

练基础, 练速度, 练技巧, 得高分

# 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

完形填空+阅读理解+阅读表达+缺词填空

- 1 体例合理** 4合1语篇集训, 编排合理
- 2 名著阅读** 融入经典原著, 贴近中考试题
- 3 小卷定量** 限时小练, 平时训练考场化

七年级上

# 中考提优，赢在阅读！

（代前言）

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。

## ◎材料新颖+设题合理

阅读素材话题新，体裁广，语言地道，涉及知识面宽。题目设置合理，能够提升学生语言综合运用的能力。

## ◎原版名著+品读经典

精选原版名著，有利于学生拓宽视野，提高文学素养，培养深度阅读的习惯。

## ◎限时定量+科学高效

每份练习限时定量，帮助学生养成注意掌控答题时间的好习惯，学会在考试中合理分配时间，高效答题。

“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 6

(时间 45 分钟)

班级: \_\_\_\_\_ 姓名: \_\_\_\_\_

### 一、完形填空

正确率: \_\_\_\_/15

阅读下面短文,从文后各题所给的 A、B、C、D 四个选项中选出一个最佳答案。

It's Sunday afternoon. It's my son's eighth birthday today. I go into a 1 shop to buy a big birthday cake for him.

There 2 a lot of people in the shop. When I am 3 a cake, I find a little boy watching the cakes for a long time. He is 4 old clothes. At last he chooses a cake. Then he gives money to the girl shopkeeper and says to 5, "I want the 6 cake."

"Sorry, the cake is 15 yuan, but you only have 7 yuan," says the shopkeeper. "I... I have no more money," says the little boy and he begins to 8.

"Oh, my boy. Who would you like to 9 the birthday cake for?" I ask.

"My 10, madam."

"11 doesn't she come and buy one?"

"My father left us three years ago," the boy says. "We don't have much 12. My mother has to 13 from morning to night every day. She celebrates(庆祝) my birthday every year, but she never(从未) celebrates 14. It's her birthday tomorrow. I want to buy a small cake for her. But I don't have enough money..."

"Oh, my boy! I'm your 15 friend and I work with her," I say. "I will buy her a nice birthday cake." I give the money to the shopkeeper and leave the shop.

- |                     |                 |                |               |
|---------------------|-----------------|----------------|---------------|
| 1. A. present       | B. flower       | C. clothes     | D. cake       |
| 2. A. is            | B. are          | C. have        | D. has        |
| 3. A. looking after | B. looking down | C. looking for | D. looking up |
| 4. A. on            | B. at           | C. in          | D. with       |
| 5. A. he            | B. she          | C. him         | D. her        |
| 6. A. small         | B. big          | C. sweet       | D. delicious  |
| 7. A. 10            | B. 15           | C. 20          | D. 25         |
| 8. A. laugh         | B. cry          | C. smile       | D. shout      |
| 9. A. borrow        | B. buy          | C. lend        | D. make       |

- |                 |             |              |                |
|-----------------|-------------|--------------|----------------|
| 10. A. aunt     | B. dad      | C. mum       | D. grandmother |
| 11. A. Why      | B. How      | C. When      | D. Where       |
| 12. A. time     | B. money    | C. food      | D. fun         |
| 13. A. play     | B. study    | C. work      | D. think       |
| 14. A. mine     | B. his      | C. ours      | D. hers        |
| 15. A. mother's | B. father's | C. brother's | D. sister's    |

## 二、阅读理解

阅读下列内容,从每小题所给的 A、B、C、D 四个选项中选出一个最佳答案。

**A**

正确率: \_\_\_\_/4

Do you know how to write an English letter?

When we write a letter in Chinese, we always put the date at the end of the letter. But it is different in English. We have to put it on the top of the right corner. And above the date, we also write the number of our house and the names of our street, city and country. At the beginning of the letter, we often use “Dear Sir” “Dear Mr/Miss/Mrs...” At the end of the letter, we usually use words like “Yours” “Yours ever” “Truly yours”.

It is also different to write an English envelope. If it is an Australian friend called Jane Shute, you should write your name and address on the top of the left corner and write hers in the middle.

Now read the following envelope, please.

Qin Ling

No. 2 Middle School

Xiangtan, Hunan, P. R. C.

Miss Jane Shute

65 King Street, New Town

Sydney, Australia

- The word “it” in the sentence “We have to put it on the top of the right corner” means “\_\_\_\_\_”.  
A. the date  
B. the letter  
C. the envelope  
D. the address
- From the passage, we know when we write an English letter, we should put down our address \_\_\_\_\_.  
A. at the end of the letter on the left  
B. at the end of the letter on the right  
C. at the top of the letter on the left  
D. at the top of the letter on the right
- How do you begin your letter if you write to Fang Haiqiu, your headmaster?



A. Fang.

B. Haiqiu.

C. Dear Sir.

D. Dear Haiqiu.

4. \_\_\_\_\_ writes this envelope.

A. A Japanese student

B. A Chinese student

C. An Australian girl

D. An American girl

**B**

正确率: \_\_\_\_/4

Labour education(劳动教育) is very important. It can help us to be good people and every one of us needs it. In our life, we often see different ways of labour education. For example, we often do the housework at home and clean classrooms in schools. And these ways have a great influence(影响) on us.

Let's talk about housework at home first. Some people think students don't need to do the housework. But I don't think so. In fact, it brings a lot of benefits(益处). Doing the housework can help us know the real everyday life and how to live a good everyday life.

Cleaning classrooms is usually the labour education at school. Teachers ask us to do that every day. We love to do that because it shows our love to our school and we are part of our school or class. When we do it, we can get more responsibility(责任感) from it.

Also, study and doing the labour work are not separate(分离的) from each other in this world. ▲. Study and labour work together can help us to get a good life from the world and help us to be a useful person in the world.

In a word, taking labour education can help us to know more about the world, live a good life, have more responsibility and be a useful person. I hope every one of us can take more labour education and make the world great!

5. According to the passage, what is the benefit of doing the housework at home?

A. It gives students a chance to learn from their parents.

B. It builds a bridge between study and labour education.

C. It helps students know about the real daily life better.

D. It makes students study well both at school and at home.

6. Which of the students' activities is not about "labour education"?

A. Ben: I help my dad wash the car.

B. Claire: I join a lot of clubs at school.

C. Paul: I often make cakes for my brother.

D. Lucy: I always go shopping for my grandparents.

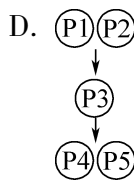
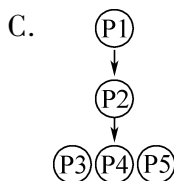
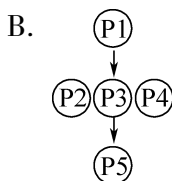
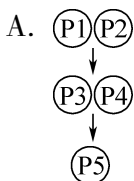
7. Which of the following is the best for "▲" ?

A. Study and labour work both need responsibility

- B. We all need the world to teach us more lessons
- C. Our world doesn't need people to do the housework
- D. Knowledge from books is important to the world

8. What's the structure of the passage?

( P1 = Para 1.      P2 = Para 2.      P3 = Para 3.      P4 = Para 4.  
P5 = Para 5. )



C

正确率: \_\_\_/4

Many of us want to keep thin and healthy. But do you really know how? Here are some new studies that may help you lose weight( 体重 ) more easily. They show that sleeping may help lose weight, but eating less may not!

### Less sleep, fatter legs and arms

People without enough sleep are fatter, according to a new study from a journal( 刊物 ). Scientists divided( 分类 ) sleep time into three types: short sleep( less than 7 hours a day ), normal sleep( 7 to 9 hours ), and long sleep( more than 9 hours ). Then they studied 9,413 people from the US. Results show that, compared with( 相比于 ) normal sleepers, short sleepers have more fat on their legs and arms!

### Dinner is important

Many people don't eat dinner to lose weight. But scientists at Osaka University, Japan, said this might not be the answer. They did a study with 20,000 university students. Then they found that if people don't eat dinner, it's easier for them to put on weight. One reason, scientists said, might be that people without dinner are hungrier, so they eat more during the day.

### Keep away from mukbang( 吃播 )

If you want to lose weight, stop watching mukbang! In a new study, scientists asked people to watch a cooking or nature television show. They found that those who watched the cooking programme ate more chocolate, compared to those who watched the nature programme. Scientists said that by looking at delicious food, people will get more ghrelin( 胃饥饿素 ) in their blood( 血液 ). This gives people a stronger appetite( 胃口 ) and they will then eat more.

9. If you are a short sleeper, you may \_\_\_\_\_.

- A. gain much weight in a short time
- B. have more fat on your legs and arms

- C. lose a lot of muscles and strength  
D. become fatter and fatter in the long run
10. According to the Japanese study, which is the wrong way to lose weight?
- A. Sleeping less.  
B. Having snacks.  
C. Stopping eating dinner.  
D. Watching mukbang.
11. What is the problem with watching mukbang?
- A. You may eat too much without realizing it.  
B. You will get less ghrelin in your blood.  
C. You will become healthier and stronger.  
D. You will not stop eating until the show is finished.
12. What is probably a good way to lose weight?
- A. Sleeping for at least 7 hours every day.  
B. Skipping dinner from time to time.  
C. Watching a cooking television show.  
D. Stopping eating any delicious food.

### 三、阅读表达

正确率: \_\_\_\_/5

阅读短文,回答下面 5 个问题。

Chinese paper-cutting, or *jianzhi*, is a kind of folk art. People usually use scissors(剪刀) or knives to cut paper. It has a long history of about 1,500 years. Let's learn something about paper-cutting.



#### Wonderful meanings

Paper-cutting has some wonderful meanings. Some paper-cuttings mean(寓意) happiness and good luck. At the Spring Festival, people paste(粘贴) “*Fu*” on doors or windows. At a wedding, people paste “*Xi*”.

#### Why is it red?

In China, people always love red. In our mind, red is hope and life, so red is our favourite. We can see red everywhere in China. The walls of old palaces are red. Lanterns are red. Weddings are always full of red things too.

#### Black paper-cutting in Shanzhou

Many of the paper-cuttings are red, but paper-cuttings in Shanzhou, Henan Province are black. Black is the best colour there. Shanzhou is a dry place. People make black paper-cuttings and wish for rain.

Now, paper-cutting gets into many schools. Students can learn

how to make paper-cutting at school. Li Jie, a middle school student, says, “It’s really wonderful to change paper into different kinds of pictures such as flowers and animals. We enjoy it.”

1. How long is the history of Chinese paper-cutting?

\_\_\_\_\_

2. Where do people usually paste paper-cuttings?

\_\_\_\_\_

3. Why do Chinese people love red?

\_\_\_\_\_

4. What do people in Shanzhou use black paper-cuttings to do?

\_\_\_\_\_

5. What does Li Jie think of paper-cutting?

\_\_\_\_\_

四、缺词填空 正确率：\_\_\_\_/10

根据短文内容和首字母提示,在下文空格处填入适当的词使短文完整。(每空一词)

Our school has a Hymn Club and it’s wonderful. I’m a member of it, s 1 I know it very well. What is a Hymn Club? It is a school club for us to sing songs and I really e 2 singing.

Miss Serena is the club teacher. She is also a G 3 teacher in our school, but she loves singing. She finds nice songs and teaches her students to sing. She plays the piano too. She is really cool and kind. She n 4 gets angry with us.

After having l 5, we often sing new songs in the films. We also sing old songs from the 1980s and 1990s. We have a song and dance show at the school hall every year. It usually s 6 in September. I feel very happy to sing. The teachers and other students always give us presents and take photos with us after the show.

I love Hymn club. M 7 is a great way to bring people together. We can make friends with students in different grades, not j 8 those of our age.

We meet at the school hall to practise singing at lunchtime every Wednesday and after school every F 9. We want new members to sing with us every term. Come on! It is not d 10 for you to join us. You only need to write an e-mail to *hymnclub@sunshine.com*. We are happy to see you!

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_
5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_
9. \_\_\_\_\_ 10. \_\_\_\_\_

## 限时提优训练 14

(时间 45 分钟)

班级: \_\_\_\_\_ 姓名: \_\_\_\_\_

### 一、完形填空

正确率: \_\_\_\_/15

阅读下面短文,从文后各题所给的 A、B、C、D 四个选项中选出一个最佳答案。

Where do you always have meals? Turn off the TV and 1 down to have meals with parents. If you do this, you may have a healthy 2.

A study shows that if students eat with parents, they will 3 strong bodies. And they won't be easy to get 4. It's also easy for them to make friends with others and be good at 5 at school. It helps them learn from each other 6 and have good learning habits(习惯).

Barbara, one of the teachers, says, "Usually, people don't think that students 7 to be around their parents very much. In fact, they are just too busy 8 schoolwork. They don't have much 9 to be with the family. Sometimes parents cannot get the 10 members around the table seven days a week. But 11 they can plan three family meals a week, they will be good for their children's health in many ways."

They also say that if students often eat with parents, they may not get too 12. Parents always get healthy food ready for them and help 13 have healthy eating habits.

Students can also use family meals as a time to help parents 14 more about them. They can talk about their school life and parents can 15 something about their work. So, if you don't know where to eat, just go home and eat with your parents.

- |                |          |              |             |
|----------------|----------|--------------|-------------|
| 1. A. look     | B. take  | C. lie       | D. sit      |
| 2. A. arm      | B. leg   | C. lifestyle | D. face     |
| 3. A. have     | B. meet  | C. give      | D. clean    |
| 4. A. ill      | B. happy | C. slim      | D. young    |
| 5. A. computer | B. study | C. sleep     | D. dream    |
| 6. A. well     | B. just  | C. over      | D. badly    |
| 7. A. begin    | B. want  | C. ask       | D. help     |
| 8. A. in       | B. at    | C. with      | D. from     |
| 9. A. money    | B. time  | C. work      | D. exercise |
| 10. A. family  | B. club  | C. show      | D. art      |

11. A. if

B. or

C. so

D. and
12. A. tall

B. cool

C. fat

D. lazy
13. A. their

B. them

C. theirs

D. they
14. A. take

B. live

C. stop

D. know
15. A. see

B. sing

C. say

D. walk

二、阅读理解

阅读下列内容,从每小题所给的 A、B、C、D 四个选项中选出一个最佳答案。

A

正确率:\_\_\_/3

Mr Brown once worked in an emergency centre(急救中心). He wrote reports (报告) every day and the following are four reports from him.

Name: Brain Morton Telephone: 3827-0834 Date of birth: 5/29/1982 Accident: His car hit a tree on the road after trying not to hit a dog at 10:45 a. m. Injuries(伤害): His head was bleeding(流血).
Name: Steven Lee Telephone: 3654-4924 Date of birth: 1/31/1979 Accident: He was at home alone and his house was on fire at 5:30 p. m. Injuries: He had problems breathing(呼吸).
Name: Norman Bailey Telephone: 7836-4923 Date of birth: 11/22/2002 Accident: He fell down while playing football in the park at 3:40 p. m. Injuries: He had a very bad pain in his left arm.
Name: Tracy White Telephone: 3728-3890 Date of birth: 2/7/2010 Accident: She went for a picnic with her parents in a forest. A snake bit(咬) her at 4:00 p. m. Injuries: Her right foot got hurt.

1. Where was Steven Lee when the accident happened?
- A. On a road.

B. In a forest.

C. In his own house.

D. In a park.
2. What do we know about Norman Bailey?
- A. He is 14 years old.

B. He hurt one of his legs.

C. He was born in February.

D. He got hurt when playing football.

3. Why did they take Tracy White to the emergency centre?

- A. Because a snake bit her.
- B. Because she fell off her bike.
- C. Because she had a car accident.
- D. Because she ate the wrong food.

**B**

正确率: \_\_\_\_/4

① Can trees talk? Some scientists find that trees can really “talk”!

② Some trees use chemicals (化学物质) to talk. When insects attack them, they give out chemicals from the leaves. This is like a call for help, “I’m being attacked!” Some of these chemicals drive insects away. Others can call birds to come to kill the insects. Scientists hope to learn more about this, so that we can use it to keep insects away from crops like rice.

③ More surprisingly, trees also use sounds to talk. People can’t hear these sounds, but trees are making them. Some plants make noises with their roots. Some trees make noises when there is not enough water.

④ Most surprisingly of all, trees have an “internet” to give out and get information in a big forest. Scientists call it the “Wood Wide Web” (树联网). The fungi (真菌) underground help build up the “Wood Wide Web” among the roots of different trees. It is just like the internet we use. Using the “Wood Wide Web”, trees can share information and even food with each other. However, it may also be harmful. Some trees may use it to take too much food from others, or give out chemicals to hurt other plants. Perhaps one day scientists will learn how to build a “Great Wall” to help stop these.

⑤ Trees talk to each other in different ways. Now, scientists are learning more about these ways and maybe one day we will be able to “talk” with trees ourselves.

4. Trees can “talk” in different ways. How many ways does the passage show?

- A. One.
- B. Two.
- C. Three.
- D. Four.

5. What does the word “attack” mean in Paragraph 2?

- A. Hurt.
- B. Burn (燃烧).
- C. Protect.
- D. Catch.

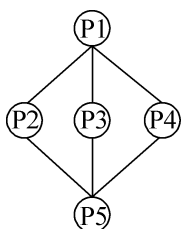
6. Why may trees make noises according to Paragraph 3?

- A. They want to use chemicals.
- B. They need more water to keep alive.
- C. They would like to share information.
- D. They hope that people will hear their sound.

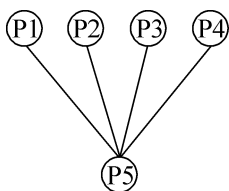


7. What is the structure of the passage?

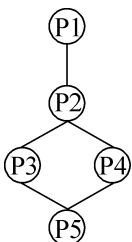
A.



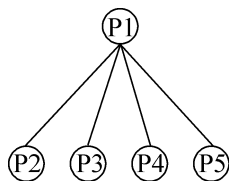
B.



C.



D.



C

正确率: \_\_\_/5

Once again, my experiment(实验) failed to work. I felt hopeless. A few months earlier, when I started the project, I was confident. I believed I could make it if I worked hard enough. So I spent over 10 hours in the lab every day. When the experiment failed(失败), I simply worked harder. Yet here I was, working harder than ever but not getting anywhere. I didn't know what to do.



It was late in the evening. One other person was still in the lab, and he noticed my worried look. He came over and asked how I was doing. I told him about my problems. After we talked through the experiment, he said, "I think it's time to go home and get some sleep." "Taking a break is also hard work, you know," he said with a smile.

Those words opened my eyes. I no longer overworked myself in the lab. I felt less worried and my research started to progress(有进展).

A few years later, my professor and I were talking about an age-old problem at a cafe. As he finished his coffee, he said, "We need to work smarter, not harder." I felt kind of surprised. I never heard my professor(教授) say anything like this.

Our conversation that day helps me understand that exciting ideas seldom come from a mind under pressure(压力). My best ideas always come after I have allowed my mind to relax—whether that's cooking a nice dinner or going on long hikes with my brother.

8. How many hours did the writer spend in the lab every day?

A. About 5 hours.

B. More than 10 hours.

C. Less than 8 hours.

D. No more than 10 hours.

9. The other person in the lab noticed the writer \_\_\_\_\_.

A. was busy every day

B. was angry while working

C. felt worried and worked too hard

D. did everything for the other people

10. What is the Chinese meaning of the word “surprised” in Paragraph 4?  
A. 自信的      B. 担忧的      C. 骄傲的      D. 惊讶的
11. Which of the following is a good way for the writer to relax his mind?  
A. Eating some delicious food at home.  
B. Going on a long hike with his brother.  
C. Talking with his friends about his work.  
D. Playing computer games on the internet.
12. What can we learn from the writer’s story?  
A. Health is the most important thing.  
B. We need to work harder, not smarter.  
C. We should work harder when we fail.  
D. Taking a break is also important for the work.

### 三、阅读表达

正确率: \_\_\_\_/5

阅读短文,回答下面 5 个问题。

We need to be responsible for our environment. Being a frugal consumer(节俭的消费者) is one way to help. What does that mean?

#### Use it up

You can use things up without wasting them. Squeeze(挤) that last bit of toothpaste out of the tube. Use the last piece of soap. Don’t throw away any bits of the biscuit at the bottom of the box.

#### Wear it out

You do not always need to have new things. Suppose your shoes have broken laces(鞋带), but they still fit you, repair them and wear them longer. You don’t have to have the latest iPhone until the old one doesn’t work any more. Then you can get a new one. Think twice before replacing something that still works.

#### Make it do

When something you want is not on hand, look for something else that you already have to take its place. For example, when you are preparing your lunch for tomorrow and want a butter sandwich, and you are out of butter, then have a cheese sandwich so you can use all of the cheese. Learn to fix broken toys and never just throw them away. With a little thought, you can make something do, instead of buying something new.

#### Do without

Think about all those things that you would like to have. Do you really need them? How long will you really play with that new toy you saw on TV?

1. People need to be responsible for environment, don't they?

2. In the passage, how many ways are mentioned to be a frugal consumer?

3. What should you do when something you want is not on hand?

4. What should you do with broken toys?

5. What can you do to be a frugal consumer? Please give one more example.

#### 四、缺词填空

正确率:\_\_\_/10

根据短文内容和首字母提示,在下文空格处填入适当的词使短文完整。(每空一词)

I start my first day of school at junior high today! I can't believe this day has finally arrived.

What I am thinking about m 1 me nervous. After all, I was one of the leaders at my old school. The younger students all looked u 2 to us sixth graders. Now, I am going to be a new kid all over again and I am going to have to make new f 3.

I am not alone. All of us going into the junior high are in the same b 4. In fact, I am not w 5 about being a new junior high school student. I am excited about it! I am excited about all the different s 6 I get to study.

The letter I got last week from my new school says that this Friday will be Club Day. There are a lot of c 7 at my new school. I think I might join the Filmmaking Club. Dad told me that a good w 8 to make new friends is to meet people who share your hobbies.

I will miss my old friends when I am in this new school, but I know there will be at least three other students from my primary school. I also know that I can talk with my old friends even if we no longer go to the s 9 school.

I am so e 10 now! Mum, Dad, Grandma, and Grandpa are all excited for me as well. I think I am going to like being a junior high school student after all. I am looking forward to a great year and an exciting new world!

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

## 限时提优训练 24

(时间 45 分钟)

班级: \_\_\_\_\_ 姓名: \_\_\_\_\_

### 一、完形填空

正确率: \_\_\_\_/15

阅读下面短文,从文后各题所给的 A、B、C、D 四个选项中选出一个最佳答案。

Have you ever heard of a story about Yu Gong? There are two large 1 named Taihang Mountain and Wangwu Mountain. They sit 2 the old man's house. They block(阻挡) their way, and Yu's families have to 3 hundreds of metres to go out, so he wants to remove(迁移) the mountains.

Before he starts, Yu calls the whole family together to discuss how to remove the mountains. His wife shakes(摇晃) her 4 and says, "5 are we going to put the earth and sand?" But the others say, "We can throw them into the 6."

In the early morning, Yu begins digging the mountain with his family. An old man called Zhi Sou sees them work and laughs at them, "Mr Fool, you're so old 7 weak. Why do you want to remove the mountains? I'm sure you 8 remove it even before you die!" Yu smiles and says, "Your mind is so stubborn(顽固的) and old. If I die, there will be my sons. Sons will have 9, and then they will also have their own sons. In this way there will be no end, but the mountain will not 10. As time goes on, the mountains will be removed one day!" Zhi Sou says nothing and 11.

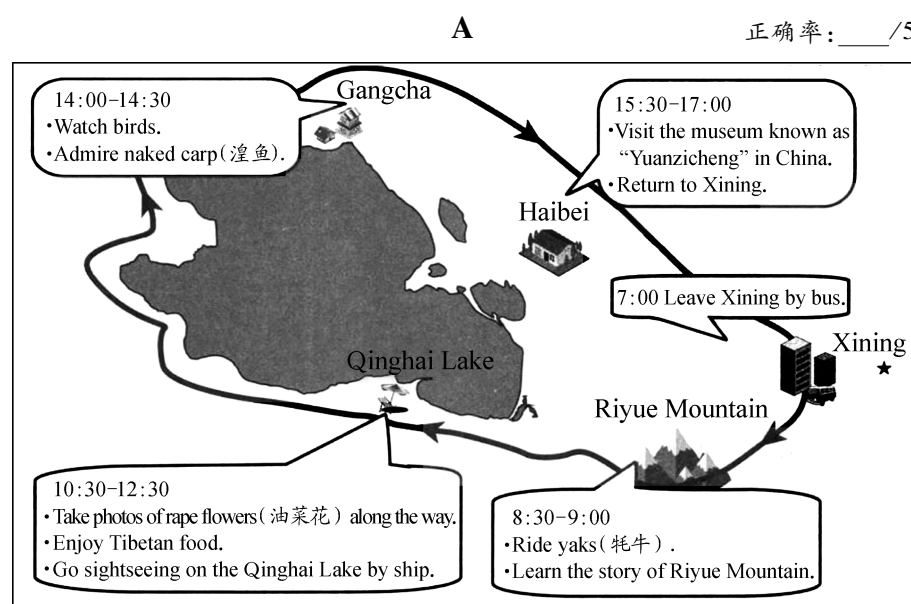
At last, the God hears the news, and he 12 Yu Gong to move the mountains away. This story 13 not be true, but it tells us that we should learn to 14 trying in our life. Just like in our study, if we are not afraid of 15 and never give up, we will be successful someday.

- |              |           |              |              |
|--------------|-----------|--------------|--------------|
| 1. A. zoos   | B. lakes  | C. mountains | D. buildings |
| 2. A. before | B. beside | C. between   | D. behind    |
| 3. A. run    | B. walk   | C. swim      | D. drive     |
| 4. A. nose   | B. head   | C. mouth     | D. ears      |
| 5. A. What   | B. How    | C. When      | D. Where     |
| 6. A. sea    | B. park   | C. museum    | D. house     |
| 7. A. so     | B. but    | C. and       | D. or        |

8. A. can't                      B. can                      C. must                      D. mustn't
9. A. grandsons                      B. grandfathers  
C. grandmothers                      D. daughters
10. A. go                      B. die                      C. fall                      D. grow
11. A. reads                      B. works                      C. leaves                      D. shops
12. A. waits for                      B. writes to                      C. asks                      D. helps
13. A. need                      B. should                      C. may                      D. must
14. A. stop                      B. keep                      C. plan                      D. practise
15. A. difficulties                      B. differences                      C. designs                      D. dislikes

## 二、阅读理解

阅读下列内容,从每小题所给的 A、B、C、D 四个选项中选出一个最佳答案。



- How long does it take us from Xining to Riyue Mountain?
  - 0.5 hour.
  - 1 hour.
  - 1.5 hours.
  - 2.5 hours.
- Where can we ride yaks?
  - In Xining.
  - At Riyue Mountain.
  - On the Qinghai Lake.
  - In Gangcha.
- What time can we go sightseeing on the Qinghai Lake by ship?
  - 9:00.
  - 11:00.
  - 14:00.
  - 17:00.
- What can we do in Gangcha?
  - Learn the story of Riyue Mountain.
  - Enjoy Tibetan food.
  - Watch birds.
  - Visit the museum.
- Where is the text probably from?
  - Travel magazine.
  - Science magazine.
  - Sports magazine.
  - Health magazine.

I have a rule for travel—never carry a map. I prefer to ask for directions.

Foreign visitors are often puzzled in Japan because most streets there don't have names. In Japan, people use landmarks instead of street names. For example, the Japanese will say to travellers, "Go straight down to the corner. Turn left at the big hotel and go past a fruit market."

In the country of the American Midwest, usually there are not many landmarks. There are no mountains, so the land is very flat(平坦的). In many places there are no towns or buildings within miles. Instead of landmarks, people will tell you directions and distance. In Kansas(堪萨斯州), for example, people will say, "Go north two miles. Turn east, and then go another mile."

People in Los Angeles, California have no idea of distance on the map. They measure(测量) distance by telling time. "How far away is the post office?" you ask. "Oh," they answer, "it's about five minutes from here." You say, "Yes, but how many miles away is it?" They don't know.

People in Greece(希腊) sometimes do not even try to give directions because few visitors understand the Greek language. Instead of giving you the direction, a Greek will often say, "Follow me." Then he'll lead you through the streets of the city to the post office.

Sometimes a person doesn't know the answer to your question. A New Yorker might say, "Sorry, I have no idea." But in Yucatan, Mexico, no one answers, "I don't know." People in Yucatan think that "I don't know" is not polite. They usually give an answer, often a wrong one. A visitor can get very, very lost in Yucatan.

One thing will help you everywhere. You might not understand a person's words, but maybe you can understand his body language. He or she will usually turn and then point in the correct direction. Go in that direction, and you may find the post office!

6. What do you think the word "landmarks" means?

- A. Street names.
- B. Building names.
- C. Hotels, markets and bus stops.
- D. Buildings or places which are easily seen.

7. In the passage, \_\_\_\_\_ countries are mentioned(提到) by the writer.

- A. seven
- B. four
- C. five
- D. eight

8. Which country or city has the most helpful people when giving the directions?

A. Japan. B. American Midwest.

C. Los Angeles, California. D. Greece.

9. The writer writes this article to tell us \_\_\_\_\_.

A. it's difficult to travel without a map

B. it's important to use body language when you are travelling

C. in different countries, there are different ways of giving directions

D. not to trust everyone when travelling

C

正确率: \_\_\_\_/4

As Peter was flying towards the ship, he passed the crocodile( 鳄鱼 ). It had swallowed( 吞 ) a clock that goes “tick, tick” inside it before. However, the clock wasn't ticking then. Peter knew it must have stopped. He began ticking himself so that the other animals would think he was the crocodile and leave him alone. The crocodile, thinking that Peter had taken the clock, followed him. But when Peter reached the ship, Captain( 船长 ) Hook believed the crocodile was coming to get him.

Peter climbed over the side of the ship and went inside a room. He barked like a dog, and all the pirates( 海盗 ) were very afraid. Hook sent two pirates in to find out what the noise was, but they didn't come back. Then he sent in the children. Inside, Peter set them free, and they prepared to fight.

Peter ran out to meet Hook. “It is I, Peter Pan!” he cried.

“Get him!” cried Hook.

The pirates ran at Peter, and the lost boys ran forward to fight them. The pirates were stronger, but they were so afraid of the ticking and the noise of the dog that they didn't fight well. At last only Hook was ready to fight. Peter came to fight him. For a long time, the two persons stood face to face.

They began to fight. At last Peter hit Hook with his sword( 剑 ). Hook began to bleed. Hook kept on fighting, but he was not strong any more. He knew he was going to die. He ran to the side of the ship and jumped into the sea. He did not know the crocodile was waiting for him, as it no longer ticked. The crocodile swallowed him in one bite.

—Adapted from *Peter Pan*

10. Why did Peter tick himself at the beginning of the story?

A. To follow the crocodile.

B. To catch Captain Hook.

C. To get away from other animals.

D. To make the pirates feel afraid.



11. Which is the RIGHT order of the following events?
- a. Peter passed the crocodile.
  - b. Captain Hook jumped into the water.
  - c. The pirates and the lost boys fought against each other.
  - d. The crocodile had swallowed a clock that goes “tick, tick” inside it.
- A. c-b-a-d      B. d-a-c-b      C. d-c-a-b      D. c-b-d-a
12. What happened to Hook at the end of the story?
- A. He ran away safely.      B. The lost boys killed him.
- C. Peter hit him with a sword.      D. The crocodile swallowed him.
13. Who tells the story?
- A. Captain Hook.
- B. Peter.
- C. The pirates and the crocodile.
- D. Someone who is not in the story.

### 三、阅读表达

正确率: \_\_\_\_/5

阅读短文,回答下面 5 个问题。

The young Emperor is lying on lion skins. There is a slave standing behind him. On a table there is a big scimitar sword(短弯刀). Then the Emperor points to the scimitar sword. The slave takes it and attacks me. The sword goes through my body, but it does not hurt me.



The slave falls to the floor. He is very afraid. The Emperor then kills the slave. Now the slave cannot tell anyone about me. The Emperor looks at me and cries, “Are you a magician? Why can I not kill you? Leave my city. I cannot be the ruler of the city with you here.”

“Give me half your treasure(财富,宝藏),” I answer. “Then I can leave.”

The Emperor takes me by the hand. We enter the palace and go to a large room. We walk down a corridor that is lit by many torches. When we arrive at the centre of the corridor, the Emperor says a magic word and a big stone door opens. Inside, the room is full of treasure: pearls, rubies, gold. . .

“This is my house of treasure,” he says. “I can give you half of my treasure. I can also give you camels and camel drivers. Then you must leave.”

“I don’t want your treasure,” I say. “I want the little ring on your finger.”

“It is only a poor ring,” he cries. “It has no value. Take half my

treasure and leave the city. ”

—Adapted from *The Fishman and His Soul*

1. What does the slave use to attack the fisherman?

\_\_\_\_\_

2. Why does the Emperor kill the slave?

\_\_\_\_\_

3. How does the Emperor open the big stone door?

\_\_\_\_\_

4. What’s inside the room?

\_\_\_\_\_

5. What does the Soul want at last?

\_\_\_\_\_

四、缺词填空 正确率:\_\_\_\_/10

根据短文内容和首字母提示,在下文空格处填入适当的词使短文完整。(每空一词)

How far can you jump? For British parkour(跑酷) athlete(运动员) Toby Segar, it’s 2.96 metres. He did it up a wall! He broke a world record(纪录) at the age of 28. How did he do it? Parkour h 1 him a lot with the success(成功). Segar s 2 learning it when he was 11. To keep his body strong, Segar does a lot of training(训练), l 3 running, cycling and climbing.

Parkour is now p 4 among the young people in major cities like Beijing and Shanghai. Parkour began in France. It came from a French way of training soldiers(士兵). Today, it is a fun way to keep f 5. I think it’s more than a kind of e 6, because people who like parkour become brave(勇敢) enough to meet up with challenges(挑战).

Some people think parkour looks very e 7, but others think it’s quite difficult because it needs a lot of skills and it may be dangerous for some people. And it’s very important to practise j 8 and landing. Parkourers often take the city as their playground. They run along walls, climb to high places, and jump f 9 rooftop(屋顶) to rooftop. Many kids also enjoy it so much. They think it’s fashionable and cool. Parents think of it as a good way for kids to become strong and brave.

The charm(魅力) of the s 10 is not about winning but making us better in life. Find the one that suits you most and take action right now!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 限时提优训练 27

(时间 45 分钟)

班级: \_\_\_\_\_ 姓名: \_\_\_\_\_

### 一、完形填空

正确率: \_\_\_\_/15

阅读下面短文,从文后各题所给的 A、B、C、D 四个选项中选出一个最佳答案。

Katie said goodbye to her parents at the front door of their candy shop as they drove off for a vacation, and Katie 1 she'd be able to run it with Aunt Maria's help. Aunt Maria didn't have any experience on business, but she is always called "2".

As Maria blew into the store, she said, "All right, Katie my love. Let's get this party started."

Katie took her aunt over to where the family made their own candy, such as fresh fudge (软糖). Aunt Maria 3 a piece of chocolate fudge. "Hmm," she said. "It's good, but not 4. We can add something to make that basic taste exciting."

Before Katie could 5 what Maria meant, the woman had gone to the kitchen. Katie heard her walking around, opening drawers and the fridge. Then she came back with her hands full of things. She 6 them on the work surface with a happy tune (小调).

"Brussels sprouts (甘蓝)?" Katie gave her aunt a 7 look. She couldn't be serious! But she was. The woman's hands were busy 8 the green vegetables and then adding those small pieces into the fudge. Katie's eyes grew wide as she watched her aunt mix them together.

Katie 9 as the bell over the front door rang, announcing some 10. Three boys came in. "I'll have strawberry fudge, please," said the first boy.

"Oh, how 11," laughed Maria. "I must suggest you try something new! Try this!" She offered the boys the Brussels sprout fudge. "It's free! 12!"

Surprised, but too polite to 13, the boys left with the fudge.

"There go our customers. They will tell everyone how strange our candy is, and nobody will want to shop here!" Katie said to herself. She didn't know what to do. Her parents were going to be 14.

The sound of the bell woke her up from her 15. The boys were back! But this time there was a crowd of kids coming into the store with them.

"Give me two pieces of Brussels sprout fudge, please!"

- |                |               |              |            |
|----------------|---------------|--------------|------------|
| 1. A. promised | B. remembered | C. pretended | D. checked |
| 2. A. friendly | B. creative   | C. honest    | D. lucky   |
| 3. A. noticed  | B. bought     | C. made      | D. tried   |

- |                  |              |               |                |
|------------------|--------------|---------------|----------------|
| 4. A. soft       | B. sweet     | C. smooth     | D. special     |
| 5. A. believe    | B. change    | C. question   | D. explain     |
| 6. A. stuck      | B. left      | C. spread     | D. swept       |
| 7. A. strange    | B. fresh     | C. black      | D. hungry      |
| 8. A. washing    | B. weighing  | C. cutting    | D. cooking     |
| 9. A. moved on   | B. looked up | C. broke down | D. came over   |
| 10. A. clerks    | B. policemen | C. customers  | D. businessmen |
| 11. A. expensive | B. cheap     | C. funny      | D. boring      |
| 12. A. Stay      | B. Enjoy     | C. Go         | D. Help        |
| 13. A. accept    | B. argue     | C. eat        | D. order       |
| 14. A. mad       | B. calm      | C. relaxed    | D. silent      |
| 15. A. mistakes  | B. memories  | C. plans      | D. thoughts    |

## 二、阅读理解

阅读下列内容,从每小题所给的 A、B、C、D 四个选项中选出一个最佳答案。

A

正确率:\_\_\_/4

Welcome back to the Tang Dynasty(唐朝). There are so many famous poets(诗人). Do you want to know them? Here are three of the most famous poets in the Tang Dynasty.

Hello everyone, I'm Li Bai. I enjoy drinking and writing poetry(诗). Many people call me "Poet Immortal". I think you surely know my poem *Jing Ye Si*. If not, you may not listen carefully in your Chinese class. I have many friends, such as Du Fu and Meng Haoran. We all love writing poetry.

Hi, I'm Du Fu, a friend of Li Bai. I'm 11 years younger than Li Bai. I love writing poems about nature, people and life. *Chun Ye Xi Yu* is one of my most famous poems. I write poems to record(记录) the real life and true feelings of poor people, so people call me "Poet-Sage". Li Bai and I are good friends. I often write poems as gifts for him.

I am Meng Haoran. I'm 12 years older than Li Bai. I love nature and often write poems about rivers, mountains, and the beauty of life. People call me a "Poet of Nature" because of this. The poem *Chun Xiao* is one of my most famous poems. Both Li Bai and I love poetry and the beauty of nature so we are good friends. *Seeing Meng Haoran Off at Yellow Crane Tower* sees our deep friendship.

- What nickname is given to Li Bai because of his love for writing poetry?
 

A. Poet-Sage.	B. Poet Immortal.
C. Poet of Nature.	D. Poet Laureate.
- Why do Li Bai and Meng Haoran become good friends?
 

A. They are both poets.	B. They both like drinking.
C. They love the same things.	D. They live in the same place.
- What do we know about the three poets?
 

A. They are all good friends.
B. Meng Haoran is the oldest.
C. They are the most famous poets in China.
D. Li Bai often gets poems from Meng Haoran.

4. Which title best describes the main idea of the passage?

- A. The history of Tang Dynasty poetry
- B. Famous poets of the Tang Dynasty
- C. The life and works of Li Bai and Du Fu
- D. The friendship between Li Bai, Du Fu, and Meng Haoran

**B**

正确率: \_\_\_\_/4

A new game is becoming popular with young people. Many people come together, choose to be “cats” or “mice”, share locations(位置) on their phones, and then play hide-and-seek(捉迷藏) in a big open area.

Young people said that this game not only gets people to exercise but also makes them think of their childhood. It also helps with stress(压力) and changes running into a fun social(社会的) game.

On September 24, I went to take part in the activity with Patrick McCarthy, a writer for *Teens*, at the Olympic Forest Park in Beijing. There were about 30 people. Most of us didn't know each other. The game had two rounds(轮). In the first round, 5 people were “cats” and the others were “mice”. With 5 minutes for the “mice” to run and hide(藏), the “cats” found them using the locations they shared on a map app. The second round was a group game.

We all played hide-and-seek when we were little. When I asked McCarthy to go with me, he wanted to know, “What's the point of playing this game as a grown-up(成年人)?”

It turned out to be an interesting activity for him. The use of GPS made this childhood game much more fun. “It was a creative way of bringing something new to old games with technology(科技),” said McCarthy. “It is a good way to meet new people and even make friends, as one needs to work together with new people.”

For me, it's good that this activity got me running as I don't like walking out in my life. In fact, if the park is smaller, I can have more fun. When I see the “mice” are so far away from me, I just want to give up. On the other hand, if the “cats” can't catch me, I will not feel so excited.

5. What do we know about the new “hide-and-seek” game?

- A. It doesn't need any exercise.
- B. People play it in a big room.
- C. Grown-ups play the game.
- D. People don't know where everyone is.

6. What can we know about the first round of the game?

- A. “Mice” don't have to run or hide.
- B. People need to know each other.
- C. “Cats” should find “mice” in 5 minutes.
- D. There are more “mice” than “cats”.

7. What does the writer think of the game?

- A. She loves the idea of using GPS.

- B. She thinks the game is good for her health.  
 C. She believes the game can help her make new friends.  
 D. She thinks the game is only interesting to the “mice”.
8. What is the story mainly(主要地) about?  
 A. The new technology in life.  
 B. New games from old times.  
 C. Playing games with friends.  
 D. A new way to play “hide-and-seek”.

C

正确率: \_\_\_\_/5

When we think of art, we probably think of painting a picture on a strong cloth or special paper, or even on walls of a city. However, in many cultures people paint their faces instead.



① \_\_\_\_\_

In fact, face painting may be the very first form of art. Painted faces are in different colours and patterns. This has been part of people's traditions for thousands of years. The way that people painted their faces can tell stories and lessons from the past.

② \_\_\_\_\_

People still paint their faces for lots of reasons. Patterns on faces connect people to a tribal(部落) family and can show who the most important person in the family is. For fighters, it is a way to make their enemies afraid. Face painting is also used in many ceremonies and special celebrations.

### How is face paint important in theatre?

Face paint was important in Japanese and Chinese ancient ceremonies. It was also used in traditional theatre to change the actors' roles. Actors in those countries still wear white, black and red face paint today to show feelings and make the bad people look dramatic(戏剧性的) and awful.

③ \_\_\_\_\_

Tribal people make face paint from the natural colours in plants and earth. Plant parts are used to make different colourings. The ingredients are dried over a fire and then made into powder(粉末). This is then mixed with animal fat.

### 9. Match the title with each part.

- |                                    |                               |
|------------------------------------|-------------------------------|
| a. Is face paint art?              | b. Is wall painting a symbol? |
| c. Why paint your face?            | d. How wear face paint?       |
| e. Where does the paint come from? |                               |
| A. ①-a, ②-b, ③-c                   | B. ①-b, ②-e, ③-d              |
| C. ①-a, ②-c, ③-e                   | D. ①-b, ②-d, ③-c              |

### 10. How long has face painting been part of people's traditions?

- |                         |                            |
|-------------------------|----------------------------|
| A. For a few years.     | B. For several centuries.  |
| C. For about 100 years. | D. For thousands of years. |

### 11. Why did fighters paint their faces when they fought?

- A. To look friendly.                      B. To look scary.  
C. To look funny.                         D. To look painful.

12. What can we know about face paint?

- A. Painting on the walls is the first form of art.  
B. Animal fat is used to make different colourings.  
C. Patterns on faces can show people's ages in a family.  
D. Face paint in colours can show actors' feelings in China.

13. Which of the following can be the best title?

- A. Face art                                      B. Traditional painters  
C. Wall paintings                              D. Tribal celebrations

### 三、阅读表达

正确率: \_\_\_\_/5

阅读短文,回答下面 5 个问题。

There are many top students around us. Let us take Carter as an example. He is the monitor of my class. He often spends a lot of time working for our class. But he is still good at all the subjects. How do students like Carter do that? When I ask him, he tells me, "Hard work is not the whole story. It's not how long you sit at the desk with your books open. It's what you do when you are sitting." In fact, we can see many top students spend fewer hours on their studies than their classmates. Carter gives us some useful advice(建议).

#### **Do more than you are asked**

If your maths teacher gives you four problems, you should do five. If your Chinese teacher gives you six pages of reading, you should read seven. If you practise more, you will be better at the subject.

#### **Choose suitable ways**

Studying is a matter of your own interest, so choose the way you enjoy. Some students like studying early in the morning. Some students like studying at night when the house is quiet. Some students like studying as soon as they arrive home from school, because the work is fresh in their minds. No matter which way suits you, try to do your best.

#### **Put studying before entertainment(娱乐)**

Studying is your business and the business comes before entertainment. When you are studying, you shouldn't use phones or watch TV shows. It's a waste of time. It's not a good idea to have snacks, either. Studying should be the only thing in your mind. Nothing can pull your attention away from what you are studying.

#### **Plan your time well**

Studying is like eating. You should eat a little at a time. You can plan what to do today, but don't do too much at a time. You may feel unhappy or stressed without finishing your plan. However, you will not study well without a good plan. It all depends on how you plan your time.

#### **Keep your papers clean**

If your papers are clean and tidy, you may be already half way to get an A. Tidy papers can help you get higher marks than messy ones.



When you write clearly and do your work carefully, the thoughts in your mind are clear. You are able to make fewer mistakes.

1. How many pieces of advice does Carter give us on how to study well?  
\_\_\_\_\_
2. Why do students like studying at night according to the passage?  
\_\_\_\_\_
3. What can't you do when you are studying?  
\_\_\_\_\_
4. How may you feel if you don't finish the plan?  
\_\_\_\_\_
5. What else is a good way to study well?  
\_\_\_\_\_

四、缺词填空

正确率：\_\_\_\_/10

根据短文内容和首字母提示,在下文空格处填入适当的词使短文完整。(每空一词)

Lily flopped(沉重地躺下) onto the floor. “I'll never be as g 1 as you, Grandma.”

Lily's grandma did yoga(瑜伽) for more than 50 years. Now at the age of 70, she could still do the poses(姿势) like pulling her body into a b 2.

“You need to be patient,” said Grandma.

L 3 many schools in India, Lily's school was holding a yoga competition. The f 4 of each student would be there. Lily wanted to make them proud, especially her grandma, so she continued p 5. Thirty minutes later, her arms got so tired that she flopped again.

“It's too h 6,” Lily said. “How did you get to be so strong?” Grandma smiled, “Patience.”

Lily practised every day. She kept her grandma's w 7 in mind.

The day of the yoga competition arrived. On the bus, Lily felt nervous. “What if I can't hold any poses?” When the bus stopped at school, her heart beat more q 8.

Soon the competition began. Lily completed the poses one by one, keeping Grandma's voice in her head.

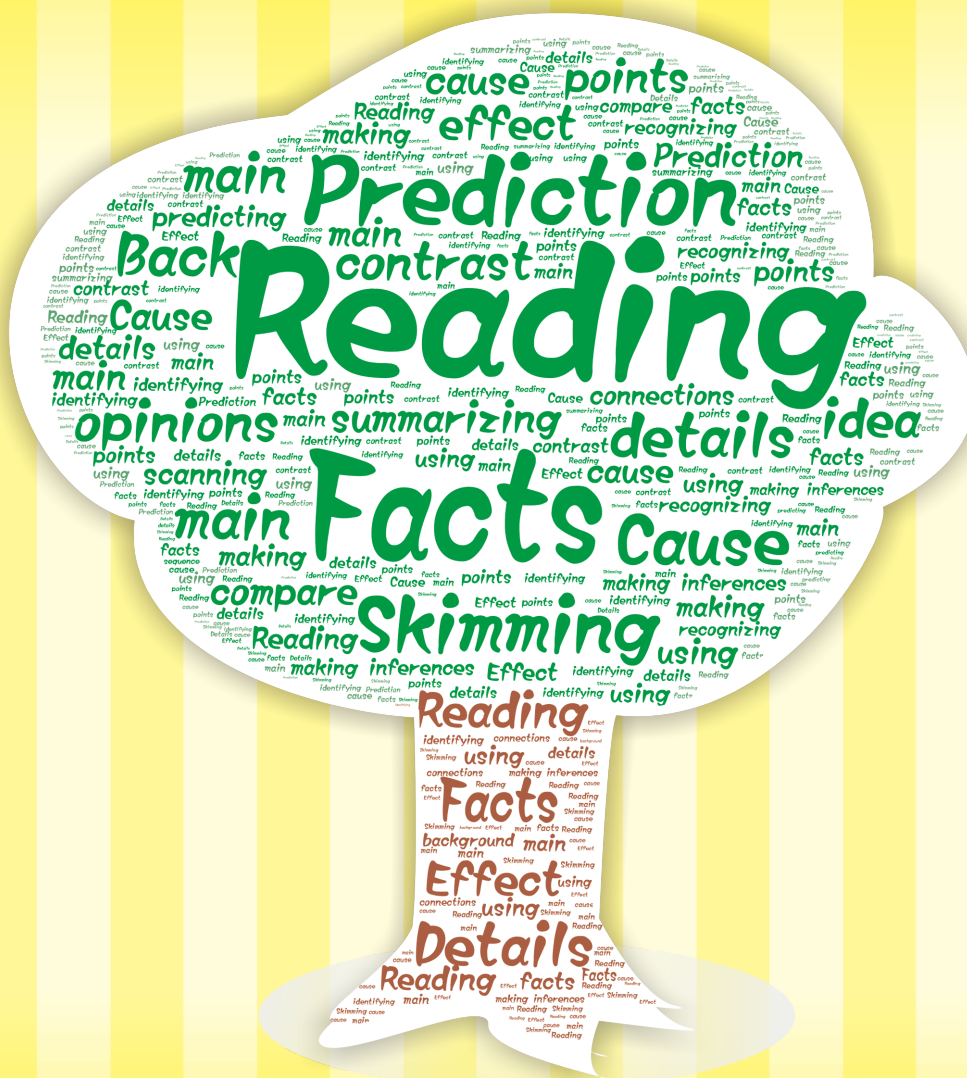
“Your last pose is the ball,” said their teacher. Lily lay on her back. She took a deep breath and pulled her body as hard as she could. “A few more s 9,” Lily told herself.

“Well done, Lily,” their teacher came up. The audience(观众) cheered wildly.

Lily looked for her grandma and found she was walking over to her with a big s 10.

Patience is such a magic(魔法).

- |          |           |          |          |
|----------|-----------|----------|----------|
| 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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### 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。

七年级上

# 目 录

限时提优训练 1	1
限时提优训练 2	2
限时提优训练 3	4
限时提优训练 4	5
限时提优训练 5	7
限时提优训练 6	9
限时提优训练 7	11
限时提优训练 8	12
限时提优训练 9	14
限时提优训练 10	15
限时提优训练 11	17
限时提优训练 12	19
限时提优训练 13	21
限时提优训练 14	23
限时提优训练 15	25
限时提优训练 16	26
限时提优训练 17	28
限时提优训练 18	30
限时提优训练 19	32
限时提优训练 20	33
限时提优训练 21	35
限时提优训练 22	37
限时提优训练 23	38
限时提优训练 24	40
限时提优训练 25	41
限时提优训练 26	43
限时提优训练 27	45
限时提优训练 28	46

bus may be a good place to sleep. That's why the travel company starts the trip.”可知,旅游公司开启这项旅行是为了让人们睡得好一些。

11. C 提示:细节理解题。根据倒数第二段中“Today, I buy a magazine and see an advertisement about a bus trip called ‘Sleeping Bus Tour’ in it.”可知,安德鲁是从杂志的广告上知道这一特别的巴士旅行的。

12. A 提示:推理判断题。空后“and I would like to have a try”提示,前后文在语义上是顺承关系,空处填入的内容应表示他觉得这个巴士旅行不错。

### 三、阅读表达

【语篇导读】本文介绍了萨姆的家规。

1. His family rules.
2. Because they want to make sure he is honest. / To make sure he is honest.
3. They give what they have to those who are needy.
4. I may give others a wrong me when dressing wrongly. / A wrong me.
5. Honesty. Because I think it's the most important. (言之有理即可)

### 四、缺词填空

【语篇导读】本文主要介绍了一些快速交到朋友的方法。

1. quickly
2. excited
3. spends
4. meet
5. also
6. activities
7. friendly
8. full
9. difficult
10. problems

## 限时提优训练 6

### 一、完形填空

【语篇导读】“我”去蛋糕店给儿子买生日蛋糕,遇到了一个小男孩。小男孩想给妈妈买一个蛋糕,但是钱不够。“我”知道小男孩的情况后帮他付钱买了一个蛋糕。

1. D 提示:根据下文“... to buy a big birthday cake for him.”可知,“我”去蛋糕店买蛋糕。
2. B 提示:there be 句型遵循就近原则,空格后是

“a lot of people”, be 动词应用 are。

3. C 提示:look after 照顾;look down 向下看;look for 寻找;look up 向上看。句意:当我在找蛋糕的时候,我发现一个小男孩盯着蛋糕看了很长时间。
4. C 提示:in old clothes 表示“穿着旧衣服”。
5. D 提示:该空指代前面提到的“the girl shopkeeper”,并且作动词短语“says to”的宾语,因此用 her。
6. A 提示:根据下文“I want to buy a small cake for her.”可知,小男孩想给妈妈买一个小蛋糕。
7. A 提示:由空前的“the cake is 15 yuan”和下文的“But I don't have enough money...”可知,蛋糕的价格是 15 元,小男孩的钱不够,因此应选择低于 15 元的选项。
8. B 提示:laugh 笑;cry 哭;smile 微笑;shout 大喊。句意:“我……我没有更多的钱了。”小男孩说,他开始哭了起来。
9. B 提示:根据下文“I want to buy a small cake for her.”可知,“我”问小男孩给谁买蛋糕。
10. C 提示:根据下文“My mother has to 13 from morning to night every day. She celebrates my birthday every year, but she never celebrates 14 . It's her birthday tomorrow. I want to buy a small cake for her.”可知,小男孩想给妈妈买蛋糕。
11. A 提示:why 为什么;how 怎样;when 什么时候;where 在哪里。句意:她为什么不来买呢?
12. B 提示:根据第二段中“He is 4 old clothes...”和第七段中“My father left us three years ago... But I don't have enough money”可知,小男孩家里比较贫困,没有太多的钱。
13. C 提示:play 玩;study 学习;work 工作;think 思考。句意:我妈妈每天从早到晚都要工作。
14. D 提示:mine 我的;his 他的;ours 我们的;hers 她的。句意:她每年都为我庆祝生日,但她从不为自己庆祝生日。
15. A 提示:根据上文“My father left us three years ago”可知,小男孩的爸爸离开了他们,文中也没有提到小男孩有兄弟姐妹,因此作者是以他妈妈的朋友的身份给小男孩买了一个蛋糕。

## 二、阅读理解

### A

【语篇导读】本文主要介绍英文书信和信封的一些格式要求。

1. A 提示:推理判断题。由前句“When we write a letter in Chinese, we always put the date at the end of the letter.”可知,it指的是the date。
2. D 提示:细节理解题。由第二段中“... on the top of the right corner. And above the date, we also write the number of our house and the names of our street, city and country.”可知,地址应写在日期上方,即信的右上角。
3. C 提示:细节理解题。由第二段中“At the beginning of the letter, we often use ‘Dear Sir’”可知答案。
4. B 提示:细节理解题。由信封左上角的三行信息可知答案。

### B

【语篇导读】本文介绍了劳动教育的重要性,即它有助于我们成为更好的人,每个人都应接受劳动教育。

5. C 提示:细节理解题。根据第二段中“Doing the housework can help us know the real everyday life and how to live a good everyday life.”可知,做家务的好处是它可以帮助学生更好地了解真实的日常生活。
6. B 提示:推理判断题。根据第一段中“In our life, we often see different ways of labour education. For example, we often do the housework at home and clean classrooms in schools.”可知,在我们的生活中,我们经常看到不同的劳动教育方式。例如,在家做家务,在学校打扫教室。B选项“克莱尔:我在学校参加很多俱乐部。”是文体活动,而非“劳动教育”。
7. A 提示:推理判断题。根据第四段中“Also, study and doing the labour work are not separate from each other in this world.”可知,学习和劳动并不是分开的。由此可推断出,此处应说明学习和劳动的共同点,A选项“学习和劳动都需要责任”最适合填入空格处。
8. B 提示:篇章结构题。第一段总述劳动教育的

重要性;第二、三和四段分别从几个方面介绍劳动教育的重要性;第五段进行总结。

### C

【语篇导读】本文介绍了几项有助于减肥的科学研究。

9. B 提示:细节理解题。根据第二段最后一句“Results show that, compared with normal sleepers, short sleepers have more fat on their legs and arms!”可知,与睡眠充足的人相比,睡眠时间短的人腿部和手臂上的脂肪更多。
10. C 提示:细节理解题。根据题干中的关键信息“Japanese study”可迅速定位到第三段第一、二句“Many people don’t eat dinner to lose weight. But scientists at Osaka University, Japan, said this might not be the answer.”。由此可知,日本的一项研究指出不吃晚餐的减肥方式是错误的。
11. A 提示:细节理解题。根据最后一段中“Scientists said that by looking at delicious food, people will get more ghrelin in their blood. This gives people a stronger appetite and they will then eat more.”可知,看美食时,人们的血液中会产生更多的胃饥饿素。这会让人有更强的食欲,吃得更多。由此推断,观看吃播会导致人们在意识不到的情况下吃得更多。
12. A 提示:细节理解题。根据 Less sleep, fatter legs and arms 下的内容可知,充足的睡眠(每天至少睡七个小时)有助于减肥,故A项正确。

## 三、阅读表达

【语篇导读】本文介绍了中国的剪纸艺术。

1. It’s about 1,500 years.
2. On doors or windows.
3. Because red is hope and life.
4. To wish for rain.
5. Wonderful./It’s really wonderful.

## 四、缺词填空

【语篇导读】本文从多方面介绍了学校的赞美诗俱乐部。

1. so    2. enjoy    3. Geography
4. never    5. lunch    6. starts    7. Music
8. just    9. Friday    10. difficult

独地留在了沙滩上。

1. Because his soul isn't important to him.
2. It's the body of his soul.
3. Because his heart is for his Mermaid.
4. It comes back to this place and calls him. /  
By calling him.
5. The Tritons blow their horns and the  
Mermaid comes to meet him.

#### 四、缺词填空

【语篇导读】本文介绍了大熊猫花花、水豚、吗喽以及帕拉斯猫这几种动物受欢迎的原因。

1. full 提示:full name 意为“全名”。后面的成和花就是花花的全名。
2. visitors 提示:游客想看花花需要排很久的队。
3. look 提示:look cute 意为“看起来可爱”。make 后用动词原形,故填 look。
4. friendly 提示:根据下文“They can make friends with...”可知,此处用 friendly,意为“友好的”。
5. even 提示:句意:它们能和任何动物交朋友——乌龟、鸭子甚至是猴子。
6. resting 提示:根据上文“live a relaxing life”可知,水豚过着非常轻松惬意的生活。由此推知,这里用 rest 符合题意。sb. spend some time doing sth.
7. tired 提示:下文表示年轻人喜欢用这些猴子的图片来以一种有趣的方式表达他们低落的情绪。由此可知,这里用 tired 符合题意。
8. way
9. three 提示:上文已经介绍了3种动物。由此可知,这里应填 three。
10. heavy 提示:根据下文“... it can protect them from the cold in their frosty habitat.”可知,只有厚的皮毛才能抵御严寒的侵袭。

#### 限时提优训练 14

##### 一、完形填空

【语篇导读】本文讨论了学生和父母共同进餐的好处。

1. D 提示:句意:关掉电视,坐下来和父母一起吃饭。

2. C 提示:arm 胳膊;leg 腿;lifestyle 生活方式;face 脸。句意:如果你这样做,你也许会有一个健康的生活方式。
3. A 提示:have 有;meet 遇见;give 给;clean 打扫。句意:一项研究表明,如果学生和父母共同进餐,他们会有强壮的身体。
4. A 提示:ill 生病的;happy 高兴的;slim 苗条的;young 年轻的。句意:并且他们将不太容易生病。
5. B 提示:computer 电脑;study 学习;sleep 睡觉;dream 梦想。句意:他们也很容易与他人交朋友,在学校学习好。
6. A 提示:well 好;just 刚刚;over 结束;badly 非常。句意:这有助于他们很好地相互学习,养成良好的学习习惯。
7. B 提示:begin 开始;want 想要;ask 问;help 帮助。句意:通常,人们认为学生不太想和父母在一起。
8. C 提示:句意:事实上,他们只是太忙于学业。be busy with sth. 意为“忙于某事”。
9. B 提示:句意:他们没有很多时间和家人在一起。
10. A 提示:family 家庭;club 俱乐部;show 表演;art 艺术。句意:有时,父母无法让家庭成员一周七天都围坐在桌旁。
11. A 提示:if 如果;or 或者;so 因此;and 和。句意:但是,如果他们可以每周计划三次家庭聚餐,这在很多方面都对孩子的健康有好处。
12. C 提示:tall 高的;cool 酷的;fat 胖的;lazy 懒的。句意:他们还说,如果学生经常和父母一起吃饭,他们可能不会太胖。
13. B 提示:句意:父母总是为他们准备健康的食物,并帮助他们养成健康的饮食习惯。help sb. do sth. 中的 sb. 是宾语,因此用宾格形式 them。
14. D 提示:take 拿;live 生活;stop 停止;know 了解。句意:学生也可以利用家庭聚餐的时间来帮助父母更多地了解他们。
15. C 提示:see 看;sing 唱歌;say 说;walk 步行。句意:他们可以谈论他们的学校生活,父母可以说一些他们工作上的事情。



## 二、阅读理解

### A

【语篇导读】本文是曾经在急救中心工作的布朗先生写的四份报告。

1. C 提示:细节理解题。根据表格第二行中“Name: Steven Lee”及“Accident: He was at home alone and his house was on fire at 5:30 p. m.”可知,事故发生时,史蒂文·李在自己家。
2. D 提示:细节理解题。根据表格第三行中“Name: Norman Bailey”及“Accident: He fell down while playing football in the park at 3:40 p. m.”可知,诺曼·贝利在踢足球的时候受伤了。
3. A 提示:细节理解题。根据表格最后一行中“Name: Tracy White”及“Accident: She went for a picnic with her parents in a forest. A snake bit her at 4:00 p. m.”可知,一条蛇咬了特蕾西·怀特。

### B

【语篇导读】本文主要介绍了树“交流”的三种方式。

4. C 提示:细节理解题。根据第二段中“Some trees use chemicals to talk.”,第三段中“More surprisingly, trees also use sounds to talk.”以及第四段中“Most surprisingly of all, trees have an ‘internet’ to give out and get information in a big forest. Scientists call it the ‘Wood Wide Web’.”可知,树木通过化学物质、声音以及“树联网”三种方式进行“交流”。
5. A 提示:词义猜测题。根据第二段中“When insects attack them, they give out chemicals from the leaves. This is like a call for help...”可知,当昆虫攻击它们时,它们会从叶子中释放化学物质。这就像是求救。因此 attack 此处是“伤害”的意思。
6. B 提示:推理判断题。根据第三段中“Some trees make noises when there is not enough water.”可知,树木缺水时会发出声音,告诉人们它们需要更多的水。
7. A 提示:篇章结构题。文章先介绍树木能够“交流”;然后分别介绍树木“交流”的三种方式;最后总结树用不同的方式“交流”,因此文章为总分总结构。

### C

【语篇导读】本文讲述了作者努力工作却没有取得任何进展的故事,一位同事的建议让他认识到了休息对工作也很重要。

8. B 提示:细节理解题。根据第一段中“So I spent over 10 hours in the lab every day.”可知,作者每天在实验室超过10个小时。
9. C 提示:细节理解题。根据第二段中“One other person was still in the lab, and he noticed my worried look.”和“Taking a break is also hard work, you know...”可知,实验室里的另一个人注意到了作者的担心和努力。
10. D 提示:词义猜测题。根据第四段中“I never heard my professor say anything like this.”可知,作者从未听教授说过这样的话,他感到惊讶。由此推知画线词 surprised 意为“惊讶的”。
11. B 提示:细节理解题。根据最后一段中“My best ideas always come after I have allowed my mind to relax—whether that’s cooking a nice dinner or going on long hikes with my brother.”可知,作者最好的想法总是在头脑得到放松之后产生——无论是做一顿美味的晚餐还是和兄弟一起去长途旅行。由此可见,作者认为和兄弟一起去长途旅行是让他放松的好方法。
12. D 提示:主旨大意题。根据最后一段“Our conversation that day helps me understand that exciting ideas seldom come from a mind under pressure. My best ideas always come after I have allowed my mind to relax...”可知,我们可以从作者的故事中领悟到的道理是:休息对工作也很重要。

## 三、阅读表达

【语篇导读】我们要对我们的环境负责,做一名节俭的消费者就是一种帮助方式。本文主要介绍了怎样成为一名节俭的消费者。

1. Yes, they do.
2. Four.
3. We should look for something else that we already have.
4. Fix them and never just throw them away.

看到公共标识的翻译越来越好,他给我们举了个例子。由此可知,他是通过举例的方式说明的。

11. D 提示:细节理解题。根据最后一段中“Also, with this system, people can take photos of wrong road sign translations and send them to the system to get better ones.”可知,通过这个系统,人们可以拍摄翻译有误的路标的照片,并将其发送到系统中以获得更好的翻译。

12. D 提示:最佳标题题。通读全文,抓住文章第一段可知,深圳市民中心开展了一日游活动,旨在提高公共场所标识的英文翻译水平,深圳为此付出了很多努力。随后列举实例进行了说明。由此可见,选项D“深圳市为提高公共场所标识的翻译水平而做出的努力”最适合作为本文标题。

### 三、阅读表达

【语篇导读】本文讲述了怀特先生买下并放飞笼中鸟的故事,表达了他对自由和生命的尊重。

1. On the street.
2. There are 25 birds.
3. He feels surprised.
4. Because he wants to make them free.
5. He is kind. (言之有理即可)

### 四、缺词填空

【语篇导读】本文主要讲述的是疼痛如何产生,以及疼痛如何保护我们自己免受伤害。

1. helpful 提示:根据下文“Pain is the body's way to tell us that something is wrong...”可知,疼痛是身体告诉我们有问题出现的一种方式。这说明疼痛有时是有帮助的。
2. protect
3. walking 提示:stop sb. from doing sth. 意为“阻止某人做某事”。
4. more 提示:句意:如果你没有感受到疼痛的话,你会继续到处行走,你的腿会伤得更严重。
5. energy 6. inside
7. makes 提示:主语是the brain,谓动词应用第三人称单数形式。

8. tell 9. happens

10. feel 提示:此处表示大脑本身感受不到疼痛。

### 限时提优训练 24

#### 一、完形填空

【语篇导读】本文主要讲述了愚公移山的故事,告诉我们应该在生活中坚持不懈,不畏困难,永不放弃。

1. C 提示:根据下文“Taihang Mountain and Wangwu Mountain”可知是两座山。
2. A 提示:before 在……前面;beside 在……旁边;between 在……中间;behind 在……后面。根据下文“They block their way...”可知句意:它们坐落在这个老人屋前。
3. B 提示:run 跑;walk 走;swim 游泳;drive 开车。句意:它们挡住了他们的路,愚的家人不得不走数百米才能出去,所以他想移走这两座山。
4. B 提示:句意:他的妻子摇头说:“我们要把土和沙放在哪里呢?”
5. D 提示:根据下文“We can throw them into the \_\_\_6\_\_\_.”可知,此处是问把土和沙放在哪里。
6. A 提示:sea 海;park 公园;museum 博物馆;house 房子。句意:但其他人说:“我们可以把它们扔到海里。”
7. C 提示:so 因此;but 但是;and 和;or 或者。句意:一个叫智叟的老人看到他们在干活,嘲笑他们说:“愚公,你又老又弱。”
8. A 提示:can't 不能;can 能;must 必须;mustn't 禁止。句意:我确定甚至在你死之前你都不能移走它!
9. A 提示:grandson 孙子;grandfather 祖父;grandmother 祖母;daughter 女儿。句意:儿子会有孙子,然后孙子还会有他们自己的儿子。
10. D 提示:go 去;die 死亡;fall 摔倒;grow 生长。句意:子子孙孙无穷无尽,但山不会生长。
11. C 提示:read 读;work 工作;leave 离开;shop 购物。句意:智叟什么也没说就离开了。
12. D 提示:wait for 等待;write to 写给;ask 问;help 帮助。句意:最后,天帝听到了这个消息,他帮助愚公把山移走了。

13. C 提示: need 需要; should 应该; may 也许; must 必须。句意: 这个故事也许不是真的, 但它告诉我们, 我们应该学会在生活中不断努力。
14. B 提示: stop 停止; keep 继续; plan 计划; practise 练习。keep doing sth. 表示“坚持做某事”。
15. A 提示: difficulty 困难; difference 差异; design 设计; dislike 不喜欢。句意: 就像在我们的学习中一样, 如果我们不害怕困难并且永不放弃, 总有一天我们会成功的。

## 二、阅读理解

### A

【语篇导读】本文是一篇应用文, 介绍了青海湖的旅行计划。

1. C 提示: 推理判断题。根据“7:00 Leave Xining by bus.”和 Riyue Mountain 下的“8:30”可知, 从西宁到日月山需要 1.5 小时。
2. B 提示: 细节理解题。根据 Riyue Mountain 下的“Ride yaks.”可知, 我们可以在日月山骑牦牛。
3. B 提示: 细节理解题。根据 10:30-12:30 下的“Go sightseeing on the Qinghai Lake by ship.”可知, 我们可以在 10:30-12:30 坐船在青海湖上观光。
4. C 提示: 细节理解题。根据 14:00-14:30 下的“Watch birds. Admire naked carp.”可知, 我们可以在刚察观鸟和欣赏湟鱼。
5. A 提示: 推理判断题。本文介绍了青海湖的旅行计划, 由此不难推知文章可能出现在旅游杂志上。

### B

【语篇导读】本文主要介绍了不同国家和地区的指路方式。

6. D 提示: 词义猜测题。根据下文可推出, 此处的 landmarks 指的是容易看见的建筑物或地方。
7. B 提示: 细节理解题。作者主要提到了四个国家: 日本、美国、希腊和墨西哥。
8. D 提示: 细节理解题。根据倒数第三段内容可知, 在给人指路时, 希腊人最热心。
9. C 提示: 主旨大意题。通读全文可知, 作者写这篇文章是为了告诉我们不同国家的指路方式不同。

### C

【语篇导读】本文节选自《彼得·潘》, 讲述了小飞侠彼得·潘在梦幻岛智斗以霍克船长为首的一群海盗的故事。

10. C 提示: 细节理解题。根据第一段中“He began ticking himself so that the other animals would think he was the crocodile and leave him alone.”可知, 彼得发出滴答声是为了让其他动物以为自己是鳄鱼, 避免受到伤害。
11. B 提示: 细节理解题。a 项内容出现在第一段; b 项内容出现在第六段; c 项内容出现在第五段; d 项内容出现在第一段, 是在彼得经过鳄鱼之前发生的。故正确顺序是 d-a-c-b。
12. D 提示: 细节理解题。根据最后一段中“The crocodile swallowed him in one bite.”可知, 鳄鱼一口吞了船长。
13. D 提示: 推理判断题。通读全文并结合写作人称可知, 讲故事的人并未出现在文章中。

## 三、阅读表达

【语篇导读】本文节选自《渔夫和他的灵魂》, 讲述了国王刺死奴隶, 给渔夫的灵魂财宝让他离开故事。

1. A (big) scimitar sword.
2. Because the Emperor doesn't want the slave to tell anyone.
3. He says a magic word. / By saying a magic word.
4. Treasure.
5. The little ring.

## 四、缺词填空

【语篇导读】本文介绍了跑酷运动, 并结合跑酷运动员托比·西格对这项运动的热爱说明了其魅力所在。

1. helps/helped
2. started
3. like
4. popular
5. fit
6. exercise
7. easy
8. jumping
9. from
10. sport(s)

## 限时提优训练 25

### 一、完形填空

【语篇导读】本文主要讲述了作者在和一位朋

故事。

1. He fell to earth and broke a leg.
2. Because he didn't want to leave Weedon alone.
3. They were chatting and waiting for Weedon.
4. By barking.
5. I think he is very clever/kind/loyal...

#### 四、缺词填空

【语篇导读】本文先介绍了中国人庆祝不同节日的方式以及不同节日和艺术形式背后蕴含的意义,然后探讨了青少年在继承、发展和传播文化方面应做的事。

1. celebrate
2. Each
3. colourful
4. races
5. meanings
6. cultures
7. where
8. spread
9. first
10. having

#### 限时提优训练 27

##### 一、完形填空

【语篇导读】本文是一篇记叙文。文章讲述了凯蒂在父母外出度假时,在玛丽亚阿姨的帮助下经营糖果店的故事。

1. A 提示: promise 许诺, 答应; remember 记得; pretend 假装; check 检查。句意: 当父母开车去度假时, 凯蒂在自家糖果店前门向他们道别, 凯蒂保证她会在玛丽亚阿姨的帮助下经营好糖果店。
2. B 提示: friendly 友好的; creative 有创造力的; honest 诚实的; lucky 幸运的。句意: 玛丽亚阿姨没有任何商业经验, 但她总是被认为“有创造力”。
3. D 提示: notice 注意到; buy 购买; make 制造; try 尝试; 品尝。句意: 玛丽亚阿姨尝了一块巧克力软糖。
4. D 提示: soft 柔软的; sweet 甜的; smooth 顺滑的; special 特别的。句意: 味道不错, 但不特别。
5. C 提示: believe 相信; change 改变; question 询问, 质疑; explain 解释。句意: 凯蒂还没来得及问玛丽亚是什么意思, 那个女人就进了厨房。
6. C 提示: stick 卡住; leave 离开; spread 铺开; sweep 打扫。句意: 她哼着欢快的小调把它们铺

在工作台上。

7. A 提示: strange 奇怪的; fresh 新鲜的; black 黑的; hungry 饥饿的。句意: “抱子甘蓝?”凯蒂用奇怪的眼神看了阿姨一眼。
8. C 提示: wash 洗; weigh 称重; cut 切; cook 烹饪。句意: 这位女士的手正忙着切绿色蔬菜, 然后把这些小块加入软糖中。
9. B 提示: move on 继续前进; look up 向上看; break down 分解; come over 过来。句意: 前门上的门铃响起时, 凯蒂抬头一看……
10. C 提示: clerk 职员; policeman 警察; customer 顾客; businessman 商人。根据下文“‘There go our customers.’”可知, 此处指顾客。
11. D 提示: expensive 昂贵的; cheap 便宜的; funny 有趣的; boring 无聊的。根据下文“‘I must suggest you try something new! Try this!’”可知, 此处指玛利亚阿姨觉得草莓软糖太无趣。
12. B 提示: stay 停留; enjoy 享受; go 去; help 帮助。句意: 这是免费的。请尽情享用吧!
13. B 提示: accept 接受; argue 争论; eat 吃; order 命令。句意: 男孩们很惊讶, 但出于礼貌, 他们没有争辩, 拿着软糖离开了。
14. A 提示: mad 生气的; calm 平静的; relaxed 放松的; silent 沉默的。句意: 她的父母会气疯的。
15. D 提示: mistake 错误; memory 记忆; plan 计划; thought 想法。句意: 门铃声把她从沉思中唤醒。

##### 二、阅读理解

###### A

【语篇导读】本文介绍了唐代著名的三位诗人及其作品。

1. B 提示: 细节理解题。根据表格第一行中“Hello everyone, I'm Li Bai. I enjoy drinking and writing poetry. Many people call me 'Poet Immortal'.”可知, 李白由于喜爱写诗被称为“诗仙”。
2. C 提示: 细节理解题。根据表格第三行中“Both Li Bai and I love poetry and the beauty of nature so we are good friends.”可知, 李白和孟浩然因为热爱诗歌和大自然而成为好朋友。
3. B 提示: 细节理解题。根据表格第三行中“I am

Meng Haoran. I'm 12 years older than Li Bai.”和表格第二行中“Hi, I'm Du Fu, a friend of Li Bai. I'm 11 years younger than Li Bai.”可知,杜甫比李白小,孟浩然比李白年长,因此孟浩然是三人中最年长的。

4. B 提示:最佳标题题。本文介绍了唐朝的著名诗人李白、杜甫和孟浩然,因此“唐朝的著名诗人”最能概括本文的主要内容。

## B

【语篇导读】本文介绍了新型的“捉迷藏”游戏。作者还叙述了自己体验这种游戏的感受。

5. C 提示:推理判断题。根据第四段中“What's the point of playing this game as a grown-up?”可推断,成年人在玩这种新型的“捉迷藏”游戏。
6. D 提示:细节理解题。根据第三段中“There were about 30 people.”和“In the first round, 5 people were ‘cats’ and the others were ‘mice’.”可知,在第一轮游戏中,“老鼠”比“猫”多。
7. B 提示:推理判断题。根据最后一段中“For me, it's good that this activity got me running as I don't like walking out in my life.”可知,作者不喜欢出去走路,而这个游戏让她跑步了,所以这个游戏对她的健康有好处。
8. D 提示:主旨大意题。通读全文可知,本文介绍了“捉迷藏”的一种新玩法。

## C

【语篇导读】本文是一篇说明文。文章主要介绍了面部彩绘这种艺术形式,分析了人们给面部涂色的原因、颜料的来源、在戏剧中的重要性等。

9. C 提示:标题归纳题。根据标题①下第一句“In fact, face painting may be the very first form of art.”可知,本段围绕面部彩绘是一种艺术展开,①处应填小标题“面部彩绘是艺术吗”,即a项;根据标题②下第一句“People still paint their faces for lots of reasons.”可知,本段解释了人们在脸上涂色的原因,②处应填小标题“为什么在脸上涂色”,即c项;根据标题③下第一句“Tribal people make face paint from the natural colours in plants and earth.”可知,本段围绕颜料的来源展开,③处

应填小标题“颜料来自哪里”,即e项。

10. D 提示:细节理解题。根据标题①下第三句“This has been part of people's traditions for thousands of years.”可知,面部彩绘成为人们的传统的一部分已经有数千年了。
11. B 提示:细节理解题。根据标题②下第三句“For fighters, it is a way to make their enemies afraid.”可知,人们在战斗时给脸涂色是为了让敌人害怕。
12. D 提示:细节理解题。根据倒数第二段最后一句“Actors in those countries still wear white, black and red face paint today to show feelings and make the bad people look dramatic and awful.”可知,在中国,可以通过在演员的脸上涂色来表达他们的感受。
13. A 提示:最佳标题题。通读全文可知,文章主要介绍了面部彩绘这种艺术形式,由此不难推知,文章以“Face art”作为标题最合适。

## 三、阅读表达

【语篇导读】本文介绍了高效学习的方法。

1. Five.
2. Because the house is quiet.
3. We/I can't use phones, watch TV shows or have snacks.
4. I/We may feel unhappy or stressed.
5. Listen to teachers carefully in class. (言之有理即可)

## 四、缺词填空

【语篇导读】本文讲述了莉莉在和奶奶一起练瑜伽的过程中的领悟:无论做什么事情都要有耐心。

1. good
2. ball
3. Like
4. family
5. practising
6. hard
7. words
8. quickly
9. seconds
10. smile

## 限时提优训练 28

### 一、完形填空

【语篇导读】本文是一篇记叙文。文章讲述了老师布置的一个任务让作者体会到了父爱的故事。



ZY5XSC11YZ04

## Exercise 5

### 一、信息还原

What is health? “Health” means eating well, getting enough exercise, and having a healthy weight. Let’s read the following rules. 1

#### **Eat different kinds of foods, especially fruit and vegetables.**

We all know that eating fruit and vegetables can help us stay healthy, 2 Remember that we can only get the nutrition(营养) we need by eating different kinds of foods, especially fruit and vegetables.

#### **Drink water and milk more often.**

Besides water, kids need plenty of calcium(钙) to grow, and milk is rich in it. Every day, you should drink at least three cups of milk when you are 9 years old or older. You should also try to have fewer sugary drinks. 3

#### **Listen to your body.**

When you are eating, notice how your body feels. 4 Eating too much makes you feel uncomfortable.

#### **Limit(限制) screen time.**

What’s screen time? It’s the time you spend watching TV, movies, and playing computer games. The more time you spend on these sitting-down activities, 5 Try to spend more time on sports every day.

- A. You should eat less and exercise more.
- B. They can help you keep healthy.
- C. but many of us only eat our favourite food.
- D. the less time you will spend playing sports.
- E. When your stomach feels full, stop eating.
- F. They include a lot of sugar.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

## 二、词汇运用

Are you an animal lover? Have you heard of the animal capybara(水豚)? The capybara, a cute animal,   1   (become) popular online these days. People love it for its friendly   2   (natural) and relaxing lifestyle.

Capybaras live in South America. They look like a very large mouse. Animals like mice may not be loved by many, but capybaras always have lots of   3   (different) animals around them.

What makes capybaras so friendly? As   4   (big) rodent animals(啮齿动物) in the world, capybaras have only a few enemies(敌人) such as leopards(豹子) and eagles. Living by water, it is easy for them   5   (keep) away from danger or hide in the water. Their life is so interesting that   6   seems to make them worry.

Capybaras eat plants for a   7   (live). They usually eat water plants in the morning and evening, spending the rest of the day   8   (rest) in water and on the shore. Sometimes, capybaras become animal buses while they   9   (move). They take small animals like birds, turtles, or ducks.

Capybaras are always considered as friends of humans. More and more people around the world want   10   (raise) a capybara as a pet. After all, no one can say no to such a cute and kind friend.

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



## Exercise 12

### 一、信息还原

#### The Secrets of Happiness

1 Money and success alone do not bring lasting happiness. Happiness depends on ourselves. In other words, we make our own happiness. Here are a few suggestions to help you be happier.

2 Too often, we spend so much time thinking about the future—for example, getting into college or getting a good job—that we fail to enjoy the present. You should enjoy life's simple pleasures, such as reading a good book, listening to your favourite music, or spending time with close friends. 3

Another secret to leading a happy life is to be active, and have hobbies where you forget your problems. Many people experience this by dancing, or playing a sport. 4

Finally, many people find happiness in helping others. According to studies, people feel good when they volunteer their time to help others. 5 You can help a friend with his or her lessons, go shopping to buy food for your family members, or simply help out around the house by washing the dishes.

- A. The second secret of happiness is to do more exercise.
- B. If you want to feel happier, do something nice for someone.
- C. The first secret of happiness is to enjoy the simple things in life.
- D. Most people want to be happy, but few know how to find happiness.
- E. People who have several close friends live happier and healthier.
- F. You can forget about your problems, and only think about the activity.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

## 二、词汇运用

What's your hobby? The answer may be different. A lot of people like to collect things like stamps, coins or even unusual things as their 1 (hobby).

Sandy likes keeping rocks. She spends all her free time 2 (look) for rocks. Sandy and her uncle take hikes together during weekends and holidays. They pick up 3 (interest) rocks on their way and add them to their collection. At school, she is interested in showing them to her friends 4 (happy). She thinks rocks are a kind of beauty of the nature.

I like collecting coins. I collect all kinds of coins in my free time. I enjoy collecting coins because I can learn many things 5 them. For example, some coins can show what happened in the past, so I can learn about history and culture from 6 (they). I also have a sentimental(情感的) reason why I collect coins. When my grandfather passed away, he 7 (give) me the coin collection he had been collecting for over 50 years. It has been a tradition in my family to keep the coins from the previous(先前的) generation from then on. It is my turn 8 (start) my coin collection and pass it on to the next generation.

But my father is different. He likes collecting news from newspapers. When he finds a piece of good news he likes, he marks it with a pen. After he finishes 9 (read) all the newspapers, he begins to cut out the news he marks from the newspapers. When we get home, we can't see 10 (some) good newspapers. Only pieces of paper are left on the desk. My father has many notebooks of this kind. He often shows them to us. He is proud of them.

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

## Exercise 21

### 一、信息还原

The seasons make us think of a story. It's about an ant and a grasshopper.

The grasshopper and the ant lived in a forest. 1 All summer, the grasshopper sat and sang happily in the sun. But the ant made a house under the ground.



Autumn came and the ant worked harder. He collected food and took it into his house. “Why do you work so hard?” asked the grasshopper. “2 It'll be very cold and it'll snow too. It'll be hard to find any food,” said the ant. “Don't be silly(愚蠢的), my friend,” laughed the grasshopper. “There will be enough food in the forest in winter. 3”

At last, winter came. 4 He had a lot of food. The grasshopper was outside in the snow. He looked for food everywhere, but he found nothing. He felt cold, hungry and disappointed(失望的).

The ant heard the grasshopper and came out of his house. “What's wrong, my friend?” asked the ant. “I'm cold and hungry,” answered the grasshopper sadly. The ant said, “5 It's warm inside and I've got enough food for both of us.” The grasshopper thanked the ant and promised(承诺), “When spring comes, I'll work hard like you.”

- |   |
|---|
| A. Let's sing and play.                                     |
| B. Come into my house.                                      |
| C. Winter is coming soon.                                   |
| D. The ant stayed in his warm house.                        |
| E. The grasshopper went to the ant and asked for some food. |
| F. The grasshopper was lazy and the ant was hard-working.   |

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

## 二、词汇运用

The Mid-Autumn Festival has a long history. All the celebrations(庆祝活动) of the Mid-Autumn Festival show the   1   (happy) and excitement of people. The main celebrations during the Mid-Autumn Festival   2   (be) watching the moon, eating mooncakes together, and making lanterns.

In different places in China, people celebrate the festival in different ways. In Chaozhou, Guangdong Province, people eat taro(芋头)   3   (celebrate) the festival, because the taro harvest happens at the same time. They eat taro and hope the harvest   4   (be) good in the next year. In Nanjing, people cook duck with sweet-scented osmanthus(桂花), because Nanjing people think sweet-scented osmanthus is a symbol of   5   (peaceful). In some places, people light fires inside towers to celebrate the festival, because they think fire is a symbol of good   6   (lucky).

In the literary history of China, many poets gave words to the moon of Mid-Autumn night. The following is one of the   7   (good) of those poems.

Thoughts in the Silent Night

—Li Bai

The moonlight   8   (shine) through the window,

And it makes me   9   (wonderful) if it is the frost on the ground.

Looking up to see the moon,

Looking   10   I miss so much about my hometown.

Li Bai used his words to show his homesickness at the Mid-Autumn Festival.

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

2. A 提示:本段谈论了榴莲的外形。根据下文

“It can weigh up to five kilograms.”可知,此处应描述榴莲的大小。选项 A“一个榴莲可以长到 40 厘米长,30 厘米宽”符合语境。

3. C 提示:本段开头谈到榴莲最神奇的地方是它里面的东西,因此此处应有关榴莲打开后的味道和吃起来的口感等。选项 C“当你打开它,就有一股很浓的味道散发出来”符合语境。

4. B 提示:根据下文“Also, you are not allowed...”可知,人们不可以将榴莲带到宾馆的房间或火车上,因此此处应有关其他不允许人们携带榴莲的场所。选项 B“在新加坡,一些航空公司不让你将榴莲带到飞机上”符合语境。

5. E 提示:根据上文可知,许多地方不允许人们携带榴莲,而下文又提到榴莲是不可多得的美味,很多动物喜欢吃它,它也是人们去东南亚地区旅游时不容错过的美食。因此此处应该转换笔锋,谈论榴莲的美味。选项 E“然而,里面的果肉是非常香甜的”符合语境。

## 二、词汇运用

【语篇导读】本文介绍了中秋节的热门食品月饼以及月饼的手工制作方式。

1. foods    2. really    3. because
4. designing    5. joins    6. to make
7. interested    8. Before    9. luck
10. second

### Exercise 5

#### 一、信息还原

【语篇导读】本文结合健康的含义,介绍了

一些有助于保持健康的方法。

1. B 提示:上文表示“让我们阅读以下规则”,结合下文小标题可知,这些规则均与保持健康有关。选项 B“它们可以帮助你保持健康”符合语境。

2. C 提示:空前的逗号提示,空处填入的是句子的后半部分,答案从选项 C、D 中选择。下文强调要通过吃不同种类的食物来获取营养。选项 C“但是我们中的很多人只吃自己喜欢的食物”符合语境。

3. F 提示:该段小标题强调要多喝水和牛奶。上文表示“你也应该尽量少喝一些含糖饮料”。选项 F“它们含有很多糖”符合语境,且其中的“they”指代上文提到的“sugary drinks”。

4. E 提示:下文表示“吃得太多会使你感到不舒服”。选项 E“当你感觉饱了的时候就停止进食”符合语境。

5. D 提示:根据上文中的比较级结构“The more time...”可以推断,选项 D“你花在运动上的时间就越少”符合语境。

## 二、词汇运用

【语篇导读】本文介绍了水豚因友好的天性和放松的生活方式在网上走红,也越来越受全球爱宠人士的喜爱。

1. is becoming
2. nature 提示:nature 此处意为“天性”。
3. different    4. the biggest    5. to keep
6. nothing
7. living 提示:living 意为“生存,生计”。
8. resting    9. are moving    10. to raise

大多数时候,它们生活在野外,比如森林和湿地。选项 C“这些鸟根本不知道玻璃是什么”符合语境。

3. D 提示:根据上文“The birds do not know there is glass between them and the plants.”可知,鸟儿不知道它们和植物之间有玻璃。选项 D“结果,它们直接撞到了玻璃上”符合语境。

4. F 提示:根据上文“Tall buildings with lights on at night can confuse the birds.”可知,夜晚亮着灯的高楼大厦会迷惑鸟儿。选项 F“这是一个大问题,尤其是在雾天和雨夜”符合语境。

5. B 提示:根据下文“Many office buildings now turn off their lights at night. This helps reduce...”可知,本段介绍了对于这一问题人们采取的解决办法。选项 B“人们正在努力解决这个问题”符合语境。

## 二、词汇运用

【语篇导读】本文介绍了眼睛的重要性以及视力不好的原因并就保护眼睛提出了一些建议。

1. don't pay    2. healthy    3. Natural
4. leading    5. to take    6. feel    7. using
8. from    9. are    10. helpful

### Exercise 12

#### 一、信息还原

【语篇导读】本文介绍了快乐的秘诀。

1. D 提示:下文表示“金钱和成功本身并不能带来持久的快乐。快乐取决于我们自己”。由

此推断,空处填入的内容与快乐的来源有关。

选项 D“大多数人想要快乐,但很少有人知道如何找到快乐”符合语境。

2. C 提示:第一段最后一句提示下文给出了一些可以帮助你变得更快乐的建议。结合后几段的首句可推知,选项 C“快乐的第一个秘诀是享受生活中简单的事情”符合语境。

3. E 提示:上文表示“你应该享受生活中简单的快乐,比如读一本好书、听你最喜欢的音乐,或和亲密的朋友待在一起”。选项 E“有几个亲密朋友的人生活得更快乐、更健康”符合语境。

4. F 提示:本段谈及过上快乐生活的另一个秘诀,并提到了跳舞、运动。选项 F“你可以忘掉你的困扰,只专注于活动”符合语境。

5. B 提示:该段谈及通过帮助他人获得快乐。选项 B“如果你想感到更快乐,那就为别人做些好事”符合语境。

## 二、词汇运用

【语篇导读】本文主要介绍了桑迪、作者及作者父亲的兴趣爱好。

1. hobbies    2. looking    3. interesting
4. happily    5. from    6. them
7. gave    提示:此处需要用一般过去时。
8. to start    9. reading    10. any

### Exercise 13

#### 一、信息还原

【语篇导读】本文谈及了假期忧郁,并就如

2. A 提示:上文提到蒂姆从床上跳了下来,由此可以推断出他们准备出发了。根据下文“*When they get there*”可知,空处有关他们在路上的活动。选项 A“在去湖边的路上,他们在车里唱着最喜欢的歌”符合语境。
3. C 提示:上文提到蒂姆一开始有点笨手笨脚的,但爸爸没有生他的气。选项 C“他教他如何(把鱼竿)抛好”符合语境。
4. F 提示:上文提到蒂姆说他钓到东西了。选项 F“爸爸帮了他一把,鱼竿上有一条大鱼”符合语境。
5. B 提示:下文提到蒂姆迫不及待地想和爸爸再一起去钓鱼。选项 B“晚上,他们煮了鱼,吃着鱼,分享着今天的故事”符合语境。

## 二、词汇运用

【语篇导读】本文主要介绍了购物的乐趣以及如何明智地购物。

1. takes 2. daily 3. second 4. choosing  
5. at 6. to think 7. are shopping  
8. Having 9. finally 10. like

### Exercise 21

#### 一、信息还原

【语篇导读】本文讲述了蚂蚁和蚱蜢的故事。勤劳的蚂蚁给自己准备了温暖的家和充足的食物,而懒惰的蚱蜢整天只知道玩乐,在冬天时只能忍饥受冻。最后蚂蚁发现

了又饿又冷的蚱蜢,并对它施以援手。

1. F 提示:下文表示“整个夏天,蚱蜢都坐在阳光下快乐地唱歌,但蚂蚁在地下造了一个房子”。选项 F“蚱蜢很懒,蚂蚁很勤劳”符合语境。
2. C 提示:此处蚂蚁在回答蚱蜢的问题。下文表示“天气会很冷,还会下雪。很难找到食物”。选项 C“冬天即将来临”符合语境。
3. A 提示:上文提到,蚱蜢听了蚂蚁的话,觉得蚂蚁很傻,它说冬天森林里的食物会很充足。结合上文中“*the grasshopper sat and sang happily in the sun*”可推知,蚱蜢建议蚂蚁跟它一起唱歌。选项 A“让我们唱歌、玩耍吧”符合语境。
4. D 提示:此处描述的是蚂蚁和蚱蜢在冬天截然不同的生活状态。下文介绍的是蚱蜢的生活状态。选项 D“蚂蚁待在温暖的房子里”符合语境。
5. B 提示:上文提到蚂蚁发现了又饿又冷的蚱蜢,结合下文“里面很暖和,而且我有足够我们俩吃的食物”不难推知,此处蚂蚁邀请蚱蜢进屋。选项 B“到我家来吧”符合语境。

#### 二、词汇运用

【语篇导读】本文主要介绍了中秋节的歷史、庆祝活动及李白的诗《静夜思》。

1. happiness 2. are 3. to celebrate  
4. will be 5. peace 6. luck 7. best