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杰睿学校系列丛书

# 赢在真题

## 中考英语 练真题记单词

◆ 主编 张建成

2009 2008年阅读真题精选100篇 <<<

中国石化出版社

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教·育·出·版·中·心



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图书在版编目 (CIP) 数据

中考英语练真题记单词/张建成主编.  
—北京:中国石化出版社,2009  
(赢在真题)  
ISBN 978-7-5114-0003-1

I. 中… II. 张… III. 英语—词汇—初中—升学参考资料 IV. G634.413

中国版本图书馆 CIP 数据核字 (2009) 第 127174 号

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中国石化出版社出版发行

地址:北京市东城区安定门外大街 58 号

邮编:100011 电话:(010)84271850

读者服务部电话:(010)84289974

<http://www.sinopec-press.com>

E-mail:press@sinopec.com.cn

北京宏伟双华印刷有限公司印刷

全国各地新华书店经销

\*

787×1092 毫米 16 开本 17 印张 390 千字

2009 年 8 月第 1 版 2009 年 8 月第 1 次印刷

定价:28.00 元

(购买时请认明封面防伪标识)



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# 前言

在我几十年的教学生涯中,我经常被学生们的刻苦勤奋和埋头苦读所感动,也经常被学生们的聪明睿智和举一反三所征服。更为那些由于没有掌握学习方法和技巧而耽误了黄金的学习时间,错失了更好的学习机会,甚至影响了前途和命运的孩子们感到难过和遗憾。然而我最为之感到难过的是那些根本意识不到初高中的关键和宝贵的孩子们。作为一名教师,每当遇到这样的孩子,我总想告诉他们:孩子,你知道初中高中这个三年又三年对你意味着什么吗?你知道这三年又三年很可能决定你一生的命运吗?你知道如果充分利用了这三年又三年的时间,你的命运可以发生多大的变化吗?你知道如果荒废了这三年又三年,你以后的人生道路也许将会举步维艰吗?你将会文化匮乏,无法用你的知识来武装自己,无法用你的头脑来创造生活……

我从来都不以为学历有多么重要,天才不一定是科班!但,不是科班,你很可能连龙套都跑不了!

所以,上一所理想的大学也许不是唯一的成才道路,但它却是非常稳妥和重要的成才之路!

所以,中考和高考对于绝大多数考生来说是一生中最为关键的两次考试。

所以,抓住一切机遇和有利因素使自己在这两次考试中大获全胜是每个中学生务必要考虑的问题。

所以,我们有义务给孩子们提供一些有益的帮助,为他们编写一套有针对性的备考指导用书,这就是我编写《赢在真题中高考英语》系列这套书的初衷。

《赢在真题中高考英语》系列丛书以最新考试大纲为参照,通过对最新考试试题的详尽剖析,总结归纳考试命题规律;以全方位解析真题和技巧点拨为制胜法宝,从语法、阅读、听力、写作等多方面梳理知识结构,把脉复习方向,帮助学生在复习时查缺补漏,点拨应试技巧,增强学生的自信心,实现高效复习,在考试中成为真正的大赢家。

本套丛书包括:

《高考英语 练真题记单词》

《高考英语 练真题攻语法》

《高考英语 最新试卷精析》

《中考英语 练真题记单词》


《中考英语 练真题攻语法》

《中考英语 练真题攻专项》

《赢在真题中高考英语》系列丛书的编者均为杰睿学校的精英教师,对中学英语教学和考试辅导有潜心的研究,并且有丰富的教学经验。他们将历年真题进行精炼的总结,将重点难点进行系统的分析,将应试技巧进行精准的点拨。

相信本套书一定会成为你的良师益友,对你的英语学习起到积极的作用,不仅有助于你在中高考中取得好成绩,而且能增强你的英语实力,为将来的学习打下坚实的基础。

由于时间紧迫,书中难免会有一些纰漏,望广大读者批评指正。



杰睿



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## 2009 年阅读真题

## 2009 年普通高等学校招生全国统一考试

(北京卷)

## Lesson 1

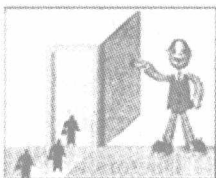
## Rules of Behavior in Public



When you **cough** or **sneeze**, you'd better turn your head away from others and cover your mouth with the full part of your hand. And then, you should say, "**Excuse** me."

This seems so simple, but it is surprising how many kids have never been told to do this. Actually, I notice adults all the time who cough and sneeze in public without placing a hand over the mouth. One important thing I point out to the kids is that after they sneeze or cough on their hands, they should wash their hands as soon as possible. If not, they will be passing those **germs** (细菌) along to everything and everyone they **touch**.

If you come to a door and someone is following you, hold the door. If the door opens by pulling, pull it open, **stand** to the side, and allow the other person to pass through first, then you can walk through. If the door opens by **pushing**, hold the door after you pass through.



After a few weeks of seeing kids try to get through doors in the school and watching them enter restaurants as the door hit other people, I knew I had to discuss the problem with my students. Teaching them small acts of kindness, such as letting someone else go through a door first as they hold it open, may seem **unimportant**, but it can go a long way **toward** helping students realize how to be polite and thank others. Once they've been told, they're **halfway** there.



When we have to go up moving stairs, we will stand to the right. That will give others who are in a hurry a choice of walking up the left-hand side of the moving stairs. When we are going to enter a lift, the underground, or a **doorway**, we will wait for others to exit before we enter.

After college when I moved to London, I was surprised at how polite everyone was in the subways. I was even more touched when I traveled to Japan. In both places, people made efforts to make way for others. On moving stairs, everyone stood to the right and walked to the left. On lifts, everyone would stand over to the side and allow others to exit before they would begin to enter.



- When you cough or sneeze, you should \_\_\_\_\_.  
A. touch everything                      B. cover your mouth  
C. point out to the kids                  D. pass the germs to others
- If you come to a door and someone is following you, you'd better \_\_\_\_\_.  
A. hold the door                          B. pass through  
C. close the door                          D. stand to the side
- From the passage we can know the writer is a \_\_\_\_\_.  
A. doctor                                  B. traveler  
C. parent                                  D. teacher
- The passage is mainly about \_\_\_\_\_.  
A. the rules of behavior in public        B. the easy of communication  
C. the acts of kindness among people    D. the knowledge of social life

## 长难句精讲

1. When you cough or sneeze, you'd better turn your head away from others and cover your mouth with the full part of your hand.

**解析：**此句为 when 引导的时间状语从句；had better do sth. 意为“最好(做)”，with the full part of your hand 为句中的方式状语。

**译文：**当你咳嗽或打喷嚏时，最好不要对着别人，应把头扭到一边，并用整个手掌捂住嘴。

2. One important thing I point out to the kids is that after they sneeze or cough on their hands, they should wash their hands as soon as possible.

**解析：**此句为 that 引导的表语从句，从句中又套用一个 after 引导的时间状语从句。point out 表示“指出”，as soon as possible 表示“尽快，越快越好”。

**译文：**我要对孩子们指出的重要的一点就是，他们用手捂住嘴打完喷嚏或咳嗽完之后，应当及时洗手。

3. After a few weeks of seeing kids try to get through doors in the school and watching them enter restaurants as the door hit other people, I knew I had to discuss the problem with my students.

**解析：**after... other people 为句中时间状语，after 后跟动名词形式 seeing 和 watching 做介词宾语；discuss sth. with sb. 意为“与某人讨论某事”。

**译文：**这几周的时间里，我在学校看见孩子们进出门和餐厅时，都让门碰到了其他人，我知道我必须和他们讨论讨论这个问题了。

4. Teaching them small acts of kindness, such as letting someone else go through a door first as they hold it open, may seem unimportant, but it can go a long way toward helping students realize how to be polite and thank others.



**解析：**动名词形式 *teaching...* 做句子的主语，*such as* 作为插入语对 *small acts of kindness* 进行补充说明，表示列举。情态动词 *may* 表示“可能，也许”；*go through* 意为“通过”。介词 *toward* 后接动名词形式 *helping...* 做介词宾语。

**译文：**教他们一些小的善举，例如开门时用手扶着门让别人先过，这些看起来也许都不重要，但在帮助学生们意识到怎样礼貌对待别人、怎样对别人表示感谢的时候，这就成为了一件长期要做的事。

5. I was even more touched when I traveled to Japan.

**解析：**此句为 *when* 引导的时间状语从句，*was touched* 为过去时的被动语态，表示“被感动”；*even more* 表示“更加地”。

**译文：**而我去日本旅行的时候，就更加受感动了。

### 答案点评

1. B 细节题。由文中第一句话... *you'd better turn your head away from others and cover your mouth...* 可知，当你咳嗽或打喷嚏时，你应该用手遮住嘴。

2. A 细节题。由文章第三段中 *If you come to a door and someone is following you, hold the door.* 可知正确答案：如果在开门时有人在你后面，你应当用手扶住门。

3. D 推断题。由第四段 *I knew I had to discuss the problem with my students.* 可知，作者是一位老师。

4. A 主旨题。综合全文，作者讨论的是在公共场所的行为规范，只有 A 项符合文意。

## 核心词汇

**cough** [kɒf] *v.* 咳嗽 *n.* 咳嗽；咳嗽声

【词组】*cough sth. up* 勉强说出某话，不情愿地提供某物

**sneeze** [sni:z] *n.* 喷嚏 *v.* 打喷嚏

【词组】*not to be sneezed at* 值得考虑的；不可轻视的

**excuse** [ik'skju:z] *n.* 理由；借口；解释 *v.* 宽恕；饶恕；原谅

【词组】*excuse sb. (from sth.)* 免除某人的责任、对其的要求、惩罚等

*excuse me* 是打扰别人、表示不赞成、不同意或失礼时的道歉用语

*Excuse me?* 请再说一遍。

【辨析】*excuse me, sorry, I beg your pardon* 与 *pardon*

说 *excuse me* 时，是为了引起他人注意或因为可能打扰他人，如打断别人谈话、在人群中推挤别人、不同意别人的意见；说 *sorry* 或 *I beg your*

*pardon* 时，是因为需要为某事道歉；如果未听见某人刚说的话而请其重复时，用“*pardon?*”；也可用“*Sorry?*”<英>或“*Excuse me?*”、“*Pardon me?*”<美>。

**germ** [dʒə:m] *n.* 微生物；细菌；病菌

【词组】*the germ of sth.* (某物的)发端；起源；萌芽

【拓展】*German adj.* 德国的 *n.* 德国人；德语

**touch** [tʌtʃ] *v.* 1. 接触；触及；轻碰 2. 感动；触动 3. 与某事有联系或有关系 4. 达到 *n.* 1. 接触；触觉 2. 手法；风格

【词组】*touch sb. on the raw* 触及某人的痛处

*touch on/upon sth.* 提及或涉及某问题

*at a touch* 一触及

*in/ out of touch with sb.* 了解(不了解)某事的信息

*lose touch* 失去联系

*keep in touch with* 与……保持联系

【拓展】touchdown *n.* (指飞行器)着陆、接地  
touch-and-go *adj.* 无法确定结果；无把握  
touching *adj.* 引起怜悯或同情的 *prep.*  
对……有影响；关于

stand [stænd] *n.* (stood, stood) 1. 中止；停顿 2. 立脚点；站立 3. 抵抗；抵御 4. (置物的)架、座、台 *v.* 1. 站着；直立 2. 忍受；容忍

【词组】stand by 袖手旁观

stand for sth. 为某事物的缩写形式  
stand in (for sb.) 代替某人；代表  
stand out 突出，显眼

【拓展】standing *n.* 身份；地位；等级

stand-by *n.* 后备人员；备用的事物

standstill *n.* 停顿；中止

standpoint *n.* 立场；立脚点；看问题的角度

standard *n.* 标准；规格 *adj.* 符合标准的

push [puʃ] *n.* & *v.* 推动

【词组】at a push 不得已时

when it comes to the push 需作出特别努力或有特别需要时

push forward on/with sth. 毅然继续做某事

push for sth. 一再地或迫切地要求某事物

【反义】pull 拉；拖

【拓展】pushy *adj.* 爱出风头的；坚持己见的

push-over *n.* 极容易做的事

unimportant ['ʌnim'pɔ:tənt] *adj.* 不重要的

【反义】important 重要的

【助记】否定前缀 un- + important *adj.* 重要的

【拓展】unfair *adj.* 不公平的

uneasy *adj.* 不安的；忧虑的

unkind *adj.* 无情的；不亲切的

toward [tə'wɔ:d] *prep.* 1. 向；朝；对着……的方向 2. 趋于达成(某事) 3. 对于或关于(某事) 4. 接近(某一时间)

【助记】to- 表示“朝，向”+后缀-ward 表示方位

【拓展】backward *adj.* & *advj.* 向后的；向后

forward *adj.* & *advj.* 向前的；向前

halfway ['ha:f'wei] *adj.* & *advj.* 位于中途(的)；半路上(的)

【词组】a halfway house (对立的態度、方案等的)折中；妥协

meet halfway 半路上相遇

【助记】half *adj.* 一半的；不完全的 + way *n.* 道路

【拓展】half-hourly *adj.* 每半小时一次的

half-light *n.* 灰暗的光；半明半暗的光

half-price *advj.* 以半价

half-time *n.* 比赛的中场休息

half-hearted *adj.* 缺乏热情的；不热心的；无精打采的

half-and-half 各一半

doorway ['dɔ:wei] *n.* 门口

【助记】door *n.* 门 + way *n.* 道路

【拓展】doorbell *n.* 门铃

door-handle *n.* 门把手

doorman *n.* 看门人

door-plate *n.* 门牌

## Lesson 2 The Body—Brain Link

It's 2009. You feel sick, so you go to the doctor. She checks your **fever**, looks at your throat, and asks what you've been thinking about lately. When you leave, she gives you some medicine, but also a list of thinking skills that you are **supposed** to practice daily. She says that the way you think is causing some of your illness.

Doctors and other scientists who study the human mind and try to explain why people **behave** in the way that do, called **psychologists**, are starting to believe it. You know that your brain is connected to every part of your body through your **nervous system**(神经系统). Now scientists have proved that how you think and feel can have an influence on the health of your body.

Stress(压力, 紧张) is caused whenever there is a problem or a change in your **life**. Of course, everybody has stress more or less; nobody's life is perfect. In fact, stress is necessary. Without stress, we would never learn anything or grow or change. We would proba-



bly be bored to death. But too much stress can hurt you. It can **weaken** your body's protection so that you are more likely to catch diseases. It can even make you more likely to have an accident.

When you feel stress, your brain sends a message to your body to produce a chemical called adrenaline(肾上腺素). Adrenaline speeds up your breathing and your heartbeat. Today you have a different kind of stress. Problems like **endless** homework or troubles with your family are the kind of things you can't fight or run away from, so you don't use up all that adrenaline. It just stays bottled up inside you, and that's what can do something bad to you.

What can you do about stress? First, you can try to find ways to change things so you aren't under so much stress. You can set up a plan to finish homework or go to a doctor or a psychologist to try to work things out with your family or your friends. But sometimes you can't change a stressful situation. Sometimes you don't even want to. A big change might be a good change, but it will still be stressful.

The **link**(关联) between your body and brain works in two ways. Your body can help your mind deal with stress. If you are under stress, you need to take especially good care of your body. It's important to get enough sleep and eat **nutritious** meals. Some people take a vitamin-**mineral** pill every day. Another thing that you can do is daily exercise. If you go walking or do aerobic dancing or work out at the gym, you give your body a chance to burn up some of that adrenaline. Of course, a person who isn't used to much physical activity should start slowly. Anyone with a continuing **physical** problem should check with a doctor before starting any exercise programs.



1. A psychologist is a person who may help you with your \_\_\_\_\_.
  - A. illness and abilities
  - B. thoughts and behaviour
  - C. mind and nervous system
  - D. physical activity and daily exercise
2. Which of the following is true according to the passage?
  - A. You shouldn't go to the gym if you are under stress.
  - B. One can do his homework to burn up adrenaline.
  - C. Diseases and accidents are caused by stress.
  - D. Everyone needs stress to improve himself.
3. From the last sentence of Paragraph 5 we can infer that \_\_\_\_\_.
  - A. it's difficult to change a stressful situation
  - B. it's not stressful when a good change takes place
  - C. a big change will cause another stressful situation
  - D. a stressful situation can't be changed without any effort
4. What is probably the best title for this passage?
  - A. The Body-Brain Link
  - B. The Causes of Stress
  - C. The Advice on Health
  - D. The Nervous System

## 长难句精讲

1. She checks your fever, looks at your throat, and asks what you've been thinking about lately.

**解析：**此句有三个并列的谓语动词，分别是 check, look at 和 ask, what 引导的宾语从句做 ask 的宾语。

**译文：**她给你量体温、查看咽喉、并询问你最近的思想状态。

2. Doctors and other scientists who study the human mind and try to explain why people behave in the way that do, called psychologists, are starting to believe it.

**解析：**句子主干为：Doctors and other scientists are starting to believe it. who 引导的定语从句修饰 other scientists, 从句中疑问词 why 引导一个宾语从句；called psychologists 是对 other scientists 进行补充说明的成分。

**译文：**医生和其他科学家都开始相信这一点了，那些科学家被称为心理学家，他们致力于研究人类思维并试图解释人们行为方式的原因。

3. Stress is caused whenever there is a problem or a change in your life.

**解析：**复合关系词 whenever 引导时间状语从句，whenever = no matter when, 表示“不论何时”；从句中是一个 there be 句型，真正的主语为 a problem or a change; is caused 为被动语态的用法，意为“由……引起”。

**译文：**在你人生中的任何时候，一个问题或一个变化都能带来压力。

4. It just stays bottled up inside you, and that's what can do something bad to you.

**解析：**连词 and 连接两个并列的分句。bottle up 意为“抑制，憋在心里”；后一个分句中 what 引导一个表语从句。

**译文：**它被你压抑在身体里，然后对你的身体和情绪产生不好的影响。

5. It's important to get enough sleep and eat nutritious meals.

**解析：**句型 It is + 形容词 + to do sth. 表示“干某事是……”。这是一个动词不定式作主语的句型，但不写在句首，用 it 代替。不定式前可加 for... 短语，做不定式的主语。

**译文：**保证充足的睡眠和营养的饮食都是很重要的。

## 答案点评

1. B 细节题。由第二段中 Doctors and other scientists who study the human mind and try to explain why people behave in the way that do, called psychologists 可知，心理学家可帮助人们解决思想和行为上的一些问题。

2. D 细节题。只有 D 项“人人都需要通过一些压力来促使自己进步”，从第三段 Without stress, we would never learn anything or grow or change. 可知正确答案。其他几项均与原文不符。

3. C 推理题。联系上文可知，通过努力做出的改变有时候并不能真正改变压力大的状态，甚至有时候是自己不想去改变的。故此处理解为：一个大的改变会引起另一种压力大的状态。

4. A 主旨题。作者通过对人自身压力的分析，说明人的身体与大脑之间的联系，故最合适的标题为 A。

## 核心词汇

**fever** ['fi:və] *n.* 1. 发烧; 发热 2. 兴奋; 激动

【词组】be in a fever 在发烧

【拓展】fevered *adj.* 1. 发烧的; 发热的 2. 激动的; 高度兴奋的

**suppose** [sə'pəuz] *v.* 1. 认定; 猜想; 假定 2. 用于祈使句; 用以提出建议

【词组】be supposed to do sth. 被期望或被要求做某事

suppose that 假定

【拓展】supposed *adj.* 误传的; 信以为真的; 误信的

supposedly *adv.* 根据推测; 大概; 可能

supposing *conj.* 假定; 假设; 假如

**behave** [bi'heiv] *v.* 1. (举止或行为)表现 2. (指机器等)运转或性能良好

【词组】Behave yourself! 放规矩点!

【拓展】behavior *n.* 1. 待人态度; 举止 2. 行为方式

-behave 用来构成复合形容词, 意为“有某种表现的”。如: badly-behaved *adj.* 表现不好的; well-behaved *adj.* 很乖的, 行为良好的

**psychologist** [saɪ'kɒlədʒist] *n.* 心理学家

【助记】psych-表示“心理的”+ -ology 表示“学科”+ 表示人的后缀-ist

【拓展】psychology *n.* 心理学

psychological *adj.* 心理上的

**nervous** ['nɜ:vəs] *adj.* 1. 神经的 2. 害怕的; 胆怯的; 胆小的 3. 神经紧张的; 神经过敏的

【词组】nervous system 神经系统

feel nervous about 担心; 害怕

【助记】nerve *n.* 神经, 胆量, 勇气 + 形容词后缀-ous

**system** ['sistəm] *n.* 1. 系统; 组合装置 2. (人或动物的)身体 3. 体系; 体制; 方法 4. 步骤; 条理

【拓展】systematic *adj.* 1. 有系统的; 有计划的; 有条理的 2. 有预谋的; 蓄意的

systematize *v.* 使某事物系统化或有条理

**life** [laɪf] *n.* 1. 生命; 活物; 性命 2. 生活; 人生; 一生 3. 事业 4. 寿命; 有效期

【词组】end one's life 自杀

live a... life 过……生活

life insurance 人寿保险

life expectancy 预期寿命

【拓展】lifeless *adj.* 无生命的; 死的

lifelike *adj.* 栩栩如生的; 逼真的

lifelong *adj.* 毕生的; 终生的

life-style *n.* 生活方式

lifetime *n.* 一生

live *adj.* 1. 有生命的; 活的 2. 现场直播的 *v.* 生存; 活; 居住

**weaken** ['wi:kən] *v.* 使……变弱; 减弱; 动摇

【反义】strengthen 加强; 变坚固

【助记】weak *adj.* 弱的; 容易被击败的 + 动词后缀-en

【拓展】weakly *adv.* 软弱地; 无力地微弱地

weak-minded *adj.* 无决心的; 不果断的

**endless** ['endlis] *adj.* 1. 无止境的; 无穷尽的 2. 两段相连的; 循环不断的

【助记】end *n.* 尽头, 末端 + 否定后缀-less

【拓展】endure *v.* 1. 忍受; 忍耐 2. 持续; 持久

**link** [lɪŋk] *n.* 联系两者的人或事物; 关系; 联系 *v.* 将人或物连接或联系起来

【词组】link up (with sb. /sth.) 连接; 结合

【拓展】linkage *n.* 连接; 结合; 联系

linkman *n.* (广播或电视节目做衔接工作的)节目主持人

**nutritious** [nju:'trɪfəs] *adj.* 营养价值高的; 滋养的

【词组】nutritious food 有营养的食物

【助记】nutrition *n.* 营养; 滋养 + 形容词后缀-ous

【拓展】nutriment *n.* 营养品; 食物

nutritionist *n.* 营养学家

**mineral** ['mɪnərəl] *n.* 1. 矿物 2. 矿泉水 (<美> soda)

【拓展】mineral oil 矿物油; 石油

mine *n.* 矿; 矿井 *v.* 开矿; 开采

pron. 我的

miner *n.* 矿工

**physical** ['fɪzɪkəl] *adj.* 1. 物质的(与道德的或精神的相对) 2. 身体的; 肉体的 3. 物理的; 物理学的 *n.* 体格检查

【助记】physi(o)-表示“自然的, 自然力的, 物理的”+ 形容词后缀-cal

【拓展】physics *n.* 物理(学)

physiology *n.* 生理学