



主编:程见闻

初中同步英语阅读训练首选用书

英语阅读高分突破

高一 第二分册



编者：中学英语听力测试命题研究组

审读：北京四中 北京101中学 北师大附中 人大附中

[美]Dr.Milton [英]Dr.Henderson [美]Dr.Karen [英]Dr.Catherine

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如何提高高中英语阅读能力？

做好阅读理解题是英语考试成功的关键。对于阅读理解，“阅读”是前提，其次才是“理解”。阅读是提高英语水平的一个重要途径。好的阅读方法可以节省时间，提高效率，对于理解很有帮助。反过来，没有掌握阅读的技巧，理解常常变得很困难。

那么，到底该怎样阅读呢？首先要克服阅读的不良习惯，养成良好习惯。学生们存在的不良阅读习惯常见如下：

心译：读一句，心译一句，句句必须翻译成汉语进行理解，使阅读多了一个转化的过程，耽误了时间；

点读：阅读时总是用指头或笔尖等指着单词，移动到哪儿才读到哪儿。长期这样，怎样养成一目十行的速读能力？

逐词阅读：一个词一个词地阅读，生怕漏掉一个单词。其实，一个句子表意主要靠实词，虚词意义不大；所以要重在看实词，通过实词迅速猜出句意。

见生即查：阅读时遇到生词就查字典，认为只要没有生词，便可理解文章；

出声或者唇读：一边看一边念念有词，或者嘴唇跟着动，看似默读实际上变成了诵读。

以上的不良习惯要么会打断阅读思维的连贯性，要么会破坏对文本的整体理解，而它们最大的害处就是降低了阅读速度。考试时要求30分钟完成4篇文章，平均到每一篇大约只有7分钟了（当然考生可以根据文章难易稍做调整）。很多学生都不能按时完成阅读任务，结果耽误了做其他的题。所以，常听到同学们抱怨“其实试题并不难，只是时间不够”。这都是不良的阅读习惯造成的恶果。

正确的阅读方法是以意群为单位，成组扫读。我们阅读的目的是为了获取信息，怎样快速获取信息呢？就是要通过扫描的办法，以意群为单位进行阅读。

分清意群，预测句意，是阅读能力的基本体现。英语阅读时要以意群为单位，而非以单词或词组为单位。要像探照灯一样进行扫视，而不是一个词一个词地去默看。阅读的时候，重要的是脑海里形成整个句子的信息，而不是某个词汇的意思。坚持用这样的阅读方法就可以提高阅读速度。速度提高了，就有更多的时间思考，解题才会更有保障。

其次，阅读的时候要重视段落首尾句，善于发现文章的中心。任何一位作者都会有自己的写作意图，任何一篇文章都会有自己的中心主旨，而能否明晰作者的写作意图，能否把握文章的主旨，是理解一篇文章的关键，也是阅读水平高低的体现。

一般来说，文章的主旨经常会被表述在文章的首尾中，首尾既包括文章的首段尾段，又包括每一段的段首句和段尾句。要想快速把握文章中心，首尾段和各段之首尾句是最佳切入点，因此大家应格外注意它们。

第三,还要学会跳读,要有全局观。阅读理解要做到心中既有森林,又有树木;既要统揽全文,又要主次有别。跳读(skip)既用来通读全文,了解大意,又用来搜寻细节,锁定被考查信息。

在跳读时一定不要借用母语翻译,而要通过逻辑思维把文章前后贯穿起来,理清作者思路、要表达的意思,使之直观化、形象化、具体化。

第四,遇到生词,要勇于和善于猜测词义。阅读离不开生词,但不是所有的生词都需要查字典。有些词汇文中会给出暗示,可以根据上下文来推断它们的意思;有些其后会紧跟其同位语,直接对其进行解释说明;有的词汇只需判定它是某类事物即可,比如人名、地名、某类动植物等等,而无须弄明白其具体意思;有些词即使猜不出意思也不必太在意,因为一两个词不认识根本不会对文章理解带来障碍,不能因之而恐慌,从而影响阅读。

阅读理解的问题就好比你爸妈要到学校来找你。怎样才能找到你呢?他们首先要“定区间”,即你很可能出现的地方(确定文中重点段落、句子):教室、寝室、食堂。然后“细阅读”:依次到这三个地方找你,分析你可能在哪个屋子哪个位置。然后再“排差异”,把你不在的地方去掉,从而锁定目标。父母是不是每个地方速度是一样的呢?当然不是,在去教室、寝室、食堂的路上他们肯定要走得快些——这就是我们阅读的技巧,在不重要的地方进行略读或跳读。

高一英语阅读高分突破试题一

第一部分 阅读理解

阅读下列短文,从每题所给的四个选项(A、B、C和D)中,选出最佳选项。

Passage 1

Riding the bus in India can be an uncomfortable experience. First, it's difficult to get on a bus. Usually, you have to jump on, all the while looking for a grip (把手) among a crowd of others who are also trying to get on. Once you get on, it doesn't get any easier. Indian buses are crowded, dusty, and uncomfortable. You seldom find a seat; most of the time you are standing in the aisles (过道), holding onto a grip.

Today, I was on an especially busy bus. I was standing in the aisle when the seat right next to me opened up. Usually when this happens, there is a mad fight to fill the seat. But when one opened up right in front of me, I like to first look for someone in need of a break. In this case there was a young guy with short hair and a red shirt on the other side of the seat. I gestured for him to take it. Surprisingly, he politely refused with a big smile, I sat down.

No more than two minutes later at the next stop, an exhausted-looking old woman walked towards the seat. Feeling inspired by the gesture by the young man, I looked at her and asked her whether she would like to sit. She nodded quietly, sat down and gave a quick "thank you".

As I looked for a new place to park myself, I looked at the young man. We locked eyes and smiled knowingly to each other. He knew I had passed on his small act of kindness. I gave him a pat on the shoulder and moved on.

() 1. Taking a bus in India is uncomfortable because _____.

- A. buses in India are usually very old
- B. there are too many people taking a bus
- C. there are usually no enough grips on a bus
- D. buses in India move too slowly

mother for cheating. He promised to get first position in his class next time.

Rehan proved himself. He worked very hard and at last he got first position in the final term.

- () 5. When Rehan said there was no report card, his mother felt _____.
A. strange B. glad C. angry D. concerned
- () 6. How did Rehan's mom learn the truth?
A. She learned it from Rehan's teacher.
B. She found the report card in Rehan's schoolbag.
C. She took part in the parent teacher meeting.
D. She cleaned Rehan's room and saw the report card.
- () 7. From the last paragraph, we can infer that _____.
A. Rehan's mother will get angry again at Rehan's final exams' result
B. Rehan will cheat again for the second time
C. Rehan's mother will forgive him for his cheating at last
D. Rehan will not keep his promise this time
- () 8. By writing the story, the writer wanted to tell us _____.
A. nothing can cover your lie B. no one likes to be cheated
C. mother is always great D. truth always comes to light

Passage 3

Old tennis balls are being used in an unusual way to help us learn more about one of the rarest mammals (哺乳动物) in the country.

Harvest mice are only about 2 inches (5 cm) long. This spring and summer, wildlife experts are encouraging people to report sightings of harvest mice so that records can be built up about numbers and locations can be made.

Meadows and grassland are animals' traditional homes but as farming methods change over time, the habitats are being lost and numbers are thought to be declining.

Old tennis balls, complete with penny-sized holes, make a strong and popular choice of home for the mice and around 200 are available for surveyors to distribute and monitor, after being donated by a local tennis club.

The project, supported by the Leicestershire County Council, is thought to be the biggest of its kind ever run in Leicestershire.

County Council wildlife expert, Helen O'Brien, said, "Little is known about the creatures' present situation locally so we need people to look in tall grass and fields and send in their information. The information will help us track numbers and tell us where we need to focus our attention to safeguard (保障) their future."

Anyone interested in getting involved (参与), can pick up tips and learn more about harvest mice on a training day. This is taking place between 7 : 30 pm and 9 : 30 pm on Monday, 14th June at the County Council's Environmental Resource Centre in Birsall. People living in Leicester, Leicestershire and Rutland can get involved with the survey or book a place on the training day by calling Gareth Price at 0116-267-1950.

- () 9. The underlined word “declining” in Para. 3 is closest in meaning to _____.
- A. dropping B. increasing C. keeping D. moving
- () 10. According to the passage, old tennis balls are _____.
- A. seriously polluting harvest mice's homes
B. being used to kill harmful animals in the fields
C. being provided for harvest mice as homes
D. being collected to raise money to save animals
- () 11. We learn from the last paragraph that _____.
- A. the training is going to be provided on July 14
B. the training about harvest mice will last two hours
C. only people living in Leicester can get involved
D. Gareth Price will be the trainer on the training day
- () 12. What is the best title for the passage?
- A. Harvest mice like old tennis balls
B. The importance of tennis balls
C. The rarest animal: harvest mice
D. Harvest mice's homes are being lost

Passage 4

If you're ever apart from your children, a new study says just talking on the phone will help just as much as a hug (拥抱).

If you're a parent who spends long hours on the job, you probably feel sorry for spending so much time away from your kids. But the results of a new study show that a mother's voice alone can be just as comforting to an anxious child as physical contact.

In an experiment, researchers from the University of Wisconsin-Madison asked a group of girls between the ages of 7 and 12 to solve math problems in front of judges—a stressful (充满压力的) situation for anyone. Before the girls were set to give their answers, the researchers measured their levels of two hormones (荷尔蒙): cortisol, which goes up during stressful periods, and oxytocin, the “love” hormone, which goes down at the same time.

After the girls finished the problems, some of them got to meet up with their mothers right away. The moms came in and hugged the girls. Another group of the girls didn't see

their mothers, but received phone calls from them, in which their mothers told them how well they'd done. The final group had no contact with their mothers, but instead watched an animal movie, *March of the Penguins*.

Finally, the girls' hormone levels were measured again. Although the movie was interesting, it did nothing to ease(缓解) the children's anxiety—but, surprisingly, both the physical contact and phone calls from their mothers had the same impact (影响) on easing the girls' stress levels.

So, no matter how old you are, if you're feeling stressed about something in your life, a phone call to Mom might be just the key to help you feel better.

- () 13. If a girl gets stressed, _____.
- she can't solve math problems
 - she will have high levels of hormone
 - oxytocin will remain at high levels
 - cortisol will increase with oxytocin down
- () 14. Which of the following is the right order in which the study was carried out?
- The girls' levels of hormones were measured again.
 - The girls solved math problems.
 - The girls' levels of hormones were measured.
 - The girls were divided into three groups.
- b—c—a—d
 - d—b—c—a
 - c—b—d—a
 - d—c—b—a
- () 15. According to the passage, we can infer that _____.
- it is easy for girls to solve math problems
 - the girls who had watched the movie remained anxious
 - mothers should hug their kids as often as possible
 - older girls have higher cortisol than younger ones

第二部分 完形填空

阅读下面短文,从短文后各题所给的四个选项(A、B、C、D)中,选出可以填入空白处的最佳选项。

I was selling tickets and asking for \$1.00 donations for our youth programs. We wanted to help the ___1___ without parents in Minsk. "Donate a dollar for youth programs and ___2___ a ticket for a \$1.50 hot dog!" I said to the people ___3___ me. Some donated a dollar and I gave them a ticket; some donated more, sometimes ___4___ \$5.00 or \$10.00; some simply donated without taking tickets. I was ___5___, so I continued my job with more ___6___.

Then, a group of Spanish farm workers 7 the hall. I knew they lived a 8 life and might not even 9 what I was doing. So I 10 just to let them walk by me and didn't say anything.

However, after they disappeared into the store, I thought 11. I had seen these men 12 hard on the farm in the sun on a very hot summer day. I knew they needed every 13. But I realized that they should be shown the same 14 shown to every local citizen. They also should be given the chance to donate to such programs, 15 they only had a little! But what could I do? My Spanish was very 16, but I had to do it.

I only knew two 17. When they came out of the store, I went up to them and said "Por favor", which means "please" in English. 18 more.

Two of the men immediately 19 without speaking. They each gave me a dollar—a dollar that they had earned by picking vegetables in the hot sun. They 20 the tickets, but never came to ask for hot dogs.

- | | | | |
|--------------------------|------------------|----------------|----------------------|
| () 1. A. adults | B. children | C. friends | D. teachers |
| () 2. A. need | B. show | C. give | D. receive |
| () 3. A. turning to | B. going through | C. walking by | D. looking down upon |
| () 4. A. only | B. even | C. hardly | D. still |
| () 5. A. touched | B. calm | C. interested | D. angry |
| () 6. A. thought | B. service | C. change | D. energy |
| () 7. A. decorated | B. entered | C. filled | D. left |
| () 8. A. strange | B. relaxing | C. hard | D. happy |
| () 9. A. consider | B. remember | C. dislike | D. understand |
| () 10. A. begged | B. pretended | C. decided | D. hoped |
| () 11. A. too | B. immediately | C. finally | D. again |
| () 12. A. moving | B. arguing | C. working | D. fighting |
| () 13. A. job | B. dollar | C. chance | D. piece |
| () 14. A. respect | B. time | C. attention | D. love |
| () 15. A. if only | B. so that | C. as if | D. even if |
| () 16. A. poor | B. free | C. standard | D. beautiful |
| () 17. A. paragraphs | B. words | C. letters | D. sentences |
| () 18. A. Everything | B. Anything | C. Nothing | D. Something |
| () 19. A. turned around | B. ran away | C. followed up | D. hurried up |
| () 20. A. shared | B. separated | C. exchanged | D. accepted |

第三部分 语法填空

阅读下面材料,在空白处填入适当的内容(不多于3个单词)或括号内单词的正确形式。

According to a recent survey, violence did exist in schools. Students showed their fear and parents and teachers also 1. _____ their great concern about it. Experts hope the whole society pay more attention to the mental health of 2. _____ (adolescent).

Nowadays, school violence is a hot issue. I think this is a phenomenon, 3. _____ calls for our great concern. We should try every effort 4. _____ (prevent) violence happening at school, for more and more students would drop out of school if their personal safety could not 5. _____ (guarantee). In fact, violence can be learned. Children learn violence behavior from adults or from 6. _____ they see on television or on the Internet.

If I meet with school violence, I will not answer violence 7. _____ violence, for it will result in 8. _____ (much) fighting. I will tell my teachers or parents about it. I think 9. _____ will help me deal with it well and they will protect me from the bad guys.

All in all, every student should behave himself and keep away 10. _____ violence.

第四部分 七选五

根据短文内容,从短文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。

When I walked into the house after school, the first thing I noticed was a box with items I recognized from my dad's office. When he told me that he was laid off, I thought he was joking. Then I noticed his seriousness and realized he was telling the truth. My father has always been a hard worker. He has prided himself on his career. 1 I guess I had taken his work for granted.

2 For starters, he was home all the time. It meant my bed had to be made, my room cleaned up, and my homework done right after school. I would come home every day to find him at the computer searching for jobs. 3 He seemed down, though he tried to be optimistic. He asked my brother and me to spend less. I gave up my spending money, which wasn't much. I also found a part-time job.

4 He explained that he never wanted to be laid off again, so he was going to start his own business. Day by day, I watched him build it. One evening I asked if he needed help. "Only if it doesn't affect school," he said. I showed up at his office the next afternoon, and most afternoons after that for two months.

5 The terrible experience for our family taught me how to deal with difficulties. Now I know that through creative problem-solving, I can always find Plan B. I

can ask for help and take risks. What I have learned from my dad's understanding of business and his work ethic(信条) are two of the most important lessons I will ever learn. And they will be my principles for success.

- A. Providing for our family has been his joy.
- B. I made every effort to solve his problems.
- C. I began to notice how losing his job had affected him.
- D. My father's unemployment created many changes in our lives.
- E. After months of searching, my dad decided to go in a totally different direction.
- F. His courage and determination helped him to become successful in his new career.
- G. I always knew he was a hard worker, but watching him in action influenced me a lot.

第五部分 短文改错

文中共有 10 处语言错误,每句中最多有两处。每处错误涉及一个单词的增加、删除或修改。

John, a little boy living next door to me, liked fast food very much. His parents was so busy that they had a little time to cook for him at home. So they often took him eat fast food. That's because John became overweight. My mother had always told his parents that too much fast food was harmful, and they ignored my mother's advices. Recently, the doctor warned him never to eat fast food any more after the poor boy has a physical examination. Her parents came to realize what a terribly mistake they had made. Now John's mother often comes to ask my mother for advice in how to make healthy food.

高一英语阅读高分突破试题二

第一部分 阅读理解

阅读下列短文,从每题所给的四个选项(A、B、C和D)中,选出最佳选项。

Passage 1

Most nutrition education isn't very effective. People know that an apple is better than a Snickers bar, but they often eat the Snickers bar anyway. After conducting hundreds of studies on the psychology of how and why we eat, I've seen that it's good to understand nutrition, but it's much better to change your eating environment. Doing so can help you make better choices without even thinking about it.

Part 1

We all know children can be stubbornly habitual in what they want to eat. If kids had French fries yesterday, they want them again today. We came up with a simple way to interrupt this default. Instead of asking kids what they want, what if we ask them about someone they admire?

We studied this with elementary school-aged children one summer. We treated 22 kids to apple slices or fries at a fast-food restaurant. The first week, 20 of them ordered French fries, and two ordered apple slices. But the next week, we asked, "What would Batman eat apple slices or French fries?" After they answered for Batman, we asked them what they wanted. This time, the number of kids who ordered apple slices jumped from two to ten—almost half of them.

If you ask yourself before deciding between the salad and the cheesy bacon fries, "What would my role model choose?" you'll be a lot less tempted. Thinking about what a well-liked person would do makes us less indulgent.

Part 2

If we knew what a skinny person's kitchen looked like, we could set up our own kitchens in a similar way. Once we got into people's homes, we took pictures of everything their dishes, sinks, refrigerator shelves, counters, snacks, pet-food dishes, tables, lighting—even random items held up by magnets on their refrigerators. Then we spent eight months coding these kitchens to see what thin people do differently.

We wondered if big kitchens turn us into big people. But it turns out that kitchen size isn't the problem. It's what you see in the kitchen. The average woman who kept potato chips on the counter weighed eight pounds more than her neighbor who didn't. "In sight, in stomach." We eat what we see, not what we don't.

- () 1. Which of the following is closest in meaning to the underlined part "less indulgent"?
- A. self-confident B. self-controlled C. self-estimated D. self-centered
- () 2. What's the writer's purpose of writing this passage?
- A. To give advice on how to become slim.
 B. To warn people that nutrition education is important for our daily life.
 C. To tell us that someone children admire may influence their eating habits.
 D. To introduce some innovative ways to help us eat healthier.
- () 3. What is the best title for part 2?
- A. The slim person's kitchen B. How to decorate your kitchen
 C. Kitchen size makes a difference D. Big kitchens are more popular

Passage 2

Unlike chemists and physicists, who usually do their experiments using machines, biologists and medical researchers have to use living things like rats. But there are three Nobel prize-winning scientists who actually chose to experiment on themselves—all in the name of science, reported The Telegraph.

1. Werner Forssmann (Nobel prize winner in 1956)

Forssmann was a German scientist. He studied how to put a pipe inside the heart to measure the pressure inside and decide whether a patient needs surgery.

Experiments had been done on horses before, so he wanted to try with human patients. But it was not permitted because the experiment was considered too dangerous.

Not giving up, Forssmann decided to experiment on himself. He anaesthetized (麻醉) his own arm and made a cut, putting the pipe 30 centimeters into his vein. He then climbed two floors to the X-ray room before pushing the pipe all the way into his heart.

2. Barry Marshall (Nobel prize winner in 2005)

Most doctors in the mid-20th century believed that gastritis was down to stress, spicy food or an unusually large amount of stomach acid. But in 1979 an Australian scientist named Robin Warren found that the disease might be related to a bacteria called *Helicobacter pylori*.

So he teamed up with his colleague, Barry Marshall, to continue the study. When their request to experiment on patients was denied, Marshall bravely drank some of the bacteria. Five days later, he lost his appetite and soon was vomiting each morning—he indeed had

gastritis.

3. Ralph Steinman (Nobel prize winner in 2011)

This Canadian scientist discovered a new type of immune system cell called the dendritic cell. He believed that it had the ability to fight against cancer.

Steinman knew he couldn't yet use his method to treat patients. So in 2007, when doctors told him that he had cancer and that it was unlikely for him to live longer than a year, he saw an opportunity.

With the help of his colleagues, he gave himself three different vaccines based on his research and a total of eight experimental therapies. Even though Steinman eventually died from his cancer, he lived four and a half years, much longer than doctors had said he would.

- () 4. What's the main purpose of the article?
- A. To introduce a few Nobel prize winners who did experiments on themselves.
 B. To list difficulties that scientists went through in order to make important discoveries.
 C. To explain why some scientists chose to experiment on themselves.
 D. To introduce some dangerous experiments that Nobel prize winners did on themselves.
- () 5. Which of the following is TRUE according to the article?
- A. Forssmann's experiment ended in failure.
 B. Forssmann had the pipe pushed all the way into his heart.
 C. Barry Marshall succeeded by drinking some *Helicobacter pylori*.
 D. Barry Marshall's experiment on himself confirmed that most doctors' belief about gastritis was correct.
- () 6. The underlined word "gastritis" in Paragraph 5 probably means _____.
- A. a kind of bacteria
 B. a kind of stomach disease
 C. a new type of therapy
 D. a large amount of stomach acid
- () 7. From the text, we can conclude that Ralph Steinman _____.
- A. discovered a new type of cancer cell called the dendritic cell
 B. tried different therapies containing the dendritic cell on himself
 C. had his request to experiment on patients denied
 D. believed that he was better than doctors at treating cancer

Passage 3

Do you want to speak fluent English like native English speaker, like Obama or Cameron?
 Do you want to master business English? If your answers are yes, just follow me!

Part I

If you are hunting a chance to improve yourself in English, TOP ENGLISH CITY will be a smart choice. We are members of "the International Language Workshop" and enjoy

both of the good honor in English teaching and high quality of our teaching team. We provide affordable, excellent English training programs for those who want to improve both their English knowledge and their language skills.

In TOP ENGLISH CITY, you will be a top English-speaker among your competitors and enjoy the advantage that your competitors have not. You will be proud of being a member of TOP ENGLISH CITY.

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You must be fluent in English-speaking or an English lover. Those who are now learning English in the Top English City will be advantageous.

For more information, please contact

Mr. Jin Chanat 47129198

English Salon, your best friend! Join Right Now!

()8. What is the function of the first paragraph?

A. To raise the interest of readers.

B. To show the structure of the passage.

