of his wife. The old man then began to eat, and his wife sat watching.

The young man decided to ask if they would allow him to buy another meal for them so that they didn't have to share theirs.

The old gentleman said, "Oh no. We've been married 50 years, and everything has always been and will always be shared, half to half."

The young man then asked the wife if she was going to eat, and she replied, "It's his turn to use the artificial teeth (假牙)."

1. The old couple had _____ for lunch.

- A. only a hamburger
- B. only some fries
- C. a hamburger, some fries and soft drink
- D. only some drink

2. The old couple ordered one meal because _____.

- A. they didn't have enough money
- B. they didn't want to spend much money
- C. the old woman wasn't hungry
- D. they had the habit to share things

3. Which of the following statements is NOT true?

- A. The old man divided the hamburger in half.
- B. The couple each had half of the fries.
- C. The old couple used the same cup.
- D. The old man said they had been married for 50 years.

4. The young man wanted _____.

- A. to help the old couple divide the meal
- B. to buy another meal for the old couple
- C. to share the same meal with the old couple
- D. to ask the old man to buy another meal

5. The old woman didn't eat together with her husband because _____.

- A. she had no artificial teeth at that time
- B. she didn't want to share the meal with her husband
- C. her artificial teeth didn't work well
- D. she didn't like the meal



二、科技博览



1 2008 年天津

学习札记

We all dream though we remember only a few of our dreams. Some people train themselves to remember their dreams. As soon as they wake up, they record what their dreams were about.

Scientists believe that we have different kinds of sleep. One kind of sleep is called R. E. M. sleep. R. E. M. stands for Rapid (快速的) Eye Movement. During this kind of sleep our eyes move quickly, even though they are closed. Although we are asleep, there are a lot of brain (头脑) activities, and we probably have strong dreams at this time.

Sometimes people talk in their sleep. In these dreams the dreamer is usually unhappy or worried about something. The worst of these dreams are so frightening that we call them nightmares. In a nightmare we often dream that we are being chased (追赶) or that we are trapped in some way.

Scientists and others have written books about the meanings of dreams. The most famous of these scientists was Sigmund Freud who wrote over a hundred years ago. He suggested different meanings to certain kinds of dreams. It is possible, however, that every dream has a special meaning only for the person who dreams it, and that this meaning is about something in that person's life.

1. How can we tell if someone is having an R. E. M. dream?

A. They're talking in their sleep.

B. They're worried about something.

C. Their eyes are moving quickly.

D. Their eyes are moving slowly.

2. What does the word "nightmare" in the third paragraph mean in Chinese?

A. 噩梦

B. 睡眠

C. 美梦

D. 失眠

3. What is the main idea of Paragraph Four?

A. Bad dreams.

B. The meanings of dreams.

C. People and their dreams.

D. R. E. M. sleep and dreams.



Do you want to live a happier, less stressful (有压力的) life? Try laughing for no reason at all. That's how thousands of people start their day at Laughter Clubs around the world—and many doctors now think that having a good laugh might be one of the best ways to stay healthy.

The first Laughter Club was started in Mumbai, India, in 1995 by Dr Madan Kataria. "Young children laugh about 300 times a day. Adults laugh between 7 and 15 times a day," says Dr Kataria. "Everyone's naturally good at laughing—it's the universal language. We want people to feel happy with their lives." There are now more than 500 Laughter Clubs in India and over 1,300 worldwide.

Many doctors are also interested in the effects (效果) of laughter on our health. According to a 5-year study at the UCLA School of Medicine in California, with laughing there is less stress in the body. Laughter improves our health against illness by about 40%.

So, what happens at a Laughter Club? I went along to my nearest club in South London to find out. I was quite nervous at the beginning of the class, to be honest—I wasn't interested in laughing with a group of strangers, and I was worried about looking stupid. Our laughter teacher told us to clap our hands and say "ho ho ho, ha ha ha," while looking at each other. However, our bodies can't tell the difference between fake laughter and real laughter, so they still produce the same healthy effects.

Surprisingly, it works! After ten minutes everybody in the room was laughing for real—and some people just couldn't stop! At the end of the class I was surprised by how relaxed and comfortable I felt. So if you're under stress, then start laughing. You might be very pleased with the results!

1. In which country was the first Laughter Club started?
 - A. Britain.
 - B. America.
 - C. Australia.
 - D. India.
2. How did the writer feel at the beginning of the class?
 - A. Surprised.
 - B. Pleased.
 - C. Nervous.
 - D. Stressful.
3. When did the people in the club begin to laugh for real?
 - A. After a few minutes.
 - B. After a few hours.
 - C. After a few seconds.
 - D. After a few days.
4. Which of the following is true according to the passage?
 - A. Fake laughter and real laughter are both good for health.
 - B. 40% of the people in Laughter Clubs are good friends.
 - C. Adults laugh more often than children in a day.
 - D. Laughing is the best way to prevent illness.

3 2008 年北京

Each year Ben is glad when school is closed on Martin Luther King Jr. Day. Ben knows that this day honors an important man, but Ben does not feel connected to him. However, the small-world theory(理论) connects Ben to Dr. King. Ben's mom(0) has a close friend, Amy(1). Amy's uncle, Mark(2), once met and spoke to John Carter(3), the son of President Jimmy Carter(4). Jimmy Carter knew Dr. King(5). In a way, Ben is only "five people away" from Martin Luther King Jr.

The small-world theory says that everyone in the world is connected through a short chain(链条) of people they know. Another name of this chain is degrees of separation. Each degree is a step that separates a person from someone he or she does not know. There are zero degrees of separation between a person and the people he or she knows directly. This means that there are zero degrees between Ben and his mom. There is one degree of separation when just one person separates someone from a person he or she does not know. Ben knows his mom, but he hasn't met her close friend Amy. Therefore, Ben is one degree away from Amy. As the chain continues, Amy's uncle, Mark, is two degrees. John Carter is three degrees, and his father is four degrees. Dr. King is five degrees away from Ben. The theory says that there are no more than six degrees of separation between any two people in the world.

The small-world theory has a lot to do with math. The theory assumes(假定) that each person knows 100 people. Each one of those 100 people knows 50 different people. Each of those 50 people knows another 50 people, and so on. When someone continues the calculation to six degrees, it is like this: $100 \times 50 \times 50 \times 50 \times 50 \times 50 = 31.25 \times 10^9$. This number is greater than 31 billion (a billion = a thousand million). There are over 6 billion people in the world. These numbers show it is possible that six degrees of separation could include everyone in the world.

Does the small-world theory work? No one has ever proved it. Maybe the theory just invites people to think a little more about their places in the world.

- Ben is two degrees away from _____.
A. Jimmy Carter B. John Carter
C. Amy D. Mark
- What is the meaning of "degrees of separation" in Paragraph 2?
A. The chain to connect people.
B. The relations between people.
C. The steps of knowing strangers.
D. The separation between strangers.
- What is the small-world theory mainly about?
A. How far Ben is away from Dr. King.
B. How many people one can get to know.
C. How people are connected in the world.
D. How the degrees of separation are set up.
- We can learn from the article that _____.
A. the small-world theory works
B. more research is needed to prove the theory
C. six degrees are needed to know the strangers
D. the writer's purpose is to help people find out their places



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	cotton	red/yellow	M/S	128
Shanghai	wool	checked(方格)	L/M	248
Shenzhen	cotton	black/purple	XL/L	168

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- The black dress is made of _____.
A. cotton B. wool C. silk
- How much should you pay for them if you buy a red dress and a black dress?
A. ¥296. B. ¥376. C. ¥316.
- Mrs White is very tall and fat. She may buy a _____ dress.
A. red B. purple C. yellow
- You may order a dress on the _____.
A. phone B. Internet C. A and B
- Of all the dresses, red cotton dresses are _____.
A. the most expensive
B. the cheapest
C. the biggest



5 2008 年哈尔滨

学习札记

As we all know, the ocean moves. But waves (波浪) breaking on the beach make the ocean fun. When you stand on the shore (海岸) and look at the waves, it seems like the water is rolling (翻滚) in toward you. But the water is not really moving forward. What you see moving is wave energy. And wave energy comes from the wind.

Let's think about how this works. As wave energy passes through the water, the energy makes particles (粒子) of water move up and down. Just give you an example of a wave passing under a basketball. We put a basketball on the sea. When the wind blows, a wave comes from behind the basketball. The basketball moves up to the top with the wave. Then the wave continues and leaves the basketball behind. The basketball looks lower, but it doesn't move forward. That's because the wave energy moves the water that is under the basketball up and down as it passes.

So why can you see a wave knock you down on the shore? When a wave moves toward the shore, the bottom (底部) of the wave slows down because it meets the ocean floor. But the top, which is called crest, keeps moving. The different action causes the wave to fall over or break onto the shore. If a wave is very large, it carries a lot of energy when it hits the land. As time goes by, waves can break up and carry away the rocks and other things on the shore. Shorelines are changing all the time because of wave action.

1. _____ is really moving forward when you look at the waves.

A. Water

B. Wave energy

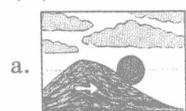
C. Water and wave energy

2. Match (与……相匹配) the sentences with the pictures and choose the right answer.

(1) The basketball moves up to the top with the wave.

(2) The wave continues and leaves the basketball behind.

(3) When the wind blows, a wave comes from behind the basketball.



A. a—(2)

B. a—(3)

C. a—(3)

b—(1)

b—(2)

b—(1)

c—(3)

c—(1)

c—(2)

3. The underlined word "crest" in the passage means "_____" in Chinese.

A. 波峰

B. 波谷

C. 波长

4. Which of the following is NOT true according to the passage?

A. Wave energy comes from the wind.

B. All the waves can carry a lot of energy when they hit the land.

C. Wave action makes shorelines change all the time.

5. The main idea of this passage is _____.

A. how wave energy causes wave action

B. what makes particles of water move

C. why a wave can knock you down



Sleep

Babies sleep about eighteen hours a day. Mrs Thatcher and Napoleon both said they only needed to do it three or four hours a night! Sleep. No one can live without it. But how much do we really need?

Research (研究) by the National Sleep Foundation in Washington says that we all need eight hours' sleep every night. Scientists have found that people who sleep for less than six and a half hours a night are more often ill than people who sleep for eight hours. Going without sleep also increases (增加) the chance of serious illness. "Workaholics (工作狂)" who sleep for less than five hours often die young, and do less well at work.

The scientists found that adults (成年人) usually sleep for seven hours a night, with 32% sleeping less than six hours.

It also says that the idea that we need less sleep as we get older is completely untrue. "People have no idea how important sleep is to their lives," Dr Thomas Roth, director of the Foundation says, "Good health needs good sleep."

"But not too much of it," says Professor Jim Horne of Loughborough University, "sleep is like food and drink," he believes, "you would always like to have a little bit more, but that doesn't mean you need it." Professor Horne studied a group of people who could spend as many hours as they wanted in bed, after ten hours they didn't find it any easier to get up in the morning. And people who sleep for more than nine hours a night die younger than people who usually sleep for seven or eight!

- How many hours a day do babies sleep? _____.
A. 8 hours B. 3 hours
C. 4 hours D. 18 hours
- It's _____ for your health to work without sleep.
A. good B. healthy
C. bad D. useful
- The word "it" means _____ in the sentence "But not too much of it".
A. idea B. sleep
C. work D. study
- Professor Horne found it was not _____ for people to get up in the morning after ten hours' sleep.
A. easier B. happier
C. more important D. more difficult
- The passage (文章) is about _____.
A. sports B. food
C. sleep D. drink



7 2008 年大连

学习札记

Do you want to become an astronaut? If you want to be one of the few people to experience the thrill of lift-off(发射), see the Earth from on high and float(漂浮) in a spacecraft, then how do you go about it? Well:

First: You must really want to become an astronaut as it takes many years of study and work before you even begin your astronaut training. Most astronauts begin when they are between 27 and 37.

Second: You need to be clever enough to attend a university to study engineering, medicine or one of the sciences. Many astronauts also learn to be pilots in their country's air force(空军).

Third: Astronauts come from many different countries, so they need to speak English so that they can all talk to one another.

Fourth: You must be healthy as astronaut training can be very tiring.

Lastly: On a spacecraft astronauts live and work in a very small space, so you need to get on well with people.

Are you still interested? If so, maybe you will become one of the men and women that orbit the Earth in a spacecraft, walk in space or visit Mars. See you in space!

1. The underlined word "thrill" may mean the following feelings EXCEPT _____.

- A. excitement
- B. danger
- C. fear
- D. pleasure

2. Usually the astronaut training starts when they are _____.

- A. at the university
- B. in the army
- C. between 27 and 37
- D. older than 37

3. From the passage, we know that all astronauts need to _____.

- A. study in different countries
- B. be cleverer than ordinary people
- C. be pilots in the air force at first
- D. study engineering, medicine or one of the sciences

4. Astronauts coming from different countries use _____ to talk to each other.

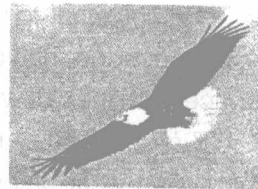
- A. actions
- B. gestures
- C. English
- D. French

5. If you are on a spacecraft, you need to learn how to _____.

- A. walk and fly in space
- B. orbit the Earth or visit Mars
- C. live and work together as a team
- D. live and work in a very small space



Once there was a baby eagle living in a nest(巢) on a cliff (山崖). The baby eagle loved his nest. It was warm, soft and comfortable. And even better, he had all the food and love that his mother could give. Whenever the baby eagle was hungry, his mother would always come just in time with the delicious food he liked.



eagle

He was growing happily day after day. But suddenly his world changed. His mother stopped coming to the nest. He was full of sadness and fear. He thought he would die soon. He cried, but nobody heard him.

Two days later his mother appeared with some nice food. The baby eagle was wild with joy. But his mother put the food at the top of the mountain and then looked down at her baby. The baby eagle cried out, "Mum, why did you do this to me? I'm hungry. Don't you know I will die if I have nothing to eat?"

"Here is the last meal I give you. Come and get it by yourself," his mother said. Then she flew down and pushed the baby eagle out of the nest.

The baby eagle fell down, faster and faster. He looked up at his mum, "Why do you abandon me?" He looked down at the earth. The ground was much closer. Then something strange happened. The air caught behind his arms and he began to fly! He wasn't moving to the ground any more. Instead, his eyes were pointed up at the sun.

"You are flying! You can make it!" His mother smiled.

- Which of the following is true about the baby eagle's life before his mother stopped coming to the nest?
 - He lived in a nest in the tree.
 - His mother offered him nice food.
 - He was always cold and hungry.
 - He lived very happily with friends.
- How did the baby eagle feel as soon as he saw his mother coming again?
 - Sad.
 - Happy.
 - Afraid.
 - Angry.
- What did the baby eagle's mother do when she came the last time?
 - She put some food in the nest.
 - She just came to see him again.
 - She shouted at her baby eagle and flew away.
 - She pushed her baby eagle out of the nest.
- What does the underlined word "abandon" mean?
 - 抛弃
 - 保护
 - 歧视
 - 拯救
- We can infer(推断) from the story that _____.
 - The baby eagle lost his mother
 - The baby eagle fell down and died
 - The baby eagle could get food himself
 - The baby eagle was still angry with his mother



9

2008 年河南

学习札记

People know the dangers of fires. It's good for a family to learn how to prepare for a fire. Here are some suggestions:

Put a smoke alarm in the house. Smoke from a fire causes the alarm to go off. The alarm makes a loud sound. The sound tells everyone to leave the house at once.

Make escape(逃脱) plans. They should know all the ways out of the house. If there is a fire, everyone follows the plan to get out. Part of the plan is to check all the windows to make sure they can be opened easily.

Buy fire extinguishers(灭火器) in the house. Everyone in the family should know how to use them.

Practise for a fire. They do fire practice because they teach children about fire safety. Everyone in the family should know the following fire rules:

★ Don't open a hot door! The fire can grow more quickly if you open the door.

★ Stay close to the floor! Smoke can be more dangerous than fire. The best air is near the floor because smoke rises.

★ What will you do if your hair or clothes start to burn? First, stop! Don't run! The fire burns faster because of more air. Drop! Fall to the floor. Then roll! Turning over and over will make the fire go out. Put a blanket(毯子) around you to keep air away from the fire that may still be on you.



There are many possible causes for fires. A wise family is ready all the time. If there is a fire, don't forget to call 119 for help.

- What does it mean when a smoke alarm rings at home?
 - You have to get up.
 - Water is running to the floor.
 - Something is burning.
 - Someone breaks your window.
- The writer advises people to do the following to prepare for a fire, except that _____.
 - they practise for a fire
 - they make escape plans
 - they buy fire extinguishers
 - they use electrical cookers
- When a fire happens, _____ if you open the hot door.
 - the fire will grow more quickly
 - the electricity will be cut off
 - the door will soon be on fire
 - the house will fall down
- What are the right steps you should take when your hair or clothes catch fire?
 - Stop, run, roll.
 - Stop, drop, roll.
 - Run, drop, roll.
 - Roll, drop, stop.
- What is the best title for this passage?
 - The Dangers of a Fire
 - The Causes of a Fire
 - Learn to Use a Fire Extinguisher
 - Be Ready for a Fire



A little knowledge can make a difference at a time of life or death. Do you know what to do if you find yourself in an earthquake?

If you are inside:

- Quickly move under a strong desk, a strong table or along a wall. You can also go into a small room like the bathroom. This will protect you from falling things. Do not get into a lift.
- Don't stand near windows, large mirrors (镜子), heavy furniture or fireplaces.

If you're outside:

- Move away from buildings and streetlights. These could fall on you.
- Squat (蹲下) and protect your head until the shaking stops.

After the earthquake:

- Check, take care of injuries and help make sure people around you are all right.
- Watch out for aftershocks.
- Protect yourself by wearing long pants, a long-sleeved (长袖的) shirt and strong shoes.
- Listen to the radio for the latest information.

1. If you are in a tall building when an earthquake happens, you'd better _____.

- A. run into a lift
- B. not stay in the bathroom
- C. stand near large mirrors
- D. not stand near windows

2. If you are outside during an earthquake, _____.

- A. you must move into a building
- B. you cannot squat
- C. you have to stop the shaking
- D. you must move away from streetlights

3. After the earthquake, you should _____.

- A. look after injuries
- B. not help the others around you
- C. protect yourself without wearing shoes
- D. not listen to the radio for the latest information

4. The underlined word "aftershocks" in the passage means "_____" in Chinese.

- A. 震感
- B. 震源
- C. 余震
- D. 防震

5. The passage is mainly about _____.

- A. what to do before an earthquake takes place
- B. what to do if you are in an earthquake
- C. how to escape from an earthquake when you're at home
- D. how to predict an earthquake in the open air