

周周紧扣教材主题，给你基于课堂内容的课外阅读体验

— 高中英语 —

阅读理解 与 完形填空

新课标拓展阅读周周练

- ✓ **3**大课标主题语境：人与自我、人与社会、人与自然
- ✓ **4**大高考题型，每天一练，高效提升阅读能力
- ✓ **3**大助学环节，每篇一学，多维度发展英语素养

丛书主编：陈俊 王雪峰
本册主编：程国清 王雪峰

高考

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高 考

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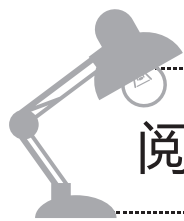
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阅读，我们心中的明灯

(代序)

阅读的快乐不仅在于别人告诉了你什么，而且在于借此你的心灵得以舒展开来。阅读是一条流淌的小溪，总是缓缓地流入你的心田，给你滋润，让你恬美。阅读好比是人体里的维生素，无论对于谁，都极其重要。

《普通高中英语课程标准(2017年版)》指出：“普通高中英语课程的具体目标是培养和发展学生在接受高中英语教育后应具备的语言能力、文化意识、思维品质、学习能力等学科核心素养。”阅读是理解和吸收书面信息的手段，有助于学生扩大词汇量，丰富语言知识，了解英语国家的社会和文化，形成健康的人生观，为终身学习和发展打下良好的基础；在教学中特别要增加泛读训练，指导学生进行课外阅读。高考英语试题很注重对学生阅读能力的考查，语篇阅读类试题分值所占比例高达一半。教科书提供的阅读材料十分有限，学生阅读能力亟待加强。

本套丛书根据《普通高中英语课程标准》设计，很好地融入了“人与自我”“人与社会”及“人与自然”三大主题语境，根据常见的24项话题选材；分年级编写，每个年级选取了20周的阅读材料，分别由2篇阅读理解、1篇七选五阅读填空、1篇完形填空、1篇语法填空以及1篇拓展阅读组成；每个练习篇章搭配“语篇解读”“阅读词汇帮”“好句惠存”“译译对应”“异曲同工”及“答案与解析”等模块，将语篇理解与词汇语法训练有机地结合起来，使学生的语言能力、文化意识、思维品质及学习能力等各项英语学科核心素养的提升落到实处。

这套丛书注重时代性、趣味性、知识性、科学性、教育性、同步性、针对性，是一套生动的素质教育教材，有助于学生扩大词汇量，巩固与扩展所学知识，帮助学生养成良好的阅读习惯，提升阅读速度，培养语感，拓宽视野，提高阅读分析、推理判断的能力，为写作打好坚实的基础；同时厚植文化底蕴，涵养审美情趣，提升思想境界，提高篇章阅读能力，培养学科核心素养。

阅读可以改变人生。它虽然不能改变人生的长度，却可以改变人生的宽度；虽然不能改变人生的起点，却可以改变人生的终点。阅读是我们心中的一盏灯，伴我们在人生道路上看得更清、更明。阅读使我们的精神更高贵、智慧更卓越、情感更丰富。《高中英语阅读理解与完形填空：新课标拓展阅读周周练》，你值得拥有。同学们，让我们一起来领略阅读的魅力吧！

由于编者水平有限，错漏之处在所难免，恳切希望读者朋友批评指正。

编者

2018年12月

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Week 1

人与自我 ——生活与学习

Day 1 A Nap at Noon

体裁：说明文

词数：272

建议用时：8分钟

语篇解读

本文主要介绍了中午小睡的好处，并为读者提出了几点小建议。文章内容反映了“人与自我”这一主题，语境话题为“健康的生活方式”；语篇体现了思维品质目标，有助于学生提升分析和解决问题的能力。

阅读理解

阅读下列文章，从每题所给的A、B、C和D四个选项中，选出最佳选项。

Are you sometimes a little tired and sleepy in the early afternoon? Many people feel this way after lunch. I have a habit of taking a *nap* (小睡) after lunch. Without a nap at noon, I will feel uncomfortable the whole afternoon. A nap after lunch can make me feel fresh and comfortable. Then I can work more efficiently in the afternoon.

At noon—about six to eight hours after you wake up—your body temperature goes down. This is what makes you slow down and feel sleepy. So you need a nap after lunch for about an hour.

In many parts of the world, people take naps in the middle of the day, especially in hot weather, where the heat makes work difficult in the early afternoon. In fact, naps are good for everyone in any weather. A daily nap gives one a more relaxing body and mind in the early afternoon, and is good for health. In many countries where naps are traditional, people often suffer from fewer body problems such as heart disease.

Many working people have no time to take naps though doctors may advise taking naps in the early afternoon. Here are a few tips about your nap.

Remember that the best time to take a nap is about eight hours after you get up. A short sleep too late in the day may only make you feel more tired and sleepy later. This can also happen if you sleep for too long. If you don't have enough time, try a short nap after lunch—half an hour of nap can also be helpful.

- How does the writer feel after a nap in the early afternoon?
A. Tired. B. Happy. C. Fresh. D. Sleepy.
- How long is the best time for a nap after lunch?
A. Ten minutes. B. Half an hour. C. An hour. D. Two hours.
- What can naps at noon make people suffer less from?
A. Heart disease. B. Stomachache. C. Lung cancer. D. Headache.
- What is the best title for the text?
A. Ways to Work More Efficiently B. Taking Naps in the Early Afternoon
C. Ways to Relax Body and Mind D. Tips for Avoiding Body Problems

阅读词汇帮

课标外词汇 efficiently *adv.* 有效地

课标内词汇

sleepy *adj.* 困的
 fresh *adj.* 精力充沛的,精神饱满的
 relaxing *adj.* 令人放松的
 tip *n.* 建议

uncomfortable *adj.* 不舒服的
 especially *adv.* 特别地,尤其
 traditional *adj.* 传统的
 helpful *adj.* 有帮助的

好句惠存

- I have a habit of taking a nap after lunch.
我有一个午后小睡的习惯。
- This is what makes you slow down and feel sleepy.
这就是让你速度放缓、昏昏欲睡的原因。
- In fact, naps are good for everyone in any weather.
实际上,小睡在任何天气里对任何人都有益。
- A daily nap gives one a more relaxing body and mind in the early afternoon, and is good for health.
日常午睡可以使你有一个更加放松的身体和大脑,且对健康有益。

译译对应 (请用文章中词汇的恰当形式填空,每空一词。)

- 没有什么可以让我放慢速度。
Nothing can make me _____.
- 慢跑对我们的健康有益。
Jogging _____ our health.
- 女孩昨天遭遇了流感。
The girl _____ the flu yesterday.

异曲同工 (请用文章中的词汇改写下列句子,使两句意思相同,每空一词。)

- Unemployment has decreased in the past few months.
Unemployment _____ in the past few months.
- Many people have no time for exercise.
Many people have no time _____ exercise.

Day 2 Control Salt Intake

体裁: 说明文

词数: 293

建议用时: 8 分钟

语篇解读

本文主要介绍了纽约市的餐厅在菜单上设置三角形警告标志来控制钠摄入量的情况。文章内容反映了“人与自我”这一主题,语境话题为“健康的生活方式”;语篇体现了思维品质目标,有助于学生提升分析和解决问题的能力。

阅读理解 阅读下列文章,从每题所给的 A、B、C 和 D 四个选项中,选出最佳选项。

On Tuesday, there will be a tiny salt shaker symbol on menus in some restaurants in New York City. It warns certain meals are high in *sodium* (钠). The first U.S. city is taking the step to fight against heart disease and stroke.

Any menu item with more than 2.3 grams of sodium in it must have the emblem of a salt shaker in a black triangle. Many scientists give us the advice; a person shouldn't eat more sodium than the daily limit every day, which equals about one teaspoon of salt.

"It's not hard to get 2.3 grams of sodium into your mouth," said Dr Howard Weintraub from New York University Langone Center. "A study found New Yorkers eat more than 3,200mg of sodium each day on average," the health department said.

For most Americans, eating in the restaurants such as Chipotle and Subway is thought to be healthier. The new menu symbol may be an eye-opener for people who go to eat in these restaurants. Until Tuesday, they may haven't noticed that there is 2,790mg sodium in a Chipotle *loaded chicken burrito* (双层鸡肉卷). And a foot-long *spicy Italian sub* (香辣三明治) has 2,980mg sodium in Subway.

Getting New Yorkers to start watching their sodium intake is a first step. And people should do more to improve their health. "Things are not going to work out great if all you do is just not to eat salt," Weintraub said. "But maybe, just maybe, they'll start to watch how much they eat; maybe they will get off the subway a stop earlier and walk; instead of taking the elevator, they will walk two flights; there will be some weight loss."

- What's the symbol on the menus like?
 - A white bottle in the red circle.
 - A tiny salt shaker in a black triangle.
 - A capital letter P in a yellow circle.
 - A coffee cup in a white triangle.
- A Chipotle loaded chicken burrito has _____ sodium more than the daily limit.
 - 490mg
 - 900mg
 - 2,790mg
 - 3,200mg
- Which of the following is a healthy lifestyle according to Weintraub?
 - People should eat no salt when old.
 - Jim takes the elevator up and down.
 - Lucy climbs a long flight of stairs.
 - We should eat meals high in sodium.
- What can we infer from the text?
 - All restaurants across the U.S. will use the salt shaker symbol.
 - New Yorkers eat one teaspoon of salt each day on average.
 - Eating too much salt can lead to heart disease and stroke.
 - New York will ban people from smoking in public places.

阅读词汇帮

课标外词汇	stroke <i>n.</i> 中风	item <i>n.</i> 物品	emblem <i>n.</i> 标记
	eye-opener <i>n.</i> 使人惊奇/大开眼界的事物		intake <i>n.</i> 吸入, 招收
	elevator <i>n.</i> 电梯		
课标内词汇	symbol <i>n.</i> 标志, 符号	certain <i>adj.</i> 某些	step <i>n.</i> 步骤, 措施
	triangle <i>n.</i> 三角形	limit <i>n.</i> 限制	equal <i>v.</i> 相当于
	teaspoon <i>n.</i> 茶匙	department <i>n.</i> 部门	flight <i>n.</i> (楼梯的)一段
	loss <i>n.</i> 失去		

好句惠存

- The first us city is taking the step to fight against heart disease and stroke.
美国第一座城市正在采取措施抗击心脏病和中风。
- Things are not going to work out great if all you do is just not to eat salt.
如果你所做的只是不吃盐, 事情不会进展顺利。

3. People should do more to improve their health.

人们应该做更多的事情来改善他们的健康。

译译对应 (请用文章中词汇的恰当形式填空,每空一词。)

1. 在二战中,英国与法国联合抗击德国。

In World War II, Britain _____ Germany with France.

2. 这些工作人员每天平均工作 10 个小时。

These working people work for ten hours each day _____.

3. 事情的结果最后很不错。

Things _____ pretty well in the end.

异曲同工 (请用文章中的词汇改写下列句子,使两句意思相同,每空一词。)

1. He stays here for over two weeks.

He stays here for _____ two weeks.

2. She enjoys walking to school rather than riding her bike.

She enjoys walking to school _____ riding her bike.

Day 3 Skills for Note-taking

体裁: 说明文

词数: 186

建议用时: 6 分钟

语篇解读

本文主要介绍了做笔记的方法与技巧。文章内容反映了“人与自我”这一主题,语境话题为“乐于学习,善于学习,终身学习”;语篇体现了学习能力目标,有助于学生积极运用和主动调整学习策略和方式,养成良好的学习习惯,高效地开展学习。

阅读填空 根据文章内容,从文章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。

Taking good notes is a time-saving skill that will help you to become a better student in several ways. 1 Second, your notes are excellent materials to refer to when you are studying for a test. Third, note-taking offers variety to your study time and helps you to hold your interest.

You will want to take notes during classroom discussions and while reading a textbook or doing research for a report. 2 Whenever or however you take notes, keep in mind that note-taking is a selective process. 3

The following methods may work best for you.

- Read the text quickly to find the main facts and ideas in it.
- Carefully read the text and watch for words that can show main points and supporting facts.
- Write your notes in your own words.
- 4
- Note any questions or ideas you may have about what was said or written.

As you take notes, you may want to use your own *shorthand* (速记). When you do, be sure that you understand your symbols and that you use them all the time. 5

- A. Use key words, not complete sentences.
- B. There're three practical note-taking methods.
- C. You must write your notes on separate paper.
- D. Otherwise, you may not be able to read your notes later.
- E. You will also want to develop your own method for taking notes.
- F. That means you must first decide what is important enough to include in your notes.
- G. First, the simple act of writing something down makes it easier for you to understand and remember it.

 阅读词汇帮

课标外词汇 selective *adj.* 选择的,精挑细选的

课标内词汇	material <i>n.</i> 材料	variety <i>n.</i> 变化,多样性	method <i>n.</i> 方法,方案
	discussion <i>n.</i> 讨论	support <i>v.</i> 支持	note <i>v.</i> 注意,留意
	process <i>n.</i> 过程		

 好句惠存

1. Whenever or however you take notes, keep in mind that note-taking is a selective process.
无论何时或用何种方式做笔记,请记住,做笔记是一个选择的过程。
2. The following methods may work best for you.
以下方法可能最适合你。
3. Write your notes in your own words.
用自己的语言来做笔记。

译译对应 (请用文章中词汇的恰当形式填空,每空一词。)

1. 这篇文章涉及什么内容?
What does this passage _____ ?
2. 要保持听众的兴趣在一小时以上,你必须是一位相当好的演讲者。
You have to be a fairly good speaker to _____ for over an hour.
3. 玛丽很会记课堂笔记。
Mary is really good at _____ in class.
4. 我的家人一直都在支持我的工作。
My family have been supporting me _____.

异曲同工 (请用文章中的词汇改写下列句子,使两句意思相同,每空一词。)

1. We should remember that failure is the mother of success.
We should _____ that failure is the mother of success.
2. I think that he is perfect for the job.
I think that the job _____ him.

Day 4 Seek for New Pleasure

体裁：说明文

词数：204

建议用时：6分钟

语篇解读

本文主要介绍了人在几个不同年龄段都会对事物感到无聊而半途而废的现象。文章内容反映了“人与自我”这一主题，语境话题为“个人、家庭、社区及学校生活”；语篇体现了思维品质目标，有助于学生提升分析和解决问题的能力。

完形填空

阅读下面文章，从文章后各题所给的 A、B、C 和 D 四个选项中，选出可以填入空白处的最佳选项。

As a general rule, all forms of activity lead to boredom when they are performed on a *routine* (常规) basis.

As a matter of fact, we can see this 1 at work in people of all 2. For example, on Christmas morning, children are excited about 3 with their new toys. But their 4 soon wears off and by January the 5 toys can be found put away in the basement. The world is full of 6 stamp albums and unfinished models, each standing as a monument to someone's 7 interest. When parents bring home a pet, their child 8 bathes it and brushes its fur. Within a short time, however, the 9 of caring for the animal is handed over to the parents.

Adolescents enter high school with great 10 but are soon looking forward to 11. The same is true of the young adults going to college. And then, how many 12, who now complain about the long drives to work, 13 drove for hours at a time when they first 14 their driver's licenses?

Before people retire, they usually 15 to do a lot of 16 things, which they never had 17 to do while working. But 18 after retirement, the golfing, the fishing, the reading and all of the other pastimes become as boring as the jobs they 19. And, like the child in January, they go searching for new 20.

- | | | | |
|----------------------|-----------------------|--------------------|----------------|
| 1. A. principle | B. habit | C. weaker | D. power |
| 2. A. parties | B. races | C. countries | D. ages |
| 3. A. working | B. living | C. playing | D. going |
| 4. A. confidence | B. interest | C. anxiety | D. sorrow |
| 5. A. same | B. extra | C. funny | D. expensive |
| 6. A. well-organized | B. colorfully-printed | C. newly-collected | D. half-filled |
| 7. A. broad | B. passing | C. different | D. main |
| 8. A. silently | B. impatiently | C. gladly | D. worriedly |
| 9. A. promise | B. burden | C. right | D. game |
| 10. A. courage | B. calmness | C. confusion | D. excitement |
| 11. A. graduation | B. independence | C. responsibility | D. success |
| 12. A. children | B. students | C. adults | D. retirees |
| 13. A. carefully | B. eagerly | C. nervously | D. bravely |
| 14. A. required | B. obtained | C. noticed | D. discovered |
| 15. A. need | B. learn | C. start | D. plan |
| 16. A. great | B. strong | C. difficult | D. correct |
| 17. A. time | B. money | C. skill | D. knowledge |
| 18. A. only | B. well | C. even | D. soon |
| 19. A. lost | B. chose | C. left | D. quit |
| 20. A. pets | B. toys | C. friends | D. colleagues |

阅读词汇帮

课标外词汇	boredom <i>n.</i> 厌倦 complain <i>v.</i> 抱怨 retirement <i>n.</i> 退休, 隐居 pastime <i>n.</i> 消遣, 娱乐
课标内词汇	basis <i>n.</i> 根据, 基础 basement <i>n.</i> 地下室 album <i>n.</i> 相册 monument <i>n.</i> 纪念碑, 纪念物 bathe <i>v.</i> 给……洗澡 fur <i>n.</i> (兽类的) 毛皮 adolescent <i>n.</i> 青少年 license <i>n.</i> 执照

好句惠存

- But their interest soon wears off and by January the same toys can be found put away in the basement.
但是他们的兴趣很快就消失了, 到了一月份, 同样的玩具可以在地下室里被找到。
- Adolescents enter high school with great excitement but are soon looking forward to graduation.
青少年在进入中学时都非常兴奋, 但却很快就盼望着毕业。

译译对应 (请用文章中词汇的恰当形式填空, 每空一词。)

- 随着药效渐渐消失, 他又感到伤口隐隐作痛。
He could feel the wound aching again as the effect of the medicine _____.
- 我妈妈打开抽屉把刀子和勺子收好。
My mother opened the drawer to _____ the knives and spoons.
- 当他老时, 他肯定会把他的产业交给儿子。
It is certain that he will _____ his business to his son when he gets old.
- 这个男孩总在期盼着开公司。
The boy always _____ starting a company.
- 中国是一个历史悠久的大国, 印度也是如此。
China is a big country with a long history, and it _____ India.
- 财富始于一次存一美元的目标。
Wealth starts with a goal saving a dollar _____.

异曲同工 (请用文章中的词汇改写下列句子, 使两句意思相同, 每空一词。)

- Usually I hate to do paperwork.
_____ I hate to do paperwork.
- In fact, educational websites do good to teenagers.
_____, educational websites do good to teenagers.
- I'll look after the kids, and you can go visit your mother.
I'll _____ the kids, and you can go visit your mother.
- Scientists are still looking for a cure to the common cold.
Scientists are still _____ a cure to the common cold.

Day 5 An Episode During Miami Vacation

体裁：记叙文

词数：218

建议用时：7分钟

语篇解读

本文主要讲述了作者的一次度假休闲的经历。文章内容反映了“人与自我”这一主题，语境话题为“个人、家庭、社区及学校生活”；语篇体现了思维品质目标，有助于学生提升分析和解决问题的能力。

语法填空

阅读下面文章，在空白处填入一个适当的单词或括号内单词的正确形式。

Last year, my brother and I went to Miami for a vacation. Some of my friends who had been there before said it was a wonderful holiday destination. Before we went, we 1 (plan) for months. When the day came, we 2 (be) ready.

After our plane landed, we went to the hotel. We had made our reservation six months 3 (early), but the man at the front desk said there had been a mistake. We 4 (tell) that our rooms hadn't been reserved for that week, 5 for the week later. I didn't understand why this would happen and my credit card had already been charged 6 the reservation. What's worse, the hotel had been fully booked. When we were wondering what to do, the manager came out. She was 7 (surprise) helpful. She apologized for the mistake and gave us a spare VIP room on 8 top floor. We had never stayed in such an amazing room, and we weren't charged extra.

The next day, my brother and I went to the beach 9 we watched some people play volleyball. We got a little 10 (sunburn), but the day had been so relaxing that we didn't mind.

When we go travelling for pleasure, we can't let small unexpected incidents ruin our trips.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

阅读词汇帮

课标外词汇 unexpected *adj.* 意外的, 意想不到的

课标内词汇	vacation <i>n.</i> 假期	destination <i>n.</i> 目的地	land <i>v.</i> 着陆
	reservation <i>n.</i> 预定	reserve <i>v.</i> 储备, 预定	charge <i>v.</i> 收费
	book <i>v.</i> 订购	helpful <i>adj.</i> 乐于助人的	apologize <i>v.</i> 道歉
	spare <i>adj.</i> 备用的	amazing <i>adj.</i> 令人惊异的	extra <i>adv.</i> 额外地
	sunburnt <i>adj.</i> 晒黑的	incident <i>n.</i> 事件	

好句惠存

- When the day came, we were ready.
当那一天到来的时候, 我们已经准备好了。
- What's worse, the hotel had been fully booked.
更糟糕的是, 宾馆客满。
- She apologized for the mistake and gave us a spare VIP room on the top floor.
她为失误道歉, 并给我们提供了一间楼顶备用的贵宾套房。

4. When we go travelling for pleasure, we can't let small unexpected incidents ruin our trips.
当我们出门旅行是为了开心,我们不能让意外的小事毁了我们的旅行。

译译对应 (请用文章中词汇的恰当形式填空,每空一词。)

- 我想知道你们收取多少服务费。
I wonder how much you _____ your service.
- 我们读书主要是为了获取信息,并非为了消遣。
We read mainly for information, not _____.

异曲同工 (请用文章中的词汇改写下列句子,使两句意思相同,每空一词。)

- To make matters worse, he got lost.
_____, he got lost.
- You needn't say sorry for this fault.
You needn't _____ this fault.

Fun Weekend Peer Pressure

The expression, "everybody's doing it", is very much at the center of the concept of peer pressure. It is a strong influence of a group, especially of children, on members of that group to behave as everybody else does. It can be positive or negative. Most people experience it in some way during their lives.

People are social creatures by nature, and so it is hardly surprising that part of their self-respect comes from the approval of others. This instinct is why the approval of peers, or the fear of disapproval, is such a powerful force in many people's lives. It is the same instinct that drives people to dress one way at home and another way at work, or to answer "fine" when a stranger asks "how are you?" even if it is not necessarily true. There is a practical aspect to this: it helps society to function efficiently, and encourages a general level of self-discipline that simplifies day-to-day interaction.

For certain individuals, seeking social acceptance is so important that it becomes like an addiction; in order to satisfy the desire, they may go so far as to abandon their sense of right and wrong. Teens and young adults may feel forced to use drugs, or join gangs that encourage criminal behavior. Mature adults may sometimes feel pressured to cover up illegal activity at the company where they work, or end up in debt because they are unable to hold back the desire to buy a house or car that they can't afford in an effort to "keep up with the Joneses".

However, peer pressure is not always negative. A student whose friends are good at academics may be urged to study harder and get good grades. Players on a sports team may feel driven to play harder in order to help the team win. This type of influence can also get a friend off drugs, or to help an adult take up a good habit or drop a bad one. Study groups and class projects are examples of positive peer groups that encourage people to better themselves.

Schools try to teach kids about the dangers of negative peer pressure. They teach kids to stand up and be themselves, and encourage them to politely decline to do things that they believe are wrong. Similarly, it can be helpful to encourage children to greet the beneficial influence of positive peer groups.