

专题二 阅读理解“七选五”

考点限时训练(二)

1

(2019·南昌二模)

There are several different types of fire departments. Some hire full-time paid firefighters and some are run entirely by volunteers. 1. _____, a firefighter must go through strict physical and academic training to ensure a strong knowledge of fire safety and the physical strength to handle the tasks required by members of a fire department.

Joining a fire department requires that both physical and written tests are passed with scores showing a thorough knowledge of fire safety. 2. _____.

The first step in joining a fire department as a paid firefighter is to submit an application as well as acquire the appropriate training. Usually firefighters must have a high school diploma, and some complete two-or-four-year programs in fire science at community colleges and universities. 3. _____, and if a candidate already has connections at a fire department, he may apply for a position straight out of high school.

Once a candidate applies and is accepted for training at a fire department, he must then complete several weeks of training at the department's training center. 4. _____. When this is done, the candidate is sent to a fire company for a period of probation(试用). He has to continue training in the new position while being directed by experienced firefighters. 5. _____. An application must be submitted to the volunteer fire department, then if the application is accepted, the candidate will take a training program and then be required to pass a physical and written test. Firefighters must also become certified(认证) as Emergency Medical Technicians (EMTs). The level of EMT certification is determined by the individual departments.

- A. Although it is demanding
 B. Whichever type is desired
 C. However, an academic program is not required
 D. For volunteer firefighters the procedure is similar
 E. But joining a volunteer fire department is totally different

F. Training consists of classroom work and practical training

G. Also, a candidate must be able to respond quickly in emergencies

2

(2019·宁川一中二模)

Sometimes it can be hard to recognize a true friend, one who is loyal and one who is worth keeping by your side. The suggestions provided in this article will help to guide you in working out which friends are likely to be true.

Be able to trust your friends. You should be able to trust true friends and they should return this trust. Do your friends tell you secrets that no one else knows? Ask you for advice? 1. _____ However, if your friends hide things from you and act secretive, this could be a sign that they do not trust you, but it could also mean your friends keep to themselves or don't like to reveal too much about themselves.

Consider comfort. How comfortable do your friends feel when they are around you? Watch them, are they being themselves or are they timid(胆怯的) around you? 2. _____ True friendships can take a while to develop, but if your friends are true, they should feel comfortable around you.

3. _____ This is not meant in a romantic way, but consider whether your friends are comfortable with the touch. If your friends are fine with hugging you, leaning on you, resting their heads on your shoulder and so forth, then you can judge they love you.

Think about loyalty. True friends are always there for one another. If you are in need of a helping hand, your true friends should be there to offer it to you. 4. _____ You can trust friends with anything, knowing that they will be loyal and will not let your secrets out.

Look at how you fight. Nearly all best friends fight; so if you and your friend have a little dispute(争论), don't sweat it! 5. _____ They will not tell each other's secrets and they still care about each other.

- A. Consider the touch barrier.
- B. Consider how you insult each other.
- C. They should know that you are not serious.
- D. These are sure signs that your friends trust you.
- E. Are they acting fake—perhaps hiding an insecurity?
- F. True friends should not get one another into trouble.
- G. True friends will remain faithful and find their way through a fight.

3

(2019·合肥六中最后一卷)

You've done the right things right. Your materials and certificates made a good impression. You passed the interview phone screening and you've been invited to the company for that important interview. How do you continue to build the relationship with the potential employer that will lead to an eventual job offer?

● 1. _____. Don't expect the potential employer to extend their day by several hours to accommodate your schedule. If you're currently working and looking for a new position, hopefully, you've chosen the most ethical path that your employer knows. A recruiting employer is often willing to interview a good candidate late in the afternoon, but rarely will the interview extend past 6 p. m.

● Make the right, positive impression. Arrive early, dress up for the position for which you are applying and bring an additional resume with references. Remember to treat every person you encounter with dignity and respect. The receptionist is reporting his impressions of you to the HR Director. Be polite as much as possible throughout every interaction you have with the company. Each person is assessing your potential fit within their organization. 2. _____.

● Bring your resume and other needed information, for you will be asked to fill out an application. 3. _____. It also allows the company to obtain your written permission to check your references, employment history, and do criminal background checks, etc. if you are hired.

● Follow up after the interview with a thank-you letter, and perhaps a phone call. I received three thank-you letters and a couple of phone calls from the 23 people who participated in a first interview with us. 4. _____.

Doing the right things right will result in more interviews, better job offers, and a more successful career. 5. _____, and your application will rise above the pack. I promise.

- A. Good manners always count
- B. Take time off work for the interview
- C. Take a little more time at each step
- D. The filled out application makes the data entry easier
- E. Count on it, especially in small- to mid-sized organizations
- F. The purpose of the interview is to determine if you and the organization are a good fit
- G. Don't blow your chances by behaving rudely to people you believe unimportant

4

(2019·重庆一中4月模拟卷)

Your first step toward healthy living is to get a handle on your health status right now. Here's your to-do list:

Assess your activity. How much physical activity do you get in a typical week? 1. _____? How much variety do you get in your activity, and how much do you enjoy it? The CDC recommends that adults get at least two and a half hours per week of moderate-intensity aerobic(有氧的) activity or one hour and 15 minutes per week of vigorous-intensity aerobic activity, plus muscle-strengthening activity at least two days per week.

Keep a food diary. Write down everything you eat for a day—and don't skip the items you're embarrassed about. “2. _____,” says Kathianne Sellers Williams, a nutritionist, wellness coach, and personal trainer with Cafe Physique in Atlanta. “You can't change what you're not aware of or don't acknowledge.”

Check your mood and energy. Healthy living includes emotional wellness and adequate rest. How has your mood been lately? 3. _____? Do you usually sleep well for seven to eight hours a night?

4. _____. How strong are your connections with family and friends? Are you plugged into social or spiritual groups that enrich your life? “People have a fundamental need for positive and lasting relationships,” C. Nathan DeWall, assistant professor of psychology at the University of Kentucky, tells WebMD.

If you're not thrilled with the answers to some of those questions, remember that the point is to figure out where you are today so you can set your healthy living goals. It's not about being “good” or “bad”, “right” or “wrong”. 5. _____.

- A. How intense is that activity
- B. Consider your social network

- C. The idea is to write it down without judgment
 D. Learn something about the social apps
 E. It's OK if you leave out some items in your food diary
 F. It is the awareness of your own state of health that matters
 G. Are you experiencing any symptoms of depression or anxiety

5

(2019·潍坊第三次模拟考)

“The calm before the storm” is a very familiar expression. It is usually used to describe a peaceful period just before a very stressful situation or a tense argument. 1. _____ They noted that before certain storms the seas would seem to become calm and the winds would drop.

But why is it often so calm before a storm? 2. _____ According to US website HowStuffWorks, a calm period occurs because many storms, tornadoes and hurricanes draw in all the warm and damp air from the surrounding area. As this air rises into the storm clouds, it cools and acts as “fuel for the storm, like petrol in a car”.

Once the storm has taken all the energy it can from the air, it is pushed out from the top of the storm clouds and falls back down to ground level. 3. _____ So once it covers an area, it causes a calm period before the storm.

4. _____ First count how many seconds there are between a flash of lightning and a clap of thunder, roughly three seconds equal one kilometer. A good judgement is that if your count is below 30 seconds, you should seek shelter straight away.

However, due to the complexity of storm system, calm doesn't always go first. So, your best bet is to keep yourself updated with weather reports for any predictions regarding a coming storm in your area. 5. _____

- A. Science has given us the answer.
 B. There is no definite answer to the question.
 C. Weather reports sometimes cannot be trusted.
 D. British sailors coined the phrase in the late 1600s.
 E. As the air declines, it becomes warm and dry, which is stable.
 F. The Weather Network has a tip for working out how far away a storm is.
 G. That's the most reliable way to predict the next display of nature's temper.

6

(2019·青岛市三模)

We all have days, or even weeks, on the job when our productivity declines. But if your output has been steadily decreasing, it could be because you're wasting time rather than focusing on key tasks at hand. 1. _____

Turn off your cellphone

If you're eager to stop wasting time at the office, silence your cellphone. 2. _____ Turn on your phone only during breaks.

Organize your calendar

It's easy to waste time when you don't have a preset schedule outlining your days at work. But if you're guilty of not maximizing your time at the office, it'll help to create a daily calendar with blocks of time for various tasks.

Organize your space

3. _____ If your desk is in a mess, carve out some time to get it organized. Throw away papers you don't need, file essential documents in some sort of order, and make your supplies more accessible.

Build in breaks

Sometimes we waste time at work by talking to colleagues, checking text messages, or surfing the internet because our minds need a break from the constant work. If that sounds like you, then you'd better schedule some breaks during the day but powering through otherwise. 4. _____

The more time you waste at work, the more your manager and peers are likely to take notice—and that's a good way to hurt your reputation and put your job at risk. 5. _____ Doing so might save you from a busy night.

- A. Ask your manager for permission to use his office.
 B. Here are a few steps you can take to stop wasting time at work.
 C. Instead, clean up your act and keep searching for ways to be more efficient.
 D. Give family members and close friends a way to reach you in an emergency.
 E. Conversations in the office are far more interesting than the work you are doing.
 F. A messy workplace can make you inefficient even when you're trying to do better.
 G. This way, you'll get that need out of your system so you can then go back to concentrating.

7

(2019·晋冀鲁豫中原名校第三次联考)

Nature soothes(抚慰) our stressed-out souls. We know that nature is the best prescription, and new research suggests we can gain benefits while visiting parks.

1. _____ The study published in *the International Journal of Environmental Health Research* found that spending 20 minutes in a city park can make you happier regardless of whether you use that time to exercise or not.

“In general, we found park visitors reported an improvement in emotional well-being(幸福感) after the park visit,”the study’s lead author and The University of Alabama at Birmingham professor Hon K. Yuen said in a statement. “2. _____” Instead, we found time spent in the park is related to improved emotional well-being.”

For the study, 94 adults visited three city parks in Mountain Brook Alabama, completing a questionnaire about their subjective well-being before and after their visit. 3. _____ A visit of between 20 and 25 minutes showed the best results with a roughly 64% increase in the participants’ self-reported well-being even if they didn’t move a great deal in the park. 4. _____

The study group was truly small, as the study’s co-author and another UAB professor Gavin Jenkins acknowledges. 5. _____ The challenge facing cities is that there is increasing evidence about the value of city parks but we continue to see the decrease of these spaces.

- A. Something was used to track their physical activity.
- B. You usually visit a small green space in your neighborhood.
- C. However, its findings pointed out the importance of city parks.
- D. If you want to feel happier, you just need to exercise for 20 minutes in a park.
- E. The best part is that you needn’t visit a national park or go far out of your way.
- F. This means people can benefit from visiting a nearby park, regardless of physical ability.
- G. But we didn’t find levels of physical activity are linked to improved emotional well-being.

8

(2019年·湖北黄冈高三适应性考试)

Ever wonder how successful people are so successful? Habits play an important role in shaping our

lives. We all know that bad habits can be harmful to your mental and physical well-being. 1. _____ . Good habits, on the other hand, can help you rise above others and be at your best. So, what are the common habits of successful persons that set them apart from the rest of us?

2. _____ . Most successful people spend half an hour or more on newspapers, magazines and other books each day. Most of them prefer reading non-fiction pieces that include history, self-help books, and biographies.

Getting up early. Many successful people get up around 3 hours before their actual workday starts. It gives them enough time to get additional things done, which may include finishing side projects, working out, or just planning ahead. 3. _____ .

Working out and staying fit. 4. _____ , especially working out and staying physically fit. Successful people require mental and physical fitness. Clearing your mind and challenging yourself physically with a tough workout daily helps you stay ready for the daily challenges of a business. To sum it up, a strong body carries a strong mind.

Working on communication skill. Communication plays a key role in building constructive interpersonal relationships on a personal as well as on a professional level. 5. _____ . However, if you are unable to convey the right information and message in a timely manner, you are less likely to achieve your goals. As with other skills, it’s important to continuously work on improving communication to help you stay more efficient while communicating with anyone on any level.

- A. Using technology
- B. Keeping reading as a habit
- C. Developing a healthy lifestyle isn’t easy
- D. After all, the early bird catches the worm
- E. We all know the benefits of a healthy lifestyle
- F. Working with data, facts, and figures is important
- G. They can block your road to achievement and success

9

(2019·兰州一中5月月考)

How to Survive Being Stuck in a Lift

Being stuck in a lift, also known as an elevator, can sometimes be scary, especially if you are a fan of those kinds of movies which have a lot of elevator tragedies. You may think being stuck in an elevator in real life is not like in the movies. 1. _____

Remain calm and do not panic! You may have heard of this a lot of times and it is true that panicking will do you no good. 2. _____

Press each of the floor buttons one by one. Then, try the “doors open” button. If none of the buttons works, the lift is broken, and you need to let someone know about it.

See if your phone has any reception or Internet. 3. _____ If you have WiFi connection, contact a family member or friend. Don't forget to tell them what the address is of the building and possibly which elevator you are stuck in. If your phone is not available, the following tips can help you.

Look through the gap between the doors of the lift. If you can see light between the doors, the lift has stopped near a floor, and you should be able to shout for help and be released. Do not try to force the doors open yourself. If you can't see light between the doors, the lift has stopped between floors, and no one will be able to let you out if you scream for help. Look for an emergency telephone. If there is no telephone, press the alarm button repeatedly. 4. _____

5. _____ If you have waited for more than half an hour and nobody has come to get you out, shout and bang the inside walls of the lift. If no one is responding to you, then you'll have to accept that you will be in the lift overnight. If this happens, make yourself as comfortable as possible to save your energy. By morning, the building should be full again. You can try to get some help then.

- A. It will cause you not to be able to think clearly.
- B. Check the time.
- C. Eventually, someone should hear you and give help.
- D. Here are some tips to help you survive.
- E. However, it is still a vital thing to know how to survive if it ever happens to you.
- F. Use your watch.
- G. If you do have reception, call emergency services.

10

(2019·辽宁省三校联合二模)

If you want to save money on groceries, following ways will help you cut \$100 out of your monthly grocery bill without too much effort.

1. _____ Convenience lets you save time for other things you need to get done. Pre-made items may save your time, but they cost a pretty penny. These items come in the form of packaged dinners or pre-cut produce. Instead of that plate of cut pineapple, buy the

whole fruit or vegetable for a part of the cost.

Know what to buy in bulk (大批). Shopping at warehouse stores can be a great way to save money, but not every item is worth buying in bulk. 2. _____

Skip the meat. The Bureau of Labor Statistics reports that the average cost of beef is \$4.13 per pound this March. 3. _____ If you skip the beef twice a week, you can instantly cut \$30 to \$40, if not more, off your grocery bill each month.

Know what to buy in season. Fruits and vegetables are a great addition to your daily diet, but they can add a significant amount to your grocery bill, especially when you buy items out of season. 4. _____ If your favorite items are getting ready to go out of season, consider buying a little extra and freezing them.

5. _____ However, there are ways to, stretch your dollar further without hurting your habits.

- A. Store pre-made items.
- B. Skip the prepared items.
- C. Shopping for groceries can be an expensive attempt.
- D. Beef has seen a significant increase in price over the past few years.
- E. The cost can add up quickly if you're eating beef three or four times per week.
- F. As produce items go out of season, they become more expensive as the supply decreases.
- G. Certain items make sense to buy in large quantities as they typically have a longer shelf life.

11

(2019·佛山教学质量检测一)

Leaving a good impression can be done in different ways, from clothing to posture, and from talking style to body language. Below are several tips for you to begin with:

● Physical appearance matters. We're visual creatures after all.

Physical appearance is the first clue one relies on to judge who we are. 1. _____ It also means the person means something to us by dressing properly. If it is a business setting, be aware of the dress rule or culture. 2. _____ A thumbs-up here does not mean the same elsewhere. So do the research! Details from any little areas will affect the impression on the whole.

● 3. _____

A fake(假的) smile can potentially do more harm than good in our attempts to leave a good impression. It is understandable that sometimes it is hard to suddenly force a smile. 4. _____ Remember being positive

plays an important part in shaping our first impression.

● Look into people's eyes until you see the colors of their iris(虹膜).

Keeping eye contact delivers a sense of friendship to the people we interact with. Consequently, they feel more connected to us and tend to be more positive toward the interaction. 5. _____ Well, try to identify the color of the others' irises. Get it? That makes a good eye contact example.

Are these the impression we want to leave? Stop staring at the ground and look at people in the eye then!

- A. What makes a quality eye contact?
- B. How does eye contact affect interaction?
- C. The requirement varies from culture to culture.
- D. Then at least try not to look discouraging and angry!
- E. Don't fake a smile, or people will doubt your sincerity.
- F. Always smile while interacting with others, especially with a new friend.
- G. Besides, it is a way to show respect by choosing appropriate clothes for different settings.

12

(2019·黄冈押题卷二)

Life is filled with “big moments”. Births, graduations, weddings, first steps—these are all moments that should be documented for family history.

1. _____ Learning more about photography prepares you to preserve those big moments for yourself. Based on these ideas, arose my experience with photography.

2. _____ This experience unfortunately did little to interest me. Several years later, the manager I worked for did photography as a hobby. He would bring in a framed picture that he took each week. That really inspired me to try photography again.

I purchased my first camera when my first child was born. 3. _____ I did take some very good pictures with that camera. However, the camera of this kind had some limitations as it did not have any zoom or the ability to make any creative changes to the way the picture was taken. How I dreamed of owning an advanced camera!

The opportunity came when my wife's best friend needed someone to take pictures at her wedding. I convinced my wife to get me a Canon Rebel XT. This was my baptism (洗礼) by fire in the field of photography. I did not know how to use the camera.

4. _____ To my relief, I finally learned how to work

the camera to take the most basic types of shots for the wedding.

Since then I have been hooked and working to improve my skills on the subject. My only wish is that I had been able to see what a great opportunity that photography class in high school was. 5. _____

- A. From then on, I started my hobby in photography.
- B. Photographers know how to see the beauty in someone.
- C. I should have been more hard-working and paid more attention.
- D. Through the years I upgraded my photo equipment several times.
- E. And many of them aren't times when you would hire a professional photographer.
- F. What was worse, I hadn't learned well about various cameras in my photography class.
- G. My first experience with photography was a photography class that I took back in high school.

13

(2019·安徽六校教研会联考二)

By making positive changes in your life you can become better. 1. _____ Here are some quick and easy ways to help you become a better person.

2. _____

Recognize what areas you are lacking. For this you can ask a trusted friend or family member for help. Being unaware of your weaknesses makes it hard for you to improve. The successful people know where they aren't strong and they use their strengths to make up for it.

Quit a bad habit.

Quitting a bad habit is good for you. 3. _____ If you aren't ready to quit your bad habits right away, start out with small steps. Find a trusted friend that can give you encouragement if you're struggling.

Break up with negative thinking.

4. _____ This can have a bad influence on your life. Negative thinking really makes you down mentally and physically. Trying to think more positively helps you reduce stress and requires you to stop making excuses.

Treat others with kindness.

Showing other people that you care for them is a great way to be a better person. 5. _____ Something just like buying a coffee for your classmates can make a huge positive impact on their and your day.

- A. Know your weaknesses.
- B. Take better care of yourself.

- C. Negative friends often complain about things.
- D. Do you always see the negative side of things?
- E. It not only makes you a better person, but it makes you more confident.
- F. However, it may be tough sometimes to figure out how to do it.
- G. Small acts of kindness will make other people feel better and lift your spirits as well.

14

(2019·湖南师大附中三模)

Everyday Habits of People with Impressive Memory

People blessed with an impressive memory generally admit that they use various strategies to improve their ability. But even if you're not a memory genius, there are things you can try. 1. _____

Establish routines.

2. _____ For example, always, hang your car keys on a hook or put them in the same place by the front door. By following established routines, you are decreasing the chance of having to struggle in the morning rush, which is believed to contribute to forgetfulness.

Use Post-it notes.

Keep some in every room and stick a reminder where you are most likely to see it. If you need to remember to phone a friend later in the day, put a note on the phone so that you will notice it during the day.

3. _____ Embrace this technology!

Your cell phone comes with a built-in calendar you can set to remind you of what you need to do during the day. Use it! 4. _____ Having access to them wherever you go with a smartphone only makes them even more effective. There is a saying that what gets scheduled gets done.

5. _____

Research indicates that most people need six to eight hours of sleep(that's at least two cycles of deep sleep) per night, for their brain to go through the chemical changes needed for long-term memory. A good sleep can make all the difference in your brain power and therefore gives you a sharpened mind.

- A. Sleep on it.
- B. Sharpen the mind.
- C. To-do lists are also keys to living an organized life.
- D. This simple activity can boost memory by 20 percent.

- E. These common-sense strategies can help you forget less often.
- F. It really is easier to find things if you always put them in the same place.
- G. If not, write it down and put it where you can see it, so you don't forget about it.

15

(2019·考前演练一)

Why are some people so successful in reaching their goals? Research on achievement suggests that successful people reach their goals not simply because of who they are, but more often because of what they do. 1. _____
2. _____ “Lose 5 pounds” is a better goal than “lose some weight”, because it gives you a clear idea of what success looks like. Knowing exactly what you want to achieve keeps you motivated until you get there. Also, think about the specific actions that need to be taken to reach your goal. Just promising you'll “sleep more” is too vague—be clear and precise. “I'll be in bed by 10 p. m. on weeknights” leaves no room for doubt about what you ought to do.

Meanwhile, you should think positively about achieving your goal. Believing in your ability to succeed is particularly helpful for creating your motivation.

3. _____ Studies show that thinking things that will come to you easily and effortlessly leaves you ill-prepared for the journey ahead, and significantly increases the possibility of failure.

4. _____ You may take on a challenge that requires you to do something you'd honestly rather not do, such as giving up high-fat snacks, or doing 100 sit-ups a day, which will develop your determination to reach your goals. You may start with just one activity, and make a plan for how you will deal with troubles when they occur. 5. _____

- A. So just look forward confidently and carry on courageously.
- B. But whatever you do, don't ignore the difficulty in reaching your goal.
- C. As your strength grows, you can take on more challenges.
- D. Here are some ways successful people achieve their goals.
- E. Making a plan for reaching your goals takes patience.
- F. When you set yourself a goal, try to be as specific as possible.
- G. Willpower is another important factor.

16

(2019·压轴卷1)

Winners Club

You choose to be a winner!

The Winners Club is a bank account specially designed for teenagers. It has been made to help you better manage your money. 1. _____

● No account keeping fees.

You're no millionaire so we don't expect you to pay large fees. In fact, there are no accounts keeping or transaction fees!

● 2. _____

You want your money to grow. The Winners Club has a good rate of interest which gets even better if you make at least two deposits(储蓄) without taking them out in a month.

● Convenient.

Teenagers are busy—we get that. 3. _____ With the Winners Club you can choose to bank from home using the phone or the Internet. You can have money directly deposited into your Winners Club account. This could be your pocket money or your pay from your part-time job!

● Magazine included.

Along with your regular report, you will receive a FREE magazine full of good ideas to make even more of your money. 4. _____

The Winners Club is a great choice for teenagers. 5. _____ Simply fill in an application form and get permission from your parent. It is not so hard. It's the best way to choose to be a winner!

- A. Perfect Service Systems.
- B. Excellent interest rates.
- C. And it is so easy to join.
- D. You may never need to come to a bank at all.
- E. The Winners Club is set up for you to save money.
- F. It's a club with impressive features for teenagers.
- G. There are also fantastic offers for Winners Club members.

17

(2019·普通高等学校招生全国统一考试模拟题)

Have you avoided the gym because you're too nervous or self-conscious(难为情的)? But if becoming healthier and more fit is one of your goals, heading to the gym is probably on your agenda.

First of all, let's put this into perspective(合理判断). Your attention may go right to the fittest people in the room who are moving from machine to machine

with ease. 1. _____ It's hard to believe that every single one feels confident. 2. _____ One thing for sure is, repeated action builds up confidence, and the more frequently you go, the more familiar you'll get with your surroundings and the less nervous you'll feel.

Here are some tips to help you feel more confident in the gym:

Work out a plan. Walk around the gym and check out the busy areas, the less crowded areas, the different machines, etc. 3. _____ Now, with a plan in place, you can confidently move from exercise to exercise.

Start slow with cardio(健心运动). You can also get familiar with the gym by getting onto a stationary bike and going at a relaxed pace. 4. _____ Notice other people and what exercises they are doing to get some ideas, look at the machines around you, and survey the gym to feel more comfortable.

Slow down your pace. You may feel the need to move quickly from machine to machine. But if you stop to observe others around you, you'll notice many of them are working out in a relaxed manner. So take your time, walk slowly and use that time to figure out your next move. 5. _____ Other people are so focused on their routine that they're most likely not paying attention to you anyway.

- A. Get the plan ready and then follow it.
- B. Then, sit down and write out the order of your workout.
- C. Think of how many people are frequenting gyms each day.
- D. Use this time to scan the gym instead of wandering around aimlessly.
- E. Chances are, many of the people you'll meet feel the same way you do.
- F. There is no need to be self-conscious about your level of physical fitness.
- G. Who knows if you're planning your next exercise or heading somewhere?

18

(2019·湖北考前适应性试题)

Cold weather is good for you

With winter approaching, people begin to complain about cold weather. 1. _____ There's plenty to love about cold weather. And there's plenty of evidence that cooler temperatures can be part of a healthy life.

First, cooler temperatures can help you lose weight. It can also help you sleep better. You might

feel uncomfortable at first if you cool your bedroom down. But if you, for example, switch your bedroom temperature from 72 down to 62 degrees gradually over a few weeks, your body will adjust. 2. _____

I have long kept my winter house temperature at 62 degrees. How did I find that number? Well, I experimented on myself about eight years ago. 3. _____ I started at 66 and turned it down one degree every few days until 60. I found when the temperature was colder than 62, I couldn't focus. But 62 was perfectly. Another benefit for me was that it also kept me clear-headed while working at home.

Interestingly, science also says 62 degrees is the magic number for brainwork. 4. _____ It said 62 degrees was the temperature at which the schoolboy subjects of the study functioned perfectly. And while we're speaking of work and school, other research shows that people study better when the weather outside is "bad".

5. _____ But according to a Harvard Health Letter from 2010, proper cold temperatures could be good for skin because it trains blood vessels in the skin to be responsive. So, rosy cheeks! There's no reason to be afraid of winter weather. Hug it and you, too, can enjoy the season.

- A. I recently read a 1972 study.
- B. And you'll save money on energy costs as well.
- C. Many people like to use cold water to wash their face.
- D. At that time, I worked at home and liked warm temperature.
- E. Most of us think cold weather leads to dry skin and wrinkling.
- F. The reason was that I hated spending money on heating bills.
- G. But if you're active and healthy, it doesn't have to be a negative thing.

19

(2019·四省八校联考一)

The word "mensch" has become common in American English. It is generally understood that a mensch is a good person. 1. _____. It also means to be an honorable person, who aims to do what is right and fair. The following four main values can help us become a modern-day mensch.

Help others

We often become so obsessed with the details of our own lives that we forget about the importance of helping others. You don't have to wait for an

emergency to lend a helping hand. Consider speaking up for someone. Perhaps you can help someone learn something new. 2. _____.

Do the right thing the right way

Winston Churchill once said, "Attitude is a little thing that makes a big difference." 3. _____. He does not expect something in return. If you help a friend, that is a noble thing. However, if you repeatedly joke that they "owe" you, then a good act has been ruined by a negative attitude.

Be a peacemaker

4. _____. The only exception to this rule is in the case of truly evil people, such as Adolf Hitler. Hitler led Germany from 1933 to 1945. Hitler and his men killed millions of Jews and others just because they were different.

5. _____

We are all connected not only to each other, but to the world around us. This is an excellent reason to treat our bodies and minds with respect. If you won't be better tomorrow than you were today, then what do you need tomorrow for?

- A. Strive to be better
- B. Enjoy life to the fullest
- C. However, it goes much deeper
- D. Maybe you can befriend a new member of your class
- E. A mensch is more likely to offer help in an emergency situation
- F. Being a mensch means treating even our enemies with sympathy
- G. A mensch not only helps others, but does so with the right attitude

20

(2019·湖北考前适应性试题三)

Food feeds the soul. To the extent that we all eat food, and we all have souls, food is the single great united across cultures. With food, there are more opportunities to connect to memory and family and place. 1. _____

Food as identity. French, Mexican, Chinese, and Italian cuisines each involve dozens of distinct regional foods. Every single culture and religion uses food as part of their celebrations. 2. _____ Every season, every harvest, and every holiday has its own food, and this is true in America as well.

3. _____ Sometimes food means living on. While the Chinese cooks who exported "Chinese" food around the world ate authentic cooking at home, the

dishes they served, thus creating new cuisines entirely, were based on economic necessity.

Food as pleasure. Things have changed dramatically in the past 20 years when it comes to food in France. Some of the ideas of French food life may be a performance. France is this pastoral nation where people are spending five hours a day going to 12 different markets to get their food. 4. _____

Food as status. The introduction of global foods and brands has compounded food as a status symbol for some Chinese. 5. _____ In China, people eat food not necessarily for taste, but for texture. You can find food from all of the provinces of China in Shanghai, as well as every kind of global food style imaginable.

- A. Food as survival.
- B. Food as community.
- C. It's the hardest to give up.
- D. The celebratory nature of food is universal.
- E. It is an accumulation, a function of your experiences.
- F. How and why you eat your food, is, of course, also very cultural.
- G. But food in Italy is love, then nutrition, then history, then pleasure.

21

(2019·湖北考前适应性试题二)

New Lives for Old Phones

When a new mobile phone starts to be sold in stores, many people rush out to buy one. We all want the newest, latest thing. 1. _____

Mike Townsend works at Total Recall, a mobile phone recycling company. “Don't throw your old phone away. 2. _____ If you throw it away, it goes with other rubbish to become landfill. In other words, it is put in a big hole in the ground and it becomes a big problem,” he says.

Mobile phones contain some poisonous materials. If your phone goes to a landfill, these poisonous materials can get out and get into the water under the ground. That's the water we need to drink or water goes into rivers or the ocean. 3. _____ That's a lot of landfill and a lot of poisonous materials.

“At Total Recall, we separate the old phones into pieces. Most of the materials in the mobile phones can be recycled and used again. 4. _____ For example, phone batteries contain nickel and cadmium. The nickel is used to make steel and the cadmium can be used to make new batteries,” explains Mike.

“5. _____ You can usually just take it into a mobile phone shop and they will send it to us,” says Mike.

So before you throw that old mobile phone away, use it the last time; search for a recycler near you and give them a call.

- A. Recycling your old phone is easy.
- B. Send it to us and we'll recycle it.
- C. How much is your old mobile phone worth?
- D. But what should we do with our old mobile phones?
- E. Millions of mobile phones are thrown away every year.
- F. Recycling materials helps keep the environment greener and cleaner.
- G. We take apart the old phones and they are used to make new products.

22

(2019·长沙市一中模一)

The Guide to Surviving Allergy Season

Spring is officially here, but while sunnier skies hold the promise of blooming flowers and greener grasses, increasingly steamy global temperatures mean that allergy season is going to kick in sooner. Fortunately, a little proactive(先发制人的) planning can make a big difference when it comes to sneezing, wheezing, and coughing. 1. _____

Take an antihistamine(抗组织胺药)

2. _____. “It's important to take an antihistamine first in the morning, before leaving the house,” says Desai. If you're already aware that spring's blooming seriously affects your routine, pick up a nasal spray, too, and use it daily up to two weeks before things really start to bloom—typically the first week of April.

Turn your home into a safe zone

“Pollen(花粉) is really sticky and is therefore easily carried into our homes,” says Desai. 3. _____. For those really suffering, the professor suggests changing out of clothes and washing hair immediately after arriving home at night, as it will go a long way in taking away allergens(过敏源). Desai also urges pet owners to bathe cats or dogs often, since fur can track in unwanted pollen, as well.

4. _____

While drugstore medications work for many, there are other natural solutions that may provide alternative

relief. According to Elizabeth Alexandre, a New York City-based herbalist and acupuncturist, acupuncture(针灸) is a tool that has met with success. “5. _____,” she says, “and they promote balance and help relieve inflammation throughout the body.”

- A. Consider alternative therapies
- B. Keep pollen under control
- C. Don't wait until allergies strike to take action
- D. The needles help reduce appetite and stress levels
- E. To maintain a sneeze-free atmosphere, keep the windows shut
- F. The needles remove block in the nasal passages and can regulate the immune system
- G. Here, two experts suggest the best preventive measures for keeping those symptoms in control

23

(2019·长沙市一中第九次月考)

We all know the benefits of regular physical activity. But about 80 percent of people don't take exercise every day. Even some say they don't enjoy exercise. 1. _____ Here are some tips.

Find an exercise that best fits your personality. 2. _____ Take a group exercise class, join a football team or walk with a group of friends. If you prefer having time alone, jogging or yoga will be a better fit for you.

Make it a habit. It can take a little while for something to become a habit. 3. _____ One way is to try to exercise around the same time each day. “Exercise can become addictive(上瘾的) in a positive way,” said Dr. Carnethon, who is also an American Heart Association volunteer.

4. _____ There are many ways to fit exercise into your life. You can find some exercise videos online. Do weight training with things around your home. Take a brief walk after lunch. And if you go to school or work by bus, get off a stop earlier and walk the rest of the way.

Keep going. If you miss a day, don't worry about it. 5. _____ Just make sure you get back the next day. It's easy to make something a habit again. You will see the same benefits. And any little bit you can fit in will show benefits.

- A. Build exercise into your lifestyle.
- B. Everybody struggles once in a while.
- C. So how can you make an exercise pleasant?

- D. Break up your physical activity into smaller parts.
- E. Therefore, give yourself the time to create a regular routine.
- F. If you are a social person, do something that attracts you socially.
- G. Finding a peer group is the perfect way to share your goals, lifestyles and hobbies.

24

(2019·济宁摸底考试)

The application process to almost every college and university in the United States has several parts to it. Each part tells admissions officials at the schools something different about an applicant. 1. _____ A list of the student's activities outside of school can show what his or her interests are.

2. _____ In it, students are expected to write about themselves and express their personal opinions about an issue. The statement helps admissions officers answer questions they may have about a given student.

3. _____ Some schools will ask an applicant a very specific question; others will let the student choose between different subjects or simply write about anything they want. Generally speaking, there is no one perfect way to write an essay. 4. _____ This could be about a difficult time when they were growing up or a meaningful relationship they had.

However, they should also be careful about the subject they choose. Many students think that telling a sad story makes them easy to remember. 5. _____ What they want is an essay about anything that is truly special or important to the student, and which also shows their better qualities. In addition, it should show the student's understanding of the world and what their experiences or way of thinking will bring to the school.

- A. Every school has its own way of looking at the essay.
- B. Getting started in the writing process can be difficult.
- C. But that is not necessarily what admissions officials want to see.
- D. Class grades can show the subjects a student is strong in, for example.
- E. Therefore, remember to avoid discussing topics like politics and religion.
- F. Given a choice, students should choose to write about an issue they care about.
- G. But nothing really tells the story of an applicant as well as the essay or personal statement.

25

(2019·成都外国语学院检测)

Choosing the right college for you is not so easy. You should have a general idea of what you want and don't want. The idea can guide you to find what fits your needs best. 1. _____

Think about what major you want to study in college. If you know that, just look at colleges that have your major. 2. _____ So think carefully about your major and interests before choosing one.

Where the college is located matters. Anyone who tells you the location isn't important is lying. 3. _____ If you look forward to working in the publishing industry, New York may be your best bet. If your parents want you to stay close to home, please don't consider anywhere that requires a plane ticket to get to.

Think about how much you can afford. Are your parents paying for your education? If so, how much are they willing to spend? Do you have to contribute anything? Financial aid and scholarship exist, but don't count on anything. 4. _____ These are all things to consider before you fall in love with a college.

Make sure you're going to spend time with the right people. The cool thing about college is that each different one attracts different kinds of people. For the first thing in your life, you get to choose where you get to spend your time and who you get to spend it with.

5. _____ Make sure that the people you're with for four years are your kind of people.

- A. College is about learning what you love.
- B. You'd better choose a major that is popular.
- C. Go to the college with some people you like.
- D. Are you willing to go into major debt over a school?
- E. Remember, above all, it's the people that make the place.
- F. If you don't like cold weather, stay away from northern schools.
- G. These guidelines will help figure out what college you want to go to.

26

(2019·玉溪一中调研)

In a few months you'll go to college. Are you ready for some of the newness that is about to come your way? Take a look at this "mental preparation" checklist and make sure you have given these topics some thought.

● Remind yourself that it's new for everyone.

Going to college is a big change, and it's important not to get overwhelmed(压垮). 1. _____ That's OK. Accept that you're in a new stage of life and it won't feel familiar for a bit.

● Commit to time management.

Organizing your time properly will make your life in college much easier. 2. _____ Create a detailed daily schedule that blocks out time for classes, homework, studying, and anything else. Stay organized and spend a few minutes each evening planning ahead for the next day.

● 3. _____

College will open your eyes in more ways than one. It's a time to find yourself, discover new passions, challenge old ways of thinking, and meet new people from all backgrounds and places. So, try something different. Embrace(欣然接受) the idea of exploration!

● Don't be afraid to ask for help.

With anything new, it's best to go in with a positive attitude. But life has its ups and downs. 4. _____ Take a moment to find out the college services that can help you: disability services, tutoring services, and any other services that will give you support when you need it.

Congratulations on this exciting time of your life.

5. _____ You'll be glad you have done.
- A. Be open to new things.
 - B. Knowing where to turn for help is important.
 - C. Things might feel a bit uncomfortable for a while.
 - D. Plan to pay them a visit early in your first semester.
 - E. Get yourself a time-planning app or a good planner.
 - F. Remember that you're in college to build a foundation for your future job.
 - G. As you get prepared for the first day of classes, get mentally ready for this new life stage too.

27

(2019·成都石室中学适应性考试)

In China, tourist spots often charge too much, with vendors(摊贩) taking the advantage of foreign tourists' lack of knowledge to charge visitors outrageous prices. 1. _____ Here are some tips.

Do some homework

It's good to do some research about the place you are going on your trip and which souvenirs and goods are its specialties. 2. _____ You can search for the goods you want on e-commerce websites such as Taobao

and Amazon beforehand.

Take your time

3. _____ Time is not on your side: The vendor has all the time in the world, and can sell goods tomorrow. You are on a plane tomorrow morning and you've left yourself an hour to shop. If you can, plan ahead, take your time and don't be rushed. If the seller isn't coming down on the item you want, leave for other stalls.

Be a good actor

Upon hearing the price, act shocked and offended, as if you know that it's way more than it should be, even if you have no idea. 4. _____

Don't feel sorry for the seller

Vendors love to play like you've ruined their day with your hard bargaining. You'll hear everything from "Now my child won't have any dinner," to "You are getting this for less than I paid for it!" 5. _____ They are not going to sell you anything out of the goodness of their heart. It's a game and it's fun to play. So play right back and say something like, "Yes, but now I can't afford to have any dinner, either!"

- A. They dig into their pockets for money without realizing they are ripped off.
- B. You may also put smaller change in your wallet and tell the seller that is all the cash you have.
- C. Being in a rush largely prevents the existence of bargainers.
- D. Learning some about the Chinese way of bargaining may minimize unnecessary losses.
- E. It helps a lot to read others' tips and experiences and do price comparisons.
- F. These are all tactics because the vendor is making a profit, so don't worry.
- G. However, walking away saves you a lot of money.

28

(2019·成都七中三诊模拟)

How to Be Productive in a Challenging Environment

A lot of organizations deal with challenges like maintaining productivity and quality of work.

1. _____ In this article, we'll share with you a few essential tips on staying focused at work.

Prepare a to-do list.

Half the battle is won once you prioritize(优先处理) your tasks. Make a list of what needs to be done. Plan your day through these lists and set realistic deadlines to accomplish each one of them. 2. _____

Schedule your work.

Don't overstretch yourself with your work.

3. _____ To avoid burnouts, take a walk to renew your brain, allowing it to concentrate better. Though breaks are essential for a healthy workday, you must learn to take them with a pinch of salt. Frequent breaks can be addictive and can affect your work.

4. _____

Nowadays, being online on various social media platforms is a trend. Several notifications(通知) pop up every now and then, commanding your attention. If you are constantly attending to such notifications, how are you supposed to do meaningful work? While working on an important project, put your phone on silent or switch it off. If you really want to stay updated with your social media accounts, you can set specialized time slots to check your phone.

Cut outside noise.

Until you do away with noise, you won't be able to focus. Limiting auditory distractions is crucial in increasing attention span. You can use noise-canceling headphones for that. 5. _____ In case that doesn't solve the problem, choose remote work for a day or two to regain your lost focus.

Keep on practicing these positive habits and you'll surely see a noticeable improvement in your productivity level at work.

- A. Avoid distractions.
- B. Take regular exercise.
- C. Rather, refresh yourself when necessary.
- D. Changing your working environment may have unexpected benefits.
- E. When you start prioritizing, you won't just be focused but efficient, too.
- F. If you still can't concentrate, move to a quieter place, such as a conference room.
- G. Managers are pressed to motivate their team members while boosting their productivity.

29

(2019·银川质检)

Travel Abroad Do's and Don'ts

Planning a trip abroad with family or friends this summer break? Here are a few travel tips to keep you safe.

● If you want to make your trip safe and easy, plan ahead. 1. _____ The less you have to carry around, the more quickly you can move. Besides,

planning ahead will save your time and make sure you don't miss the best things.

● 2. _____ No one wants bad things to happen but you'll feel better when you're ready for them if they do. When you travel abroad, you are in a place you don't know well and you can always be a target, especially your valuables. Don't keep large amounts of cash in your wallet. 3. _____ Also, take copies of your travel documents with you and leave your passport and other important documents in the hotel.

● Nothing ruins a trip faster than the unexpected crisis. 4. _____ It will insure yourself against unexpected accidents, so it is necessary to buy the insurance. But you need to be careful about the items in the contract(合同), so that you know what you are and are not covered for when you book travel insurance.

● While enjoying the moment in the bar, be cautious and keep an eye on your drink at all times. Besides, being on holidays doesn't mean you have the right to do what you want. 5. _____

Keep these tips in mind and make the most of your time. Have fun with family and friends and explore and enjoy your time away.

- A. Expect the unexpected.
- B. Take more in any case.
- C. Take the necessities with you.
- D. Don't leave your hotel alone.
- E. Be respectful and don't do anything illegal.
- F. Don't forget to buy the travel insurance.
- G. Try putting smaller notes in several different pockets.

30

(2019·广州综合测试二)

What is culture?

Culture is too complex to define in simple terms.

1. _____ One is that culture is a total pattern of behaviour that is consistent in its components. Another fundamental is that culture is learned behaviour. The third is that culture is behaviour that is shared by a group of people.

To understand the culture of a particular country or

region, one could examine its components, among which are material culture, language, and social organisation. Material culture includes the tools and symbols in a society, not including those physical things found in nature, unless they have undergone some change or have been given meaning by people.

2. _____ The way we consume and what we consume are heavily influenced by material culture.

3. _____ Linked with all other aspects of culture, it reflects the nature and values of that culture. Industrialised societies have a rich vocabulary for commercial and industrial activities, while less industrialised societies may have richer vocabularies for matters important to their societies. The Eskimos in Alaska have many words to describe snow whereas English has only one general term.

Social organisation differs somewhat from society to society. The primary kind of community association is based on blood ties. 4. _____ It provides mutual protection, psychological support, and a kind of economic insurance or social security for its members. The term “brothers” in Zaire includes those whom we call cousins and uncles.

Cultural analysis serves a variety of purposes. Understanding the various dimensions and their inter-relatedness helps promote cross-cultural awareness.

5. _____
- A. Some scholars even suggest that it is useless to try.
 - B. Language is the most obvious difference between cultures.
 - C. However, there are certain agreed-on fundamentals that can be easily identified.
 - D. The values represented within a culture can also change with the passing of time.
 - E. For example, a mouse running on a street is not part of a culture, but the Mickey Mouse is.
 - F. In many developing countries, the extended family fulfills several social and economic roles.
 - G. It leads on to the promotion of goodwill, social and economic planning and harmony between social groupings or societies.