CENTURY ORIENTAL 世纪东方

快捷英语 Expressway

必修 1·2

高中英语同步 优选精练 阅读理解

主编：秦清海

ENGLISH

外研版 高一上

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编者的话

1. 这套丛书是由哪些分册构成的？

本丛书分高一上、下册，高二上、下册，共四个分册。高一上册对应教材必修 1 和必修 2，高一下册对应教材必修 3 和必修 4；高二上册对应教材必修 5 和选修 6，高二下册对应教材选修 7 和选修 8。

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本丛书以《英语课程标准》及教学大纲为依据，选材与教材话题同步，力求全方位、多角度理解教材。使用其他版本教材的学生和老师，也可以选择本丛书作为扩展阅读训练及系统培养和提高阅读理解应试能力的素材。

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以现行教材为依据，以素质教育要求为指导，面向各层次学生，为广大师生提供系统、实用、梯度分明的阅读篇章，每单元十篇文章尽量做到与话题完全同步，这是本书最突出的特色；同话题、多角度的选材定会使学生对教材有更深入的理解。

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每单元由热身篇、基础篇、拓展篇和应用篇四部分呈阶梯型排列，有利于学生从了解文化背景入手，由易到难，提高阅读水平，培养学生运用知识的能力。

● 优选精析各地模拟试题、高考真题、经典名题，着眼以练促考

每单元所选文章均来自全国各地模拟及与话题相关的高考试题和作者精心编选的阅读材料，帮助同学们真切体验“考什么—怎么考”的规律，既旨在提高能力，更旨在增强信心。

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本丛书还编排了与话题密切相关的词汇、名人名言，便于学生在做阅读的同时记忆单词，与名人对话；言简意赅的文章大意总结，一语中的的解题指导，会帮你扫清阅读的所有障碍。

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为体现练习与测试的实战性，在题型灵活的基础上，力求在考虑同步教学特点的同时，敏锐捕捉和把握最新高考动态与趋势，并从编写理念上努力贴近《英语新课程标准》的特点与要求，具有很强的针对性、实用性和前瞻性。每篇文章的命题、设项贴近高考，通过一个表格提示该文章的体裁、字数，为你在课内和课外进行限时训练提供可操作的辅助。

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4. 这套丛书是怎样保证编写质量的？

本丛书坚持名师主笔、专家审稿的原则。丛书由来自国家级示范高中和省级示范高中的特高级教师及优秀骨干教师联合编写，并由中外专家审稿，充分体现了课改的新理念及课改后高考的动向，紧密追踪命题趋势。

5. 学生怎样才能保证文章的阅读量？

要坚持每天做一定数量的题目。根据众多高考状元和高考英语单科状元的经验，他们每天普遍坚持不少于一千字的阅读量，本丛书设计的基础篇、拓展篇和应用篇的编排完全符合这个要求，以供老师和同学们在课内、课外灵活使用。

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Module 1 My First Day at Senior High

热身篇

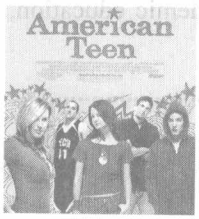
话题词汇

enthusiastic *adj.* 热心的，热情的
suffer *vt.& vi.* 遭受；受痛苦
amazing *adj.* 令人吃惊的；令人惊讶的
appearance *n.* 露面；外貌
bored *adj.* 厌烦的；厌倦的
in other words 换句话说
attitude *n.* 态度
look forward to 期待；盼望
behaviour *n.* 行为；举动
at the start of 在……开始时
description *n.* 记述；描述
at the end of 在……结束时
correction *n.* 改正；纠正
be impressed with 对……印象深刻
encouragement *n.* 鼓励；激励
be divided into 被分成
disappointed *adj.* 失望的
take part in 参加
observe *vt.* 注意到，监视，遵守
be similar to 与……类似

文化点滴

The American School System

美国是现代文明高度发达的国家，在许多方面居世界领先地位。美国的强大和进步不是偶然的，一个重要的因素就是其教育的进步以及教育体制的完善。美国学生通常从一年级上到十二年级，作息时间与中国基本一致，只是下午放学较早。超过四千六百万美国儿童上的是公立学校，其资金来自州政府，在公立学校实行的是免费教育。大约有六百万儿童在私立学校接受教育，大多数私立学校没有来自政府的资金援助，因此学生的父母要交付大笔的学费。还有一百万以上的儿童根本不去学校，而是由父母在家里进行教育，这种教育方式在过去的十五年间变得越来越流行。

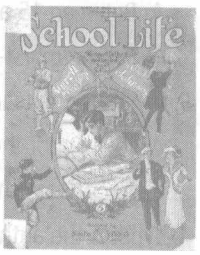


The education system in the United States is controlled by state and local governments. The federal government has no power to establish a national educational system. Federal agencies do not make education policy. These decisions are made at the state or local levels.

So you might expect education laws to be different in each state. But they are similar. For example, in all fifty states and six territories (准州), all children must attend school from the age of six or seven to the age of sixteen. Public schools are free of charge for grades one through twelve. The schools receive money from the state government.

Private schools (私立学校) also operate in all states and territories. Some private schools are operated by churches and religious groups. Other private schools are not linked to any religious organization. Private schools must be approved by the state in which they operate. Most private schools do not receive government money. The parents of private school students pay the school.

American students generally attend school from the first through the twelfth grades. Students are in school from Monday through Friday. They attend classes from about eight in the morning until three in the afternoon.



The school year usually begins in September and continues until June. Most states require a school year of one-hundred-eighty days. Some schools have changed this schedule and require students to attend school throughout the year.

More than forty-six-million students attend American public schools. Another six-million attend private schools. More than one-million students do not go to school at all. Their parents teach them at home. This home-schooling has become popular in the last fifteen years or so.

基础篇

PASSAGE A

体裁	字数	题数	阅读时间	正确率
记叙文	259	4		

In New York, there is now a school with no daily lessons, no class teachers, not even a school building. The "school" is a project. It is called "City-as-School" and the name means just that, the city itself is the place where 350 students, between the age of 15 and 18, learn their lessons.

Students choose areas of work which interest them and then they help to do that work. For instance, one girl spends her week in the offices of a Congresswoman—an elected official—helping the public with problems such as pensions (养老金), housing, etc. Then she goes to help in a theatre for a day and she spends one day a week taking first-year courses at college.

City-as-School is 30 years old. The education system in New York accepts it now, as an alternative to final years at school. But can it replace ordinary lessons? Well, students have to pass maths and science exams before they enter the "school". These subjects are not easy to provide for in "City-as-School". Teachers monitor the progress of the students. 80 to 85% of the students go to college (or university, as it is called in Britain) after their time at "City-as-School". The success rate is high. And the students are enthusiastic about their "school". They like the responsibility of their work, and the sense of purpose it gives them.

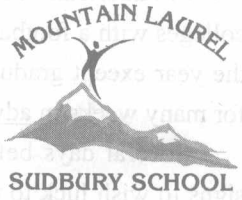
When the students leave "City-as-School", they don't have a normal academic education, but they do know a lot about different kinds of work in the city!

1. "City-as-School" is special because it is _____.
   A. in New York, one of the most famous cities in the world
   B. not a common school we usually see and know
   C. a school having special students
   D. free of charge for the citizens
2. Which of the following is NOT included in the permission of entering the "school"?
   A. Between 15 and 18 years old.
   B. Passing maths and science exams.
   C. Finishing first-year courses at college.
   D. Students being in their final years at school.
3. What do the teachers at "City-as-School" do?
   A. To monitor the progress of the students.
   B. To give lessons to the students.
   C. To evaluate the students' performance.
   D. To protect the students.
4. What is the author's attitude to "City-as-School"?
   A. Agreeable.
   B. Indifferent.
   C. Neutral (中立的).
   D. Disagreeable.

PASSAGE B

体　裁	字数	题数	阅读时间	正确率
记叙文	261	5		

To most of us, school means classes, teachers, schedules, grades, and tests. But for the children at Sudbury Valley School in Massachusetts, school is very different.



Firstly, there are no lessons. All the children, aged between 4 and 19, do whatever they want. There are no teachers, only "staff members". The idea behind this is that you do not need to make children learn, because children want to learn anyway. "You do not need to say to a three-year-old, 'Go explore your environment.' You can't stop them!" says Daniel Greenberg, a founder of the school. "But if you make children do what you want all day, they will lose all taste for learning."

At Sudbury Valley School, you will permit children to talk, read, paint, cook, work on computers, study French, play the piano, climb trees, or just run around. Two boys spent three years just fishing!

The other way that Sudbury Valley School is different is that the children can decide the rules. Every week, there is a school meeting where both children and staff have one vote each—even the four-year-olds. They decide the school rules, how to spend the school budget, and even which staff they want and do not want anymore.

When the school first opened in 1968, people said it would never work. But today, the school has 200 students, and 80% of its students go on to college. Even the two boys who went fishing all the time have successful careers today. One of them is a musician and the other is a computer scientist.

1. What is the main topic of the article?
   A. An Unusual School.　　B. Children's Hobbies.
   C. A School without Rules.　　D. Education In the U.S.
2. What does the school believe?
   A. Teachers cannot teach children well.
   B. Children learn best when they do what they want to do.
   C. Learning is for adults—children should only play.
   D. Children should only learn about one thing at a time.
3. What does Daniel Greenberg say about three-year-olds?
   A. They love learning.　　B. They are very naughty.
   C. They want to be outside all the time.　　D. They are too young to learn anything.
4. Who has the most power in the school meetings?
   A. The older children have more power than the younger children.
   B. A child has more power than an adult.
   C. The younger children have more power than the older children.
   D. Everybody has equal power.
5. What happens to the children after they leave this school?
   A. They do the same things as children from other schools.
   B. They have problems getting into college or getting a job.
   C. They usually do very unusual jobs.
   D. They are not successful.

PASSAGE C

体　裁	字数	题数	阅读时间	正确率
记叙文	260	4		

In American schools there is something called Homecoming Day. Many high schools and colleges with a football team have a Homecoming game. This can be the most important event of the year except graduation or commencement (学位授予) day. Students plan Homecoming Day for many weeks in advance.

Several days before Homecoming, students start to decorate (装饰) the school. There are signs to wish luck to the team, and many other signs to welcome all the graduates. Many people still come to Homecoming twenty or thirty years after their graduation.

The members of school clubs build booths (售货棚) and sell lemonade, apples and sandwiches. Some clubs help to welcome visitors.

During the day alumni and their families will gather at the school. They like to look for teachers that they remember. Often they see old friends and they talk together about those happy years in school.

Everyone soon comes to watch the football game. When the game is half over, the band comes onto the field and plays school songs. Another important moment is when the Homecoming Queen or King appears. All the students vote a most popular student Homecoming Queen or King. It is a great honor to be chosen.

Homecoming is a happy day, but it is not perfect unless the football team wins the game. Even if the team loses, the students still enjoy Homecoming. Some stay at the school to dance, and others go to a party. For everyone it is a day worth remembering.

1. Which of the following statements is NOT true according to the text?
   A. Homecoming Day is the most important event of the year in high schools and colleges.
   B. Students begin to arrange everything for Homecoming many weeks before the day.
   C. The student who is liked most by the others can probably become Homecoming Queen or King.
   D. Lemonade, apples and sandwiches are sold to the guests on Homecoming Day.
2. The underlined phrase "in advance" means _____.
   A. just on time　B. just in need　C. in front of　D. before in time
3. Which of the following is NOT done on Homecoming?
   A. To see old friends.　B. To call on teachers they remember.
   C. To watch the football game.　D. To organize clubs.
4. The underlined word "alumni" refers to _____.
   A. male former students of a school or college
   B. female former students of a school or college
   C. grandfathers of the students in a school or college
   D. grandmothers of the students in a school or college

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拓展篇

PASSAGE A

体裁	字数	题数	阅读时间	正确率
应用文	277	4		

HIGHFIELD GRAMMAR SCHOOL

SCHOOL REPORT

From Teacher: G. Baker　　Pupil's Name: William Brown

Term: Summer 2009　　Form: Ⅳ B

Subject	Exam	Class work	Comments
English	59	61	William has reached a satisfactory standard but now needs to apply himself with more determination.
Mathematics	77	85	Sound work and progress throughout the year. Well done!
History	46	53	A disappointing exam result. He is unable to give attention to this subject for long.
Chemistry	78	85	His obvious ability in the subject was not fully reflected in his exam work, but I have high hopes for him nevertheless.
Physics	86	94	An excellent term's performance. He goes from strength to strength. A born scientist, I feel.
Biology	57	60	This time next year he will be taking the "0" exam. He needs to concentrate on the work, not on class conversation.
French	41	46	Clearly he didn't bother to revise. His general attitude is far too casual.
Physical Education	/	31	Weak. It's time he exercised his body more and his voice less. He should try to work with a team.

FROM TEACHER'S REMARKS

Basically satisfactory work and progress though he will now have realized, I hope, that in certain subject areas he needs to make speedy improvement.

HEADMASTER

I shall be keeping an eye on his progress in his weaker subjects though his success in the sciences is most pleasing.

1. Which of the following statements about William is true?
   A. William is able to give attention to History for long.
   B. William doesn't do well in Mathematics.
   C. William has reached a satisfactory standard in English.
   D. William is fairly good at Biology.
2. According to the comments of the Physical Education teacher, _____.
   A. William becomes weak without any exercising at all
   B. William likes to work with his classmates
   C. William doesn't exercise his body at all
   D. William is rather talkative in the class
3. Which of William's subjects will attract the headmaster's attention in future?
   A. English and Chemistry.　　B. History and French.
   C. Biology and Maths.　　D. Physics and Physical Education.
4. Which of the following statements best describes William?
   A. He needs to improve his attitude on certain subjects.
   B. His potential has been fully reflected in science classes.
   C. His grade in maths makes him a born scientist.
   D. He has made great progress in language classes.

拓展篇 PASSAGE B

体　裁	字数	题数	阅读时间	正确率
议论文	332	4		

What to do if you don't feel popular?

● Try to take part in activities. Call your friends. Plan to do something. The worst feeling is staying home alone, because it makes you feel even more lonely.

● Try to make new friends. Choose friends carefully, not just because you think they're popular. And remember, making good friends takes time. Choosing a popular person to be friends with is okay. If they are nice.

● Be yourself. If you want to become friends with someone who's popular, don't make yourself into someone you are not just to impress that person.

● Be nice. Be friendly. Be outgoing (开朗的). But don't overdo it! Talk to trusted friends if you are feeling really bad. Or you might want to write it down in a journal or diary.

● Do something special for yourself. You could take pictures of your friends, or collect their school pictures, and take a collage (拼贴画) to hang on your wall. This will remind you, when you are feeling unpopular, that you really do have friends.

● Think up your own ideas. These suggestions might not work for everyone.

What to do if you have a problem with your teacher?

● Talk to your parents, or another adult who will listen to you and perhaps can help. Talk to your friends. Maybe they have had problems with the same teacher, too.

● Don't give the teacher a reason to have problems with you. Do your work, complete your task, attend the class seriously and take notes. Maybe you just need to give the teacher a chance.

● Try to find out what the problem is.

● Talk to the teacher if you feel comfortable doing this. Don't be nasty (闹别扭的), but express your concerns. Listen to the teacher, as well.

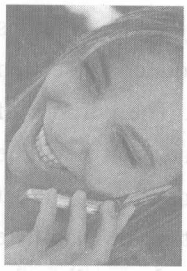
● Just accept the fact that you're not going to love all your teachers.

1. What do we mean by saying "not feeling popular"?
   A. Not liked by our classmates or workmates.　B. Not doing what we want.
   C. Not showing any interest in anything.　D. Not so happy.
2. What does the underlined word "overdo" mean?
   A. Do something too much or in an extreme way.
   B. Try your best to do something.
   C. Do something carefully.
   D. Work too hard.
3. The writer _____.
   A. believes that your friend will help you out if you take their pictures
   B. suggests that you discuss the reason of problem with your teacher when you feel uncomfortable
   C. wants you to know that students usually hates teachers
   D. is not too sure if his advice will certainly work on you
4. What's the best title of this passage?
   A. Why We Have Problems at School?　B. Always Be Yourself.
   C. How to Handle Problems at School?　D. Don't Be Afraid of Problems with Others.

拓展篇

PASSAGE C

体裁	字数	题数	阅读时间	正确率
应用文	356	4		



As the mobile phones so widely appear in our daily life, someone said it would be cool if you didn't have a mobile phone nowadays. It might be true to some extent, but as for an adult, mobile means contact. It connects your work, relatives, friends etc. It should do great deeds for us.

Months ago, my uncle gave his dear son a handphone, because my nephew's school is far from his home. He can only come back once a term, and the handphones haven't been so expensive yet.

Someone has criticized the young people for playing mobiles, but not using. They are fond of sending messages, taking pictures and so on. They buy expensive, high level and fashion types for showing. They play on the mobiles day in and day out ... Holy cow!

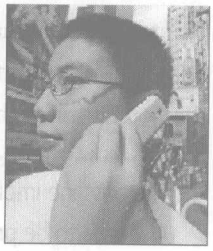
So, what happens to youngsters around you? Do they have a handphone? What do they use it for? Do you think it's necessary for teenagers who are still in school to have a handphone?

POSTER 1:

In my view, mobile phones are only a tool for communication purpose, just like any other tools which have the potential to be abused and misused. Personally, I can see young people using it for security reason, emergency purpose, etc. If the parents can afford paying big phone bills for their kids, well, that's their business, like the old saying goes "Live and let live."

POSTER 2:

From psychological perspective, teenagers are more likely to be relaxed or pleasure-oriented. They would like to make something different. Purchasing brands that are considered "COOL" is important to them. They want others to like and admire themselves, and sometimes, even exaggerate (夸大) their own personality to show off. This can be seen as a kind of psychology during this certain range of age.



Currently, people should tend to be more sociable, and age should not be seen as a barrier for teenagers to own their phones. They also need to set trends on the social circuit. But, here parents should play important role in controlling their children about how to use the phones more properly.

1. The first sentence of the passage means that _____.
   A. people admire those who don't have mobile phones
   B. people don't like to have mobile phones nowadays
   C. mobile phones are too popular among people now
   D. mobile phones is not as useful as before
2. Why are some teenagers criticized according to the third paragraph?
   A. They use mobile phones for playing instead of using.
   B. They don't use mobile phones for their study.
   C. They play "Holy Cow" games in mobile phones.
   D. They buy expensive, fashionable mobile phones.
3. The first poster uses the sentence "Live and let live." to mean _____.
   A. teenagers shouldn't use mobile phones
   B. parents should buy mobile phones for their children
   C. teenagers can use mobiles phones if they want
   D. teenagers should use mobiles phones for communication
4. The attitude of the second poster towards whether teenagers really use mobile phones is _____.
   A. supportive B. objective C. negative D. indifferent

应用篇

PASSAGE A

体　裁	字数	题数	阅读时间	正确率
记叙文	294	5		

A proven method for effective textbook reading is the SQ3R method developed by Francis Robinson. The first is to survey (the S step) the chapter by reading the title, introduction, section headings, summary, and by studying any graphs, tables, illustrations or charts. The purpose of this step is to get an overview of the chapter so that you will know before you read what it will be about. In the second step (the Q step), for each section you ask yourself questions such as "What do I already know about this topic?" and "What do I want to know?" In this step you also take the section heading and turn it into a question. This step gives you a purpose for reading the section. The third step (the first of the 3 R's) is to read to find the answers to your questions. Then at the end of each section, before going on to the next section, you recite (the second of the 3 R's) the answers to the questions that formed in the question step. When you recite you should say the information you want to learn out loud in your own words. The fifth step is done after you have completed step 2, 3 and 4 for each section. You review (the last of the 3 R's) the entire chapter. The review is done much as the survey was in the first step. As you review, hold a mental conversation with yourself as you recite the information you selected as important to learn. The mental conversation could take the form of asking and answering the questions formed the headings or reading the summary, which lists the main ideas in the chapter, and trying to fill in the details for each main idea.

1. The passage implies that the SQ3R method _____.
   A. needs to be prove　　B. leaves much to be desired
   C. turns out to be practicable　　D. cannot be used by every reader
2. The SQ3R method consists of _____ steps.
   A. three　　B. four　　C. five　　D. seven
3. According to the passage, the first step helps the readers _____.
   A. read the first several paragraphs　　B. scan the whole chapter
   C. study the graphs　　D. get the theme of chapter
4. Which of the following is the fourth step?
   A. To question yourself.　　B. To read for information.
   C. To utter your answers.　　D. To draw a conclusion.
5. Which of the following statements is true?
   A. In the last step, you should remember all the information.
   B. When you finish the last step, you will get both the main idea and the details.
   C. The mental conversation involves answering the questions asked by the author.
   D. While you are holding a mental conversation you select the important information.

应用篇 PASSAGE B

体　裁	字数	题数	阅读时间	正确率
记叙文	272	20		

You must have heard these words like how happy it is to be a child. But would you honestly change places with a child? Think of the __1__ at school: the years spent living in constant fear of examinations and school __2__. Every movement you make, every thought you think is __3__ by some adults. Think of the __4__ you had to go to bed early, you had to eat __5__ thing that was supposed to be good for you. Remember __6__ "gentle" pressure was given to you with words like "If you don't do as I say, I will..." I'm sure you will never forget! __7__, these are only part of child's __8__. No matter how kind and loving parents may be, children often __9__ from some terrible and illogical __10__ since they can't understand the world around them. They often have such fear in the dark or __11__. Adults can __12__ their fears with other adults __13__ children have to face their fears alone. But the most __14__ part of childhood is a period when you __15__ to go out of it, the period when you go into adolescence (青春期). Teenagers start __16__ their parents and this causes them great unhappiness. There is __17__ lack of self-confidence during this time. Adolescents pay much attention to their __18__ and the impression they make on others. They feel shy, awkward and clumsy (笨拙的). Feelings are strong and hearts __19__ broken. Teenagers __20__ moments of great happiness or black despair. And through this period, adults seem to be unkind than ever.

1. A. times	B. days	C. months	D. years
2. A. results	B. exercises	C. reports	D. teachers
3. A. observed	B. understood	C. known	D. watched
4. A. years	B. times	C. evenings	D. days
5. A. helpful	B. harmful	C. hateful	D. bitter
6. A. what	B. why	C. how	D. that
7. A. Even so	B. Though	C. Really	D. Therefore
8. A. difficulties	B. life	C. trouble	D. fears
9. A. get	B. suffer	C. receive	D. take
10. A. troubles	B. diseases	C. fears	D. worries
11. A. in the day	B. in the dreams	C. in the school	D. at home
12. A. enjoy	B. know	C. share	D. get
13. A. while	B. and	C. so	D. as a result
14. A. happy	B. interesting	C. painful	D. unforgettable
15. A. have	B. need	C. are	D. begin
16. A. to dislike	B. to support	C. to blame	D. to be against
17. A. a little	B. a complete	C. some	D. real
18. A. confidence	B. likes	C. action	D. appearance
19. A. hard	B. easily	C. naturally	D. truly
20. A. pass	B. experience	C. face	D. take

应用篇 PASSAGE C

体　裁	字数	题数	阅读时间	正确率
议论文	292	5		

What I Hate

I always listen to my friends' problems and try to give them good advice, but there are some things that just get under my skin.

My number-one annoyance is my friends who don't get along with their parents. Left and right I hear "I hate my mom," "I hate my dad," "My parents are so stupid," "They don't care about me." I think they don't know what they're saying!

What kids need to understand is that regardless of whether you have a boyfriend, girlfriend, or even a best friend, your parents care about you the most. If that's hard to believe, think about this: How did you get a roof over your head, a bed to sleep in, food to eat, and most of all, a place to call home?

If that's not enough, let's continue. Look in your bedroom. Where did you get all that stuff? Your bed, the clothes in the closet, the blankets that keep you warm, or all the nonessentials. I bet most of it came from your parents.

I'm sick of hearing how your parents do "nothing" for you. They probably do more than you do for yourself. Consider that next time you start criticizing your parents, who also gave you life.

So many times I have heard friends complain about their dads. "He is so over-protective—he never lets me do anything." I simply think, at least _____. Think about kids who don't. My father died in an accident three years ago. I'd always been "daddy's girl", which makes things even harder to manage.

So, please stop before you say "I hate", especially if it's about a parent, and think about those of us who aren't lucky enough to have two caring parents.

1. What's the main idea of the article? (Please answer within 30 words.)

_____

2. Fill in the blank in the last but one paragraph with proper words. (Please answer within 10 words.)

_____

3. Why does the writer name her article "What I Hate"? (Please answer within 30 words.)

_____

4. Which sentence in the passage is the closest in meaning to the following one?
No one else, whoever they are, looks after you so well as your parents, which children should be made to realize.

_____

5. Translate the underlined sentence in the last paragraph into Chinese.

_____

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