

魔法英语阅读理解同步活页卷高一(下册)

谭英华 主编

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UNIT

Healthy Eating



阅读下列短文并根据短文内容选择最佳答案

Your body, which has close relations with the food you eat, is the most important thing you own, so it needs proper treatment and proper nourishment (营养). The old saying "An apple a day keeps the doctor away" is not as silly as some people think. The body needs fruits and vegetables because they contain vitamin C (维生素C).

Many people take extra (额外的) vitamins in pill form (丸剂), believing that will make them healthy. But a good diet (饮食) is made up of nourishing food and this gives all the vitamins you need. The body doesn't need or use extra vitamins, so why waste money on them?

In the modern western world, many people are too busy to bother (烦恼) about eating properly. They throw everything into their stomachs, eating hurriedly and carelessly. The list of illnesses caused or made worse by bad eating habits is frightening.

1. Your body has close relations with the food you eat " really means that _____.
All kinds of food you eat can be made into your body
Your body is made up of the food you eat
What you eat has great effect (影响) on your health
The more you eat, the better you will feel
2. The old saying referred to in the passage tells us that _____.
The apple is the best among all kinds of fruits
Apples can take the place of doctors
Eating apples regularly does lots of good to our health
An apple is a sure cure for illness
3. In the second paragraph, the writer tries to let us know _____.
our bodies need food, or we can't live
often eating apples is a good habit
taking extra vitamin pills is completely useless
a good diet is of great importance to our health
4. In the modern western countries, _____.
people don't want to pay more attention to their eating
lots of people's illnesses are caused or made worse by bad eating habits
people throw everything into their stomachs without chewing

- people are only too busy to cook meals by themselves
5. From the passage we can draw a conclusion (结论) that if we want to keep healthy, we should _____.
- only eat an apple a day eat properly
- take as many vitamin pills as possible
- throw something into our stomachs slowly and carefully

Teacher: What three words are most often heard in the classroom?

Sam: I don't know.

Teacher: Correct.

十二生肖英语说法

“生肖”是代替十二地支、用来表示人们出生的12种动物，即鼠、牛、虎、兔、龙、蛇、马、羊、猴、鸡、狗、猪。如寅年出生的人属虎，卯年出生的人属兔。“生肖”也就是俗话说的“属相”，是中国人特有的一种表示出生时间的方式，相当于西方的黄道十二星座(双鱼座、白羊座、金牛座、双子座、巨蟹座、狮子座、室女座、天秤座、天蝎座、人马座、摩羯座、宝瓶座)。

英语中，当谈个人出生的属相时，表达为“What animal sign were you born under? 你属什么? I was born in the year of the Cock / Mine is the Cock. 我属鸡。”

十二生肖的12种动物在英语中分别是：鼠：Rat，牛：Ox，虎：Tiger，兔：Hare，龙：Dragon，蛇：Snake，马：Horse，羊：Sheep，猴：Monkey，鸡：Cock，狗：Dog，猪：Boar。

A car needs gas to run and your body also needs food to work for you. Eating the right kind of food is very important. It can keep your body strong, so take care of what you eat.

There are four main food groups altogether. The dairy products (乳制品) group has food like milk, cheese and sour milk. The other three groups are the meat and fish group, the fruit and vegetable group, and the bread and rice group. Each meal should have at least one food from all the four main groups. With all these food together you will be given enough energy during the day.

It is easy to get into bad eating habits. You may eat your breakfast in a hurry to get to school on time. Or you may not have time for a good lunch. It may seem easy to finish your supper with fish and chips all the time. But you will find yourself tired during these days and you can not think quickly.

Watching what you eat will help keep your body healthy and strong. It is also good to take some exercise. It will help you eat more if you take a walk or play games in the open air. Having a good eating habit with some exercise is the key to your health.

6. Which of the following diets do you think is the best one?

Eggs, tomatoes and chicken.

Milk, bread, cabbages and beef.

Corn, fish, cream and pork.

Rice, beancurd, apples, fish and chicken.

7. Which of the following is a good eating habit?

Going to school without any breakfast.

Eating fish and chips for supper all the time.

Finishing your lunch in a very short time.

Having at least one food from all the four groups each meal.

8. In this passage the writer mainly tells us that _____.

every person needs food to grow well

taking exercise can keep your body strong

right kind of food with exercise will keep you healthy

enough energy helps people think more quickly

9. The best title for this passage is “ _____ ”.

The Four Food Groups

A Healthy Diet

Your Body and Food

The Key to Your Health

I believe that anyone can make themselves something good to eat. Cooking is a whole lot easier than many people think. Good cooking or real cooking is within the grasp of anyone with an appetite (胃口) and a few pots and pans. There is nothing difficult about it (it is only a dinner after all), so we can pretty much ignore all that stuff about it being “an art”, “a science” or “a gift”.

Anyone can slap (啪的一声放) a lamb chop on a hot pan, throw a handful of pasta (面条) into bubbling water or put an apple to bake in a hot oven. I work from the not unreasonable assumption (假定) that if someone can make a cup of coffee then they can probably roast themselves a chicken.

Real cooking is about making ourselves something to eat that involves a bit of simple roasting, grilling or frying. Nothing complicated (复杂的), nothing that is not within the grasp of an inexperienced cook, but it is cooking, rather than opening a packet or a tin.

As you will see, real cooking is also about the little things - the small points that turn basic cooking into good cooking. It is attention to detail that makes a simple dinner into something great.

What makes something really good to eat? What is the difference between cooking something that is merely food and something that is a joy to eat? It is certainly not the need to make our cooking more complicated, neither is it an art that we must have at our fingertips. It is simply the understanding of the little things that make something especially good. This is the thing that makes something worth eating and worth cooking.

10. he writer believes that _____.
anyone can be a good cook
cooks need special training
- not everyone can be a good cook
a good cook is an artist
11. oasting a chicken _____.
requires more skills than making coffee
is easier than making coffee
requires no more skills than making coffee
is harder than making coffee
12. he writer prefers _____.
complicated sauces
the food his mother used to make
- food that looks beautiful on the plate
simple methods of cooking
13. he difference between simple food and wonderful food is _____.
a great cooking skill
paying attention to detail
- fresh ingredients
impossible to explain
14. his passage is mainly about _____.
what kind of food is good to eat
cooking good meals needs many skills
how to decide whether a kind of food is good or not
how to cook really good meals

Ice-cream is rated as America's favorite dessert (甜食). Annual (每年的) production amounts to 15 quarts a year for every man, woman and child in the USA, and if ice, sherbet, sorbet, frozen yogurt and gelato are added, the figure jumps to 23 quarts per person. Ice cream has been a dessert phenomenon (现象) since its creation 4 thousand years ago. Surprisingly, ice cream was developed in a country not known for its milk products, China.

At that point in history, the milking of farm animals had recently begun in China and milk was a prized commodity (商品). A favorite dish of the nobility was made of a soft paste of overcooked rice, spices and milk packed in snow to solidify (使固化). This milk ice was regarded as a symbol of great wealth. Later, the Chinese turned to importing snow from the mountains and adding fruit juices to create fruit ices.

Ice milk and fruit ice made their way to Italy probably through Marco Polo. The Italians carried ice cream across Europe, improving it over time, making it with cream and perfecting its production. Eventually the popular dessert made its way to America.

15. Which of the following statements is true?
- Only wealthy people around the world eat ice cream.
- Rich and poor alike now eat ice cream.
- Ice cream is available only in cold countries.
- Ice cream was developed in America.
16. Which ingredient (成分) is in contemporary (现代的) ice cream that was not originally present in ice cream?
- Cream. Snow. Spices. Rice.
17. What is unusual about ice cream's creation?
- It took a long time to get to America.
- It was created in a country that didn't produce a lot of dairy products.
- It was developed in winter when it was too cold to eat ice cream.
- It was created to celebrate special holidays and events.

Knowledge is a city to the building of which every human being brought a stone.

—— Emerson

知识是一座城堡，每个人都应为它增砖添瓦。

——爱默生

Real knowledge, like everything else of value, is not to be obtained easily, it must be worked for, studied for, thought for, and more than all, must be prayed for.

—— Thomas Arnold

真知如同珍宝，不是轻易获得的，必须学习、钻研、思考，最重要的是必须有强烈的求知欲。

——托马斯·阿诺德

Reading is thought to be a kind of conversation between the reader and the text. The reader puts questions, as they were, to the text and gets answers. In the light of these he puts further questions, and so on.

For most of the time this “ conversation ” goes on below the level of consciousness (意识). At times, however, we become aware of it. This is usually when we are running into difficulties, when mismatch is occurring between expectations and meaning. When successful matching is being experienced, our questioning of the text continues at the unconscious level.

Different people converse (认识) with the text differently. Some stay very close to the words on the page; others take off imaginatively from the words, interpreting, criticizing, analyzing and examining. The former represents (表现) a kind of comprehension, which is written in the text. The latter represents higher levels of comprehension. The balance between these is important, especially for advanced readers.

There is another conversation which from our point of view is equally important, and which is not to do with what is read but with how it is read. We call this a “ process ” conversation as opposed to a “ content ” conversation. It is concerned not with meaning but with the strategies (策略) we employ in reading. If we are advanced readers our ability to hold a content conversation with a text is usually pretty well developed. Not so our ability to hold a process conversation. It is precisely (正好) this kind of conversation that is of importance when we are seeking to develop our reading to meet the new demands being placed upon us by studying at a higher level.

18. Reading as a kind of conversation between the reader and the text becomes conscious only when _____.
 - the reader's expectations agree with what is said in the text
 - the reader has trouble understanding what the author says
 - the reader asks questions and gets answers
 - the reader understands a text very well
19. At a lower level of comprehension, readers tend to _____.
 - read a text slowly
 - read without thinking hard
 - interpret a text in their own way
 - concentrate on the meaning of words only
20. “ process ” conversation has to do with _____.
 - the application of reading strategies
 - matching our expectations with the meaning of a text
 - the development of our ability to check the details
 - determining the main idea of a text
21. According to the passage, it is of great importance for readers at a higher level to maintain a balance between _____.

魔法英语阅读理解同步活页卷(高一·下)

conscious and unconscious levels of comprehension

the readers' expectations and the meaning of a text

lower and higher level of comprehension

interpreting and criticizing a text

22. If we want to develop our reading ability at an advanced level, we should _____.

learn to use different approaches in reading different text

make our reading process more conscious

pay more attention to the content of a text

take a critical attitude towards the author's ideas

Teacher: We know that heat causes an object to expand (膨胀) and cold causes it to contract (收缩). Now, can anyone give me a good example?

Todd: Well, in the summer the days are long, and in the winter the days are short.

The important thing in life is to have a great aim, and the determination to attain it.

(Johan Wolfgang von Goethe)

人生重要的事情就是确定一个伟大的目标，并决心实现它。(歌德)

The only limit to our realization of tomorrow will be our doubts of today.

(Franklin Roosevelt)

实现明天理想的唯一障碍是今天的疑虑。(罗斯福)

UNIT 14

Festivals



阅读下列短文并根据短文内容选择最佳答案

April 27 is Take Our Daughters to Work Day in Britain. Started at first in the United States and brought to Britain in 1994, Take Our Daughters to Work Day has become a special day for girls between 11 and 15. On that day thousands of girls take a day off school and go together with one of their parents to their work places. The purpose of this day is to broaden girls horizons (视野) and raise their self-confidence (自信).

For many years people have thought that boys can do better than girls in society. But actually, “ girls can be whatever they want to be just like boys, whether it is a pilot, a nurse or a chief executive (总裁), ” says the chairman of the our Sons and Daughters Charitable Trust, an organization which supported the activity of the Day, “ Now the girls have a close look at what their parents are doing and this may help them to be more self-confident when they are faced with a choice of work. ”

School and many companies support the activity too. Palmers Green High School for girls, in north London, has made the day a necessary part of careers education. Zarina Bart, 15, from Palmers Green, went with her mother Gwen to her Lawyer's office this year's Take Our Daughters to Work Day, “ I learned how to fill in a legal (法律的) aid form and read details of a case. Then I went to see the actual trial. ” she said. Zarina found it interesting to see her mother at work. “ It's really strange seeing Mum at work running around. Getting serious and telling people what to do. ” She has always liked this idea of going into law and thinks it likely that she will follow in her mother's footsteps. Having a chance to see how her mother works has given her more self-confidence.

Experts believe that girls with higher self-confidence aim higher and are more likely to be successful in life. Parents have most important effect on the confidence of teenage girls. If parents believe in their daughters and show examples both at work as well as at home for them, this will give a lot of help to girls. Take Our Daughters to Work Day is surely a step in the right direction.

1. The writer's purpose in writing this text is to _____.
introduce to us a special day for girls
broaden girls view and raise their confidence
show us that girls can do as well as boys
tell how the special day for girls came into being

"I'd know him anywhere," said Ivan. "I have his ear in my pocket."

战地记者 war correspondent

Valentine's Day (Feb. 14) is a time for friends, a time for family, and a time for lovers, but where did it all begin?

In ancient Rome, February 14th was a holiday to honor Juno. Juno was the Queen of the Roman Gods and Goddesses. The Romans also knew her as the Goddess of women and marriage. The following day, February 15th, began the "Feast of Lupercalia" (古罗马的牧神节), which was a time to honor several other Gods and Goddesses.

In ancient Rome, the lives of young boys and young girls were strictly separate. However, during the Lupercalia Festival, the boys would each pick a girl's name from a vase. The boys then became partners for the duration (持续时间) of the festival with the girls that they chose. During the festival, the pairs of children danced and played together. Sometimes the pairing of the children lasted an entire year, and often, they would fall in love and would later marry.

5. The passage mainly tells us about _____.
Roman Goddesses and Gods the activities on Valentine's day
the history of Valentine's day the importance of Valentine's day
6. Valentine's day is a time for _____.
friends family lovers all of above
7. Valentine's Day is observed on _____.
Lupercalia Festival Feb. 15 Feb. 14 Feb. 16
8. Valentine's Day used to honor _____.
Roman Gods and Goddesses
Juno, the Queen of Rome
Goddess of women and marriage
boys and girls
9. From the text it can be inferred _____.
young boys and young girls could often play together
young boys hardly had a chance to date with young girls
young boys could choose the girls as their partners
all the partners often fell in love and married

Nothing in life is to be feared. It is only to be understood. (Marie Curie)
生活中没有什么可怕的东西，只有需要理解的东西。(居里夫人)
A man is not old as long as he is seeking something. A man is not old until regrets take the place of dreams. (J. Barrymore)
只要一个人还有追求，他就没有老。直到后悔取代了梦想，一个人才算老。(巴里摩尔)

Tim Welford, aged 33, and Dom Mee, aged 30, both from England, were keen on rowing boats. They made a plan to row across the Pacific Ocean from Japan to San Francisco. The name of their rowboat was " Crackers ". It was about 7 meters long.

They set out from Japan on May 17, 2001. They had rowed nearly 5,500 miles when their boat was hit by a fishing ship on September 17, 2001. Luckily they both escaped unharmed, but their boat was badly damaged and they had to abandon their journey.

In a radio interview, Dom expressed his disappointment and explained how the accident took place.

" A fishing ship came towards us with nobody on the bridge and ran us down. It all happened so quickly. I managed to dive into the water. Tim felt it would be safer to stay on board the boat. He was trapped inside as the boat was driven under the water. Finally some people appeared on the ship and saw me in the water. I shouted at them to stop the ship and to get Tim out. When the ship stopped, I eventually (终于) saw Tim, and I was very, very relieved (放心的) that we were still alive. We were very disappointed because we couldn't reach San Francisco. But we were alive. That above everything was the most important. "

10. How long had Tim and Dom been at sea when their boat was hit by a fishing boat?

One month. Two months.
Three months. Four months.

11. According to Dom, the main reason for the accident was that _____.

Tim and Dom were too careless
nobody on the fishing ship saw them
the speed of the fishing ship was too fast
their rowboat was not strong enough

12. Dom said that the most important thing in this accident was _____.

both of them survived
they enjoyed this journey
their rowboat was not damaged
they failed to reach San Francisco

Two Pounds Plums

Mother: I sent my little boy for two pounds of plums and you gave him a pound and a half.

Shopkeeper: My scales are all right, madam. Have you weighed your little boy?

A man and his wife are at breakfast table. They have been married for a long time. They are not speaking to each other. They haven't spoken to each other at the breakfast table for years. The husband is reading his newspaper. We can't see his face. The wife looks very bored as she pours a cup of coffee for him. Today, she is using a new kind of coffee for the first time. The husband picks up his coffee. He isn't very interested. He tastes his coffee. Suddenly he puts down his newspaper. Something is different. Can it be the coffee? He takes another taste. It is wonderful. He smiles. He looks at his wife and says in amazement, "Doris, when did you cut your hair?" Doris is pleased. She answers, "Two months ago." Doris asks, "Herbie, when did your hair begin to turn white?" He replies, "A long time ago." Doris says, "Oh, very handsome." Now they aren't bored any more. Breakfast is different. Has a new kind of coffee changed their life?

13. At first, the husband _____ at the breakfast table.
 _____ looks very happy
 _____ likes reading newspaper
 _____ dislikes the new kind of coffee
 _____ talks about coffee with his wife
14. The passage suggests that the story happens _____.
 _____ one morning _____ one afternoon
 _____ one evening _____ one night
15. From the passage, we know that the husband and wife _____.
 _____ often quarrel with each other
 _____ are friendly to each other
 _____ are satisfied with each other
 _____ pay little attention to each other in their daily life
16. If the following statements, which do you think would be the most concern to the author?
 _____ To see more coffee.
 _____ The wife's hair cut.
 _____ The husband's white hair.
 _____ The relationship between the husband and the wife.
17. The best title for this passage is _____.
 _____ Husband and Wife
 _____ The Wonderful Coffee
 _____ A Change in Their Life
 _____ A New Hair Style

Thanksgiving Day is always celebrated on the fourth Thursday of November. It is the most traditional American holiday. The first Thanksgiving was held in Massachusetts in 1621. After a year of great hardship, the colonist (移民) wanted to give thanks to God for their first harvest. They invited their Indian friends to join them in a big feast (盛宴). Today the holiday is still celebrated as a day for giving thanks. But it wasn't a regular national holiday until President Lincoln declared that the last Thursday in November would thereafter be Thanksgiving Day in 1863. It is a day of family reunion (团圆) and it is customary (风俗的) to invite friends to share the meal. In some large cities, there are important football games that are played on Thanksgiving Day.

For Americans, Thanksgiving Day is one of the few days of the year when the entire family gets together. Everyone is glad to see everyone else and there is a very busy exchange of greetings. The women soon disappear into the kitchen to help prepare the dinner. The men, meanwhile, settle down to watch a football game on television, or to discuss business or politics. If weather permits, some of the more athletic (运动的) men go outside to play ball with the children. Then everyone will sit down to dinner, in which traditional Thanksgiving foods such as stuffed turkey, sweet potatoes, chestnuts, and pumpkin pie are served. After dinner, people will sit around and talk.

18. According to the passage, the first Thanksgiving Day was celebrated _____.
in 1863 _____ in a primitive times
in 1621 _____ at the very beginning of civilization
19. Which of the following statements about Thanksgiving Day is FALSE?
It falls on the same day in November every year.
It is the most traditional American holiday.
It is a regular national holiday.
It is a day of family reunion.
20. All of the following are customs associated with (与...相联系) Thanksgiving Day EXCEPT _____.
family members usually get together on Thanksgiving Day
people send greeting cards to each other
in some cities, there are important football games
people usually have Thanksgiving dinner served with traditional Thanksgiving foods
21. President Lincoln is mentioned because _____.
it is President Lincoln who made Thanksgiving Day a regular national holiday
President Lincoln once took part in the celebration of Thanksgiving Day.
President Lincoln introduced the Indian holiday day to the Americans
President Lincoln is the first US President
22. _____ serves as the best title for the passage.
“ Thanksgiving Dinner ” “ Thank God for a Good Harvest ”
“ Thanksgiving Foods ” “ Thanksgiving, a National Holiday ”

UNIT 15

The Necklace



阅读下列短文并根据短文内容选择最佳答案

While traveling abroad, Mr. Jackson Frank ran short of money. So he wrote to his brother, asking for \$ 500. " Send the money by telegram, " he wrote, " to the Fisher Bank in P. "

After a week he began calling at the Fisher Bank. He showed his passport, " Nothing has come for you. " he was told. This went on for two weeks, and Mr. Frank got very worried. He sent a telegram to his brother, asking where the money was. There was no reply, and no money arriving for him.

In the fourth week Mr. Frank was arrested for failing to pay his hotel bill. His passport was taken from him. He tried to explain the problem, but no one believed him. He was sent to prison for six days.

When he came out, he went immediately to the Fisher Bank. The clerk he spoke to was a new man. " Have you received \$ 500 for me? " he asked, " My name is Jackson Frank. "

The clerk checked his books. " Yes, Mr. Jackson, it's here. It came by telegram—let me see—oh, more than two months ago. We wondered where you were. " He showed Mr. Frank the order.

The order read : " Pay Mr. Frank Jackson the sum of \$ 500 "

" But my name is Jackson Frank, not Frank Jackson. "

" Oh, that's all right, sir. It was in our books under the letter ' J ', but it is your money. " The clerk laughed. " A human mistake, sir! We're all human beings, aren't we? And so we all make mistakes. A family name like Frank sounds strange to me. "

Mr. Frank was silent. He really wanted to hit somebody. At last he said, " A human mistake is what you call it? I think some humans need kicking. "

1. week after he had written to his brother, Jackson began _____.
telephoning the bank
visiting the bank
shouting at the clerks of the bank
explaining his problem to the clerks of the bank
2. Jackson was arrested and sent to prison because _____.
his brother hadn't sent him any money and he couldn't pay his hotel bill
he had spent almost all his money and couldn't pay his hotel bill

- he had lost all his money and couldn't pay his hotel bill
his brother hadn't sent him as much money as he asked for and he couldn't pay his hotel bill
3. Which of the following statements is true?
The money did not reach the Fisher Bank.
The money reached the wrong bank.
The money reached the bank after he was arrested.
The money reached the bank before he was arrested.
4. The clerk put his name under the wrong letter _____.
through carelessness
because they were human beings
because he had a strange name
by pronouncing his name incorrectly

He who can have patience can have what he will.	—— B. Franklin
惟坚忍者始能遂其志。	—— 富兰克林
The talent of success is nothing more than doing well whatever you do without a thought of fame.	—— Longfellow
成功之路无他，惟全力投入工作，而不稍存沽名钓誉之心。	—— 朗费罗
A soul that has not attained humility is not prepared to grasp the truth of the world in its fullness.	—— Jacob Klatzkin
没有学到谦虚的人，就没有准备好充分掌握世界的真理。	—— J. 克拉兹金

学位的简称写法

- B. A. or BA 文学士 (Bachelor of Arts)
B. S. or BS 理学士 (Bachelor of Science)
M. A. or MA 文科硕士 (Master of Arts)
M. S. or MS 理科硕士 (Master of Science)
M. B. A. 工商管理硕士 (Master of Business Administration)
Ph. D 哲学博士 (Doctor of Philosophy)
D. S. 理学博士 (Doctor of Science)
M. D. 医学博士 (Doctor of Medicine)
Eng. D 工学博士 (Doctor of Engineering)