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赢在阅读

英语限时提优训练

创新版

4合1

恩波教育研究中心 主编

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在中考英语试卷中，完形填空、阅读理解、阅读表达、缺词填空等题型，分值占比较大。考名校，要得高分；得高分，必练阅读；练阅读，必读经典。“赢在阅读·英语限时提优训练”创新版系列图书内容丰富，体例合理，运用小卷定量模式省时高效训练阅读题，是中考提优、冲刺名校的最佳利器。

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“工欲善其事，必先利其器。”愿本书能成为你中考提优的“利器”，祝你圆梦名校。

限时提优训练 1

(时间 40 分钟)

班级: _____ 姓名: _____

一、完形填空

正确率: ____/15

Jatto's mother was doing housework while Jatto was reading a book aloud in English. Jatto didn't always like 1 to his mother. She spoke only Esan, one of the languages in Nigeria. Wasn't it a waste of time to read to someone who couldn't understand? His mother didn't even realize when he made 2. Still, she insisted he read aloud every day.

"Let's bottle nuts when you finish reading," she said in Esan.

Jatto shook his head. He had so much homework to do. "I'll never finish reading."

Jatto said "never" in English because there was no word for never in Esan.

"What's 'never'?" she asked.

Jatto cleared his throat to 3 the English word. "It means I won't stop reading today, tomorrow, or 4." He drew circles in the air. "Nor the day after the day after tomorrow, the day after the day after, the day after..."

"Oh, OK! That's forever," his mother said.

Jatto stared at the nuts. Each one looked delicious.

Now would be a 5 time to eat some. But he couldn't ask. He remembered the 6 he'd drawn in the air.

Jatto's mother whistled. Tam-tam, their cow, came up to them. Jatto could 7 cow-milk air as his mother milked her. Tam-tam's milk was the best he'd ever tasted.

Jatto needed to take his mind off the 8. "Mama, why do you make me read to you even though you don't understand?"

"I want you to practise speaking English often," she said.

"I can practise English in my head," he said, not 9.

His mother smiled. "We share our stories aloud with others, not in our heads where 10 can hear them."

Jatto nodded. He'd learned about that in school.

She decided to tell him a story and handed him some nuts and milk. "You can eat 11 I talk."

He ate as she started. Soon, Jatto was singing the story with his mother.

"You never tell me stories," he said when they stopped 12.

She sighed. "I used to, but when you started school, I wanted

you to focus on English."

"I make a lot of mistakes when I read to you," Jatto said.

His mother 13. "I guessed so. But I like hearing the sound of your voice while I work."

Jatto knew what she meant. He had enjoyed listening to her story as he bottled the nuts. It made the work seem 14. "I have an idea," he said. "Next time, I will read a story to you in English, then I will tell you the same story in Esan. We can even make up songs together."

"Great! And I will tell you stories in Esan and you can say them back to me in English. Let's 'never' stop 15 stories."

Jatto smiled. His mother's understanding of "never" was even better than his own.

- | | | | |
|----------------------|-----------------|------------------|------------------|
| 1. A. talking | B. reading | C. replying | D. listening |
| 2. A. mistakes | B. jokes | C. efforts | D. noises |
| 3. A. speak | B. pronounce | C. organize | D. explain |
| 4. A. the day before | B. the last day | C. the day after | D. in the future |
| 5. A. good | B. free | C. busy | D. bad |
| 6. A. nuts | B. bottles | C. circles | D. cows |
| 7. A. see | B. smell | C. feel | D. hear |
| 8. A. milk | B. cow | C. story | D. food |
| 9. A. alone | B. aloud | C. kindly | D. directly |
| 10. A. nobody | B. somebody | C. anybody | D. everybody |
| 11. A. before | B. while | C. after | D. until |
| 12. A. saying | B. eating | C. singing | D. chatting |
| 13. A. shouted | B. cried | C. praised | D. laughed |
| 14. A. easier | B. slower | C. heavier | D. shorter |
| 15. A. practising | B. telling | C. sharing | D. writing |

二、阅读理解

A

正确率: ____/4

My mother always told us there is no use crying over spilled milk. That means you should not get angry when something bad happens and cannot be changed. She also told us you have to break some eggs to make an omelet (煎蛋卷). This means you have to do what is necessary to move forward.

My mother believed you are what you eat. A good diet is important for good health. She would always give us healthy food. She liked serving us meat and potatoes for dinner. The meat and potatoes can also mean the most important part of something. It describes someone who likes simple things.

People always said my father was the salt of the earth, because he would never pour salt on a wound, or make someone feel worse about something that was already a bad experience. However, sometimes he told us a story that seemed bigger than life. So we had to take it with a grain (粒) of salt. That is, we could not believe everything he told us.

My manager at work does not always know what is going on in our office. Yet she is right about one thing: there is no such thing as a free lunch. Something may appear to be free, but there may be a hidden cost. When we fail to see problems at work, the manager tells us to wake up and smell the coffee. We need to pay more attention and fix the problem. I once made a big mistake at the office and felt silly. I had egg on my face.

Over the weekend, my friend invited me to watch a football game on television. But I do not like football. It is not my cup of tea.

I hope I have given you food for thought, that is, something to think about.

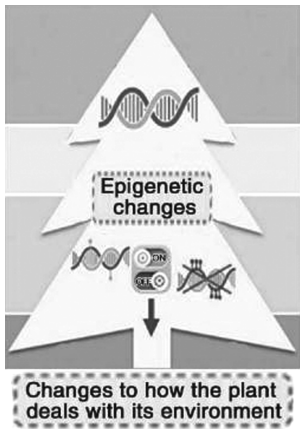
1. When problems came up, the author's mother told them to _____.
A. give up B. hurry up C. be careful D. keep calm
2. Which of the following is used to describe someone who likes simple things?
A. The milk and eggs. B. The salt and water.
C. The tea and coffee. D. The meat and potatoes.
3. In people's eyes, the author's father _____.
A. always feels unhappy B. always tells lies
C. is a very nice man D. is a good storyteller
4. If a girl's face turns red because she does a wrong thing, she may say "_____".
A. I am what I eat B. I have egg on my face
C. It is not my cup of tea D. I'm the salt of the earth

B

正确率: ____/4

Plants face many challenges during their lifetime. Unlike animals, plants cannot hide during a storm or move away from an insect attack. Instead, they must stand still and deal with every challenge that comes their way. This has made plants masters of self-defense (防御) and experts in adapting (适应) themselves to changes in their environments.

One way plants can change to deal with challenges is through a process called natural selection (选择). This is



usually a very slow process in which those plants that are best adapted to their environments produce the most offspring, or seeds. Adaptations could be sharp thorns(刺) that protect a plant from being eaten by a giraffe, or poisonous(有毒的) leaves that protect it from insects.

However, change through natural selection usually happens very slowly. In long-lived plants like trees, it can take hundreds of years. Luckily, there is another much quicker way. This type of change is controlled by something called epigenetics. Epigenetic marks on the DNA control how compacted (“turned off”) or loose (“turned on”) the DNA is. This change is especially important in long-lived trees, like conifers (针叶树), as they may face more environmental conditions in their lifetime. It allows conifers to remember the stressful past and be better prepared for the future. Conifers can form “memories” because of many kinds of environmental challenges, such as temperature conditions, insect attacks and so on.

One environmental signal(信号) that can trigger conifer memories is the temperature the baby trees experienced when the seeds were developing. Trees that developed at different temperatures show different timing in terms of when new leaves appear in spring. New leaves appear earlier on trees from seeds at lower temperatures, and trees developed at warmer temperatures grow new leaves later in the season.

Treating conifers with plant-made defense chemicals can also cause memories. When small conifer trees are treated with plant-made defense chemicals in the fall, they are better able to defend themselves against insect attacks when they are planted out in the forest in spring.

Trees remember the past—not with brains, like us, but through epigenetic changes. There are still a lot of things we do not know about how and how long trees can remember the past. When we have learned more about tree epigenetics, we can perhaps grow new forests that are better at dealing with climate change, insect attacks and diseases.

5. What do you know about natural selection from the passage?
- A. The ability of hiding during a storm is an example of natural selection.

B. Natural selection allows plants to change rapidly to their environments.

C. The ability of growing sharp thorns is a result of natural selection.

D. Natural selection is a slow process that is environmental-friendly.

6. The word “trigger” in Paragraph 4 most probably means “_____”.
- A. start to change

B. cause...to work

C. start to share

D. cause...to lose
7. What would the writer most probably agree with?
- A. Epigenetic change is better than natural selection.

B. Temperature can influence the size of conifer leaves.

C. Climate change can help conifers to deal with insect attacks.

D. More epigenetic knowledge is needed to help trees grow better.
8. What would be the best title for the passage?
- A. Tree masters: How can trees deal with climate change?

B. Tree experts: How can trees make more seeds in spring?

C. Tree challenges: How can trees live during insect attacks?

D. Tree memories: How can trees remember without a brain?

三、阅读表达

正确率: ____/5

A man once visited a temple that was still being built. He saw a sculptor(雕塑家) making a sculpture. As he watched the man work on the sculpture, he noticed that there was a similar sculpture lying nearby.

He was curious and asked the sculptor, “Why are you making two same sculptures? Do you need two to put in different places?” “No,” the man said without looking up. “We need only one, but the first one became damaged(被损坏的) before I could finish it, so I’m making a new one.”

The visitor picked up the damaged sculpture and checked it. But he couldn’t find anything wrong with it. “Where is the damage?” he asked. “There is a scratch(擦痕) on the sculpture’s nose,” the sculptor said while continuing his work.

The man then asked, “Where are you going to place the sculpture?”

The sculptor replied that it would be placed on a 20-foot-high platform. “If the sculpture is up that high, who is going to notice that there is a scratch on the nose?” the man asked.

The sculptor stopped his work, looked up at the man and said, “I will know it.”

Even if other people didn’t notice the damage, it is important to the sculptor that his work should be of the best quality. He chose to insist a high standard of excellence in his work. This is an attitude we should all work hard to keep.

1. What was the sculptor doing when the man saw him?
- _____
2. Why did the sculptor make two sculptures?
- _____

3. Where was the scratch?
- _____
4. Who would know there was a scratch when the sculpture was placed high?
- _____
5. Like the sculptor, what should we insist in our work?
- _____

四、缺词填空

正确率: ____/10

Seba Stephens is only 10 years old, but he’s a very talented musician. He plays the drum, bass, guitar and piano. R 1, he has got a professional certificate(专业证书) in music through the Berklee (伯克利) Online Programme at the famous Berklee College of Music.

Seba and his family live in Memphis—a place k 2 for music in the USA. He grew up with music all around. Before he turned three, his parents asked him what he wanted for his birthday. “Drums!” he answered. His parents weren’t s 3 about it, but after seeing him show his great interest in drums at a local music store, they found he was serious. They bought him drums, and he also began to have music lessons.

In just a few months, Seba’s drum teacher reported to his parents that he was learning very quickly and needed further t 4. He was still four. His talent surprised everyone.

Seba’s parents e 5 him to play with music in other ways. Seba learned guitar and piano. He faced challenges because of his s 6. “I wasn’t tall enough to see over my drums,” he says. “And I couldn’t reach some of the cymbals(铙钹).”

Two years ago, Seba had a chance to j 7 a summer music programme at Berklee College of Music as an 8-year-old boy. After the challenging summer, his dad thought Seba might want a rest. He was wrong. I 8, Seba asked his parents to teach him at home. His parents agreed. In this way, he could keep going to Berklee d 9 the school year. He did schoolwork in the mornings. In the afternoons, he worked on music.

Last year, Seba became the y 10 person ever to receive a professional certificate from Berklee. When he’s old enough, Seba hopes to go to college at Berklee. For now, he’s still practising and playing.

1. _____

2. _____

3. _____

4. _____
5. _____

6. _____

7. _____

8. _____
9. _____

10. _____

限时提优训练 10

(时间 40 分钟)

班级：_____ 姓名：_____

一、完形填空

正确率：____/15

The little girl went to school each day feeling frightened. She had been used to it, but it still hurt each time her classmates 1 her.

When she was younger, she used to 2 when the laughing began. But as she grew older, she no longer hid in shame. Still, it hurt. She had no 3. The laughing turned her into a girl who kept to herself. But friends were what she wanted most.

“Your mother is so 4,” the kids would say. “Your mother’s 5 is like a monster’s one,” they said. “Sheena has a monster for a mother!”

Sometimes, Sheena wanted to 6 that her mother was not her mother. She wanted to tell the others that the woman was not her mother at all. When this happened, she was filled with guilt and 7, for her mother was the 8 and most generous of all the mothers in the world. She did so many great things and helped lots of people.

Sheena’s mother did in fact have a scary face. It has long purple ugly scars(伤疤) on it. One day, when Sheena came home 9, her grandmother took her aside. “Why are you crying?” asked her grandmother. Sheena explained how difficult it was to stand the laughing from her classmates. She told her how 10 she felt each day at school, with no friends around her.

Her grandmother said, “It’s time to tell you the story of 11 your mother came to have such a face. One day, you were sleeping in your bed and your mother was across the street talking with a neighbour. 12, she noticed smoke coming from your house. Everyone rushed to the door, but it was too dangerous to go inside. Your mother ran into the fire without thinking twice, not thinking of 13, only of you, her dear child. She brought you out safely, 14 her own body was burned from top to bottom, especially her face. That’s the story of the ugly scars.”

Sheena was 15 again embarrassed about her mother. From that day on, she walked with her head high, knowing that she, above all the other children, had a mother who loved her very much.

1. A. looked at B. shouted at C. laughed at D. smiled at
2. A. hide B. cry C. argue D. fight

3. A. family B. friends C. teachers D. classmates
4. A. bad B. cruel C. poor D. ugly
5. A. face B. body C. nose D. eye
6. A. lie B. change C. leave D. discuss
7. A. love B. shame C. anger D. fear
8. A. prettiest B. happiest C. richest D. kindest
9. A. talking B. crying C. shouting D. laughing
10. A. surprised B. angry C. lonely D. bored
11. A. how B. when C. what D. where
12. A. Specially B. Bravely C. Suddenly D. Slowly
13. A. herself B. yourself C. himself D. themselves
14. A. because B. so C. and D. but
15. A. always B. never C. sometimes D. often

二、阅读理解

A

正确率：____/4

On the Height

Du Fu

The wind so swift, the sky so wide, apes wail and cry;
Water so clear and beach so white, birds wheel and fly.
The boundless forest sheds its leaves shower by shower;
The endless river rolls its waves hour after hour,
A thousand miles from home, I'm grieved at autumn's plight;
I'll now and then for years, alone I'm on this height,
Living in times so ▲, at frosted hair I pine;
Cast down by poverty, I have to give up wine.

The poem “On the Height” is a famous poem by Du Fu of the Tang Dynasty. It is included in the *Du Gongbu Collection*, a collection of poems by Du Fu.

The first four lines were the first part of the poem, which started with writing the views through wind, sky, water, beach, apes, and birds, and a natural scene of autumn is vividly presented. Then Du Fu used the visual spectacle(奇观) to describe the cycle of nature; the fall of leaves symbolizes the transience(短暂) of life, and the flow of the river represents the impermanence(无常) of time.

The second part marked a shift in focus from the landscape to the poet’s inner world. After Yan Wu died, who gave Du Fu much help, Du Fu left his hometown and lived a hard life again. Because of poverty(贫穷) and illness, he felt even sadder and lonelier when climbing alone. The last two lines show the poet’s sadness for the difficult life and his helplessness for aging, as well as the bitterness(苦涩) of having to give up drinking due to difficulties.

By describing the scene of autumn from a high altitude, the entire poem expresses the sadness of autumn and the suffering of life. It shows the poet’s complex emotions of long-term wandering, illness, and loneliness. It is generous, exciting, and touching.

1. Which of the following words rhymes with “shower”?

- A. cry B. hour C. height D. wine

2. Which of the views is not mentioned in the poem?

- A. Sky. B. Beach. C. Grass. D. Wind.

3. According to Paragraph 3, which word can be the most suitable for the “▲” in the poem?

- A. simple B. free C. quiet D. hard

4. What can we infer from the passage?

- A. With Yan Wu’s help, Du Fu’s life was once improved.
B. Du Fu lived a poor but peaceful life.
C. Du Fu liked climbing to enjoy beautiful views in winter.
D. Du Fu was crazy about drinking wine.

B

正确率：____/5

①Some people think creativity is making something completely new, so they do not think of themselves as creative ones. However, some other people think creativity can just be expressing themselves through everyday acts and they are born creative because it is not an all-or-nothing quality or skill.

②Whether or not we realize it, we all have the ability to express creativity. Sometimes the path to creative productivity is being willing to do something different.

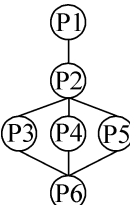
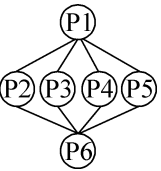
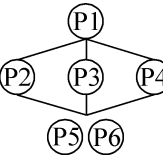
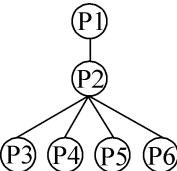
③Are you someone who loves to read comics? Perhaps it is time you create one of your own. Don’t worry if you cannot draw very well or feel that you cannot write humorous reports for characters. Nobody says this is an exam! You only have to please yourself, to gain the satisfaction that you try something new, all on your own. If you feel easy, you can of course share it with your loved ones, or post it on social media.

④Are you someone who likes to express yourself in writing? Try writing a blog. This is like the new version of a diary. In your blog, you can write about your thoughts, opinions and experiences. You can also write stories or plays, if you feel up to it! The blog provides you with a platform to create something new every day, in written forms.

⑤Are you someone who likes to be alone? Now, think about the things that make you happy. Find a small place in your room, or any place in your home, where you can spend time with yourself. It can be a small corner next to your bed or a wall. It can be a poster of your

favourite rock star or photos of your friends. You can also pick a guitar if you like to play instruments, or a few storybooks if you love reading. Some of you may like flowers, candles or pretty things. Decorate your area with your favourite things in any way you like. That is creativity! And if you do feel bored with this, you can change, add or remove something.

⑥ By realizing the chances in our daily lives to inspire our creativity, no matter how small, we may become more comfortable with taking bigger creative leaps in other parts of our lives.

5. How does the writer begin the article?
- A. By asking questions. B. By giving examples.
C. By showing opinions. D. By explaining reasons.
6. What does the underlined word “this” in Paragraph 3 refer to?
- A. Reading comics. B. Creating your own comics.
C. Pleasing yourself. D. Gaining the satisfaction.
7. In what ways can we show our creativity according to the article?
- a. playing the piano b. receiving flowers
c. keeping calm d. writing blogs
e. watching plays f. decorating rooms
- A. bcf B. ace C. adf D. bde
8. Which of the following shows the structure of the article?
- A.  B. 
- C.  D. 
9. What is the purpose of the article?
- A. To offer us all kinds of ideas and experiences.
B. To teach us about different life skills.
C. To encourage us to make something important.
D. To ask us to develop creativity through small acts.

三、阅读表达 正确率: ____/5

Karlsson, a Swedish teacher at Beijing Union University (BUU), has lived in China for over 15 years. The seeds (种子) of his China journey were sown when he joined in a programme for East Asian studies at Lund University in Sweden in 1997. Back then, cellphones and the Internet hadn't yet come into wide use. Learning Chinese

meant using textbooks, heavy dictionaries and audio tapes. He would read the dictionary carefully for hours to understand a one-page Chinese article.

“In those days, it was a real challenge,” he said.
In 2006, with a high score in the official Chinese language test, he won a scholarship for a five-week summer programme at Beijing Language and Culture University.

After finishing the study programme, Karlsson was offered a Beijing-based job as a market researcher. In 2008, the year Beijing succeeded in hosting the Summer Olympic Games, he got married. In the next year, he started to teach business at BUU.

Life in Beijing has been a wonderful adventure (异乎寻常的经历), especially as a witness to the great achievements China has made. It has offered him many chances for personal growth. Today, thanks to high-speed broadband and 5G, he can connect with students at BUU's partner universities in Russia, Montenegro or Mexico while riding on the Beijing subway.

“When you open your eyes to these great projects, it is impossible not to want to be part of them or at least support them somehow,” he said.

Although he was busy on teaching days, Karlsson applied for a full-time scholarship at the University of International Business and Economics in Beijing. In 2022, at 44 years old, he got his Ph. D. in economics. “I am quite interested in blockchain technology, and I know that China is quickly becoming the leader in blockchain applications outside the cryptocurrency space. So, I always write my articles in this area,” he said.

“There is always time to follow your dreams unless you decide to give up,” he said. “Taking on seemingly impossible challenges and also helping those around you are what make life worth living.”

1. Who is Karlsson in this passage?

2. How did Karlsson learn Chinese in Sweden?

3. When did Karlsson start to teach business at BUU?

4. What has offered Karlsson many chances for personal growth?

5. What can you learn from Karlsson's experiences?

四、缺词填空 正确率: ____/10

As red as chicken blood, the chicken-blood stone is one of the most costly ornamental (装饰用的) materials in China. With its b 1 red colour and jade-like texture (质地), it has been used for centuries to create carved works.

Changhua in Zhejiang is one of the producing areas of such stones. The stones were created by volcanic activity 75 million years ago. S 2 the Ming Dynasty, local people have been using chicken-blood stones to carve all kinds of things in different s 3 and sizes.

In 2008, the chicken-blood stone carving was a 4 to the National Intangible Cultural Heritage (非物质文化遗产) List. It not only records geological (地质的) changes, but is also a cultural relic that shows people's lives of different times. For Chinese people, the carving's red colour also means j 5, success and good luck.

Craftsman Qian Gaochao, 67, and his son, s 6 more than six months making three chicken-blood stone carvings showing the taekwondo and wrestling competitions for the 19th Asian Games in Hangzhou.

Qian is a national inheritor (继承人) of the intangible cultural heritage of the chicken-blood stone carving technique. He said, “It's a great honour to be able to contribute to the Asian Games, h 7 in my hometown, through my hand skills.”

According to Qian, the content and themes he chooses for carvings keep up with and show the style of the times. “I'm not only doing carving work, but also r 8 the development and changes of our society, and remembering the important events through my carvings,” he said.

Qian has created fascinating works, many of which are related to important events in Chinese history, i 9 the Zunyi Conference in January 1935. He has also done work to celebrate the 100th anniversary of the founding of the Communist Party of China.

Qian hopes the technique can be learned by more people so that it can be passed down. “We are looking for qualified people to continue to inherit and develop these traditional skills. At the same time, we also hold research activities and provide training courses, a 10 more young students to understand and learn Chinese traditional culture,” he said.

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

限时提优训练 28

(时间 40 分钟)

班级: _____ 姓名: _____

一、完形填空

正确率: ____/15

Jenny was the only child in her home. One day, because of a quarrel with her mother, the girl 1 stormed out of the house, swearing(发誓) never to return.

As night fell, the girl, without having dinner and wearing only a 2 coat, began to feel quite cold. Walking aimlessly under the city's lights, she felt lonely and lost. When she 3 she had no money with her, her mood became even worse.

Just then, an old lady selling late-night snacks called out to her, "Child, haven't you had dinner yet? Come here and have 4!"

Jenny stopped, touching her already empty 5. Then she replied in a low voice, "But... but I have no money."

The old lady waved her hand and said, "Don't worry. 6, I'm about to close. There's still some wonton soup left. Let's share it."

Jenny looked at the old lady's smile, feeling warmth in her heart. As she tasted the hot soup, tears welled up in her eyes uncontrollably. "Granny, even you are kind to me, but my mother is so 7 and indifferent," Jenny said, her voice choked.

The old lady said in 8, "Silly child, how can I compare(比较) with your mother? I just gave you a bowl of soup 9 your mother has been feeding you for over 10 years. If you thank me for this small act, how should you treat your mother?"

Moved by what the old lady said, Jenny 10 the chopsticks and quietly stood up. With mixed feelings, she decided to go back home. Surely enough, the door was still open and her mother was standing at the doorway, worriedly looking around. When she saw her daughter 11, the mother was overjoyed. "Where did you go? I've been waiting for you for three hours. The food is freezing cold..."

Jenny's tears fell down again. She took a deep breath, 12 saying, "Mum, I'm... I'm sorry."

Deep in thought: We can often see others' little help and feel thankful, but we seem 13 to the life-long love and care of our family. Why's that?

This is because the sacrifices(牺牲) made by family are so selfless and lasting that sometimes we 14 to find how important

they are. Family's love is like the air—always there, yet often taken for granted(理所当然). So, it's time for us to make a 15. Learn to value every effort made by our family, be thankful for all they do, and remember not to take their love for granted.

1. A. nervously B. bravely C. angrily D. slowly
2. A. thin B. heavy C. soft D. cheap
3. A. proved B. realized C. imagined D. believed
4. A. something B. anything C. everything D. nothing
5. A. heart B. mouth C. head D. stomach
6. A. Anyway B. However C. Otherwise D. Moreover
7. A. lazy B. careless C. cold D. silly
8. A. agreement B. surprise C. sadness D. confidence
9. A. until B. though C. since D. while
10. A. handed out B. cleaned up C. put down D. looked for
11. A. rushing B. hiding C. leaving D. returning
12. A. softly B. quickly C. sadly D. proudly
13. A. equal B. clear C. blind D. open
14. A. fail B. expect C. refuse D. manage
15. A. plan B. change C. balance D. choice

二、阅读理解

A

正确率: ____/4

①The world's highest ski place, Chacaltaya, was closed after the 18,000-year-old glacier melted(冰川融化) in 2009. Many scientists agree that the glaciers around the world could disappear in this century, much faster than we thought.

②As we all know, the reason for this is global(全球的) warming. When certain gas such as carbon dioxide(CO₂) is largely emitted(排放) into the atmosphere, it causes the greenhouse effect(效应) which makes Earth warmer.

③As Earth becomes warmer, glaciers melt quickly, and dark rocks are uncovered. Then these rocks take in more heat, causing the temperature to rise. As a result, the remaining snow on glaciers melts faster.

④The effects of global warming will be far-reaching and often devastating(毁灭性的). While the melting of glaciers may flood(淹没) some areas of Earth, in other places, it is making water disappear. An increasing number of heat waves and droughts(干旱) worldwide will also change the face of the world in the future.

⑤Global warming is a real problem, and one largely caused by human activity. Solving the problem is not easy, and there is no single magic way. However, we can begin it by lowering the amount of CO₂ in

our daily lives.

⑥Peter Miller, along with his wife, took part in a scientific test to see how much CO₂ they could cut down in a month. The average(平均) US household produces about 80 kilos of CO₂, which is more than twice the European average and almost five times the global average. Their final goal was to make less CO₂ than most American families.

⑦First, they found out how much CO₂ they were producing. Then they asked an expert for advice on how to reduce CO₂ emissions. According to the expert's advice, they made some changes to their house, replaced their lights, and changed some of their living habits. At the same time, they either biked, walked, or used public transportation. A month later, they saved 70% on electricity, 40% on gas, and drove half as much as others. Their daily CO₂ emissions were less than the US average, at 32 kilos.

⑧Protecting our planet starts small: change a light, open a window, walk or bike. With a little effort, and not much money, most of us can make a difference.

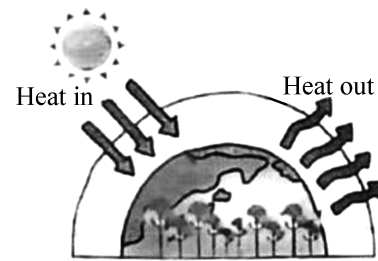
1. Why was the ski place, Chacaltaya, closed in 2009?

- A. Because the ski place was too old.
- B. Because few tourists came to this place.
- C. Because the ski place was too high to reach.
- D. Because the 18,000-year-old glacier melted.

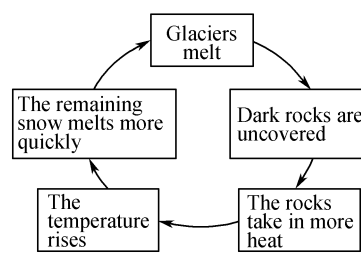
2. How does the writer show that Peter succeeded in the scientific test?

- A. By listing numbers.
- B. By asking questions.
- C. By giving explanations.
- D. By giving suggestions.

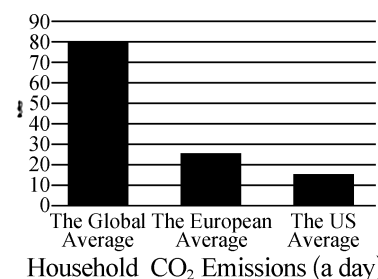
3. Which of the following can match the information in the passage?



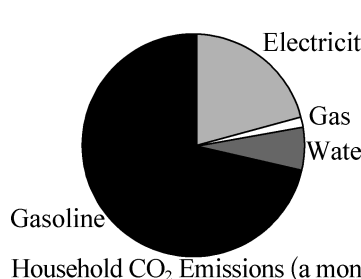
A



B

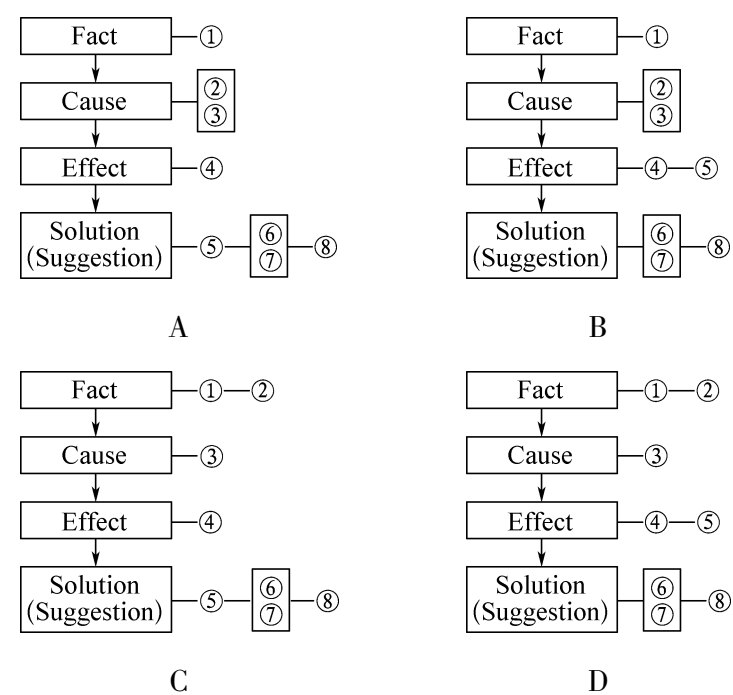


C



D

4. Which of the following shows the structure of this passage?



B

Fact

Cause

Effect

Solution
(Suggestion)

①—②

③

④

⑤

⑥

⑦

⑧

C

Fact

Cause

Effect

Solution
(Suggestion)

①—②

③

④

⑤

⑥

⑦

⑧

D

B 正确率: ____/4

When it comes to a meaningful life, we might think of love, happiness and health. A life filled with meaning is what most of us want for ourselves. Then, what makes a meaningful life?

Many researchers agree that a meaningful life comes down to three factors (因素): having long-term goals, believing that one's life matters, and feeling that one's life fits together and "makes sense".

But we believe there is more to consider. Sometimes life enables us to experience small moments of beauty. When people are open to appreciating (欣赏) such experiences, these moments may improve how they see their own life. We call this experiential appreciation (EA). EA is about the person feeling connected to events and being able to appreciate the value within the connection. It shows the discovery of and admiration for life's beauty.

We recently set out to better understand EA in studies. We were interested in whether EA was also tied to general judgment of meaning in life. If so, it could be a factor for meaningfulness.

In the first study, we had people rate (评估) their support for different methods of reducing stress. We found that people who managed stress by focusing on their appreciation for life's beauty also reported experiencing life as highly meaningful.

In the next study, we asked people to rate the degree to which they agreed with various statements, such as "I appreciate the beauty of life." and "I appreciate little things in life." as well as other statements that related to the three factors and a general sense of meaning in life. Our results showed that the more people reported that they were "appreciating life" and its many experiences, the more they felt their life was valuable.

In the following studies, we further looked at the connection between EA and meaningfulness. For example, we found that people who were asked to look back on the most meaningful event of the past week generally reported high EA in those moments.

All the results proved our theory (假设) true. But putting it into practice can be difficult. Our fast-paced lifestyles fill the day with goals. We try to get the highest output both at work and in spare time. This focus on future outcomes makes it all too easy to miss what is happening right now. We should slow down and let life surprise us.

5. You were most probably in the EA condition when _____.

- A. you made a travel plan for the coming holiday
- B. you hurried to serve the customers in the store
- C. you practised hard to become the best violinist
- D. you stopped to admire the roses by the roadside

6. What can we learn from the studies mentioned in the passage?

- A. Thinking back to the past weakens our sense of meaning.
- B. Enjoying small things can influence our attitude toward life.
- C. Proper stress management is the key to living a satisfying life.
- D. Good judgment on beauty improves connections among people.

7. What does the last paragraph mainly tell us?

- A. It is easier for results-driven people to achieve success.
- B. We often turn a blind eye to the present moment.
- C. A fast-paced lifestyle helps us reach our goals.
- D. Future life will bring us many more surprises.

8. What is the writer's main purpose in writing this passage?

- A. To explain how to discover beauty in life.
- B. To discuss what the true meaning of life is.
- C. To introduce a new factor for a meaningful life.
- D. To compare different factors for meaningfulness.

三、阅读表达 正确率: ____/5

Hotpot is popular in China today. Did ancient Chinese people have hotpot?

Ancient Chinese people had hotpot as early as the Shang Dynasty. At that time, people boiled foods and soups in bronze cauldrons (青铜鼎). The cauldron had two parts—one was the pot to cook foods in soup, and the other part was a layer (层) or a space inside the cauldron to hold firewood. But at that time, the cauldron was only for a single person to eat from.

During the Han Dynasty, people divided a pot into several parts to enjoy different taste.

During the Tang Dynasty, having hotpot was a popular thing. When people held family feasts (宴席), they would prepare hotpot. People of the Song Dynasty had hotpot to welcome winter.

Huoguo, the Chinese name for hotpot, was mentioned by Yuan

Mei, a poet and foodie in the Qing Dynasty, in a book about all kinds of food. At that time, hotpot was very popular. People put all kinds of meats and vegetables into pots made of different materials, such as copper and iron.

Hotpot also became a famous royal (宫廷的) dish, called *reguo*. It's said that Emperor Qianlong of the Qing Dynasty loved hotpot so much that he had it for almost every meal. He once held a big hotpot feast, inviting more than 5,000 people to enjoy about 1,550 hotpots.

1. How many dynasties are mentioned in this passage?

2. When did Chinese first have hotpot?

3. Why did people in the Song Dynasty have hotpot?

4. Who was Yuan Mei?

5. How often did Emperor Qianlong have hotpot?

四、缺词填空 正确率: ____/10

The book *20,000 Leagues under the Sea* is a classic adventure science fiction by French writer Jules Verne. Verne is a son of a lawyer. However, he decides to be a writer i 1 of a lawyer. He likes sailing and the sea. He likes exploring the world. He and his wife s 2 much time sailing on his ship. They sail to many places and have adventures. Later all of these are w 3 into his books. The book *20,000 Leagues under the Sea* is about Captain Nemo and his submarine—a kind of vessel that travels under w 4. His submarine is called Nautilus. Submarines are common today, but Verne writes about this submarine many years b 5 they exist! Some of Verne's ideas come true in history.

The story starts in New York City and takes the readers to many d 6 places. Verne describes some real places like the Mediterranean Sea, the South Pole and the Antarctic. But the story a 7 talks about visits to some fictional locations like Atlantis, an underwater city. Many people think the title *20,000 Leagues under the Sea* refers to h 8 deep the submarine travels under the water. However, the submarine never travels over a few leagues below the water. In fact, the title refers to the d 9 which Captain Nemo and his submarine travel during the course of the book. The book is full of mysteries and magic things under water. It has been t 10 into many different languages and sells well.

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

限时提优训练 30

(时间 40 分钟)

班级：_____ 姓名：_____

一、完形填空

正确率：____/15

The expression, “everybody’s doing it”, is very much at the centre of peer pressure(同伴压力). It is a social influence applied to an individual in order to get that person to act or believe in a 1 way as a larger group. This 2 can be negative or positive, and can exist in both large and small groups.

People are social creatures by nature, and so it is hardly 3 that some part of their self-respect comes from the approval(认可) of others. This explains why the approval of peers, or the fear of 4, is such a powerful force in many people’s lives. This instinct(本能) drives people to dress one way at home and another way at work, or to answer a simple “fine” when a stranger asks “how are you?” 5 it is not necessarily true.

For certain individuals, 6 for social acceptance is so important that it becomes an addiction(上瘾). In order to satisfy the desire(渴望), they may go too far and 7 their sense of right and wrong. Some young people may feel forced to use drugs, or join gangs (帮派) that 8 criminal behaviour. Some adults may sometimes end up in debt(负债) because they are unable to hold back the desire to buy a house or car that they can’t afford in order to 9 the peers.

10, peer pressure is not always negative. A student whose friends do well in 11 may be motivated to work harder and get better 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 help an adult develop a good habit or drop a bad one.

Although peer pressure is sometimes quite 12, some people

may not even notice that it is affecting his or her behaviour. For this reason, when making important decisions, such as choosing a career path or deciding on a major investment, simply going with an instinct is 13. Instead, people should seriously consider 14 they feel attracted to taking a certain action. Is it because of their own values, long-term goals, or personal interests? They should also consider whether the real 15 behind their action is simply that everyone else is doing the same thing. Taking the time to think and make a wiser decision can lead to a proper and fulfilling life.

- | | | | |
|----------------------|-------------------|------------------|-----------------|
| 1. A. traditional | B. similar | C. weird | D. normal |
| 2. A. influence | B. result | C. cause | D. method |
| 3. A. understandable | B. important | C. acceptable | D. surprising |
| 4. A. mistakes | B. failure | C. disapproval | D. independence |
| 5. A. as if | B. even if | C. since | D. unless |
| 6. A. asking | B. caring | C. waiting | D. looking |
| 7. A. gain | B. lose | C. decrease | D. increase |
| 8. A. avoid | B. stop | C. encourage | D. improve |
| 9. A. have fun with | B. stay away from | C. make fun of | D. keep up with |
| 10. A. However | B. As a result | C. In conclusion | D. What’s more |
| 11. A. research | B. music | C. school | D. sports |
| 12. A. positive | B. ridiculous | C. reliable | D. obvious |
| 13. A. common | B. dangerous | C. natural | D. necessary |
| 14. A. why | B. when | C. how | D. what |
| 15. A. motivation | B. danger | C. support | D. problem |

二、阅读理解

A

正确率：____/4

Mike and Hannah are chatting on the phone.

Messages

Hannah Online Photo Call Video

Mike: Hi, Hannah. What are you up to?

Hannah: Hey, Mike. Nothing much. I'm at home. I'm watching some TV, but it's not very good. I don't want to do my homework! How about you?

Mike: I'm in town, shopping. I'm looking for a new jacket. Do you like this one? It's \$20.

Hannah: Em. It's OK. It looks a bit old-fashioned though. Which shop are you in? Tell me you're not looking for clothes at Billy's on the corner of Green Street.

Mike: Hah! Of course I am! You know I always like to buy my clothes here.

Hannah: But their clothes are all second-hand. And that means they're old-fashioned.

Mike: I like the clothes here—they're really cool and they're cheap. I'm not rich like you, you know!

Hannah: Me? Rich? You're joking of course. Hahaha. Go to Ted's next to the big chemist's in Market Street. They've got a sale on. They're selling everything at 30% off the original price! And their stuff is really nice. I'm wearing one of their T-shirts now. Only \$9.99!

Mike: Yeah, that's cool. And 30% off? Brilliant. OK, I'm going there now. Oh no! Now it's raining and I haven't got an umbrella. OK, It's not far. Five minutes and I'm there.

Hannah: OK, here I am in Ted's. The shop's really crowded. It's because of the sale, I guess.

Mike: Maybe my mum's there. She's doing some shopping right now. So... anything nice?

Hannah: Yeah! Look at this shirt! Only \$25! I want it!

Mike: Mike, are you crazy? It's awful.

Hannah: No, it's not. I love wearing bright colours. They make me feel happy. It's perfect for a rainy day.

Mike: I think you're wasting your money and my time. Anyway—are you looking for a jacket or a shirt?

Hannah: Oh yes, you're right. You're better at clothes than me. Come and help me. You're not doing anything, are you?

Mike: That sounds like a bad idea. It's raining—remember?

- The underlined word “stuff” refers to _____.
A. the products that are sold in a shop
B. the way you say about something
C. the money you pay for something
D. the people who work in a place
- Which of the following statements is NOT true about Hannah?
A. She thinks there is nothing exciting on TV.
B. She was born in a rich family.
C. She thinks the clothes at Billy's are old-fashioned.
D. She has a better taste on clothes than Mike.
- What does Hannah mean by saying “I think you're wasting your money and my time.”?
A. She doesn't want to chat with Mike online anymore.
B. She wants to tell Mike that he needs a jacket.
C. She just wants to tell Mike to give up his choice.
D. She is sure that Mike will regret about his choice.

4. From their chat record, we can conclude that _____.
A. Mike bought a lot of colourful clothes in the end
B. Mike went back to Green Street for shopping
C. Mike met Hannah’s mother at Backer’s
D. Mike did the shopping without Hannah

B 正确率: ____/4

Ancient art doesn’t have to be boring. Technology in the 21st century can help to bring it to life by combining(融合) the best of the old and the new.

Along the River During the Qingming Festival

Walking into the China Pavilion at Expo 2010 in Shanghai, people were amazed by seeing a huge digital(数码的) painting. Scientists digitised(数码化) the famous painting *Along the River During the Qingming Festival* by Chinese artist Zhang Zeduan.

The original(原先的) painting shows life during the Northern Song period and it includes many details of ancient Chinese customs, lifestyles and technology.

_____ Farmers work in the fields, sailors move around their boats, and people eat and do business in restaurants. Parts of the background are also animated(做成动画). You can see the wind blowing through the trees and across the water. These animations perfectly combine modern technology and ancient art.

Digital technology allows today’s artists to express their ideas in ways that ancient artists would not believe possible. Techniques such as animation and 3D digital projection(投影) make art come alive.

Dunhuang Cave Paintings

Dunhuang Caves, which are protected ancient treasures in the Gobi desert in Northwest China, are filled with paintings and sculptures with lasting value. This artwork was created over a period of around 1,000 years.

The good news is for art lovers who cannot travel and for the caves. Scientists have created a 360-degree, 3D digital projection of the caves, which makes the artwork come alive. There is also a function(功能) that lets viewers zoom in and enjoy the paintings and sculptures in greater detail.

Digitising ancient art allows us to explore the ancient practices. It also makes the whole world understand the art while protecting the original artworks for the future.

5. From the passage, we can know that _____.
A. both of the two artworks use 3D digital projection
B. ancient art allows people to explore the modern technology
C. people can’t go to Dunhuang to enjoy paintings and sculptures now
D. the digital painting, *Along the River During the Qingming*

Festival was created by Zhang Zeduan

6. Which sentence may be the best to fill in the “_____”?
A. In the digital painting, a lot of these details are animated.
B. In the digital painting, a lot of these scenes are well known.
C. In the digital painting, more details of the art can be enjoyed.
D. In the digital painting, many different styles of art can be seen.
7. The underlined phrase “zoom in” means “_____” in Chinese.
A. 使(镜头)抬高 B. 使(镜头)拉近
C. 使(镜头)俯视 D. 使(镜头)远离
8. From the passage, we can infer(推断) that _____.
A. studying ancient art as much as possible is very necessary
B. good art must combine modern technology and ancient art
C. protecting the ancient artworks is more important than developing technology
D. more valuable ancient artworks will be protected better with technology in the future

三、阅读表达 正确率: ____/5

Who can jump the highest at your school? Who has the most skips over a rope? Who’s the fastest at solving a Rubik’s Cube(魔方)? Everyone can be the best at something. Recently, Beijing 101 Middle School held an activity called “Guinness Campus” to help students find their potential(潜力).

“There are all kinds of projects you can take part in and all kinds of records for you to set,” said ninth-grader Liu. “I choose Domino Tower because I have the most confidence in this.”

Students needed to build a tower using dominoes(多米诺骨牌). Who ever built the tallest tower in one minute won. Liu set the record with 33 levels. “At first I didn’t do it well, but after learning from other people and trying over and over again, I found some ways to do it faster,” she said.

“The game requires you to be calm and patient. If you lose your temper(脾气) when the tower falls, you may lose the chance to win.”

Seventh-grader Wang set a record for the longest juggle(颠球) of a soccer ball with one foot.

He did it for 4 minutes and 34 seconds. “I started to play soccer at 5 and have been practising juggling for three or four years, so I’m confident I can do it well,” said Wang. “Juggling with only one foot needs good balance and stability(稳定性), which I’m good at. You also need to train hard for sure.”

When asked if he was afraid that someone else would break his record one day, Wang said he was expecting that to happen. “The charm(魅力) of Guinness Campus is that we keep reaching higher goals. If someone breaks my record next year, I’ll be even more

encouraged to try harder finding more potential within me.”

1. How many kinds of projects have been mentioned in the passage?

2. Why did Beijing 101 Middle School hold the “Guinness Campus”?

3. According to the passage, how can students win in the Domino Tower?

4. What helped Wang set a record for the longest juggle? (At least two words)

5. In Wang’s opinion, what is the charm of Guinness Campus?

四、缺词填空 正确率: ____/10

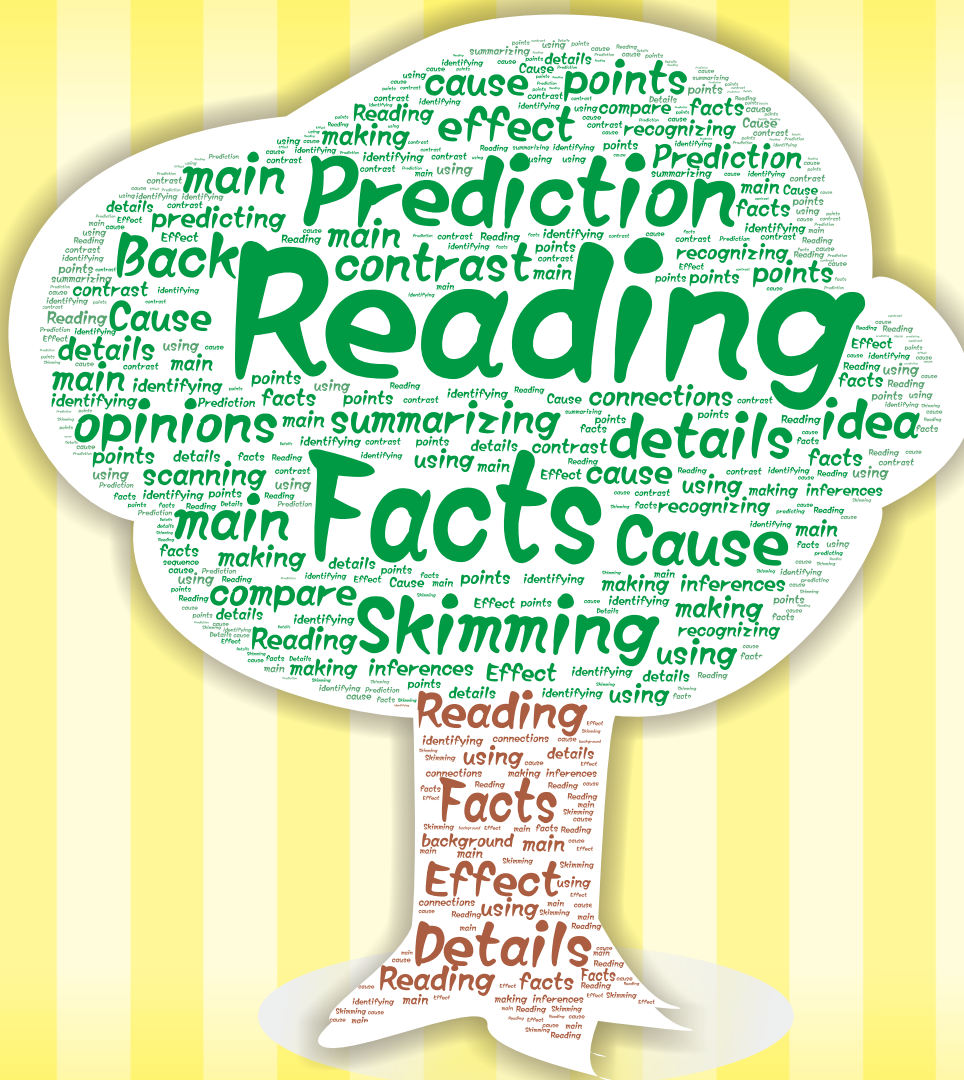
The folk art form, *kuaiban*, has a long history. It can be performed by a group or a s 1 person. With one or two pairs of bamboo clappers—a kind of t 2 Chinese musical instruments in hands, the performers tell stories in the local dialect(方言).

Recently, Liu Jiming and Wan Yifu made and shared three short videos by u 3 *kuaiban* which were viewed about 4 million times. As a result, Liu and Wan gained more than 1 million followers on the Internet. They’ve c 4 many new works to raise people’s awareness. Some of their works are about the danger of drunken driving and food s 5 . They also write stories to show respect to those who make contributions, such as traffic policemen.

According to Liu and Wan, people can understand *kuaiban* pieces without d 6 . The stories told in *kuaiban* pieces are close to people’s daily lives. Thus, they c 7 that it is a fun way to introduce the Chinese folk culture through *kuaiban*. And what m 8 to them is that both young people and old people begin to know the charm of the art form.

Folk art forms, like *xiangsheng*, *pingshu* and *kuaiban*, share something in common. They all show the beauty and v 9 of traditional Chinese culture, so they should be known by more people and get to more areas. Luckily, t 10 the Internet, new performers who go on sharing *kuaiban* pieces, like Liu and Wan, are playing an active role. Hopefully, these Chinese folk art forms will be alive with the times.

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



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赢在阅读

英语限时提优训练

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赵耀卫 陆红丽 叶宏

答案全解精析

温馨提示



- ◎ 建议考生先不要看答案，独立答题，之后再看答案。
- ◎ 对于做错的题，一定要标注出来，剖析原因，“对症下药”。
- ◎ 对于做对的题，可以看看答案全解精析。

九年级
+
中考

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| 限时提优训练 32 | 55 |

限时提优训练 1

一、完形填空

【语篇导读】贾托不明白妈妈为什么听不懂英语还让自己大声朗读给她听,通过与妈妈的交流,他明白了妈妈只是想在干活的时候听到他的声音,并且明白了学习一种语言需要将它说出来进行交流,因此他们约定要一直用两种语言分享同一个故事。

1. B 提示:talk 谈话;read 读书;reply 回答;listen 听。根据下文“Wasn't it a waste of time to read to someone...”可知句意:贾托并不是一直喜欢给妈妈读书。
2. A 提示:mistake 错误;joke 笑话;effort 努力;noise 噪声。句意:他的妈妈甚至意识不到他出了错。
3. D 提示:speak 说;pronounce 发音;organize 组织;explain 解释。句意:贾托清了清嗓子,解释这个英文单词。
4. C 提示:the day before 在前一天;the last day 最后一天;the day after 后天;in the future 在未来。句意:这意味着我今天、明天、后天都不会停止阅读。
5. A 提示:good 好的;free 免费的;busy 忙碌的;bad 坏的。句意:现在是吃点(坚果)的好时机。
6. C 提示:nut 坚果;bottle 瓶子;circle 圆圈;cow 奶牛。根据上文“He drew circles in the air.”可知句意:他想起了自己在空中画的圆圈。
7. B 提示:see 看到;smell 闻到;feel 感觉;hear 听到。句意:妈妈给她挤奶时,贾托能闻到牛奶的味道。
8. D 提示:根据上文“nuts”“delicious”和“milk”可知句意:贾托需要把注意力从食物上移开。
9. B 提示:alone 独自;aloud 大声地;kindly 善良地;directly 直接地。句意:“我可以在脑海里练习英语。”他低声说。
10. A 提示:nobody 没有人;somebody 某人;anybody

任何人;everybody 每个人。句意:我们大声地和别人分享我们的故事,而不是在没有人能听到的脑海里。

11. B 提示:before 在……之前;while 当……时;after 在……之后;until 直到……为止。句意:我说话的时候你可以吃东西。
12. C 提示:根据上文“Soon, Jatto was singing the story with his mother.”可知句意:当他们停止唱歌时,他说道:“你从来不给我讲故事。”
13. D 提示:shout 大喊;cry 哭;praise 表扬;laugh 笑。句意:他的妈妈笑了。
14. A 提示:句意:它使工作看起来更容易。
15. C 提示:practise 练习;tell 告诉;share 分享;write 写。句意:让我们“永远不要”停止分享故事。

二、阅读理解

A

【语篇导读】本文以讲故事的形式介绍了与“吃”相关的英语习语和俚语。

1. D 提示:推理判断题。根据第一段中“My mother always told us there is no use crying over spilled milk. That means you should not get angry when something bad happens and cannot be changed.”可以推出,母亲认为当遇到糟糕或不能改变的事情时,不要生气,要保持冷静。
2. D 提示:细节理解题。根据第二段中“The meat and potatoes can also mean the most important part of something. It describes someone who likes simple things.”可知,“the meat and potatoes”被用来描述喜欢简单事物的人。
3. C 提示:推理判断题。根据第三段中“... because he would never pour salt on a wound, or make someone feel worse about something that was already a bad experience.”可知,父亲从不在别人伤口上撒盐,也不会让别人对已经很糟糕的经历感到更糟。由此推出,在人们眼中,作者的父亲是一个非常好的人。

4. B 提示:细节理解题。根据第四段中“I once made a big mistake at the office and felt silly. I had egg on my face.”可知,如果一个女孩因为做错了事而脸红,她可能会说“I have egg on my face.”。

B

【语篇导读】本文是一篇说明文,主要介绍了植物通过自然选择和表观遗传学触发记忆来应对各种挑战。

5. C 提示:细节理解题。根据第二段“One way plants can change to deal with challenges is through a process called natural selection... Adaptations could be sharp thorns that protect a plant from being eaten by a giraffe, or poisonous leaves that protect it from insects.”可知,长出尖刺的能力是自然选择的结果。
6. B 提示:词义猜测题。选项 A:开始改变;选项 B:使……奏效;选项 C:开始分享;选项 D:使……失去。根据画线词所在句“One environmental signal that can trigger conifer memories is the temperature the baby trees experienced when the seeds were developing.”可知,一个能触发针叶树记忆的环境信号是幼树种子发育时所经历的温度。由此可推断,trigger 与选项 B 词义最接近。
7. D 提示:推理判断题。根据最后一段中“When we have learned more about tree epigenetics, we can perhaps grow new forests that are better at dealing with climate change, insect attacks and diseases.”可推测,作者认为需要更多的表观遗传学知识来帮助树木生长得更好。
8. D 提示:最佳标题题。通读全文并根据最后一段中“Trees remember the past—not with brains, like us, but through epigenetic changes.”可知,本文主要介绍了没有大脑的植物通过表观遗传学触发记忆的方式来应对各种挑战。选项 D“树的记忆:没有大脑,树怎么能记住?”最适合作标题。

三、阅读表达

【语篇导读】本文讲述了一个人在寺院里遇到

了一位一丝不苟的雕塑家的故事。

1. He was making a sculpture.
2. Because the first one became damaged.
3. On the sculpture's nose.
4. The sculptor himself.
5. A high standard of excellence.

四、缺词填空

【语篇导读】本文是一篇记叙文,主要讲述了10岁的天才鼓手西巴·斯蒂芬斯的故事。

1. Recently
2. known
3. sure
4. training
5. encouraged
6. size
7. join
8. Instead
9. during
10. youngest

限时提优训练 2

一、完形填空

【语篇导读】本文讲述了滑翔伞运动员艾娃在澳大利亚为世界锦标赛做准备时遭遇风暴,被卷入高空又安全着陆的故事。

1. B 提示:runner 跑步者;competitor 选手,参赛者;pilot 飞行员;winner 获胜者。根据下文“Unluckily, as the competitors took off”可知填competitors。
2. D 提示:get up 起床;turn on 打开;look up 查找;carry on 继续。句意:然而,他们决定继续(起飞)。
3. C 提示:colder 更冷的;cooler 更凉爽的;worse 更糟糕的;wetter 更湿的。句意:不幸的是,当参赛者起飞时,天气很快变得更糟糕了。
4. B 提示:根据下文“The clouds pulled Ewa up”可知句意:艾娃试图逃离风暴,但两团巨大的云聚集在一起,把她困住了。
5. A 提示:wind 风;rain 雨;tree 树;world 世界。句意:云把艾娃拉进风暴,她就像风中的一片叶子。
6. A 提示:shake 发抖,颤抖;pull 拉;dream 做梦;smile 微笑。句意:“我在发抖。”她事后告诉记者。
7. D 提示:decide 决定;repeat 重复;consider 考

more tears.”可知,伊娃死后,她的父亲圣克莱尔很痛苦。由此推断,圣克莱尔在葬礼上没有哭的原因是他太悲伤了。

3. B 提示:推理判断题。energetic 精力充沛的; kind 善良的; modest 谦虚的; fair 公平的。根据倒数第三段中“*She said that she felt sad for their slaves. She said that they were all good and kind to her. She said that she wished them to be free.*”可知,伊娃希望她身边的奴隶能够获得自由,由此推断伊娃是个善良的人。

4. A 提示:推理判断题。pleased 高兴的; scared 害怕的; relaxed 放松的; worried 担心的。根据最后一段中“*I'm going to make you free, so pack your things, and get ready to leave for Kentucky soon.*”可知,圣克莱尔让奴隶汤姆获得自由。由此推知汤姆内心是高兴的。

B

【语篇导读】本文主要介绍了撒谎时大脑的工作情况,以及撒谎产生的社会影响。

5. C 提示:段落大意题。第二段第一句承上启下,第二句说了撒谎时要做的事,第三句介绍了撒谎时大脑工作的区域——前额叶皮层,第四句介绍了前额叶皮层负责的两项工作,接下来具体介绍这两项工作是如何运行的。由此可知第二段主要介绍了人们撒谎时大脑是如何工作的。
6. B 提示:细节理解题。根据第三段中“... people's mental workload will be heavier and their reaction time longer when they lie. Worse still, when the prefrontal cortex is busy with tasks related to lying, she notes, it has a harder time doing other tasks”可知,人们在掩盖谎言时需要很多脑力。
7. D 提示:词义猜测题。结合画线词所在句可知,backfire 与 risky 并列,意义相似。根据下文“*When you give dishonest praise, you may make your friends feel good at first. But if you do it often enough, they'll soon learn that they can't trust your praise.*”可知,善意的谎言开始可能会让人感觉舒服,但是如果你经常这么做,别人很快就不会

再相信你的赞美。由此可推断,backfire 与 D 选项“产生相反的效果”意义相同。

8. B 提示:最佳标题题。通读全文可知,选项 B “撒谎的代价”最适合作标题。

三、阅读表达

【语篇导读】本文介绍了“欧莱雅-联合国教科文组织世界杰出女科学家成就奖”获得者谢毅教授的事迹。

1. Chemistry.
2. New nano materials that can efficiently turn heat into electricity.
3. Physics.
4. Her positive attitude.
5. I should keep going for my dream and never give up. (言之有理即可)

四、缺词填空

【语篇导读】本文是一篇说明文,介绍了中国园林的相关知识。

1. traditional
2. when
3. example
4. important
5. its
6. Gardens
7. space
8. seen
9. also
10. pool

限时提优训练 10

一、完形填空

【语篇导读】希娜的妈妈脸上有伤疤,同学们都嘲笑她。她自己也曾为此感到很羞愧,但得知妈妈伤疤的来历后,希娜不再感到尴尬和自卑,因为她知道妈妈非常爱她。

1. C 提示:look at 看着; shout at 对……大喊; laugh at 嘲笑; smile at 对……微笑。句意:她已经习惯了,但每次同学们嘲笑她时,她还是很伤心。
2. A 提示:hide 躲藏; cry 哭; argue 争论; fight 打架。根据下文“*she no longer hid in shame*”可知,希娜小时候总是躲起来。
3. B 提示:根据下文“*But friends were what she*

wanted most.”可知,此处表示她没有朋友。

4. D 提示:bad 糟糕的,差的;cruel 残忍的;poor 贫穷的;ugly 丑陋的。根据下文第五段中“It has long purple ugly scars on it.”可知句意:其他孩子会说:“你妈妈太丑了”。
5. A 提示:根据下文第五段中“Sheena’s mother did in fact have a scary face.”可知,妈妈的脸像怪兽的脸。
6. A 提示:lie 说谎;change 改变;leave 离开;discuss 讨论。根据下文“...her mother was not her mother”可知,希娜有时想谎称那个女人不是自己的妈妈。
7. B 提示:love 爱;shame 羞愧;anger 生气;fear 恐惧。句意:当这一切发生时,她充满了内疚和羞愧……
8. D 提示:prettiest 最漂亮的;happiest 最快乐的;richest 最富有的;kindest 最善良的。根据下文“She did so many great things and helped lots of people.”可知,她的妈妈是善良的。
9. B 提示:根据下文“Why are you crying?”可知,她在哭泣。
10. C 提示:surprised 惊讶的;angry 生气的;lonely 孤独的;bored 无聊的。句意:她告诉她,周围没有朋友,她每天在学校感觉多么孤独。
11. A 提示:句意:是时候告诉你你妈妈为什么有这样一张脸了。
12. C 提示:specially 特别地;bravely 勇敢地;suddenly 突然;slowly 慢地。句意:突然,她注意到家里冒出烟来。
13. A 提示:句意:你妈妈不假思索地冲进火里,没有考虑她自己,只想着你,她亲爱的孩子。
14. D 提示:because 因为;so 所以;and 并且;but 但是。句意:她把你安全带了出来,但她自己的身体自上而下都被火烧了,尤其是她的脸。
15. B 提示:根据下文“she walked with her head high”可知,之后她抬起头走路,不再感到尴尬和羞愧。

二、阅读理解

A

【语篇导读】本文介绍了唐代著名诗人杜甫的诗《登高》及其所表达的情感。

1. B 提示:语音知识题。shower 的音标为/ˈʃaʊə(r)/, 与 hour/ˈaʊə(r)/押韵。
2. C 提示:细节理解题。根据第二段第一句“The first four lines were the first part of the poem, which started with writing the views through wind, sky, water, beach, apes, and birds, and a natural scene of autumn is vividly presented.”可知,这首诗里没有提到草(grass)。
3. D 提示:推理判断题。simple 简单的;free 自由的;quiet 安静的;hard 艰难的。根据诗的最后一句“Cast down by poverty, I have to give up wine.”可知,由于贫困,杜甫不得不放弃饮酒。由此推断,杜甫生活艰难。
4. A 提示:推理判断题。根据第三段中“After Yan Wu died, who gave Du Fu much help, Du Fu left his hometown and lived a hard life again.”可知,严武给了杜甫很大的帮助,他死后,杜甫离开家乡,再次过着艰苦的生活。由此推断,严武的帮助曾改善过杜甫的生活。

B

【语篇导读】本文阐述了我们都有表达创造力的能力,并介绍了激发创造力的几种方式。

5. C 提示:推理判断题。根据第一段中“Some people think... However, some other people think...”可知,作者是通过展示不同观点的方式开始本文的。
6. B 提示:代词指代题。根据第三段中“Are you someone who loves to read comics? Perhaps it is time you create one of your own. Don’t worry if you cannot draw very well or feel that you cannot write humorous reports for characters. Nobody says this is an exam!”可知,你可以创作自己的漫画,不要担

心画不好或者写得不幽默,没人说这是一场考试!所以 this 指代的是“创作自己的漫画”。

7. C 提示:推理判断题。根据第四段中“Are you someone who likes to express yourself in writing? Try writing a blog.”、第五段中“You can also pick a guitar if you like to play instruments”和第五段中“Decorate your area with your favourite things in any way you like.”可知,写博客、弹奏乐器和装饰房间都是展示创造力的方式。

8. A 提示:篇章结构题。第一段介绍了两种有关创造力的不同观点,引出创造力的话题;第二段说明我们都有表达创造力的能力;第三段至第五段分别介绍了三种表达创造力的方式;第六段总结全文。

9. D 提示:推理判断题。根据最后一段“By realizing the chances in our daily lives to inspire our creativity, no matter how small, we may become more comfortable with taking bigger creative leaps in other parts of our lives.”可知,文章的写作目的是让我们通过小举动来培养创造力。

三、阅读表达

【语篇导读】本文介绍了一个瑞典人向往中国、来到中国、最终留在中国的经历。

1. A Swedish teacher at Beijing Union University.
2. By using textbooks, heavy dictionaries and audio tapes.
3. In 2009.
4. Life in Beijing.
5. We should never give up our dreams. (言之有理即可)

四、缺词填空

【语篇导读】本文主要介绍了鸡血石和鸡血石雕及其文化意义。

1. bright
2. Since
3. shapes
4. added

5. joy
6. spent
7. held
8. recording
9. including
10. allowing

限时提优训练 11

一、完形填空

【语篇导读】住在英国的作者一家有时为了感受更多的阳光去阳光明媚的地方度假,不料这次作者被晒伤,导致身上有两种不同的颜色!

1. A 提示:句意:我们确实有阳光,但也经常下雨。
2. C 提示:education 教育;sleep 睡眠;sunshine 阳光;water 水。根据上文“England is not a very hot or sunny place.”可知,英格兰不是一个非常炎热或阳光充足的地方。由此推断,人们出国是为了获得一些阳光。
3. B 提示:句意:我迫不及待地想被晒成棕褐色,回来向我的朋友们炫耀。can't wait to do sth. 意为“迫不及待地做某事”。
4. D 提示:joke 笑话;song 歌曲;laugh 笑声;shout 呼喊。根据下文“Someone was 5 in the water!”可知,有人在呼救。
5. C 提示:in time 及时;in person 亲自;in trouble 处于困境;in peace 和平地。句意:有人在水里遇到危险了!
6. B 提示:restaurant 餐馆;hospital 医院;school 学校;sea 海。句意:他被送往医院,但很明显他没事。
7. A 提示:根据下文“the sun was shining brightly”推断,天很热。
8. D 提示:politely 有礼貌地;easily 容易地;heavily 沉重地;happily 高兴地。句意:我们笑着,沿着海滩跑,高兴地在水里游泳。
9. A 提示:surprise 惊讶;pain 疼痛;joy 高兴;love 爱。根据下文“Shocked, my mother asked”可知,“我”被太阳晒成这样,家人很惊讶。
10. D 提示:healthy 健康的;sweet 甜的;round 圆形

限时提优训练 28

一、完形填空

【语篇导读】珍妮和妈妈争吵后离家出走,在饥饿寒冷时一位老妇人给了她一碗汤并开导她,她为老妇人的言行所感动,最终回家。她由此感悟到要珍视家人的爱。

1. C 提示: nervously 紧张地; bravely 勇敢地; angrily 生气地; slowly 缓慢地。句意: 一天, 因为和妈妈吵架, 女孩愤怒地冲出家门, 发誓再也不回来了。
2. A 提示: thin 薄的; heavy 沉重的; soft 柔软的; cheap 便宜的。句意: 夜幕降临, 女孩还没吃晚饭, 只穿着一件薄外套, 开始觉得很冷。
3. B 提示: prove 证明; realize 意识到; imagine 想象; believe 相信。句意: 当她意识到自己没带钱时, 她的心情变得更差了。
4. A 提示: something 某物; anything 任何事物; everything 每件事物; nothing 没有什么。根据下文“*There's still some wonton soup left. Let's share it.*”可知, 老妇人邀请珍妮一起分享剩下的馄饨汤, 所以此处指“来吃点东西吧”。something 意为“某物”, 常用于肯定句或表示请求、建议的疑问句中。
5. D 提示: heart 心; mouth 嘴; head 头; stomach 胃, 肚子。句意: 珍妮停下来, 摸了摸自己已经空空的肚子。
6. A 提示: anyway 无论如何, 不管怎样; however 然而; otherwise 否则; moreover 而且。句意: 不管怎样, 我准备关门了。
7. C 提示: lazy 懒惰的; careless 粗心的; cold 冷漠的; silly 愚蠢的。句意: 奶奶, 连您都对我这么好, 可我妈妈却那么冷漠无情。
8. B 提示: agreement 同意; surprise 惊讶; sadness 悲伤; confidence 信心。句意: 老妇人惊讶地说: “傻孩子, 我怎么能和你妈妈比呢?”

9. D 提示: until 直到; though 虽然; since 自从; while 然而。句意: 我只给了你一碗汤, 而你妈妈已经养你十多年了。

10. C 提示: hand out 分发; clean up 打扫干净; put down 放下; look for 寻找。句意: 珍妮被老妇人说的话打动了, 放下筷子, 静静地站了起来。

11. D 提示: rush 冲, 奔; hide 隐藏; leave 离开; return 返回。句意: 当妈妈看到女儿回来时, 她欣喜若狂。

12. A 提示: softly 轻声地; quickly 快速地; sadly 悲伤地; proudly 自豪地。句意: 她深吸一口气, 轻声说: “妈妈, 我……我很抱歉。”

13. C 提示: equal 平等的; clear 清楚的; blind 视而不见的; open 开放的。句意: 我们常常能看到别人的点滴帮助并心怀感激, 但我们似乎对家人长久的爱和关怀视而不见。

14. A 提示: fail 未能做到, 失败; expect 期望; refuse 拒绝; manage 设法做成。句意: 这是因为家人做出的牺牲是如此的无私和持久, 以至于有时我们无法发现它们有多重要。

15. B 提示: plan 计划; change 改变; balance 平衡; choice 选择。根据下文“*Learn to value every effort made by our family, be thankful for all they do, and remember not to take their love for granted.*”可知, 我们应该学会珍视家人所做的每一分努力, 感激他们所做的一切, 并记住不要把他们爱当作理所当然。所以此处指我们是时候做出改变了。

二、阅读理解

A

【语篇导读】本文介绍了全球变暖导致冰川融化的问题, 以及如何通过减少二氧化碳排放来对抗全球变暖。

1. D 提示: 细节理解题。根据第一段中“*The world's highest ski place, Chacaltaya, was closed after the 18,000-year-old glacier melted in 2009.*”可知, 世界上海拔最高的滑雪场查卡尔塔亚因为冰川融化于 2009 年关闭。

2. A 提示:细节理解题。根据第七段中“A month later, they saved 70% on electricity, 40% on gas, and drove half as much as others.”可知,作者通过列数字证明彼得在科学测试中成功了。
3. B 提示:细节理解题。根据第三段可知,随着地球变暖,冰川迅速融化,深色岩石露出地面。然后这些岩石吸收更多的热量,导致温度上升。结果,冰川上剩余的雪融化得更快。选项B的图示与此过程相符。
4. A 提示:篇章结构题。通读全文可知,第一段介绍查卡尔塔亚滑雪场关闭这一事实;第二、三段介绍原因;第四段介绍全球变暖的影响;第五段建议我们减少日常生活中的二氧化碳排放量,第六、七两段介绍彼得·米勒和他的妻子的实验,来佐证减少二氧化碳排放量是有帮助的,第八段建议人们从小事做起保护地球。选项A的结构图与本文相符。

B

【语篇导读】本文是一篇议论文,介绍了一种影响生活意义的新因素。

5. D 提示:推理判断题。根据第三段中“Sometimes life enables us to experience small moments of beauty. When people are open to appreciating such experiences, these moments may improve how they see their own life. We call this experiential appreciation (EA).”可知,有时生活让我们体验到微小的美好瞬间。当人们乐于享受这样的经历时,这些时刻可能会改善他们对生活的看法,我们称之为体验欣赏。选项D“你停下来欣赏路边的玫瑰”符合题意。
6. B 提示:推理判断题。根据第五、六、七段中对研究结果的描述可知,欣赏生活中的小事能影响我们对生活的态度。
7. B 提示:段落大意题。最后一段第一句承上启下,第二句阐述作者的观点“But putting it into practice can be difficult.”,说明以上的结论虽然真实,但实践起来很难。接着后面进一步论证难

以实践的原因是我们容易忽视现在。

8. C 提示:主旨大意题。通读全文,结合第四段中“We were interested in whether EA... a factor for meaningfulness”及最后一段第一句可知,本文主要介绍了一种影响生活意义的新因素。

三、阅读表达

【语篇导读】本文主要介绍了火锅的发展历史。

1. Five./5.
2. As early as the Shang Dynasty.
3. To welcome winter.
4. A poet and foodie in the Qing Dynasty.
5. He had it for almost every meal.

四、缺词填空

【语篇导读】本文是一篇说明文,主要介绍了《海底两万里》这部经典的科幻小说的相关情况。

1. instead
2. spend
3. written
4. water
5. before
6. different
7. also
8. how
9. distance
10. translated

限时提优训练 29

一、完形填空

【语篇导读】本文讲述了田纳西州的一个“秘密社团”三十年来一直秘密地帮助需要帮助的人,为人们传递善举的故事。

1. A 提示:task 任务;behaviour 行为;solution 解决方法;design 设计。句意:任务很简单……
2. B 提示:strange 陌生的;random 随机的;favourite 最喜欢的;urgent 紧急的。句意:……通过为任何需要帮助的人做一些随机的善举来传播快乐。
3. C 提示:put up 张贴;take up 占据;bring up 抚养;dress up 打扮。句意:她们中有几个是由“奶奶”和“爷爷”带大的,这对夫妇总是为社区做

named Lynn and we finally bought a house.”可知，后来作者结婚了，买了房子。这体现了作者的生活步入了正轨，因此该句应该在②处。

8. B 提示：细节理解题。根据第三段最后一句“For over ten years, it was the three of us.”可知，卡拉和作者在一起十多年。

9. D 提示：推理判断题。根据第五段“A firefighter later told us that if Carla didn't buy us that extra time, the fire would have covered the house and us.”可知，如果没有卡拉的警告，大火会蔓延到房子里。

10. C 提示：最佳标题题。通读全文可知，本文主要讲述了作者一家和一只猫的故事。在作者最孤独的日子里，猫陪伴了他，后来作者结婚后，猫也一直陪伴着他们，甚至在火灾中拯救了主人的生命，后来，猫去世了，作者很伤心，但是作者会一直记得它。故C项“拯救我生命的猫”最适合作标题。

三、阅读表达

【语篇导读】本文是一篇记叙文，讲述了迈克送错礼物的故事，收到足球的祖母也暖心地回应了迈克的善意。

1. His favourite model car.
2. Grandma.
3. Because Grandma needs a fruit bowl, not a football.
4. Grandma showed the fruit bowl with the football in its centre.
5. Mike might feel happy because Grandma thought his gift meaningful. (言之有理即可)

四、缺词填空

【语篇导读】本文介绍了扬州中国大运河博物馆。

1. longest
2. cities
3. opened
4. shape
5. history
6. while
7. considered
8. how
9. through
10. museums

限时提优训练 30

一、完形填空

【语篇导读】本文是一篇说明文，主要介绍了同伴压力的利与弊以及应对同伴压力的正确方法。

1. B 提示：traditional 传统的；similar 相似的；weird 奇怪的；normal 正常的。句意：它是一种施加于个人身上的社会影响，目的是让这个人的行为或信仰与更大的群体相似。

2. A 提示：influence 影响；result 结果；cause 原因；method 方法。根据上文“It is a social influence”可知，同伴压力是一种社会影响，它可能是消极的，也可能是积极的。

3. D 提示：understandable 可以理解的；important 重要的；acceptable 可以接受的；surprising 令人惊讶的。根据上文“People are social creatures by nature”可知句意：人们天生就是社会性动物，因此，他们的自尊有一部分来自他人的认可，这并不令人意外。

4. C 提示：mistake 错误；failure 失败；disapproval 不认可；independence 独立。句意：这解释了为什么同伴的认可或对不认可的恐惧在许多人的生活中是如此强大的力量。

5. B 提示：as if 好像；even if 即使；since 因为；unless 除非。句意：这种本能驱使人们在家里穿一种衣服，在工作时穿另一种衣服，或者在陌生人问“你好吗？”时，即使这并不一定是真的，也只会回答“很好”。

6. D 提示：句意：对于某些人来说，寻求社会认可如此重要，以至于它变成了一种瘾。look for 意为“寻找，寻求”。

7. B 提示：gain 获得；lose 失去；decrease 减少；increase 增加。句意：为了满足这种欲望，他们可能会走得太远，失去对是非的判断。

8. C 提示：avoid 避免；stop 停止；encourage 鼓励；

improve 提高。句意:一些年轻人可能会被迫吸毒,或者加入鼓励犯罪行为的帮派。

9. D 提示:have fun with 和……玩得开心;stay away from 远离;make fun of 取笑;keep up with 跟上。句意:一些成年人有时可能会负债累累,因为他们为了跟上同伴的步伐无法抑制购买自己负担不起的房子或汽车的欲望。
10. A 提示:however 然而;as a result 结果;in conclusion 总之;what's more 而且。分析上下文可知,空后的句子“peer pressure is not always negative”与前文是转折关系,所以此处应该用表示转折关系的副词 However。
11. C 提示:research 研究;music 音乐;school 学校;sports 运动。句意:如果一个学生的朋友在学校表现良好,他可能会受到激励,更加努力学习,取得更好的成绩。
12. D 提示:positive 积极的;ridiculous 荒谬的;reliable 可靠的;obvious 明显的。句意:尽管同伴压力有时很明显,但有些人甚至可能没有注意到它正在影响他/她的行为。
13. B 提示:common 常见的;dangerous 危险的;natural 自然的;necessary 必要的。句意:因此,在做出重要决定时,如选择职业道路或决定重大投资,仅仅凭直觉行事是危险的。
14. A 提示:句意:相反,人们应该认真考虑他们为什么(why)会被吸引去采取某种行动。
15. A 提示:motivation 动机;danger 危险;support 支持;problem 问题。句意:他们还应该考虑他们行动背后的真正动机是否仅仅是因为其他人都在这么做。

二、阅读理解

A

【语篇导读】本文是迈克和汉娜的聊天记录。

1. A 提示:词义猜测题。根据画线词上下文“‘They’re selling everything at 30% off the original price!’”和“‘I’m wearing one of their T-shirts now.’”可知,他们所有的东西都以七折出售,他们的商

品真的很好。由此推断 stuff 指的是“商店里出售的产品”。

2. B 提示:推理判断题。根据“Hannah: Me? Rich? You’re joking of course.”可知,汉娜家里并不富裕。
3. C 提示:推理判断题。根据“Hannah: I think you’re wasting your money and my time. Anyway—are you looking for a jacket or a shirt?”可知,汉娜说迈克是在浪费他的钱和她的时间只是为了告诉迈克放弃他的选择。
4. D 提示:推理判断题。根据“Mike: Oh yes, you’re right. You’re better at clothes than me. Come and help me. You’re not doing anything, are you?”和“Hannah: That sounds like a bad idea. It’s raining—remember?”可知,汉娜不会和迈克一起去买东西。

B

【语篇导读】本文以《清明上河图》和敦煌壁画为例,介绍了古代艺术和现代科技完美融合的情况。

5. A 提示:细节理解题。根据第二段中“... a huge digital painting. Scientists digitised...”、第五段中“Techniques such as animation and 3D digital projection...”、第七段“... a 360-degree, 3D digital projection of the caves...”和第八段“Digitising ancient art...”可知,这两件艺术品都使用了3D数字投影。
6. A 提示:推理判断题。根据横线后面几句“Farmers work in the fields, sailors move around their boats, and people eat and do business in restaurants. Parts of the background are also animated.”可知,农民在田里干活,水手在船周围走动,人们在餐馆吃饭和做生意。部分背景也被做成动画。由此推断,在这幅数字绘画中,许多细节都是动画的。
7. B 提示:语意推断题。根据画线部分后半句“and enjoy the paintings and sculptures in greater

detail”可知,这样能更详细地欣赏绘画和雕塑,由此推断画线部分的含义是“使(镜头)拉近”。

8. D 提示:推理判断题。根据文章最后一句“It also makes the whole world understand the art while protecting the original artworks for the future.”可知,(数字化古代艺术品)还使整个世界了解艺术,同时保护了原作以供未来之用。由此推断,在将来,随着科技的发展,更多有价值的古代艺术品将被保护得更好。

三、阅读表达

【语篇导读】本文介绍了北京 101 中学举行的吉尼斯校园活动,其目的是帮助学生发现自己的潜力。

1. Five.
2. To help students find their potential.
3. By building the tallest tower in one minute.
4. Being good at the sport./Hard training./Being confident./Having good balance and stability.
5. Its charm is that they keep reaching higher goals.

四、缺词填空

【语篇导读】本文主要介绍了快板这一种历史悠久的民间艺术形式,以及民间艺术家刘继明和万义夫制作的短视频产生的影响。

1. single 提示:空格位于名词 person 前,因此应填形容词作定语。根据“It can be performed by a group or a s 1 person.”可知,快板可以由一个团体或个人来表演。
2. traditional 3. using 4. created
5. safety 6. difficulty 7. consider
8. matters 9. value 10. through

限时提优训练 31

一、完形填空

【语篇导读】本文讲述了理发师考特尼·福尔

摩斯“以故事换理发”的事情。

1. C 提示:surprise 惊奇;question 问题;greeting 问候;suggestion 建议。句意:如果你认为你走进了一个这样打招呼的图书馆,那你就完全错了。
2. B 提示:as usual 像往常一样;in fact 实际上;in general 大体上;above all 最重要的是。句意:事实上,你已经进入了考特尼·福尔摩斯的工作场所,他被称为故事书理发师。
3. D 提示:job 工作,职业;thought 想法;possibility 可能性;chance 机会。句意:两年前,他的小镇举办了第一届一年一度的返校派对,为贫困家庭提供了一个了解社区免费资源的机会。
4. C 提示:句意:虽然他很忙,但他还是选择把时间捐给贫困的孩子,给他们免费理发,让他们在上学的第一天看起来整洁。
5. D 提示:courage 勇气;imagination 想象力;story 故事;idea 主意,想法。句意:突然,他的脑海中闪过一个想法……
6. A 提示:haircut 理发;education 教育;book 书;resource 资源。句意:通过给我读一本书,孩子们应该继续得到免费理发。
7. C 提示:important 重要的;necessary 必需的;popular 流行的;interesting 有趣的。句意:这个想法很受欢迎,他在接下来的两年里一直坚持着。
8. A 提示:read aloud 大声朗读;have chats 聊天;have fun 玩得开心;think hard 努力思考。根据上下文多次出现的“read”可知选 A。句意:5—10 岁的孩子会抓起一本最喜欢的书,坐在理发椅上,一边大声朗读,一边让福尔摩斯理发。
9. C 提示:stop 停止;beat 战胜;help 帮助;laugh 笑。句意:……福尔摩斯就会来帮忙。
10. A 提示:review 复习;read 读;write 写;create 创建。句意:理发完后,他们会复习这些书,从人物和词汇到主题——就像在学校一样,只是更有趣而已。
11. D 提示:barber 理发师;neighbour 邻居;teacher 教师;parent 父/母亲。句意:福尔摩斯意识到,并不是每个家长都有时间和孩子一起读书。



ZY5XSC3YZ03

Exercise 7

一、信息还原

Straight or arched, thick or thin, eyebrows(眉毛) come in many shapes and sizes. But what are eyebrows even for? They don't keep us warm like our hair, or help us breathe like



our noses. 1 Researchers from the University of York in the UK believe that eyebrows helped us communicate better when we were still evolving(进化).

Early humans had large brow ridges(眉骨). 2 Later, as the human face evolved to become smaller and flatter, our eyebrows allowed us to express complex emotions, as well as better understand others' emotions. For example, a quick flash of the eyebrows is a sign that someone is willing to interact with others, while pulling our eyebrows up in the middle is an expression of sympathy.

If you still find this hard to understand, just draw a simple face on a piece of paper and draw a line above the eyes. 3 You will find that it is very easy to show anger, fear or surprise on a face.

But this is not the only purpose of our eyebrows. 4 Their arched shape can help to move rain or sweat around to the sides of our faces, keeping our eyes dry, the BBC reported. Together with our eyelashes(眼睫毛), eyebrows can also help to keep dust and other things out of our eyes.

5 In that case, some researchers believe that we would have evolved some other facial features to perform the same functions. That could make us look quite different.

- A. So why do we have them?
- B. They can also protect our eyes.
- C. What if we didn't have eyebrows?
- D. This helped them show their strength.
- E. Let's take rolling one's eyes as an example.
- F. You can draw lines in different shapes and directions.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

二、词汇运用

On November 24, Florence Chiaying Yeh, also known as Ye Jiaying, 1 (pass) away on Sunday in Tianjin at the age of 100, according to Nankai University where she held a teaching post. Yeh was famous for teaching Chinese classical literature around the world. So far, her teaching 2 (influence) many people.

Yeh was born in Beijing in July, 1924. She began to learn poetry when she was very young. She 3 (graduate) from the Department of Chinese Language and Literature at Fu Jen Catholic University in 1945. In the 1950s and 1960s, Yeh taught at several 4 (university) in Taiwan, China and then moved to Vancouver, Canada in 1969. In 1979, she started giving free speeches on the Chinese mainland during the holidays. Yeh devoted most of her time to 5 (create), researching and teaching Chinese poetry both in China and abroad. She insisted on teaching even in her 6 (ninety), and videos of her speeches spread widely on Chinese social media platforms.

In 2018 and 2019, Yeh made a great 7 (decide) to donate all her savings (35.68 million *yuan*) to Nankai University. Later she 8 (present) with the “Touching China” award in 2020. “I have never cared about 9 (person) wealth as I’ve faced many difficulties and losses in my lifetime. In my darkest moments, it was poetry that enabled me to gain my view,” she said.

Those who have listened to Yeh’s speeches said that she always guided her students step by step and made it easy 10 (learn) and enjoy poetry.

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

Exercise 30

一、信息还原

Teenagers need eight to ten hours of sleep per night. However, changes to the body's sleep cycle make it difficult for teens to fall asleep early. Many cannot fall asleep until 10:30 p. m. or even later and most of them will feel sleepy if they have to get up too early.

Scientists recommend that both middle and high schools begin no earlier than 8:30 a. m.

1 Here are some other advantages of later school start times:

2

When running late in the mornings, students are likely to go without breakfast. With an empty stomach, one finds it difficult to focus(集中) in class. When they are always in a hurry, students may form unhealthy eating habits.

With extra time before going to school, students can eat a well-balanced breakfast and focus more on learning.

Fewer behavioural problems

Teens experience mood changes as a common result of this special period of life. 3 When they get enough sleep, students are calm and peaceful and their moods do not change suddenly. They're less likely to feel worried, unhappy or get angry. For parents, children with more sleep are easier to live with.

Better performance(表现) in study

Sleep loss hurts attention, memory and brain development. Students with less sleep have difficulty paying attention in class and are likely to have lower grades. 4 They are also less likely to fall asleep in class and more able to understand what they learn.

5 It improves their chances of eating, behaving and performing better.

- A. More time to sleep.
- B. More time for a healthy breakfast
- C. Less sleep may cause worries, stress and unhappiness.
- D. Later school start times support the natural needs of teenagers.
- E. In conclusion, starting school later helps students get a better night's sleep.
- F. Students with enough sleep can be more energetic and more willing to learn.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

二、词汇运用

Drinking Wine

In people's haunt(常去之处) I built my cot;
Of wheel's and hoof's(马蹄的) noise I hear not.
How can it leave on me no trace(痕迹)?
Secluded(隐居的) heart makes secluded place.
I pick fenceside(篱笆旁的) asters at will;
Carefree I see the southern Hill.
The mountain air's fresh day and night;
Together birds go home in flight.
What revelation(启示) at this view?
Words fail me if I try to tell you.

(Translated by Xu Yuanchong)

Tao Yuanming was a famous Chinese poet in the Eastern Jin Dynasty. At that time, the society was a bit chaotic(混乱的). Tao Yuanming didn't like the 1 (noise) and complicated court life, so he wanted to live a simple and quiet life in the countryside. This 2 (choose) had a big influence on his poems.

The poem "Drinking Wine" 3 (write) when he left his job and started his reclusive(隐居的) life. The political situation wasn't good then, but he found comfort in nature. This poem shows his idea of living happily in nature and being 4 (satisfy) with a simple life.

His writing style is easy and direct. So far, people 5 (read) his poems. He uses simple words 6 (tell) deep thoughts. In this poem, at the 7 (begin), he said he lived in a place with people, but he didn't care about the noisy carriages and horses. It means he could keep calm inside no matter where he was. The words "Secluded heart makes secluded place." are really meaningful. They tell us that 8 (we) inner(内心的) feeling decides how we see the place around us.

Then, he wrote about picking chrysanthemums by the fence and 9 (look) at the faraway hill. This is not just about a nice view. It shows his peaceful and happy feeling inside. The fresh air and the flying birds going home also make us feel the harmony with nature.

At the end of the poem, he said he understood something important but couldn't find the right words to say it. This is a common thing in poems. It makes the poem more 10 (mean).

All in all, "Drinking Wine" shows Tao Yuanming's life and his thoughts. It gives us a feeling of peace and happiness that comes from living in nature and being true to ourselves. This poem is important because it can make people from different times and places feel the same way and remember the simple joys and the beauty of peace.

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

years”是现在完成时的标志词。

10. traditional

Exercise 7

一、信息还原

【语篇导读】本文介绍了眉毛的作用。

1. A 提示:下文介绍了研究人员发现的眉毛的作用。由此推断,选项 A“那么为什么我们要有它们(眉毛)呢?”符合语境。
2. D 提示:上文表示“早期人类有很大的眉骨。”由此推断,选项 D“这有助于他们展示自己的力量。”符合语境。
3. F 提示:上文表示“如果你仍然觉得这很难理解,就在一张纸上画一张简单的脸,在眼睛上方画一条线。”由此推断,选项 F“你可以画不同形状和方向的线。”符合语境。
4. B 提示:上文表示“但这不是我们的眉毛的唯一作用。”由此推断,选项 B“它们还可以保护我们的眼睛。”符合语境。
5. C 提示:下文表示“在这种情况下,一些研究人员认为我们会进化出一些发挥同样功能的其他的面部特征。”由此推断,选项 C“如果我们没有眉毛会怎么样?”符合语境。

二、词汇运用

【语篇导读】本文主要讲述了叶嘉莹的生平事迹。

1. passed 2. has influenced 3. graduated
4. universities 5. creating 6. nineties
7. decision
8. was presented 提示:根据“in 2020”可知应用一般过去时;主语 she 和动词 present 之间是被动关系,应用被动语态。
9. personal
10. to learn 提示:make it+形容词+to do sth. 表示“使做某事怎么样”。

Exercise 8

一、信息还原

【语篇导读】本文就提高写作水平提供了几点建议。

1. E 提示:本段小标题表示“明确你的目的”。由此推断,选项 E“不管目的是什么,时刻记住写作的目的,避免偏离主题。”符合语境。
2. C 提示:下文表示“结果往往是书写混乱,各部分都不连贯。”由此推断,选项 C“人们写东西时往往不拟提纲。”符合语境。
3. F 提示:下文表示“每个句子、每个段落都应该与前后的内容相关。”由此推断,选项 F“为此,有必要向他们清晰地展示各个部分如何衔接。”符合语境。
4. A 提示:下一段说明写作的目的是向他人传递思想与信息。由此推断,选项 A“写作是给读者看的而不是给自己看的”符合语境。
5. D 提示:上文表示“一旦你完成了演讲稿的草稿,练习大声朗读。”由此推断,选项 D“你会听出令人不舒服的地方。”符合语境。

二、词汇运用

【语篇导读】本文介绍了中国乒乓球运动员马龙通过努力赢得冠军和实现梦想的事情。

1. widely 2. success
3. to fight 提示:此处表示目的,用动词不定式。
4. was chosen 5. daily 6. first
7. difficulties 8. himself 9. the happiest
10. winning

Exercise 9

一、信息还原

【语篇导读】本文介绍了克服拖延症的一些方法。

1. E 提示:上文表示“我任何时间都可以学习,但今晚是我做……唯一的机会。”由此推断,选项 E

烈情绪给出了建议。

1. B 提示:上文表示“你可能会时不时地有强烈的情绪反应,比如失望、悲伤、沮丧、甚至是无助。”由此推断,选项 B“处理这些情绪对我们很多人来说并不容易。”符合语境。
2. A 提示:上文表示“不要过于担心”。由此推断,选项 A“你有这样的感觉并没有问题。”符合语境。
3. F 提示:上文提到当感到不知所措时,要学会暂时离开,做一些其他的事情。由此推断,选项 F“这样的行为将帮助你清空思绪,当你回去做那个任务时,你会感觉更好。”符合语境。
4. E 提示:上文提到当有很多事情要做时,你最好坐下来列一个清单。由此推断,选项 E“写下一些东西是个好主意,因为它会帮助你处理不同的任务。”符合语境。
5. D 提示:下文表示“你只有一个你。”由此推断,选项 D“始终与自己保持联系,并了解哪种方法最适合你。”符合语境。

二、词汇运用

【语篇导读】本文探讨了当今世界中国文化与外国文化的融合现象。

1. has influenced 提示:根据“for quite a long time”可知,此处描述的是从过去一直持续到现在的动作,因此用现在完成时。
2. inventions 3. wisdom 4. to create
5. satisfies 6. better
7. unsure 提示:此处表示一些人仍不确定如何在接受其他文化的同时保持自己的文化。
8. learning 9. peaceful
10. spreading/spread 提示:此处描述的是正在进行的动作,因此用现在进行时;此处也可以表示一般事实,因此也可以用一般现在时的被动语态。

Exercise 30

一、信息还原

【语篇导读】本文介绍了推迟中学生上学时间的一些好处。

1. D 提示:上文表示“科学家建议初中和高中都不要早于上午 8:30 开始上课。”由此推断,选项 D“较晚的上课时间符合青少年的自然需要。”符合语境。
2. B 提示:下文介绍了不吃早餐对学生的坏处。由此推断,选项 B“有更多时间吃健康早餐”符合语境。
3. C 提示:下文表示“当学生们获得充足的睡眠时,他们会平静,他们的心情也不会突然改变。”由此推断,选项 C“睡眠不足可能会导致忧虑、压力和不快乐。”符合语境。
4. F 提示:下文表示“他们在课堂上也不太可能睡着,并且更能理解他们所学的内容。”由此推断,选项 F“睡眠充足的学生可以更精力充沛,更愿意学习。”符合语境。
5. E 提示:此处总结晚一点上学的好处。由此推断,选项 E“总之,晚一点上学有助于学生晚上睡得更好。”符合语境。

二、词汇运用

【语篇导读】本文通过陶渊明的《饮酒》展现了他厌恶官场、向往田园的生活态度。

1. noisy 2. choice 3. was written
4. satisfied 5. have read 6. to tell
7. beginning 8. our
9. looking 提示:此处需与 picking 并列。
10. meaningful

Exercise 31

一、信息还原

【语篇导读】本文主要介绍了成都世界运动会的一些信息,包括它的举办时间、吉祥物